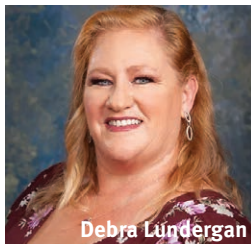


Two appointed as RWCAs

President **Brian L. Renfroe** appointed **Debra Lundergan** as a regional workers' compensation assistant (RWCA) for Region 1 (California, Hawaii, Nevada and the territory of Guam).

Lundergan began her postal career as a casual clerk in 2002, then transferred to become a part-time flexible (PTF) carrier in 2004 in La Habra, CA, joining Garden Grove, CA Branch



Debra Lundergan

1100. She became a steward and Formal A designee. She was elected a branch board member at large in 2016 and a branch trustee in 2019, and also served on the City Delivery Route Alternative Adjustment Process (CDRAAP) route adjustment team and the MDA fundraising committee. In 2022, she joined the NALC Headquarters team working on the testing, implementation, and operation of the Technology Integrated Alternate Route Evaluation and Adjustment Process (TIAREAP).

She has served as national assigned assistant (NAA) in Region 1 to assist with route adjustment and route adjustment training. Lundergan also assisted RWCAs in the region. She attended Advanced Formal A and Beyond and Advanced

Workers' Compensation training.

Lundergan is a current student at the NALC Leadership Academy.

The president appointed **Willie Groshell** of Portland, OR Branch 82 as an RWCA for Region 2 (Alaska, Idaho, Montana, Oregon, Utah and Washington).

Groshell began his postal career as a rural carrier associate in 2005 and became a PTF city carrier later that year.



Willie Groshell

His union activism began when he was appointed safety captain for his station. He has since served as an alternate steward, steward, route adjustment team member and chairman of the organizing committee. Groshell was elected to his branch's executive board in 2013 and served until 2019, when he became president of the Oregon State Association following his service on the state executive board and as state vice president. He also is the legislative liaison to the Oregon AFL-CIO. In addition, he has served as an NAA for Region 2 and provided assistance with Office of Workers' Compensation Programs issues on the regional level and national level.

Groshell graduated from the NALC Leadership Academy in 2011. **PR**

Penalty overtime exclusion set

As referenced in Article 8, Sections 4 and 5 of the USPS-NALC National Agreement, the December period during which penalty overtime regulations are not applicable consists of four consecutive service weeks. This year, the December period begins Pay Period 26-23, Week 1 (Dec. 2, 2023) and ends Pay Period 01-24, Week 2 (Dec. 29, 2023).

Rap session coverage in December issue

The 2023 NALC national conference, or "rap session," in New Orleans was set to be held Nov. 17-19, after this issue of *The Postal Record* went to press. Coverage of the national conference will be featured in the December issue of *The Postal Record*. **PR**

