

New York Chapter of UPMA Empire State Publication

Volume 2025 / Issue 1

Feb./March 2025

WE FINALLY DID IT!!!

HR- 82

THERE IS MORE
TO DO -

We need your help

\$800.00
Reimbursement



WEP-GPO

Legislative Summit

March 16-19
Washington DC



BE INVOLVED AND EXPERIENCE THE BENEFITS!



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NEW YORK CHAPTER

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Membership – The Value Of ...

Where would members be

without an organization that fights for the following items?

- Representation your first year if joined as an EAS is free (No dues). EAS dues are \$15.00 per pay period after the 1st year which entitles you to AALDP (Adverse action legal defense plan) for any discipline beyond a 14-day suspension and a lawyer if needed.
- Pay Consultations for multiple ways to increase pay for in-house upgrades, pay bands, being promoted a step or several steps at a time, for carrying mail, T-time for level 20's that are not authorized an SCS, and S&DC monitoring.
- Equalizing office work by creating different pay-band levels
- Mentoring many ways by an organization nationwide to assist with program understanding, applying, upward mobility with critiquing KSA's
- S&DC monitoring
- Mitigating circumstances fought for.
- Leave carryover amounts
- Consultative log for dealing with District concerns not being properly addressed.
- Training offered at every event on various subjects
- Advocates on Capitol hill for member benefits and USPS actions to better our working conditions.
- Consistently working to maintain dignity, respect and fair treatment for all.
- Associate members (Craft employees/204B's) dues are \$2.65 per pay period. UPMA is the only organization that allows craft employees to join to promote our replacements through a mentoring process.
- Retiree member's dues are \$5.73 per month. Retirees are the knowledgeable resource to assist when needed for representing, mentoring, training and consulting.
- National Webpage - www.unitedpma.org
- State Webpage - www.nyunitedpma.org
- National and State magazines outlining current affairs.
- Conventions where you can meet, address issues or concerns with our USPS leaders.

Scan this QR code to send your NAME and EMAIL if you want an electronic copy of the NYS UPMA Newsletter (ESP)

Indicate email only or print and email





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



National UPMA Retiree
Legislative Chair
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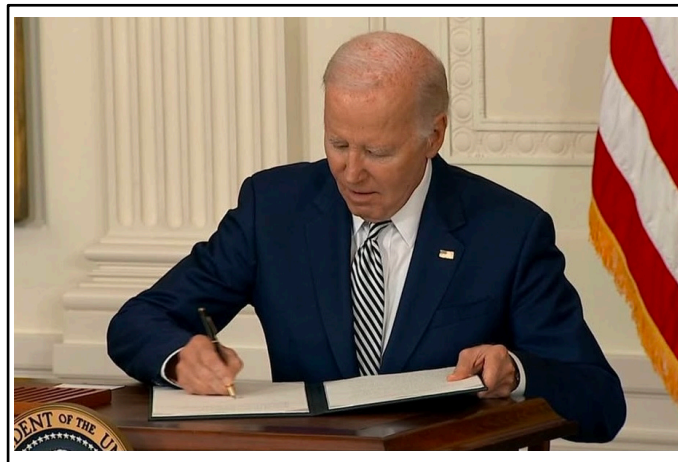
We Did What Was Said Impossible

The Social Security Fairness Act passed in the House 327-20 and the Senate 76-20 and will be signed into law by President Biden on January 6, 2025. We have been fighting for this action as UPMA, NAPUS, League for 40 Years. We have experienced many Legislators and members that said this would never happen, but because of the members and our UPMA

leadership we now have achieved our goal to correct a wrong.

I would like to thank our UPMA President Mr. Charlie Peters and the Executive Board for their support, as well as the National Legislative

Committee, Michael Silvestri, William Tierney, and Darnell Gardner. We could not have gotten our message to our National Members without the



help of Linda Carter-Gold, Cathy Winnie-Facebook, Eva Finley-Inthemailbox and Heidi Freeman NYS Empire State. Our UPMA Government Relations team were always there to assist our team along

with UPMA National President Edmund Carley and National Vice President Padric Fisher.

I thank all our New York members for the many years of support working to correct this wrong. I am so proud to be a part of New York UPMA.

Issues UPMA will be addressing at the Legislative Summit this year will include but are not limited to:

- Title 39

- Getting the non-career years credited toward years of service for EAS



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Greetings fellow UPMA members,

One of our biggest and more important events, the Legislative Summit, is approaching fast. Here are the details for the event.

Date: March 16-19th 2025

Location: Hyatt Regency Crystal City at Reagan Airport

2799 Richmond Highway, Arlington, VA 22302

Room rates: \$219 (Good until February 21, or until the room block is full)

Registration fees are as follows:

- \$100 per person on or before Feb 16th, 2025
- \$150 per person Feb 17th, 2025, and after

Cancellation fee is \$40 per person if received on or before Feb 16th 2025. No refunds Feb 17th and beyond.

The incentive is \$800.00 after your voucher is received.

Please stay tuned for the registration link.

Those that plan to attend and need help with setting up a meeting please send me an email at JMOSHERUPMA@yahoo.com stating the name of your congressman or woman, and Senator. If you plan to schedule your own that is great but please again email me with your information so that I can make sure we cover everything.

With the past election a lot of changes are coming to Capitol hill so please make sure you know if your Rep is new or an incumbent.

If you have any questions, please feel free to reach out to me either via email or my cell at 607-742-7382. We look forward to seeing you in Washington.

Legislators By District

District	Name	Party	Office	Room	Phone
1st	LaLota, Nick	R	CHOB	(202) 225-3826	
2nd	Garbarino, Andrew	R	RHOB	(202) 225-7896	
3rd	Suozi, Thomas R.	D	CHOB	(202) 225-3335	
4th	Gillen, Laura	D	CHOB	(202) 225-5516	
5th	Meeks, Gregory	D	RHOB	(202) 225-3461	
6th	Meng, Grace	D	RHOB	(202) 225-2601	
7th	Velazquez, Nydia	D	RHOB	(202) 225-2361	
8th	Jeffries, Hakeem	D	RHOB	(202) 225-5936	
9th	Clarke, Yvette	D	RHOB	(202) 225-6231	
10th	Goldman, Daniel	D	CHOB	(202) 225-7944	
11th	Malliotakis, Nicole	R	LHOB	(202) 225-3371	
12th	Nadler, Jerrold	D	RHOB	(202) 225-5635	
13th	Espallat, Adriano	D	RHOB	(202) 225-4365	
14th	Ocasio-Cortez, Alexandria	D	CHOB	(202) 225-3965	
15th	Torres, Ritchie	D	LHOB	(202) 225-4361	
16th	Latimer, George	D	LHOB	(202) 225-2464	
17th	Lawler, Michael	R	CHOB	(202) 225-6506	
18th	Ryan, Patrick	D	LHOB	(202) 225-5614	
19th	Riley, Josh	D	CHOB	(202) 225-5441	
20th	Tonko, Paul	D	RHOB	(202) 225-5076	
21st	Stefanik, Elise	R	RHOB	(202) 225-4611	
22nd	Mannion, John	D	LHOB	(202) 225-3701	
23rd	Langworthy, Nicholas	R	CHOB	(202) 225-3161	
24th	Tenney, Claudia	R	RHOB	(202) 225-3665	
25th	Morelle, Joseph	D	CHOB	(202) 225-3615	
26th	Kennedy, Timothy	D	CHOB	(202) 225-330	

Note: the 21st District may have a position change due to Elise Stefanik being appointed by Pres. Trump

Don't know what district you live in?

Go to [Congress.gov](https://www.congress.gov) and put in your address.

Information on Upcoming Events

Membership Kickoff – Jan 18th in Texas will be over by the time you read this. We are under new leadership at the National President spot with that being Tony Leonardi, new Executive Director James Dunlap (USPS position of Labor), Earl Husbands (membership director) President of Illinois and excellent recruiter, and Mari Beth Kirkland office staff (Area Coordinator for Ohio area and PM Essentials instructor). The kickoff will show a new direction for recruitment that will be full steam ahead. Will you join me in the recruitment efforts?

Legislative Summit will be coming up March 16th – 19th. We recently got the WEP/GPO reversed in both the Senate and House. As I write this, a ceremony at the White House is expected to sign it into law. This reversal will benefit many retirees and spouses getting the proper benefits from the Social Security agency. Agenda to be forthcoming for the Hill visits.

NY Chapter Convention June 1st through the 4th in Saratoga Springs. TBD training and speakers. I believe our National President will be present. Registration form is included in this ESUPMA. May 2nd deadline for hotel reservations. Please don't wait as Saratoga Springs is a busy location with a horse race coming in right after us. Our blocked rooms are very reasonable. If you don't book in time the price goes through the roof at all area hotels.

Elections this year are the State President, Executive VP Membership, Education VP and Political Action Committee VP. A brief description of their duties is listed below.

State President duties: Oversees all aspects

of the state operations with membership from representation, consulting, agendas with events, Fiscal Policy, Bylaws, training, recruitment, retention, through the respected officers and committee appointments. Ensure all officers are trained or attend training given either by the state or national office. Work with the National office on all concerns to push their agenda forward and to notify all members of pertinent information.

Executive VP Membership duties:

Supports the President in their endeavors, is the backup in case the President is incapacitated, executes and leads membership activity to be successful in recruiting and retaining members. Works with the District Coordinators to recruit and retain members. Attend or organize members to attend Career Conferences to recruit and educate potential members.

Education VP duties: To put together a training program with the Presidents approval on the training given at various events, write articles on step-by-step processes for the ESUPMA to educate all on various need to know subjects, help orchestrate trainers/speakers for state and district meetings in conjunction with District Coordinators and President.

PAC VP duties: Educate members on what the Political Action donations do for our members and strive to set up and collect through various means at events at the state and district levels and submit to the national office. Record the donations, attend Legislative PAC telecoms, attend the Legislative summit.

Elections take place at State Convention. Actives must be present to vote.

Dan Leonard, NY State UPMA President

Legislative Summit Information

The 2025 UPMA Legislative Summit will be held at the Hyatt Regency Crystal City at Reagan National Airport, March 16 – 18, 2025. Training sessions will be held on Monday March 17 beginning at 8:30 AM and are expected to conclude by 5:00 PM. Tuesday March 18 will be spent on Capitol Hill. Necessary materials for Capitol Hill Day will be provided Monday, March 17.

At the Summit, we attend meetings with our legislators on Capitol Hill to discuss our concerns as UPMA members.

Dates: March 16-19-2025

Location: Hyatt Regency Crystal City at Reagan Airport, [2799 Richmond Highway, Arlington, VA 22302](#)

[Room](#) rate: \$219.00 (good until February 21, or until the room block is full).

Registration is available at [unitedpma.org](#) for hotel and event.

Registration rates are:

¥ \$100 per person on or before Feb 16, 2025

¥ \$150 per person Feb 17, 2025 and after

Cancellation fee is \$40 per person if received on or before Feb 16, 2025. No refunds Feb 17 and beyond.

To attend the Legislative Summit go to the National website [unitedpma.org](#) under events for registration and hotel information. The state is currently reimbursing \$800 per person to attend.

Dan Leonard
State President



Michael Silvestri
PM Retired
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I recently saw a post on Facebook asking what UPMA will be doing in Washington DC this March. Legislative work is never done. There are always issues that affect all America citizens. It is important for us to be in touch with our representatives. It is important to visit our representatives and contact congressional aides. There are always important issues that affect our daily lives and our quality of life. It is advisable to visit our representatives in our communities as well as in Washington DC. UPMA gives members an opportunity to visit our Nation's Capital and

walk the halls of Congress. UPMA gives members training and confidence on how to conduct a visit to a representative's office. There is training on how to call or write your representative. For me it is a thrill to have my Congressman recognize me while I am with my fellow UPMA members. I have been attending this yearly function for twenty years. I enjoy the drive to Washington with other members. I enjoy visiting the sites in DC. I enjoy dinner with members from other states. It is a trip I look forward to every year. If you make the trip you will return again and again. Hope to visit with you at the Legislative Summit, March 16-19th.



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**UPMA
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for
Postmasters
and Managers

**Member
Voluntary
Contribution**

Please send to:

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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.

How to Contribute to PAC For Actives:

1. Postal Ease Allotments
2. Direct Credit Card transaction
3. Signature FCU Authorization
4. APCU Authorization

If you would like to make automatic contributions to PAC please go to Unitedpma.org

Click on Government Relations

UPMA PAC Goals, Forms and Documents

Fill out the desired form to make your contributions.

For Retirees:

How to contribute to ePac through OPM

Go to www.opm.gov

Click on the word RETIREMENT

Scroll down and click on SERVICES ONLINE

Click on SIGN IN WITH LOGIN.GOV

Log in or Create an account

A 6-digit security code will be sent to your phone or email

Enter that one time 6-digit code and hit ENTER

Click on ORGANIZATIONS ALLOTMENTS

Click the green START button

Select an organization

You must select the following:

"NATIONAL ASSOCIATION OF POSTMASTERS OF THE US POLITICAL ACTION COMMITTEE"

Enter your monthly contribution

Click VERIFY

That's it!

And you can always go back and change the amount



Cathy Winnie
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Williamstown, NY 13494



National Chapter
Member Representative
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cathywinnie@yahoo.com

NEW YEAR, NEW RESOLVE

New Year's always seems to be a time for resolutions and reflection. So as a National Member Representative, let's reflect together on lessons learned and resolutions to be made for a better future as a manager in the Postal Service.

Lessons learned that could put your career in jeopardy:

- Falsification of TACS
- Failing to report delayed mail
- False input into programs to make your performance look better.
- Failing to report accidents
- Pencil whipping reports
- Not following safety guidelines and regulations
- Looking for workarounds to complete reports or tasks

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.

Resolve to:

- Avoid workarounds and shortcuts
- Communicate problems with your manager as honestly and as early as possible
- Complete reports properly
- When you have questions call your UPMA Officers and Chapter Member Representatives
- Attend UPMA District meeting for education and networking

I can defend the circumstances that led to a performance failure but not when your lack of integrity is the center of your discipline.

Let's Resolve to work together to do better in this coming year.

***"We must adjust to
changing times and still hold to
unchanging principles."***

Jimmy Carter



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COMMUNICATION

We communicate through various means either electronically, phone, or paper. Each has its value. I'm trying to enhance the value through various means. We have an excellent website that is always being updated at nyunitedpma.org. Our ESPUPMA magazine is also an excellent source which has a cost and is beneficial in getting the messages and information out there.

I have listed below numerous members that I'm asking that you look at to see if your name is listed. If you are on the list, **please send me your updated email that you use for personal communication to nyupmadanleonard@gmail.com**. The emails that I send out are being returned for all those listed, which are about half of our members. That means half of our members aren't receiving the desired messaging on any current news or events.



EMAILS needing to be updated for the National and State database for the below names

Please email me at nyupmadanleonard@gmail.com with updated personal email used

and if you prefer the ESUPMA hardcopy, electronic, or both.

Cutting cost where feasible.

ACTIVE EAS MEMBERS

Sidoti	Paul	Stevens	Penny	Torres	Jose	Weimer	Michael
Siemucha	Seth	Strife	Kimberly	Tortorice	John	White	Thomas
Silva	Cynthia	Strong	Jonathan	Trabona	Andrew	Williams	Douglas
Sinclair	Bernice	Stuhler	Kevin	Valli	Paolo	Willis	Anne
Slayer	Thomas	Stuttle	Robert	Van Leuven	Cathy	Wollenberg	Tammy
Smallwood	Vanessa	Sullivan	Daniel	Vanbrocklin	Randall	Yachetta	Sydney
Smith	Darle	Sullivan	Judith	Velez	Jose	Yanke	Christopher
Smith	Holly	Tambasco	Vito	Ventura	Richard	Young	Margaret
Smock	Peter	Terranova	Dawn	Vitarius	Michael	Zappala	Karen
Soriano	Lisa	Thompson	Ian	Walz	Ryan		

ASSOCIATES/CRAFT

Andre	Tania	Fyfe	Dawn	Lashomb	Jeff	Schatzel	Linda
Bachor	R	Gabel	Leonard	Lawrence	Jennifer	Stafford	Leanne
Backus	Brenda	Griffin	Lucas	Macfarlane	Deborah	Tolve	Joseph
Bott	Candy	Hornidge	Monique	Oliver	Julie	Tracey	Crystal
Cartwright	Vicki	Jameson	Matthew	O'Neil	Thomas	VAN NOSTRAND	DAVE
Conry	Felicia	Johnston	Patricia	Rion	Alean	Walker	Karen
Dayton	Joshua	Larios	Norma	Saxton	Lisa	Yuchnitz	Kristin



EMAILS needing to be updated for the National and State database for the below names

Please email me at nyupmadanleonard@gmail.com with updated personal email used

and if you prefer the ESUPMA hardcopy, electronic, or both.

Cutting cost where feasible.

ACTIVE EAS MEMBERS

Andrews	Tamesha	DeRamo	Angela	Hull	James	Montgomery	James
Arce	Delia	Di Dio	Harold	Jablonsky	Kirk	Moore	David
Babcock	Oliver	Diaz	Crystal	Jackson	Penny	Most	Richard
Baker	Donna	DiPasquale	Edward	James	Angela	Murphy	Shane
Barette	Leonore	Driscoll	Jerome	James	Rebecca	Navarra	Elizabeth
Barone	Anthony	Dunn	Laura	Jenkins	Terrell	Novack	Britt
Bartlett	David	Egitton	Peter	Jessup	Jennifer	Novellino	Jason
Bellinger	Christina	Elliott	Lawrence	Jobe	Tracy	O'Donnell	Joseph
Bertrand	Sherry	Emborsky	James	Johnson	Mark	O'Halloran	Sean
Blaise	Joseph	Evans	Barbara	Johnson	Cindy	O'Shaughnessy	Edward
Bodlah	Niaz	Faria	Valarie	Johnson	Eric	Ostrowe	Daniel
Bollinger	Kevin	Fassler	Jeffrey	Johnston	Rhonda	Oyer	Eugene
Bovenzi	Michael	Ferrara	Craig	Jones	Darlene	Pacos	Jennifer
Braun	Jeffrey	Ficcaglia	Vernon	Jones	Jamal	Palmer	Robert
Brown	Kenneth	Finnegan	Jodi	Kelly	Elizabeth	Parrotte	Annie
Bruce	Barry	Fiorini	Jodie	Keyser	Mark	Pastrana	Marck
Brumfield	Dustin	Fishel	Marlene	Kieschie	Lucien	Penzi Pospisil	Carol
Burney	Daniel	Fonseca	Jose	Kimble	Linda	Perretta	John
Burton	Wendy	Fortenza	Maria	Kinyon	Daniel	Phelan	Pamela
Caine	Matt	Fueg	Christine	Kitson	Ann Marie	Phillips	Andrew
Cammer	Andrea	Galligan	Thomas	Kopacz	Barbara	Phillips	Sherry
Cannon	Kelli	Gambitta	Colleen	Larkin	Sharon	Piasecki	Michele
Case	Bradley	Ghisiug	Asha	Lehner	Raymond	Plumb	Becky
Cassavaugh	Michelle	Giannetta	Lawrence	Lesh	Torry	Prince	Vincent
Cerezo	Edgardo	Giordano	Lauri	Linderman	Casey	Privitera	Rocco
Changtongkam	Saroj	Gordon	Andre	Lines	Shannon	Proctor	Stacy
Chuchta	Caleb	Greene	Tara	Litz	Linda	Q	Dolores
Cole	Willard	Groff	Joanna	Madura	Denise	Richardson	Leshawn
Coltyer	Penelope	Guekjian	Zareh	Manno	Frank	Rivera	Edgar
Colon	Christine	Gutierrez	Domingo	Marocha	Neetu	Rivera	Jasmine
Corsette	Raymond	Gwardyak	Tim	Marulanda	Lisa	Roberts	Tonya
Cotch	Erik	Hack	Jessica	Maynard	Holly	Rodriguez	Jorge
Crane	Amy	Hahl	Beth	Mazzillo	Joseph	Rodriguez	Yaira
Cross	Adam	Hanlon	Robert	McCurdy	Denise	Russo	Bruce
Cruz	Alfonso	Harrington	Rosita	McGarry	Kimberlyn	Ryan	Matthew
Curran	Ann	Harris	Chad	McKay	Scott	Salahuddin	Kharee Christian
Cushing	Leah	Hayner	Kaila	McNeal	Michelle	Sanges	Paul
Czarnecki	Brian	Heffernan	Priscilla	Mehana	Osama	Santiago	Steven
Darnell	Linda	Hernandez	Frank	Mejri	Sodok	Savoie	Karen
Darrah	Statia	Heselton	Robert	Mellor	Dennis	Schimek	Denise
Davis	Karen	Hesslink	Regina	Mendel	Jason	Scholl	Susan
Deacons	Joyce	Hill	Carletta	Mendez Amaral	Marleen	Schoonmaker	Michael
DeGaro	Robert	Hong	Jung Ki	Merone-Santiago	Stella	Sechler	Chad
Del Pizzo	Marcellina	Hookey	Alexandra	Milkiewicz	Charles	Sheridan	James
Deon	Shawn	Hopf	Peter	Montague	Wanda	Shonitsky	Andrew



EMAILS needing to be updated for the National and State database for the below names

Please email me at nyupmadanleonard@gmail.com with updated personal email used

and if you prefer the ESUPMA hardcopy, electronic, or both.

Cutting cost where feasible.

RETIRED MEMBERS

Abt	Charles	Collins	Ellen	Essler	Alberta	Haynes	Tammy
Ahern	Vincent	Collins	Karen	Farley	Christine	Hazard	Kathleen
Allinson	Judith	Collins	Sean	Favero	Arlen	Hazzard	Harold
Anderson	Sita	Comins	Fern	Felder	Dorothy	Heaslip	Stephen
Argust	Jonathan	Compeau	Gordon	Fiigon	Joseph	Hill	Audrey
Atwell	John	Converse	Carolyn	Fisher	Inger-Lise	Hinck	Vance
Aubin	Mary Anne	Conway	Patricia	Fisher-Sabrey	Elaine	Hodges	Barbara
Bailey-Fay	Susan	Conway	Robert	Foley	Leon	Hoehing	Kathryn
Barnes	Michael	Coppola	Maureen	Foster	Mary	Hogan	Francis
Barss	Vicki	Corcoran	Robert	Foster	Anne	Hoitink	Thomas
Bayliss	Julie	Costa	John	Fox	Marion	Howell	Terry
Beckford	Carlos	Countrymen	Loueen	France	Lucille	Howser	Coleen
Beckwith	Jody	Courson	Lorraine	French	Rita	Hoy	Kathy
Behrmann	Henry	Cristantiello	Carolyn	Friend	Mary	Hoy	Toni
Belanger	Brian	Cronin	Charles	Fuess	James	Hull	Frances
Bendle	Teresa	Cropsey	Martin	Gale	Jonathan	Hull	Jacquelyn
Bennett	Linda	Cuda	Gary	Galgano	Leonard	Husted	Marionette
Berg	Danielle	Cunningham	Kevin	Gardner	Patricia	Hutton	Linda
Bernard	Dale	Curry	Michael	Garlipp	Lynn	Irwin	James
Berndt	Timothy	Dalrymple	Richard	Garofalo	Frank	Jackson	Sandra
Birittieri	Emanuel	Davidson	Valerie	Garrett	John	Jacobs	Betty
Bombard	Alfred	Davis	Jean	Gau	Colleen	Jaeger	Susan
Bouchard	Gilles	De Carlo	Linda	Gau	Rosalie	Jocelyn	Babette
Bowen	Norma	Denslow	Barbara	Gerson	Bruce	Johantgen	Kay
Boyer	Evelyn	Deragon	Timothy	Glassel	Michele	Johnsen	Kathy
Bretsch	Marsha	Dibble	Leah	Goleski	Susan	Johnson	Linda
Brighton	Albert	DiGioia	Joseph	Gonce	Patricia	Johnson	Adrienne
Brock	Mary	Discenza	Anna	Goodermote	Constance	Johnson	Henry
Brown	Patricia	Donahue	Paul	Gottlieb	Patricia	Johnson	Jerome
Burke	Mary	Douglas	Audrey	Green	John	Johnson	Warren
Calamari	Joan	Douglas	Lawrence	Greene	Edward	Jones	Clarence
Calderon	Raymond	Doyle	Mary Jane	Greene	Joanne	Joseph	Gayle
Calkins	Sherry	Drinkwine	Gail	Gregory	Joan	Kaplan	Stanley
Callahan	Roger	Driscoll	Mary	Grinolds	Diana	Kaus	Robert
Campbell	Wilma	Drost	Ronald	Groves	Andrew	Kearnes	George
Cancel	Maureen	Duell	Willis	Grzesiak	Sally	Keeling	Robert
Capone	Joseph	Duffy	Darlene	Guida	Ralph	Kellogg	Larry
Capwell	Sally	Dumas	Robert	Haines	Richard	King	Jeannette
Carpenter	Stanley	Duncan	Jane	Haley	James	Klaiber	Kenneth
Cascanette	Helen	Durham	Amy	Hall	Audrey	Koeberle	Jillene
Chappelle	Keith	Edick	Allen	Hall	Dorothy	Kosmowski	Patricia
Chesna	Joseph	Eggleston	Anne	Hallock	Beverly	Krombach	Candace
Churchill	Gerald	Elam	Krystyna	Harris	Sharon	Kroupa	Carol
Cobelli	Robert	Emerson	Janet	Harvey	Elaine	Kulakowski	David
Coffey	George	Enos	Alma	Haskins	Susan	Kutschke	Baldur



EMAILS needing to be updated for the National and State database for the below names

Please email me at nyupmadanleonard@gmail.com with updated personal email used

and if you prefer the ESUPMA hardcopy, electronic, or both.

Cutting cost where feasible.

RETIRED MEMBERS

Kwasniewski	Catherine	More	Randy	Reil	Tammy	Stolzenberg	Patricia
Lafave	Ann	Morgan	Sharon	Renna	Leonard	Stragnell	Pamela
Laub	Carol	Morgani	Thomas	Rhinehart	Carl	Straley	Sandra
Leewe	Florence	Morrell	Linda	Rizzo	Charles	Streb	Michael
LeHmann	Lawrence	Mosco	Mary	Roach	Ruth	Summerson	Jay
Lehr	Hilda	Mountain	Mary	Robbins	David	Sweet	Veronica
Lenard	Catherine	Mullen	Carol	Roberts	John	Taeschner	Mary
Leone	Jo Ann	Muller	Allen	Roosa	Jeanne	Telford	Michael
Lopez	Celina	Murray	Debbie	Roscoe	Darleen	Teter	Charlene
Loynes	Luella	Nail	James	Rosenberger	John	Tingue	Dennis
Luft	Alice	Nash	Sandra	Ross	Carol	Titus	Dorothy
Lundy	Gail	Nightingale	Robert	Rosselli	Elizabeth	Tompkins	Harry
Lynch	Denis	Nightingale	Dori	Rossi	Roger	Tompkins	Jo-ann
Mackmer	Patricia	Nine	Nan	Rullmann	Albert	Topa	Thomas
Mader	Paul	Oatman	Janet	Sager	Judith	Tourville	Gale
Magnuson	Warren	Ogden	Richard	Saltys	Marie	Tracy	Vance
Maher	Jacqueline	Osborne	Linda	Sanfilippo	Joseph	Truitt	Nancy
Manzoeillo	Thomas	Padilla	Linda	Sawyers	Wilfredo	Urig	Paul
Maroney	Mauri	Palma	Ernest	Scannell	Carol	Urso	Louis
Marsicovetere	Walter	Papapietro	Carole	Schmitt	William	Valerio	Joseph
Maruschak	Robert	Parker	Franklyn	Scott	Robert	Van Graafeiland	Janet
Maskara	G	Pasek	Edward	Scripture	Robert	VanGuilder	Brenda
Mason	Linda	Paul	David	Seamans	Sally	Vanhaelst	Joseph
Mason	William	Pawlik	Daniel	Secor	Lois	Wallack	Sandra
Matystik	Peggy	Peck	Merri	Seymour	Lois	Walls	Richard
Maul	Joel	Pendergast	Antoinette	Sheehan	Donna	Wanser	Richard
Maynes	William	Pennyfeather	Theresa	Shine	Linda	Ward	Stanley
Mc Cabe	Priscilla	Perkins	Patricia	Shiple-Wilson	Victoria	Warren	Edward
McCarthy	Victoria	Pitkin	Vicki	Siegrist	Arlene	Warren	Nancy
McElwain	Barbara	Pizzo	John	Simonds	Margaret	Weber	Donna
McGuire	Thomas	Pluda	Paul	Slade	William	Whitford	Gregory
McPeake	Charles	Podufalski	Frank	Small	Roxana	Whitmore	Linda
Meade	Barbara	Poolt	George	Smith	Lawrence	Whittaker	Diana
Meeder	Dorothy	Porcaro	Thomas	Smith	William	Williams	Central
Middlebrook	Donna	Poremba	Andrew	Snowman	Judith	Williams	Lola
Mignone	Anthony	Porter	Carol	Snyder	Robert	Wilson	June
Miller	Carol	Poste	Patricia	Southall	Anna	Windus	Mary
Miller	Mark	Power	Rita	Spafford	Cathy	Woeller	Charles
Mitchell	Diane	Prisco	Pasquale	Spaulding	Shirley	Wolfe	Marlene
Moffe	Charles	Quevedo	Carlos	Spies	Betty	Wyatt	Delilah
Molik	Leonard	Quinn	Margy	Spring	June	Wyman	Audrey
Montoro	Anthony	Ramsdell	Rebecca	Sprung	Kandyce	Young	Ellen
Mooney	Susan	Rapple	Laraine	Stern	Claire	Zaranko	Richard
Moore	John	Ratajczak	Walter	Stevenson	David	Zerby	Mary
Morawski	Sevim	Reedy	William	Stewart	Rozanne		



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 have had so many people reach out to me about Saratoga and our State Convention that I decided to send the same article with a few additions for you to think about.

We had a great time last week in Saratoga for New Year's Eve. We had a group of 13 and bought the "button" that let us go to multiple venues all night long. We saw Ben Folds along with 3 other groups at different places. We all went to dinner at the Brasserie Benelux. I mentioned this restaurant below but now I can tell you first hand that the German food is amazing. Along with some great German beers. We also went to the Henry Street Taproom for some apps and some pregame. Look on the wall for their specials - salads, grillers, tacos, etc. We played some bar shuffleboard and sat by the fireplace. The next day we went to Walt Whitman's Brewery, yes they have some great beers, but here is the surprise. On the second floor there is a really nice Café. Really good coffee, tea's, cappuccino's, etc. Just order then go have a seat on one of the sofa's or lounge chairs. We went out to another restaurant that night and this one really impressed us. The Seneca Restaurant on Division St is another place that I would highly recommend.

The Embassy Suites is a beautiful hotel! They offer a great breakfast, as well as a nightly evening reception (with finger foods and a couple of drinks if you are a guest at the hotel). I look forward to having our State Convention there in June.

The Saratoga area is just a great place to go year round. My wife and I have been season tickets

holders to SPAC for the last three years and love it. They have terrific golf courses including a new indoor golf complex called the Bunker, which you can see from the hotel. The lakes and surrounding parks offer something for everybody. From walking trails and historical sites to restaurants and bars, there is so much that surround these lakes and parks. Feeling lucky? Then head to the Saratoga Casino and Harness Track! You can indulge in some slot play or place a bet on the ponies! You may see an increase in the number of visitors to the area due to the

Belmont Stakes later next summer!

Horseracing enthusiasts can also check out the National Horseracing Hall of Fame.

The food scene is huge in Saratoga! You can find just about any kind of food you want and probably

something you have never tried. On the

outskirts of town, there are many chain restaurants such as TGIF, Red Robin, etc. But why go to the outskirts when there are so many fantastic restaurants and bars all within walking distance from the hotel. The Local is a little eatery that is in the Arts District only about two or three blocks from the hotel. This is one of my favorite places to go! They always serve delicious food and have an excellent beer selection. If you walk to The Local you will pass a sports bar, that serves top notch wings and also has a great beer selection, called the West End Sports Bar. While at mid-winter, we went to eat at a really interesting restaurant called The Coat Room. It is a little speakeasy hidden away downtown. Once you find the correct building, just look for the CR on the wall. But be careful, you might miss it! Just

(Continued on page 17)



Saratoga, NY

The 9th Annual NY Chapter of United Postmasters & Managers of America



Convention June 1st-4th, 2025

Saratoga Springs, NY 12866

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
- Branch: _____

First name (nickname for your badge): _____

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

Home Address: _____

City: _____ State: _____ Zip: _____

Phone/s: _____

E-mail: _____

First Timer/Retired First Timer: ☐ Yes ☐ No

Are You Attending

Tuesday Banquet ☐ Yes ☐ No

Registration Fees:

One day registration Retiree's \$37.50

One day registration All others \$50.00

Full registration \$75.00 Actives & Guests, Retiree's \$56.25 & Guests

Registration includes :

Sunday Welcome with cash bar and hors d'oeuvres 5:30-7:00

Tuesday Night Banquet – “Inform if you will be Attending Tuesday Nights Banquet”.

Convention Meeting June 2nd & 3rd 8am – 5pm

Training – various subjects TBD

Payment information: Convention fee: \$ _____

Hotel Website

<https://www.hilton.com/en/attend-my-event/albeses-upm-18b9ef52-1799-44ab-a67e-997b7d5883ba/>

Hotel Smart Code



Registrations postmarked after 5-2-25 will be an additional \$25.00

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

Mail to **by May 14, 2025**

Maureen Wratten,

1108 Mason Rd., Waterville, NY 13480.

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

Embassy Suites by Hilton Saratoga Springs

86 Congress St,
Saratoga Springs, NY 12866
Contact hotel directly
for reservations.

1 518-290-9090

Room rates each night:

1 King Bed 2 Room Suite - **\$179.00**

2 Queen Beds 2 Room Suite - **\$179.00**

Group code for reservation is:

NYS UPMA

Reservation deadline:

May 2, 2025

INCENTIVES

At the group rate of \$179.00 plus tax, up to two nights reimbursement with provided hotel receipt. If you are rooming with someone, each of you provide a copy of the receipt with whoever gets paid for the total of the three nights

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

JOIN TODAY



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			

JOIN TODAY -
EAS GET ONE YEAR
FREE

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

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



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:	
<input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>		CSA <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	
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 <input type="checkbox"/> Female <input type="checkbox"/>	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



Rachel Norton-Rowland
HQ Sales Generalist
2979 State Route 29
Greenwich, NY 12834



Convention Co-Chair
W: 518-695-9221
H: 518-531-4247
C: 518-708-1005
rrowland@nycap.rr.com

www.facebook.com/groups/NYUPMA

Saratoga Springs is the place to be for this year's NYS UPMA Convention! It will be held at the beautiful downtown Saratoga Springs Embassy Suites Hotel.

The hotel offers free buffet breakfast, cocktail hours and hors d'oeuvres appetizers daily. All their beautiful rooms are suites, and the hotel is located in downtown, walking distance to many restaurants and shops.

Saratoga is known for its horse racing, State parks, museums, golf courses, National Cemetery, and casino.

(Continued from page 14)

ask Cathy and Brenda about that! Some other restaurants you may want to try are Salt and Char, Hamlet and Ghost, Henry Street Taproom, Wheatfield's, Brasserie Benelux, Wasabi (all you can eat sushi), Karavalli's (Indian food). They all come highly recommended! So stop me at State Convention if you need any restaurant suggestions. If you like a proper drink, no matter what your fancy is, you definitely have to try a little place called 9 Maple. It's a small, cozy jazz bar with some of the best bartenders you have ever seen. They all wear suits or tuxes and are adept at crafting your drink. The cocktail menu is huge and I guarantee your drink will be delicious!

Want to shop? Saratoga has many exceptional stores up and down the whole main street area. Whether it be clothing, jewelry, books, outdoor gear or baked goods, you can probably find it there!

So the bottom line is this...Mark your calendar and join us for UPMA State Convention on June 1-4, 2025. You won't regret it. Saratoga is the place to be! See you there!!

Dan O'Neil

So many things to do as a single, couple or family. In 2023, Saratoga was ranked #23 on *Country Living's* list of the 42 best small towns in New York for an idyllic getaway.

With the incentive that UPMA is providing, why would you not want to attend the convention and have a mini vacation at the same time.

[Saratoga Springs Recognized as a Top 42 Getaway Spot in New York](https://www.saratoga.com/aboutsaratoga/recognition/best-town-for-idyllic-getaway/) -<https://www.saratoga.com/aboutsaratoga/recognition/best-town-for-idyllic-getaway/>

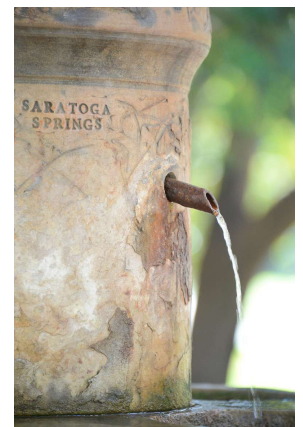
[Top 10 Things To Do in Saratoga - Saratoga County Chamber of Commerce](https://www.saratoga.org/live/top-10-things-to-do-in-saratoga/) - <https://www.saratoga.org/live/top-10-things-to-do-in-saratoga/>

Hope to see everyone there.

Rachel Norton-Rowland



Saratoga Horse Racing



Sample the spring water in Congress Park





Frank & Helen Burger Scholarship SCHOLARSHIP APPLICATION NEW YORK CHAPTER UPMA 2025

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: _____

Have you been accepted? _____ Attach copy of acceptance

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: _____

Postmaster: _____ Office/s: _____ Zip: _____

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

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

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

THIS APPLICATION FORM MUST BE ACCOMPANIED BY:

1. Students high school transcript
2. College or Trade School acceptance letter
3. Personal resume of scholastic activities, extracurricular activities, sports, employment history, community service, clubs, and positions held, and awards or honors received.
4. 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.
5. Two letters of recommendation
6. A photo of the student that will be published in the Empire State UPMA magazine

.Eligible student applicant must be a high school senior who will graduate in December 2024 or a high school senior who will graduate in May/June 2025.

APPLICATION DEADLINE: Must be postmarked by April 1, 2025

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


New Year, New Opportunities

The new year holds so many possibilities. Some of us will face new challenges – at work, at home, or with our health, but there will also be new opportunities. One of the great opportunities that UPMA offers is for the child or grandchild of an active or retired member to apply for one of our NYS UPMA Scholarships. We have two different scholarships, and from those we will be giving a total of five awards in June.

From the Frank and Helen Burger Scholarship fund we will award three \$1000 scholarships, and from the Edwin D. Jennison Jr. Memorial Scholarship fund we will award two \$500

scholarships. The Burger Scholarship is only open to the child or grandchild of an active or retired Postmaster, but the Jennison Scholarship is open to the child or grandchild of any active or retired EAS or Associate member.

Both applications are in this edition of the Empire State Publication and can also be found on our New York website. I encourage you to encourage your child or grandchild to complete an application and send it to me by the April 1st deadline. College costs continue to rise, so take advantage of this opportunity. Who doesn't like free money?!

EDWIN D. JENNISON Sr MEMORIAL SCHOLARSHIP 	Enclosed is: \$ _____	Date: ____/____/____
	NAME: _____	
	ADDRESS: _____	
	CITY _____	STATE _____
Send to: Carol Commisso 11 Ambassador Dr, Victor, NY 14564		

Donations can be made to the Burger Scholarship

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



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

Page 1



This APPLICATION and all additional pages must be submitted by **APRIL 1, 2025** 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. This scholarship to open to a child or grandchild of any Active or Retired Postmaster, EAS, or Associate Member of UPMA,

STUDENT INFORMATION: PLEASE PRINT CLEARLY

1. Student full name _____

Address: _____

_____ Cell Phone _____

Email address: _____

2. Birth Date: _____

3. Father: _____ Mother _____

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

Address: _____

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

Address _____

6. Have you been accepted? _____ (Be sure to include acceptance letter with application)*

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

8. List the names of two references. Ask each to write a letter of recommendation for you and attach them or send individually to the Scholarship Chair. These must be POSTMARKED NO LATER THAN April 1, 2025

9. Attach your latest transcript from high school:

Continued on next page

School _____ City _____ State _____

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

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

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

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

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

15. Include 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, 2025

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

Email any questions to: cocommiss012@gmail.com

	<p>Liz Forsell Retired PM Long Lake 12847</p>		<p>NYUPMAR VP C:315-369-5053 lizzie13436@hotmail.com</p>
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From the hills of Plattsburgh, to the west of the River Salmon, through the woods to Saranac Lake, over ski jumps in Lake Placid, passing the outlets of Lake George, won't YOU find your way to the UPMA State Convention in Saratoga Springs June 1-4. Reach out to me if you have a question. This is a great learning tool for actives but also information gathering for soon to be or already retired folks. Did you get your health insurance set?? I'm looking forward to this State Convention.

Even if you are not a member, you are invited! Hopefully then you will see the benefit of membership and networking. My cell to call or text 315-369-5053. Leave a message and I'll get back to you. Don't forget to gather your new or slightly used items for the auction!

If you are going to Legislative in DC, I will see you there. With the passing of HR82 it should be a huge party and celebration!

BASIC SHORTCUT KEYS

Alt + F	File menu options in current program
Alt + E	Edit options in current program
F1	Universal help (for all programs)
Ctrl + A	Select all text
Ctrl + X	Cut selected item
Shift + Del	Cut selected item
Ctrl + C	Copy selected item
Ctrl + Ins	Copy selected item
Ctrl + V	Paste
Shift + Ins	Paste
Home	Go to beginning of current line
Ctrl + Home	Go to beginning of document
End	Go to end of current line
Ctrl + End	Go to end of document
Shift + Home	Highlight from current position to beginning of line
Shift + End	Highlight from current position to end of line
Ctrl + ←	Move one word to the left at a time
Ctrl + →	Move one word to the right at a time

MICROSOFT WINDOWS SHORTCUT KEYS

Alt + Tab	Switch between open applications
Alt + Shift + Tab	Switch backwards between open applications
Alt + Print+Screen	Create screen shot for current program
Ctrl+Alt + Del	Reboot/Windows® task manager
Ctrl + Esc	Bring up start menu
Alt + Esc	Switch between applications on taskbar
F2	Rename selected icon
F3	Start find from desktop
F4	Open the drive selection when browsing
F5	Refresh contents
Alt + F4	Close current open program
Ctrl + F4	Close window in program
Ctrl + Plus	Automatically adjust widths of all columns Key in Windows Explorer
Alt + Enter	Open properties window of selected icon or program
Shift + F10	Simulate right-click on selected item
Shift + Del	Delete programs/files permanently
Holding Shift	
During Bootup	Boot safe mode or bypass system files
Holding Shift	When putting in an audio CD, will prevent CD Player from playing

WINKEY SHORTCUTS

WINKEY + D	Bring desktop to the top of other windows
WINKEY + M	Minimize all windows
WINKEY + SHIFT + M	Undo the minimize done by WINKEY + M and WINKEY+D
WINKEY + E	Open Microsoft Explorer
WINKEY + Tab	Cycle through open programs on taskbar
WINKEY + F	Display the Windows Search/Find feature
WINKEY + CTRL + F	Display the search for computers window
WINKEY + F1	Display the Microsoft® Windows help
WINKEY + R	Open the run window
WINKEY + Pause/Break	Open the system properties window
WINKEY + U	Open utility manager
WINKEY + L	Lock the computer (Windows XP & later)

Outlook Shortcut Keys

Alt + S	Send the email
Ctrl + C	Copy selected text
Ctrl + X	Cut selected text
Ctrl + P	Open print dialog box
Ctrl + K	Complete name/email typed in address bar
Ctrl + B	Bold highlighted selection
Ctrl + I	Italicize highlighted selection
Ctrl + U	Underline highlighted selection
Ctrl + R	Reply to an email
Ctrl + F	Forward an email
Ctrl + N	Create a new email
Ctrl +	
Shift + A	Create a new appointment to your calendar
Ctrl +	
Shift + O	Open the outbox
Ctrl +	
Shift + I	Open the inbox
Ctrl + S	
Shift + K	Add a new task
Ctrl +	
Shift + C	Create a new contact
Ctrl +	
Shift + J	Create a new journal entry

Excel® Shortcut Keys

F2	Edit the selected Cell
F5	Go to a specific cell
F7	Spell check selected text and/or document
F11	Create chart
Ctrl +	
Shift+ ;	Enter the current time
Ctrl + ;	Enter the current date
Alt +	
Shift + F1	Insert new worksheet
Shift + F3	Open the Excel® formula window
Shift + F5	Bring up search box
Ctrl + A	Select all contents of worksheet
Ctrl + B	Bold highlighted selection
Ctrl + I	Italicize highlighted selection
Ctrl + C	Copy selected text
Ctrl + V	Paste
Ctrl + D	Fill
Ctrl + K	Insert link
Ctrl + F	Open find and replace options
Ctrl + G	Open go-to options
Ctrl + H	Open find and replace options
Ctrl + U	Underline highlighted selection
Ctrl + Y	Underline selected text
Ctrl + 5	Strikethrough highlighted selection
Ctrl + O	Open options
Ctrl + N	Open new document
Ctrl + P	Open print dialog box
Ctrl + S	Save
Ctrl + Z	Undo last action
Ctrl + F9	Minimize current window
Ctrl + F10	Maximize currently selected window
Ctrl + F6	Switch between open workbooks/windows

Ctrl + Page up & Page Down Move between Excel® worksheets in the same document

Ctrl + Tab	Move between two or more open Excel® files
Alt + =	Create formula to sum all of above cells
Ctrl + '	Insert value of above cell into current cell
Ctrl +	
Shift+ !	Format number in comma format
Ctrl +	
Shift + \$	Format number in currency format
Ctrl +	
Shift + #	Format number in date format
Ctrl +	
Shift + %	Format number in percentage format
Ctrl +	
Shift + A	Format number in scientific format
Ctrl +	
Shift+ @	Format number in time format
Ctrl + →	Move to next section of text
Ctrl +	
Space	Select entire column
Shift +	
Space	Select entire row
Ctrl + W	Close document

Word® Shortcut Keys

Ctrl + A	Select all contents of the page
Ctrl + B	Bold highlighted selection
Ctrl + C	Copy selected text
Ctrl + X	Cut selected text
Ctrl + N	Open new/blank document
Ctrl + O	Open options
Ctrl + P	Open the print window
Ctrl + F	Open find box
Ctrl + I	Italicize highlighted selection
Ctrl + K	Insert link
Ctrl + U	Underline highlighted selection
Ctrl + V	Paste
Ctrl + Y	Redo the last action performed
Ctrl + Z	Undo last action
Ctrl + G	Find Ctrlid replace options
Ctrl + H	Find Ctrlid replace options
Ctrl + J	Justify paragraph alignment
Ctrl + L	Align selected text or line to the left
Ctrl + Q	Align selected paragraph to the left
Ctrl + E	Align selected text or line to the center
Ctrl + R	Align selected text or line to the right
Ctrl + M	Indent the paragraph
Ctrl + I	Hanging indent
Ctrl + D	Font options
Ctrl +	
Shift + F	Change the font
Ctrl +	
Shift + >	Increase selected font +1
Ctrl +]	Increase selected font +1
Ctrl +	
Shift + <	Decrease selected font -1
Ctrl + [Decrease selected font -1
Ctrl +	
Shift + *	View or hide non printing characters
Ctrl + ←	Move one word to the left
Ctrl + →	Move one word to the right
Ctrl + ↑	Move to beginning of the line or paragraph
Ctrl+ 4.	Move to the end of the paragraph
Ctrl +	
Del	Delete word to right of cursor
Ctrl+ Backspace	Delete word to left of cursor
Ctrl + End	Move cursor to end of document
Ctrl +	
Home	Move cursor to beginning of document
Ctrl +	
Space	Reset highlighted text to default font
Ctrl + 1	Single-space lines
Ctrl+ 2	Double space lines
Ctrl+ 5	1.5-line spacing
Ctrl +	
Alt + 1	Change text to heading 1
Ctrl +	
Alt + 2	Change text to heading 2
Ctrl +	
Alt + 3	Change text to heading 3
F1	Open help
Shift + F3	Change case of selected text
Shift +	
Insert	Paste
F4	Repeat last action performed (Word 2000+)
F7	Spell check selected text Ctrlid/or document
Shift + F7	Activate the thesaurus
F12	Save as
Ctrl + s	Save
Shift + F12	Save
Alt +	
Shift + D	Insert the current date
Alt +	
Shift+ T	Insert the current time
Ctrl + W	Close document



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

What's in Store for this Year?

The next S&DC is becoming more of a reality in Elmira NY. They have been preparing the building for months now in anticipation of the moves. Those offices affected will begin meetings shortly to learn of what will transpire in the upcoming months. Don't be part of the rumor mill during this time. This will be affecting people's lives as they once knew it. Those who may have been commuting minutes to work will now be commuting much longer and farther. He said she said rumors of what you may think is happening some will take that to heart and it will add to their anxiety and mental health. All office levels will remain the same and will not affect Postmasters until it goes back to the PRC for approval. There are many details to this we are not privy to yet and it will be a challenge for some to overcome. Be supportive of those this is affecting, reach out to them. Try not to call them to get the details but to let them vent or have their frustrations heard by someone. Being in a larger office when coming from a smaller one changes the dynamics of many things and some will have a hard time adjusting to that.

Next on the agenda is the Legislative Summit. Many years of hard work by UPMA members marching on the hill finally paid off. Our voices

matter. If you would like to go please contact Jamie Mosher and let him know who your representative is so that a meeting can be arranged. You don't have to go the meeting alone and talking points are given to us. See our nation's Capital and dip your toes into what UPMA has to offer.

Finally, we will begin to set up district meetings again, most to have one in April. If you would like to host a meeting in your town reach out to one of the district coordinators so that we can set it up for you. District 2 encompasses a large area so we are trying to spread the meetings out so all will have a chance to come and be involved. We are looking to have a meeting in the Buffalo area, one near Elmira, and one near Rochester. In attendance we generally have the State President, POOM, retirees, and a SME. If you don't want to host but maybe have something you would like to give training on reach out for that as well.

I wish you all the best success this year as we begin 2025. I hope to see you at the Legislative Summit or State Convention.

***Legislative Update Zoom meeting - First Tuesday of February and
March 8:30pm***

***[https://us06web.zoom.us/j/83202534523?](https://us06web.zoom.us/j/83202534523?pwd=fbAtyxbuvsilhGE6tbYh4YXcds2aUW.1)
[pwd=fbAtyxbuvsilhGE6tbYh4YXcds2aUW.1](https://us06web.zoom.us/j/83202534523?pwd=fbAtyxbuvsilhGE6tbYh4YXcds2aUW.1)***

Meeting ID: 832 0253 4523 Passcode: 589320

UPMA LIFETIME ACHIEVEMENT AWARD NOMINATION

NEW YORK UPMA 2025

The Lifetime Achievement Award is awarded to recognize UPMA Retired Members for distinguished service to management organizations. The selection of the awardee is completed when the past winners review all nominees submitted for consideration.

Nominee Name:

Street Address:

City: State: Zip Code:

Name of office retired from:

Years with USPS:

Years with Management Organization:

Narrative of Achievements with Management Association:

Deadline for applications- Postmarked no later than MARCH 31, 2025

Mail applications to: Keith Miner, 101 Highwoods Rd., Saugerties, NY 12477

E-mail applications to: kminer@hvc.rr.com

Please attach additional information.



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



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 friends and family. I trust everyone had a great holiday season and is looking forward to a great 2025.

Thanks to Dave Cook, Mike Silvestri, our National Legislative team and all of our members who so diligently lobbied and pushed Congress to act on HR82 Social Security Fairness and WEP/GPO, our goal has been realized. President Biden, as of this writing is scheduled to sign the bill into law on Sunday January 5th. If you are affected by WEP/GPO, the latest information on what you need to do is currently nothing except ensure that OPM has your current address and contact information. OPM should be contacting you with information on future payments as soon as they are able to calculate monies due. This bill is the culmination of the work of many; they are due our thanks and gratitude.

So, what is next? The surest way to be a part of our next chapter is to attend the Legislative Summit in Washington DC March 16-19 2025. Many of us, myself included, have new representatives in Congress. If you have a new member, this is an excellent opportunity to

introduce them to UPMA and issues affecting the USPS and our membership. If you have a returning member of Congress, this is also a great opportunity to thank them for their support and to bring them up to speed on new issues that we are seeking to have addressed. Make sure to check out the Leader and the NYS UPMA magazine for information on registration.

Speaking about our NYS publication, I would like to welcome Heidi Freeman, our NYS Editor, to the ranks of the retired! Congratulations Heidi and welcome to UPMAR!

The registration forms and information for our State Convention in Saratoga have been published. This convention and our district swings are the best way to become both involved and informed. Remember, UPMA and UPMAR are here to serve our membership. We can't help you if we don't hear from you.

I hope to see as many of you as possible in Washington for Legislative. There is an \$800 reimbursement for those who attend and make visits to the Hill. Until the next time, be safe, be well, and thank you all for what you do. Thank you to all of our Veterans for your service and God bless one and all.

AUCTION, AUCTION GET READY FOR THE AUCTION



The holidays have come and gone so I am hoping you, YES you, remembered to make a box or two of items new or gently used to bring to the UPMA State Convention in Saratoga Springs.

This is a great evening sponsored by the Retirees- yes i am one of those. Who benefits from proceeds of the auction, well your kids and or grandkids. So bring a box or create an item for the auction, the more the merrier!!

See you in June.

Liz Forsell, Auction Chair



For over thirty years, Retiree's from New York held a luncheon in Florida. This was originated by Betty Conway and the tradition has carried on.

It has always been held on the first Thursday of March, so that Retirees could plan ahead.

So, Thursday, March 6, 2025, Retired Postmasters from New York will have a chance to reunite and meet and great old friends and new. We'll exchange "war stories", how good it was in the good old days, how the Post Office/Postal Service has changed, who had how many babies, pets, travels, etc.

Here are the details:

Who: Anyone that wants to attend

What: Annual NY Retired Postmasters Luncheon

Where: The Belle Glade Country Club, The Villages
446 Moyer Loop, The Villages
Florida, 32163
352-205-8208

<https://www.bellegladerestaurant.com/>

When: Thursday, March 6, 2025
12 noon

How: Some folks are coming the night before, staying in a local hotel~~we'll try to get a list of those so that we can all get together on Wednesday evening.

We will need a rough head count by February 28th.

I'll be the contact person for questions and head count. In the past we have had as many as 40 attendees.

Many thanks to Charlie Quevedo for helping us find a nice place to meet. We can order off the menu, we'll be seated outside or inside. **The full menu is listed on the Belle Glade Website.**

My contact information is: ralphvsr@earthlink.net
607-592-4415

PS- Out of 500 NY Retirees, we only have 102 email addresses in the National Database. So please spread the word to any and all retirees that you know.

They can update their information at the National UPMA website: <https://www.unitedpma.org>

They will need their name and membership number, which can be found on The Leader address label.



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

FINALLY!

It is FANTASTIC!!! It is hard to believe, but finally the Social Security Fairness Act has f made it through Congress. By the time you read this, President Biden will have signed this Act. The Bill Signing Ceremony has now been rescheduled for Sunday, January 5th at 4:00 PM. Initially the signing was scheduled for January 6th at 10:00AM. Thank you, Dave Cook, and Michael Silvestri for all the work you did. Dave kept us apprised of everything along the way. Michael sent us suggested messages to send to our representatives. I know they are both very humble and say it was the work of everyone. We know, however, that their leadership certainly helped us to take the necessary actions. So many years of work and it is, finally, a done deal. All the work with the members of Congress, and their aides, finally, finally is complete. It is time to send a "Thank You" message to our Senators and Representatives.

I assume the Civil Service retirees know how this will affect them. Their earned Social Security benefits will be restored. For those who have not earned their forty quarters, but are married to a Social Security recipient, they too, will benefit. I fall into the later situation. Because I worked for the Federal Government, I was not entitled to receive spousal benefits. It really irritated me when a customer who had never worked outside the home would say they came in for their "paycheck" based on their living spouse's benefits. I knew I could not receive that when I retired. I did not begrudge their benefit. I just felt that it was discriminatory.

On to a related subject. I am so excited to go to Washington in March for the Legislative Conference. In the past I went every year. I have missed the recent years, and I have missed being there. Back in "the Old Days" we took a bus starting in the Second District then picking

up the Third District on our way to heading South to Washington. Mary Lou Zerby arranged our trip and included a dinner theater. The bus ride itself was so much fun. We always stopped at an Amish Restaurant for lunch on highway 11 and 15. I remember the first time I saw the LONG escalator at the Capitol South station. I could not believe it! Then one time we had dinner at the Watergate restaurant. We went to the Kennedy Center to see a play. Deana and I went to see one of the Redgrave family do a one-person performance at the Ford Theater. The Hard Rock Café was always great. We also met one of the managers at the Washington Hard Rock. What was neat about that was that he remembered Gloria Miller and me. When we went to the newly opening Hard Rock in Niagara Falls, he was there training the inexperienced staff. He remembered us and invited us back for the Opening ceremony the next day. Of course, we had to go! There were so many enjoyable things we did in DC. Do these memories prompt anyone else to attend the Legislative Conference in March? It feels so good to learn what is going on in DC and in UPMA. The incentive of \$800.00 makes it affordable for most. Take the time to enjoy DC and our friends!!!



Susie Gillespie, Laurie House, Jean Ceasar, Sandy Sluzar

Attention All Members

2025 UPMA Legislative Summit

March 16-19 2025

Hyatt Regency Crystal City Arlington, VA

Room rate \$219

NY State Convention

June 1-4, 2025

Embassy Suites by Hilton Saratoga Springs, NY

Room rate \$179. Say UPMA

(518) 672-9001

National Convention

August 9 - 15 2025

Sheraton Dallas Dallas, TX

Room rates - \$189 Run of the House/\$199. Queen/Queen

1-888-627-8191 2025 UPMA National Convention

MEMBER INCENTIVES



Legislative Summit Washington, DC

\$800. reimbursement

State Convention Saratoga Springs, NY

Up to 2 nights hotel with receipts

National Convention Dallas, TX

\$1000. reimbursement when attending sessions

Plan now to attend!

**I ♥
NY**



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www.facebook.com/groups/nyupma

Deadline for

April / May

NYS ESP issue is

March 22nd by 5 pm

