

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

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NUMBER 10

PRESIDENT'S REPORT

By JANETTE DOLABSON

NALC Election

At the Chicago Convention in August National officers were nominated from the floor of the convention hall. Candidates for vice president, assistant secretary-treasurer, director of city delivery, director of safety and health, and 13 of the 15 national business agent (NBA) positions were unopposed and elected by consent at the Chicago convention. Two candidates were nominated from the floor for each of the following positions: president, secretary-treasurer, director of life insurance, director of health benefits, director of retired members, and NBAs for Regions 1 and 9. Three candidates were nominated from the floor for the position of executive vice president. Six candidates were nominated from the floor for three national trustee positions.

I was honored to nominate Calvin Brookins for the position of Region 1 NBA. He was not the candidate that National had put on their "ticket" to support. Here is what has been going on within our union in Region 1. Our current NBA (National Business Agent), Bryant Almario is retiring from this position and will be working as an arbitration advocate for National in the future. We congratulate Bryant and thank him for all his years of service and dedication to representing Letter Carriers throughout his career!

With that said, normally the next NBA comes from within the ranks of the NBA office. The RAA's (Regional Administrative Assistance) since they are the ones who have the experience and knowledge to do what the position of NBA does. There are 3 RAA's that have worked hard representing our members in the entire region for years, Calvin Brookins, Jeff Frazee, and Allan Rios. All of these RAA's at one time or the other were going to run for this position. These talented RAA's were told that none of them were going to be considered for the position because National wanted to run someone else. With those folks not running then the person they decided to run could run unopposed and claim no one else ran against her. This made no sense to a lot of us in region 1. Why wouldn't National support someone as experienced and knowledgeable and as hard working and respected as Calvin Brookins? A LOT of people came to us at the convention and wanted to know what happened?

Why the President from the largest branch who has barely of at all, served more than one full term, and who had never worked as an RAA for NBA office with virtually no arbitration experience be the person National decided to support? This is one, if not the largest region in the country. We have over 80 branches within this region. Well, I found out that about 5 of the largest branches in the region had a "meeting" of presidents and decided for all of us who they wanted to run for NBA. National was told that all the president's in the region were invited to this, so called, meeting and we "all" decided to support this other candidate. This is not true. Large branches were only "invited" and those branches decided who to support and those branches had their own agenda. We took extreme exception to that disrespect and injustice to fairness and unionism. All the President's I spoke with at the convention and asked if they were invited to this meeting said they didn't know anything about it. I wasn't invited. None of us knew anything. Union politics? Definitely.

So, with a lot of discussion between other branches within the region who were angry and felt this disrespect, we asked Calvin if he would please run for this position. He deserves it and is extremely qualified to be our NBA. We trust him and know he will do the very best for everyone in this region. With much thought and with so many folks in the region asking him to please run, he said he would. At least we ALL will have a say. We all matter. We all should have a voice in who represents us. This is just not the way to go about moving someone up the ranks over the backs of hard working and better experienced folks. It's so wrong on so many levels and most of all it's disappointing.

Some of the other candidate's supporters have accused this action of nominating Calvin as trying to divide the region. That is completely ridiculous. What divides us is failing to value all our branches and all our members in the region. Nominating Calvin was a rise to democracy and gives all members a choice.

I urge every member in every branch who gets this Newsletter in Region 1 to vote for Calvin Brookins for NBA Region 1. VOTE VOTE VOTE. The other candidate has all the money behind her. We don't. We must raise our own money to pay for this campaign. I also urge your Branch to endorse Calvin Brookins at your next branch meeting for Region 1 NBA and that you put that endorsement into your newsletters if you can.

(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	4	7				5	6	6			
ENCINO	3	4	4				4	4	3			
PANORAMA CITY	4	4	4				4	5	3			
SHERMAN OAKS	2	4	3				5	4	6			
SUN VALLEY	0	0	0				0	0	0			
TARZANA	0	0	0				0	0	1			
RETIREE'S	9	7	7				6	8	5			
TOTAL	21	23	25				24	27	24			

**NEXT MEETING
TUESDAY
OCTOBER
4th
2022**

6:30 p.m.

**It Will Be Held At the
UNION OFFICE
6910 Hayvenhurst Ave
#104
Between Van Owen & Sherman Way**

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

Oct 9, 2022

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

Vice President's Report

By

Jemmayen Macaraeg

Meeting OWCP's burden of proof

Throughout the 100-plus years of the Federal Employees' Compensation Act (FECA), there has been one constant principle in play—the injured worker bears the burden of proving his or her case. Claims examiners working for the Office of Workers' Compensation Programs (OWCP) adjudicate claims under FECA and look for five key elements to fulfill the burden of proof.

The first element is that the claim must be timely. The claim must be filed within three years after the date of the injury. However, if the claim is not filed within three years, the claim can be accepted if written notice of injury was given within 30 days and the employees' immediate superior had actual knowledge (including verbal notification) of the injury within 30 days after occurrence. It is always important to inform your immediate superior of an injury in writing, regardless of the severity.

The second element is whether the injured worker had status as a postal employee at the time of the injury. OWCP considers the supervisor's completion of a claim form as prima facie proof of the worker's status as an employee.

The third element is the fact of injury, which has two components: factual and medical. The factual component is satisfied by the employees' statement explaining how the injury occurred, including the date, time and location. The medical component requires a medical diagnosis from a doctor. Statements by nurse practitioners (NPs) and physician's assistants (PAs) will be accepted if co-signed by a doctor.

The fourth element is performance of duty. The performance of duty question normally is satisfied if there is no conflict in the evidence and if the facts establish that the employee was in a duty status, performing work as a letter carrier. OWCP recognizes that letter carriers are on postal property for only part of each working day and that many injuries occur away from the office. Accidents arising from

(Continued on Page 3)

**BRANCH 2462
RETIREE LUNCHEON
SUNDAY AFTERNOON
OCTOBER 30, 2022
MONTEREY AT ENCINO
(FORMALLY ENCINO GLEN RESTAURANT)**

16821 Burbank Blvd. Encino, California

Doors Open 1:15 PM

LUNCH at 2:00 PM

Price is \$ 10.00

Retiree's and Active Carriers are Welcome

PRESIDENT'S REPORT

(Continued from Page 1)

The National Election committee will create the ballot for mailing. Official election instructions will be included with all ballots mailed to eligible NALC members.

To be eligible to vote, a person must be a regular member of NALC and in good standing as of June 1, 2022. NBAs will be elected by the members in their respective regions.

Beginning on Sept. 19 and continuing until completion, components of the election mailing will be printed. Starting on Sept. 26 and continuing through Sept. 30, ballots will be prepared, inserted into envelopes and mailed. Please follow the directions for voting very carefully.

Any active or retired member who does not receive a ballot by Oct. 7 is instructed that they must notify their branch officers. Contact me at 661 373-2224 if you have not received yours. Those branches are instructed to immediately contact the NALC Membership Department to request a duplicate, replacement ballot.

The deadline for branch officers to contact the Membership Department is 4 p.m. Eastern time on Oct. 11. Only a branch officer can request a duplicate ballot.

Ballots must be RECEIVED by 5 p.m. Eastern time on Friday, Oct. 21, to be counted. The counting of ballots will begin the following day.

Vice President's Report

(Continued from Page 2)

travel to and from the route on the designated route of travel are considered as being in performance of duty. The fifth and perhaps most important element to be satisfied is an explanation of the causal relationship between the employee's work factors and the diagnosed condition(s). OWCP finds that an injury or disease may be related to employment factors in any of four ways:

1. Direct causation: This type of relationship is demonstrated when the injury or factors of employment, through a natural and unbroken sequence, result in the condition claimed. A fractured arm sustained in a fall would be considered a direct result of the fall. In occupational disease claims, the medical evidence needed to support direct causation requires more comprehensive medical documentation than in traumatic injury claims.
2. Aggravation: This causal relationship occurs if a preexisting condition is worsened, either temporarily or permanently, by an injury arising in the course of employment. For example, a pre-existing shoulder condition may be aggravated by a letter carrier's reaching, lifting, pushing and pulling while sorting and carrying mail. OWCP will decide, based on the medical evidence, whether aggravation is temporary or permanent. Temporary aggravation involves a limited period of medical treatment and/or disability, after which the employee returns to his or her previous baseline physical status. In other words, if your injury completely recovers after a period of rest and/or treatment, OWCP will find the aggravation temporary. Permanent aggravation occurs when a condition will persist indefinitely because of the work-related injury or when a condition is materially worsened such that it will not revert to its previous level of severity.
3. Acceleration: A work-related injury or condition may speed the development of an underlying condition, and acceleration is said to occur when the ordinary course of the disease does not account for the speed with which a condition develops. For example, a claimant's knee arthritis may have been accelerated by activities such as continuous walking, stooping and squatting in his or her job. Acceleration of a condition carries the same force as an acceptance for direct causation.
4. Precipitation: This is an underlying condition that would not have become manifest but for exposure to work factors, and is said to have been precipitated by the work factors. For instance, a claimant may have latent asthma which was then manifested due to exposure to COVID-19 in the workplace. The claim would be accepted for precipitation, but the acceptance would be limited to the period of work-related asthma, and compensation for the condition would cease once the worker recovered.

While the burden of proof falls on the injured worker, lack of medical evidence on the causal relationship between a work injury and work factors sinks most claims. An injured worker needs to work closely with his or her doctor so that causal relationship is determined early in the claim.

**IF YOU WOULD LIKE TO CONTRIBUTE
TO THE BROOKINS FOR
REGION 1 NATIONAL BUSINESS
AGENT FUND
JUST CLICK ON THE BAR CODE
YOUR DONATION WILL AID IN THE
COST OF RUNNING THE
CAMPAIGN
ALL COLLECTIONS MADE WILL BE
USED SOLELY FOR THE CAMPAIGN**

Scan in your banking app to pay
JANETTE
at xxx-xxx-2224.



zelle

Every Member Deserves a VOICE

CALVIN BROOKINS Is The Choice



Regional Administrative Assistant Region 1	2015 – PRESENT
Branch President Branch 2462	15 yrs. 2000 -- 2015
Vice President Branch 2462	4 yrs. 1996 -- 2000
Shop Steward Branch 2462	1 yrs. 1989 -- 2000
Arbitration Advocate Region 1	23 yrs. 1999 -- 2022

**Fully Trained in the Intervention Process
23 Years of Experience in All aspects of
Representing Letter Carriers**

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YOURSELF OR A FRIEND !!!
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205-6749 TO ORDER!!!



REMEMBER !!!

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GOES TO MUSCULAR DYSTROPHY**

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



VETERANS DAY NOVEMBER 11, 2022

**WE CAN NEVER FORGET THE SACRIFICE
THAT VETERANS HAVE MADE FOR ALL OF
US IN THE UNITED STATES OF AMERICA
WE HAVE FREEDOM BECAUSE THESE
BRAVE MEN AND WOMEN STOOD UP
WHEN CALLED AND THIS IS THE DAY WE
CHOOSE TO CELEBRATE THEIR HEROISM**

**SO TAKE THE TIME TO ALWAYS EXPRESS
YOUR GRATITUDE WHEN YOU SEE A
VETERAN**

**AND TO ACKNOWLEDGE THEIR SERVICE TO
ALL OF US**



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

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Branch Meeting Minutes

September 6, 2022

By

Steve Seyfried, Secretary

The Meeting was held at the Branch 2462 Union Hall 6910 Hayvenhurst Ave, #104 Van Nuys California. It was called to order by PRESIDENT J. DOLABSON at 7:00 p.m. The Pledge of Allegiance was led by SGT-AT-ARMS POWERS

MOMENT OF SILENCE--In Memory of ALL LETTER CARRIERS that have passed in 2022.

ROLL CALL OF OFFICERS

PRESENT--J. DOLABSON, SEYFRIED, MACARAEG, WILSON, MULLINAX, POWERS, , BURTON, L. DOLABSON, VALENZUELA

ABSENT--JEFFREY, JOHNSON, DUENEZ

MINUTES ACCEPTED AS PRINTED IN MAIL CALL

CORRESPONDENCE READ

APPLICATION FOR MEMBERSHIP--RYAN TAYLOR, JAMIE GARCIA CARRASCO, JAVIER GUZMAN, KATY ARTEGA RODRIGUEZ, DAWN MITCHELL, MHDWALID SAADEDDIN, KITTIPONG SANGTHONGK, MAYRA DIAZ

BILLS READ--NONE

COMMITTEE REPORTS

AUDIT & BUDGET--TRUSTEES Audit will be held in January, date to be announced.

SAFETY & HEALTH There will be a Safety Meeting held in September, a representative from each office should be scheduled to attend. All offices should be receiving DAILY HEAT STANDUPS, if this is not happening, contact the Union Office.

RETIREEES 5 Retiree's present tonight. Retiree Luncheon is on for October 30, 2022. At the Monterey at Encino. Look for info on page 2 of October MailCall.

MDA FUND--POWERS Currently \$ 1740.00 in the fund

HBR--L. DOLABSON Those with High Option insurance should be receiving a letter from Health Plan regarding the Hinge Program. It is an exercise program that is provided by phone. Further information will be included in the letter

MDA--MACARAEG New Jamba Juice Cards are available, contact your Shop Steward to purchase one, they are \$ 10 and proceeds go to MDA; we will be looking at having a Bowl-a-Thon early next year.

MBA--DUENEZ No Report

POLITICAL--BURTON HR 8376, the PEGGY FRANK BILL, has been submitted to Congress. It would require the Postal Service to install "climate control devices" in all vehicles within 3 years.

EDITOR--VALENZUELA

All is Well

FINANCE REPORT--MULLINAX Newest Retiree's are HOMERO RODRIGUEZ & DENNIS TEUBNER. I will be contacting them to hopefully continue their membership

TREASURERS REPORT--WILSON Full Financial Reports for both May and June were presented and read.

MOTION TO ACCEPT REPORTS AS READ

M/S/C

VICE-PRESIDENT MACARAEG Second Shop Steward class for new Steward applicants as held last week. So far very happy with progress being made and effort being put in by those in attendance.

PRESIDENT J. DOLABSON

Gave her report which will be published in the MailCall

OLD BUSINESS--NONE

NEW BUSINESS

MOTION--Branch purchase, through Quick Books the W-2 Forms. Cost to the Branch \$93.06

M/S/C

MOTION--Branch authorize an additional \$ 1500.00 for the Retiree Luncheon

M/S/C

MOTION--Branch endorse CALVIN BROOKINS for the position of NATIONAL BUSINESS AGENT for REGION 1 N.A.L.C.

M/S/C

UNDERLINED INDICATES UNANIMOUS VOTE

GOOD OF ASSOCIATION

CALVIN BROOKINS spoke to Thank the Branch for it's endorsement. He urged that all members take the time to vote when they receive their ballot in the mail. This is your chance to make your voice heard in the operations of YOUR UNION. Also happy to report that TRUSTEE BOB JOHNSON, who had heart surgery last week at Cedars is recovering well. He wanted to thank those that had reached out to inquire about his progress, and is very appreciated of your prayers.

MDA DRAWING

\$ 4 LIZ BOCANEGR--MAIN OFFICE--DONATED \$ 3
\$ 6 ROD GODDARD--SHERMAN OAKS--DONATED

Meeting Adjourned 8:22 PM