

PRESIDENT'S REPORT By Calvin Brookins

National Elections

The National Election has been completed and the results have been certified by Secretary Treasurer Jane Broendel, the results have been posted on the NALC website at NALC.org. They have also been reprinted in this edition of the MailCall for your convenience.

The final results for all contested offices are as follows;

President	Asst.	Secretary-
Treasurer		
48937-Fredric V. Rolando	48121-Judy Willoughby	
12841-David Noble	11382-Sharella Spikes	
Executive Vice President	National Trustees	
44906-Timothy C. O'Malley	46268-Larry Brown	
15971-Catherine Jones	37610-Randall L. Keller	
	24368-Eryca Bloom	
Vice President	14516-Brett Isreal	
21331-Deidre Beal	44293-Michael Gill	
38644-Lew Drass		

Saxsenmeier Scholarship

The application for the Saxsenmeier Scholarship is now available I have sent copies of the applications to all shop stewards asking them to make them available to all interested members who have children or grandchildren who are high school seniors this year. If you would like an application please see your Shop Steward or call the Union office.

Injured on Duty

Recently we have had several letter carriers who have suffered on the job injuries and it seem that they did not want to file a claim with Department of Labor (OWCP) or they were not properly advised of their right to file a claim. Therefore, this part of my article is going to address this concern. In this article I will only address traumatic injuries and in next month article I will address Occupational Disease or Illness. Keep in mind a traumatic is an injury for which you can identify when, where and how it happened. An Occupational Disease or Illness is a condition that happened over a period of time.

All Postal employees are covered by the Federal Employee Compensation Act (FECA). This is a Law and your

supervisor or any one else in management cannot deny you this right. The ELM, Section 541.11 states in relevant part;

Law

Under the provisions of the Postal Reorganization Act, 39 U.S.C. 1005 (c), all employees of the United States Postal Service are covered by the Federal Employees' Compensation Act (FECA), 5 U.S.C. 81.

(Continued on Page 3)

--SPECIAL NOTICE-- NO BRANCH MEETING IN DECEMBER

BRANCH 2462 HOLIDAY OPEN HOUSE
FRIDAY EVENING
DECEMBER 12, 2014

AT

KNIGHTS OF COLUMBUS HALL
(CORNER OF VALERIO & VAN NUYS)

DOORS OPEN 6:00 PM - DINNER 7:00 PM

ALL MEMBERS AND THEIR FAMILY
ARE INVITED TO ATTEND

FREE FOOD - FREE DRINK – FREE FUN
DOOR PRIZES FOR MEMBERS

FOOD WILL BE CATERED BY
STONEFIRE GRILL

SANTA WILL BE THERE !!

"The MailCall" is published monthly by "Heart of the Valley Branch 2462, NALC, 6910 Hayvenhurst Ave., Suite 101, Van Nuys, CA 91406 in the interest of and for the Letter Carriers of the Van Nuys Post Office and its Stations. **ARTICLES FOR PUBLICATION MUST BE IN THE HANDS OF THE EDITOR ON NIGHT OF THE REGULAR BRANCH MEETING. ALL ARTICLES MUST BE TYPED OR ON COMPUTER DISK WITH SINGLE LINE SPACING.** The Editor reserves the right to delete any article he deems necessary, improper, or unfit. All opinions expressed are those of the writer and are not necessarily those of the Editor or Branch 2462, NALC. The views expressed in this document are those of the author and do not necessarily represent the official views of the U.S. Postal Service. In the hopes that any material contained herein may be of benefit to your Branch and to the goals of the NALC, permission is granted to copy and/or use any material in this publication with our best wishes.

Vice President's Report

By
Janette Dolabson

Our Christmas Party this year will be Dec. 12th. At Knights Of Columbus Hall. The address and times will be posted in your office. I hope you can come and bring your families. Santa and Mrs. Claus will be there passing out gifts to the kids. It's a lot of fun and we hope you will come. We will also be doing raffles and a 50/50 money drawing for MDA.

I want to touch base on what happened in this past election. Working people lost big time. We now have a Senate and a House that are controlled by agendas that are pushing our jobs out. They want to reduce or eliminate benefits, take away collective bargaining, eliminate days of delivery and door to door service. We, as working people did not go out and vote for labor friendly candidates in the number that we needed around this country. Mid-term elections are as important as any election but the turn out to vote is embarrassing. It is going to be a tough road ahead. Get involved, don't sit and let others go out and fight for your jobs.

Donate to our COLCPE political action fund. We ask only 5\$ a pay period to help support our labor friendly candidates whether they are Democrats or Republican. It's easy and automatically deducted from your checks. You won't even notice. Please help us keep our jobs and our service to our customers and donate today.

ATTENDANCE CHART BRANCH MEETINGS

MONTH	J	F	M	A	M	J	J	A	S	O	N
MAIN OFFICE	4	4	8	6	5	4	5	5	4	6	5
ENCINO	2	3	4	3	3	2	3	4	3	2	3
PANORAMA CITY	2	1	7	2	2	2	2	1	0	2	2
SHERMAN OAKS	5	6	6	6	4	6	7	5	4	6	7
SUN VALLEY	2	4	1	1	1	2	2	1	1	2	2
TARZANA	3	2	1	2	2	2	3	3	2	2	3
RETIREE'S	4	5	6	5	5	4	7	6	4	4	6
TOTAL	22	25	33	25	22	22	29	25	18	24	28

MEETING PLACE OF BRANCH 2462, NALC
6910 HAYVENHURST AVE., SUITE 101
VAN NUYS, CALIFORNIA

NEXT MEETING

6:30 PM

JANUARY
6th
"2015"

DEADLINE DATE FOR THE NEXT
ISSUE OF "THE MAIL CALL" IS

Jan 5, 2014

WEB PAGE.... WWW.NALCBRANCH2462.ORG
BRANCH OFFICE.....818-786-8505
O P C PERSONNEL OFFICE.....818-374-5600
[E-Mail.....BRANCH2462NALC.GMAIL.COM](mailto:BRANCH2462NALC.GMAIL.COM)

"RETIREE CORNER"

ATTENTION: !!!!

THERE WILL BE NO BREAKFAST MEETING IN THE MONTHS OF NOVEMBER OR DECEMBER DUE TO THE HOLIDAYS. WE HOPE YOU HAVE A WONDER HOLIDAY SEASON AND HAPPY NEW YEAR. OUR NEXT BREAKFAST WILL BE SATURDAY JANUARY 24TH.

Thank You
Frank Brash

Health Report

By
Larry Dolabson, HBR

This years Open Season for changing or signing up for a health plan is Nov. 10th- Dec. 8th. I urge you to consider the NALC Health Benefit Plan. Here is the costs this coming year.

For Postal Employees Bi-weekly premium for self only is \$62.91 and increase of \$4.89'over last year. Self and family is 124.55 + 9:96 over last year.

The value option plan CDHP self only is \$39.55 +3.36. Self and family is \$89.87 + 7.29.

Annuitant's monthly costs are for self only \$166.76 and for self and family \$337.35.

PRESIDENT'S REPORT

(Continued from Page 1)

Administration

FECA is administered by the Office of Workers' Compensation Programs (OWCP) United States Department of Labor. OWCP determines whether the employee, or a survivor of the employee, is entitled to benefits under FECA. The director of OWCP and his or her designees have the exclusive authority to administer, interpret, and enforce the provisions of the Act.

The above cited language from the ELM makes it clear as to who administer and oversee the Federal Employees Compensation Act (FECA), when it comes to employees of the Postal Service who have been injured on duty.

Anytime that you as a letter carrier suffers an on the job injury I strongly recommend that you file a claim using a Form CA-1. The reason for this is because if for some reason this injury causes you to have complications let's say weeks or months later, you will be protected because of the CA-1 that you filed. If management asks you if you want to file a claim your answer should be yes and you should avoid answering not at this time. While an employee does have 3 years to file a claim I do not recommend waiting that long.

If you do not file a claim via Form CA-1 within 30 calendar days from the date of the injury this will result in a loss of entitlement to Continuation of Pay (COP). It could also result in a loss of compensation rights if the claim is not filed within 3 years. Furthermore, if you do wait more than 30 days to file a claim via Form CA-1 you will then have to explain to OWCP why you did not file a claim within the first 30 days from the date of the injury. Under ELM, Section 542 it states;

542 FECA Claim Requirements

542.1 Employee Claims for Injury or Illness

542.11 Traumatic Injury

542.111 Notice

The notice of traumatic injury is given on Form CA-1.

542.112 Time Limit

FECA requires that written notice of a traumatic injury be given by the employee, or person acting on behalf of the employee, within 3 years of the injury. However, failure to give notice on Form CA-1 within 30 calendar days from the date the injury occurred will result in a loss of entitlement to COP and may also result in a loss of compensation rights if the claim for compensation is not filed within 3 years. In order to protect their own interests and to ensure an uninterrupted income, employees should give notice or have someone give notice on their behalf, immediately after the traumatic injury occurs.

Again filing a timely claim immediately after a traumatic using the Form CA-1 protects your interest and allows you to have uninterrupted income through Continuation of Pay (COP).

There are certain evidence that is required when filing a claim via forms CA-1, CA-2, CA-2a, CA-5 and CA-5b. The employee is responsible reliability of the evidence and that the requirements have been met for a claim to be accepted. ELM, Section 542.2 states;

542.2 Evidence Required

542.21 General

Forms CA-1, CA-2, CA-2a, CA-5, and CA-5b describe the evidence required. The evidence submitted must be reliable, probative, and substantial. The employee is responsible for establishing that five requirements have been met for a claim to be accepted. The five requirements are:

- a. The claim was filed within the time limits specified by FECA.
- b. The injured person was, at the time of injury, an employee of the United States as defined in 5 U.S.C. 8101.
- c. The fact that an injury, disease, or death occurred.
- d. The injury, disease, or death occurred while the employee was in the performance of duty.
- e. The medical condition for which benefits are claimed is causally related to the claimed injury, disease, or death.

542.22 Medical Reports

The employee is responsible for submitting a medical report from the attending physician. (See 545.5 and 545.51 for requirements of medical reports and rules governing submission to OWCP.)

If you as a letter carrier are not sure what exactly to do when injured on duty please call the union office or see your shop steward for advice.

When an employee is injured on duty they in most case are entitled to continuation pay, ELM, Section 543.4 states;

543.4 Continuation of Regular Pay or Leave for Disabling Injuries

If the injury is disabling, an eligible employee may elect to have regular pay continued for up to 45 calendar days or to use annual leave or sick leave. (See 545.72 for explanation of eligibility for COP.)

543.41 Continuation of Regular Pay

For most employees who sustain a traumatic injury, FECA provides that the employer must continue the employee's regular pay during any periods of resulting disability up to a maximum of 45 calendar days (see 545.72 for explanation of eligibility for COP). Such pay is subject to taxes and all other usual payroll deductions. If an employee elects COP and the claim is subsequently denied, any COP granted to the employee must be charged to sick or annual leave or considered an overpayment of pay at the employee's option (see 437).

When ever you have an on the job injury when fill out the Form CA-1 you should make sure to check the box on the form requesting COP and also complete a PS Form 3971 requesting COP. If you are unable to complete a PS Form 3971 ask your shop steward to complete one and submit it on your behalf for COP.

Next month I will discuss Managements responsibility under the Federal Employees Compensation Act (FECA) as outlined in the EL.,

In the mean time I want to take this opportunity to wish all members and their families a wonderful Thanksgiving, Joyous Christmas and Happy New Year.

In Unionism

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"THE MAIL CALL" BRANCH 2462, NALC

Steve Seyfried, Editor
6910 Hayvenhurst Ave., # 101
Van Nuys, CA 91406

Address Service Requested

Branch Meeting Minutes November 4, 2014

By
Steve Seyfried, Secretary

The Meeting was held at the Branch 2462 Union Hall 6910 Hayvenhurst Ave, Van Nuys California. It was called to order by PRESIDENT BROOKINS at 6:37 p.m. The Pledge of Allegiance was led by SGT-AT-ARMS ANALIA GARCIA
MOMENT OF SILENCE-----All NALC members who have passed this year.

ROLL CALL OF OFFICERS

PRESENT---BROOKINS, J. DOLABSON, SEYFRIED, JOHNSON, MULLINAX, WILSON, BURTON, GARCIA, L. DOLABSON, ENZ

ABSENT---NONE

MINUTES ACCEPTED AS PRINTED IN MAIL CALL

CORRESPONDENCE READ

BILLS RECEIVED None

APPLICATION FOR MEMBERSHIP

LARRY SIMMONS, CESAR ROSALES, JOHN MUSKOSKI, JAIME SOPHATH, JAZMIRE BRASWELL, MIZANUL KABIR

TRUSTEES Budget meeting will be on Thursday Jan 8th. at 6:30 pm. Audit meeting will be announced at a later date to be determined.

SAFETY & HEALTH Always work in a safe manner, remember Management is out on the street watching.

RETIREEES---BRASH 6 attending tonight, and breakfast on the 4th Sat was well attended. Please take note that the Saturday breakfast will not be held in November or December due to the holidays. Next breakfast will be in January of 2015.

MBA--ENZ Working with several members on issues.

HBR---L. DOLABSON Open season will be from November 10th through December 8th. NALC Health Plan costs for the new year will be High/self \$ 62.91, High/Family \$ 124.55. Value option/self \$ 34.05 Value option/family \$ 73.94. Retiree's Self \$ 166.70 Family \$ 337.05.

MDA FUND--GARCIA \$ 1679.00 in the fund.

MDA--ANGER-BARRETT Thanks to all who participated in the Bowl-a-thon. We raised \$ 592.00. We are looking into having another bowl-a-thon in Feb or March of next year.

FINANCIAL/TREASURERS REPORT READ by JOHNSON

MOTION---Accept report as read
M/S/C

VICE PRESIDENT--J DOLABSON Christmas Open house event will be held on Friday December 12th. Doors open at 6 pm. We will have food catered by Stonefire Grill. Sierra Costal

region won 2nd place award in collecting food for the last Food Drive. Amazon Food delivery will be starting the first of the year. If you are being ordered to curtail mail make sure you are filling out a 1571 form. We will be updating our member phone log, so please cooperate when your Shop Steward comes around.

PRESIDENT BROOKINS Gave his report on the latest important items which he will cover in his article in the Mailcall.

EXECUTIVE BOARD MINUTES READ

NEW BUSINESS

MOTION---Branch renew the subscription to the Postal Record. Cost to the Branch \$ 20.00 M/S/C

MOTION--Branch purchase 10 small JCAMS from Branch 1091 in Central Florida. Cost to the Branch not to exceed \$ 220.00
M/S/C

MOTION--Branch donate \$ 100.00 to the Salvation Army for Thanksgiving and Christmas. Total cost to the Branch \$ 200.00
M/S/C

MOTION--Branch empower the Executive Board to conduct any and all business of the Branch from November 4, 2014 through January 5, 2015
M/S/C

MOTION--Branch hire a shredding service to shred Branch items. Cost to the Branch \$ 450.00 for the next 6 months.
M/S/C

MOTION--Branch purchase a new vacuum cleaner. Cost not to exceed \$ 220.00
M/S/C

MOTION--Branch donate \$ 100.00 to Make-a Wish Foundation, in the name of the TRACY MULLINAX FAMILY
M/S/C

MOTION--Branch send the President to the National Officer Installation in Washington DC on December 13, 2014. Cost not to exceed \$ 1500.00 M/S/C

UNDERLINED= UNANOMOUS VOTE

OLD BUSINESS NONE

MDA DRAWING

\$ 5 SANDRA DELGADO--SUN VALLEY--\$2.00
DONATED
\$ 6 JOHN BURTON--MAIN OFFICE
\$ 7 BOB ENZ--RETIREE--DONATED \$ 3.00

ADJOURNED 8:07 pm

