

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

**VOLUME 58**

**AUGUST 2021**

**NUMBER 8**

## **PRESIDENT'S REPORT**

**By JANETTE DOLABSON**

### **T-6 Local Language**

There seems to be some confusion about mandating regarding the t-6 string in the office when a carrier is mandating in to work and the t-6 is scheduled on their route. Here is the language in the Van Nuys Local:

Carrier Technician assignments are considered permanent assignments.

In the event a regularly assigned carrier is requested to work on his/her non-scheduled work day at his/her unit, he/she shall be assigned to work his/her own route, provided the T-6 carrier is not required to work outside his/her assigned string, without his/her permission. A T-6 called in on his/her non-work day will perform work on other routes if no work is available on his/her string.

It is expected that except for the above, Carrier Technicians shall carry routes assigned each day .

Carrier Technicians may be assigned to any route within their assigned string regardless of whether the regular carrier on the route that the T-6 is assigned to work that day is scheduled in for O.T., providing the T-6 agrees to the move.

### **Video Taping**

Carriers should never agree to be video taped in a recreation of an accident or injury. EVER! If you asked to be videoed to recreate an accident or injury, kindly decline. You are not required to nor obligated to. Do not fall for management telling you that its ok and that it is just to get a better idea of what happened. If they continue to push the video recording, tell them you want to see your shop steward. OPM requires verification of eligible family member enrollments for FEHB

The Postal Service issued a mandatory stand up talk dated July 1 about the Office Personnel Management (OPM) requiring federal agencies to verify eligible family members who are enrolled in the Federal Employees Health Benefits Program, also known as FEHB. The stand up talk and related attachment (PostalEASE FEHB Worksheet) is available here.

USPS has confirmed that only employees with self plus one and self and family enrollments that need to update eligible family members are required to fill out and return PostalEASE FEHB Worksheet (USPS-24).

Eligible family members include your current spouse; your children under age 26, including adopted children, step children and foster children under certain circumstances; and adult children incapable of self-support because of a mental or physical disability that existed before age 26.

**(Continued on Page 3)**

### **SPECIAL NOTICE**

In accordance with Article V of the NALC Constitution and Article V of the By-Laws of Branch 2462, NALC, notice is hereby given for the Nomination and Election of Delegates to the State and National Convention, Nominations will be held at the October Meeting on October 5, 2021. Election, if needed, will be held in November 2021 and will be conducted by mail, as provided in Article IV of the By-Laws of Branch 2462 NALC. All members, in good standing, are eligible to be nominated. Any member, not in good standing or who has not attended at least eighteen (13) regular meetings during the twenty-four (24) months prior to their nomination as a Delegate shall not receive any expenses from *the Branch*. Any member who has less than one (1) year membership in this Branch who shall have attended at least three fourths (3/4) of those regular meetings, from his/her acceptance into membership, prior to their nomination as a Delegate or Alternate may receive expenses. All members of the Executive Board, by virtue of their office, shall be Delegates to all National and State Conventions. This Branch shall elect a Full Delegation to all National and State Conventions.

## **IN MEMORY OF**

### **MICHAEL McKERNAN**

**Retiree—Encino Station**

"The MailCall" is published monthly by "Heart of the Valley Branch 2462, NALC, 6910 Hayvenhurst Ave., Suite 104, 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.

## LONG TERM CARE

BY

**TIA WILSON, TRUSTEE**

At a recent meeting the issue of Long Term Care was brought up by one of the members. While neither the NALC Health Plan or Mutual Benefits Association offers this type of care or insurance, there are outside companies that do.

We have done some research into these offerings and have compiled information regarding their availability.

Brochures are now in the union office. For more information go to [LTCFEDS.COM](http://LTCFEDS.COM) or call and speak with a program consultant at 1-800-582-3337 – 1-800-LTC-FEDS. For FEDVIP – BENEFEDS link below:  
<https://benefeds.com/assets/ABO/index.html>

The Branch does not recommend any specific organization or insurance program but we are providing this as information to help further educate the members on this important subject.

Long term care can be quite a burden on individuals and families, both financially and emotionally. As our society ages and is living longer, it becomes very important to plan ahead for what lies in the future.

If you would like to have this information contact your Shop Steward. They will be able to get the information to you and then you can make your own decisions. Each situation is different and we hope that this information, will in some way aid you in making the choices for you and your family members.

In Unionism



**TAKE PRIDE**

**YOUR UNION IS WORKING FOR YOU**

**EVERYDAY !!**

## ATTENDANCE CHART BRANCH MEETINGS

MONTH J F M A M J J A S O N D

MAIN OFFICE	C	6	6	6	4	3	6				
ENCINO	A	3	5	2	3	3	4				
PANORAMA CITY	N	5	6	6	4	4	4				
SHERMAN OAKS	C	1	2	2	2	2	3				
SUN VALLEY	E	0	0	0	0	0	0				
TARZANA	L	0	0	0	0	0	0				
RETIREE'S	E	11	9	9	7	5	8				
TOTAL	D	26	28	25	20	17	25				

**MEETING PLACE OF BRANCH 2462, NALC  
6910 HAYVENHURST AVE., SUITE 104  
VAN NUYS, CALIFORNIA**

**NEXT MEETING  
TUESDAY  
AUGUST  
3rd**

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

**Aug 8, 2021**

**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: !!!!**

All Breakfasts have been cancelled until further notice. To all our Retiree's and Regular Members we hope that you are staying safe in your homes during this crisis.

**Bob Johnson**

# PRESIDENT'S REPORT

(Continued from Page 1)

## USPS 2020 Heat Illness Prevention Program (HIPP) Manny Peralta

By letter dated February 25, 2020, the NALC submitted a request for information on the subject of heat safety. Specifically we asked "...Does the USPS have its 2020 training materials prepared? If so, could it be forwarded to me with the corresponding instructions?"

By letter dated April 9, 2020, (received on 4/11/2020) the USPS provided the NALC with a response to our request as follows:

"...The FY 20 Heat Stress Recognition and Prevention training course has been finalized and uploaded in our integrated HR system, HERO. This course, currently available to employees, discusses the effects of heat on a person's body, outlines the risk factors for heat-related illnesses, and describes the associated treatments for each. It also explains several control measure techniques and safe work practices that can be used to prevent heat-related stress. The objective of this course is for participants to be able to recognize the signs and symptoms of heat stress, first-aid treatments of heat-related illnesses, and preventive measures for minimizing heat stress. Employees working in hot environments will be required to take this training. The training material associated with this course will be provided to you when it becomes available..."

Following my receipt of the above letter, I logged in to Lite Blue, searched for and took the course. It is a Slide show which is narrated. The "transcript of the narration is available" for downloading from within the program. I would strongly encourage each and every employee to take the course, and save off a copy of the transcript for your use in the future.

The training should take between 20 and 30 minutes broken down into the following three sections:

1. Identifying Risk Factors
2. Recognizing and Treating Heat-related Illnesses
3. Taking Preventive Measures

Each section provides useful information.

In section 1, the narrator discusses heat stroke as Follows:

Narrator: Heat stroke is a medical emergency. Request immediate professional medical treatment by calling 911, if you experience these signs or observe them on one of your co-workers.

Narrator: You should also be familiar with the appropriate first-aid treatment for heat stroke, so you can perform it on the job.

Narrator: First, place the victim in a shady area. Then remove the victim's outer clothing and apply cool, wet cloths or towels to the skin.

Narrator: You should also fan the victim, and if they're conscious, give them cool water to drink.

Narrator: If the victim refuses water, vomits, or loses consciousness, call 911 for an ambulance immediately.

Narrator: You should never send a person who is suspected to have heat stroke home or leave them unattended without the approval of a physician. (Emphasis added) Sadly in the past, horror stories were shared with us that demonstrated disregard for the welfare of letter carriers. In one case, where an employee notified the supervisor that the employee was unable to see out of one eye the supervisor was uncaring enough to tell the employee to drive back to the station anyway. In many situations supervisors have guided heat injured employees to the time clock and watched them drive away to later find that they had suffered serious heat injuries including heat stroke.

In Section 3, the following instructional comment is important and should be kept at the ready to combat any inappropriate management behavior as a result of your performance in the heat:

Narrator: While working in hot environments, try to make the job easier or shorten its duration by taking frequent breaks as needed.

Narrator: Slow down the work pace and use an air-conditioned area for rest breaks when possible.

Narrator: Drink water regularly even if you aren't thirsty.

Narrator: Depending on the conditions, you may need to drink a quart of water every hour or more.

Narrator: Never work alone and use a buddy system, including use of a personal cell phone to connect with other city and rural carriers, supervisors, and managers.

Narrator: You and your co-workers should monitor each other for signs of heat stress and know what to do in case anyone shows any symptoms of heat-related illnesses.

Please take the time to pass this document on to each of your Shop Stewards and Safety Captains at each of your work locations. Management must conduct the training and our membership needs to pay close attention to the steps they need to take to protect themselves from serious harm. If your managers are not conducting the training during the time frame identified in the HERO training system, contact your shop stewards and branch officers for assistance. The HERO system has a May 31, 2020 expected completion date, however, it heats up well before that deadline and the course should be taken by all of you before your heat waves begin. As always, I thank you all for your attention to this memo and ask that you pass this on to your representatives on the front line.

**"THE MAIL CALL"**  
**BRANCH 2462, NALC**  
**Francisco Valenzuela, Editor**  
**6910 Hayvenhurst Ave., # 104**  
**Van Nuys, CA 91406**

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**Address Service Requested**

**Branch Meeting Minutes**  
**July 6, 2021**

**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 6:50 p.m. The Pledge of Allegiance was led by acting SGT-AT-ARMS POWERS

**MOMENT OF SILENCE--In Memory of All the Letter Carriers who have passed.**

**ROLL CALL OF OFFICERS**

**PRESENT**--J. DOLABSON, SEYFRIED, WILSON, MULLINAX, POWERS, JEFFREY, BURTON, L. DOLABSON, DUENEZ, VALENZUELA

**ABSENT**--MACARAEG, JOHNSON

**MINUTES ACCEPTED AS PRINTED IN MAIL CALL**

**CORRESPONDENCE READ**

**APPLICATION FOR MEMBERSHIP**

**DOUGLAS JOSHUA, ALBERTO AYSON, ERIC RODRIGUEZ, JAMES MENDOZA, ANNA CERVANTES, MARBIS LOPEZ, QUILLAN CHAMBERS, SCOTT DAVIS, JENNIFER BEBERSTEIN, RICHARD BARASCH KRISTOPHER DeJARNETTE, JAIRO SANTA MARIA, ANDREW LOPEZ, KATHLEEN KINNEAR, KENNETH SHAW, JACQUELINE GUITIERREZ, CHRISTIAN GARAY, VANESSA ROBLES, SANTOS DORAN, ALBERTO FABIAN, BERNARDO AMOR**

**BILLS READ**

**MOTION TO PAY M/S/C**

**COMMITTEE REPORTS**

**AUDIT & BUDGET**--TRUSTEES The audit will be held on July 20, 2021, at the Union Hall at 6:30 pm.

**SAFETY & HEALTH**--DUENEZ Summer is here with a vengeance, make sure that you stay hydrated. Good hydration begins at home before you begin work and continues through out the day. Don't wait until you begin to feel the signs, headaches, blurred vision, spots before your eyes, by then it may be late. We have had many Carriers here in the Valley and across the nation that have lost their lives due to excessive heat.

**RETIREES**

8 retiree's present tonight.

Retiree Luncheon will be held on Sunday, October 24, 2021, at the Encino Glen Restaurant on Burbank Blvd. We will be presenting awards for both 2020 & 2021 so plan on attending.

**MDA FUND**--POWERS

Currently \$925.00 in fund

**HBR**--L. DOLABSON

Over 8600 people die each year from skin cancer and the number keeps rising. Letter Carriers are especially vulnerable since they spend many hours each day out in the sun. You can protect yourself by wearing headwear and applying sunscreen several times during the day. Don't become another statistic be aware,

protect yourself at all times. Further information can be found on the NALC Health Plan Website..

**MDA**--MACARAEG

**JAMBA JUICE CARDS** are

now on sale again, check with your Shop Steward.

**MBA**--DUENEZ

New privacy statement has

been issued regarding MBA. Contact me for any questions.

**EDITOR**--VALENZUELA

All is Well

**POLITICAL**--BURTON

Postal Reform Bills are

now moving through both the House (HR3076) and the Senate (S1720). These bills would guarantee 6-day Delivery and

REPEAL the Postal Prefunding. Write to you representatives and urge them to support these important Letter Carrier Bills.

**FINANCE REPORT**--MULLINAX

Read

**TREASURERS REPORT**--WILSON

Read

Motion--Accept financial report as read

M/S/C

**VICE-PRESIDENT** MACARAEG

No report

**PRESIDENT J. DOLABSON**

Gave her report which will

be published in the MailCall.

**OLD BUSINESS--NONE**

**NEW BUSINESS**

**MOTION**--Move that the Branch send 3 members, to be chosen by the President, to the Washington, D.C. Lobby Trip from October 31<sup>st</sup> through November 4<sup>th</sup>. Cost not to exceed \$ 7,700.

M/S/C

**MOTION**--Move that the Branch purchase a 1/4 page advertisement in the State Convention

Booklet. Cost to the Branch \$ 150.00

M/S/C

**UNDERLINED INDICATES UNANIMOUS VOTE**

**GOOD OF ASSOCIATION**

There will be a Retirement Seminar offered on-line by the NBA office. Contact you Shop Steward to Sign Up for this class. New Member QUILLAN CHAMBERS from the Encino Station was in attendance tonight and was presented with a NALC Membership Pin. He was welcomed by all in attendance and light refreshments were served.

**MDA DRAWING**

\$ 3 ART BOCEK--RETIREE--DONATED

\$ 5 MIGUEL MALDANADO--MAIN OFFICE--DONATED

\$ 9 CALVIN BROOKINS--RA-MAIN OFFICE--DONATED

Meeting Adjourned 8:13 PM