

Volume 2024 / Issue 5 October/November 2024



Don't forget Open Season for Health Benefits is
November 11 - December 9th



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NEW YORK CHAPTER

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Empire State UPMA Executive Board Elected Officers

President

Daniel Leonard

PM Bath 14810

2767 Lyons Rd., Woodhull, NY 14898

W: 607-776-7151 C: 607-398-8200

nyupmadanleonard@gmail.com

Secretary-Treasurer

Daniel O'Neil

PM Johnstown 12095

8 Ridge Terrace East, Canajoharie, NY 13317

W: 518-762-3314 C: 518-894-8696

doneil5067@gmail.com

Executive VP/ Membership

Daniel Douglas

PM Southold 11971

5 Thorton Commons, Yaphank, NY 11980

O: 631-765-4027 C: 631-977-2424

daniel_douglas33@yahoo.com

VP / Chapter Member Reps.

Kristine A. Lion

PM Suffern 10901

301 Sierra Vista Lane, Valley Cottage, NY 10989

(914) 572-2774 kristinelion@aim.com

VP / PAC

Jennifer Hayes

PM Grahamsville12740

153 Firehouse Rd., Wurtsboro, NY 12790

O: 845-985-7735 C: 845-665-3896

jenniferhayes1973@yahoo.com

VP / Legislative

James Mosher

PM Addison 14801

108 Steuben St., Addison, NY 14801

W: 607-359-2136 C: 607-742-7382

JMosherUPMA@yahoo.com

VP / Education

Jodi Douglas

PM Montauk 11954

5 Thorton Commons, Yaphank, NY 11980

O: 631-668-7043 C: 631-935-6911

jodi.douglas@aol.com

Retiree President

Keith Miner

PM Retired Hurley 12443

101 Highwoods Rd. Saugerties, NY 12477-3420

H: 845-246-3489 C: 845-706-9894

kminer@hvc.rr.com

Past President

Frank Kouba

PM Port Jefferson Station 11776

C: 631-806-6766

Chapter Member Representatives

National Member Representative -

Cathy Winnie

Retired PM Accord 12404

33 Cat Trail, Williamstown, NY 13493

C: 845-742-7774

cathywinnie@yahoo.com

.....

Lisa Holterman

HQ EEO/ADR Specialist

78 Hapeman Rd, Elizaville, NY 12523

W: 845-382-2086 C: 518-929-2320

ozone205@frontiernet.net

Kristine A. Lion

PM Suffern 10901

301 Sierra Vista Lane, Valley Cottage, NY 10989

(914) 572-2774

kristinelion@aim.com

Dan Leonard

PM Bath 14810

2767 Lyons Rd. Woodhull, NY 14898

(607) 398-8200

nyupmadanleonard@gmail.com

Dawn Porter

PM West Point, NY 10996

(845) 206-6061

dawnporter@optimum.net

Amy Dalrymple

PM Lakewood 14750

3377 Rte 958, Bear Lake, PA 16402

W: 716-763-8101 C: 814-706-1984

tip7six@yahoo.com

Scott Streebel

PM Medina 14103

157 Wagner St., Cheektowaga, NY 14206

W: 585-798-2440

WC: 585-798-3215 C: 716-573-3305

wille83@roadrunner.com

Charlie Bessette

PM Belmont 14813

WC: 585-307-5381 C: 716-307-6025

charleythemailman@yahoo.com

Amber Schoonmaker

PM Wappingers Falls 12590

C: 914-204-0758

ambikai4@verizon.net

Ben Johnston

PM Retired Ellicottville 14731

1142 E. Main St., Bradford, PA 16701

C-814-598-1601

bkjohnston@atlanticbb.net

Elected Officers

1st District Coordinator

Morgan OConnell

PM Wainscott 11975

72 W. Oak St., Farmingdale, NY 11735

O: 631-732-8627 C-516-528-9388

morganday0912@gmail.com

2nd District Coordinator

Rachel Barber-Forrest

PM Newfield 14867

9 Park St., Spencer, NY 14883

O: 607-564-3421 C: 607-738-5494

rbfupma@gmail.com

3rd District Coordinator

Matthew Tracy

PM Lafayette 13084

3641 McGraw Marathon Rd, McGraw, NY 13101

O: 315-677-3642 C: 607-345-5900

matracy13@gmail.com

4th District Coordinator

Jamie Uhlinger

PM Broadalbin 12025

PO Box 112, Broadalbin, NY 12025

O: 518-883-5523 C: 518-848-6793

jamie12025@gmail.com

5th District Coordinator

Jennifer Hayes

PM Grahamsville12740

153 Firehouse Rd., Wurtsboro, NY 12790

O: 845-985-7735 C: 845-665-3896

jenniferhayes1973@yahoo.com

Appointed Officers

Empire State Publication Editor

Heidi Freeman

PM Constantia NY 13044

167 Dutch Road, West Monroe, NY 13167

W: 315-623-9049 C: 315-506-2691

nysupmaeditor@gmail.com

Convention Chair

Rachel Norton-Rowland

HQ Sales Generalist

2979 State Route 29, Greenwich NY 12834

W: 518-222-1993 C: 518-708-1005

rrowland@nycap.rr.com

Liz Forsell

C: 315-369-5053 lizzie1346@hotmail.com

State Convention Registration

Maureen Wratten

PM Retired Waterville 13480

1108 Mason Rd.

Waterville, NY 13480

C: 315-525-2822 jmwratte@yahoo.com

Scholarship Chair

Carol Commisso

PM Retired Fishers 14453

11 Ambassador Dr.

Victor, NY 14564

585-905-5164

ccommisso12@gmail.com

Webmaster

Bob Holterman

Retired PM Wurtsboro

H: 845 239 1002

robertholterman@gmail.com

National President

Edmund Carley

ecarley@unitedpma.org

C-217-899-9256

National Retiree President

Charley Peters

Atlantic Area Postal Coordinator

Charles Narciso

43 Bullocks Point Ave. Apt 6C, Riverside, RI 02915

W-401-245-6435 C-401-573-1883

cnjr21@gmail.com

National Area 2 Representative

Patricia Groves

1046 Spence Ct., North Port, FL 34288

508-577-7531

calcolcar@comcast.net

National Retiree Legislative Rep

David Cook

29 Glenwood Rd., Glen Head, NY 11545-1313

H: 516-676-2843 C: 516-322-1328

cook.david.29@aol.com

Retirees Board

Retiree President

Keith Miner

101 Highwoods Rd.

Saugerties, NY 12477-3420

H: 845-246-3489 C: 845-706-9894

kminer@hvc.rr.com

Retiree Executive VP

Marti Miller

PM Retired Panama 14767

37 South St., Panama, NY 14767

H: 716-782-3509 C: 716-450-2864

ma-miller@stny.rr.com

Retiree Vice-President

Liz Forsell

PM Retired Long Lake 12847

C: 315-369-5053 lizzie13436@hotmail.com

Retiree Secretary-Treasurer

Gerald Geddis

PM Retired Schuylerville 12871

PO Box 500, Cambridge, NY 12816

C: 518-391-9251 poboy66@msn.com

Past President

David Cook

29 Glenwood Rd., Glen Head, NY 11545-1313

H: 516-676-2843 C: 516-322-1328

cook.david.29@aol.com



Dan Leonard
PM Bath 14810
2767 Lyons Rd.
Woodhull, NY 14898



NY Chapter
President

W: 607-776-7151

C: 607-398-8200

nyupmadanleonard@gmail.com

As the Seasons Change

September is the month where the page turns and we start heading toward "Peak Season". Are you ready to close out the year with your financials and begin a new year working toward what ever the new NPA goals are? It really doesn't matter what they are. We continue to do our best every day to keep our employees staying positive, maintaining a culture of team work to serve our customers in the best way possible all the while transforming our units to be as productive as possible. As many of you with years of experience have witnessed, this is not an easy task. If you put yourself first, you are in the wrong business. To be successful, everyone and everything comes before you so you can thrive. Try to sell that to someone who wants to get into management. With that, there are many reasons to want to as well.

Will your retirement be just enough to get by or plentiful because you made the right decisions? The right decisions such as taking advancement one step at a time to maximize your increases, controlling your NPA where you can by reducing hours, expenditures, keeping customer satisfaction high and to stay compliant with the enormous number of programs coming at us are all what will benefit you in retirement. With your increase in salary will you divest it right, so when you reach the retirement age you then can walk out the door? If I would have remained a Letter Carrier, retirement would be about 25-30 thousand dollars less a year. We are in the electronic age; everything is visible everywhere and to everyone. You are no longer alone with how you manage. Manage to your best, be honest, keep your integrity strong and help where you can.

With the end of the year here by the time you have read this, you need to, if you haven't already,

begin your report to mitigate your NPA if you could have increased your cell rating to the next cell or if something or some program wasn't accurately recording your information. Make sure you have documented everything from emails that you sent to try and fix a concern about how it affected your score. If you haven't been doing this yet this year, then most likely it isn't worth your time and most likely you will be denied as you will have nothing to back up your claim. Now is the time to get started for next year because none of us know what our score will be at year's end to even attempt a mitigation. Remember to document, explain and reach out for help to resolve concerns. You must attempt and have proof that you tried to resolve at your level or an upper level because this is one of the required actions to mitigate.

We recently came back from the National Convention where there was training on many topics from PSHB, rural, labor, NPA, retirement, workplace stress, SWCS, PS150, personal development and TSP pre-separation. We heard from the PMG, Deputy PMG and CRDO with question-and-answer sessions. Many questions were asked and answered on many different topics concerning the 10-year plan. We will continue the fight every year to better the standards for hiring, pay and benefits, vehicles and to get whatever we believe is needed to be successful. It will always be an uphill battle. On a positive note, we have increased our pay 5-10 thousand over the last two years. The negative side, inflation has increased more in every category of expenses. This brings me back to moving upward smartly so you will get every increase you can and deserve.

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This year so far, year to date 9/9/24, we have increased NY membership by 119 new members. Gaining new members keeps the state thriving with communication between seasoned and new members to have a continued knowledge base to train and learn from. Strength is having knowledgeable members to carry on the continued efforts to resolve our concerns and protect those that may need the assistance. Where would any of us be without each other's support? I ask any member that wants to be engaged to continue our success to send me an email stating that you would like to assist but need direction. Remember you will be helping yourself and others succeed. No engagement brings no results.

The Atlantic Conference should be over by the time this is published. The Atlantic Conference is derived currently of the District of Columbia and 12 eastern states from Maine to the DC/Virginia area. North Carolina should be joining us shortly. NY hosted the conference in Albany this year. There was an area representative from the

USPS, a retirement specialist seminar, PSHB training, our outgoing and incoming National Presidents, representation training for discipline, CSAW/ F2DPH Q&A, mitigations, consultative log process and parliamentary training.

Our five Districts should be having meetings in and around your areas within the next few weeks. Check out the NY website nyunitedpma.org for dates and places. Contact me for more information if can't locate your district's meeting.

One final note: In the past we have given incentives to attend the State Convention, National Convention, Atlantic Conference and Legislative Summit. Those incentives include dollar amounts or hotel rooms that you are reimbursed for if you are a non-officer. Becoming engaged as an officer or appointee increases what you are reimbursed for at these events. Any new officer will be mentored for success.

Dan Leonard

NY Chapter President



President Dan asking CRDO Dr. Joshua Colin a question.



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 was thrilled to reconnect with my peers and see both familiar and new faces in Orlando. The training this year, especially the mental health class, left a strong impression on me. Many of us face significant stress and even reach a breaking point, so it's crucial to understand how to prevent ourselves from getting there and recognize the signs if we or others are at that point. What I learned from the class is that mental health plays a vital role in our decision-making throughout life. It can impact everything

from our decisions and relationships to issues like anxiety, depression, and PTSD. As we approach the holiday season, a few key strategies stand out: managing stress through taking regular breaks to alleviate work load pressure, promoting a proper work-life balance when possible (this one may be tricky but very doable), and building a support system. If you find yourself struggling, don't hesitate to reach out—whether to a colleague, friend, or through the Employee Assistance Program (EAP).



Associates Corner

Helpful Hints to Assist You on Your Path to Success

How to do your STAR in your KSAs

Situation/

Task: Define what the situation/problem or task was.

Action: What did you do?

Result: What happened after your action

When you do each KSA you need to tell a story about a PARTICULAR situation or task that presented itself using STAR to tell the story. Describe the situation or task. Then the action you took to correct or resolve that particular situation.

Keep a notebook. Divide it into sections for each KSAs for any positions you plan to apply for. When you encounter a situation that may apply to one of the KSAs, put what the situation was and what action you took in your notebook.

For assistance with your KSAs email UPMAKSA@yahoo.com.

Please text 845 742 7774 when you email your KSA.



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

What an informative and fun National Convention we had in Orlando this year. This was the 8th convention since UPMA was formed. New York was well represented with 38 people attending. We had some great breakout sessions that included different subjects on three different days to help increase our knowledge base, further our careers with the postal service and assist with our personal life. The convention was held at a really nice resort called the Caribe Royale. This resort had just about anything you would want or need. The convention space was huge and actually had 2 conventions going on at the same time. But if it wasn't for running into somebody within the resort with different badges you would have never known.

During general session, we heard from leaders from both UPMA and USPS, informing us on what is going in the service and also addressing some of our concerns. We heard from our Postmaster General, Louis DeJoy, Deputy PMG and Chief Human Resources Officer, Douglas Tulino, and Chief Retail and Delivery Officer, Dr. Joshua Colin. On the UPMA side we heard from our National President, Edmund Carley, our National Secretary/Treasurer, Greg Nors, and our UPMA Executive director, Dan Heins. This is just a small sample of what went on in the general sessions.

New York members and guests enjoyed our state dinner this year at Millers Ale House in Lake Buena Vista. It was great to see that all 38 people from NY could attend. I enjoyed catching up with members that you don't see often.

On our free day we decided to go to Kennedy Space Center with Heidi and Bob Freeman. I haven't been there in years and it was fantastic. We kept trying to watch a Space X launch but it keep getting delayed. We went down International Drive on the way back and stopped for some Mexican food. We also went to Disney Springs that next evening for some dinner at the Boathouse.

I really would encourage you to come to a convention. You learn so much, you network with other Postmasters, Supervisors and Managers and you learn that all your issues at work are not just your office. Each office has their own issues, but a lot of the time if you talk about it there are a lot of people with years and years of knowledge that can help you. Our State Convention this year will be held in June at beautiful Saratoga Springs. The 2025 National Convention will be held in August in Dallas, TX. Looking ahead, the 2026 State Convention will be in the Alexandria Bay area and National will be in Puerto Rico.

Till next time,





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



VP Legislative
O: 607-359-2136
C: 607-742-7382
JMosherUPMA@yahoo.com

I hope that everyone made it home safely after the 8th National Convention at the Caribe Royale Resort in Orlando. Thank you, Florida Chapter, for putting on a fantastic convention. If you didn't make this one you really missed out.

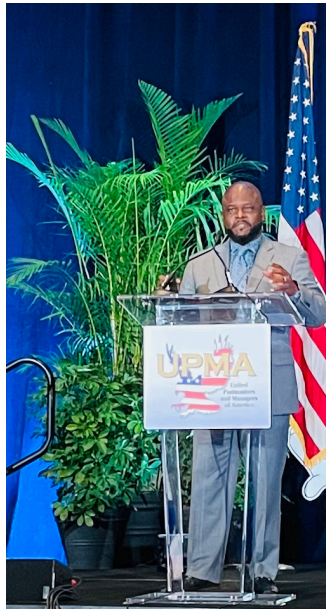
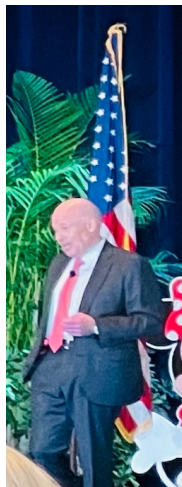
We heard from the Honorable PMG Louis DeJoy, Deputy PMG Doug Tulino and CRDO Dr. Joshua Colin. I feel that they have the Postal Service headed in the right direction. It will take time and unfortunately mistakes will be made, however they are learning from those and we are still moving forward with the Delivering for America plan. It was exciting to hear that more vehicles are being deployed and not all of them will be electrical vehicles. Mr. DeJoy did say there is a place for Postmasters in the future. And yes, we will see

a change is what that job exactly is. As for retail, we were told that they are looking at bringing more things into our lobbies to attract more customers. These are all positive changes in hopes to help make the USPS more efficient and sustainable for the rest of our careers.

This coming March we once again will be making our way down to DC and into the halls of Congress and the Senate at our Legislative Summit. Please mark these dates on your calendars - March 16th will be a travel day down, with the Summit starting on the 17th -19th. If you plan to attend, please email me with the name of your congressmen or women so that I can assist you in getting an appointment with them. Stay tuned for hotel information. I hope to see you all there.

"Average leaders raise the bar on themselves; good leaders raise the bar for others; great leader inspires others to raise their own bar."

- Orrin Woodward





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



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

MOM AND DAD WERE RIGHT

When we were kids we told our parents, “everybody is doing it”. Their reply was, “if Mary or John were going to jump off a bridge would you do it too?”

Unfortunately, it has become increasingly more prevalent for managers to succumb to the pressure and stressors of the increasing daily demands in today’s Postal Service. This has led to an increase of EAS employees finding themselves dealing with demotions or career ending discipline. The term falsification of records can take many forms. Some falsifications are subtle and some are bold, yet both will have you ending up in the same place. It could be a work around to fix an employee not getting paid correctly instead of doing a pay adjustment or making it appear the carriers are off the street when they are not. These falsifications are not limited to operations. Anywhere there is pressure to achieve goals, there is pressure to make performance look better than it is. In sales it could be false or exaggerated entries into your lead calendar or Panorama. An EEO Specialist misses a deadline and instead of dealing with those repercussions they falsify the meeting of the deadline goal.

What I say above may seem to be painfully obvious and easy to avoid. These transgressions start small with workarounds that seem harmless yet still are falsification of records. “That’s the way it’s always been done” or “everyone does it” will not matter if you are brought up on falsification of records charges. If you are instructed to make a

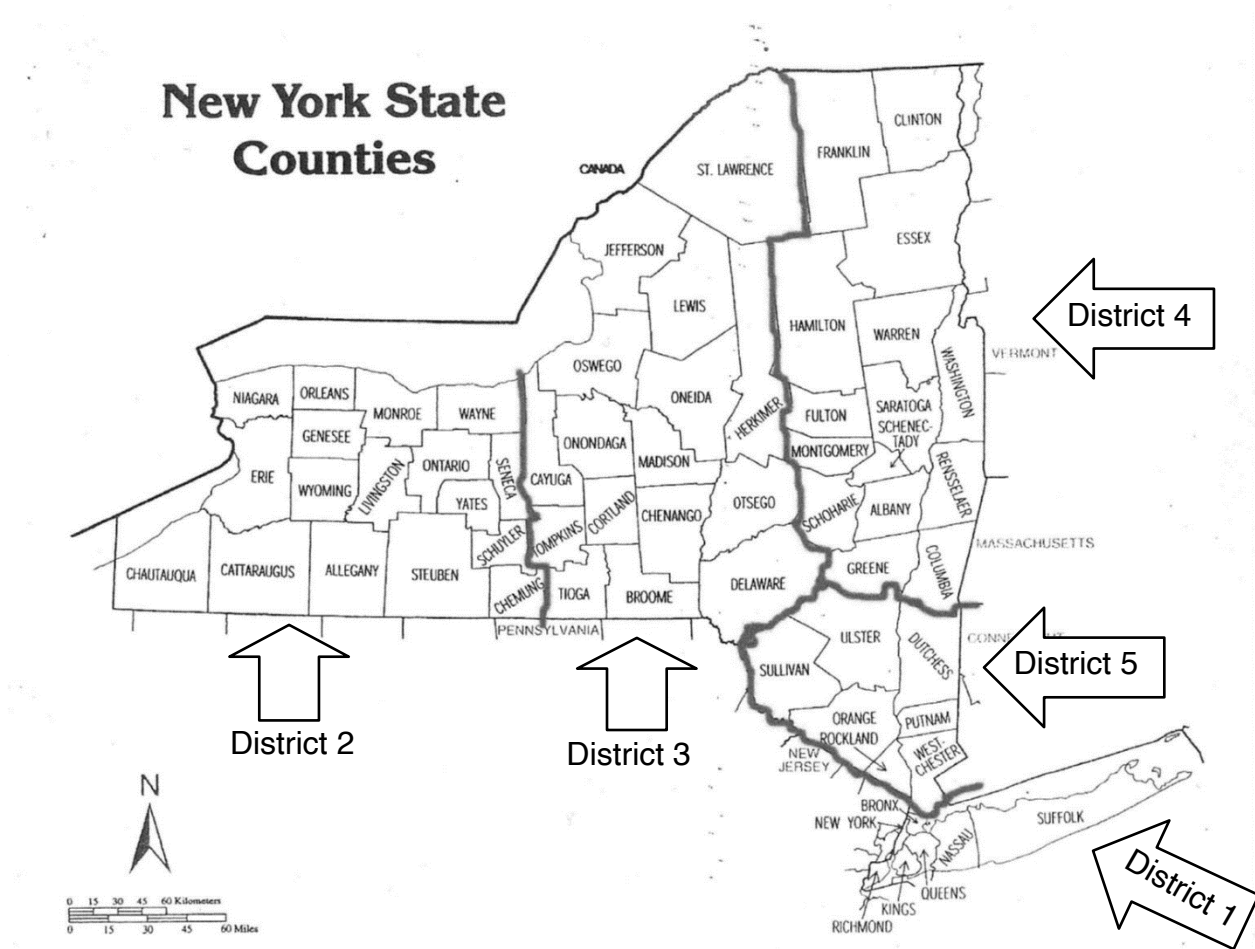
false report, memorialize that instruction stating in an email your understanding of the instruction. For example, I am writing this email to confirm your instruction to scan our undelivered parcels as business closed. When managers don’t memorialize improper instructions and are charged with falsification of records the person that gave those instructions suddenly has a case of amnesia.

We all understand the pressures of the daily grind and we all understand how it happens. That is why it is necessary to write about it and have an open discussion about it. It is much easier to defend the inability to perform than it is when your lack of integrity is the center of your discipline. The Postal Service will argue they have the right to expect and demand that their managers act with integrity. **In the end, “Everyone is Doing it” just won’t cut it.**



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.



District 3 Fall Meeting

Thursday, October 17, 2024

Comfort Suites Cicero

5875 Carmenica Rd., Cicero 13039

Noon - 4

Free Lunch provided at 12:30

Come and see old friends and meet new ones!

RSVP to Matt 607-345-5900 or Donna 315-408-5165

by Oct. 11th

District 4 Fall Meeting

Wednesday, October 30, 2024

Holiday Inn

232 Broadway, Saratoga Springs

Noon - 4

Free Lunch provided

Come and gain knowledge and ideas from your coworkers!

RSVP to Jamie 518-848-6793 by Oct. 25th

Look for dates and times of other District Meetings
on nyuntitedpma.org or facebook.com/groups/nyupma



Rachel Barber-Forrest
PM Newfield 14867
9 Park St.
Spencer, NY 14883



2nd District Coordinator
O: 607-564-3421
C: 607-738-5494
rbfupma@gmail.com

Hello, my name is Rachel Barber Forrest and I am the newly appointed Second District Coordinator.

I begin this with a little get to know me intro. I started my career in 1998 in my hometown as an RCA. At that time, I was looking for a part time job, which allowed me to be home with my first set of twins but also have a career. I loved my time as an RCA and even delivered to myself. After two years, the opportunity arose and I was awarded a career position as an PTF SSA in Montour Falls. My PM at the time was involved in a lot of things outside the office which allowed me the opportunity to learn and grow my knowledge. I was also loaned to several offices to broaden my knowledge. Montour became my community away from home. During my years in Montour I had my second set of twins. I was thankful I had earned/saved my AL/SL and had built up my time for this occasion. Again, being part time, I was able to raise the "boys" and the "babies" and get them to school age. I then began to take on "OIC assignments" and became a 204B in Ithaca. After several years, I became a Supervisor in Ithaca. I was the opening supervisor in charge of distribution and windows. Larger offices are tough and your knowledge grows extensively. In 2019, I became PM of Interlaken. A community I also loved. Today, I am the PM of Newfield, NY.

The PO I started with in 1998 is not the PO it is today. SO many changes have come over the years. which brought us to where we are today with Delivering for America. One thing that hasn't changed for me is the service I provide for communications and my dedication to that service.

I joined UPMA when I was a retail associate in Montour and I have never looked back. I just attended my 2nd Convention in Florida. The

Florida convention did not disappoint. The Caribe Royale was beautiful and also provided rest and relaxation. Yes, you do attend general sessions and training but you also have free time, daily and nightly, to go and do anything that you may please. Please consider attending a convention. Once you go, you soon realize the value of UPMA and fellow colleagues. PMG Dejoy spoke along with Doug Tulino and Dr. Joshua Colin. Change is inevitable in our organization and getting together helps us find ways to cope and keep up to date on these changes.

I am looking for volunteers to "host" district meetings. We would like to have these in different areas within our district to reach as many members as possible. If you would like to host, have an idea for training, or just need to vent please reach out.

Our next meeting will be in the Rochester area in October. Look for a postcard coming to surrounding areas of Rochester for date/ times. I would like you, if you are able to RSVP as it helps us to plan on how much space and food to have available. Yes, we feed you :) Training will follow lunch as well as a time to hear other successes and frustrations.



Kristine Lion receiving her PAC Medallion Award from President Edmund Carley

NEW PSHB OPEN SEASON – NOVEMBER 11 - DECEMBER 9, 2024

Register to attend the **2024 Virtual Benefits Fair**, presented by FedPoint®, the administrator and marketplace operator of BENEFEDS.com, to chat with carriers, review 2025 plan details, and get the information you need to help make the right decisions—in one convenient, online location.

To access this web page, please copy and paste the below link into your browser.

<https://vshow.on24.com/vshow/FVBF24/registration/23912>

Review 2025 plan details

Log in anytime during the Federal Benefits Open Season, **from November 11 to December 9, 2024**. Download 2025 plan brochures, visit individual carrier booths, watch videos, and register for educational webinars.

Get answers to your questions

Representatives from all participating carriers will be available to take your questions during our four live carrier chat days:

Thursday, November 14, 2024
10 a.m.–5 p.m. (ET)

Thursday, November 21, 2024
10 a.m.–5 p.m. (ET)

Tuesday, November 26, 2024
10 a.m.–5 p.m. (ET)

Tuesday, December 3, 2024
10 a.m.–5 p.m. (ET)

**Postal Service Health Benefits
Navigator Help Line**

833-712-PSHB (7742)

Explore your benefits in one convenient, online location

Visit virtual exhibits from all FEDVIP dental and vision carriers, several FEHB carriers, and FSAFEDS to learn valuable information, get answers from the experts, and visit carrier booths to shop and compare different benefit plans.



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



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

2024 SCHOLARSHIP WINNERS

Congratulations

to the Mary Converse Memorial National Scholarship winner

Ila Sundstrom, granddaughter of Betty Sundstrom Retired PM East Nassau, NY

.....
Thank You, Thank You

The recipients of our 2024 UPMA scholarships all received their checks, and I received the following thank you notes:



United Postmasters and Managers of America,

My name is Kaitlyn, and I would like to tell you how grateful I am for this generous donation. I plan to use the money I have been given to further my education at Bryant University.

Thank you,
Kaitlyn Hoy, recipient of a 2024 Edwin D. Jennison Jr. Scholarship

United Postmasters and Managers of America,

I am sorry I cannot be at the convention, but thank you so much for selecting me! I am very honored and appreciative. I'll be attending SUNY Binghamton this fall, and this award will greatly help me in my studies.

Sincerely, Zachary Roosa, recipient of a Frank and Helen Burger Scholarship



Continued on next page

2024 SCHOLARSHIP WINNERS

Continued from previous page

Dear Ms. Commisso,

I would like to take this opportunity to thank you for selecting me as a recipient of the Frank and Helen Burger Scholarship. I am honored to be chosen.

Having just graduated from Fonda-Fultonville as the Salutatorian, I am setting my sights on my next four years at Springfield College. For I plan to use the money received from this scholarship to offset tuition costs.

Thank you very much for helping to provide the financial means to reach my career goals.

Sincerely, Ty Sanges



For those new to UPMA, New York has been giving six scholarships each year since UPMA was started. We currently have two scholarship funds – The Frank and Helen Burger fund, and the Edwin D Jennison Jr. fund. The amounts given are determined by the Executive Board at their fall meeting. As of now those eligible are the children or grandchildren of active or retired Postmasters, but that will be discussed at the fall meeting as well. Look for applications and more information in the coming months.

Carol Commisso

Scholarship Chairperson

First Timers at National - Jennifer Hayes and Deborah Shea





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



H: 631-271-3980
C: 631-241-1430
silvestri45@msn.com

Legislative News

In January 2023 Congresswoman Spanberger and Congressman Garret Graves (R-LA-06) reintroduced the bipartisan Social Security Fairness Act H R 82 to eliminate the WEP and the GPO. Recently, Spanberger and Graves announced that they plan to file a discharge petition when Congress returns to Capitol Hill September 8 to force a vote on this legislation in the U.S. House of Representatives. Since its reintroduction, the legislation has 325 bipartisan cosponsors, far more than the 218 signatures required, on the discharge petition to force House Leadership to bring the legislation to the floor for a vote. H R 82 is stuck in the House Ways & Means Committee. Spanberger will use the stories she has received to highlight the importance of protecting the Social Security benefits of Virginians and Americans across the United States.

"Americans across our country who have dedicated their careers to public service deserve the retirement benefits they paid into just like everybody else. But for more than 40 years, federal employees, police officers, firefighters, and local government employees have been unfairly penalized for their service to our communities," Spanberger said.

"Since relaunching my survey last week, I have heard from thousands of public servants whose Social Security benefits have been slashed by the WEP or the GPO. These responses underscore the real impacts of these unfair provisions on Virginians and illustrate why I'm working to force a vote in the U.S. House of Representatives on my bipartisan legislation to eliminate these unfair provisions and protect the Social Security benefits of all Americans."

Time is running out to get this injustice corrected. There are only thirteen days that congress will be in session in September. About the same for the next three months. You need to contact your representative now. Thank your representative for being cosponsor, (if not a cosponsor request your representative became a cosponsor). Request your representative to sign the discharge petition when they return to Washington. Call, write or visit your representative at home. We are so very close to get the legislation to the floor. For your sake and all our sake. DO IT NOW

The following NY representatives have signed the above Discharge Petition: Michael Lawlar, Yvette Clark, Gregory Meeks, Tom Souzzi, Paul Tonko, Grace Ming, Dan Goldman, Tim Kennedy, Patrick Ryan, & AOC.

Below is a sample letter or talking points to assist when you contact your representative about signing the petition.

As your constituent, a retired federal employee, s member of United States Postal Service (USPS), and a member of the United Postmasters & Mangers of America, I urge you to support a discharge petition to bring the Social Security Fairness Act, H.R. 82, to the floor for a vote. I appreciate your support for the bill as a cosponsor. With 325 total cosponsors, and continuing committee inaction, now is the time to demand a floor vote.

The Social Security Fairness act would restore the earned Social Security benefits of retired public servants like myself. We have too long been robbed of our full benefits by the Windfall Elimination Provision (WEP) and Government Pension Offset (GPO). This bill would repeal both, putting an end to these longstanding policies that unfairly reduce or eliminate earned Social Security benefits for myself and millions of other federal, state, and local government retirees, simply because we earned a pension from our public service.

WEP reduces the primary Social Security benefit earned separately through covered (e.g., private sector) work. GPO reduces spousal and survivor benefits by two-thirds of a government pension earned through work in a system separate from Social Security.

H.R. 82 has garnered overwhelming support in the House. This level of bipartisan backing reflects the urgent need for repeal and underscores the importance of this legislation in championing a just future for hardworking federal retirees across the nation, and why it is time to bring this bill to a floor vote.

I kindly request that you lend your support in repealing WEP/ GPO and urge you to support (and sign) a discharge petition to bring the Social Security Fairness Act, H.R. 82, to the floor and move us one step closer to rectifying this inequality.

Thank you for your attention to this matter. I look forward to your response.



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 On-line, Print it out, and Return to
UPMA National Office at the Address Below for Processing*

Section A: All New Members Complete

USPS Employee Identification Number (EIN)	Social Security Number	Date of Birth	Gender Male <input type="checkbox"/> Female <input type="checkbox"/>
Name (PRINT Last Name, First, MI)		Contact Telephone	
Home Address (Street and Number/Box)	City	State	ZIP+4
Personal E-mail Address			

Section B (Check One): ☐ Postmaster ☐ Manager/Supervisor ☐ Associate ☐ PMR

Position	PO/City/State/ZIP
Post Office/Work Telephone Number	Pay Schedule Level
Post Office/Home Payroll Office Finance Number	Designation Code

Section C: For Use by the Employee Organization

P

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
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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 Awareness Conference ☐ USPS Provided Training ☐ Other

UPMA NATIONAL OFFICE FOR PROCESSING

Revised 12/2017 INT



Jennifer Hayes
PM Grahamsville 12740
153 Firehouse Rd.
Wurtsboro, NY 12790



VP / PAC
O: 845-985-7735
C: 845-665-3896
jenniferhayes1973@yahoo.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: _____
Street Address/PO Box

City _____ State _____ Zip Code _____

My contribution is by (check one): ☐ Check ☐ Money Order ☐ Signature FCU Visa Credit Card

Please charge my contribution to the following 16-digit Signature FCU Visa Account Number: _____
CVV# _____

Exp. Date: _____
Signature (required for credit card charges)

Office use: ☐ Pin Received ☐ Active Postmaster ☐ Retired ☐ Associate State to credit _____

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.



COME FIND OUT THE INS AND OUTS OF NY UPMA

Come and see how the Board makes decisions and votes on issues.

You are responsible for your own hotel and travel costs.

Board members will be paid for.

Get involved!!

We need you!!

NY UPMA Board Meeting

Monday 11/4 and Tuesday 11/5/24

Embassy Suites by Hilton

86 Congress St.

Saratoga Springs, NY 12866

Meeting will start at 8am on Monday

and finish by noon on Tuesday



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

Hello once again to all of my UPMA/UPMAR colleagues and friends. The summer has flown by and September is upon us. Hopefully one and all had a restful and enjoyable summer spent with family and friends on more than one occasion.

To start off on a personal note, my wife Lori and I are thrilled to announce the birth of our first grandchild. Shannon Rose Lynch arrived on August 27th measuring 21 1/4" and at a healthy 10 lbs. My daughter Victoria and her husband Adam are ecstatic and getting used to the joys of parenthood. In case you missed the date, yes, my grandchild arrived while I was at our National Convention in Orlando. As it was the week leading up to Labor Day, I was unable to get an earlier flight home. The anticipation was well worth the wait as Lori and I drove from Albany Airport straight to Danbury. She is a beautiful gift from God. I have to admit, however, that I am a little bit jealous of all the hair!

Speaking of our National Convention, from all outward appearances a great time was had by all. We had over 30 New Yorkers attend including 14 retirees.

As part of the retiree business session, Anita Pfeiffer of Minnesota was elected as our new treasurer for 2025-26. We also voted on two amendments. The first amendment, which passed, named The Leader as the official publication of UPMA/UPMAR. We will still receive the In the Mailbox (Eva Finley, editor) and UPMA Gold (Linda Carter, coordinator). If you do not receive either the In the Mailbox (print) or Gold (email), you can contact Eva or Linda directly or let me know and I will pass along your request. The second amendment which was voted upon was a proposal to move the voting for national candidates to occur at state conventions. This proposal was not approved so national officers will still be chosen at the national convention. Dave Cook gave a detailed update on HR 82 and the companion bills. There is currently a bill before the House to force a floor vote. Please read

Dave's article on legislative updates to be fully informed and most importantly, contact your elected officials asking for their support to push a floor vote. Finally, the Veteran's project raised over \$40,000 for Tunnels to Towers. I would like to thank everyone who supported this very worthwhile charity which supports disabled

veterans and the family of fallen service members and first responders.

During the active member business sessions, there were several speakers including Postmaster General Louis DeJoy and his deputy PMG and CRDO Doug Tulino. During his question and answer session, Mr. Tulino fielded a question about why service no longer matters given the apparent degradation and loss of service. Doug immediately responded "Service DOES Matter!". He then explained how the re-adjusting of certain service standards are meant to provide achievable standards that will increase public faith in reliability. He emphasized that change is necessary and that any modification to standards will be scrutinized and adjusted. In other words, change will beget change.

"Service DOES Matter!" could also well be a great motto for our organization. There are more than a few former Postmasters who complain about what we do or don't do for our membership yet they are not even members or are at best members in name only. For us to have positive change and growth, you have to be part of the discussion. That means service as a member or as an officer in UPMAR. Let's all try to reach out to non-members and lukewarm members to bring them back into the circle. Keep an 1187R handy so that you can hand one out to someone you talk to. There are many benefits to being a member and there is strength in numbers. If nothing else, recruitment is a great service to UPMAR.

I hope to see some at the Atlantic Conference which we are hosting at the Four Points Sheraton in Albany on September 26-29th.

Thank you all for what you do and for the support you give me. Thanks to the veterans for your selfless dedication to our country.

May you all find peace, joy and contentment. God bless!



Keith had so many ducks and no winners!!

I guess you weren't a lucky ducky!

Important information on the Special Enrollment Period for UPMA retirees

What you need to know about the Special Enrollment Period If you are a retiree and entitled to Medicare Part A as of January 1, 2024, and did not enroll in Part B, you and your covered, eligible family members may be able to participate in a **Special Enrollment Period (SEP)**. The one-time SEP runs April 1 through September 30, 2024. If you qualify for this SEP, you should have received a notification from USPS by April 1. This notification has more information about how to enroll in Medicare Part B during SEP. Those who choose to enroll in Part B during SEP will **not pay any late enrollment penalty**—this will be covered by USPS. If you have misplaced the notification letter mailed to you or believe that you are eligible to participate in the Postal Service Health Benefits (PSHB) Program and did not receive a notification letter, please contact the PSHB Navigator Help Line's toll-free number at [833-712-PSHB \(7742\)](tel:833-712-PSHB) or email retirementbenefits@usps.gov. Want to know more about PSHB? Stay in the know.



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

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

CSA

My Annuity Number is:

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

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:
-----------	-------



Marti Miller
Retired PM Panama 14767
37 South St., Panama 14767



NY UPMAR Exec-VP
H: 716-782-3509
C: 716-450-2864
ma-miller@stny.rr.com

Another National Convention is Over

Well, we've been home a week since the Convention ended. It was really a job well done. Lori McDonough, Convention Chair and former Western NY Postmaster, and the Florida team did a fantastic job. We did miss some of our New York retirees who are usually at convention. Between family situations, Florida temps, and other obligations, they were unable to join us. But, as I've said in other years, it was great to see the people who were there. The Disney theme and the Flamingos on stilts added to the fun. I'm sure Heidi will have some cute pictures.

So many of us were anxious to hear where things were in relation to our new Postal Service health benefits (PSHB). Dave Cook and Cathy Winnie have been so good at sharing all the info they have gleaned. There were three different information classes in addition to the presentations at both the Active and Retirees meetings. Blue Cross and GEHA had tables set up to give us their info. We all need to look over the information that will be sent to us. Even if you are happy with the carrier you have been using, it won't hurt to compare. If you are already on Medicare and your current plan is what you decide to still use, you shouldn't have to do anything. But keep aware of everything. Keep checking the info from Dave and Cathy.

I am still trying to get any information from you on any retirees you know who either haven't kept up their UPMA membership or who weren't a part of UPMA while they were working. I do receive monthly reports from Celia Oak, currently, and Kathy Frame prior to her, but info other than a name and address is more personal. I also am interested in anyone who could be an associate member. Kathy Frame has been very helpful this past year. Since Kathy is now a candidate for National President at the end of Charlie's term, in 2026, it is

necessary for her to be replaced as the Membership Chair. Cecilia has sent the report from UPMA for the last two months.

I would like to thank the New York state board who decided to give the incentive to attend the National Convention to retirees as well as the Actives. It was a big help to many. For those who couldn't attend this year, I hope next year will work better for you. I really enjoyed being a part of all the business sessions, both active and retirees. I love the feeling New York Postmasters, active and retired, have together. We retirees still care about the Postal Service and all of you.



Attention All Members

Fall Board Meeting

November 4 - 5 2024

Embassy Suites by Hilton
88 Congress St., Saratoga Springs
(518) 672-9001
Room Rate \$179. Say UPMA
Must book by 10/3/24

2025 UPMA Legislative Summit

March 16-19 2025

Hyatt Regency Crystal City
Arlington, VA

Don't forget!!

***Your health benefits are
transitioning from FSHB to PSHB
in January of 2025.***

***Open Season is
November 11 - December 9, 2024***

Actives - you can get info on LiteBlue

***Retirees - you can get info on
KeepingPosted.org***

***Make sure you make a choice or
the Postal Service will
choose for you.***

www.unitedpma.org

www.nyunitedpma.org

www.facebook.com/groups/nyupma

**I ♥
NY**



Deadline for
December issue
NYS ESP issue is
November 9th by 5 pm

