

# SOUTH ATLANTIC CONFERENCE

of the National Rural Letter Carriers' Association



Georgia

Florida

North Carolina

South Carolina

Tennessee

Mississippi

Kentucky

Alabama

**45<sup>th</sup> Annual Conference**

**Sonesta Atlanta Airport North**

**Atlanta, Georgia**

January 27-29, 2024

## South Atlantic Conference Officers

**President**..... Phil Upchurch, Georgia  
**Vice President** .....Janeen Montgomery, Florida  
**Secretary/Treasurer** ..... Dennis Conley, North Carolina

### Board of Control

**Board Chairman** .....Cassandra Francis, South Carolina  
Thomas Keys – Tennessee, Michael Smith – Mississippi  
Ryan Clark – Kentucky, Connie O'Brien- Alabama  
Glynda Wurtz – Georgia, William Braddick – Florida  
Tracy Greer – North Carolina

### Saturday, January 27, 2024

**Registration**..... **10:00AM – 5:00PM**

### Saturday Afternoon Seminars

Constitution and Resolutions 101 .....**3:00PM – 4:00PM**  
*Nicky Phillips Chairman, John Adams, and Kirby Ricketts, NRLCA Executive Committeemen*

OWCP .....**4:00PM – 5:00PM**  
*Devin Cassidy, NRLCA Director of Worker's Compensation*

### Saturday Evening Seminar

Labor .....**7:00PM – 9:00PM**  
*Bridget Boseak, Director of Labor Relations  
Shirley Baffa, Director of Steward Operations  
Jean Marc Favreau, NRLCA Legal Counsel*

Flag Practice ..... **9:30PM**

**Sunday Morning, January 28, 2024**

**Registration..... 7:30AM – 5:00PM**

**Worship Service..... 8:30AM**

*Gary Wilder, NRLCA Chaplain, Tennessee*

**General Session..... 9:15AM**

Presiding ..... Phil Upchurch  
*SAC President, Georgia*

Advancement of Colors ..... Michael Morgan  
*US Army Veteran, Georgia*

Advancement of State Colors ..... Janeen Montgomery  
*SAC Vice President, Florida*

Pledge of Allegiance ..... Donna Bagwell  
*Gold Star Mother, Mississippi*

Prayer ..... North Carolina

National Anthem ..... Doug Byrum  
*North Carolina*

Greetings ..... Julie Houston  
*National President, NRLCA Auxiliary*

Remarks..... Blake Graham  
*President, Atlanta Postal Credit Union*

Remarks..... Linda Foran  
*Marketing Executive, National General*

**BREAK..... 10:30AM**

Remarks..... Lynne Paller  
*Director of Insurance Programs, NRLCA*

Remarks..... Jean Marc Favreau  
*Legal Counsel, NRLCA*

Remarks..... Paul Swartz  
*Director, Governmental Affairs, NRLCA*

Remarks..... Ted Borgstadt  
*Trestle Tree Representative*

Prayer ..... South Carolina

**LUNCH BREAK (on your own) ..... 12:00 Noon – 1:30PM**

**Sunday Afternoon, January 28, 2024**

**Sunday Afternoon Association Session ..... 1:30PM**

**Auxiliary Session ..... 1:30PM**

Special Presentation ..... Phil Upchurch  
*SAC President, Georgia*

Announce of Candidates .....

Keynote Address..... Don Maston  
*National President, NRLCA*

**REFRESHMENT BREAK – Lombard I and II**

*Compliments of Atlanta Postal Credit Union*

**Sunday Afternoon Seminars**

**Health Benefits Seminar (Gable I) ..... 3:30PM – 4:30PM**

*Lynn Paller, Rural Carrier Benefit Plan, NRLCA  
Ali Sherrill, AETNA Representative  
Crystal Lawroski, CVS/Caremark*

**FERS Retirement (Gable II)..... 4:30PM - 6:00PM**

*John Embleton, Retirement and Special Projects, NRLCA*

**Monday Morning, January 29, 2024**

**BREAKFAST BREADS AND COFFEE ..... 7:30AM**  
Gable I and II –Compliments of National General

**Registration.....7:30AM – 10:30AM**

**Monday Morning Session..... 8:30AM**

Prayer ..... Tennessee

Remarks..... Scott Raymond  
*Vice President, Retail and Delivery Operations, Atlantic Area*

Remarks..... Derek Strissel  
*Manger of Operation Integrations, Central Area*

Remarks.....  
*USPS Representative Southern Area*

Remarks..... Executive Committeemen, NRLCA

Introduction of Question-and-Answer Panel..... Phil Upchurch  
*SAC President, Georgia*

Closing Remarks..... Phil Upchurch

Installation of South Atlantic Conference Officers .....Nicky Phillips  
*Chairman Executive Committeeman, NRLCA*

Retirement of Colors ..... Michael Morgan

Benediction ..... Mississippi

Adjourn..... No later than 12:00 Noon

## ***NOTES***

Congratulations  
on a successful  
2024 Conference!

THANK YOU  
for your continued  
support of

