



# New York Chapter of UPMA Empire State Publication

Volume 2025 / Issue 4

Oct./Nov. 2025



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# NEW YORK CHAPTER

The (ESP) Empire State Publication UPMA (United Postmasters and Managers Association), [USPS 175-740] is published bimonthly by the New York State Chapter of United Postmasters and Managers Association of America (UPMA), 727 Crawford Ave., Syracuse, NY 13224. 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. Notice to Postmasters: Please send all address labels clipped from undeliverable copies, along with USPS Form 3579, to (ESP) Empire State Publication UPMA, 727 Crawford Ave., Syracuse, NY 13224.

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VACANT

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## NEWS

On August 9<sup>th</sup> through the 15<sup>th</sup>, 26 active, retired and guests attended the National Convention in Dallas Texas. Some highlights were that we were able to listen to and ask questions to the 76<sup>TH</sup> PMG David Steiner, DPMG Doug Tulino and CRDO Elvin Mercado. I took away from the conversations and the Q&A's that we are continuing the 10-year plan for sustainability and not looking down any road that leads to privatization. USPS will not be hiring employees across the board as career, except in pockets where hiring has stalled over several attempts but will continue the pre-career hiring that leads to a PTF position in two years. The much-needed RCA to PTF position is still being worked on with no concrete measures yet as to when that will come to fruition. The PMG seems to be on our side when it comes to the people portion of the organization knowing that we are underpaid in relationship to the private sector but no indication of a fix. He understands the direction we need to take with the 10-year plan and is behind it but says he will have his own ways of tweaking the outcome.

The site of the 2027 National Convention was voted on and Salt Lake City Utah was selected. The 2026 National Convention is in Puerto Rico. The Atlantic Conference will be in Philadelphia, PA in 2026.

The National Retiree President will be Louise Nix for 2026. Voting on the Bylaws was done at the State Conventions and the outcome after tallying all the Chapters came down to all the proposed

Bylaws being adopted. Elected for the National Vice President of the East was Tasha Clemons from NC. The Area Coordinator position which is currently Chuck Narcisco was again nominated and re-elected.

The Atlantic Conference is set for September 25<sup>th</sup> – 28<sup>th</sup> in Concord NC with speakers, team building exercises and I'm sure everything needed to be a success. As I write this the agenda has not been completed by NC to publish as there is always tweaking to do.

The Fall Conference where the Executive Board and appointees meet to discuss next year's budget, scholarships, incentives etc. will be held at the Riveredge Resort Hotel in Alexandria Bay Oct 17<sup>th</sup> -19<sup>th</sup>. The actual meeting will start at 8am on Saturday and go until done. There are no incentives to come if you aren't part of the Executive Board, District Coordinator or an appointee and want to listen to and see the workings of the executive board in action but all are welcome. This is also the site of the 2026 State Convention to be held June 11<sup>th</sup> through the 14<sup>th</sup>. A reminder the new Executive Board consists of President Dan Leonard, Executive Vice President James Mosher, Chapter Membership Representative VP Kristine Lion, Political Action Committee VP Jennifer Hayes, Legislative VP Rachel Barber-Forrest, Education VP Lea Becker and Retiree President Keith Miner. Since I am on my second term there is no past President.





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## Back-to-School Safety Training

With the return of the school year, USPS employees are reminded to stay especially alert on the roads and in neighborhoods. Increased pedestrian traffic, school buses, and children playing outside bring unique safety challenges that require extra caution during mail delivery.

### Driving Awareness

Postal employees play a vital role in community safety. When operating a vehicle:

- **Slow down in school zones** and always follow posted speed limits.
- **Stay alert for children** near crosswalks, sidewalks, bus stops, and school parking lots. Children can be unpredictable, running into the street without warning.
- **Obey school bus laws.** All vehicles must stop at least 10 feet away when a bus displays flashing red lights or an extended stop arm. Do not proceed until the bus moves and the driver signals it is safe.
- **Avoid distractions.** Cell phone use and multitasking while driving are prohibited and dangerous.
- **Check mirrors and blind spots.** Adjust mirrors before starting your route and remain aware of your surroundings.
- **Avoid backing up** whenever possible. If necessary, survey the area carefully for children or pedestrians first.

### Interacting with Children

To maintain safety and professionalism:

- Do not hand mail directly to children from your vehicle.

- If children approach your vehicle, exit and ask them to move back.
- Stay cautious of dogs when children are nearby—pets can act unpredictably.

### Dog Bite Prevention

Dogs are active during back-to-school months, and carriers should always be prepared:

- Carry **dog repellent** and check that it is not expired.
- Use **dog warning cards** and update hazards in the Mobile Delivery Device (MDD).
- Avoid startling dogs—make your presence known.
- Never assume a dog won't bite; do not pet or feed them.
- If threatened, back away slowly with your satchel as protection, and use repellent if necessary.

### USPS Safety Resources

Employees are encouraged to review the following tools and guidance:

- **Postal Bulletin** – Seasonal safety reminders.
- **Safety Blue** – Online safety resources and training videos.
- **Handbook EL-814** – Employee safety guidelines.
- **SHMT & MyHR/Workplace Safety** – Dog bite prevention resources and training materials.

### Commitment to Safety

Back-to-school safety is about protecting both USPS employees and the communities we serve. By practicing defensive driving, staying alert to children and pets, and using USPS safety tools, we can ensure safe deliveries and support a safer environment for everyone.





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## Reflections from the UPMA National Convention – Dallas, Texas

I have just returned from the UPMA National Convention in Dallas, Texas, and once again it proved to be another great success. The event was filled with learning, networking, and opportunities to strengthen our skills as leaders within the Postal Service.

One of the highlights for me was attending a class on rural routes, where there was valuable discussion on adjustments, RRO, the mini mail survey, and the importance of managing 2080 and 2240 hours. These are crucial topics that directly impact our daily operations and ensure that we remain compliant and efficient.

I also attended a class on the 150 and SWC reports, which reinforced just how important it is to run these reports regularly. Best practice is to

not only run them each month, but to also print and file them for reference. A key point emphasized in the training was the impact of the SWCs: if you show in the zone of tolerance on the low end, you risk losing a supervisor. Conversely, on the higher end, the situation is reversed. This is exactly why it's essential to stay on top of these numbers—so there are no surprises.

In addition to the training, the convention served as a reminder that there is still plenty of room for new members within UPMA. Recruitment is an ongoing effort, and each one of us plays an important role in strengthening our ranks. By sharing the benefits of belonging to this organization, we can continue to grow and provide even greater support to one another.



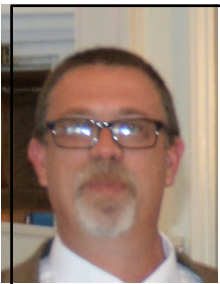
Which baseball stadium has  
it's own zip code?

Dodger's Stadium 90090

FUN FACT







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The Downtown Sheraton Hotel in Dallas, Texas hosted our annual UPMA National Convention on Aug 9-15, 2025. Several Postmasters from NY were in attendance. This yearly event offers important opportunities for networking, education, and advocacy. The latest information regarding postal operations, best practices, legislative issues, etc. was discussed. We even got to see and hear the new PMG in a fireside chat. However, the convention isn't just about business! Many of us attended a Texas Rangers baseball game at the new Globe Life Field! Several people took the opportunity to tour

Dallas, with a professional guide, visiting sights such as the JFK Memorial, Pioneer Plaza and AT&T Stadium, home of the Dallas Cowboys! I'm not a Cowboys fan but the stadium was truly one of if not the nicest stadiums I have ever been too. Everything is bigger in Texas!

Thank you to all NY members who dined with us at Patrick Kennedy's Irish Pub for the State dinner. The food was delicious and it's always a pleasure to gather with my fellow New Yorkers! Looking forward to next year's National Convention in beautiful Puerto Rico!



First  
Timers





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"The mistake you make is, that you make a mistake and you bury it. Your sin is you hide what needs to be corrected." A strong message from the new PMG. That reminder sets the tone for the work ahead. If we want to deliver the service our customers deserve, we must fix our problems quickly, and learn from them together.

We all need to be accountable for our actions and our role in this company. For us to succeed we all need to be rowing in the same direction.

When everyone knows the goal and the standards are set, performance will follow. The PMG touched on the CRDO's principle tenants- engagement, accountability, and results.

Engagement means every employee understands the mission and their role in it. We need to make our expectations clear. A need to have a common strategy/approach and make sure that message gets down to the front line. Accountability means owning outcomes, not excuses. Results mean measurable improvements our customer can see.

Our FY25 focus has been simple: safety, retention, and employee availability. When we work safely we protect our people and our reputation. Retention builds our brand, provides experience, and cuts cost. Employee availability ensures we have the right people in the right place at the right time to deliver consistently.

Mastering these 3 factors is how we begin to stabilize the company and gain back the public's trust. Trust is the one thing that changes everything.

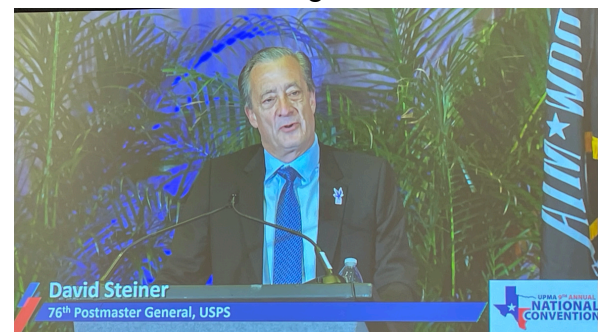
Change will remain the constant as we move forward with Delivering for America. When completed the plan envisions 331 S&DC's. We are investing in our fleet and currently have over 106,000 vehicles on order. Every day we provide universal service to 169 million addresses. This is a commitment that demands operational discipline and continuous improvement. Service has to be our number one

priority, and something we need improvement on.

The PMG told us that the path forward may seem complicated and it is demanding. We need to tell the truth regarding our problems, fix them, protect our people, keep service first, and move the mail. If we can do that and row together every day we will no longer need to look outside for our next leader. We will and have begun to build that from within.

Lastly, I am transitioning into the legislative VP role. I cannot stress enough how important it is to be involved currently. Congress and the President have the power. This is why PAC is so vital. The legislative team works closely with PAC to ensure our voices are heard and to influence decisions rather than get caught up in partisan divides. UPMA is not political and that's what I love about it. UPMA supports those that support us.

We need to stay strong as a unit and bring a presence to the hill come March. Our strength comes not only from the numbers but also from engagement. We need you all to come stand with us and those that have gone before us.



David Steiner, PMG and Tony Leonardi, UPMA President







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One of my weaknesses for sure is writing articles. Thank God, we have a UPMA Editor to help me out! So here it goes I got the chance to go to the UPMA 9th Annual Convention in Dallas, Texas. This was the second National Convention I attended. Though I didn't win anything at this convention, it was exciting to watch others win. I lost count, but there was well over \$5000 worth of prizes and cash won including tickets to Disney, a quilt, a hat, gift baskets, cash prizes ranging from \$3000 all the way down to \$50, gift cards, and even a cruise. To see the faces of the people that won and hear their screams was definitely fun to watch!!

Of course, there were plenty of vendors too! I ended up ordering a wireless tens and infrared wand to help with my aches and pains from one of the vendors. Some more vendors included The Credit Unions, different places for the 2027 Convention, books, candles, health plans, PAC, insurance, retirement, and cowboy hats, which I also ended up purchasing one of. I could go on and on.

Of course, a convention isn't about just having fun with friends and meeting new people there is also a lot of educational classes to go to. I went to the NPA class, the rural class, and one on TSP and retirement. There were so many great classes that it was hard to narrow down which ones I wanted to take.

On my free time, I went with some friends to the Dallas Aquarium and out to eat a few times. And let's not forget the dances and the hospitality rooms to go to at night. Overall I had a great time and was ready for a vacation from my vacation. I can't wait for our next Convention in 2026 in Puerto Rico. Hope to see you there!! I would also like to see you at our New York State Convention in June. Though it's not as big and grand as a National Convention, it's still a good time and has plenty of learning, friends and new people to meet! Also, let's not forget about PAC. We still need your donations so don't forget to clip out that coupon in this book and mail it out or sign up for E Pac. We might've won our last fight with the WEP /GPO.

**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: \_\_\_\_\_

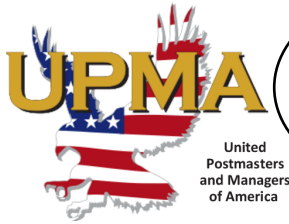
Signature (required for credit card charges)

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.

Vote for your favorite stamp at [stampsforever.com](http://stampsforever.com)

Voting ends on September 30th! So vote today.



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: New Members Complete All Applicable Sections

USPS EIN (8 digits)	<input type="text"/>	Date of Birth	<input type="text"/>
Personal Cell Phone #	<input type="text"/>	Gender (Check One) Male <input type="checkbox"/> Female <input type="checkbox"/> Other <input type="checkbox"/>	
First Name (Form 50)	<input type="text"/>		
Last Name (Form 50)	<input type="text"/>	Suffix (If applicable check one) Jr. <input type="checkbox"/> Sr. <input type="checkbox"/> II <input type="checkbox"/> III <input type="checkbox"/>	
Other Preferred Name (If applicable)	<input type="text"/>		
Home Street Address	<input type="text"/>		
	<input type="text"/>		
City	State	ZIP Code	<input type="text"/>
Personal E-Mail Address (not @usps.gov)	<input type="text"/>		
Form 50 Pay Level	<input type="text"/>	Form 50 Finance Number	<input type="text"/> - <input type="text"/>

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

- |                                     |                                  |  |                                    |
|-------------------------------------|----------------------------------|--|------------------------------------|
| <input type="checkbox"/> Postmaster | <input type="checkbox"/> Manager | <input type="checkbox"/> Supervisor        | <input type="checkbox"/> Other EAS |
| <input type="checkbox"/> PCES       | <input type="checkbox"/> 204B    | <input type="checkbox"/> Associate (Craft) | <input type="checkbox"/> PMR       |

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

Visit the UPMA website [unitedpma.org](http://unitedpma.org) for membership benefit information.

## Section C: 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 filing 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.

Check this box to signify you've read and understood the terms in Section C of this form

New Member's Signature:

Date:

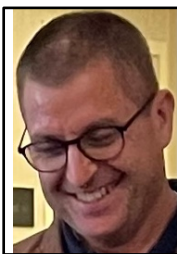
Who most influenced your decision to join UPMA?

Person's Name:

Revised 6/18/25 EAH







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## YOU WERE MISSED!

You were missed and boy did you miss out. The National Convention in Dallas was very informative and a lot of fun to boot!! There is nothing better than having a face to go with a name.

Why do I believe that you need to be in Puerto Rico in 2026 for the 10th Annual National UPMA Convention? Because it is the missing piece, the human factor that you can't get via email, text message or even the prestigious ZOOM call :). Gone are the days when we even have an annual Postmasters meeting to hear from our own District Leadership.

Modern communication has taken over our lives. We can literally communicate with people around the world at the speed of light and satellite. This has in many ways made our world seem a whole lot smaller. But it also has made it colder, missing the human factor that can only be achieved in person. The directives from above can rain down on us managers in the field at a truly dizzying pace daily. And they come at you from dozens of directions with little evidence of it ever being filtered through any command and control. Well, I am here to report that I met the command and control and they are real. PMG David Steiner, Deputy PMG Doug Tulino and

CRDO Elvin Mercado were the 3 senior leaders that came to the 9th Annual National UPMA Convention. Not only did they show up and talk with us about their vision of where they are trying to get to, but each one of them took questions from the audience. So if you had a question that you wish someone had asked..... YOU should have been there and you could have asked it yourself. Despite all the modern communication possibilities there is no replacing the personal human factor of sitting down (even if it is in a room of 1,000 people) and being able to read a persons body language to determine if they actually believe the words that they are saying or is it all just empty words to them. I don't know how anyone could have walked away from listening to these three people and doubted for one minute that they have nothing but the highest respect for the USPS and the EAS employees that make it happen every day. I can honestly say that I walked out of there a little taller with pride in being a part of an organization that has been getting it done for the past 250 years.

We will be having a District 3 meeting the end of October or early November. Exact date/time and location TBD.

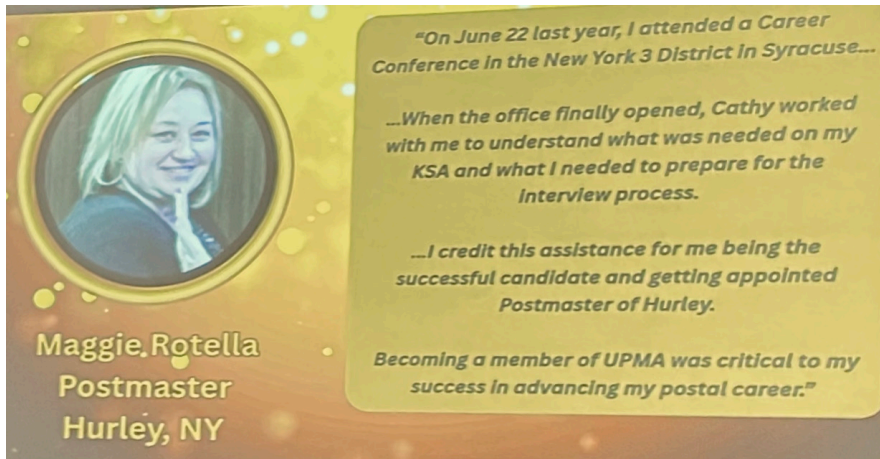




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Cathy Winnie was  
a finalist in the  
Facilitator of the  
Year Award



## Career Development Has Something for Everyone

Debra Alums, Team Lead

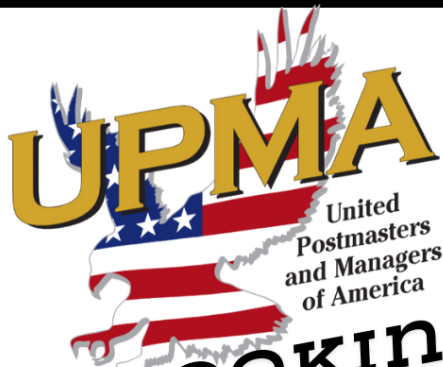
If you haven't visited the new Career Development section on the [Unitedpma.org](http://Unitedpma.org) website, it's time to take a look. This should be the main attraction for members seeking assistance with upward mobility. The USPS guidelines for eProfiles and eCareers are posted and there is UPMA Advice to give examples and explanations. The portal for assistance requests will get members connected to a qualified Assistant in their area for person-to-person coaching. Seasoned employees may just need a cursory review of their eCareer before submitting for a promotion, while craft employees may need to begin with eProfile advice.

If you are not seeking upward mobility, what's in it for you? Think about employee development. As you have those one-on-one conversations with your employees, this is a great resource available to those indicating a management career is in their plans. When your busy schedule doesn't allow time to navigate an employee through the 2008- 2011 USPS guidelines, even if you could locate them – UPMA has Career Development covered for you.

You may have craft employees that have performed well in 204b assignments in your office, but you ethically cannot assist them with applications for positions that you will be on a Review Board or a Selecting Official. This is another opportunity for UPMA to assist in the development of craft employees that have successfully demonstrated their ability to perform but now need to get their Knowledge, Skill, and Ability into the STAR format for eCareer applications.

The new Career Development has something for everyone, those seeking upward mobility at various levels, those with employees seeking development at the employee engagement level and those that have performed well in 204b details and are ready to apply for their first EAS position. Share information about this new benefit with those at every level because UPMA wants to assist with building the next generation of USPS leaders, one member at a time through Career Development.





# Looking for a seat at **THE INTERVIEW TABLE?**

Try  
KSA Assistance!  
Scan the QR code  
for help

Don't wait until  
the last minute to  
begin working on  
your eCareer Profile  
and KSAs





# UPMA NOW HAS A PODCAST

The spotlight is shining bright on some hard-working members who led UPMA's final push to get the Social Security Fairness Act over the finish line and signed into law! Episode 5 of the UPMA Today podcast is now posted on YouTube, featuring these award-winning contributors to an effort that spans over four decades of work and walking on Capitol Hill. Through their relentless dedication and perseverance, these members helped change countless lives for the better.

Please help us get the word out that the official recognition they received — along with their own thoughts regarding this long journey — is the focus of this edition of the podcast, available now on YouTube. Simply search: UPMA Today Episode 5 or go to the [UnitedPMA.org](http://UnitedPMA.org) and find it under the communications tab. Drew Martin, Comm. Director



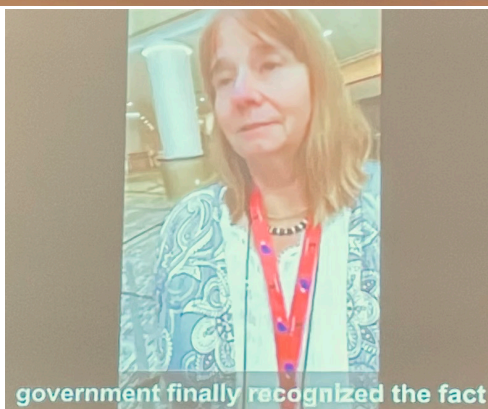
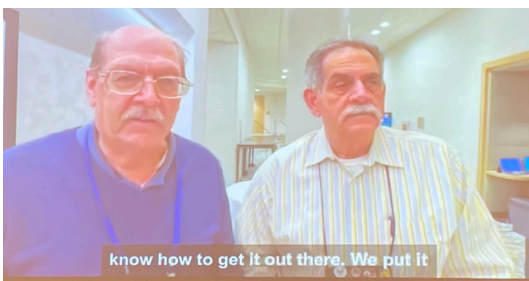
## UPMA TODAY PODCAST

is a podcast of members, by members and for members.

There are now 6 episodes of the UPMA Today podcast available to listen to.

Episode 5 is extremely dear to retirees. Many people, including David Cook, Michael Silvestri, and Cathy Winnie, worked tirelessly for many years to get the WEP GPO/ HR 82 bills passed giving CERS retirees Social Security benefits.

You can find these Podcasts on YouTube or go to the UPMA website under the Communications tab.







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



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

## 2025 NATIONAL SCHOLARSHIP WINNERS

This year there were 2 National Scholarship winners from New York State

### ***Emma Gutzeit***

from Port Jervis, NY

*Grandmother - Christine Gutzeit*

*Retired PM Westtown 10998*

*Attending Siena University*



### ***Hannah Johnson***

from Chapel Hill, SC

*Grandfather - Warren Johnson*

*Retired PM Watertown*

*Attending The College of William & Mary*



Deana Wood's photo was chosen for the 2026 UPMA Calendar.

Congratulations!



Cover 4  
Deana Wood  
Retired Postmaster  
Warrensburg, NY





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 to all of our UPMA and UPMAR members. I hope this message finds you all enjoying the remnants of summer and the early fall seasons in good health and good cheer.

We just concluded a great National Convention in Dallas, Texas. I wish to congratulate the Texas Chapter for hosting a relatively issue-free convention. Dallas had a lot to offer from historical and cultural tours, art exhibits, sporting venues, and the aquarium. Many members enjoyed tours of AT&T Stadium (home to America's team, the Dallas Cowboys) and a Texas Rangers baseball game on the day off.

Much business was conducted at both the active and retiree sessions. The keynote speakers were Elvin Mercado, the former Westchester District Manager and current VP for CRDO and the 76th PMG David Steiner. Elvin spoke about his main theme of Engagement/Accountability/Results. He emphasized his goals of safety improvement and employee retention and availability. He summed up his message with these three points- Deliver the Brand, Celebrate the Wins, and Correct the Mistakes. The new PMG was introduced through a brief town hall style question and answer session moderated by our National President, Tony Leonardi. Mr. Steiner spoke well, addressed his time with Waste Management and stated that a visit to Normandy inspired him to serve as PMG. Service is his #1 priority. His two main thoughts were that we need to pay employees more and don't bury mistakes.

At the retiree sessions, the main business was voting on a new UPMAR President and voting on the three bylaw changes primarily dealing with raising dues to \$10 then increasing after three years at the rate of inflation. All three bylaws passed by better than 90% approval. Louise Nix

was elected as our new national UPMAR President with Rosa Gonzalez elected unopposed as our new VP. I wish to congratulate Louise Nix and Kathy Frame on their amicable yet hard-fought campaigns. Louise thanked all with a message borrowed from Dolly Parton-"If you weren't there, I wouldn't be here."

Also of note were several kudos to NYS members. Dave Cook, Mike Silvestri and Cathie Winnie were recognized for their contributions to the passage of WEP/GPO Reform, namely by keeping members informed both through legislative committee alerts and messages and dissemination through the UPMAR Facebook and email chains. Deana Wood also had a picture chosen to be the back cover for the 2026 UPMA calendar. Congrats to all!!!

Also of note was the site selection vote for the 2027 convention. Minneapolis, Providence, Indianapolis and Traverse City all put on good presentations but the ultimate winning vote went to Salt Lake City. Our Veteran's Project was once again Tunnels to Towers raised over \$20,000.

As fall approaches, we look forward to our district meetings and our Fall Conference to be held in Alexandria Bay, our host city for the 2026 NYS Convention. More info to follow on all these events.

Please feel free to reach out if you have any questions or issues. Thank you to our veterans for your past and continuing service. Be safe, be well and God Bless one and all.







## 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:
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Revised 11-19

## Changes at Social Security, Dave Cook UPMAR Legislative Chairman

The agency announced it would stop issuing paper checks for federal payments on September 30 as part of an executive order to modernize payments. This would require remaining check recipients to enroll in direct deposit or use the Direct Express prepaid debit card unless they obtained an approved waiver.

Treasury may grant exceptions to the electronic payment mandate. For more information or to request a [waiver](#), call Treasury at 855-290-1545. You may also print and fill out a waiver form and return it to the address on the form.



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



National UPMA Retiree  
Legislative Chair  
H: 516-676-2843  
C: 516-322-1328

The following by-law change regarding dues passed at the National Convention. The dues for members of UPMA designated as retired or surviving spouse shall be increased as follows:

Effective

January 1, 2026, \$7.00 per month (\$84. per year)

January 1, 2027, \$8.60 per month (\$103. per year)

January 1, 2028, \$10.00 per month (\$120. per year)

January 1, 2029, dues will return to increase according to COLA increase.

Rationale- This change was made to more closely align the dues of the members of UPMA Retired with the cost of operations of the UPMA national organization

**ADDRESSING DUES INCREASE:** President Charley Peters. UPMA Retired National President

**Q: Why are UPMA Retired monthly dues increasing to \$10.00 by 1/1/2028?**

A: At the 2025 National Convention in Dallas, members approved a bylaws amendment to gradually raise retiree dues from \$5.73 per month to \$10.00 per month over a 3-year period ending December 31, 2028. Beginning in 2029, dues may only increase once per year, and by no more than the COLA increase.

This change was necessary because over the past nine years dues were raised only four times, while retiree membership has declined by over 5% per year and operating costs have continued to rise. Retiree dues help support expenses such as the UPMA Leader magazine, computer systems, national convention costs, legislative advocacy, and retiree services from the National Office as well as maintenance and utilities for the National Office in Alexandria VA.

It is also important to note that when a member retires, they receive six months of free membership, with full benefits, before paying dues — an added cost absorbed by the National Office. To cover the true costs of retiree services and operations, it is estimated that \$118 per member per year is needed (this estimate was put together 3 years ago but never acted on). The dues adjustment ensures UPMA can continue to serve and represent all retirees effectively.

## How to check the status of a bill or see whether your Representative/Senator is a co-sponsor.

Dave Cook, UPMAR Legislative Chairman

To find the current status of a bill in Congress, visit [Congress.gov](https://www.congress.gov), the official website for federal legislative information. Once on the site, use the search bar at the top of the page to enter the bill number (e.g., H.R.1040 or S.458) or keywords related to the bill's title or topic (e.g., Senior Citizens Tax Elimination Act). After selecting the correct bill from the search results, you'll be taken to the bill's

summary page. There, you'll find the "Tracker" tool at the top, which visually outlines the bill's progress through the legislative process — from introduction to committee consideration, to passage in the House and Senate, and finally to the President's desk. You can also view detailed information about actions taken on the bill, including dates, vote results, amendments, and related documents.

*"Virtually nothing is impossible in this world if you just put your mind to it and maintain a positive attitude." Lou Holtz*





Liz Forsell  
Retired PM  
Long Lake 12847



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

## State Convention Saratoga Springs, NY

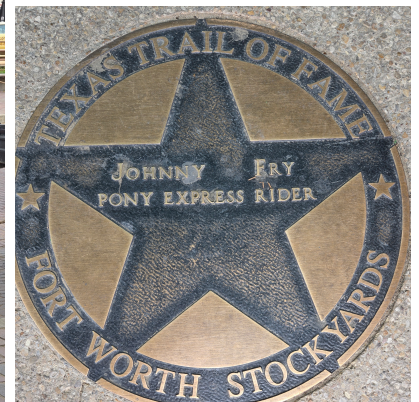


### FIRST TIMERS

Annette LaRouzie, PM Retired Pine Bush  
Jasmine Rivera, PM Hyde Park  
Lea Becker, Supervisor Saratoga Springs  
Lydia Pride Supervisor JFK/ISC  
Barry Wardak, Manager Albany  
Jamie Uhlinger, PM Broadalbin  
Connie Conte, PM Fonda  
Heidi Freeman, PM Retired Constantia  
Liz Forsell, 1st Timers Chairperson

### LIFE

I hit the ground running after State Convention in June. Then life did some flip flops! July became a blur because before I knew it it was August. My husband, Mark, is 2 years into prostate cancer, diagnosis and then treatment. 33 radiation appointments. We live 75 miles from the facility so it has been an ordeal driving there every day. Today we are done!! I brought my own bell to ring. Thank you for all your prayers and well wishes throughout all of this. There is a light at the end of the tunnel. We had friends step up to drive Mark to his treatments so I could attend National Convention in Texas. I went with Rachel and Gerry from 4th District and about 800 other UPMA friends. We attended all the general sessions and some attended trainings. We spent our free day with Dana and Matt from 3rd District. It's always great to reconnect. Louise Nix was elected Retiree President and Rosa was elected VP. We are in good hands to move forward.







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



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

## Dallas Convention is Over

As I was preparing to write this article, the current big news in Western New York caught my attention. A tour bus with 51 passengers plus the driver rolled over on the thruway between Depew and Pembroke. As so often happens on bus tours, many people didn't use their seatbelts. Several people were ejected and there were fatalities. This mass casualty affected people from China, the Philippines, and India. It was a trip from New York City to Niagara Falls and back. They didn't quite make it back to NYC. Police and EMS were trying to find interpreters to help with triaging the victims and assessing their needs. I am including that in this article to bring home the need to enjoy every moment and to make sure we tell our loved ones that we do love them. You never know when it is your last moment. Now on to convention...

The Dallas chapter put on a very good convention. The beef at our Retiree lunch and the National Banquet was very good, as was the rest of the food. Our retiree Hospitality room had really good food. (I especially enjoyed the tacos with chicken.) Dallas was very warm, except for the meeting rooms. We thought the temp was around 60 degrees. One woman went to her room and came back with a bath towel to cover herself. I was cold, even with my sweater.

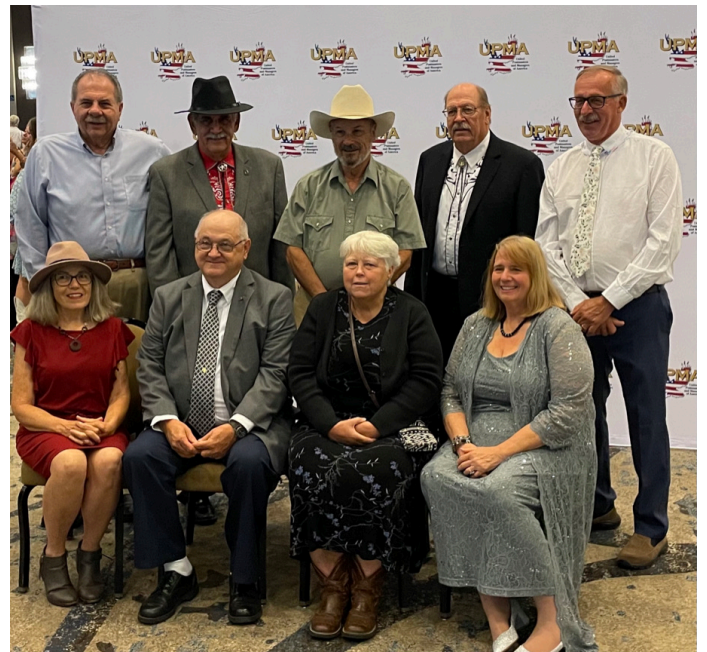
We had interesting speakers for the business sessions. Our new Postmaster General came to the convention. I was impressed by him. He understands the need for dignity and respect. I believe his time with Waste Management will be beneficial for the Postal Service.

I was also very impressed with the election for the President of the retirees. Louise Nix and Kathy Frame, though they were opponents, embraced each other after the election results were revealed. Kathy will still have a position with UPMA, even though Louise won the Presidential position. I am

sure that Keith, our state retiree president, will have more information on the resolutions that were passed.

A group of us walked to our New York dinner. The food was good at that restaurant. It is good that our cell phones can give us walking directions. It was shorter when it was walking because driving directions are longer due to one-way streets. We enjoyed walking around the area. Some people did tours that were offered on our free day. I had already done the John F Kennedy line of travel when we were there some years ago. So, Mary Singer, Deana, and I went shopping. We found an interesting little shop where we purchased a couple of things. On Thursday, our last afternoon, Deana and I finally found the pizza shop. We heard it was good, but we just couldn't find it until then.

Our national convention next year will be in Puerto Rico. The following year it will be in Salt Lake City, Utah. I really enjoy seeing our friends from all over the country. I hope more people will be able to attend next year.





# Attention All Members

## District Meetings

TBD

## Fall Conference

(Board Meeting)

**October 17-19, 2025**

Riveredge Resort Alexandria Bay, NY

315-482-9917

## New York State Convention

**June 11 - 14, 2026**

Riveredge Resort Alexandria Bay, NY

## 10th National Convention

**August 1 - 7, 2026**

El Conquistador Resort

Fajardo, Puerto Rico

Scan to join the  
UPMA Retired FB Page  
or  
search UPMA Retired  
to join.



[www.unitedpma.org](http://www.unitedpma.org)  
[www.nyunitedpma.org](http://www.nyunitedpma.org)  
[www.facebook.com/groups nyupma](https://www.facebook.com/groups/nyupma)



Deadline for  
Dec./Jan.  
NYS ESP issue is  
November 1st by 5 pm

