

*Seventh Annual Ohio Chapter  
State Convention*  
***United Postmasters and Managers  
of America***

June 1 - 4, 2023  
Logan, Ohio



***Hocking Hills  
State Park Lodge***

# United Postmasters and Managers of America

## Ohio Chapter - UPMA

June 1, 2023

To all Attendees,

Welcome everyone, to the seventh State Convention of the Ohio Chapter of the United Postmasters and Managers of America. We are very excited to be here at the beautiful Hocking Hills State Park Lodge.

We have a great convention planned for you with a diverse agenda including educational and fun training for you. We are also honored to have our UPMA National Vice President Jim Dunlap join us this year.

Please sit back, relax, and enjoy your time with all of your fellow members.

A special thanks to our Convention Chairs, Tracy Canby and Andrea Leyes, for all of their hard work who together, planned an outstanding convention.

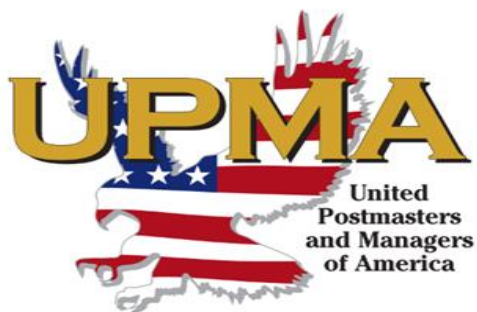
This is a huge task that is supported by those on the following page of volunteers.

Please take time to look around in the lodge and the State Park area as there is much to offer and enjoy during your stay. Despite another arduous year with the postal service, we saw fit to take this time and to seek solace among this serene location and it's beauty.

If you have any issues, ideas, or concerns, during this convention, please discuss them with me.

Thank You and Enjoy!

*Alan Metzcar*  
State President, Ohio Chapter



# CONVENTION COMMITTEES

***Convention Chair — Tracy Canby & Andrea Leyes***

***Entertainment - Andrea Leyes***

***Constitution and By-Laws — Bill Judge***

***First Timers - Lou Stuckey***

***Hospitality Room — Betty and Mike Wilson***

***Legislation — Ted Gedeon***

***Membership - Lisa Koprivec***

***Memorial Service — Paul Joseph***

***Nominating — Ted Gedeon, Tracie Gebhart***

***PAC - Laura Reese***

***Parliamentarian — Jordan Davenport, Tracie Gebhart***

***Program - Paul Joseph***

***Registration — LeAndra Karszewski & Doris Conrad***

***Scholarship — Rita Schemmel***

***Sergeant at Arms — Mike Samendinger***

***Service Rep - Andrea Leyes***

***Tellers — Sara Kreitzer & Ted Gedeon***

***Time & Place — Victoria Filippidis***

***Training — Victoria Filippidis, Tracy Canby***

***Vendors — Patty Schag***

***VIP — Ted Gedeon***



June 1, 2023

Welcome Fellow Retirees!

I'm so glad you decided to take time out of your busy schedule to attend this year's convention at beautiful Hocking Hills.

Be sure to get out and enjoy nature and visit the hospitality room. I always love this opportunity to see friends that I only see once or twice a year.

Thank you for that!

So take advantage of this time to make new friends but keep the old, some are silver and the others are gold!

*Lou Stuckey*

Retiree President



## **Share your MAGIC MOMENTS with everyone NOW!**

Something new for this year is a way to SHARE your photos. Everyone's photos will then be looped together and shown live during our convention.

*Then, you can also see all the pictures when you return home for up to a year afterwards using the link provided.*

Here are the SIMPLE instructions on how to participate:



Scan this QR code above on your smart phone or use this link:  
[evntal.co/E4AGWRT2](http://evntal.co/E4AGWRT2)

Click on “Select your pictures”

Select your picture(s) you want to share

Click on “add them”

**There will be cards laying on your tables with the QR code so you can take them with you to scan while out and about.**

**The more you snap, the more you share, the more memories we will create for all! Let's see how creative we can get with this.**



## A few notes on Convention Rules and Etiquette

We are glad that everyone can be here and we want for you to have an enjoyable experience as well.

Keeping that in mind, please note the following so that EVERYONE can participate and come away with memories and friendship that will last a lifetime:

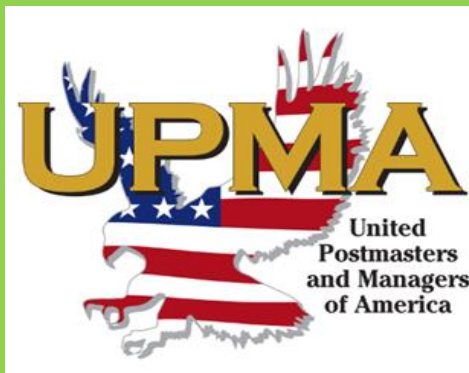
- Please wear your I.D badge at all times
- Keep this program with you and make notes as needed
- Please be on time for all scheduled events ESPECIALLY door prizes!
- Dress appropriately
- Silence your cell phone. If you must take a call, step outside please.
- Do not enter or leave your seat during a speaker's presentation.
- Do not talk while a speaker is talking.
- Plan your discussions or meetings around speakers.
- Do not speak at a floor microphone until recognized by the chair.

Lastly, please take time to visit our Vendors who are here to support us and most importantly, support YOU!

They are here to help you with a variety of services and products and your patronage is greatly appreciated.

You will also find several tables in the foyer that have publications from other UPMA Chapters from across America.

Please browse over their material to see what and how they are dealing with the same issues we have.



# TOGETHER, WE CAN REACH BETTER HEALTH.

We are proud to support  
The Ohio Chapter of  
UPMA and the 7th Annual  
State Convention.



Federal Employee Program.

**Wava J. Iker**  
Federal Health Benefits  
(513) 502-2264  
[Wava.Iker@anthem.com](mailto:Wava.Iker@anthem.com)



## What exactly is a “First Timer” ???

Everyone was a “first timer” at something in their life. A new job, first day at school, making a sports team, etc. This weekend is no exception to that.

So why does the Ohio Chapter of the UPMA make a big deal about our First Timers at a convention? There’s lots of good reasons why.

First, you took the time to come to something you knew next to nothing about, and committed to staying a few days. The post office didn’t pay you to do that.

Next, you came expecting to learn new things, meet some new people, make some contacts that you can rely on in your career moving forward to help you, assist you, guide you, mentor you, and...well, you get the point.

Then after you are here, you’ll see folks talking about things OUTSIDE of the post office which is good too. ***There’s more to life than just work*** and you DESERVE that.

We in the Ohio Chapter believe that as a First Timer, we want you to see the best of what being a UPMA member is all about, what it can offer you and the opportunities it can create to help you grow in many ways.

Sure we have fun, play games, enjoy each others company but there’s more. In fact, we have members who are actively involved in many facets of the organization that brings travel, new venues and challenges that help strengthen your knowledge base and ability to assist others who are coming behind you.

***You are our future!*** Our goal is for YOU to succeed and this is a huge part of that process. The info and contacts you make here help solidify that foundation to build upon.

But it doesn’t just end when you leave the convention. You come away empowered with the understanding that through teamwork, anything can be accomplished and we stand behind that principle. Our members have aspired to be District Managers and above in the postal service.

We hope you will also share with your contemporaries back home about your experience here and encourage them to join our great organization. You then can help welcome them in the future as a “First Timer” as you pass the torch of camaraderie in fellowship towards a stronger organization.

We welcome our First Timer’s this year to the State Convention and wish you great success with each passing day. We are here to help you in any way possible to make that happen.

***Alan Metzcar*** - Ohio Chapter President



# ***Training OPPORTUNITIES***

There are three different sessions of training being offered during TWO periods on Friday so you can attend two of the three available.

They are as follows:

## **1:15 PM to 2:30 PM - Breakout Training Session 1**

**TIAREA Process** – Jerome Canady, HQ Delivery, Ohio 2 District Team Lead

**PS Form 150/ CSV & SOV** - Mari Beth Kirkland, Manager, Learning Development, Ohio 1 District

**Labor Relations** – Jay Schild, Manager, Ohio 2 District

## **2:45 PM to 4:00 PM - Breakout Training Session 2**

The above sessions *will be repeated in the same locations* that will be announced on Friday morning during ADMIN announcements.

For those not participating in the above training sessions, there is also a Glass Blowing Tour of the Jack Pine Studio offered for the retirees/guests present. Advance registrations are required so please inquire immediately in the day.

# **Convention Schedule of Events**

*Please note, all events/times subject to change.*

## **Thursday June 1**

4:30	Executive Board Meeting	Grand Ballroom
6:30	President's Welcome Reception Forest Plaza - Pergola Area	
7:00-8:00	Meet some Wildlife-Houdini with a Park Ranger - Jeff Large	
7:00-9:00	Henna Tattoos - Henna by Anjali Vyas	
	Southern Ohio Mobile Axe Throwing	
9:00-11:00	Hospitality Room Rooms 225 & 226	

## **Friday June 2**

6:00 am	Vendors set up		
7:00-8:00	Convention Registration		
7:00-7:45	Grab & Go Coffee & Light Breakfast Hospitality Room		
7:45	Door Prizes		
8:00	General Session		
	Procession of Officers		
	Parade of Retirees		
	Call to Order		
	Invocation		
	Presentation of Colors	<b>Ohio Society of the Sons of the American Revolution</b>	
		<b>Meaning of the 13 folds - Flag Ceremony</b>	
	Pledge of Allegiance		
	National Anthem		
	Roll Call of Officers		
8:15	Welcome to Hocking Hills Joe Schneider, Postmaster of Logan Ohio		
	Introduction of Hocking Hills Lodge & Conference Center		
	Park Ranger-Kayla		
8:30	Introduction of Vendors		
8:45	Officer and Committee Reports		
	Membership	PAC	Training
	Retirees	First Timers	By-Laws First Reading
9:20-9:30	Introduction of Jim Maher		
	National Vice President (Candidate running for UPMA National Secretary)		
9:30-9:40	Introduction of Greg Nors		
	National Executive Vice President (Candidate running for UPMA National Secretary)		
9:40-9:50	Introduction of Jeff Jarrett		
	Indiana UPMA State President (Candidate for Central Area Postal Coordinator)		
9:50-10:00	Introduction of Kathy Frame (Candidate for Retiree Vice President)		
10:00	District Panel - Ohio 2 District Manager, William D. Jones		
12:00	<b>LUNCH HONORING RETIREES</b>		
	Retiree meeting immediately following		
1:15-2:30	Breakout Training Session 1		
	TIAREA Process Jerome Canady - HQ Delivery, Ohio 2 District Team Lead		
	PS Form 150/CSV & SOV Mari Beth Kirkland, Manager Learning & Development Ohio 1		
	Labor - Jay Schild, Manager of Labor Relations Ohio 2		
2:45-4:00	Breakout Training Session 2		
	TIAREA Process Jerome Canady Ohio 2		
	PS Form 150/CSV/ & SOV Mari Beth Kirkland, Manager Learning & Development Ohio 1		
	Labor - Jay Schild, Ohio 2 Manager		

## Friday, June 2nd schedule continued -

2:30	Glass Blowing Tour of Jack Pine Studio - Retirees \$49 Advance reservations required Meet at lobby fountain at 1:45
6:00	<b>OUTDOOR BBQ TYPE Dinner with Cash Bar      Grand Terrace</b>
7:00	PAC activities
8:00	2 Fire Pits Available Bring your smore's fixins
8:00-10:30	DJ with Line Dance instruction DJSimmerZ by Matt Simmer
9:00-11:00	Hospitality Room                      Rooms 225 & 226

## **Saturday June 3**

7:00-8:00	Registration
7:00-7:45	Grab & Go Coffee and Light Breakfast -Available in Hospitality Room
7:45	Door Prizes
8:00	Call to Order
	Invocation
	Pledge of Allegiance
	Committee Reports
	PAC                      First Timers
	Retirees                Adverse Action
9:00	Constitution and By-Laws Second Reading
9:30	Scholarship Presentations              Rita Schemmel, Scholarship Chair
10:00	Jim Dunlap HQ Labor Relations, UPMA National Vice President - West National UPMA message
11:45	<b>Lunch honoring FIRST TIMERS</b>
1:15	Cork & Tap Excursion - Winery Tour \$25 4 hours Includes transportation to and from Lodge. Meet at Lobby Fountain
1:45	Hocking Valley Scenic Railway Train Trip 2:30 Meet at Lobby Fountain at 1:45 \$21 2 hours Train departs from Nelsonville goes to East Logan Onboard Narration
1:45	Guided hike with a Naturalist Meet at Outdoor Hiker's Pavilion Triangular area to the right of Lodge
5:45/6:00	Dinner Grand Ballroom & Cash Bar 5:45 - 9:45
7:00	PAC activities
8:00-10:30	Cover Band                      Bluewater Kings Band (Live Music 70's-now)
9:00-11:00	Hospitality Room                Rooms 225 & 226

## **SUNDAY June 4 (Hotel check out by 11:00 AM)**

7:00-7:45	Grab & Go Coffee & Light Breakfast      Available in Hospitality Rooms
7:45	Door Prizes
8:00	Call to Order
	Invocation/Pledge of Allegiance
	Committee Reports                      PAC                      Retirees                      First Timers
8:30	Time & Place                      2024 Convention presentations      National Bid for 2025
9:00	Constitution & By Laws
9:30	Memorial and Veterans Presentation
10:00	Election of 2024 Officers/Voting
11:00	Member Yearly AwardsPAC Awards
11:45	Swearing in of newly appointed Officers.
12:00	Convention closed.

# **2023 State Convention Vendor List**

**Thank you to ALL of our Vendors present**

**It's because of you that makes this possible!!!  
OHIO UPMA appreciates YOUR support**

**Blue Cross Blue Shield - Wava Iker**

**Medical Mutual of Ohio - Kimberly Young**

**My FED - Allen Perry**

**NARFE - Tim & Sandy Gartner**

**Federal Benefits Information Center -  
Joe Potelicki**

A special thanks goes out to Allen Perry with My FED for sponsoring the conference. His \$500 donation helped to cover our evening entertainment.

It is through the gracious support of our annual vendors that help make our conventions a success.

Please take time to visit and discuss any of your needs with our vendors this weekend. They are here for you!



### *Editor's note:*

*The following materials are part of the memorial service for this year's convention. I thought you may want to have a copy of it to take with you and share.*

## When Great Trees Fall

### Maya Angelou

When great trees fall,  
rocks on distant hills shudder,  
lions hunker down in tall grasses,  
and even elephants lumber after safety.

When great trees fall in forests,  
small things recoil into silence,  
their senses eroded beyond fear.

When great souls die,  
the air around us becomes light, rare, sterile.  
We breathe, briefly.  
Our eyes, briefly, see with a hurtful clarity.

Our memory, suddenly sharpened,  
gnaws on kind words unsaid,  
promised walks never taken.

Great souls die and our reality, bound to  
them, takes leave of us.  
Our souls, dependent upon their nurture, now  
shrink.

Our minds, formed and informed by their  
radiance, fall away...

And when great souls die,  
after a period, peace blooms,  
slowly and always irregularly.

Spaces fill with a kind of soothing electric vibration.

Our senses, restored, whisper to us.  
They existed. They existed.

We can Be – and we can be Better.  
For they existed.

## To Laugh Often and Much

### Ralph Waldo Emerson

To laugh often and much;  
to win the respect of the intelligent people  
and the affection of children;  
to earn the appreciation of honest critics  
and endure the betrayal of false friends;  
to appreciate beauty;  
to find the best in others;  
to leave the world a bit better whether by a  
healthy child, a garden patch,  
or a redeemed social condition;

to know that one life has breathed easier because you lived here.

This is to have succeeded.



# SO WHAT'S COOKING?

Of course everyone wants to know WHAT'S COOKING? Here's the schedule of meals and what you can expect at this year's convention:

## President's Reception:

Swedish Meatballs  
BBQ Wings  
Potato Skins  
Fresh Vegetables and Dip  
Fresh Fruit  
Chips and Salsa

## Lunch Friday:

Taco & Baked Potato Bar  
Vegetarian Rice  
Vegetarian Refried Beans

## Dinner Friday:

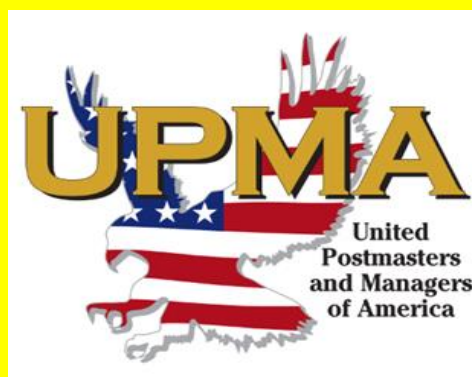
Mohican Brisket  
Kansas City Dry Rubbed Chicken  
BBQ Pork Riblets  
Deviled Egg Pasta  
Mexican Street Corn  
Garlic Crusted Mac & Cheese  
Mixed Green Salad  
Triple Berry Crisp  
Carrot Cake

## Lunch Saturday:

Slow roasted turkey  
Glazed Ham  
Cheese Stuffed Shells Florentine  
Three Bean Salad  
Mixed Green Salad  
Green Beans Almondine  
Vegetable Medley  
Mashed Potatoes

## Dinner Saturday:

Parmesan Crusted Chicken  
Bourbon Glazed Pork Loin  
Scampi Style Shrimp  
Broccoli Salad  
Mixed Green Salad  
Brussels Sprouts  
Baked Potatoes  
Mashed Sweet Potatoes  
Assorted Pie  
Cheesecake





# DENVER

## COLORADO



# 7th UPMA National Convention

Aug. 26-Sept. 1, 2023

## Official Registration Form

Registration also available at [www.unitedpma.org](http://www.unitedpma.org)

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:

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

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**

## ***To all Attendees at the 2023 State Convention***

It has been our pleasure to host you as valued members in the Ohio Chapter of UPMA who took of your invaluable time to attend this year's convention.

We hope you take away many good memories of the camaraderie and fellowship that our organization brings as we work towards supporting efforts of all our members both active and retirees.

Please be safe in your journey as we part company and help look out for one another whenever the opportunity arises. Looking forward to seeing you in Denver at the National Convention if you can make it.

Thanks again to everyone for making this year's convention a success.

Alan Metzcar - Ohio Chapter State President, UPMA

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**Notes, important stuff, and a place to jot things down:**

To add to the fun, we'd love to see photos of everyone's adventures during our 2023 Ohio convention.

To upload your photo to the convention album:



Scan this QR code or use this link [evntal.co/E4AGWRT2](https://evntal.co/E4AGWRT2)  
Click on "Select your pictures"  
Select your picture(s)  
Click on "add them"

