

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

VOLUME 60

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NUMBER 3

PRESIDENT'S REPORT

By JANETTE DOLABSON

Social Security Fairness Act

Sens. Sherrod Brown (D-OH) and Susan Collins (R-ME) reintroduced the bipartisan Social Security Fairness Act ([S. 597](#)) in the Senate on March 1.

The bill, which is identical to legislation introduced in the House ([H.R. 82](#)) in January by Reps. Garret Graves (R-LA) and Abigail Spanberger (D-VA), would repeal the Government Pension Offset (GPO) and the Windfall Elimination Provision (WEP). The GPO and WEP are parts of Social Security law that unfairly reduce or sometimes eliminate Social Security benefits for millions of federal annuitants, including former Civil Service Retirement System (CSRS) letter carriers.

WEP reduces earned Social Security benefits for CSRS employees and for Federal Employees Retirement System (FERS) employees, who also receive a public pension from another job not covered by Social Security. In addition, WEP affects employees who move from a job in which they earn Social Security to a job where they do not earn the Social Security benefit.

GPO affects CSRS employees and spousal benefits of people who work as federal, state or local government employees if the job is not covered by Social Security. GPO currently reduces by two-thirds the benefit received by surviving spouses who also collect a government pension.

Currently, the legislation has 31 bipartisan cosponsors in the Senate. Despite consistent bipartisan support in the House and the Senate, the legislation has been difficult to advance due to the price tag. NALC is committed to working on both sides of the aisle in the House and Senate to gain support for the Social Security Fairness Act so letter carriers can receive the full benefits they earned.

Disciplinary Action

If you receive a disciplinary letter or notice, you need to immediately give it, or a copy of it to your shop steward.

Management does not give a copy to them automatically and your steward may not know it was issued to you. You have 14 days from the date you signed or received that discipline to initiate a grievance. The sooner you give it to your steward the more time the steward has to file that grievance, investigate it and gather any information that is needed for it before it is filed at the informal A level. If you don't give it to your Steward before that 14th day that disciplinary action will stay for 2 years. If it's a notice of Removal the removal will stand. We will still file a grievance but the time limits have not been met and that is a fatal error in the process unless we are able to negotiate something with management on your behalf.

Food Drive

All offices will be participating in the food drive this year. We have North Valley Caring Services that will take care of Encino, Sherman Oaks and Tarzana Stations. Sova will take care of Main Office, Salvation Army will handle Sun Valley and St Elizabeth Church will be taking food from Panorama City. We have ordered cards and posters.

NOTICE OF ELECTION OF BRANCH OFFICERS

The election shall be conducted by secret mailed ballot. All ballots will be mailed First Class to the home addresses of eligible members no later than May 8, 2023. The Election shall be conducted in accordance with the rules and regulations adopted and promulgated by the Executive Board of Branch 2462, NALC, which shall not be in violation of the rules and regulations adopted and promulgated by the Rules of the National Executive Council. Ballots must be mailed back to the Election Committee at PO BOX 800785 Valencia CA 91380, and must be received by 5:00 p.m. on May 28, 2023. The counting of the ballots will take place on Thursday, June 1, 2023 beginning at 5:00 p.m. at 6910 Hayvenhurst Ave., # 104 Van Nuys, California. All candidates and members may observe the counting of the ballots.

"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.

A Little Post Office History by Francisco Valenzuela

In 1888 the 8-hour law for carriers was passed. The post office department was not too happy about this. Of course, the post office had a different interpretation of the 8-hour work law that it's 8 hours every day (seven days a week) totaling 56 hours a week. So basically, if you worked 9 hours every day then you still have to work 2 hours on Sunday. This was done nationwide but the NALC fought back and sued the post office department and to everyone's surprise won 3.5 million dollars of unpaid overtime. This made the post office department not too happy to say the least and the post office fought back and hired spotters (non-postal) that would go from city to city to spy on carriers to see them doing something wrong. Most were just being caught talking to customers, giving directions, but the worst one was a carrier in Ohio. He was delivering his route, and as he was passing by a house, he smelled gas. He looked inside a house and saw a woman and child on the floor passed out. He immediately went inside the house and got them outside, saving them from a gas leak. After the carrier saved their lives, the spotter reported the incident to the supervisor. He reported that the carrier made a turn going inside the house instead of going straight to the next delivery and recommended that he be removed for deviating from his route. At the end the carrier was suspended for 15 days with no pay.

Part of the way the post office department would get away with doing this was the fact that they would wait at least a month after the incident and obviously the carrier would not remember exactly what happened. This was believed to be a tactic of the post office department to weed out union members and to scare people from joining the NALC. But this time the NALC did not win this fight with a lawsuit but because of journalism and articles being written making strong public support, it made congress to deny the post office department funds for the spotters.

Just a reminder that what we are going through is nothing new and that we need to continue to come together to keep fighting this fight together. Just because we enjoy and have the benefits, we have today does not mean we cannot lose them one day.

EDITORS NOTE:

The above article written by FRANCISCO VALENZUELA, along with last month's written by ROD GODDARD was part of an assignment given the student's who attended the Branch's first Shop Steward Training Academy. We will be featuring more of these in future issues of the MailCall.

ATTENDANCE CHART BRANCH MEETINGS

MONTH	J	F	M	A	M	J	J	A	S	O	N
MAIN OFFICE	4	3									
ENCINO	3	4									
PANORAMA CITY	1	5									
SHERMAN OAKS	1	5									
SUN VALLEY	0	0									
TARZANA	0	0									
RETIREE'S	7	5									
TOTAL	16	22									

**NEXT MEETING
TUESDAY
APRIL
4th
2023
6:30 p.m.
BRANCH OFFICE**

**DEADLINE DATE FOR THE NEXT
ISSUE OF "THE MAIL CALL" IS
Apr 9, 2023**

**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: !!!!

Our next Breakfast Meeting will be held at Denny's Restaurant, (Corner of Sherman Way & DeCels). It will begin at 09:00 AM. Date will be APRIL 22, 2023 (4th Saturday) So, please mark your calendar.....We hope to see you there. Thank You

**DO NOT LEAVE YOUR VEHICLE WITH THE ENGINE RUNNING!!!
UNDER ANY CIRCUMSTANCES!!!**

When motor vehicles do unexpected things, tragedies can happen. Rollaway accidents have injured or killed people of all ages. They have triggered other accidents after rolling into busy traffic and have caused property damage. Worn parking gears in automatic transmissions may cause vehicles to slip out of park. In cars built before September 2010, automatic transmissions can be shifted out of park if the key is left in the ignition even though the engine is off and your foot isn't on the brake.

There are many situations in which injury or worse can occur. A driver leaves her car momentarily unattended while it's idling in park and its worn transmission shifts into another position and sets the car in motion. A person places the key into the ignition to listen to the radio and accidentally bumps the gear selector causing the car to roll down a hill. Children left alone in a parked car with the keys in the ignition may also intentionally or unintentionally shift the gear selector. How injuries occur after a car starts moving on its own depends on the circumstances.

To prevent a vehicle rollaway car accident, follow these seven safety tips:

- Always engage your emergency brake when parking your car. Make this a habit.
- Never leave your car unattended with keys in the ignition or in the car.
- Lock the doors when leaving your car. Children might be playing outside while you're delivering the mail and goes inside your vehicle.
- When you park your car, always set the selector to "Park."
- Turn your engine off before leaving your car.
- When parked on hills, turn the wheels to minimize rolling distance. If there is a curb, turn the wheels into it.

Please remember that you are responsible for the safety of not only others, but also of yourself. As professionals we have a public duty to operate and deliver in an efficient and SAFE manner. We all know what the rules of driving entail and what the Postal Service expects from us as Letter Carriers. You will never be disciplined for working in a safe manner, however, you will be should you choose to disregard these rules. Many Carriers feel the pressure to get their assignment done quickly, often by a supervisor. Don't fall into this trap ! Do your route in a professional and safe manner.



Filing a CA-1 in ECOMP

BY

Jemmayen Macaraeg

After signing into ECOMP with your email address and password, your Employee Dashboard will be displayed, which lists all forms you have filed in ECOMP.

- To begin, click the button **“Get Started – File a Form”**
- Information about filing a claim on form CA-1 or CA-2 will be displayed. Click **“File a CA-1 or CA- 2”** to proceed.
- Information about Forms CA-1 and CA-2 will be displayed. To file a CA-1 to claim a traumatic injury, click **“Select & Continue.”**
- Your name will be pre-populated from your ECOMP account. Your email address from your account will also be displayed. This will be used to advise you of the status of your claim and send communications such as information on the dangers of opioid medications or other relevant topics.
- Enter your social security number (SSN) and confirm it. The SSN you enter *must* match the SSN of record for your ECOMP account.
- Enter your date of birth, sex, home telephone number, grade and step as of the date of injury, home mailing address and dependent information. Notice that ECOMP defaults to “None” so be sure to update this item if you do have dependents. Your supervisor’s email address will be pre-populated from your ECOMP account but may be changed if needed.
- Next, provide the place where the injury occurred. Also provide the date and time the injury occurred, as well as your occupation; City Letter Carrier. Describe the cause of injury and the nature of injury, with as much detail as possible.
- Next, if there was a witness to your injury you may enter his or her name and address. This step is optional and may be skipped if there was no witness. If you have a statement from a witness, you may enter the date of the statement and then electronically upload it in the next step.
- Next, you may upload any attachments that you wish to submit in support of your claim, such as statements by you or any witnesses, or medical reports. Click **“Choose a File”** to select documents saved on your computer. Please note that medical bills and reimbursement claims may not be uploaded via ECOMP.
- Also note that you may upload supporting documents at a later time from the ECOMP home page if your claim is submitted to OWCP and assigned a claim number.
- Finally, a summary of the information you have entered for the CA-1 form is displayed. If changes are needed to any of the fields, you may click **“Edit”** to return to the portion of the form needing changes.
- You must then indicate whether you want to claim either *Continuation of Pay or Sick and/or Annual leave*, for any disability resulting from your injury. After making your selection and

- reading the displayed certification and authorization statements, click **“Sign and File”** to submit your claim. You must agree with the displayed statement to proceed.
- A confirmation message will then be displayed notifying you that your claim has been forwarded to your supervisor for review. The ECOMP Control Number (ECN) which has been assigned to your claim is also displayed. You may use this number to track status of your claim. You should also view and save a PDF copy of your CA-1 using the “View” or “Get PDF” buttons.
- An email message will be sent to your supervisor by ECOMP advising that your claim requires review. After your supervisor has reviewed the claim, it will be forwarded to the ECOMP *Agency Reviewer (AR)* at your district injury compensation office. The AR will perform a final review of the claim and forward it to OWCP for creation of a case as needed.
- The AR will also print the form and contact you and your supervisor to obtain your signatures on the form. The CA-1 form, with original signatures, will be filed in the district injury compensation (HRM) office.
- If your injury did not result in lost time from work or any medical expense, or first aid treatment only, your claim will not be submitted to OWCP for creation of a case. Rather, it will be maintained in ECOMP, and may be reactivated by your AR for submission if you incur lost time or medical expense at a later date.
- If your claim is submitted to OWCP, you will receive an email from ECOMP once the case has been created which contains your case file number.
- You may view a list of all forms you have submitted via ECOMP and their status by visiting your ECOMP Employee Dashboard.
- A claim which has been filed but has not yet been submitted to OWCP may be withdrawn by locating it in the list of forms and clicking the **“Withdraw Claim”** button under **“More.”**
- If you need to leave ECOMP in the middle of filing a claim, the form will be maintained in a draft status for one week. After that point, it will be deleted from the system and you will need to start over with a new claim form. A claim which is still in draft status may be deleted by locating it in the list of forms and clicking the “Delete Claim” button.
- ***Always consult with your NALC branch OWCP specialist or national business agent’s office before withdrawing or deleting a claim***

"THE MAIL CALL"

BRANCH 2462, NALC

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Van Nuys, CA 91406

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Branch Meeting Minutes

March 7, 2023

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 6:48 p.m. The Pledge of Allegiance was led by HBR LARRY DOLABSON

MOMENT OF SILENCE--In Memory of ALL LETTER CARRIERS that have passed in 2023.

ROLL CALL OF OFFICERS

PRESENT—J. DOLABSON, MACARAEG, SEYFRIED, WILSON, MULLINAX, JEFFREY, BURTON, L. DOLABSON, VALENZUELA

ABSENT—POWERS, JOHNSON, DUENEZ

MINUTES ACCEPTED AS PRINTED IN MAIL CALL WITH CORRECTION THAT THE COST TO RENEW THE LA COUNTY FED MEMBERSHIP SHOULD HAVE BEEN \$ 921.12

CORRESPONDENCE READ

APPLICATION FOR MEMBERSHIP—NONE

BILLS READ—NONE

COMMITTEE REPORTS

AUDIT & BUDGET—TRUSTEES No Report
SAFETY & HEALTH Same problems with Carriers not following Earbud policy, not fastening seat belts when in drivers' seat and delivering to mounted boxes and improper lifting procedures. Mgt team is on the prowl and will be coming into offices soon to check for violations and Carrier compliance. Follow the safety rules and you will have no problem.

RETIREES 7 Retiree's present tonight.
We will be having our first Retiree Breakfast's on Saturday APRIL 22, 2023, it will be held at Denny's Restaurant, (Corner of Sherman Way & DeCelis). It will begin at 09:00 AM.

MDA FUND-- \$ 3359.00 in the fund
HBR—L. DOLABSON We received the new membership manifest and we now have 102 members enrolled in the Health Plan. Also shout out to BROTHER ANTHONY KIRK who has been a member of the Health Plan for 53 years.
MDA—MACARAEG MDA will be sponsoring a Youth Summer Camp this summer after cancelling the last 2 due to COVID. It will be held at Lake Hughes Campgrounds in Castaic. We are still waiting to get full information on sending our Poster Child JESUS to the camp. Hope to have info next meeting.

MBA—DUENEZ

No Report

POLITICAL—BURTON HR-82, the Windfall Elimination Act, has upped its sponsorship to 187. we need 218 for passage but are working towards that goal.

EDITOR—VALENZUELA

All is Well

ELECTION—SEYFRIED We will have nominations for Branch Officers at the upcoming April meeting. All requirements and instructions have been posted in the MailCall. Election will be in May by mail.

FINANCE REPORT—MULLINAX All Gold Cards and Membership Pins have been mailed out to those who were unable to attend the Retiree Luncheon. Newest Retirees are WILLIAM QUINTON & DONNA VILLANUEVA from Sherman Oaks Station. Congrats to them. Last COLA of our contract will be on March 11th and will appear on the next paycheck after that date.

TREASURERS REPORT—WILSON Financial Reports were read by the Treasurer.

MOTION TO ACCEPT REPORTS AS READ

M/S/C

VICE-PRESIDENT MACARAEG Please obey all Safety Rules in place. Currently helping on 3 notices for OWCP. If you are injured DO NOT SIGN ANYTHING UNTIL YOU HAVE CONTACTED ME FOR ADVICE. THERE ARE SPECIFIC THINGS THAT YOU MUST DO TO PROTECT YOURSELF.

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

OLD BUSINESS—NONE

NEW BUSINESS

MOTION—Branch purchase a new thermostat for the Branch Office. Cost not to exceed \$ 150.00 M/S/C

UNDERLINED INDICATES UNANIMOUS VOTE

MDA DRAWING

\$ 4 GUIERMO MARISCAL—SHERMAN OAKS-DONATED
\$ 6 RAFAEL PEREZ—PANORAMA CITY—DONATED
\$ 12 DAN RATHBONE—RETIREE--DONATED

Meeting Adjourned 8:32 PM