

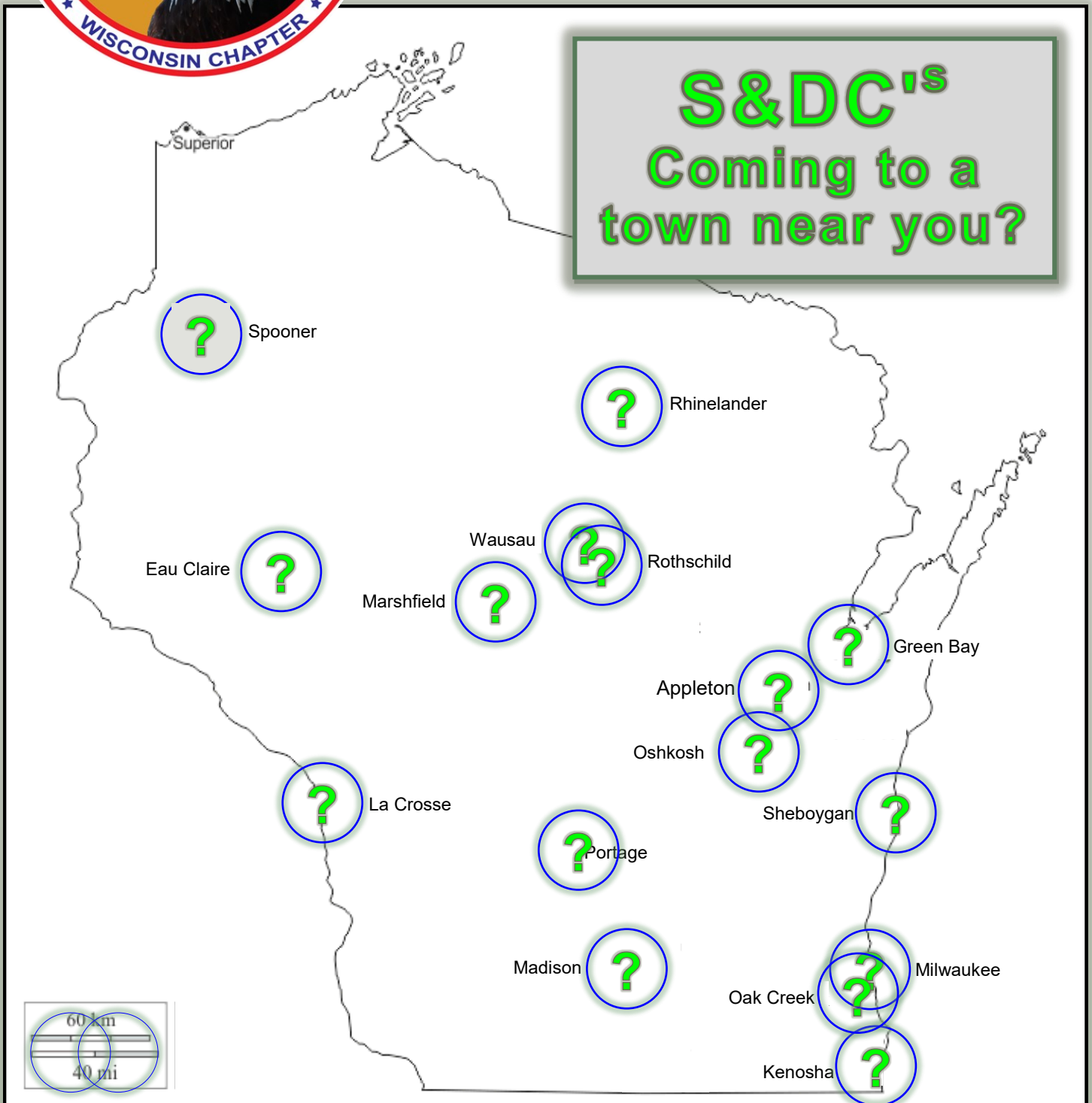


VOLUME 7 ISSUE 4

ZIP LINE

JULY AUGUST 2023

S&DC'S
Coming to a
town near you?



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RETIREES 2023



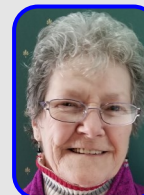
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**Melissa Tarlton, PM Shawano
President 2023**

~~POST PLAN 2~~

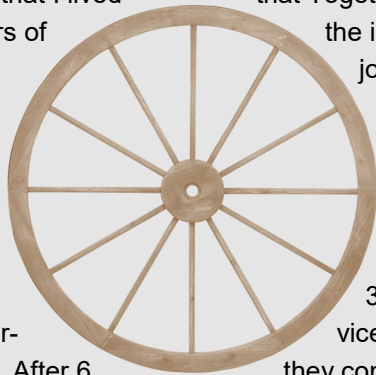
I was one of those Postmasters that got DUO'd in 2012 thanks to Post Plan. I was completely blindsided when my POOM called and told me the plan to Delivery Unit Optimize (DUO) my office and that my carriers would soon be moved to a neighboring office. I was in my dream office. I rode my bike to work and enjoyed serving the community that I lived in. I was given two years of salary protection but it was too early in my career to take the risk of staying and becoming a Part Time Postmaster. My POOM said to contact him when I was ready to pursue other opportunities. After 6 months of staring at empty walls on an empty work room floor I called him. I eventually accepted a level 18 Postmaster position 35 minutes from my home. I tried to stay positive but couldn't find anything positive about it. The status quo in the postal service wasn't sustainable with the continued huge decrease in mail volume. The writing was on the wall when I was OIC in a level 11 office many moons ago. There were days that I had one retail transaction in the whole day!

We are two years into the United States Postal Service's 10 year Delivering for America plan. It calls for implementing a retail and delivery realignment to centralize delivery facilities across many areas throughout the country called Sorting & Delivery Centers (S&DC).

UPMA received official notification

from the Postal Service in August 2022 of the S&DC initiative. UPMA had been in discussion with the Postal Service since May 2022 to get answers to the many questions about the impact on service and Postmaster jobs. In UPMA President Edmund Carley's August 3, 2022 email to all UPMA members he stated, "I believe that Together We Can minimize the impact on Postmaster jobs and refine this (and other) initiatives that may lay ahead of the service if we all stay engaged and full informed." On November 30, 2022 the Postal Service notified UPMA that they completed their evaluation of non-bargaining positions assigned to postal facilities with operations that were scheduled to transition to S&DC's in February 2023. They went on to state that incumbent Postmasters in the spoke offices and their corresponding grade would remain unchanged. Spoke offices that became vacant or were currently vacant could see the level of the office change and a freeze on EAS vacancies. Postmaster positions in offices that were designated as an S&DC would see an increase in work service credits which could result in an immediate increase in the office and Postmaster level. The Postal Service went on to say that they were interested in discussing any issues with UPMA relative to management staffing for those offices.

Postmaster General Louis De Joy spoke at the National Postal Forum



this May and shared updated details of S&DC's. He stated there are 19,000 delivery offices. He expects over 400 S&DC's will be deployed within the next three years. DeJoy stated that there will be 15,000 smaller delivery units that will remain.

That means approximately 4,000 delivery units will become spoke offices and their carriers will move to a nearby S&DC. The Post Office has stated that spoke offices could be up to 30 minutes travel time away from an S&DC. The S&DC's will have parcel sorting machines and approximately 200-250 routes. The sheer numbers of affected managers and craft employees is staggering. The Wisconsin Dis-



trict can expect to hear more information on the future of S&DC's in our state within a year.

Too bad we don't have an S&DC crys-

(Continued on page 5)



Dean Miller, PM Westfield
Executive VP, Membership 2023

Hi to all!

I hope you are doing well. I would like to share with you all the importance of membership with United Postmasters and Managers of America (UPMA) in this article.

UPMA is a professional organization that represents current and retired United States Postal Service (USPS) Postmasters, managers, supervisors, and executives. Membership in UPMA is a must for anyone who is serious about a career in the postal industry. This organization offers a range of benefits to its members.

One of the key benefits of membership in UPMA is access to networking opportunities. Members can connect with other postal professionals, exchange ideas, and gain knowledge from one another. UPMA members also have access to a professional development program that provides training and education on key postal industry topics. This training and education can be valuable for anyone looking to advance their career in the postal industry.

In addition to these benefits, UPMA also advocates for its members on

postal industry issues, including postal reform and workforce development. The organization works to ensure that its members are represented fairly in matters relating to pay, benefits, and working conditions.

UPMA membership also comes with other benefits such as access to health insurance, legal services, and financial planning resources. Members can also take advantage of discounts on a range of products and services, including car rentals, hotels, and office supplies.

Furthermore, UPMA offers a referral program that can help members earn money while growing the organization. Members can receive \$50 for each person they refer who joins UPMA and an additional \$25 for every person that the new member refers after the first referral. This referral program can be a great way for members to help grow the organization.

If you're interested in signing up new members, there are many resources available to you. UPMA has a recruitment guide available on their website



that provides tips and strategies for recruiting new members. You can also contact UPMA member services for more information on how to get started.

Finally, I want to extend my heartfelt thanks to all those who participated in the membership drive and went out to the post offices to sign up new members. Your efforts have helped to grow the organization and strengthen the postal industry as a whole. Thank you for your hard work and dedication!

In conclusion, a membership in UPMA is essential for anyone who wants to develop professionally, advance their career in the postal industry and advocate for their interests. So, why wait? Sign-up today and start experiencing the benefits of membership with UPMA!"



100 New Members In 2023

President Melissa Tarlton and Vice President of Education Pam Ritchie recently surprised our new Executive Vice President Dean Miller to celebrate his huge milestone! Dean signed up WI UPMA member # 100 in 2023. Even though Dean is our new Membership Chair he didn't achieve this momentous goal alone. It has truly been a team effort of UPMA and UPMA RETIRED leadership visiting offices across the state to promote UPMA and all that our organization has to offer.

Great job Team Wisconsin!

Photo by Val Nehls

(Continued from page 3)

tal ball! All we have is educated guesses, but I hope the best for each of you in your career. Some of you may consider finding a landing spot far enough from a possible S&DC. What if you wait too long to make the move and your dream office is part of the spoke office EAS hiring freeze? Others will be willing to ride the wave of change. What will your job description look like in the spoke office? How many vacant spoke offices will now be your RMPO? What will be your additional duties? Will you have to help at the S&DC for Sunday Amazon?

Please remember not to associate your full identity and self-worth in your career. You are not your job. Your job is simply a part of you. And, like me, there may be a position that may be even more fulfilling for you that you may have never considered early in your career.

UPMA has been promised that retail operations will stay and Postmasters won't lose their current positions in spoke offices. I know myself and the 600 plus UPMA active and retired members throughout Wisconsin are thankful for our National UPMA leaders working diligently to protect our positions that may be affected by the Sorting and Delivery Centers.



New EAS members that join by December 31, 2023, get a free year of membership! Dues withholding of \$15.00 a pay period will start once they reach their 1-year anniversary with UPMA
Sign up today through the QR code above or at www.unitedpma.org and select **JOIN TODAY!**

JOIN TODAY-FOR A BETTER TOMORROW



United Postmasters and Managers of America

Benefits of joining UPMA as a Manager, Supervisor or EAS Professional

- All national UPMA leaders and chapter presidents are current USPS employees.
- National officers serve one term only in their current positions.
- As an active member, you have the privilege to vote and hold leadership positions at all levels of the organization.
- A national website—unitedpma.org—offering the latest information regarding the organization, legislative issues, online training videos and Postal Service information that affects your career.
- A national magazine and chapter publications that contain information important to you in your current position and will help you in your future endeavors.
- Annual national and chapter conventions that offer training to help you be successful.
- Members have access to our network of Chapter Member Representatives. After you have been a member for one year, as an EAS employee, you have the benefit of our Adverse Action Legal Defense Plan if the need arises.
- You gain a network of Postmasters, Managers, Supervisors and other EAS Professionals who can assist you in your day-to-day duties and mentor you for future opportunities.

For further assistance, call the UPMA National Office at **703-683-9027** and we will be happy to answer any of your questions or visit www.unitedpma.org.

Join Now!





Joan Baumgart, PM Princeton
Vice-President, Legislative 2023

Hello Everyone!



Hope you all are enjoying your summer so far. As for me, I have my camper packed and ready to go to the HODAG in Rhineland, WI. One last thing to do before I pull out tomorrow is to finish my articles. It is going to be short and sweet.

The Postal Service has a new product which they have called, USPS Ground Advantage. Pending a favorable review from the Postal Regulatory Commission, the Postal Service could launch this new product on July 9, 2023. USPS Ground Advantage

would provide a simple, and more affordable way to ship packages up to 70 lbs in two to five business days.

Currently H. R. 82, Social Security Fairness Act of 2023 has 284 co-sponsors. 197-D and 87-R. We only need 6 more co-sponsors, then the bill can be pushed to the House for a vote. Mark Pocan, for #2 district is the only Wisconsin Congressman to co-sponsor the bill so far. Please contact your Congressman and ask them to co-sponsor HR 82. If you have been personally affected by WEP or GPO, let

your Congressman know this. They want to know this information so that they can make an informed decision on whether to co-sponsor this bill. Maybe this bill doesn't affect you, but you have a friend or fellow Postmaster who it does affect. Help them out by encouraging your Congressman to co-sponsor HR 82.

Till next time.
Enjoy the rest of summer!

Joan

Well I am attempting to write my first article for PAC. So far I'm not coming up with anything new or really brilliant information.

The UPMA Political Action Committee (PAC) is a way for us to support candidates who support our cause. By doing so, they will advocate for us on current



issues or bills

for the Postal Service. I am asking for you to donate whatever you feel comfortable giving. You can donate to PAC in two ways. Make a cash donation directly to UPMA headquarters at 8 Herbert Street, Alexandria, VA 22305, Or, you can sign up for ePAC through Postal Ease which will then be a payroll deduction. You could

also do a direct transfer from one of our Credit Unions. I will have to do some research to see how this works and then write an article on it, my second PAC article.

Whatever you contribute, thank you for your support of PAC.

Joan



UPMA PAC CONTRIBUTION

Mail to: United Postmasters and Managers of America Political Fund
8 Herbert Street, Alexandria, VA 22305-2600

Date _____

\$ _____ Check Enclosed Credit/Debit Card (one time) Credit/Debit Card (recurring)

Member ID: _____ (if known)

Credit/Debit Card Contributions:

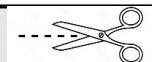
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UPMA PAC will neither favor nor disadvantage anyone based on the amount of contribution,





**Pam Ritchie, PM New London
Vice President, (Education) 2023**

HELP WANTED, NOW HIRING.



Are you thinking, yes, the Post Office needs help? Have you ever after a rough day at the office, pulled out the Help Wanted ads? Or maybe you have thought how much more can I take? I QUIT, I need a new job? I am sure we have all felt or thought this at one time or another in our postal career.....

Do you realize that every Tuesday the post office sends out their internal help wanted ads? They do, under Postal eCareer and all open positions nationwide are posted. In the Wisconsin District they weekly post detail positions that are open. If you are thinking about trying out a different area, you can apply for a detail.



I would like to address eCareer. On this postal site you can start preparing

your job resume, or 991 as they used to be called. You will start by filling in all your personal information. There are tabs across the top of the site that must all be filled in. Each position in the Postal Service has a job description and requirements. You can look at a job you might be interested in and start filling out your KSA's (Knowledge, Skills, Application), on average there are 8-10 requirements listed. When filling out your KSA's, please know that there is a limit on characters. I would encourage you to type your information out in a word document to help keep track of your character count. Be careful to not cut and paste, in doing this you may not get all your information transferred over. And, you may not receive a good evaluation when the Review Committee reads your resume. Always be aware of punctuation and spelling and have another person review your application.

Should you be interested in a couple of different positions, you can prepare by having different KSA's ready in a file. As you advance and add experience to your career, keep updating your file.

Having a first-class HERO profile will also benefit your career, especially if you are willing to do a detail or travel. Many times, upper level managers will look only in HERO for interested candidates.

We will be having monthly zoom training sessions starting in September to help you if you have any questions. If there is any training that you are looking for? Please reach out to myself or any of your UPMA officers.

Need help with eCareer?

Interview Skills?

2023 ZOOM eCareer training

KSA's?

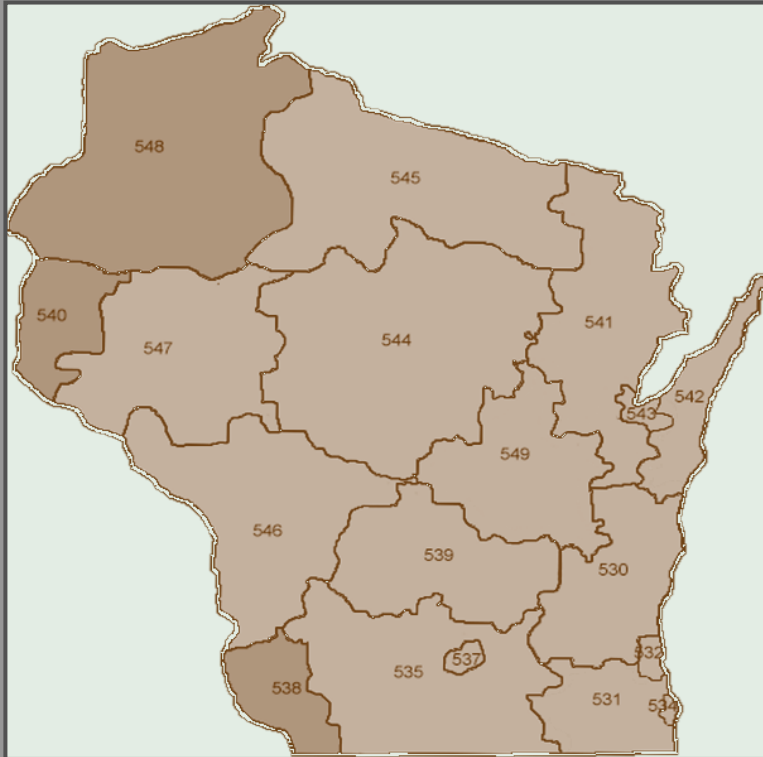
We are here to help...



Join **ZOOM eCareer training** at 7:00 PM the 1st Tuesday of every month. This is a great time to get your questions answered and help prepare you for the interview process. During the zoom sessions there are breakout rooms if you want your application reviewed or to practice your interview skills with a UPMA leader.

Reserve your spot by emailing wiupma@gmail.com for a zoom link. Also, attach your 991 if you would like 1 on 1 assistance in a breakout room. If you can't make the next zoom session email wiupma@gmail.com to set up a time convenient for you.

Melissa



3 Digit Meeting's
coming this fall and winter
throughout Wisconsin
Watch your mail and e-mail
for details!
Speakers include UPMA
Leadership and
UPMA Chapter Member
Representatives



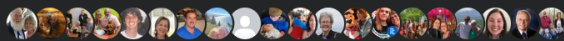
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UPMA Wisconsin Chapter



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Discussion Members **Events** Media Files

Upcoming events

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SAT, AUG 26 - AUG 31
UPMA National Convention - Denver CO

Created by Melissa Metros Tarlton

[Going](#) [Maybe](#) [Can't Go](#) [Invite](#) [...](#)



SUN, SEP 17 - SEP 19
Retirees 31st Annual Jamboree @ Barneveld WI A...

Created by Melissa Metros Tarlton

[Interested](#) [Going](#) [Invite](#) [...](#)



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Julie Erdmann, PM Retired Secretary/Treasurer

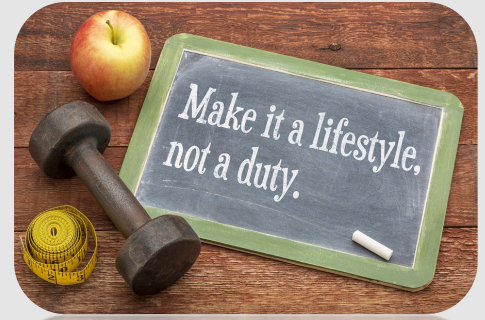
Are you doing your best for you?

How is your day going today? Are you in a positive frame of mind? Have you achieved any of the many goals we set for ourselves? Lots of questions I know.

Let me explain why I am asking. Part of being healthy is mindfulness. None of us can feel good every day but if we take time out each day to check in we can improve our health. It helps a lot if you are retired and hopefully have more control of your days but if you are working trying to keep your head above water each day it can definitely

have a negative effect on your health. I know this because I've suffered from it during my career at the postal service. I gained weight, my blood pressure was up and suffered from depression until I decided to make my health a priority.

What did I do to change? First of all I asked to be returned to my office where I didn't have city carriers. I realized that just because I could do more didn't mean I needed to. I then joined a gym and started working on the extra weight. As my work routine stabi-



lized, I got stronger physically and lost weight. I noticed that my energy came back and my outlook improved.

So I ask...

Are you doing your best for you?

As John Wayne said...

"Tomorrow hopes we have learned something from today"

You deserve it!

Julie



Rick Dama, PM Retired Editor, Website Administrator

My Bit's and Pieces

I keep hearing how Postmaster's and supervisors are delivering routes, assisting distribution and retail so upper management gets the numbers they are looking for.

My question is; what is the middle manager, the POOM, and the Area Office Coordinators a.k.a. POOMetts

doing to help out. Maybe each of them need to be scheduled a day or two to assist in short staffed offices. Lets spread the hurt and maybe, just maybe the POOM's and POOMett's would have a little compassion for what front line Postmasters and supervisors are going through on a daily basis.



POOM's need to cut out some telecons and get out to their offices for a first hand look at the issues Postmasters are facing daily.

Area Office Coordinator and POOMetts might be old terminology but you know who I am referring to.

<p>Inspirational Vs. Destructive Leadership</p> <p>Inspirational leadership is about leading by example. A leader inspires others to work hard, be productive and perform at their best. Destructive leadership is about intimidating others into following orders without question.</p> <p>A destructive leader uses fear, threats and violence in order to get the job done.</p>	<p>"We the willing, led by the unknowing, are doing the impossible for the ungrateful. We have done so much, with so little, for so long, we are now qualified to do anything, with nothing." — Mother Teresa (a.k.a. Postmaster)</p>
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uspsnewsbreak

May 26, 2023

Promotions and New Assignments

LAST	FIRST	JOB TITLE	OFFICE	EFFECTIVE	LEVEL
CURTIS	LINDSEY	EMPLOYEE DEVELOPMENT SPEC	HUMAN RESOURCES-WI	5/20/2023	17
HAMS	KASONDRA	SUPV CUSTOMER SERVICES	ADAMS PO	5/6/2023	17
KRINKIE	JENNIKA	SUPV CUSTOMER SERVICES	ELLSWORTH PO	5/20/2023	17
LARSCHIED	JOYCE	SUPV CUSTOMER SERVICES	APPLETON PO	5/20/2023	17
LLOYD	RANDY	MGR TRANS/NETWORKS	LOG-MADISON WI P&DC	5/6/2023	18
LONG I	SHARRAYE	SUPV MAINTENANCE OPER	MILWAUKEE WI P&DC	5/6/2023	17
PAYNE	KAREN	MGR FIELD HUMAN RESOURCES	HUMAN RESOURCES-WI	5/20/2023	25
RADLINGER	SHANNON	SUPV CUSTOMER SERVICES	PARK FALLS PO	5/6/2023	17
SEILER	JOHN	SUPV DISTRIBUTION OPER	MILWAUKEE WI P&DC	5/20/2023	17
TARANTINO	SHANNON	SUPV CUSTOMER SERVICES	OAK CREEK PO	5/20/2023	17

Jeff Drake, Acting District Manager

Postmaster Appointment List June 2023

Leith	Kimberly	POSTMASTER	ELK MOUND	6/3/2023	18
Fredrick	Eric	POSTMASTER 18(B)	NEW GLARUS	6/3/2023	43
Sheppard	Jeanine	POSTMASTER	STURGEON BAY	6/17/2023	20
Klug	Rhianna	POSTMASTER 18(B)	MOUNT CALVARY	6/17/2023	43

Jeff Drake, District Manager



MEMBERSHIP OPPORTUNITIES



United Postmasters and Managers of America
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 Alexandria VA, 22305
 Phone 703-683-9027
 Fax: 703-683-0923

Monthly Membership Status Report

07/03/2023

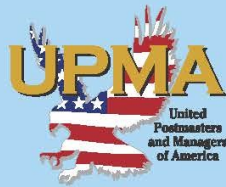
STATE	POSTMR MBR PO	NONMBR P.O.	TOTAL LOCNS	MBR PO/ TOTAL=%	POSTMR MBRS	MGR/ SUPVR	ASSOC MBRS	PMR MBRS	RETD MBRS	COMP MBRS	TOTAL ACTIVE	TOTAL MBRS	
Wisconsin	WI	194	139	333	58.26%	195	94	69	2	241	11	291	612
Totals:		9485	4633	14118	67.18%	9539	5405	2532	76	7498	419	15020	25469

uspsnewsbreak

July 17, 2023

Promotions and New Assignments

LAST	FIRST	JOB TITLE	OFFICE	EFFECTIVE	LEVEL
BALTS	AMANDA	SUPV CUSTOMER SERVICES	LADYSMITH	5/20/2023	17
BOBZIEN	ERIKA	SUPV DISTRIBUTION OPER	MADISON WI P&DC	6/17/2023	17
BURCH	HEATHER	CUSTOMER RELATIONS COORD	CUSTOMER RELATIONS-WI	6/17/2023	17
CURTIS	LINDSEY	EMPLOYEE DEVELOPMENT SPEC	HUMAN RESOURCES-WI	5/20/2023	17
DEROSIER	STEVEN	SUPV CUSTOMER SERVICES	EVANSVILLE	6/17/2023	17
DRIPPS	MICHAEL	SUPV MAINTENANCE OPER	MADISON WI P&DC	4/22/2023	17
EDDY-MORRIS	TORIE	SUPV CUSTOMER SERVICES	WEST BEND	6/3/2023	17
ESSEX	KESHONDA	SUPV CUSTOMER SERVICES	MILWAUKEE-JUNEAU STA	6/17/2023	17
HAMS	KASONDRA	SUPV CUSTOMER SERVICES	ADAMS	5/6/2023	17
KLOTH	JON	POSTMASTER	ELM GROVE	4/22/2023	18
KLUG	RHIANNA	POSTMASTER 18 (B)	MOUNT CALVARY	6/17/2023	43
KRAMER	MEGAN	SUPV CUSTOMER SERVICES	KENOSHA-CARRIER ANX	6/3/2023	17
KRINKIE	JENNIKA	SUPV CUSTOMER SERVICES	ELLSWORTH	5/20/2023	17
LAMBERT	ASHLEY	SUPV CUSTOMER SERVICES	GREEN BAY	6/17/2023	17
LARSCHEID	JOYCE	SUPV CUSTOMER SERVICES	APPLETON	5/20/2023	17
LLOYD	RANDY	MGR TRANS/NETWORKS	LOG-MADISON WI P&DC	5/6/2023	18
LONGI	SHARRAYE	SUPV MAINTENANCE OPER	MILWAUKEE WI P&DC	5/6/2023	17
LOOMIS	JENNIFER	POSTMASTER	NEENAH	6/3/2023	22
MARTIN	ALEXANDRIA	SUPV CUSTOMER SERVICES	WEST BEND	6/3/2023	17
MCKOWN	DANIEL	SUPV CUSTOMER SERVICES	MONDOVI	6/17/2023	17
MENDOZA	JOHN	POSTMASTER 18 (B)	MENASHA	4/22/2023	43
MORELAND	PAMELA	PROCESSING SUPPORT SPEC	MILWAUKEE WI P&DC	6/17/2023	20
NIKOLAIDES	JOHN	SUPV CUSTOMER SERVICES	GREEN BAY-COFRIN STA	4/22/2023	17
PAYNE	KAREN	MGR FIELD HUMAN RESOURCES	HUMAN RESOURCES-WI	5/20/2023	25
PAYNE	ANGELA	SUPV CUSTOMER SERVICES	GERMANTOWN	6/3/2023	17
PENDRICK	RYAN	SUPV MAINTENANCE OPER	MILWAUKEE WI P&DC	6/17/2023	17
PRYSE	SHANNON	MGR CUSTOMER SERVICES	KENOSHA-CARRIER ANX	4/22/2023	21
RADLINGER	SHANNON	SUPV CUSTOMER SERVICES	PARK FALLS	5/6/2023	17
ROTHE	ALYSSA	SUPV CUSTOMER SERVICES	KAUKAUNA	6/3/2023	17
SCHRAGE	MELANIE	SUPV CUSTOMER SERVICES	OSHKOSH	6/17/2023	17
SEILER	JOHN	SUPV DISTRIBUTION OPER	MILWAUKEE WI P&DC	5/20/2023	17
SHEPPARD	JEANINE	POSTMASTER	STURGEON BAY	6/17/2023	20
SOSA-COYOC	ROSARIO	POSTMASTER 18 (B)	PLEASANT PRAIRIE	6/3/2023	43
STUETTGEN	JOSIE	SUPV CUSTOMER SERVICES	WAUPUN	6/17/2023	17
SULLIVAN	SHANNON	SUPV CUSTOMER SERVICES	BRISTOL	6/17/2023	17
TARANTINO	SHANNON	SUPV CUSTOMER SERVICES	OAK CREEK	5/20/2023	17
TAYLOR JR	CHRISTOPHER	POSTMASTER	LAKE GENEVA	6/3/2023	20
TOLLIVER	JEFFREY	SUPV CUSTOMER SERVICES	MILWAUKEE	6/17/2023	17
WILDS SMITH	JOHN	MGR MAINTENANCE	GREEN BAY WI P&DC	4/22/2023	21
WILSON	YVONNE	SUPV DISTRIBUTION OPER	MILWAUKEE WI P&DC	6/17/2023	17
WOOLDRIDGE	DARREN	MGR POST OFFICE OPERATIONS	WISCONSIN DISTRICT	6/17/2023	23



7th UPMA National Convention

Aug. 26-Sept. 1, 2023

Official Registration Form

Registration also available at www.unitedpma.org

Register on-site in St. Louis and save!

Please complete one form per registrant. Photocopy the form for additional registrations.

First Name: _____ Last Name: _____

Title:

- Postmaster/OIC
- Supervisor
- Manager
- EAS Professional
- Associate
- UPMA Retired
- Spouse
- Guest

First Name (for your badge): _____

Post Office You Represent City: _____ State: _____

Your Mailing Address: _____

City: _____ State: _____ ZIP+4 _____

Cell Phone: _____

E-mail: _____

Active First-Timer?

Yes No

UPMA Retired First-Timer?

Yes No

Convention Registration (only one person per form):

Please circle the appropriate fee:

	8/20/22- 8/25/22	8/26/22- 3/31/23	4/1/23 6/30/23	After 6/30/23
Postmaster/Manager/Supervisor/ Associate/OIC/EAS Professional	\$150	\$165	\$200	\$250
Daily registration is available at \$75/day.				
First-Timer*—Active	\$95	\$95	\$95	\$95
UPMA Retired or Guest† (UPMA Retired Luncheon included)	\$122.50	\$133.75	\$160	\$197.50
Auxiliary/Spouse/ Postmaster Guest	\$140	\$155	\$190	\$245
(Does NOT include UPMA Retired Luncheon)				

Children (17 and under) \$80; includes child's meal at the Grand Banquet.

*First-timers must pay their registration fee in advance using this form; online registration not available. After attending the convention, they must submit a form to the National Office to be reimbursed.

†UPMA Retired member may have one guest (not an active member) register for the same price.

Grand Banquet: Aug. 31, 2023

Payment Information

Convention Fee: \$ _____

_____ Additional tickets for UPMA Retired Luncheon @ \$35 each \$ _____

Total Payment: \$ _____

Check payable to UPMA

Visa/MasterCard

Card number: _____

Card security code: _____ Expiration date: _____
(3- or 4-digit code imprinted on card)

Signature: _____

Mail with full payment to UPMA National Convention Registration, 8 Herbert St., Alexandria, VA 22305-2600.

Hotel Reservation

UPMA has a special rate at the convention hotel beginning Sept. 3, 2022. You must call the hotel directly to make a reservation. The National Office will not handle room reservations. **To make a reservation, you must make a deposit to the hotel in the amount of your first night's lodging; this deposit is non-refundable after July 24, 2023.** All room cancellations must be made directly with the hotel. To secure the special UPMA rate, you must identify yourself as part of the UPMA convention. The rate is available only until July 24, 2023, or all rooms in the block are sold, whichever comes first. The group rate is available five days pre- and post convention based on availability.

Sheraton Denver Downtown Hotel

1-888-627-8405

\$159—single/double/triple/quad

Be sure to request the UPMA group code: UPMA 2023

Registration Cancellation Refund Policy

Requests for cancellation refunds must be made in writing to the UPMA National Office. Requests must be postmarked by June 1, 2023; no refunds after that date. All refunds are subject to a \$40 handling fee.

Registrations are non-transferable.

**Questions?
Call 703-683-9027**

DENVER
COLORADO



There is still time to join us for the 2023 UPMA National Convention August 26-31 in Denver Colorado! It is an opportunity to network, collaborate, engage and learn. The Postmaster General is scheduled to speak along with other top USPS officials. First-timers are reimbursed their registration from the National office after convention. And, the Wisconsin Chapter has partial stipends available for active (current employees) that are interested in getting involved with UPMA.

Contact Melissa Tarlton for more details.

First Timer's Schedule ~ To National Convention

(Subject to change)

SATURDAY, AUGUST 26

7:30 - 11:30 p.m. Welcome Event

SUNDAY, AUGUST 27

9:00 - 10:00 a.m. Church Service/Memorial Service

10:30 a.m.-12:00 noon UPMA Membership Meeting, All
UPMA Members invited
(Active & Retired)

1:30 - 4:30 p.m. Chapter Officer
Break Out Sessions

5:00 - 6:00 p.m. Active First Timer's
Orientation Meeting

6:30 - 10:30 p.m. Welcome
Dinner/Entertainment/Dance

MONDAY, AUGUST 28

8:00 a.m.-12:00 noon General Business Session
1:30 - 3:00 p.m. UPMA Area Coordinators Meetings
3:15 - 4:45 p.m. Training Seminars
7:30 - 10:30 p.m. UPMA Chapters Night

TUESDAY, AUGUST 29

Free Day/Golf Tournament/Tours

WEDNESDAY, AUGUST 30

8:00 a.m.-12:00 noon UPMA General Business Session
1:30 - 4:45 p.m. Training Seminars
6:00 - 7:00 p.m. Convention First Timer's Reception
7:30 - 10:30 p.m. Dance – ALL WELCOME
(Sponsored by UPMA Retired)

THURSDAY, AUGUST 31

8:00 - 11:30 a.m. UPMA General Business Session
6:00 - 10:30 p.m. Reception/Western Stampede/
Casino Night

FRIDAY, SEPTEMBER 1

Safe Travels Home:



**When you're young and
you drop something, you
just pick it up.**

**When you're older and you
drop something, you stare
at it for a while, wondering
if you actually need it
anymore.**

**Hackers need to step
their game up and
delete everyone's
loans, bad credit and
mortgages.**

**MY WIFE MADE ME
COFFEE THIS MORNING AND
WINKED AT ME WHEN SHE
HANDED ME THE CUP.**

**I'VE NEVER BEEN MORE
SCARED OF A DRINK IN ALL
OF MY LIFE.**



PS 1187



PS 1187
(on line fill and
submission)



PS 1187r

Welcome

to our

New Members

105 New Members
1/3/2023 - 7/10/2023

Cara Peasley	Postmaster	Erik Felton	Associate Member	Melissa S Zwetow	Supervisor
Nicole K Bock	Postmaster	Jeanine Sheppard	Supervisor	Derek R Zurakowski	Postmaster
Kathryn J Wegner	Supervisor	Ronda M Berndt	Supervisor	Courtney Yanna	Postmaster
Brandon L Plaster	Manager/Other	Sherika L Noble	Associate Member	Amanda Mauthe	Associate Member
EAS		William B Allen	Associate Member	Nicole Schwantes	Supervisor
Renee A Jordan	Postmaster	Linda Lutz	Supervisor	Jacqueline Dickman	Postmaster
Rich Smith	Postmaster	Jennifer M DuQuaine	Associate Member	Majil Tayek	Supervisor
David M. Ott	Postmaster	Sheila D Stevenson	Associate Member	Carmen Devoss	Postmaster
Yvonne Wilson	Supervisor	Michael P Simon	Associate Member	Tara L Heller	Postmaster
Josie Stuetgen	Supervisor	Kathryn Milhouse	Associate Member	Kenneth E Kretlow	Postmaster
Sam Jones	Manager/Other EAS	Joel B Vana	Supervisor	Penny Fehrman	Associate Member
Gwen Van Wormer	Postmaster	Talicia M Calhoun	Associate Member	Jena Wilder	Supervisor
Tierra Ratner	Manager/Other EAS	Brittany Rowe	Associate Member	Bria Evans	Supervisor
Nancy Neitzel Reamer	Supervisor	Angel Burnett	Associate Member	Anthony D. Powers	Supervisor
Paul Syvock	Associate Member	John Kloth	Postmaster	Paul A Petrovich	Supervisor
Mary Haynes	Associate Member	Debra Spann	Associate Member	Anthony S Leaman, Jr	Postmaster
Jametrica Abney	Supervisor	Toyette Johnson	Associate Member	Benjamin Albert Loukus	Associate Member
Benjamin Polak	Associate Member	Patrice Johnson	Associate Member	Christopher Aull	Supervisor
Amos Simmons Jr	Associate Member	Jodi Pernat	Supervisor	Jayne Carter-Harrison	Associate Member
John C Mendoza	Postmaster	Daniel Gugg	Associate Member	Heidi S Guile	Postmaster
Lisa Wojnarowski	Manager/Other EAS	Torie Eddy-Morris	Supervisor	Adam Trybom	Postmaster
Octavia Jones	Supervisor	Rhianna Klug	Supervisor	Christy Alberts	Postmaster
Susan M Justice	Associate Member	Karen Monreal	Postmaster	Alexander J Mahn	Postmaster
Lori New	Supervisor	August Beier	Supervisor	William Slack	Postmaster
Tina M Danielson	Associate Member	Jolene Schmid	Postmaster	Brian E. Weathers	Supervisor
Chenille N Ealy	Associate Member	Crystal Loring	Supervisor	Eric C. Fredrick	Postmaster
Monica Anderson	Associate Member	Emeil Marks	Postmaster	Lenny VanderWerff	Retired Member
Tasha J Thomas	Associate Member	Joseph E Canning	Postmaster	Sarah H. Bohn	Postmaster
Rhonda Lee	Associate Member	Christopher Taylor	Postmaster	Erin Dvorak	Postmaster
Jacquelyn Sydes-Ward	Associate Member	Trisha Courtney	Supervisor	Craig S Hanson	Supervisor
Demetrious Godbolt-Henderson	Supervisor	Michael Recklies	Associate Member	Jade A Rude	Postmaster
Ryan A Caflich	Manager/Other EAS	Ann Stirn	Associate Member	Laurie T Zurakowski	Postmaster
		Ray Johnson	Postmaster	Kathryn R Erdmann	Postmaster
		Jamie Muller	Postmaster	John P Halverson	Postmaster
		Sean Tehoke	Supervisor	Diana Kiser	Postmaster
		Amanda Maas	Supervisor	Melanie L Schrage	Supervisor
		Lucy Dolezal	Postmaster	Bonney J. Ganz-Haug	Supervisor

Wisconsin Offices without a UPMA Postmaster Member

July 17, 2023



Delafield	Mondovi	Wausaukee	Luck	Trempealeau
Hartland	Spoooner	Augusta	Adams	Sparta
Hubertus	Ripon	Wisconsin Dells	Two Rivers	Superior
Menomonee FIs	Whitehall	Peshtigo	Franksville	Cashton
Random Lake	Merrill	New Richmond	Sun Prairie	Prescott
West Bend	Three Lakes	Greenville	Egg Harbor	Rice Lake
Bristol	Reedsburg	Clear Lake	Chippewa Flls	Clam Lake
Cudahy	Colby	Bangor	Roberts	Oshkosh
Delavan	Coloma	Grafton	Chilton	Baraboo
Fontana	Florence	Horicon	Greenwood	Baileys Hbr
Greendale	Manitowoc	Manawa	Richland Ctr	Waupun
Mukwonago	Ladysmith	Winneconne	Port Washington	Kaukauna
Muskego	Appleton	Sauk City	Coleman	Ashland
Sturtevant	Pembine	Waterford	Waupaca	
Walworth	Wilmot	Mount Horeb	Solon Springs	
Milwaukee	Marshfield	Galesville	Jefferson	
Belleville	Phillips	Fish Creek	Hartford	
Janesville	Cleveland	Whitewater	Osseo	
Beaver Dam	Columbus	Watertown	Blair	
Baldwin	Iron River	Denmark	Winnebago	
Woodville	Neillsville	Valders	Weyauwega	
Little Chute	Luxemburg	Spring Valley	Oakfield	
Suamico	Sheboygan Falls	Kohler	Westby	
Algoma	Edgerton	Racine	Birchwood	
Sturgeon Bay	Plover	Hales Corners	Fennimore	
Green Bay	Altoona	Cameron	Wausau	
Pittsville	Wrightstown	Alma	Brodhead	
Schofield	Kenosha	New Lisbon	Independence	
Tomahawk	Mount Calvary	Lake Mills	Plymouth	
Crandon	Iola	Tony	Ellsworth	
Park Falls	De Forest	Turtle Lake	Cochrane	

137 Non-Member Offices
July 17, 2023



158 Non-Member Offices
May 18, 2023



MEMBERSHIP OPPORTUNITIES



This will be the 1st of a series of articles for the 2024 WI UPMA State Convention.

The convention will be held at the 29 Pines Convention Center and the Sleep Inn & Suites Hotel in Eau Claire WI on April 26-28, 2024, Friday - Sunday. We will have the pre-convention activities (Thursday, April 25) if you would like to come a day earlier this will include golf and tours.

Convention is being held a week earlier than the usual dates due to a scheduling conflict at the convention site, but because of this conflict, we were able to negotiate a very good deal for the organization and its members. Our room rates will be \$79.00 per night. We were able to block 55 rooms for UPMA, these rooms will go fast so I strongly suggest to book early. The overflow hotel is approximately 6 miles away - so book now! Hotel information will be included at the end of this article.



29 Pines Convention Center

The National UPMA Convention is in Orlando in 2024 so our convention theme is "Disney" for the WI State convention.

Let me introduce ourselves: Jim Woodcock, (my nickname is Woody - Chairiff Woody for the convention) Retired Postmaster of Spring Valley and Donna Woodcock, (no nickname - but will be "Sidekick Jessie Chairiff" for the convention) Retired Postmaster of Cadott, we are your Convention Chairmen.

We are planning exceptional training for the Active Members that is current and needed.

We are also planning useful information (training) for Retiree Members.

If you have ever attended one of "Chairiff Woody's" conventions, you also know there will be fun activities off site as well as on site during the convention.

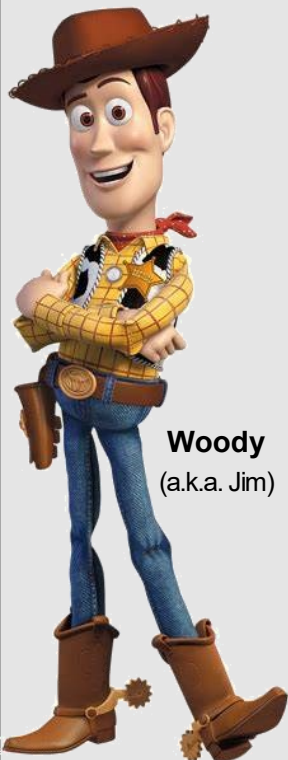
We are working on finalization of the convention negotiations with the hotel for food choices and working on registration pricing which will be in a future Zip Line edition.

If you have never been to a UPMA convention - make this one your first. If you haven't been to a convention for a while - make this your comeback convention. If you attend convention every year - bring a new member with you!

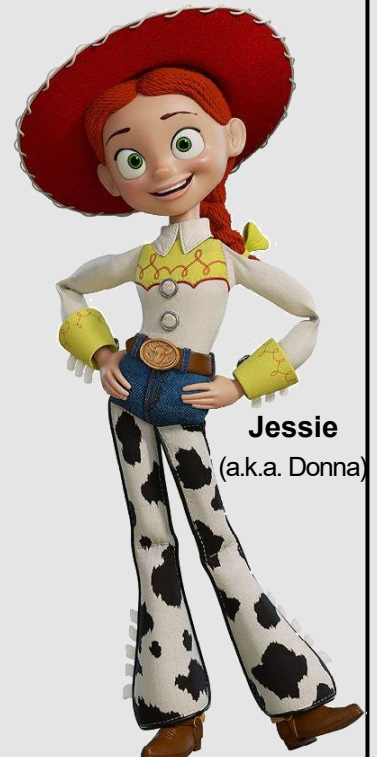
Let's fill the hotel and make this a memorable convention! Make sure to read your next publication of the ZipLine for more convention updates.

Hotel: Sleep Inn & Suites 5872 33rd Ave Eau Claire WI Phone: (715) 874-2900 ext. 108 YOU MUST MENTION UPMA CONVENTION to get the correct rates. Room options: 2 Queens or 1 King - all rooms are \$79.00 make sure you verify the rate.

At the time of writing this article - we booked our room - there are only 54 rooms left.... book NOW!!



Woody
(a.k.a. Jim)



Jessie
(a.k.a. Donna)



**Jeannie McLaughlin, PM Retired
Member Rep**

Hello Team Wisconsin,

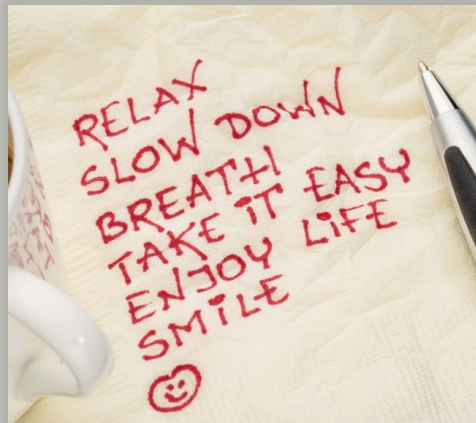
I would love to say that I hope that this issue of Zipline finds everyone doing well and enjoying the summer, unfortunately, I know that is just wishful thinking. I have spoken with so many people who in their current working environment are so overwhelmed, stressed out and are counting days until they are eligible to retire, or if those days are way too many, they are contemplating quitting. I truly hate that the organization that I once loved and was so very loyal to has become this stress filled place to work at. Believe it or not, at one time, Post Offices were like family, people worked together, everyone looked out for each other and worked as a team, and going to work was enjoyable. Those days were wonderful, however, I am sad to say that those days are behind us. Hopefully all of you can find your own way to cope and to get through these very challenging times. When you think about Priority mail, you think it is our premier product, and you treat it as a priority, when was the last time you treated yourself as a Priority? I challenge everyone out there to prioritize yourself, find the time to do the things that are important to you. Find your balance, Make the time for the people in your life that you love because they love you also and would appreciate the time they can spend together with you. Here are some suggestions to help you overcome stress or job burnout.

Prioritize self care.

Reduce your exposure to job stressors.

Seek out Connections.

Do your job the best that you can while you are there, but when you leave, leave it at the office, if you are spend-



ing 10 -12 hours a day in your unit, it is not necessary to go on your laptop in the evening, everything will wait until the next time you are at work.

Establish Boundaries for your job and enforce those boundaries.

Take a walk during your workday, even if you are doing circles around your parking lot, walk, breathe in some fresh air and just allow yourself time to decompress.

Take 5 or 10 minutes in a quiet place to reflect or just breathe.

Enjoy hobbies in your free time, reading, puzzles, watching a movie, playing

Make the Call!

USPS Employee Assistance Program
1-800-327-4968
(1-800-EAP-4-YOU) TTY: 1-877-492-7341
www.EAP4YOU.com
24 hours a day, seven days a week
Personal · Private · Professional

poker with friends, woodworking, sew-



ing, baking, etc. Schedule the time to do something you enjoy, make a commitment to honor that schedule.

Use annual leave to decompress and renew yourself.

Get enough sleep daily

Eat balanced and healthy meals.

Drink 8-10 glasses of water a day

Go to medical appointments, talk to your doctor about what is happening to you because of stress, listen to the doctor when they tell you how to manage your stress.

Call EAP at **1-800-EAP-4-YOU**.

They are free, they are confidential, and they are available to help you overcome what is happening to you.

Keep in mind that you can only control how you react to things, you have absolutely no control over how other people behave and their actions, teach yourself to react the in the best way for your own personal health. You are worth that.

Call a UPMA board member, we are here, we are available and we are great listeners, if there is any way we can help you, we will be happy to do that for you. Alone we can do so little, together we can do so much.

Remember this: The USPS focuses on managing numbers, scores, percentages, etc, People are a means to manage those things, People are to man-

(Continued on page 18)



**Pauline Colamatteo, PM Retired
President, Wisconsin Retirees 2023**

National Convention & Jamboree

It seems that Summer does indeed fly by, not sure how it is the middle of July already. The South Shore of Lake Superior is teeming with visitors, and tent caterpillars. We haven't seen an infestation like this for decades! Luckily, they are not harmful to humans, they enjoy devouring the leaves of deciduous trees, which do recover after they caterpillars subside. It's not pleasant, and you can hear them chomping on trees in the woods.

It's always something, as the saying goes, and we humans learn to deal with what comes. August is on the horizon, and the 7th UPMA National Convention in Denver is the next event to look forward to, it's not too late to make plans to join us. Wisconsin has a group going, and we will be happy to

welcome you. First timers receive a reduced rate, there is a lot that happens at National Convention, both business and leisure fun.

The Retirees have always honored our Veterans by having a project at the National Convention, this year it is the "Stamps of Approval". We will be collecting either stamps and or stationary and provide them to the Denver Veterans Home. Monetary donations will also be accepted. Your Wisconsin Retiree Executive Board will be deciding how to best contribute to the project. If you wish to donate, send a check to our Secretary/Treasurer Marianne Zarling 615 Cedar St Omro WI 54963-1015. We look forward to your support of this worthwhile effort.

The Retirees 31st Annual Jamboree is happening at Deer Valley Lodge in



Barneveld Wisconsin on Sunday September 17 through Tuesday September 19th. Again, it is not too late to come join us. It is a beautiful time of year, a relaxing property, and a great get together with your UPMA retired family. Check out the registration form in this Zipline.



The Membership Incentive is still ongoing, both at the State and National level, make sure you talk to your fellow retirees, and if they aren't members, sign them up, it pays, and there are so many ways in which it does, not just monetarily. Hope to see you at a UPMA gathering, take care and enjoy summer.

(Continued from page 17)

age as robots with no errors, no bad days, no exhaustion and absolutely no mistakes. The numbers are trusted, but you as a manager are not. Do not take this personal, someday higher level management might figure out that they are destroying what was once an amazing organization, as well as the amazing people they are fortunate enough to have as their employees and will hopefully make the necessary changes to bring it back to being a really great place to work.

Also remember, you can go in every day and give absolutely everything you have to give and it still will never be

enough, I encourage each and every one of you to establish those boundaries, and stop giving so much. Please remember that if you don't take care of yourself, you are no good to anybody or anything else. Make yourself a priority and do whatever you need to do to get through these very turbulent times.

This is a quote I found on facebook of all places:

"To anybody who's reading this, I pray that whatever is hurting you or whatever you are constantly stressing about gets better. May the dark thought, the overthinking, and the doubt exit your mind right now. May clarity replace confusion, May peace and calmness fill your life",

There is also a group on facebook called Postal survivors, (EAS only) check it out, you can make connections from people all over the country and even find some helpful assistance in your daily operations, as well as people who will listen to you vent because after reading some of their posts, I can assure you that there is stress everywhere in the Post Office, not just in Wisconsin.

As always, reach out if you want to talk, vent or just say hello, my phone number is 847-529-8067.

Jeannie McLaughlin,
Retired Postmaster

Wisconsin UPMA Chapter Member
Representative

RETIREEES 31st ANNUAL JAMBOREE

DEER VALLEY LODGE 401 Industrial Drive Barneveld WI 53507

Sunday, Monday, Tuesday **SEPTEMBER 17-19, 2023**

Activities: Sightseeing, Pool, Golf, Casino, Hiking/Bicycle trails

There are several scenic areas to visit in the area with three casinos within an hour drive.

Deer Valley Golf Course has 27 holes to challenge any level.

For information regarding the Barneveld/Mount Horeb/Madison area, check out www.uplandsguide.com/



Sunday: Registration starts at 2:00pm in our hospitality room. Room check-in 3:00pm

Golfers – Please make reservation for Sunday morning if you care to golf early on Sunday, Woody will be teeing off at 11:00am

Sunday night: Dinner 6:00pm with 50/50 drawing

Monday: Casino, golf outing (scramble) will take place on Monday at 10:00am

Monday night: Meal 6:00pm

Registration's must be paid to Dennis Wood, **by July 4th, 2023**

Hotel Reservations: Room -Rate: King or Queen/Queen; \$79.00 per night plus tax, one night stay \$89.00 plus tax some suites are available for additional charge.

After August 17th rates go up to \$129.00 per night.

To receive this rate, call toll free 1-888-924-1601 or 608-924-1600 (mention Postmaster Jamboree).

Rates not valid for Online Reservations

Blocked rooms will be released on August 17th, 2023.

Web page (www.DeerValleyLodgeWI.com)

Hotel Rooms include Continental Breakfast, Water Park Passes, Wireless

Internet, and a golf discount at Deer Valley Golf Course

A one-night deposit is required at time of reservation. If you must cancel your reservation, do so within 48 hours of arrival date or lose your one-night deposit.

Jamboree "First Timers" will receive their rooms at, reduced price of \$59.00+tax per night, one night stay \$79.00+tax.

(Recent retirees-what a deal) This is a very great room rate.

Your Jamboree is very relaxed and a lot of fun.

Please bring a treat for the hospitality room. (NO GIFTS)



Please bring a friend retiree or active !!

NEVER BEEN TO A JAMBOREE? WHAT ARE YOU WAITING FOR?
REMINDER: THERE WILL BE NO SEPARATE MAILING FOR THE JAMBOREE.

PLEASE MAIL THE ATTACHED FORM IN TODAY!

Mail Registration for to:

Dennis J Wood

1808 East St

Black Earth WI 53515-9773

phone (608-767-3665)

Registration fee is \$65.00
Registration fee must be paid by July 4th 2023

NAME _____ Spouse/guest name _____

Address _____ City _____ State _____ Zip Code _____

Phone # _____ Email address _____



Search Videos

[Home](#) [Back to United PMA Home »](#)

Welcome to the UPMA Learning Center, The United Postmasters and Managers of America online training website dedicated to the career, professional and personal development of its members. UPMA is committed to you, the members, by providing training which will help you be successful in your career goals.

[Welcome to the UPMA Learning Center](#)

[eCareers with Kerry Nichols](#)

Duration: 18:41

[Future Career Hiring Process with](#)

[Political Action Committee \(PAC\) with](#)

[Personal Absences](#)

James T Dunlap Duration: 03:40

[UPMA vs NAPS with Kate Everton](#)

Duration: 05:18

[Respectful Recruitment: Sharing the Value of UPMA](#)

Richard Hui, Mari Beth Kirkland, Kathy Frame

[650 Mediation Process](#)

John Sertich Duration: 10:09

[Supervisor's Guidelines for Attend-](#)

[Choosing the Right Health Plan](#)

Erica Hayton Duration: 24:43

[Members Matter!](#)

Stephanie Jett Duration: 15:30

[Legislative Engagement and Lobbying Why It's Important to UPMA Members](#)

[What is the UPMA Political Action Committee And Why It Is Important to Support It](#)

[Managing Your RMPO with Katrina Frey](#) Duration: 25:53

[Legislative Summit with Jim Dunlap](#)

Duration: 11:26

[Planning for Retirement with Carla](#)

[Powerpoint 101](#)

John Galera Duration: 16:33

[FMLA for You](#)

James T Dunlap Duration: 03:16

[Advisement of Rights, The History of And How They Apply](#) Jackie Deter Duration: 06:35

[Parliamentary Procedures - Part 2](#)

John Galera Duration: 17:53

[Chapter Officer Website Training](#)

Frank Augustosky Duration: 18:39

[Top 10 Do's and Don'ts for Chapter](#)

[Article 16.7 - Emergency Placement](#)

Jim Maher Duration: 11:33

[Career Awareness Conference](#)

LeAndra Beckemeyer Duration: 10:45

[Unit Mitigation Process Overview](#)

Wayne Francis Duration: 08:44

[Parliamentary Procedures](#)

John Galera Duration: 24:00

[Labor Relations and Grievance Han-](#)

[Microsoft Outlook Advanced Features](#)

[Conflict Resolution with Edmund Car-](#)

[UPMA vs NAPS with Kate Everton](#)

Duration: 05:18

[What's Happening on HERO](#)

Kenna Orioha Duration: 16:17

[UPMA PAC 2020](#)

Edmund Carley Duration: 20:35

[Member Retention](#)

LeAndra Beckemeyer Duration: 03:50

[Timely Appeals And Request For](#)

[Outlook Basics](#)

Angela Greene Duration: 05:07

[How to Figure NPA Mitigation](#)

Wayne Francis Duration: 12:07

[eCareer - Your Future Is In Your](#)

[Get What You Earn - Does My Office Earn a Supervisor\(s\)?](#) Stephanie Jett Duration: 10:52

[Chapter Member Representation - Part 1of 3 - The Investigative Interview](#)

[Planning and Negotiating Chapter](#)



Bill Tierney, PM Retired Bill's Buzz

Hello Everyone,

As the year passes by we have already held our annual state convention, but now a handful of us are setting our sites on Denver for the national convention. Ah, but here in WI you still have time to sign up for our Jamboree. Once again the Jamboree will be held in Barneveld at Deer Valley Lodge. Sept 17-19. If you have never been, come join the fun, if you are returning you know what to expect.

So how are you doing with communicating with your elected officials when it comes to securing your benefits? You need to stay vigilant. We have been waging a battle since 1984 trying to correct WEP/GPO. We are making progress, but we all need to work together. If you are a CSRS retiree remember it's your money.

Also, did you know that in WI CSRS retirees that retired after 1984 are treated differently than prior to 1984 retirees when it comes to taxing your CSRS annuity. It was readily apparent that federal retirees in Wisconsin are treated much poorer than those in other states. In fact, there are 9 states with no personal income taxes whatsoever, and an additional 9 states that totally exempt Civil Service annuities from their state tax structure. On top of that 5 additional states exempt certain federal civil service annuities from taxation in some way shape or form. What that means is that Wisconsin retirees are worse off than those residing in 23 other states.

Ah, what about COLA? CSRS retirees and FERS retirees are treated differently. That needs to be changed



as well. Write your congressional member and ask them to co-sponsor HR 866. There are currently 26 co-sponsors, including Marc Pocan from WI. Make those phone calls, write those letters. Also, go to your representatives town hall meetings. I went to one for the 6th District and got one-on-one with my Congressional Representative.

Now, on to this editions health tip:

Here are some statistics that are staggering

66% of Americans are on at least one prescription medication, the averaging being 4 medications

4 BILLION prescription medications are dispensed each year

There are 20,000 approved FDA medications

We spent an average of over 1200 dollars per year on medications

The leading drug classes in the U.S. are antihypertensives, pain relievers, and mental health drugs (Statista, 2021).

The most commonly abused types of prescription drugs in the U.S. are opioids, tranquilizers, benzodiazepines, and prescription stimulants (Journal of Substance Abuse Treatment, 2014).

The U.S. consumed about 30% of the world's supply of opioids in 2015 (Politifact, 2017).

Almost 50,000 people died from opioid overdoses in 2019 (National Institute on Drug Abuse, 2019).

(Thanks for [info singlecare.com](http://info.singlecare.com))

If you are someone that takes daily medications here are some tips on how to keep them straight:

5 Easy Ways to Manage and Organize Your Medication



When you take a lot of different medications, keeping them organized can be difficult. It can be overwhelming to remember the names of medications, why you take them, and how often you need to take them.

Taking multiple medications puts you at risk for a medication error. This can range from

missing a dose to taking too much (an overdose). Managing your medication can help reduce potentially life-threatening errors.

The key to successfully managing your medications is through organization. These organizational tips will help ensure your medications are taken safely and at the right time.

Use a Daily Pill Organizer A pill organizer can be beneficial if you take many types of medications each day. They often have seven or more compartments holding each

(Continued on page 22)

day's worth of drugs.

To ensure medication is taken on time, keep a dosage schedule nearby that includes a physical description of each pill, such as "blue capsule" or "large white pill."

Create a Dosing Schedule Chart

Another way to effectively manage medication is to create a medication schedule chart. This can be done on your computer with a spreadsheet or word processing program.

List all of your medications, the times they need to be taken, and space by each dose, so you can check off when each is taken. For those meds that are given "as needed," you may also want to include why it is taken.

It can also be helpful to note those that require either refrigeration or freezing.

Keep a Detailed List

Make a list of all medications you take, with the name, dosage, frequency, side effects, and whether the drug has been stopped. Also, include any allergies you have to medications.

Save a copy on your computer or mobile device so you can add to it if prescribed new medications, and print out more copies as needed.

Medication List

Make several copies of your medication list and give them to your healthcare providers at appointments and your pharmacist.

Use a Medication Reminder App

Various apps can help you manage your medications if you use a smartphone or tablet. For example, some apps let you look up information about the drug, set up a medication schedule, and get reminders to take your pills.

There are several electronic pill reminders on the market of varying prices. You can input the name of the medication, how often you need to take it, and if you need to take it with food.

Some apps make a sound, like an alarm clock, to remind you to take specific medications. Other apps have an audio voice message feature that can be particularly helpful for people with vision impairments.

Check Prescription Labels Often

When looking at prescription labels check the expiration date and refill information. Properly discard old medication. When running low on a medication that has an available refill, call your pharmacist before you run out. This way, you will not miss any doses.

If you think you may need a refill on a medication that has no refills left, call your healthcare provider's office as soon as possible to allow time for them to contact the pharmacist.

Summary

Taking multiple medications requires a little organization to help keep them straight and take them correctly. Staying organized can help reduce the possibility of making an error with your medicines.

Tools such as a pill box or planner, spreadsheets, lists, and apps can help keep you organized and take your medications correctly.

A Word From Verywell

Managing multiple medications can be very stressful and lead to confusion. You want to do what you can to prevent any medication errors. In addition to the tips listed above, asking a family member or friend to help you organize your medications may be valuable.

Thanks to:

Julie Scott, MSN, ANP-BC, AOCNP

Medically reviewed by Oliver Eng, MD

In closing let me remind retirees of some ways you can stay informed:

UPMA GOLD:

Send an email with your name, email address and office of retirement to our Email Coordinator, Linda Carter, at lhcarter@hotmail.com. Linda publishes UPMA GOLD as she receives information from various sources with no set frequency. If you would like to share newsworthy info with her, just send her an email once you have joined our network.



IN THE MAILBOX:

This is our official publication/newsletter that is printed and mailed bi-monthly. If you would like to get on the mailing list, please send your name and address to our Editor, Eva Finley, P O Box 500, Graford, TX 76449-0500, or email to IntheMailboxEditor@usa.net. This publication is also posted on the Unit-edPMA.org website by clicking the link below:



<http://www.unitedpma.org/resources/publications/retirees---in-the-mailbox>

Keepingposted is available at <https://www.keepingposted.org/>

Until next time, be sure you mail something today..... ..you know I will!!!

MAIL TODAY



**Linda Hobbs, PM Retired
Memorial Committee Chair, 2023**

Hello Everyone



Summer is here, I hope you and your family is enjoying the beautiful weather.

Please let me know if you hear of a death, or see an obituary of a deceased Postmaster, Retired Postmaster, Associate Member or Spouse. If I get the information in time, funeral arrangements can be sent out by email. The obituary will be put in the Zip Line and included in the Memorial Service at the State Convention.

Enjoy the beautiful summer!

Thank you,

Linda Hobbs
PO Box 65
Rudolph WI 54475-0065

Phone # 715-435-3267
or email address clhobb@wctc.net

Douglas E. McConaghy

1948 - 2023



Douglas Edward McConaghy, 75, passed away peacefully after a long battle with Parkinson's disease, Monday, May 15, 2023 at the VA Hospice Unit in Tomah, WI. He was born in La Crosse, WI on March 23, 1948 to Raymond McConaghy and Frances (Kreutz) McConaghy. He graduated from Aquinas High School and went on to the University of Wisconsin La Crosse. He was in the Alpha Phi Omega Fraternity. He registered for the draft in the U.S. Army, and entered basic training in February 1969. He was stationed in Wursberg, Germany in the M.P. 's and served as color-guard there. He married Kathleen Thrun before he went to Germany and she followed him there. Their son, Toby, was born there in 1970. Doug returned to the U.S. two years later and daughter Wendy was born in 1972. He resumed his career at the La Crosse Post Office, working his way through the levels until he became Postmaster at

the Galesville Post Office, and then the Ettrick Post Office. After his retirement, he started his fun career working at Redhawk Golf Course in Castle Rock, CO.

Kathy and Doug enjoyed their years in Colorado, especially the times spent with Toby and Wendy and their wonderful granddaughters and step-grandchildren. Doug loved to waterski, fish, hunt, golf with his buddies, ride his Harley, hike the foothills of Colorado, and cheer for the Badgers and Packers. He volunteered at Aquinas Bingo, was a member of the Onalaska Anglers, a DART volunteer at Mayo Hospital, and various projects at Onalaska Public Library; Barcoding project and "Yo-Yo Maan", to name a few.

He is survived by his wife, Kathy, son Toby McConaghy, daughter Wendy (Craig) Ciancio, sister Michelle (Tony) Kromke, brother Steven (Dianne) McConaghy; granddaughters, Grace and Zoe, and step-grands Melody and Joseph, and many nieces, nephews and cousins, and countless friends.

He was preceded in death by his mother and father, and many aunts and uncles.

Mildred "Millie" A. Glodowski

1938-2023



Mildred "Millie" A. Glodowski (84) of Amherst, WI, was welcomed into the loving arms of our Lord on Tuesday, April 11, 2023, after her long battle with Alzheimer's Disease. Millie was born on May 18, 1938 in Stevens Point, daughter of the late Edward and Mary (Wysocki) Groholski. She graduated in 1956 from Maria

High School - St Joseph's Academy, Stevens Point. On October 5, 1957, she married Bernard "Bert" Glodowski at St. Mary's of Mt. Carmel Catholic Church - Fancher.

After high school and during their first years of marriage, Millie lived in Stevens Point and worked at Sentry Insurance. Along with some of their close friends, she enjoyed living in Washington for a short while where Bert was stationed in the army. In 1963, they purchased the Glodowski family farm where Millie helped Bert with all aspects of the farm while running the household. She also tended her large garden, canned vegetables, made her own lard to make her awesome pies and pickled pickles for additional income. Millie instilled many important values upon her four children, especially a strong work ethic and a love of ice cream. She served as the Town of Amherst Treasurer for many years having a knack at keeping the books. In the early 80's, Millie began working for the US Postal Service and after a few years, became the Nelsonville Postmaster and later the Amherst Junction Postmaster. Millie took great pride in her postal career that spanned over two decades.

Millie and Bert loved dancing polkas and waltzes at many Polish weddings and church picnics. They also enjoyed bowling, playing cards, reading, going to Las Vegas and local casinos, and traveling to visit family. They were very devoted to their grandkids and loved spending time with them. Millie often showered them with cookies. Attending their children's and grandchildren's various musical performances and sporting events was also one of their favorite pastimes. Family members knew not to call Millie though during Packer games - she was a devoted fan. Millie had an outgoing personality and seemed to know everyone in the area. She especially enjoyed spending time with her fellow "Domestic Engineer" bowling friends on Thursday nights and doing activities with the Amherst Junction Women's club. Millie was an active member at Fancher which included working at the annual church picnic and as a CCD teacher for many years. Always a country girl at heart, Millie admired all the birds and wildlife around her Lake Ell home, and in her later years enjoyed her house cats, Rudy 1 and Rudy 2.

Millie is survived by her children Alan (Grace Creveling) Glodowski of Naperville, IL; Jodi Glodowski of Amherst; Leda (Steven Judd) of Chippewa Falls; Dana Glodowski of Amherst; grandchildren Lauren, Brittany, Aubrey, Anna, Alex, Ryan, Sara and Aleah; and many other relatives and friends. Millie was preceded in death by her husband, her parents, her brother Lawrence and sisters Lorraine and Marion. The family would like to give a special thank you to her niece Debbie Wherritt and nephew Norm Groshek for their frequent visits throughout the years, to Helen Isenberger, Millie and Bert's caregiver and dear friend, to the west wing staff at Dimensions Living in Stevens Point and St. Croix Hospice.



Send Obituaries To:
Linda Hobbs
PO Box 65
Rudolph WI 54475-0065

Phone # 715-435-3267, email clhobb@wctc.net



Jeanette Lillian Engelbright

1936-2023



Jeanette Lillian Engelbright, 86, of Arpin, died Thursday, July 6, 2023 at Our House Memory Care, Wisconsin Rapids with her family by her side.

Funeral services will be at 11 a.m. Saturday, July 15, 2023 at the First Presbyterian Church, Arpin. The Pastor Jess Wakefield will officiate with Mary

Scheunemann and Traci Frischman providing music. Burial will be in the Arpin Cemetery. Serving as pallbearers will be grandsons, Ryan, Nathan and Nikolas Engelbright, Eric Paul, Nick Saeger, Bryan Vickroy, and Kory Buchberger.

Visitation will be from 4 p.m. to 8 p.m. Friday July 14, 2023, at Herman-Taylor Funeral Home, 2201 Chestnut Street, Wisconsin Rapids and from 10 a.m. until service time at the church Saturday.

Jeanette was born November 25, 1936, to Donald and Lillian (Grimm) Fox, Sr. She attended Pittsville High School and Wood County Teacher's College.

On Nov 7, 1955 at "The Little Brown Church in the Vale" in Nashua, Iowa, Jeanette was united in marriage to Donald Engelbright, Jr. They made their home in Wisconsin Rapids for the next 7 years and then moved to Arpin where they owned and operated Don's Superette Grocery Store for 14 years.

Jeanette taught and subbed for many years, and then in 1973 worked for the US Post Office at Port Edwards, Wisconsin Rapids, Vesper, Stetsonville, and Arpin. In 1983, she became Postmaster in Arpin, retiring in 2001 with 28 years in the postal system.

Jeanette was a member of the First Presbyterian Church

in Arpin, taught Sunday School and acted as Sunday School Superintendent. Jeanette loved her community and was active in many activities and organizations including Boy Scout and Girl Scout Leader, trustee on the Village Board, Sanitary District Board, Library Board, Arpin Advancement member and leader, Wood-Portage Postmaster Assoc., President and member of NAPUS, League Postmaster's Association, and Professional Women's Association member. She was instrumental in beginning the Queen Contest and Ball in Arpin which was held yearly, and played a pivotal role in the Arpin Centennial book coming to fruition.

Her greatest love was her family; she was always happiest when everyone was together. Celebrations were never complete without her amazing apple pie and grasshopper malts. Her children and grandchildren could always depend on her to be in attendance to any event that they had, whether it be a ballet recital or a baseball game. She was such a kind, loving person to all and had an innate ability to make anyone feel welcomed in her presence. Everyone who knew her would tell you that she had a special twinkle in her eye, as if she had a joke that she was letting you in on.

Jeanette is lovingly survived by her three children, Gary (Lori) Engelbright of Vesper, Lori (Mark) Paul of Vesper, and Rick Engelbright of Arpin. She is further survived by grandchildren Kelly (Nick) Saeger, Ryan Engelbright, Erin (Bryan) Vickroy, Eric (Jessi Nugent, fiancée) Paul, Elisha (Kory) Buchberger, Nathan and Nikolas Engelbright; great-grandchildren Camden and Kasen Saeger, Alexa and Jax Engelbright, Esten and Poppy Vickroy, and Jack Buchberger; brothers Charles (Pat) Fox and Donald "Butch" (Dawn, fiancée) Fox, sister Dianne (Bob) Zubella, and sister-in-law Fran Fox.

Jeanette was preceded in death by her loving husband Donald, her parents Donald and Lillian Fox, brother Dale Fox, sister Dolores (Toots) Robus, sister-in-law Judy Fox, nephew Jeff Fox, and niece Tami Robus.

Nancy Kelly

1938-2023



Nancy Kelly, a beloved mother, grandmother, great-grandmother, sister, aunt, and friend, peacefully passed away on June 18th, 2023, at the age of 84. She was born on November 5, 1938 a daughter of Ernest and Margaret (Pagel) Krueger.

She was a graduate of Antigo High School 1956. She married Donald Kelly on December 1, 1956 in Milwaukee. Their memories together will forever be treasured by those who witnessed their deep connection. They were a beacon and an example of what a marriage and family should be. He preceded her in death on February 28, 2013.

Later in life, Nancy found companionship and joy with her special partner, Sam Hardin. Their bond brought comfort, laughter, and a shared journey filled with love.

Nancy dedicated several years of her life to public service as a postmaster in Deerbook before her retirement. Her commitment to her work and her community was admirable, and she made a lasting impact on those she served.

Nancy's unwavering faith in God was an integral part of her life. She was a devout Christian and a dedicated member of Peace Lutheran Church. She shared her faith through her words and actions, serving as a beacon of light and inspiration to her loved ones. Nancy's devotion to

God was unwavering, and her legacy of faith will continue to inspire those who knew her.

She had a zest for life and enjoyed a variety of activities. One of her favorite pastimes was skiing, which she pursued with enthusiasm. Nancy was also an avid reader and dedicated her time to volunteering at the local hospital and nursing home. She was a talented knitter and made numerous afghans, baby blankets, booties, and sweaters with intricate patterns that she gifted to friends and family.

Her love for her family knew no bounds, and she embraced her role as caretaker with grace and selflessness. She will be deeply missed by daughters, Kim Kelly of Antigo, Kathy Dobson of Appleton, and Karen (Eric) Lindstrum of Wausau; grandchildren, Ashley Hightower, Jeremy (fiancé Lea) Dobson of Merrill, Kelsey (Brad) Borchardt of Green Bay, Lynn Hightower of Wausau, Syndeny (Kendall) Giles of Denton, TX, and Alissa Lindstrum (Michael Powell) of Neenah; great-grandchildren, Aaliyah Hightower, Isaac Dobson, and Harvey, Kennedy and Haven Giles;

The oldest of nine siblings Nancy is also survived by five brothers, Gene Krueger of West Bend, Gary (Penne) Krueger of Antigo, Ernie Krueger, Jr. of Manistique, MI, Kenneth (Mary) Krueger of Lake Tomahawk, James (Wanda) Krueger of Plover; a sister, Vicki (Daniel) Young of Wausau; sister-in-law, Ann Krueger of Germantown; brother-in-law, David (Karlene) Kelly of Arizona.

In addition to her parents and husband, she was preceded in death by a grandson, Justin Dobson; a sister, Connie (Jack) Holfeltz; brother, John Krueger, brother-in-law, Dennis Kelly, sister-in-law, Mary Johnson, sister-in-law,



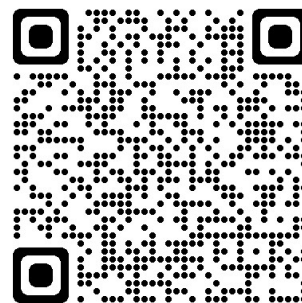
Monica Lepak attended Mary Beesten's celebration of life and took a blanket along to present to Frank, at the luncheon. Frank and Randy were longtime members of NAPUS.

Postal history

Postmaster Finder

Research. Search. Discover. Uncover.

<https://about.usps.com/who/profile/history/postmaster-finder/>



Postmaster Finder



A SOLDERS PRAYER

**DEAR GOD WATCH OVER THEM FOR ME
THAT THEY MAY SAFELY GAURDED BE
HELP THEM EACH LONELY HOUR TO BEAR
AS I WOULD LORD, IF I WERE THERE
WHEN THEY ARE SLEEPING WATCH THEM THEN
THAT FEAR MAY NOT THERE DREAM OFFEND
BE EVER NEAR THEM THROUGH THE DAY
LET NONE BUT GOODNESS COME THER WAY
SWEET LOVEING FOLKS THAT WAITS FOR ME
BEYOND A WIDE AND SPACIOUS SEA
BE MERCIFUL O GOD I PRAY
TAKE CARE OF THEM WHILE I'M AWAY**

Last and most important.

Honoring our Wisconsin Veteran's Stand Up and be Recognized

If you are a Veteran or know of a Veteran, please send me their name, Branch of Service, years of service and if at all possible a photo in uniform and a current photo. I'll take anything and everything you can send me. I'll publish what I get in a later issue. If anyone would like to write up their experience while in service I may be able to use it for the military page. This recognition is for

ALL UPMA MEMBERS -

Postmasters, Managers, Supervisors, Associates and Retired

If you need assistance scanning in photos, send them to me. I'll scan them in and return them to you. Another option is to take a picture of the photo(s) and attach them to an email with your information,

It's never to late to honor those that served!





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At my age "Getting lucky"
means walking into a room and remembering what I came in there for.



HELP SAVE OUR UPMA BUDGET!!!

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Sullivan WI 53178-9733
radpm3262@gmail.com
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Zip Line

**Next Issue deadline:
October 15, 2023**

Submit articles to:
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subject line
(Zip Line UPMA)

wiupma.org

Website updates and articles can
be submitted anytime to:

radpm3262@gmail.com
subject line (UPMA Website)

DATES TO REMEMBER

2023

7th Annual - National Convention
August 26 - September 1, 2023

31st Annual Retirees Jamboree
September 17 - 19, 2023

Central Area Officers Seminar
September 22 - 24, 2023

2024

Legislative Summit
March 17 - 20, 2024

State Convention
April 26 - 28, 2024

National Convention Orlando, FL
August 21 - 30, 2024

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