

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

VOLUME 59

FEBRUARY 2022

NUMBER 2

PRESIDENT'S REPORT

By JANETTE DOLABSON

I would first like to say a big thank you to all of our Shop Stewards who all earned part of the last two year's Harry Brenneman Steward Award. In these difficult times I felt thankful that these folks have stayed with doing the hardest job in the Branch, being a shop Steward. You are all well deserved of being recognized for doing what you do out there in the trenches. Thank you so very much for your continued time and service to our members. Shop Stewards honored:

Tracy Mullinax and Will Powers Encino, Mayen Macaraeg PC, Miguel Maldonado Main, Guillermo Mariscal and Rod Goddard S.O, and Tia Wilson Sun Valley.

Secondly, I want to announce the winners of the 2020 and 2021 Ray Kreyer awards for outstanding service to Branch 2462. First recipient for 2020 is Tia Wilson. Tia took over the Financial Treasurer's position when Bob Johnson vacated it. It's a hard job and can be time consuming. She had to learn a lot of new things on the financial side of the business. She does a wonderful job and we want to thank her for all she does.

The 2021 Ray Kreyer recipient is Mayen Macaraeg. Mayen spends countless hours working hard for the branch an our members. She has taken on extra work by handling the Article 8, article 41 and numerous other grievances from Main Office while she still does them for her office. She is the branch OWCP contact on all things injury related. She is also our MDA coordinator. These are all "hats" she wears along with the responsibility of being our Vice President and all that entails. Both these union warriors are well deserved recipients of our Branch's highest honor. Thank you ladies for all you do! You are both greatly appreciated.

Retiree Luncheon

Due to the increase in COVID Cases, the Retiree Luncheon will be moved to October of 2022. Thank you for understanding.

Things you may not know:

"If you are questioning anything about the Postal Service, please read this all the way through. The bigger picture is out there for everyone to see. I did not write this, but it gives a clear picture of the USPS and the job your Letter Carrier does daily.

"I have no doubt that a majority of you have walked out to your mailbox and grabbed your mail and placed most if not all of it in your recycling bin on your way into your home. Cussing the ads and "junk".

This is the perception that the general public has of the U.S. Postal Service. We just deliver a bunch of crap that you don't want anyway. So, the general public looks at the cover of that book, judges us, without opening it to view it's true contents. So, I decided to share some of those contents with you and maybe help change some of your perception. There are a good number of you at home right now during this very difficult time. We all are wondering and worrying about what's going to happen next. I guarantee you, that if you watch closely today, you will see a postal vehicle in your neighborhood. Why? Because regardless of what is happening in our country, we will be out there providing a service to the American people. Probably the only service that you get that you are not taxed for. The postal tax was done away with in the early 70s. So yes, through catastrophes, extreme heat, brutally cold temps, blizzards, earthquakes, tornadoes, hurricanes, exhausting Christmas seasons, or whatever is thrown at us, we will be out there for you.

I hear it all the time, "With technology today, we don't need the post office". "I can live without the post office". "Why are you guys still around". Because you're only seeing the cover of that book.

(Continued on Page 3)

"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.

ATTENDANCE CHART BRANCH MEETINGS

MONTH	J	F	M	A	M	J	J	A	S	O	N	D
MAIN OFFICE	3											
ENCINO	3											
PANORAMA CITY	4											
SHERMAN OAKS	2											
SUN VALLEY	0											
TARZANA	0											
RETIREE'S	9											
TOTAL	21											

**NEXT MEETING
TUESDAY
FEBRUARY**

1st

2022

**It Will Be Held Online
Using Zoom at 6:30 pm**

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

Feb 6, 2022

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: !!!

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.

**Topic: NALC Branch Meeting
Time: Feb 1, 2022 06:30 PM**

Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/89900148486?pwd=c1RGVXJoVkdONTNUcjFCTXZtSGhVZz09>

Meeting ID: 899 0014 8486

Passcode: 058896

One tap mobile

+16699006833,,89900148486#,,,,*05
8896# US (San Jose)

+12532158782,,89900148486#,,,,*05
8896# US (Tacoma)

Dial by your location

+1 669 900 6833 US (San Jose)
+1 253 215 8782 US (Tacoma)
+1 346 248 7799 US (Houston)
+1 301 715 8592 US (Washington DC)
+1 312 626 6799 US (Chicago)
+1 929 205 6099 US (New York)

Meeting ID: 899 0014 8486

Passcode: 058896

Find your local number:

<https://us02web.zoom.us/j/89900148486?pwd=c1RGVXJoVkdONTNUcjFCTXZtSGhVZz09>



PRESIDENT'S REPORT

(Continued from Page 1)

1639

The first post office is designated in the 13 colonies in a tavern in Boston Massachusetts. (I'm wondering if cheers producers thought of this when Cliff the mailman was added to the cast)

1753

Benjamin Franklin creates efficient postal routes between the 13 colonies. 1775: Benjamin Franklin is appointed as the first Postmaster General.

1776

There were already 75 post offices in the colonies.

1792

The "Post department" is formed by our government. It was later changed to the U.S. Postal Service in 1971. In 1792, the penalty for theft of mail was death. 1830, most violations regarding obstruction of any kind with the U.S. mail becomes a federal crime.

1923

All residential dwellings are required to have a mailbox or mail slot at their home. From the early 1800s up until the LB Johnson administration in the late 60s, some postal employees carried sidearms as it was part of their job duties to protect the mail at all costs.

1958

The "Hope" diamond was donated to the Smithsonian institution. The donation was sent through the mail. Yes, he shipped it through the mail. The cost at the time for postage was \$2.44. He additionally paid \$142.05 to insure it for 1 million dollars. The Smithsonian institution still has this package in their archives.

U.S. Postal Service today

Daily: 485 million pieces of mail processed daily. 121,000 change of address forms processed daily. 4,000 addresses added to our system daily, 159 million delivery points daily, 276,000 money orders produced daily. (Which, the money order was created by the postal service to lower mail theft from people sending cash)

Annually: 1.4 billion miles traveled by our carriers to deliver the mail. 6.8 million passports are processed. 47% of the entire world's mail is handled by USPS. We deliver more in 1 day then FedEx does in 1 year. We deliver more in 1 week then UPS does in 1 year. Military post offices currently in 76 foreign countries including 283 post offices on U.S. naval ships around the world.

I agree with you that what is happening economically right now in our country is very scary. 3.4 million Americans filed for unemployment benefits last week. We are all so

uncertain of our future. This also includes the future of the U.S. Postal Service. I included all of these numbers to sum up what could happen. If you took the U.S. mailing industry as a whole, not just the post office, but every involved company in the industry from the printing companies to the manufacturing companies of mailing supplies, all of it as a whole industry. If the post office closed its doors tomorrow, it would devastate a 1.4 trillion dollar a year industry in our country and essentially place 7.5 million Americans out of work. That's 5% of the country's tax-paying workforce.

I'm adding this here for those who aren't aware, Congress passed a bill requiring the post office to fund benefits 75 years into the future. So, we are required to put money in a fund for future employees who haven't even been born yet. Look it up. We are the only entity required to do this. You see your mail carrier, they're the front-line. However, the mass amount of employees behind the scenes outnumber the carriers. Clerks, mail-handlers, machine operators, truck drivers, custodians, maintenance personnel and the list goes on and it takes every one of us to pull it off. We operate 24 hours a day 7 days a week 365 days a year. The mail NEVER stops. So maybe you can do without the U.S. Postal Service in your own little world, however, I don't think this country as a whole could. I mailed a few items and a small package over the weekend. Not because I had to, because I wanted to. When was the last time you mailed a card to your mom? Or sent a postcard to a friend when you were on vacation? I am 1 person and cannot change it all, however, if every person changed their habits slightly, we could move mountains. The numbers are simple. If every tax-paying American spent an additional \$20/year on postal services, we as a whole industry would continue to be a vital part of this countries movement."

Retirement Fun Facts & Tips

By

Tia Wilson

Maximizing Your Retirement Benefits

The date you retire can be an important factor in maximizing your benefits. Generally your annuity will become effective the first day of the month following the month you retire. FERS employees should schedule your retirement date as of the last day of the month so you don't lose any days of pay. For example, if you retire in January your annuity will be paid as of Feb 1st. If you retire on the 15th of the month you will lose pay from the 15th to the 31st. An exception to that rule is that CSRS employees can retire up to the 3rd of the month and still have their annuity be effective on the 1st of the same month.

If your retirement date ends in the middle of a pay period, even if you are just one day short, you will lose all the benefits for that pay period, such as earned annual leave, sick leave, and TSP matching contributions.

Thrift Savings Plan (TSP)

Any employee can contribute to the TSP but only FERS employees will receive matching contributions. The government will match up to 5%. So you should contribute at least 5% of your pay as soon as possible. I recommend increasing your percentage every time you get a pay raise.

JANUARY 2022 THRU DECEMBER 2022

ESTIMATE EXPENDITURES	BUDGET 2021	SPENT 2021	BUDGET 2022
NALC Per Capita Tax:			
Regular Members			
350 at \$249.60	\$ 80,899.00	\$ 75,725.02	\$ 87,360.00
Retiree's			
110 at \$ 7.00	\$ 770.00	\$ 793.15	\$ 770.00
State Per capita Tax:			
Regular Members			
350 at \$ 10.40	\$ 3,640.00	\$ 3,402.40	\$ 3,640.00
Retiree's			
110 at \$.50	\$ 55.00	\$ 66.75	\$ 55.00
1 Contingency Fund (regular members)			
(350 @ 2.00 x 26 pay periods)	\$ 18,200.00	\$ 17,018.00	\$ 18,200.00
2 Contingency Fund (retired members)			
(110 @ .50 x 26 pay periods)	\$ 1,430.00	\$ 1,831.00	\$ 1,430.00
3 Branch Officers Salary	\$ 42,000.00	\$ 42,000.00	\$ 42,000.00
4 The Mail-Call	\$ 6,500.00	\$ 6,495.00	\$ 6,700.00
5 Mail-Permit (includes postage)	\$ 1,500.00	\$ 2,465.00	\$ 1,600.00
6 Postage Expense	\$ 750.00	\$ 579.18	\$ 750.00
9 Harry Brenneman Award	\$ 250.00	\$ 700.00	\$ 250.00
10 Office Expense	\$ 5,000.00	\$ 3,720.53	\$ 5,000.00
12 Retiree's Dinner	\$ 2,500.00	\$ -	\$ 3,000.00
13 Installation of Officers	\$ -	\$ -	\$ -
14 Branch Telephones	\$ 1,200.00	\$ 1,007.98	\$ 1,200.00
15 Bond for Officer's	\$ 400.00	\$ 392.00	\$ 400.00
16 Office Supplies	\$ 1,200.00	\$ 994.17	\$ 1,200.00
17 Labor-Management Meetings	\$ 100.00	\$ -	\$ 100.00
18 Refreshments	\$ 800.00	\$ 1,242.92	\$ 1,400.00
19 Donations	\$ 1,000.00	\$ 400.00	\$ 800.00
20 Equipment Repairs	\$ 750.00	\$ 1,696.75	\$ 1,200.00
21 Equipment Purchase	\$ 2,000.00	\$ 3,696.84	\$ 2,500.00
22 Election Expense	\$ -	\$ -	\$ -
23 Miscellaneous Expense	\$ 100.00	\$ -	\$ 100.00
24 Public Relations	\$ 1,000.00	\$ -	\$ 2,500.00
25 Station Expense	\$ 1,600.00	\$ 3,200.00	\$ 3,200.00
26 Educational & Training	\$ 15,000.00	\$ 6,604.30	\$ 20,000.00
27 Publications	\$ 20.00	\$ -	\$ 20.00
28 Local Negotiations	\$ 2,000.00	\$ -	\$ -
30 Assignment Time	\$ 15,000.00	\$ 15,400.00	\$ 16,000.00

ESTIMATE EXPENDITURES	BUDGET 2021	SPENT 2021	BUDGET 2022
31 Insurance cost	\$1,300.00	\$997.00	\$1,300.00
32 Office Rental	\$27,500.00	\$27,195.13	\$30,000.00
33 Gas Utility	\$300.00	\$300.66	\$350.00
34 Food Drive	\$3,500.00	-	\$4,000.00
35 Ray Kreyer Award	\$600.00	-	\$2,000.00
36 C.O.A. Mail Call	\$50.00	-	\$50.00
37 Route Inspection Expense	-	-	-
38 Mileage (.585 per mile)	\$1,300.00	\$1,099.28	\$1,300.00
39 Scholarship Expense	\$300.00	\$0.00	\$300.00
40 Electric Utility	\$1,700.00	\$1,427.48	\$1,800.00
41 Dues & Membership Expense	\$850.00	\$874.16	\$1,000.00
42 Janitorial Expense	\$900.00	\$900.00	\$900.00
43 MDA Expense	\$600.00	\$100.00	\$600.00
45 Bass Calendars	\$1,600.00	\$1,400.00	\$1,600.00
46 Christmas Open House	\$8,000.00	\$500.00	\$8,000.00
47 Independent Medical Exam	-	-	-
48 Organizing Expense	-	-	-
49 Cellular Phone	\$200.00	-	\$100.00
50 Greeting Cards	\$10.00	\$17.51	\$25.00
51 On-Line Service	\$1,100.00	\$1,131.76	\$1,300.00
53 NALC Store Expense	\$1,500.00	-	\$1,500.00
54 Deaf/Inter-Sign Language	-	-	-
55 General Taxes	\$650.00	\$412.47	\$650.00
56 Cable Expense	\$1,300.00	\$1,209.12	\$1,400.00
57 Retiree Breakfast Expense	\$2,000.00	-	\$2,000.00
58 Cost of LM-3 & 990 Reports	\$900.00	-	\$1,000.00
59 Workers Compensation Insurance	\$2,000.00	(\$862.00)	\$2,000.00
60 Konica Minolta C458 Expense	\$7,000.00	\$6,290.28	\$7,500.00
99 Non-Numbered Items	-	-	-
	=====	=====	=====
TOTALS	\$270,828.00		\$292,050.00

JANUARY 2022 THRU DECEMBER 2022

BALANCE SHEET

INCOME	\$ 293,224.00
EXPENDITURES	\$ 292,050.00
BALANCE	\$ 1,174.00

This report will be voted on by the Members at the Regular Meeting February 1, 2022. Submitted by:

Tia Wilson	Treasurer	Tracy Mullinax	Financial Secretary
Robert Johnson, Trustee	Paul Jeffrey, Trustee	John Burton, Trustee	

VICE-PRESIDENT'S REPORT

By
JEMMAYEN MACARAEG

OWCP claims for COVID-19

The NALC has teamed with the Office of Workers' Compensation Programs, OWCP to reach out to letter carriers who have tested positive for COVID-19. We are both concerned that a very small percentage of letter carriers who have tested positive for the virus filed workers' compensation claims with OWCP.

On March 11, 2021, President Biden signed the American Rescue Plan Act of 2021. The new law makes it easier for federal workers diagnosed with COVID-19 to establish coverage under the Federal Employees' Compensation Act (FECA).

The long-term effects of COVID-19 are relatively unknown. NALC and OWCP want to encourage every letter carrier who have tested positive for COVID-19 or have been symptomatic to file a claim.

Getting a claim accepted will protect you should you suffer medical and financial impacts in the future. In the event you develop a consequential injury, impairment or condition later as a result of their coronavirus infection, filing a claim now will facilitate the processing of any future claim for any such consequential condition or impairment.

You will need to file a CA-1 (Federal Employee's Notice of Traumatic Injury and Claim for Continuation of Pay/Compensation) through the Employees' Compensation Operations and Management Portal (ECOMP). You can register and file a claim on ECOMP at: <https://www.ecomp.dol.gov/#/register> or by scanning this QR code:



SALE NOW! FOR ONLY \$10.00!

JAMBA JUICE BOGO FREE X 6



**GREAT FOR VALENTINES DAY !!!
CALL : (818)786-8505 OR (818) 205-6749
TO ORDER!!!**



**ALL PROCEEDS FROM THE SALE OF
THESE GOES TO**

MUSCULAR DYSTROPHY

DON'T BE LEFT OUT---GET YOURS TODAY

Did you hear it's Easier to File a FECA Claim for COVID-19 now?

The American Rescue Plan Act of 2021 that President Biden signed on March 11, 2021, makes it **much easier** for federal workers diagnosed with COVID-19 to establish coverage under the Federal Employees' Compensation Act. To establish a COVID-19 claim, you simply need to establish that you are a "covered employee," meaning that:

1. **You were diagnosed with COVID-19.** Specifically, you were diagnosed with COVID-19 while employed in the Federal service at any time during the period of January 27, 2020 to January 27, 2023; and,
2. **Your duties include any risk of exposure.** Specifically, within **21** days of your diagnosis of COVID-19, you carried out duties that—
 - a. required contact with patients, members of the public, or co-workers; or
 - b. included a risk of exposure to the novel coronavirus.



What Does the Change in the Law Mean?

1. **You are only required to establish that your duties included a risk of exposure to COVID-19.** You do not have to prove you were engaged in high-risk employment; that you were actually exposed to the virus; or that you were exposed to someone who had the virus while performing your duties.
2. **If you establish that you are a "covered employee," any diagnosed COVID-19 will be deemed to have been proximately caused by your Federal employment.** You no longer have to establish a causal link between your employment and your COVID-19 diagnosis.



What to Do:

You can quickly and easily file a **CA-1** Claim for COVID-19 through the Employees' Compensation Operations and Management Portal (ECOMP). You can access ECOMP at ecomp.dol.gov. If you have never used ECOMP, you can [view this instructional video](#) to learn how to register for an ECOMP account, [and this video](#) to learn how to file a COVID-19 claim. If you don't have access to a computer, contact your supervisor.



Why File Now? What if I Think I Am OK?

If you were previously diagnosed with COVID-19 or even if you believe you just have a mild case of COVID-19, you should consider filing a COVID-19 FECA claim **now** even if you have fully recovered and/or had an asymptomatic infection.

- In the event you develop a consequential injury, impairment or illness later as a result of your COVID-19 diagnosis, timely filing your claim **now** will facilitate the processing of any future claim for any such consequential condition or impairment.
- If you wait until you experience a consequential injury or illness to file your COVID-19 claim, your claim may be subject to time limitation and you will have to establish **both** the initial COVID-19 claim and the consequential condition claim before benefits can begin.



OFFICE OF WORKERS' COMPENSATION PROGRAMS
UNITED STATES DEPARTMENT OF LABOR

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

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

Address Service Requested

Branch Meeting Minutes
January 4, 2021

By
Steve Seyfried, Secretary

The Meeting was held Virtually on Zoom due to a new outbreak of Covid Variant O. It was called to order by PRESIDENT J. DOLABSON at 6:40 p.m. The Pledge of Allegiance was led by SGT-AT-ARMS POWERS

MOMENT OF SILENCE--In Memory of All the Letter Carriers and MEMBERS who have passed over the past year.

ROLL CALL OF OFFICERS

PRESENT--J. DOLABSON, MACARAEG, SEYFRIED, WILSON, MULLINAX, POWERS, JEFFREY, JOHNSON, BURTON, L. DONABSON, DUENEZ, VALENZUELA

ABSENT--NONE

MINUTES ACCEPTED AS PRINTED IN MAIL CALL

CORRESPONDENCE READ

BILLS READ----NONE

APPLICATION FOR MEMBERSHIP

RAFAEL POLANCO, MADRIGAL RODRIGUEZ, DOUGLAS QUIJARO, OTTO MEDRANO, ERIC JOHNSON, BRIAN ALLEN.

COMMITTEE REPORTS

AUDIT & BUDGET--TRUSTEES Budget meeting was held on January 5, 2022, and will be submitted for voting by the Membership at the February Regular Meeting. Copy of new Budget will appear in the February MailCall. The Audit will be on February 3, 2022, at 6:30 pm at the Union Office.

SAFETY & HEALTH--DUENEZ Continue to work in a safe manner. 5 new COVID cases have been reported in Van Nuys Main Office. Be safe, get Vaccinated and Boosted, not only for yourself, but for those you are in contact with everyday.

RETIREEES 9 retiree's present tonight. Retiree Luncheon has now been postponed until next October due to Covid concerns. Watch for exact date.

MDA FUND--POWERS Currently \$767.00 in fund

ELECTION--SEYFRIED No Report

HBR--L. DOLABSON New NALC Health Benefits cards have been mailed out to all members. Make sure you destroy your old card when you get your new one. If you have not received a new card by the end of January, contact the HBR at the Union Office.

MDA--MACARAEG New great offer on Jamba Juice cards for Valentine's Day. All money raised goes to MDA

MBA--DUENEZ New Short Term Disability Plan has been announced by MBA. If you are interested please contact me through your Shop Steward. I would love to go over it with you.

EDITOR--VALENZUELA All is Well

POLITICAL--BURTON Redistricting has been finished; District 25 now becomes 27. Congressman Garcia lost all of Simi Valley and picked up Lancaster and Palmdale. Also looking for someone who lives in CONGRESSMAN SHERMAN's DISTRICT to step up and be Branch's Congressional Liaison if you are interested contact the Union Office. No movement on the various bills in Congress regarding the Postal Service. Lobby trip to DC is still on for February, we will be sending 3.

FINANCE REPORT--MULLINAX Read

TREASURERS REPORT--WILSON Read

Motion--Accept financial report's as read M/S/C

VICE-PRESIDENT MACARAEG Covid MOU for CCA's has been extended till February 2022. Carriers who test positive for Covid have 21 days to file a claim on a CA1. I will have an extensive review of filing procedures in the February MailCall.

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

OLD BUSINESS

There were no amendments to the By-Laws submitted at tonight's meeting. Next opportunity will be at June 2022 Regular Meeting.

NEW BUSINESS

MOTION--Move that the Branch increase the HARRY BRENNEMAN AWARD \$ 100.00 for both 2021 & 2022
Total cost to the Branch \$ 200.00. M/S/C

MOTION--Move that the Branch pay the renewal fee for the MailCall mailing permit for 2022. Cost to the Branch \$ \$ 265.00 M/S/C

MOTION--Move that the Branch renew the Membership in the L A County Federation of Labor for 101 members. Cost to the Branch \$ 836.28 M/S/C

UNDERLINED INDICATES UNANIMOUS VOTE

GOOD OF THE ASSOCIATION

We send the Branch's sincere Condolences and Prayer's to PAUL & LAURA JEFFREY on the passing of LAURA's Mother.

Meeting Adjourned 8:04 PM