

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

**VOLUME 63**

**MARCH 2026**

**NUMBER 2**

## **PRESIDENT'S REPORT**

By  
**JEMMAYEN MACARAEG**



NALC's preparations for the next round of collective bargaining have been ongoing since early September and have included weekly meetings of the Executive Council and staff committees, polls, and two weeklong meetings of the Rank-and-File Bargaining Committees. A final important piece of these preparations is hearing from each of you.

The 2026 NALC Collective-Bargaining Survey is now open to current active NALC members. Let your voice be heard. Take the survey and let our leader know what your priorities are for the next contract by completing it. The survey will be open until Friday, Feb. 20.

### **NATIONAL DAY OF ACTION! FIGHT LIKE HELL CONTRACT RALLY!**

Join us on February 22, 2026, at 135 S. Olive, Burbank, CA 91510 at 12 PM.

The 295,000 active and retired members of the National Association of Letter Carriers are calling for a fair contract now!

### **LETTER CARRIERS' WORK IS HARDER THAN EVER, AND WE DESERVE HIGHER PAY:**

- We work long hours in all elements and conditions.
- There are growing safety concerns on the job, including physical threats and assaults.
- Every year, our jobs become more physical. We handle more parcels than ever before, carrying heavy loads to every home and business.
- Our work is more than delivering the mail. We know our customers and are often the first to notice something is wrong.

### **FIRST-CLASS SERVICE DESERVES FIRST-CLASS PAY:**

- The Postal Service, and every American, depends on letter carriers to uphold the agency's universal service obligation.
- We deliver essential items, like pension checks and prescriptions, to every address nearly every day.
- Without our work, delivery of 376 million pieces of mail and packages to nearly 169 million delivery points every day nationwide is not guaranteed.
- Our work is vital to the economy as we support small businesses across the country.

### **STAFFING SHORTAGES AND HIGH TURNOVER RATES THREATEN RELIABLE SERVICE:**

- Most carriers start out as non-career, meaning they earn less money and have fewer benefits, even though they do the same work.
- 55 percent of non-career letter carriers leave the job within the first year.

**(Continued on Page 2)**

"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
MAIN OFFICE	2	5									
ENCINO	1	1									
PANORAMA CITY	3	2									
SHERMAN OAKS	5	4									
SUN VALLEY	0	0									
TARZANA	4	3									
RETIREE'S	7	6									
<b>TOTAL</b>	<b>22</b>	<b>21</b>									

## NEXT MEETING

**TUESDAY**  
**MARCH 3rd**  
**2026**  
**6:30 p.m.**  
**BRANCH OFFICE**

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

**Mar 8, 2026**

**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. Date will be April 25, 2026 (4th Saturday)** So, please mark your calendar.....We hope to see you there.  
Thank You

## NOTICE OF NOMINATIONS OF BRANCH OFFICERS

This is official notice to members of Branch 2462 that nominations for the following offices will be held at the regular branch meeting April 7, 2026 at 8:00 p.m. at the Branch Union Hall 6910 Hayvenhurst Ave # 104, Van Nuys California. The Offices are President, Vice-President, Recording Secretary, Financial Secretary, Treasurer, Sgt-at-Arms, Three (3) Trustee's, Editor, Health Benefits Representative, and Mutual Benefits Representative. No one may be nominated for more than one (1) office. Candidates must accept nomination at the time made or, if absent, in writing to be received by the Branch Secretary no later than April 9, 2026. The terms of Office shall be for a three year period. Candidates elected shall be delegates to the National and State Conventions as stated in the Branch By-Laws.

## ELECTION

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 11, 2026. 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 800123 Santa Clarita, CA 91380, and must be received by 5:00 p.m. on May 23, 2026. The counting of the ballots will take place on Thursday, May 28, 2026 beginning at 5:00 p.m. at 6910 Hayvenhurst Ave., # 104 Van Nuys, California . All candidates and members may observe the counting

## President's Report (Continued from Page 1)

- High letter carrier retention is important for the consistent, quality and reliable service that Americans count on.

## LETTER CARRIERS DESERVE A FAIR CONTRACT. What THIS MEANS:

- Higher pay, including higher starting wages.
- Shorter time to reach the top of the pay scale.
- An all-career workforce, with full benefits for every letter carrier from the start.
- An increased uniform allowance.

**(Continued on Page 3)**

## President's Report (Continued from Page 2)

- A fair workroom floor where postal management holds up its end of the bargain.
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### **LETTER CARRIERS DESERVE A FAIR CONTRACT. What THIS MEANS:**

- **Higher pay**, including higher starting wages. Shorter time to reach the top of the pay scale.
- **An all-career workforce**, with full benefits for every letter carrier from the start.
- An increased uniform allowance.
- A fair workroom floor where postal management holds up its end of the bargain.

### **PREEXISTING CONDITIONS**

Most of us bring preexisting or underlying medical conditions to our jobs that are not related to our work as letter carriers. While these conditions may be the result of prior injuries, they can also be genetic or age-related. When our postal work aggravates or contributes to the worsening of a preexisting condition, this aggravation or worsening is compensable by the Office of Workers' Compensation Programs (OWCP) under the Federal Employees' Compensation Act (FECA) regardless of the degree of such aggravation. This principle is based on long-standing Employees' Compensation Appeals Board (ECAB) precedent. Furthermore, the term "contributed to" has been interpreted by ECAB to mean the slightest work factor and does not require the work factor to be a significant factor leading to the disabling condition.<sup>2</sup> If the medical evidence reveals that an employment factor contributes in any way to the employee's condition, the condition is considered employment-related for purposes of compensation under the FECA. This is known as the non-apportionment rule.

In contrast to the FECA, many state injury compensation programs require the attending physician to determine the percentage of the injury attributable to preexisting conditions as compared with the conditions that result from exposure to the work environment. The attending physician does not have to do this for OWCP.

Our work as letter carriers may cause or contribute to the worsening of our preexisting conditions in a variety of ways. A single traumatic event, such as a fall, may exacerbate a preexisting condition. Or our repetitive duties over time may contribute to the worsening of a preexisting condition. When employment factors cause worsening of an underlying physical

condition, the employee is entitled to compensation for the periods of disability related to the worsening.

The worsening may be either temporary or permanent. OWCP, for example, distinguishes between temporary and permanent aggravation. In addition to direct causation and aggravation, OWCP applies two other categories of causation to the worsening of preexisting conditions. A "precipitation" occurs when exposure to the workplace causes a temporary flare-up of an underlying condition, such as dust in the workplace triggering an asthma attack. An "acceleration" occurs when factors in the workplace cause a permanent worsening of a preexisting condition, making it worse than it would otherwise be. For example, going up and down stairs over time can lead to permanent cartilage loss in an already arthritic knee.

The NALC has noted in recent years that OWCP has trended toward accepting degenerative conditions associated with preexisting conditions, such as arthritis, as "temporary aggravations" only, even when the attending physicians see the degenerative changes as permanent. This is particularly true now. Because of this, if the attending physician believes that the degenerative changes are permanent, they should say so and provide a medical explanation.

And in every case where a preexisting condition involving the same part of the body is present and the issue of causal relationship therefore involves aggravation, acceleration or precipitation, the attending physician must provide a rationalized medical opinion that differentiates between the effects of the employment-related injury or disease and the preexisting condition (FECA Procedure Manual 2-0805).

Preexisting injuries also can factor into schedule awards. Under OWCP procedures, schedule awards must include both permanent impairment resulting from conditions accepted by the OWCP as job-related and also any non-industrial permanent impairment present in the same scheduled member at the time of the rating examination. FECA Procedure Manual 2-0808.5d: gives this example:

If an aggravation of left hip osteoarthritis is accepted as work-related but the claimant also suffers from non-industrial left knee osteoarthritis, both of which have resulted in permanent impairment, an assessment of impairment should reflect the total loss of the left leg, to include both the industrial and non-industrial injuries.

The issue of preexisting conditions and non-apportionment came up during the May 6 hearing held by the House Education and the Workforce Subcommittee/Workforce Protections, "FECA Reform and Oversight, Prioritizing Workers, Saving Taxpayer Dollars." Members of the majority party and the USPS Office of Inspector General proposed that OWCP abandon the non-apportionment rule and require physicians to determine the percentage of the injury attributable to preexisting conditions as compared with the conditions that result from exposure to the work environment. Compensation benefits would be reduced accordingly. Reference : January postal record

**JANUARY 2026 THRU DECEMBER 2026**

ESTIMATE EXPENDITURES			BUDGET 2025	SPENT 2025	BUDGET 2026
NALC Per Capita Tax:					
Regular Members					
<b>331 at</b>	<b>\$304.29</b>	(11.27x27)	\$ 91,140.00	\$ 88,821.09*	\$ 100,720.00
Retiree's					
<b>107 at</b>	<b>\$7.08</b>	(.59x12)	\$ 780.00	\$ 788.67*	\$ 758.00
State Per capita Tax:					
Regular Members					
<b>331 at</b>	<b>\$10.80</b>	(.40x27)	\$ 3,536.00	\$ 3,438.40*	\$ 3,575.00
Retiree's					
<b>107 at</b>	<b>\$0.60</b>	(.05x12)	\$ 66.00	\$ 66.65*	\$ 65.00
1 Contingency Fund (regular members)					
	<b>(331 @ 2.00 x 27 pay periods)</b>		\$ 17,680.00	\$ 17,192.00	\$ 17,874.00
2 Contingency Fund (retired members)					
	<b>(140 @ .50 x 27 pay periods)</b>		\$ 1,900.00	\$ 1,839.50	\$ 1,890.00
3	Branch Officers Salary		\$ 48,000.00	\$ 42,000.00*	\$ 42,000.00
4	The Mail-Call		\$ 9,000.00	\$ 9,231.71	\$ 9,300.00
5	Mail-Permit (includes postage)		\$ 2,000.00	\$ 2,220.00	\$ 2,000.00
6	Postage Expense		\$ 500.00	\$ 160.67	\$ * 800.00
9	Harry Brenneman Award		\$ 325.00	\$ 265.85	\$ 300.00
10	Office Expense		\$ 5,000.00	\$ 7,539.08*	\$ 7,500.00
12	Retiree's Luncheon		\$ 5,500.00	\$ 3,205.12	\$ 3,500.00
13	Installation of Officers		\$ -	\$ -	\$ -
14	Branch Telephones		\$ 1,000.00	\$ 1,007.95	\$ 1,050.00
15	Bond for Officer's		\$ 400.00	\$ 392.00	\$ 400.00
16	Office Supplies		\$ 1,000.00	\$ 556.35	\$ 600.00
17	Labor-Management Meetings		\$ 100.00	\$ 129.42	\$ 130.00
18	Refreshments		\$ 1,500.00	\$ 2,090.97	\$ 2,000.00
19	Donations		\$ 800.00	\$ 700.00	\$ 800.00
20	Equipment Repairs		\$ 700.00	\$ 947.46	\$ 800.00
21	Equipment Purchase		\$ 2,500.00	\$ 1,035.68	\$ 1,500.00
22	Election Expense		\$ -	\$ -	\$ 1,000.00
23	Miscellaneous Expense		\$ 50.00	\$ -	\$ 50.00
24	Public Relations		\$ 500.00	\$ -	\$ 500.00
25	Station Expense		\$ 2,000.00	\$ 2,180.00	\$ 2,200.00
26	Educational & Training		\$ 25,000.00	\$ 13,816.77*	\$ * 14,000.00
27	Publications		\$ 20.00	\$ 20.00	\$ 20.00
28	Local Negotiations		\$ 2,000.00	\$ -	\$ * 800.00
30	Assignment Time		\$ 26,000.00	\$ 47,162.00*	\$ * 48,000.00
				4	

ESTIMATE EXPENDITURES		BUDGET 2025	BUDGET 2026	
31	Insurance cost	\$ 1,800.00	\$ 2,355.00	\$ 2,500.00
32	Office Rental	\$ 33,500.00	\$ 32,668.81 *	\$ 33,735.00 *
33	Gas Utility	\$ 550.00	\$ 483.08	\$ 500.00
34	Food Drive	\$ 1,500.00	\$ 1,182.50	\$ 1,000.00
35	Ray Kreyer Award	\$ 600.00	\$ 631.70	\$ 650.00
36	C.O.A. Mail Call	\$ 125.00	\$ 200.00	\$ 200.00
37	Route Inspection Expense	\$ 1,000.00	\$ -	\$ 1,000.00
38	Mileage (.725 per mile)	\$ 3,200.00	\$ 2,813.16	\$ 3,000.00
39	Scholarship Expense	\$ 300.00	\$ -	\$ 300.00
40	Electric Utility	\$ 1,900.00	\$ 1,886.14	\$ 1,900.00
41	Dues & Membership Expense	\$ 1,300.00	\$ 1,018.00	\$ 960.00
42	Janitorial Expense	\$ 900.00	\$ 900.00	\$ 900.00
43	MDA Expense	\$ 150.00	\$ 200.00	\$ -
45	Bass Calendars	\$ 1,900.00	\$ 1,856.25	\$ 1,800.00
46	Christmas Open House	\$ 5,500.00	\$ 8,542.99 *	\$ 7,385.00 *
47	Independent Medical Exam	\$ -	\$ -	\$ -
48	Organizing Expense	\$ -	\$ -	\$ -
49	Cellular Phone	\$ 100.00	\$ -	\$ -
50	Greeting Cards	\$ 25.00	\$ -	\$ 15.00
51	On-Line Service	\$ 1,100.00	\$ 1,304.97	\$ 1,350.00
53	NALC Store Expense	\$ 1,000.00	\$ 1,000.00	\$ 500.00
54	Deaf/Inter-Sign Language	\$ -	\$ -	\$ -
55	General Taxes	\$ 500.00	\$ 344.55	\$ 400.00
56	Cable Expense	\$ 1,200.00	\$ 1,289.46	\$ 1,325.00
57	Retiree Breakfast Expense	\$ 1,300.00	\$ 1,048.35	\$ 800.00
58	Cost of LM-3 & 990 Reports	\$ 2,300.00	\$ 3,404.35	\$ 2,500.00
59	Workers Compensation Insurance	\$ 600.00	\$ 576.00	\$ 600.00
60	Konica Minolta C458 Expense	\$ -	\$ 84.84	\$ 100.00
99	Non-Numbered Items	\$ -	\$ -	\$ -
<b>TOTALS</b>		\$ 311,347.00	\$ 310,597.49	\$ 327,552.00
Numbers in * were missing or incomplete when budget was created				
<b>BALANCE SHEET</b>				
<b>INCOME</b>		\$ 327,552.00		
<b>EXPENDITURES</b>		\$ 327,552.00		
<b>BALANCE</b>		\$ -	5	

**THE MAIL CALL  
BRANCH 2462,  
NALC  
6910 Hayvenhurst  
# 104  
Van Nuys, CA 91406**

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

**Address Service  
Requested**

**Branch Meeting Minutes  
February 3, 2026**

**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 MACARAEG at 6:50 p.m.

The Pledge of Allegiance was led by SGT-AT-ARMS GODDARD  
**MOMENT OF SILENCE--In Memory of DENNIS RUCKSTALIS & all Active & Retired members who have passed this year.**

**ROLL CALL OF OFFICERS**

**PRESENT**—MACARAEG, SEYFRIED, MULLINAX, WILSON, GODDARD, DOLABSON, JEFFREY, VALENZUELA, MORALES, MARISCAL

**ABSENT**—BURTON

**VACANT**—VICE PRESIDENT

**MINUTES ACCEPTED AS PRINTED IN MAILCALL  
APPLICATION FOR MEMBERSHIP**

**SHEILA CEBALLOS, ANDREY BAKIN, WYNTER MERCADO, NOE GOMEZ, ALEXANDER INIGO, JAYSSON LOPEZ-GOMEZ, ALFONSO DELGADILLO, LINDA OCHOA DEL GAUDIO, IVAN DIAZ, IVAN CISNEROS, MATHEW WITTMER.**

**COMMUNICATIONS READ**

**BILLS READ--NONE**

**COMMITTEE REPORTS**

**AUDIT & BUDGET**—TRUSTEES Budget was held on Jan 8, 2026. Audit will be on Jan 15, 2026.

**SAFETY & HEALTH** Accidents are doing so-so. Carriers need to be extra careful driving new electric vehicles, as they are very different than the old trucks. Make sure you are wearing seatbelts and driving defensively at all times.

**RETIREES** 6 Retiree's present tonight.

**MDA FUND--GODDARD** \$ 3192.00 in the fund

**HBR**— No Report

**MDA**— Coordinator position is open, anyone who would like to serve should contact the President. This is an appointed position & does not serve on the Executive Board.

**MBA**—MORALES I have one more training session, after which I will have an article for the MailCall.

**EDITOR**—MARISCAL We have sufficient funds in our postal account. Thanks to TIA and STEVE for their assistance in getting the paper prepared and mailed.

**ELECTION COMMITTEE** P O Box has been obtained for the election and Nominations will be held at the April meeting. Full instructions and information on elections are published in the MailCall.

**POLITICAL REPORT**—JEFFREY Letter Carrier Protection Act is still working its way through Congress with 50 more votes needed for full sponsorship. There are other bills currently in the pipeline, we will keep you posted.

**FINANCE REPORT**—MULLINAX All Station's have turned in their expense receipts for their Christmas party. Thanks ! Membership pins are in the office. I will be working on getting

them ready and passed out. You should be receiving a statement from the PO as to how much of your overtime can be deducted for tax purposes. Turns out that Trump's claim that all overtime money would be deductible was a LIE ! Congratulations to ERNESTO PADILLOS on his recent retirement.

**TREASURERS REPORT-WILSON** Financial Reports read.

Motion to accept Financial Reports as read M/S/C

**VICE PRESIDENT**—Vacant

**PRESIDENT MACARAEG** Made visits to all offices last week. Happy to report that EMMETT MILTON has been appointed as the new Shop Steward in Tarzana Station.

**OLD BUSINESS--NONE**

**NEW BUSINESS**

**MOTION**—Move that the revised Budget, as printed In the MARCH MAILCALL, be accepted. M/S/C

**MOTION**—Move that the Branch donate \$ 100.00 to the Burbank Branch for the Call of Action Rally on February 22, 2026 in Burbank. M/S/C

**MOTION**—Move that the Branch send 8 Members, to be chosen by the President, to the Regional Training & Rap Session in Las Vegas, to be held On April 29, through May 1, 2026. Cost will be in separate motion next month. M/S/C

**MOTION**—Move that the Branch renew the Membership in the L A County Federation of Labor for one year. Cost for 101 Members \$ 957.48. M/S/C

**UNDERLINED INDICATES UNANIMOUS VOTE**

**MDA DRAWING**

\$ 4.00 JOSE JIMENEZ—SHERMAN OAKS--DONATED

**Meeting Adjourned 7:38 PM**

**IN MEMORIAM  
DENNIS RUCKSTALIS  
  
RETIREE  
  
SHERMAN OAKS &  
ENCINO**