

Volume 2024 / Issue 2

March/April 2024

SPRING IS IN THE AIR



Revitalize with UPMA



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NEW YORK CHAPTER

The (ESP) Empire State Publication UPMA (United Postmasters and Managers Association), [USPS 175-740] is published bimonthly with special editions in February and April by the New York State Chapter of United Postmasters and Managers Association of America (UPMA), 167 Dutch Road, W. Monroe, NY 13167. The subscription rate is paid for from the membership dues. Periodical postage paid at Salamanca, NY and additional mailing offices. Publication content and opinions expressed herein are those of the authors only and do not necessarily reflect the views of UPMA. The Editor reserves the right to edit articles for length and to conform to the publication's editorial style. Deadline for the ESP is the closest Sunday to the 10th of each month prior to the date of issue. No ESP is printed in June, August, October or December. Notice to Postmasters: Please send all address labels clipped from undeliverable copies, along with USPS Form 3579, to (ESP) Empire State Publication UPMA, 167 Dutch Road, W. Monroe, NY 13167.

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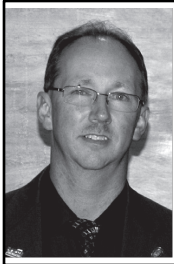
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Did you know there is valuable information on both the National and State websites? Not only can you register for the different upcoming events; you can also educate yourself on a lot of topics. Knowledge is power and with no knowledge you are in the dark and unprepared for the many new Postal related items that come at us every day and what retirement may look for you in the future. The time is now to prepare before you realize the setbacks you may face because you didn't know, didn't recognize or really just didn't take the time to learn.

NATIONAL Website: UNITEDPMA.ORG

1. Header "**Resources**" then "**Forms and Reference Materials**" you can reference the new 2024 salary scale, 2024 pay band schedule and latest 2021 Pay Talk decision. The next set of talks aren't scheduled until after the NALC ratifies their contract. With that being said, we aren't waiting for that to take place. The National office is always trying to better our positions with pay and benefits. Take for example: Last year the 3% raise was negotiated to be put in place prior to the end of the fiscal year. This allowed for the NPA to be added in after your salary was already increased. The same scenario was also used for raising the top of the pay bands prior to the NPA pay outs both for last year and this year, which gave anyone at the top the chance to raise their salary even more. The NPA cell percentages were agreed to be changed as well, prior to the NPA payout where mostly each cell number 3,4,5, etc are actually the percentage you get as long as it doesn't exceed the top of the pay band. If it does, the rest comes in a merit lump sum. Just imagine how much you may have lost if this wasn't agreed to prior to the NPA

cell % increases. The top of the pay bands increased 8.8% in the last two years. Even if you were not at the top of the pay band and you scored a cell 4 each year you would have raised your salary considerably. Last year 3% raise, cell 4 was 2.5%, cell 4 this year 4% which equaled a 9.5% minimum increase in two years. Inflation is hurting everyone which is why strategically your pay has increased. This gets compounded in your salary every year you work toward retirement. **I say thank you Mr. UPMA President, Edmund Carley.**

2. Header "**Events**" then "**On line training schedule**" you can reference videos of valuable information like **IMIP's, CSV/SOV, NPA Mitigation** process, most recent **contracts for the APWU and NRLCA** and **The Legal Defense video.**

3. Header "**Membership**" then "**Adverse Action Legal Defense Plan**" you can reference what exactly we do to protect and maintain your job when you come under a disciplinary action. Please read this and then spread the word on why we have the best system to defend you. You will find it is superior to no others.

NY CHAPTER Website: NYUNITEDPMA.ORG

1. Header "**Legislative**" tells you about current news on the legislative front and what PAC (Political Action Committee) is, why we need it and how to donate. This is why we maintain a presence each year pushing not only our agenda but the Postal Service as well. Why you ask? Read above where I explained the raises etc. If we weren't on the Hill pushing for Postal Reform, none of that would have happened. We would be back to either no raises or the 1.2% or so each year. Continued on next page

Continued from previous page

2. Header "**Adverse Action**" A flow chart on steps for disciplinary actions and what to do next. "**The Debt Collection Act**" and what to do if you ever received a notice where the Postal Service wants you to pay back funds like Express failures.

3. Header "**Retiree's Corner**" gives you all kinds of information to help you understand items associated with retiring and being retired. It is worth reading.

4. Header "**Links**" gives you all types of current postal news, Liteblue, TSP, etc.

5. Header "**Training**" Many videos on understanding different subjects.

State Convention: This year it is in Buffalo at

the Hyatt Regency Hotel and Conference Center, 2 Fountain Plaza, Buffalo NY 14202

Contact the hotel directly for room reservations. (716) 856-1234 Room rates each night: \$117 A night plus tax. Group code for reservation is: G-UPTM Reservation deadline: May 6th, 2024

Check out the registration form in this ESUPMA.

Training to consist of PSHB 2025, Adverse Action, current affairs, HQ related topics, S&DC info, etc, elections of our National President and National Executive Board VP of the East.

Monthly telecoms: Watch for the emails that I send out for the dates of the National office zoom training and the state zoom training. Great information presented

Dan Leonard, NY UPMA President

Executive Administrative Schedule (EAS)		
Annual Salary		
Effective January 13, 2024 (Day 1, Week 1, PP 03-2024)		
RSC E		
Grade	Minimum	Maximum
15	\$58,390	\$81,590
16	\$61,870	\$91,270
17	\$65,510	\$95,310
18	\$67,380	\$99,480
43 (18B)	\$72,860	\$101,260
19	\$73,890	\$104,190
20	\$85,250	\$109,880
21	\$86,420	\$115,170
22	\$89,990	\$124,840
23	\$94,940	\$131,640
24	\$100,470	\$138,170
25	\$112,440	\$145,040
26	\$120,240	\$152,240

Part-Time Postmasters					
Hourly and Annual Equivalent Basic Rates					
Effective January 13, 2024 (Day 1, Week 1, PP 03-2024)					
RSC F (Des-Act 38-0)					
PM - Grade	Occ - Code	Minimum		Maximum	
		Hourly	Annual Equivalent	Hourly	Annual Equivalent
PTPO-56	2301-0056				
RMPO-56	2301-0057	\$22.85	\$47,534	\$33.90	\$70,510



Frank & Helen Burger Scholarship SCHOLARSHIP APPLICATION NEW YORK CHAPTER UPMA 2024

Student's Full Name: _____

Student's Address: _____

City: _____ State: _____ Date of Birth: _____ Gender: _____

Phone Number: Home: _____ Cell: _____

Email Address: _____

College or Trade School You Plan to Attend: _____

Course of Study You Plan to Pursue: _____

Name of High School: _____

Address: _____

Mother's Full Name: _____ Father's Full Name: _____

Parent or Grandparent Who is a Current UPMA Member: _____

Address: _____ Phone: _____

Relationship to Student: Mother: _____ Father: _____ Grandparent: _____

NYS UPMA Member is:

Postmaster: _____ Office/s: _____ Zip: _____

Postmaster Retired: _____ Office/s: _____ Zip: _____

This scholarship is only available for students of current or retired Postmasters.

Please note: Children and grandchildren of associate members are not eligible for scholarship.

THIS APPLICATION FORM MUST BE ACCOMPANIED BY:

- 1- Students high school transcript
- 2- Personal resume of scholastic activities, extracurricular activities, sports, employment history, community service, clubs, and positions held, and awards or honors received.
- 3- Applicant's personal statement. Please write a statement in which you discuss a personal experience or achievement in your life. Describe how it relates to your aspirations for the future.
- 4- Two Letters of recommendation.
- 5- A picture of the applicant. Will be published in the Empire State UPMA magazine.

Eligible student applicant must be a high school senior who will graduate in December 2023 or a high school senior who will graduate in May/June 2024.

APPLICATION DEADLINE: Must be postmarked by April 1, 2024.

Send completed application to: Carol Commisso, 11 Ambassador Dr., Victor, NY 14564

Email any questions to: ccommisso12@gmail.com



Carol Commisso
Retired PM Fishers
11 Ambassador Dr.
Victor, NY 14565



Scholarship Chair
585-905-5164
ccommisso12@gmail.com

IT'S ALMOST TIME !!

Convention will be here before we know it. Hopefully, you are making plans to attend. Our annual State Convention offers so many great opportunities.

When I was working, I looked forward to going to hear the speakers, attend seminars, network with fellow Postmasters, and get away from the office for a few days. Not only did I always learn a lot from subject experts and my peers, but I was able to participate in discussions and elections that lead our organization forward. We visited different areas of the state, and always made time for fun when the meetings were done for the day.

As a retiree, I still attend the business meetings,

but have more free time to explore wherever we visit and catch up with old friends who have become family.

Now is the time for your child or grandchild to submit for the scholarship applications. April 1st is the deadline.

This year I will have the honor of presenting our UPMA scholarship winners with their awards. If your child or grandchild is selected, they will be invited to attend our banquet and be introduced, along with family members. We will also have our annual retiree auction with the proceeds partially going to the scholarship fund.

So, if you haven't made your reservations yet, don't wait! Come join us in Buffalo!

CORRECTION:

The scholarship applications printed in the last edition of the ESP contained a requirement that is no longer necessary. Students DO NOT need to submit SAT or ACT scores to be considered for one of the scholarships. If an application has already been submitted with that information, please know that the scores will not be a factor in determining the winners.

**EDWIN D. JENNISON Sr
MEMORIAL SCHOLARSHIP PROGRAM**



This APPLICATION and all additional pages must be submitted before APRIL 1, 2024 to the Scholarship Chair of the NY Chapter UPMA . Please read instructions carefully. INCOMPLETE applications will be disqualified. Type or print all additional information on individually and numbered 8-1/2" x 11" sheets of paper. Place your full name and address on top of each page submitted. Staple all sheets together in the order of the numbers on the application.

STUDENT INFORMATION: PLEASE PRINT CLEARLY

1. Student full name _____

Address: _____

_____ Cell Phone _____

Email address: _____

2. Birth Date: _____

3. Father: _____

Mother _____

Address _____

Address _____

Occupation: _____

Occupation: _____

4. NAME & OFFICE OF MEMBER PARENT OR GRANDPARENT (circle one)

5. Is this person a member of UPMA ? Yes or No

6. Application for scholarship to attend the following school: School _____

Address _____

7. Have you applied for admission? _____ Have you been accepted? _____ (Be sure to include acceptance letter with application)*

8. Write a biographical letter (not more than 400 words) discussing your plans for your college years and your life goals.

9. List the names of three references: Include two of your high school teachers. Ask each to write a letter of recommendation for you and attach them or send individually to the secretary/treasurer. These must be POSTMARKED NO LATER THAN April 1, 2024

10. Attach your latest transcript from high school:

School _____ City _____ State _____

11. List LEADERSHIP POSITIONS AND OFFICES HELD Example: Student Council Representative, or 4-H Leader

12. List MEMBERSHIP AND OTHER PARTICIPATION Example: Yearbook Staff, or Basketball

13. List any volunteer work positions you have had during high school.

14. List any paid work positions you have had during high school.

15. List HONORS OR AWARDS you have received during high school.

16. A graduation picture of the applicant to be published in the UPMA NYS Newsletter if the applicant receives a scholarship.

Signature & Date of Application _____

APPLICATION DEADLINE: Must be postmarked by April 1, 2024.

Send completed application to:

Carol Commisso, 11 Ambassador Dr., Victor, NY 14564

Email any questions to: ccommiss012@gmail.com

UPMA PAC for Postmasters and Managers Member Voluntary Contribution Please send to: Jennifer Hayes 153 Firehouse Rd. Wurtsboro, NY 12790	Thank you for returning this form with your contribution.		Date: ____ / ____ / ____
	I'll do my share! Enclosed is: ____ \$25 ____ \$50 ____ \$100 ____ \$200 Other: \$ ____		
	Name (please PRINT) _____		
	Home Address: _____ <small>Street Address/PO Box</small>		
	_____ <small>City State Zip Code</small>		
	My contribution is by (check one): <input type="checkbox"/> Check <input type="checkbox"/> Money Order <input type="checkbox"/> Signature FCU Visa Credit Card		
	Please charge my contribution to the following 16-digit Signature FCU Visa Account Number: _____ CVV# _____		
	Exp. Date: _____ <small>Signature (required for credit card charges)</small>		
	Office use: <input type="checkbox"/> Pin Received <input type="checkbox"/> Active Postmaster <input type="checkbox"/> Retired <input type="checkbox"/> Associate State to credit _____		
	<small>PAC for Postmasters and Managers will neither favor nor disadvantage anyone based on the amount of a contribution or the failure to make a voluntary contribution to this non-partisan political action fund.</small>		

UNITED POSTMASTERS AND MANAGERS OF AMERICA 2024 SCHOLARSHIP

THE UNITED POSTMASTERS AND MANAGERS OF AMERICA SCHOLARSHIP FOUNDATION awards scholarships to qualifying students.

1. The applicant must be the child, stepchild, grandchild or great-grandchild of a member of the **UNITED POSTMASTERS AND MANAGERS OF AMERICA**.
2. Applicant must be a high school graduate and accepted as a **FIRST, SECOND, THIRD OR FOURTH YEAR STUDENT** for admission to an accredited college, university or trade school.
3. The applicant must have a 2.5 Grade Point Average (GPA) overall including a 2.5 average for the last full year of **high** school, and must provide a transcript of their grades covering the most recent year of school.

The winners will be announced at the annual national convention of The United Postmasters and Managers of America. The applicants who are not chosen to receive a scholarship will not be notified. If the recipient leaves school for any reason except for sickness or death the money must be returned to the UPMA Scholarship Foundation.

This **APPLICATION** and all additional pages must be received no later than **JULY 15, 2024** by the Chairman of the UPMA Retired Scholarship Committee.

Please read instructions carefully.

INCOMPLETE applications will be disqualified.

Type or print all additional information on individual and numbered 8-1/2" x 11" sheets of paper. Place your full name on top of each page submitted.

STUDENT INFORMATION:

1. Full name: _____

Address: _____

Email: _____ Phone: _____

2. Birth Date: _____

3. Name and address of the relative who is a UPMA member:

4. UPMA member's relationship to you: _____

5. UPMA member's state in which they are a member if different from address: _____

6. School you plan to attend:

Name: _____

Address: _____

7. **FIRST YEAR STUDENTS:** Have you applied for admission? _____ Have you been accepted? _____

Include acceptance letter with application

8. Write a narrative that is **not** more than 500 words describing each of the following. You must address each of the 9 items.

1. Awards
2. Community service
3. School activities, positions or offices
4. Paid and/or volunteer jobs
5. Future plans
6. Personal or financial need
7. Scholarships or grants received
8. Approximate annual cost of institution you are attending.
9. You may include any other pertinent information to assist the selecting committee in evaluating the applications.

9. **Attach your latest transcript from school.**

School: _____ City: _____ State: _____

10. Have you received this scholarship before? Yes No What year/years? _____

Signature

Date of Application

PLEASE SUBMIT ALL PAPERS AND NECESSARY FORMS TO:

Stephen Auffarber, Chairman

876 Shoal Pointe Ln.

League City TX 77573-6392

APPLICATIONS MUST BE RECEIVED NO LATER JULY 15th

If you need clarification on any point, you can either write to the above address or email at:

Saauff23@yahoo.com



Jodi Douglas
PM Montauk 11954
5 Thornton Commons
Yaphank, NY 11980



VP / Education
O: 631-668-7043
C: 631-935-6911
jodi.douglas@aol.com

How to Construct the Perfect KSA's and Land the Interview

If you are anything like me, overthinking is second nature. While putting these together be good to yourself. Whenever I'm heading down that rabbit hole, that's a phrase my husband uses as a signal that I'm doing it again, I need to stop and start again.

In all seriousness, writing the perfect KSA is very simple; do not overcomplicate it.

Stick to the cold, hard facts.

Use the S.T.A.R method.

For each KSA question, you must convey a direct parallel between your experiences and the KSA question you are addressing. Simply talk about your experiences and how they relate to the knowledge, skill, or ability (KSA) questions. If you are not like me, then, this will be that much easier and for sure you're landing the interview straightaway. Let's go.

What is the STAR method you ask? This method will provide guidance and keep you on track when composing your KSA's. For each question, you want to clearly explain the **situation** creating a foundation which you'll build on. You then want to explain the **task** at hand due to the situation. Followed by literal **actions** taken verbatim – do not deviate. You must also provide in detail the overall **results** which will tie it together nicely. Hence the STAR or Situation, Task, Action(s), and Results – method.

Once you're done with all of the above, then and only then, are you allowed to soften the edges if you feel it's necessary but it is certainly not required. Be sure to have your good writer friend look them over and give feedback, for spell check, grammar check, content – the whole works.

I hope this information will be helpful. Until next time, take care and be well.



Kristine Lion
PM Suffern 10901
301 Sierra Vista Lane
Valley Cottage, NY 10989



VP / Legislative
C: 914-572-2774
kristinelion@aim.com

Anticipated Board Opening – Opportunity to be Involved

Are you interested in the issues in Congress that impact Postmasters? How about taking on the Legislative VP position? Not only does this give you the opportunity to get more involved with those issues, but you will assist other members to get involved too.

The Legislative Summit is our biggest event each year; however, keeping the information fresh and in

front of the members year-round is necessary. It gives you the opportunity to work with legislative staff to help our members meet with and inform their representatives on postal issues. This is how we make ourselves heard on the Hill. Your knowledge of the issues will be shown through ESP articles, reports at Board meetings and general sessions at

(continued on page 13)



Mary Dillon
Retired PM
Alexandria Bay



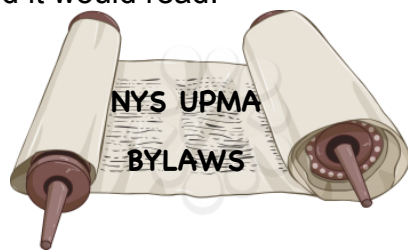
Bylaw Chairperson
C: 315-771-5073
paynelaker@gmail.com

NY Chapter Bylaw Amendment Submission Requirements

Article XIX - Amendments

All proposed amendment(s) must be submitted in writing to the Chapter president at least sixty (60) days prior to the opening of the annual Chapter convention. The proposed amendment(s) shall be published in one or more ways using the State publication and or Website at a minimum prior to the convention. These bylaws may be amended at any convention of the chapter by a 2/3 vote of the delegates present and voting or if the State Convention is cancelled by 2/3 vote of the electronic returns, mail in vote returned or combination thereof. The Executive Board will decide the proposed method. Any proposed amendment(s) shall be read at one session of the convention or electronic meeting and voted on at a subsequent session with the opportunity to mail in their vote or electronically submit as the Executive Board had decided on the method. A deadline date would be imposed at that time depending on the current concerns of not having a convention. These amendment(s) shall become effective immediately upon the adjournment of the convention unless otherwise specified in the amendment.

It is suggested that each submission submitted should show the current bylaw with strikethrough for anything proposed to eliminate and in bold anything wishing to add. Then rewrite showing exactly how if approved it would read.



Bylaws can be found on the NYUPMA website.

Click on Llnks and then Bylaws and Fiscal Policy.

Any member may submit changes. They must be submitted to Mary Dillon or Dan Leonard at least 60 days before the opening of State Convention.

Submissions must be received by April 6, 2024.

Please make sure you show the current bylaw with strikethrough for words to be eliminated and use bold font for the proposed additions. Please rewrite the entire section where changes are to be made showing exactly how it would read, if approved.

Bylaw changes will be voted on at State Convention.

Your involvement will impact this organization!

You can make a difference!!

DO YOU KNOW OF A GREAT PLACE WE CAN HAVE NEXT YEAR'S STATE CONVENTION?

Needs to be scenic and have restaurants, events, nightlife, etc. Prices you will need to get for.....

Dates - After Memorial Day to the first week of June

Rooms - doubles/queens,etc Block of 50-75 rooms

Meeting/Banquet room for 100 - 150 people

Board Meeting room 25-35 people

Training room(s) for 50 people

Vendor room or hallway near general meeting room

Auction room for 75-100 people

Food- lunches and banquet

Breakfast room if breakfast is not provided by hotel

Hospitality room where we can bring in our own beverages and food for 50 people.

Any questions or to submit a proposal -

Contact Cathy Winnie 845-742-7774,

Donna Jenness 315-408-5165 or

Dan Leonard 607-398-8200



Dan O'Neil
PM Johnstown 12095
8 Ridge Terrace East
Canajoharie, NY 13317



Secretary/Treasurer
W: 518-762-3314
H: 518-6731033
C: 518-894-8696
doneil5057@gmail.com

I just received the latest ESP and there are a lot of new members. This is key to moving forward and making changes for the future. With more people involved you get more ideas, better networking, you gain the knowledge of every single person. You get to meet everyone at events such as district meetings, State Conventions, National Conventions, Atlantic Conference, zoom meetings, etc. You come away from all of this in a better place. Learning from the training, meeting new people from all over the country but especially from NYS.

Consider attending some or all of the upcoming events.

Legislative Summit: March 17-20 in Washington DC. This has a \$800.00 member reimbursement.

NYS UPMA Convention: June 6-9 in Buffalo NY. This has a \$175.00 per night up to 2 nights member reimbursement.

UPMA National Convention: August 24-30 in Orlando, FL. This has a \$1000.00 member reimbursement.

Atlantic Conference: September 26-29 in Albany NY. This member reimbursement will be set soon!

Registration forms will be in ESP. Sign up, I hope to see a lot of new faces!!

Till next time!!

Anticipated Board Opening – Opportunity to be Involved (continued from page 11)

State Convention. Your time and efforts will help others understand these issues better. This can be very rewarding. Being a part of seeing Postal Reform finally passed after many years was a proud moment. We still have a lot to do. WEP/GPO is the next big issue that needs our attention. We are closer than ever, but not there yet. This issue is extremely important to our Civil Service retirees and for good reason. This year I have seen even more traction from other organizations outside the USPS making it clear that it is more than a Post Office issue. UPMA will continue to fight for this repeal and the movement on the other issues important to Postal employees.

As my second term draws to a close NY will need someone to take up the mantle and continue in this

important endeavor. You will have support from our board, our members and from the National office. Training is provided and you are never on your own until you are ready.

Oh, and did I mention, as a board member, you will be compensated to attend the State and National events.

If you are ready to get more involved and take on a leadership role in the organization, this could be the job for you. Throw your hat in the ring for the elections in June at our State Convention.

If you have any questions, please contact me or any board member for more information.

See you in June.

Kristine Lion, VP/Legislative



Donna Jenness
Retired PM Clayton 13624
727 Beecher St.
Clayton, NY 13624



3rd District Coordinator
Convention Chair
C: 315-408-5165
ruapm2@gmail.com



LET'S GO TO BUFFALO!!

NY UPMA State Convention!

Pack a weekend bag! See what you've been missing!

**** June 6-9**** Hyatt Regency Buffalo Hotel & Conf. Ctr.

**** Send in your registration by May 12**

**** Reserve your room by May 6**

**** See registration form for all details**

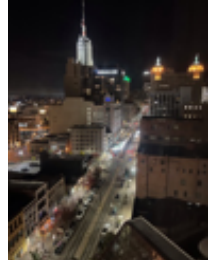
POSTMASTERS & MANAGERS

**** You will have resources at this convention to ask and get answers to your questions!**

**** Don't miss an opportunity to speak on your issues, and help to resolve them!**

**** Find out about opportunities for you, by networking with others!**

**** Please come this year and see what your State UPMA officers can help you with! You won't regret it!**



But Wait! There's More!!!

After the meetings and training at the State Convention, join Mary & Pat Dillon hosting the Hospitality Room for snacks, drinks, and an all around good time!

Bring your quarters and join in for a few rounds of Left, Right, Center, or warm up your vocal chords for the Karaoke machine!

We're bringing back the dip contest (the kind you eat- ha ha), so bring or pack your secret ingredients!

You could be crowned the Big Dipper of 2024!



Annnnnnd...

Get Ready for this year's Auction!

It's gonna be a GROOVY time with a 60's theme.

Dig out your tie dye shirts and bell bottoms. Bring out your best Woodstock attire and maybe even Cheech & Chong might attend. Best costume will be given a "special" prize.

As usual, it's a great way to raise some \$\$, so bring your new, gently used, or homemade items to auction off! We have some very talented members, so show off your skills and bring your creations!!

See ya there dude!



The 8th Annual NY Chapter of United Postmasters & Managers of America

Convention June 6th-9th, 2024

Buffalo, NY 14202

Official Registration Form

Please complete one application per registrant



**Additional Information about the convention and the registration form will be posted on
NEW YORK STATE UPMA FACEBOOK PAGE AND AT NYUNITEDPMA.ORG**

First Name: _____ Last Name: _____

Title:

- ☐ Postmaster
- ☐ Supervisor
- ☐ Manager
- ☐ OIC
- ☐ Associate (Craft)
- ☐ Postmaster Retired
- ☐ Supervisor Retired
- ☐ Manager Retired
- ☐ Guest
- ☐ Auxiliary
- ☐ Veteran

First name (nickname for your badge): _____

Post Office You Represent/ed: City: _____ Zip: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone/s: _____

E-mail: _____

First Timer/Retired First Timer: ☐ Yes ☐ No

Are You Attending

Sat. Banquet ☐ Yes ☐ No

Registration Fees:

Postmaster, Supervisor, Manager, OIC, Associate Member, Guest: \$50.00

UPMA Retired, Guest, Auxiliary: \$37.50

One Day Registration Fee: Active \$35.00 and Retiree \$26.25

Registration includes :

Thursday Welcome with cash bar and hors d'oeuvres

Two complimentary early Breakfasts

Two Lunches

Sat. Night Banquet

PSHB Healthcare Training

Payment information: Convention fee: \$ _____

Registrations postmarked after 5-13-24 will be an additional \$25.00

Send check or money order payable to **NY UPMA** Mail to Maureen Wratten,
1108 Mason Rd., Waterville, NY 13480 **by May 17, 2024.**

Questions: Call 315-525-2822 or email jmwratten@yahoo.com

Hyatt Regency Hotel and Conference Center

2 Fountain Plaza

Buffalo NY 14202

Contact hotel directly
for reservations.

(716) 856-1234

Room rates each night:

\$117 A night plus tax

Group code for reservation is:

G-UPTM

Reservation deadline:

May 6th, 2024

INCENTIVES

\$175 per night with parking
included up to 2 nights hotel
accommodations when hotel
receipts are provided.

First Timers will have their
Registration refunded after
attending the convention.



Cathy Winnie
PM Retired Accord 12404
33 Cat Trail
Williamstown, NY 13494



National Chapter
Member Representative
C: 845-742-7774
cathywinnie@yahoo.com

Fun-Niagara Falls, Buffalo Chicken Wings, Casinos and Restaurants **U**nderstanding - PSHB and Avoiding Discipline **N**etworking – SME's-Subject Matter Experts and helping each other

It's time to join together to get educated and to have fun with your fellow managers. If you have ever attended a State Convention you already know that we have a special way of combining education, networking and fun. Come and learn about the benefits of attending the UPMA State Convention. Networking with fellow managers and finding a SME for issues in your office is invaluable. This year's convention will be no different.

Come a day early or stay a day after to take in all Buffalo has to offer. Have a drink and wings at

the home of the original Buffalo wings - The Anchor Bar. Visit iconic Niagara Falls and take a ride on the Maid of the Mist which takes you to the edge of the falls. Enjoy a cruise on the Niagara River. This special mix of education and fun is not to be missed. Take the time this year to come again to the State UPMA convention and reconnect with friends or join us for the first time. Start planning by sending in your registration and making your hotel reservation. See you there!



SCAN & EXPLORE BUFFALO

RESTAURANTS



VISITOR MAPS



VISITOR GUIDE



NIAGARA FALLS



BUFFALO WING TRAIL



WALKING TOURS



VISITBUFFALONIAGARA.COM

Sooo.....

What goes on at State Convention

This is where the Board and the membership conduct the business of the organization including what things to change and what things to keep the same.

Any member may attend the board meeting, however only board members can vote.

During the convention, the members nominate and elect by vote the Board members. This year there are two positions up for election - VP/Legislative and VP/Chapter Member Rep.

Any member may submit changes to the by-laws and then those attending the convention vote on those changes.

The members in attendance vote on time and place for the next Convention site.

Training sessions are held on various topics.

Scholarship winners are announced.

There is a lot of work to be done, but we also have a lot of fun too.

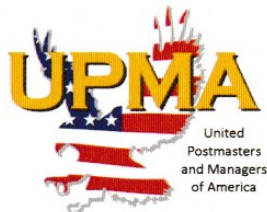
Auction to raise money for the scholarship funds.

Hospitality Room

Be sure to read the articles in this issue to find out more!

Then send in your registration, book your room and come have some fun!

Some things that go on can't be printed so come and find out for yourself!



JOIN TODAY
EAS GET ONE YEAR
FREE

Form 1187

Request and Authorization for Voluntary Allotment
of Compensation for Payment of Employee Organization Dues

*Fill Out Form and Send to UPMA National Office
at the Address Below for Processing*

Section A: All New Members Complete Required*

USPS Employee Identification Number (EIN)*	Date of Birth*	Gender Male <input type="checkbox"/> Female <input type="checkbox"/> Other <input type="checkbox"/>
Name* (PRINT First*, MI, Last Name*)	Personal Cell Phone*	
Home (Mailing) Address (Number and Street or PO Box)*	City*	State* ZIP* +4
Personal E-mail Address (not @usps.gov)		

Section B: From your current PS Form 50 (Check One):

Postmaster ☐ Manager ☐ Supervisor ☐ Other EAS/PCES ☐ Associate (Craft) ☐ PMR ☐

Form 50 Position* / Detail Position (If Applicable)	Finance Number of Form 50 Post Office/Home Payroll Office *
Form 50 Position Pay Schedule level	Work Location/City/State/ZIP*
Post Office/Work Telephone Number	Designation Code/Pay Location (All found on ePayroll*)

P

Section C: For Use by the Employee Organization

Mail completed form to: **United Postmasters and Managers of America (UPMA)**
8 Herbert Street
Alexandria, Virginia 22305-2600



Visit the UPMA website unitedpma.org for membership benefit information.

Section D: Authorization by Employee

I hereby authorize the above-named agency to deduct from my pay each pay period the amount certified above as the regular dues the (UN-P) United Postmasters and Managers of America (UPMA) and to remit such amounts to that employee organization in accordance with its arrangements with my employing agency. I further authorize any change in the amount to be deducted that is certified by the above-named employee organization as a uniform change in its dues structure.

I understand that this authorization is a pay periods deduction. It will become effective the first pay period, following its receipt in the employee organization's headquarters office: UPMA, 8 Herbert Street, Alexandria, VA 22305-2600.

I further understand that revocation forms Standard Form No. 1188, "Revocation of Voluntary Authorization for Allotment of Compensation for Payment of Employee Organization Dues" are available from my employing agency and that I may revoke this authorization at any time by filling such a revocation form or other written revocation request by "Certified Mail" directly to the employee organization's headquarters office: UPMA, 8 Herbert Street, Alexandria, VA 22305-2600. Such revocation will not be effective, however, until the first full pay period following March 1 or Sept. 1 of any calendar year, whichever date first occurs after the revocation is received in the employee organization's headquarters office.

Signature of Employee*	Date*	Chapter Preference (If Applicable) *
------------------------	-------	--------------------------------------

Section E:

☐ Check this box to signify you've read and understood the terms in Section D of this form*.

Who/what most influenced your decision to join UPMA?

☐ Person's Name: ☐ Career Conference ☐ USPS Provided Training ☐ Other

Revised 8/2023 INT

UPMA NATIONAL OFFICE FOR PROCESSING



Daniel Douglas
PM Southold 11971
5 Thornton Commons,
Yaphank, NY 11980



Executive VP/Membership

O: 631-765-4027

C: 631-977-2424

daniel_douglas33@yahoo.com

I'm very proud to take on this new role as Executive VP of Membership. UPMA offers Postmasters and Managers across the nation, a holistic and empowering experience. Benefits includes but are not limited to networking opportunities, advocacy, education, and exclusive resources. Our organization stands as a cornerstone for professional growth and the well-being of its members. While there are many benefits in joining UPMA the one that I'm most impressed with is that UPMA gives its member the opportunity to join a community. This community, for obvious reasons, understands the unique challenges and opportunities Postal Management faces. When you become a member of UPMA the support is invaluable because the overall membership experience is like being a part of a tight knit family.

The Postal Service is a dynamic and ever-

changing landscape. UPMA membership provides each member with a sense of belonging and identity. With any professional association, being a part of collective entity helps individuals define themselves within a grander community. This shared identity fosters a sense of pride and solidarity creating a community where members can relate to one another on a profound level.

Membership provides a social support system which fosters a sense of community where members can share experiences, celebrate successes, and provide support during difficult times. This community connection contributes to the overall well-being of individuals, reducing feelings of loneliness and enhancing mental and emotional resilience. Like our 1st District Coordinator Mike Silvestri often says "we are stronger together". Let's continue to grow in membership and uplift each other.

NOW is the Time to Recruit New Members

The UPMA National Executive Board approved

1 year free membership for all New EAS members

Dues withholding will start once they reach their 1 year

anniversary with UPMA.

Join on-line at www.unitedpma.org/membership/join

Scan the QR code



or complete Form 1187 and mail it to the UPMA

National Office. Any questions concerning membership contact any member on page 2 of this publication

District Meetings

Each New York UPMA district is required to hold 2 district meetings each year. These are held in the spring and fall. The state president is usually invited and may bring other state officers with them. Updates about what is happening at state and national levels are provided at these meetings. At most of these meetings Postal District management is invited to attend and do presentations on important issues affecting the Postmasters and the Postal Service. These meetings are a great opportunity for those who cannot get away to attend overnight events to meet the officers and to see how UPMA operates. District meetings spring and fall are made up of Counties within each District.



James Mosher
PM Addison 14801
108 Steuben St.
Addison, NY 14801



NY District 2 Coordinator
O: 607-359-2136
C: 607-742-7382
JMosherUPMA@yahoo.com

I'm excited that we have two 2nd District meetings planned. When you receive this issue we will have just had our meeting in Horseheads.

There is still an opportunity for you to attend our next meeting in Canandaigua on April 9th!

Check the facebook page for more details.

Food and training will be provided at no cost to members. Please let me know if there are specific topics you would like to know more about.

Always remember....





Donna Jenness
Retired PM Clayton 13624
727 Beecher St.
Clayton, NY 13624



3rd District Coordinator
Convention Chair
C: 315-408-5165
ruapm2@gmail.com



Meeting at
Dinosaur BBQ in
Syracuse on
November 16th.



Jefferson
County
Meeting
in
Watertown



Liz Forsell
Retired PM
Long Lake 12847



NYUPMAR VP
4th District Coordinator
C:315-369-5053
lizzie13436@hotmail.com



The 4th District
Members
Appreciation
Dinner was held
January 24th. We
gathered at the
Holiday Inn in
Saratoga Springs.
We networked, had a
little KSA info but
mostly we just talked
about how we could
help each other, what
is working in our
offices and maybe
getting ideas on how
to make it better.
Retirees attending
shared how great it is
to be retired!!



At our Appreciation Dinner, we elected
our new 4th District Coordinator!

Jamie Uhlinger
Postmaster Broadalbin 12025

NY State winner from 2024 - Kathy Hoy- Retired PM Sidney Center

Center photo below is June 2024 in the UPMA Calendar



Photos Needed for the 2025 UPMA Calendar

Attention UPMA shutterbugs: This is your opportunity to have your photo chosen for the 2024 UPMA calendar. Please note: You must be a UPMA member; no more than two entries are allowed per member.

The deadline for receipt of **high-resolution, horizontal** jpgs is June 17. Photos need to be a minimum of 300 dpi; if your file is smaller than one megabyte, your photo is low-resolution. The photos cannot be digitally manipulated; any files edited in Photoshop or other software will not be accepted.

Send your photos to kbalentyoung@gmail.com. Be sure to include your name, post office or post office from which you retired and contact information.



This year the **Atlantic Conference is in Albany, September 26th - 29th** with training days on the 27th and 28th, Below is the registration form with hotel information.

The Atlantic Conference consist of 13 states and the District of Columbia. Several dignitaries will be there to address us. It is NY's turn to host the event.

The reimbursement rate is as follows: You will be reimbursed for hotel room and registration after submitting a voucher attached with the hotel receipt. Two breakfasts and two lunches are provided. I will have vouchers to give out at the conference. \$75 registration refunded if attended. Room rate with tax is \$129. Your only cost after reimbursements mailed out later is your travel and meals not covered. **Officers and appointees are fully covered per the fiscal policy.**

Reservation Four Points Hotel BY Phone: (855)-297-1429 Group Code: "UPMA Convention"

Dan Leonard, State President



UPMA Atlantic Conference

Sept 26th-29th, 2024
Albany, NY 12202

Official Registration Form

Please complete one application per registrant



First Name: _____ Last Name: _____

Title:

- ☐ Postmaster
- ☐ Supervisor
- ☐ Manager
- ☐ OIC
- ☐ Associate (Craft)
- ☐ Postmaster Retired
- ☐ Supervisor Retired
- ☐ Manager Retired
- ☐ Guest
- ☐ Auxiliary
- ☐ Veteran

First name (nickname for your badge): _____

Address: _____

City: _____ State: _____ Zip: _____

Phone/s: _____

E-mail: _____

State Chapter: _____ / Position: _____

Reservation Four Points Hotel



BY Phone: (855)-297-1429
Group Code: "UPMA Convention"

Registration Fees:

Registration fee; \$75.00

Includes two Breakfasts and 2 lunches.

Tentative meeting times: Friday 8am-5pm, Sat 8am-3:30pm

Tentative Agenda; PSHB, Representing from Start to Finish, CSV/SOV and Postal Officials

Payment information: Convention fee: \$ _____

Send check or money order payable to **NY UPMA**

Mail to Dan O'Neil, 8 Ridge Terrace East, Canajoharie, NY 13317.

Questions: Call Dan Leonard at 607-398-8200 or
email nyupmadanleonard@gmail.com



Four Points by Sheraton Albany

3 Mount Hope Way

Albany, NY 12202

Contact hotel directly
for reservations.

(855) 297-1429

Or

Use QR Code

Room rates each night:

114 USD per night + tax

Reservation deadline:

Last Day to Book:

August 26, 2024



FORM 1187-R

Request and Authorization for Voluntary Allotment of
Compensation for Payment of Employee Organization Dues

Please complete and mail to:

UPMA National Office
8 Herbert St.
Alexandria, VA 22305-2600
(703) 683-9027

*OPM assigns the CSA number to all Civil Service and FERS annuitants and/or surviving spouse

Social Security Number

				-															
--	--	--	--	---	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

My Annuity Number is:

CSA

		-																	
--	--	---	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Name of Retired Employee (PRINT Last Name, First, Middle)										Date of Birth																													
Street and Number/PO Box										City										State										ZIP+4									
Month/Year Retired										Home or Cell Number ()										Gender Male _____ Female _____										Chapter									
Email Address										Sponsored by:																													

Note: If not receiving an annuity contact National Office for information on membership.

SECTION A – Authorization

The United States Office of Personnel Management is authorized to make an appropriate deduction from my annuity payments, not to exceed the amount certified by the **United Postmasters and Managers of America (UPMA)** as the amount of dues for which I am obligated, and to pay the deducted sum to **UPMA**. This authorization shall apply to any and all dues changes certified by **UPMA**. This authorization shall be valid until **UPMA** receives and processes my written notice of cancellation in accordance with its agreement with the United States Office of Personnel Management. Any disputes regarding this allotment authorization shall be a matter between **UPMA** and me; I hold the United States Office of Personnel Management harmless for any erroneous deductions made pursuant to this authorization.

I also request the United States Office of Personnel Management to disclose any information necessary to execute this request.

Signature	Date:
-----------	-------

Revised 11-19



Keith Miner
PMRetired
Hurley12443
101 Highwood Rd.
Saugerties, NY 12477



NY UPMA
Retiree President
H: 845-246-3489
C: 845-706-9894
kminer@hvc.rr.com

Greetings once again one and all. What a strange winter so far! We have had so little snow, so much rain and I can't remember the last time we had a fully sunny day. Hopefully everyone has been in contact with our UPMA/UPMAR friends and cohorts to spread a little sunshine on our days.

Well, down to the business at hand. First, the deadline to submit a name for the Retiree Lifetime Achievement Award is fast approaching. Applications are due to me by March 1st.

The Legislative Summit is also fast approaching March 17-20th. The obvious hot topics are WEP/GPO (HR82 and its Senate companion bill) and SDC/P&DC consolidations. In NY I believe only Claudia Tenney and Chuck Schumer have not signed on as co-sponsors. Now is the time to push our representatives to forward the bill through the Ways and Means Committee so that WEP/GPO can finally get a floor vote. I have also heard from many individuals near me that there is a growing frustration and disgust with timeliness and service throughout the mail stream.

It is also not too early to start thinking about the State Convention to be held in Buffalo June 7-9. Among the retiree order of business is the amendment to our bylaws allowing the secretary/treasurer to have additional terms in office if there are no other candidates at the time of the secretary/treasurer election. Also, we will have the memorial service and our auction to benefit the scholarship funds. If you know of any Postmasters who have passed away, please send me their names so that I can get them to Sue Wilk who is organizing out memorial service.

Hopefully by now all have received their first postcard about the new Postal Service Health Benefits Plan (PSHB). There is information on the NYS Facebook that applies to PSHB. PSHB

will be one of the "hot" topics at State Convention.

Finally, there has been an incredible increase in internet and smartphone scams recently. I lost count of how many times recently I have been told that my Amazon Prime account has been suspended and I needed to click here to reactivate it (I don't have an Amazon Prime account). I have also been told that my Social Security number has been compromised. Click here to be connected to an agent who can assist me. My 90-year-old mother lost \$1700 to a "computer virus repair technician" when her computer froze and she called the "assistance" number that popped up. How many people have received friend requests from people they are already friends with on Facebook? That's a sure sign that accounts have been hacked. The boldest one to date is I received a text that said "Dear Keith. Great memories. Best Regards, Dawn P." with a link to click to get pictures. Dawn P. is my cousin who ALWAYS starts an email with Hey Keith!!! and signs off Love, Dawn. BEWARE- if it looks like a scam, sounds too good to be true, or just doesn't look right, DON'T CLICK A LINK OR CALL THAT NUMBER! Be smart and be safe.

Until the next time, be well. Thank you to our Veterans and may God bless all.



Donna Whitaker,
PM Retired
Brooktondale
and
Betty Berndt,
PM Retired
Martville
enjoying retirement



UPMA 2024 National Convention Registration AVAILABLE ONLINE

To register for the 2024 National Convention, use the QR code to go directly to the convention registration page. You also can go to unitedpma.org:



- Under "Events," click on "National Events"
- Click on "UPMA 8th National Convention"
- Once on the registration page, click on the "Register Now" tab

If you prefer to register by mail, you can download the registration form.

Information also is available to make your hotel reservation at the Caribe Royale. You can call the Caribe Royale to make your reservation or click on the "Book Online Now" tab.

Direct any questions to Crisp Meeting & Events, UPMA's meeting planner, at UPMA@crispevents.me.



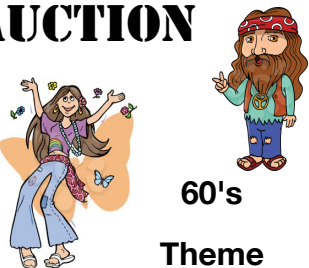
Liz Forsell
Retired PM
Long Lake 12847



NYUPMAR VP
4th District Coordinator
C:315-369-5053
lizzie13436@hotmail.com



AUCTION



60's
Theme

Come one and all to the Auction at State Convention this year in Buffalo. Don't forget to bring a box of stuff you want to part with for your friends to take home with them.

Last year there were over 150 "trays," to try your luck at winning. Similar to a Chinese auction you'll buy tickets and place them in the corresponding bags to be raffled and hopefully you win one or two items.

All the money raised goes to the scholarship funds. If you have a child or grandchild graduating, they can certainly apply for the scholarships offered by New York State UPMA. The deadline is fast approaching! Get those applications filled out and sent in.

So, shuffle off to Buffalo on June 6-9, 2024 and I will see you there!!!
Liz Forsell Auction Chair



Patty Schwartz retiree from Tribes Hill posing with her state record sugar maple tree.



Michael Silvestri
PM Retired
7 Queens St.
Huntington, NY 11743



NY District 1 Coordinator
H: 631-271-3980
C: 631-241-1430
silvestri45@msn.com

THE DOWNSTATE PERSPECTIVE

We are getting ready to visit Capitol Hill. We have made our appointments with our Senators and our representatives in the House. I know that not everyone is available to make the trip to Washington D.C. You can still do your part to carry our message to our Senators and representatives right from home.

The issues and talking points will soon be posted on UPMA'S National website. The website address is, www.unitedpma.org; You will have to log in. Don't have an account for United Postmasters and Managers of America (UPMA) website? Create one in just a few simple steps. After you are logged in just click on the UPMA logo. Then click the three black lines on the upper right to bring up the menu. When the menu comes up, click on Government Relations. The first thing you will see is United Postmasters and Managers of America Legislative Issues. Click on 2024 Legislative Issues Brief. You can read them or copy them. (Bring a copy with you when you meet with your representative). Now you are ready to schedule a meeting. Just go to www.house.gov; and www.senate.gov. Find your representative, Senators and request a meeting at the representative's their local office. The local office address will be on the

representative's website.

If you are not able to travel to your representative's local office you can still help our issues to heard. You can from the representative's website email them with our issues. I urge you to take the time to get our issues, that effect both active and retired Postal employees to your representatives. For many retirees, the Social Security Fairness Act H R 82 is very important. It has 306 cosponsors. The Social Security Fairness Act S 597 has fifty cosponsors. These bills would repeal the WEP/ GPO from 1983. The two bills should be coming up for a vote very soon. Please do your part to help these bills pass.

All our New York State representatives are signed on as cosponsors, except Claudia Tenney. So, you can thank your representative for their support. Please reach out to Congresswoman Claudia Tenney and ask her to support the Social Security Fairness Act. Congresswoman Tenney was a cosponsor of the bill in 2021-2022. Congresswoman Tenney is a member of the House Committee on Ways and Means. It is important to get this bill out of committee and to the floor for a vote. Be well be safe. God bless.

UPMA LEGISLATIVE WEEKLY ZOOM CALLS EVERY THURSDAY UNTIL THE LEGISLATIVE SUMMIT 8:30PM EASTERN TIME

February 29

March 7

March 14

<https://us06web.zoom.us/j/87012762772?pwd=yXs164rIXr0No6dtQy8DiKxhlkKGpT.1>

Meeting ID: 870 1276 2772

Passcode: 074394

Attention All Members

NYS UPMA Convention

June 6-9, 2024

Hyatt Regency Hotel and Conference Center

2 Fountain Plaza, Buffalo, NY

716-856-1234

8TH UPMA National Convention

August 24-30, 2024

Orlando, FL

Caribe Royale

Atlantic Conference

September 26-29, 2024

Albany, NY

Four Points by Sheraton

855-297-1429



www.unitedpma.org

www.nyunitedpma.org

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I ♥
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Deadline for May/June/July

NYS ESP issue is

April 6th by 5 pm

