

My name is Debbie A. Tezeno. I have been a carrier at the Labadieville Post Office for 22 years. I have served 18 years as a RCA. As a member of the Union, I attend the local meetings, State Conventions, Executive Board meetings, and SWAC. I am the Vice President of the Deep South District and I have served 2 years as Vice President. I have been nominated to serve as a National Delegate to the upcoming National Convention in Grapevine Texas.

My name is Belinda LeBlanc. As a Rural Carrier I served in various positions in our Union. I was an Academy Instructor for 10 years. I served as President of SW District and also as Vice President. At the beginning of my Postal Career I also served on the QWL/EI team. I was an Office Steward for a short time and Election Committee at State Convention for 2 years. In 2024 I was voted Member of the Year for SW District and for the State and recognized at National Convention. I currently serve on the State Audit Committee. I would

Hi! I am Pamela Guidry – I am a regular carrier in Abbeville, LA serving on Route 7 – a 44J. Became full time 11 years ago on April 4. I have a long way to go before I am eligible for retirement. I believe that by getting involved and taking a stance is very important with the ever-changing demands of our rural craft. I served as an RCA for 9 and a half years when we did not qualify for health insurance or annual leave. These things are important but we still need more to retain RCAs.

Hello everyone, I am Danette Bourque. I am a rural carrier from Crowley, LA. My route is a parent/child route. I start in Crowley and go to the Egan post office. I am currently your LARLCA Photographer/Historian. I have worked for the USPS for 13 years. I made regular 7 years ago. I absolutely love my job. I am a proud member of our union. I would be honored to represent you all at national convention this year.

Hello, I am Shaunna LeBoeuf and I am a Rural Carrier for Eunice, Louisiana and became a Regular Carrier on 06/28/2025 after being a RCA for 7 years and Union member since I was hired. Recently, I became a Local Steward for my office. Becoming a National Delegate would allow me the opportunity to be a voice for my home office as well as other offices near me. I would not only be able to bring valuable information back to my coworkers but I would have the opportunity to develop contacts with carriers nationwide.

I am currently serving as State Secretary-Treasurer, State Editor and SWAC Secretary-Treasurer. I have been with the Postal Service for 30 years. I attend every district, state, regional and national meeting that I possibly can. I am a Chief Steward and served as an academy instructor for 4 years. I learn and share any information as I can with the members, through speaking at the meetings and writing informational articles for the state paper. I vote on matters as I feel the way you would want to vote yourself. That's what a delegate is, your voice. Monica Oden.

My name is Helen Webb from the Central District. I worked for USPS 30 years and also as the state secretary-treasurer for 13 years. I was a member of the DJSC when it was active within the Post Office. My husband, Troy, is also active in the Auxiliary. I realize the trials that rural carriers have today and we had many of those same problems back in the days when we were working. Thank you for your past support and for being a member of this great organization. I appreciate your vote of confidence

Hello my name is Lottie Taylor. I've been a Rural carrier since 1995. I've been a Union member for appx. twenty five years. I've attended around fifteen State Conventions, serving on the Resolutions, Constitutions and Elections committees. I've attended Five National Conventions choosing Caucus as my assignment questioning each candidate for National Office! I served as Sec/Treas for Southeast District for six years and currently Vice President for two years. Being involved in the Union is how we make changes for our futures! I currently deliver my Route five to six days a week.

I have been with the Postal Service since 2001. I take pride knowing all I can about my job and each meeting, district, state, or national, gives a wealth of information. My positions, Academy Instructor, SWAC board 5 years, state VP 2 years, district VP, and currently district president 2 years and Area Steward since 2019 soon to be PT/ADR. Each constitution and resolution should be carefully thought over and considered when presented. Each delegate represents 100 members. Each aspect of our job can be changed from any one of these. Delegate positions should be taken seriously. Jennifer Doss

I am currently a regular rural carrier at the Denham Springs Post Office and your state president. I started working for the Post Office in 2009. As an RCA, I saw firsthand the mistreatment of management and the constant violation of our contract which led me to become a local steward in 2014, area steward in 2017, and part-time/ADR since 2021. I would be honored to be a delegate at the 2026 National Convention. I hear from so many carriers throughout our state, the good, the bad, and I want to be your voice in addressing your concerns.  
Tameka Brown

Hey Ya'll, my name is Laurie LeMaire, known as "Bird" to my coworkers. I was an RCA for 5 years and a Regular Rural Carrier since May 1999 in Baton Rouge, Louisiana. I have learned a lot by attending my local meetings and state conventions. I would like to become a delegate for the National Convention to represent my fellow carriers. I need your votes to get there. Thanks and be blessed.

My name is Candice Priest, if you don't know me by now, I am a carrier in Greenwood. I have served the union as a Northwest District officer, local steward, academy instructor, LARLCA Vice president, LARLCA president, and state Secretary treasure, part-time ADR for six years. I currently serve as PAC chair. I have attended State Convention every year since 1996 and National Convention every year since 2003. I have seen many changes over the years and now we have many challenges coming our way. We must pay attention and fight to keep our pay and benefits.

Greetings from the Rice Capitol of America and the Southwest district. Two Positions I really take seriously being a Stewart and an academy instructor at my local office. I love being a rural carrier. I have been a rural carrier for 14 years at the Crowley, LA Office. I have been selected to be a delegate at the National convention. I am interested in working with others in the negotiations for our new contract. Attending this convention will keep me updated on policies and procedures to educate my fellow carriers locally and in my district. I'm Rebecca Smith

Pamela Keller My journey in the USPS begin August 28, 2021, as assistant rural carrier, on January 11, 2024 my career began a regular carrier of my own route. Mastering my milestone, I've learn that changes always happen in this job, thru management, coworker and rules... One thing I've learn as a muture age female is my passion is helping others. I also feel that my ability to be understanding and fair is the key, which will be a beneficial in this committee. I am confident that I can contribute to our Union success with United States Postal Service standard.

Barbara Dickens - I am a member of the NRLCA, LaRLCA, and the S/W District. I have held positions in my district as president, vice president and several terms as secretary/treasurer. In these positions, I served on the state board. I am active in attending district meetings, state conventions, and national conventions. I also attend the SWAC Conferences (this includes Arkansas, Louisiana, Oklahoma, and Texas) which brings a little national news to a smaller group as does the state convention. My votes are with the whole craft in mind. I was appointed as an Academy Trainer. I support NRLCA PAC.

Hi, my name is Lana Touchet. I've been with the post office 7 years, and joined the union at academy. I regularly attend district meetings, am a PAC sustaining donor, have been to the past 2 state conventions, 1 national convention, and my first SWAC this year. As a recent certified local steward, I am learning and willing to step up to make sure the contract provisions are upheld. We need change and transparency, and the younger generation of carriers to step up and fight to ensure we have a future job to retire of in these uncertain times.

My Dear fellow union members, My name is Shanna Hensgens and I've been a rural carrier since the age of 19 and hired in the year of the many Louisiana hurricanes (July 2005) and of course years that followed. I began my career in our NRLCA union but like many beginners wasn't very sure what it was or did. I soon realized the value in being part of it and ever since I knew the power of knowledge working at the USPS. In 2019 I was voted as our local Maurice post office steward and from there promoted to NRLCA

Dear fellow union members, My name is Caina Wiesendanger and I've been employed with the USPS since 2017 and immediately signed on with the NRLCA. I started at the peak of the Amazon package overload (IYKYK). I worked pretty much 7 days a week until about 2022 when an auxiliary route was made available to me and was able to be home to take care of my Mother in Law with Dementia. I made regular in January 2025 and with the only P.O.V route in our office without a RCA I work 6 days a week but have an excited

Delegates voted on a resolution to increase credit for parcels at a national convention; Delegate next to me voted no, saying it would throw her route into overburdened status and be cut! Wow, what an eye opener. Delegates must represent the carriers that elected them. At Convention, I take notes as fast as I can even notating how I will vote on issues. Then, I listen to the debate, discuss with other delegates and may even change my mind based on new information. Louisiana delegates are well compensated, but representing's not always easy. You have to love it. Joanne Breaux