

**Representing the Stations of  
Encino – Panorama City – Sherman Oaks – Sun Valley – Tarzana – Van Nuys Main**

**VOLUME 55**

**MARCH 2018**

**NUMBER 2**

## **PRESIDENT'S REPORT**

**By JANETTE DOLABSON**

### **Region 1 Training**

We will be sending up to 4 people to the Region 1 Training in April. Classes we will be attending or teaching are Defense to Discipline, Article 12, Safety, OWCP, Route Adjustments COR and Community Service (Food Drive, MDA and EAP). There will be a RAP session with NALC National President Fred Rolando.

### **Advanced OWCP Training**

Jemmayen Macaraeg will be attending an Advanced OWCP Training. She has already taken the basic OWCP training. It is our hope that with this training our branch will be able to better represent our injured letter carriers. We need to make sure that management complies with the rules and regulations regarding on the job injuries and meets the time limits when submitting forms CA-1 and CA-2's, CA-16 and CA-17.

Here are some steps you should know when you have a Traumatic injury on the job. A traumatic injury is defined as "a wound or other condition of the body caused by external force, including stress or strain, which is identifiable as to the time and place of occurrence and member of function of the body affected. The injury must be caused by a specific event or incident or series of events or incidents within a single work day or work shift."

1. Notify your Supervisor Immediately. Request Form CA-1, Federal Employee's Notice of Traumatic Injury and Claim for Continuation of Pay/Compensation (must be supplied immediately)  
Form CA-16, Authorization for Examination and/or Treatment (must be supplied by your Supervisor)  
Form CA-17, Duty Status Report (must be supplied immediately)
2. CA-1 – If you do not need immediate medical attention, fill out the CA-1. The Burden of proof in every OWCP case rests on the injured worker; you must be an active participant in the claims process. Be thorough in describing the accident and related factors.

Fill out the CA-1 yourself-do not let a supervisor fill it out for you! At the bottom of the form, question number 15 allows you to choose either COP (continuation of pay) or sick leave. If you elect COP you will be paid your regular pay for 45 calendar days.

Give the completed form to your Supervisor. Do not just leave it on their desk. Get a signed copy (page 4) immediately. Also, request a copy of everything for your file.

**(Continued on Page 3)**

## **IN MEMORY OF**

**TED DENT**

**Retiree**

**JOHN FUDALLY**

**Retiree**

**THOMAS GIRALDI**

**Retiree**

**ROBERT KOPCZYNSKI**

**Retiree**

**DAVE PARKER**

**Retiree**

**JAMES PROFFETT**

**Retiree**

**BERNARD SIEGEL**

**Retiree**

"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 deem s 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  
**John Burton**

There was an incident in one of our offices where a carrier parked their vehicle and got out to go deliver and left the engine running and did not set the parking brake. This is a very serious infraction we could have had a roll away accident where someone could have been seriously injured or worse. If you butt is not in the drivers seat the engine **MUST** be off wheels curbed and handbrake set **NO EXCEPTIONS.**

Always remember safety is always first. I always hear that carriers are in a hurry to get back but always remember always work in a safe manner and the routes take what they take.

I know everybody is on social media Facebook snapchat, Instagram. or what ever you're on always remember the postal service policy on taking photos and videos on postal property which includes postal vehicles is that you need written permission from the postmaster to take pictures and videos on postal property. I have heard a seen some videos on social media that not only shouldn't be posted online they shouldn't have been taken at all. One was a carrier videotaping a dead animal on the side of the road while driving a postal vehicle. All it takes is the wrong person to see something like this and that carrier might lose his/her job. Is it worth loosing your job doing something stupid.

Always remember never post anything online that could get you in trouble there's always somebody watching, and I have no doubt that the postal service has people searching online to find stuff on carriers. so, think before you do something that might cost you your job

### IN UNIONISM



## ATTENDANCE CHART BRANCH MEETINGS

MONTH	J	F	M	A	M	J	J	A	S	O	N
MAIN OFFICE	5	6									
ENCINO	5	4									
PANORAMA CITY	2	3									
SHERMAN OAKS	1	4									
SUN VALLEY	1	1									
TARZANA	1	2									
RETIREE'S	4	4									
<b>TOTAL</b>	<b>19</b>	<b>24</b>									

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

**NEXT MEETING  
\*\*\*6:30 PM\*\*\***

**MARCH  
6th  
"2018"**

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

**Mar 9, 2018**

**WEB PAGE.... WWW.NALCBRANCH2462.ORG  
BRANCH OFFICE.....818-786-8505  
O P C PERSONNEL OFFICE.....818-374-5600  
E-Mail.....Branch2462nalc@gmail.com**

### "RETIREE CORNER" ATTENTION: !!!!

Our next Breakfast Meeting will be held at Denny's Restaurant , (Corner of Sherman Way & DeCelis). It will begin at 09:00 AM. The next 2 dates will be February 24<sup>th</sup> & March 24, 2018 (4th Saturday) So, please mark your calendar....We hope to see you there.  
Thank You

**Bob Johnson**

## **PRESIDENT'S REPORT**

**(Continued from Page 1)**

Injuries that have occurred over more than one day are described as: "Injuries that occur over a period longer than one day or one work shift. To file a claim for an occupational disease letter carriers need to provide a description of their work duties and a medical narrative that makes a causal connection between the injury and work factors."

1. For your doctor to formulate a medical opinion that your duties as a letter carrier caused, aggravated, accelerated or precipitated your medical condition, you need to explain your day to day duties as a letter carrier. A written explanation of your job duties as a letter carrier provides your doctor with the information to form a rationalized medical opinion regarding causation. Most doctors are very busy, so keep your explanations to one page.

2. Once you have your job description, print a copy of it and take it to your doctor. The medical opinion of a board-certified specialist with expertise in your particular injury will have more weight with the Office of Workers' Compensation Programs (OWCP).

3. Submit Form CA-2. Once you have the medical narrative completed, ask your Supervisor for the form CA-2 and CA-17. Question 11 asks for date you first became aware of the disease or illness and question 12 asks for the date you first realized the disease or illness was caused or aggravated by your employment. Answer these to the best of your ability and recollection. OWCP needs a rough estimate of when you had an initial diagnosis. File a CA-2 as soon as possible, get the signed receipt of your supervisor and make a copy for your file.

### **Food Drive**

I received a phone call from KTLA regarding our event with them in May. The station may be sold and the news department is only doing News related stories. They are still trying to get the event approved but they want to move it to the Saturday of the actual event on May 12th. We will keep you posted if that is something we are able to do and it gets approved.

### **Convention**

Delegates who are going to the National Convention in July will be receiving, no more than, \$1,850 for all their expenses. That will have to include the room, flights and the delegate dinner. I suggest all you who are delegates take annual leave that week to cover your lost wages. The Branch will not be making any flight arrangements for delegates. You can submit your flight bill to the branch and that will be deducted from the \$1,850. The delegate dinner and room rates will automatically be deducted from your funds.

We have already registered all the delegates with National and are waiting to receive our housing registration. We will let you know when that is completed. Please be in attendance at the March meeting so we can go over some of the details with you.



## **ENJOY PRESIDENT'S DAY**



## **ATTENTION RETIREE'S !!!**

You may be familiar with the saying "There is no such thing as a Free Lunch" While this may be true, it does not pertain to Breakfast. The Branch holds a Retiree Breakfast meeting every 4<sup>th</sup> Saturday of the Month. No Voting, just a friendly get together to talk and eat. The best thing is

**IT IS FREE !!!**

That's right, if you are a retired member in good standing of Branch 2462 your Breakfast is provided at no charge  
You Heard Right !

**FREE !!!!**

So what are you waiting for, meet with us this month.

When 4<sup>th</sup> Saturday of Every Month  
Where Denny's Restaurant,  
(Corner of Sherman Way & DeCielis).  
Time 9:00 AM

If you have trouble with transportation contact BOB JOHNSON and we will try and arrange for a ride. Come on out, you will have a great time, and the price is right !

Active Members are invited to attend also if it is your Day Off !!

# "THE MAIL CALL"

## BRANCH 2462, NALC

**Steve Seyfried, Editor**

**6910 Hayvenhurst Ave., # 101  
Van Nuys, CA 91406**

NONPROFIT ORG.  
U.S. POSTAGE  
PAID  
VAN NUYS, CA  
PERMIT No. 314

**Address Service Requested**

## Branch Meeting Minutes

**February 6, 2018**

**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 J. DOLABSON at 6:48 p.m. The Pledge of Allegiance was led by SGT-AT-ARMS DOZAL

**MOMENT OF SILENCE--In Memory TED DENT, JOHN FUDALLY, THOMAS GIRALDI, ROBERT KOPCZYNSKI, DAVE PARKER, JAMES PROFFETT, BERNARD SIEGEL**

### ROLL CALL OF OFFICERS

**PRESENT**--J. DOLABSON, BURTON, SEYFRIED, MULLINAX, JOHNSON, DOZAL, WILSON, JEFFREY, MACARAEG, L. DOLABSON

**ABSENT**--ENZ

### MINUTES ACCEPTED AS PRINTED IN MAIL CALL

### CORRESPONDENCE READ

### APPLICATION FOR MEMBERSHIP

**HECTOR JAUREGUI, JOSE TORRES, ALEX RODRIGUEZ, GIANNA RAMOS, JASMIN ESTRADA**

### BILLS READ--NONE

### COMMITTEE REPORTS

**AUDIT COMMITTEE** Audit was held and the books were found to be balanced and in order

**HEALTH & SAFETY--DOZAL** Went to Safety symposium with Sister MACARAEG. Pacific Area averages over 10,000 accidents per year. Each OWCP claim averages over \$ 35,000 and the average claim for a vehicle accident is \$ 65,000 and slips trips and falls averages \$ 42,000. These numbers only show the monetary costs of accidents, they do not measure the physical and emotional toll of these events. Please work in a safe manner at all times.

**RETIREES** 4 retiree's present tonight.  
**MDA FUND--DOZAL** Currently \$1106.00 in fund  
**HBR--L. DOLABSON** Should have latest enrollment figures soon. Flu season is in full swing, over 42 people have died in LA already and the season continues thru May. Still not too late to get a flu shot, check with CVS in your area for FREE shots through the NALC Health Plan.

**FINANCIAL SEC REPORT--MULLINAX**

**TREASURERS REPORT--JOHNSON**

Motion--accept financial report as read M/S/C  
**VICE-PRESIDENT BURTON** Unsafe acts continue, follow rules.

**PRESIDENT J. DOLABSON** Gave her report which will be published in the MailCall

### NEW BUSINESS

**MOTION**--Branch adopt the 2017 Budget as printed

In the February 2017 MailCall with the correction of the

date from Jan-Dec 2016 to Jan-Dec 2018, and Item 49 renamed Verizon Hot Spot M/S/C

**MOTION**--Branch renew the Officer Bond for 2018. Cost not to exceed \$ 220.00

M/S/C

**MOTION**--Branch deposit \$ 1200.00 into the Mail Permit account at the Post Office for the Mailcall permit.

M/S/C

**MOTION**--Branch deposit \$ 50.00 into the Postage Dues account at the Post Office for address updates for the Mailcall.

M/S/C

**MOTION**--Branch send 4 members, to be chosen by the President, to the Regional Training session, on April 13 & 14<sup>th</sup>, in San Francisco, CA. Cost not to exceed \$ 4000.00

M/S/C

**MOTION**--Branch send 1 member, to be chosen by the President, to the Advanced OWCP Training class on Feb 18 & 19<sup>th</sup>, in Ontario, CA. Cost not to exceed \$ 900.00

M/S/C

**MOTION**--All National Convention Delegates, that qualify for Branch funds will receive \$ 1,800.00 for all Convention expenses.

M/S/C

**MOTION**--Branch pay the final Workman's Compensation bill for the Branch employees  
Cost to the Branch \$ 3,858.00

M/S/C

**MOTION**--Branch purchase Quicken Home & Business 2018 Edition. Cost not to exceed \$ 70.00

M/S/C

**MOTION**--Branch purchase Quicken Premier Quick Books 2018 Edition. Cost not to exceed \$ 320.00

M/S/C

### UNDERLINED INDICATES UNANIMOUS VOTE

### GOOD OF THE ASSOCIATION

There will be a meeting of all Convention Delegates after the March meeting. If you plan on attending the Convention you should make plans on attending. We will be discussing Housing, Delegate Dinner and other items pertaining to the upcoming National Convention in Detroit, MI. If you will be unable to attend you should contact the Branch office to let us know whether you are planning to attend the Convention.

**MDA DRAWING**

\$ 5     ART BOCEL--RETIREE--DONATED  
\$ 5     TIA WILSON—SUN VALLEY  
\$ 6     DAN RATHBONE—RETIREE—DONATED

Meeting Adjourned   9:08 PM