



Central Pennsylvania Teamsters

GUARDIAN

Health and Welfare/Pension Guardian Newsletter



Reading, Pennsylvania



April 2012

Update on Health and Welfare Network Providers

HealthAmerica Primary Network

If you participate in one of the Fund's Health and Welfare plans, you may now search for HealthAmerica network medical providers by using a new, active link on the Fund website. This new link replaces the printed HealthAmerica network books and is updated frequently.

The network information includes providers participating in HealthAmerica's national network, Coventry National Network (CNN). CNN is a national network that participants may use when traveling outside the HealthAmerica service area.

To access the network, visit the Fund website, www.CentralPATeamsters.com. Select "HealthAmerica" under Health Providers. You will be directed to the HealthAmerica page. Scroll down to "Search for a Provider" and select "PPO." You will then be able to search for a provider by zip code and provider specialty.

Important: Please use the HealthAmerica page for provider searches only. Information other than provider information on the HealthAmerica page may not apply to you as a participant of the Central Pennsylvania Teamsters Health & Welfare Fund. Please contact the

Health & Welfare Fund with all benefits questions.

Other Medical Network Providers

In addition to HealthAmerica, participants can utilize medical providers in the following sub-networks by accessing links on the Health and Welfare Provider page on the Fund's website:

- **Devon Health**
- **One-Net** – for participants who reside in Virginia, West Virginia, Maryland, North Carolina, and the District of Columbia. Select One-Net, LLC under "Select Your Plan."
- **PHCS and Multiplan** – for participants who reside in all states besides Delaware, Pennsylvania, New Jersey, Virginia, West Virginia, Maryland, North Carolina and the District of Columbia.*
- **PHCS Travel Networks** – available to all participants when traveling. Select PHCS Healthy Directions (logo on back of card).*
- **MHNet Mental Health/Substance Abuse Providers** – Out-patient and In-patient

Please be assured that the changes to the networks listed above complement and enhance the network choices available to you through local or extended networks. You have not

lost any network access.

*If you encounter issues when scheduling appointments with PHCS or MultiPlan providers, call 1-800-678-7427. If you have questions about your benefits or the status of claims, call Central PA Teamster Customer Service toll-free in PA 1-800-422-8330, toll-free in USA 1-800-331-0420.

Other Network Provider Information Available on the Fund Website

- Delta Dental
- Davis Vision
- GPP (General Prescription Programs) Pennsylvania Participating Pharmacies

Fitness Network

Effective on January 1, 2012, discounts on fitness memberships become available through the International Fitness Club Network (IFCN). To access this network, visit www.CentralPATeamsters.com – Health & Welfare – Wellness Links. You can download a voucher to receive a free one-week trial membership and guaranteed lowest membership rates for the type of membership you select. If you don't have access to the internet, call IFCN directly at 1-800-866-8466. ■

Attention Retirees:

Recent changes to USPS mail delivery service may result in a delay in receiving your monthly pension check by mail. See page 6.

The Women's Health and Cancer Rights Act of 1998

Under a federal law called the Women's Health and Cancer Rights Act of 1998, the Fund is required to provide you with an annual notice of your rights under this Act. Please consider this information as the annual notice for 2012 of your rights under this important federal law.

The Women's Health and Cancer Rights Act requires the Fund to provide benefits for mastectomy-related services, including reconstruction of the breast on which the mastectomy was performed and surgery to achieve symmetry between the breasts, prostheses, and complications resulting from a mastectomy, including lymphedema. Any Fund deductibles and co-payments that apply to other conditions also apply to the treatment related to the mastectomy. You should feel free to contact the Fund Administrator if you have any questions about your coverage. You can reach the Fund Administrator at 610-320-5500.

This coverage is available under all plans of the Central Pennsylvania Teamsters Health and Welfare Fund and is subject to the relevant plan's deductibles and coinsurance provisions.

If you have any questions regarding this coverage, please contact the Fund Office.

Notice of Material Modifications Retirement Income Plan 1987

Effective March 1, 2012, the Retirement Income Plan 1987 provides for mandatory arbitration in the event that a claimant is dissatisfied with the results of a claim review. Any arbitration will be conducted under the auspices of the American Arbitration Association with a neutral arbitrator. This conforms the Plan Document with the Summary Plan Description "SPD" and prior correspondence from the Plan and provides a faster and less expensive manner of handling claim disputes. The Plan Document for the Defined Benefit Plan has always contained this provision.

December 2011 Retirement Income Plan (RIP) Return

The following is the approximate net return for the Central PA Teamsters RIP 1987 retirement plans for the twelve month period ending December 31, 2011. The net return equals the gross investment return less investment and administrative expenses plus the reallocation of forfeited account balances from terminated non-vested participants who incurred a 5-year break in service.

Plan
RIP 1987

Approximate Net Return
-0.7%

You may also view your RIP 1987 balance on the Fund website through the Pension Fund Web Portal. Click on the Pension Section and then "Pension Fund Web Portal." You must register first before you can access your account information.

For more information on investment returns, visit the Central Pennsylvania Teamsters website, www.CentralPATeamsters.com. Click on Pension Fund and then "Reports and Notices."

Changes in Pre-determination Rules

Sleep Studies

Effective on January 1, 2012, all sleep studies (polysomnograms) in a facility will be subject to pre-determination prior to approval. Some eligible sleep studies will now be performed at the patients' homes, using a portable device with 24/7 clinical support staff. Patients must meet specific criteria in order to have a sleep study performed in a facility setting.

Durable Medical Equipment

Also effective January 1, 2012, some durable medical equipment purchases will be subject to pre-determination prior to approval. Examples of equipment subject to pre-determination are hospital beds and non-motorized wheelchairs.

Spinal Fusion Surgery

The Health and Welfare Fund requires pre-certification for spinal fusion surgery. Spinal fusion is a surgical procedure that promotes the fusing, or growing together, of two or more vertebrae in the spine. These procedures are reviewed by a spinal fusion surgery team to determine if it is the best option for the patient.

Have Health Care Questions? Call NurseLine.

NurseLine is a free service available 24 hours a day, 7 days a week to help you and your family with health issues. Call NurseLine toll-free, at **1-866-491-4462** for help when you are sick, injured or have a health care question.

Motor Vehicle Accidents: How Are Medical and Wage Loss Benefits Paid by the Health and Welfare Fund?

The Fund Office receives many questions regarding coverage provided by the Fund when the claim is the result of an injury due to a motor vehicle accident. In accordance with Plan provisions, the Fund will **only** cover medical expenses on a subrogated basis once the maximum liability has been paid by the motor vehicle insurance carrier. *In other words, the Fund will consider the payment of medical expenses only after benefits from the automobile insurance carrier have been exhausted.*

The subrogation rules above also apply if you are injured while repairing your car or by any other contact with your car.

*In addition, the Fund will **not** provide coverage for short-term disability benefits (except for the first 5 days of missed work) for injuries sustained in a motor vehicle accident.* The only time the Fund will pay more than 5 days of short-term disability benefits is when written proof is submitted verifying that the state in which you reside does not allow you to purchase wage loss protection from your motor vehicle insurance carrier. The state of Pennsylvania allows residents to purchase wage loss protection. It is recommended that you contact your motor vehicle insurance carrier to evaluate the extent to which you are covered for wage loss benefits resulting from a motor vehicle accident. Check with your motor vehicle insurance carrier to ensure that your policy carries at least the minimum coverage required by the state in which you reside.

Do not wait until you have an accident to find out you have no wage loss coverage under your policy. Payment for the first 5 days of short-term disability benefits **does not** apply to motorcycle accidents. There are **no** short-term disability benefits payable for injuries sustained as a result of a motorcycle accident.

Moonlighting/ Self-employment

The Health and Welfare Fund does not cover participants or their eligible dependents for illnesses or injuries that arise as a result of performing non-covered employment for wage or profit. Any time such service is rendered for wage or profit, there are no benefits (i.e. medical, short-term disability, etc.) payable by the Fund. Non-covered employment means any employment for which contributions are not made to the Fund. Unfortunately, in the past, there have been cases where an individual was performing odd jobs, i.e. painting, roofing, etc. for which they received payment. The individual was injured while performing the job and as a result, all bills and short-term disability benefits were denied. If you or your spouse intend to render services or be self-employed in any capacity for which a wage or profit is received, you must have the appropriate liability coverage to cover any injuries or illnesses which arise as a result of performing such services. ■



HIPAA Privacy Rule Notice

In accordance with the Privacy Rule of the Health Insurance Portability and Accountability Act (HIPAA), the Central Pennsylvania Teamsters Health and Welfare Fund has adopted and implemented policies and procedures that protect your private health information. These policies and procedures were described in a Notice originally distributed to you in April 2003. If you would like another copy of this Notice, you can find it on our website at www.CentralPATeamsters.com. Select "Health & Welfare Fund" from the menu at the top of the screen. From there, select "HIPAA." If you would like us to send you a paper copy of the Notice, please contact us. You can reach us by phone at 610-320-5500; Toll Free in PA: 1-800-422-8330; Toll Free in USA: 1-800-331-0420 or by fax at 610-320-9209.

CENTRAL PENNSYLVANIA TEAMSTERS PENSION FUND

IMPORTANT ITEMS TO REMEMBER

(Please note that this list is updated frequently)

1. Your application should not be signed and dated more than sixty (60) days prior to the date that is entered in the space entitled "Date Electing to Retire."
2. If you are electing to have your monthly check(s) sent to the bank, your **FIRST** (or next if you are already receiving checks) monthly check will be sent to your home address. It takes 30 days for the direct deposit to go into effect.
3. The date of notarization must be the same date you signed the applicable forms in the presence of the Notary Public.
4. If the Pension Fund requests a participant's signature on a form, the form must be signed by the participant. No one other than the participant is permitted to sign forms on a participant's behalf, unless a Power of Attorney is on file with the Fund Office.
5. If you are electing to roll over a lump sum balance, the financial institution receiving the rollover needs to provide a Direct Rollover Acceptance Form or a Letter of Acceptance. In order for the rollover forms to be acceptable, please note the following points:
 - a. The acceptance forms must contain the name of the correct plan from which the money is coming. The funds are either coming from the Defined Benefit Plan or the Retirement Income Plan.
 - b. If you are electing a partial rollover, the acceptance paperwork must also be marked as a partial rollover.
 - c. The Retirement Income Plan is a qualified retirement plan (QRP) or a 401(a). You do **NOT** have an Individual Retirement Annuity ("IRA") or a 401(k) with the Central Pennsylvania Teamsters Pension Fund.
 - d. The acceptance forms must be signed by an authorized representative of the financial institution. The signatures must be original.
 - e. All acceptance forms must be originals. Copies or faxes will not be accepted.
 - f. If the acceptance letter references an attached document, the Pension Fund requires the attached document to also be included.
6. Your Retirement Income Plan balance is subject to net gains or losses through the last day of the month in which your application is approved for payment.
7. Your checks will begin on the first of the month following approval of your Retirement Application by the Board of Trustees. Retirement checks are issued on the first business day of the month and represent benefits for the previous month. For example, if your retirement date is October 1, you will receive your first check dated November 1, representing benefits for the month of October. If your retirement date is retroactive, your retroactive payment will be paid in a separate check on the first business day of the month after your application is approved.
8. Please make arrangements to receive all your mail from the Fund on a regular basis if you are away from home for an extended period of time. Failure to do so could result in a delay in receiving your monthly pension check or the 1099-R form that you need to complete your federal tax return. To avoid interruptions of receipt of your mail from the Pension Fund, it is suggested that you contact the Fund directly to temporarily change your address while you are away for an extended period.

Please Note When You Are Signing Fund Documents

Please sign all Fund documents with your legal name, which must match what is on file with the Fund Office. Please be sure to use your full name (no nicknames) and suffix (Jr., Sr., III), if applicable.

A suggestion from the Health and Welfare Fund:

Compare any provider bills with your Explanation of Benefits (EOB) before you pay an outstanding balance

When you receive a doctor or dentist's bill reflecting a balance due, please compare the bill with the Explanation of Benefits (EOB) you receive from the Fund. Do not pay any balances until after you have received and reviewed the EOB. The estimated balance on a bill generated before the claim is paid by the Fund may not be correct. If you have any questions about a claim, be sure to contact the Health and Welfare Fund.

Central Pennsylvania Teamsters Health and Welfare Fund Prescription Drug Benefits

Negative Formulary List*

Aciphex	Dexilant	Mevacor	Relenza	Victrelis
Advicor	Diflucan	Nexium	Rozerem	Vimovo
Altoprev	Edluar	Oleptro	Sarafem	Vioxx
Ambien**	Effexor	Oravig	Silenor	Vytorin
Axid	Fibricor	Paxil	Simcor	Xyzal
Bextra	Gilenya	Pepcid***	Sonata**	Zantac***
Cambia	Incivek	Pexeva	Sporanox	Zegerid
Celebrex	Lamisil	Pravachol	Symbyax	Zetia
Celexa	Latuda	Prevacid	Tagamet	Zipsor
Clarinox	Lexapro	Prevacid-Solutab	Tamiflu	Zocor
Crestor	Lipitor	Prilosec****	Tekamlo	Zoloft
Cymbalta	Livalo	Pristiq	Trepadone	Zolpimist
Daypro	Lunesta**	Protonix	Trilipix	
Deprizine	Luvox	Prozac	Valturna	

And All Injectables (excluding Insulin and Imitrex)

Effective April 1, 2012, Juvisync will be added to the Negative Formulary List.

*Please note that this listing is subject to change. Participants will receive notification (via newsletter, mailings, etc.) of additions and/or deletions.

**By law, controlled substances cannot be mail ordered.

***Over the counter dosages are not covered.

****Effective 1/1/09, all new prescriptions for proton pump inhibitors (PPI's) will be subject to a Step Therapy Program. This means that the plan will cover only over-the-counter PPI's as a first step in treatment. If the OTC is ineffective, ask your doctor to write a letter (addressed to the Fund) stating the reason that you must have a prescription PPI.

Prescription Plan Benefits Under Plans 13, R4, R5 and R7

MAIL ORDER COPAYMENTS

\$15 Generic for up to a 90 day supply

\$30 Brand for up to a 90 day supply

\$60 Negative Formulary up to a 90 day supply

RETAIL PHARMACY COPAYMENTS

\$5 Generic for up to a 34 day supply

\$15 Brand for up to a 34 day supply

\$30 Negative Formulary up to a 34 day supply

Prescription Plan Benefits Under Plans 14, 16 and R6

MAIL ORDER COPAYMENTS

	<u>Option A</u>	<u>Option B</u>	<u>Option C</u>
Generic for up to a 90 day supply	\$15.00	\$30.00	\$30.00
Brand for up to a 90 day supply	\$30.00	\$40.00	\$60.00
Negative Formulary up to a 90 day supply	\$60.00	\$80.00	\$100.00

Prescription Plan Benefits Under Plans 14, 16 and R6 (continued)

RETAIL PHARMACY COPAYMENTS

	<u>Option A</u>	<u>Option B</u>	<u>Option C</u>
Generic for up to a 34 day supply	\$5.00	\$10.00	\$10.00
Brand for up to a 34 day supply	\$15.00	\$20.00	\$30.00
Negative Formulary up to a 34 day supply	\$30.00	\$40.00	\$50.00

Prescription Plan Benefits Under Plan 13Y

MAIL ORDER COPAYMENTS

\$30 Generic for up to a 90 day supply

\$60 Brand for up to a 90 day supply

\$100 Negative Formulary up to a 90 day supply

RETAIL PHARMACY COPAYMENTS

\$10 Generic for up to a 34 day supply

\$30 Brand for up to a 34 day supply

\$50 Negative Formulary up to a 34 day supply

**Recent Mail Delivery Changes
Made by the United States Postal
Service May Delay Receipt of
Monthly Pension Checks**

*Direct Deposit prevents delays
by making your check available
on the first business day of each
month*

Recent changes made by the United States Post Office have resulted in slower mail delivery. This includes mail delivery of retirees' monthly pension checks.

You don't have to let these changes delay the receipt of your pension check!

If you would like to be sure that your pension check is available to you on the first business day of each month, sign up for direct deposit! Eliminate the worries of delayed mail delivery, as well as delays caused by bad weather and lost or stolen checks. Direct deposit also eliminates standing in long lines at the bank, and waiting for your check to clear at the bank!

What are you waiting for? It's easy to sign up for direct deposit! Just call the Pension Fund or visit the Pension Section of the Central PA Teamsters website www.CentralPATeamsters.com (click on "Forms") to get the form. Fill it out and return it to the Fund Office. It takes about 30 days to complete the process after your direct deposit is received.

Important: If you are currently using direct deposit and your bank name and/or account changes, please notify the Pension Fund immediately and request a new direct deposit form to complete (even if your bank informs you that no



Retirement 101

*The Fund intends to continue discussion of retirement planning with a series of articles under the heading of "Retirement 101" in future issues of **The Guardian**.*

notification is needed.) If you change banks and need to complete a new form, simply call the Pension Fund or visit www.CentralPATeamsters.com (click on "Pension" – "Forms") to get a new form.

Pension Fund Offers Assistance with Completing Application for Retirement Paperwork

The Pension Fund offers assistance to individuals who have received their pension application paperwork (sometimes called the 2nd set of papers). This assistance is by appointment only. Two appointments are generally offered every day (10:00 am and 2:15 pm) at the Fund Office.

Contact the Pension Fund to schedule an appointment.

The Fund staff will explain your benefit options at your appointment. Please keep in mind that the Fund staff are not financial advisors, and will not be able to offer financial advice or suggest benefit options. It is recommended that you seek

professional advice regarding financial or tax questions.

You will **not** be required to complete and sign off on your Pension Application during the appointment, unless you have made a decision about your benefit elections. Retirees who have not made a final decision about their benefit elections are free to take the paperwork with them after the appointment to complete at a later time. Another appointment is needed if you wish to have the Fund help you complete your paperwork.

The Fund is not responsible for any delay in receiving your first pension check if you or your financial advisor do not complete your paperwork correctly or fail to submit your paperwork on time. There are deadlines for submitting your completed application prior to approval by the Fund before your check can be issued. If you are unsure of the deadline for submitting your paperwork, please check with the Pension Fund. ■

Visit Our Website

Members and their families, as well as contributing employers, can access the Fund website, www.CentralPATeamsters.com for benefits information, announcements, reports and notices, investment reports, forms, wellness information and provider network links.

Participants in the Retirement Income Plan (RIP) 1987 can view their account balances (updated monthly) by visiting the **Pension Web Portal** page. You must register first before you can access your account information.

Smart phone users can access the website by using the scanning feature on their phones. Users must first download a bar code or QR reader app to their smart phone. Simply scan the code and you will be directed to the website.





Healthy Living

Diabetes – Information Everyone Should Know

Diabetes is an epidemic that affects nearly 26 million Americans, and another 79 million have a high risk of developing type 2 diabetes.

There are more diabetic-related deaths every year than AIDS and breast cancer combined. Every 17 seconds a person is diagnosed with diabetes, yet many consider diabetes not to be a serious matter.

Most common complications from diabetes include blindness, gum disease, nerve damage, kidney disease and lower extremity amputation. Diabetes can also contribute to heart disease, hypertension, hearing loss and depression.

Diabetes is a disease that shows no discrimination. Some are born diabetic, while others develop the disease due to various risk factors such as family history, obesity and advancing age. Those with no risk factors should still be tested after the age of 45.

There are four different types of diabetes: type 1, type 2, gestational and pre-diabetes.

Type 1 Diabetes – the pancreas produces little or no insulin.

Type 2 Diabetes – the pancreas does not produce enough insulin and it does not function properly.

Gestational Diabetes – higher than normal sugar levels present in pregnant women.

Pre-Diabetes – higher than normal blood sugar, but not quite diabetic.

A healthy diet and exercise are important to the continued well-being of those living with diabetes. Diabetics should maintain a healthy weight and consume a diet limited in saturated fat, cholesterol, sugar and sodium.

Moderate exercise, about 150 minutes a week, should be incorporated into a diabetic's routine.

Before beginning an exercise program, consult your physician.

Diabetics should follow strict preventive care guidelines. Cholesterol and blood pressure should be checked regularly. Have a dilated retinal eye exam at least once a year. An oral exam and professional teeth cleaning should be performed every six months. Annual flu and pneumonia vaccines should be administered to those with diabetes.

Currently there is no cure for diabetes, but there are various treatments. Type 1 diabetics are insulin dependent and require it to be administered by a syringe or pump daily. Those who suffer from type 2 diabetes may require insulin or oral medication. Pre-diabetics are urged to exercise, eat a healthy diet and lose body fat if overweight.

Diabetes is a disease but it does not have to define who you are. To learn more, visit www.diabetes.org.

Sources: www.diabetes.org; www.niddk.nih.gov/health/diabetes/ndic.htm; www.cdc.gov

Weighing the Cancer Facts

Poor diet and physical inactivity are contributing factors to obesity in
(Continued on page 8)

Foods that Fight Cancer

Beans – contain compounds that appear to protect cells from damage that can lead to cancer. Soy and its by-products have been directly related to cancer prevention.

Berries – are high in fiber which can decrease the risk of colorectal cancer.

Cruciferous (kale, cabbage, brussel sprouts, broccoli, cauliflower, radishes) – vegetables that regulate a system of bodily enzymes that defend against cancers of the mouth, larynx, and stomach.

Dark Green Leafy – vegetables contain carotenoids, which act as antioxidants to inhibit the growth of certain breast cancer cells, as well as

skin, lung, and stomach cancer cells.

Flaxseed (ground) – contains plant estrogen and is a rich source of omega-3 fatty acids which inhibit the formation of colon, breast, skin and lung tumors in lab studies.

Garlic – protective effect and has been shown to kill leukemia cells.

Grapes – contains resveratrol which can prevent the damage known to trigger certain cancers.

Tomatoes – contain lycopene which decreases the risk of prostate cancer.

Whole Grain – rich in fiber, vitamins, minerals and phytochemicals which protect cells from cancer.

Source: www.cancer.org

Healthy Living

(Continued from page 7)

our society. Those who are overweight or obese are at a higher risk of developing cancer.

More than 150,000 cancer-related deaths in the United States are directly related to poor nutrition and lack of physical activity. These non-inherited factors have a significant impact on

the risk of developing cancer for the population as a whole.

Maintaining a healthy diet, remaining physically active during your life and avoiding exposure to tobacco and its byproducts can significantly reduce a person's risk of developing cancer.

The American Cancer Society recommends a diet rich in fruits, vegetables and whole grains. Adopting

an active lifestyle and participation in moderate to vigorous physical activities is also recommended.

If you are currently overweight or obese, you should achieve and maintain a healthy weight by diet and exercise. If you are at a healthy weight, make sure you stay active. Get healthier today!

Source: www.cancer.org

Reminder for Participants with Dependent Children Placed in Their Custody or Guardianship by Court Order and Enrolled under the Central Pennsylvania Teamsters Health & Welfare Fund Plans

Please remember to send copies of pages 1 and 2 of your *signed* 2011 tax return. The Fund needs to have this information on record in order to continue to keep these dependents enrolled. Thank you.

Retirees Approved For Pensions September 2011 through March 2012

For the month of September 2011

Name	Local	Employer
ALLEN, DAVID J.	429	PETRO OIL
APONTE, JUAN J.	771	MILLER & HARTMAN, INC.
BAKER, SR., RICHARD L.	229	CONSOLIDATED FREIGHTWAYS
BANZHOF, JOHN D.	771	KEREK AIR FREIGHT CORP.
BARE, KEVIN D.	771	APEX EQUIPMENT COMPANY
BARNETT, ROBERT J.	429	POWER PACKAGING, AN EXEL CO.
BEISEL, CAROL L.	773	PEOPLE FIRST
BLACK, JAMES E.	764	B & D TRANSFER
BRADLEY, CHARLES W.	773	CHEMICAL LEAMAN TANK LINES, INC.
BROWN, ROBERT P.	764	CENTRAL BUILDERS SUPPLY CO.
CALVERT, JR., ARTHUR D.	776	CONSOLIDATED FREIGHTWAYS
CAMPANICKI, JOHN B.	429	WINDSOR SERVICE TRUCKING
CARTER, THOMAS J.	776	ARKANSAS BEST FREIGHT SYS., INC.
CHAMBERS, MATTHEW D.	776	YRC WORLDWIDE
CHICCINE, JOSEPH P.	429	LEHIGH VALLEY DAIRIES, INC.
COOK, JOHN R.	773	ALPO PETFOODS, INC.
DAUB, JR., GUY	776	YRC WORLDWIDE
DIEFFENBACH, NANCY G.	429	GENERAL COMMODITIES WAREHOUSE
DIEHL, RICHARD A.	771	WEYERHAEUSER COMPANY
DRAHUS, JOHN	229	CONSOLIDATED FREIGHTWAYS
EITNIER, ROBERT E.	771	READY MIXED CONCRETE CO.
ENSLIN, IVAN	229	UNITED PARCEL SERVICE, INC.
FOGLE, RAY E.	771	UNITED PARCEL SERVICE, INC.
FORER, JR., MILES S.	764	B & D TRANSFER
FRITZ, SR., DENNIS A.	229	YRC WORLDWIDE
HAUPTMANN, HENRY E.	429	BOB WHITE QUAL. FROSTED FOODS
HOLLINGER, J. RICHARD	776	YRC WORLDWIDE
HORNER, JR., GERALD E.	776	YRC WORLDWIDE
IBACH, RAYMOND	771	YRC WORLDWIDE
KARLAVIGE, JAMES R.	229	CRYSTAL SODA WATER CO.
KILBY, DOUGLAS F.	771	NEW PENN MOTOR EXPRESS, INC.
KISSINGER, DAVID F.	776	ARKANSAS BEST FREIGHT SYS., INC.
KLEBON, RICHARD	229	TOPPS CHEWING GUM, INC.
KNAUSS, ROBERT D.	773	ROCK HILL TRUCKING CO., INC.
KNOBLAUCH, THEODORE C.	429	CLOVER FARMS DAIRY
KROLKOWSKI, JEAN MARIE	229	TOPPS CHEWING GUM, INC.
LAVERTY, RONALD D.	771	NEW PENN MOTOR EXPRESS, INC.
MALINKO, STANLEY	229	YELLOW FREIGHT SYSTEM, INC.
MARIN, JOSE	771	PENNCAST CORPORATION
MCAGHON III, JUSTIN	229	YRC WORLDWIDE
MILLER, LARRY J.	401	WISE FOODS
OLSON, LEROY D.	429	THE BACHMAN COMPANY
PRICE, KEVIN R.	401	WISE FOODS
RANDALL, ELAINE S.	229	TOPPS CHEWING GUM, INC.
REMALEY, JANET A.	229	TOPPS CHEWING GUM, INC.
REMALEY, RODNEY N.	773	HAROLD STEPHENS COMPANY
ROBINSON, THERON J.	776	R F TRUESDELL COMPANY, INC.
SANTARELLI, JOHN T.	229	M & G CONVOY, INC.

For the month of September 2011

Name	Local	Employer
SCHMECK, LYNN A.	429	CLOVER FARMS DAIRY
SEAMAN, WILLIAM C.	429	JOHN PFROMMER, INC.
SHEETZ, WILLIAM	771	YRC WORLDWIDE
SHOUP, CARL J.	776	ARKANSAS BEST FREIGHT SYS., INC.
SHUE, KENNETH E.	776	YRC WORLDWIDE
SMEDLEY, BARRY G.	771	PENNSYLVANIA SUPPLY, INC.
SNELL, TERRY L.	764	P I E NATIONWIDE, INC.
SOMMER, DONALD LEE	776	ARKANSAS BEST FREIGHT SYS., INC.
SPENCER, THOMAS J.	429	CLOVER FARMS DAIRY
STARKEY, ROBERT J.	776	HESS TRUCKING COMPANY
STRICKER, DONNA LYN	429	CENTRAL PENNSYLVANIA TEAMSTERS
TOWNSLEY, JR., RICHARD E.	776	METALS USA
WAGNER, PAUL E.	429	KANE STEEL COMPANY
WARNER, WAYNE E.	776	FLEMING COMPANIES, INC.
WEIDNER, RICKEY A.	429	BERKS PACKING COMPANY, INC.
WOLFE, JOSEPH W.	401	LEICHTMANS ICE CREAM CO., INC.
WOOD, JOHN C.	229	TRANSPERSONNEL, INC.
WYNN, KENNETH C.	776	ARKANSAS BEST FREIGHT SYS., INC.
YOHE, AMOS E.	776	CONSOLIDATED FREIGHTWAYS
YOUNG, CRAIG	776	YRC WORLDWIDE
ZRNCIC, KENNETH	776	UNITED PARCEL SERVICE, INC.

For the month of October 2011

Name	Local	Employer
ADAMS, RONALD P.	771	YRC WORLDWIDE
AGRESTA, ANNETTE L.	776	MAIERS BAKERY
AHNER, SHARON A.	773	FRIEDMANS EXPRESS, INC.
ALLEN, STEPHEN T.	764	CENTRE CONCRETE COMPANY
ANTOINE, JOSEPH P.	776	PRESTON TRUCKING CO., INC.
APPNEL, MARIE M.	229	TOPPS CHEWING GUM, INC.
ARMOLD, ROBERT E.	776	PERK FOODS C/O HEINZ PET
AULENBACH, JANE	429	CARL R. BIEBER, INC.
BAKER, DENNIS L.	764	KEPLER BROTHERS
BAUMGARDNER, RICHARD E.	776	SHANAHAN'S EXPRESS
BEAVER, JOHN	401	USF RED STAR
BECKER, JACK	764	UNITED PARCEL SERVICE, INC.
BEILER, BRIAN E.	771	YELLOW FREIGHT SYSTEM, INC.
BENKE, JOHN J.	229	C&S WHOLESALE GROCERS
BERTRAND, JR., WILLIAM J.	776	YRC WORLDWIDE
BIEBER, GARY D.	429	CARL R. BIEBER, INC.
BINGAMAN, RONALD E.	776	ARKANSAS BEST FREIGHT SYS., INC.
BLEICH, WALTER	229	YRC WORLDWIDE
BOYER, JR., RICHARD	776	UNITED PARCEL SERVICE, INC.
BUSKIRK, RONALD L.	229	YRC WORLDWIDE
BUTTERY, STEPHEN J.	776	CONSOLIDATED FREIGHTWAYS
CATALDI, RICARDO L.	429	ARAMARK UNIFORM & CAREER APPAR.
CHRIST, TIMOTHY G.	776	UNITED PARCEL SERVICE, INC.

Retirees Approved For Pensions September 2011 through March 2012

For the month of October 2011

Name	Local	Employer
CYPHERS, ROBERT W.	401	DALLAS DAIRY, INC.
DUNLEAVY, STEPHEN F.	429	INTERNATIONAL PAPER
FEHNEL, DAWN	429	ASSOCIATED WHOLESALERS, INC.
FINKENBINDER, DENNIS	776	CONSOLIDATED FREIGHTWAYS
FOGELSANGER, THOMAS L.	776	PRESTON TRUCKING CO., INC.
GAUKER, RICHARD L.	429	SCHROCK CABINET COMPANY
GEORGE, JR., WALTER H.	229	ROADWAY EXPRESS, INC.
GILBERT, DAVID G.	773	INTERSTATE DRESS CARRIERS
GILBERT, JEFFREY R.	773	UNITED PARCEL SERVICE, INC.
GREEN, LISA	773	EASTERN INDUSTRIES, INC.
GUSTIN, JR., THOMAS M.	776	UNITED PARCEL SERVICE, INC.
HAGY, ROBERT	771	YRC WORLDWIDE
HIVNER, DONALD M.	776	ARKANSAS BEST FREIGHT SYS., INC.
JETT, ERIC H.	429	SWANN OIL, INC.
KALWAYTIS, DAVID E.	229	C&S WHOLESALE GROCERS
KEISER, JEFFREY A.	773	CONSOLIDATED FREIGHTWAYS
KILGORE, JOSEPH D.	776	ROADWAY EXPRESS, INC.
MALEY, WILLIAM S.	229	CONSOLIDATED FREIGHTWAYS
MASTEN, DANIEL L.	229	CONSOLIDATED FREIGHTWAYS
MICCICHE, SALVATORE S.	401	ARKANSAS BEST FREIGHT SYS., INC.
MOYER, JR., PAUL E.	773	GENERAL SUPPLY COMPANY
MUNDRAKE, NORA A.	229	C&S WHOLESALE GROCERS
NIEMOTKA, JOSEPH S.	429	ASSOCIATED WHOLESALERS, INC.
OSGOOD, JR., VERNON W.	776	ARKANSAS BEST FREIGHT SYS., INC.
OWENS, JERRY T.	229	KEYSTONE COCA-COLA BTLG CO., INC.
POTORSKI, JOSEPH	229	TOPPS CHEWING GUM, INC.
POULIN, DONALD A.	776	YRC WORLDWIDE
REICHART, TERRY A.	429	POWER PACKAGING, AN EXEL CO.
REINHART, PAMELA	429	WINDSOR SERVICE, INC.
RICKENBACH, ALLEN D.	776	NATIONS WAY TRANSPORT SERVICES
RISSMILLER, SAMUEL E.	773	PRESTON TRUCKING CO., INC.
ROBERTS, LEE J.	429	APEX EQUIPMENT COMPANY
SCHRENKO, CHARLES F.	773	PRAXAIR DIST. MID-ATLANTIC, LLC
SHAULIS, BARRY G.	776	UNITED PARCEL SERVICE, INC.
SHIRK, RAYMOND B.	771	CPC TANKER, LLC
SMINK, EDWARD M.	429	LEHIGH VALLEY DAIRIES
SMITH, LYNN E.	776	ROADWAY EXPRESS, INC.
SMITH, RONALD M.	429	KANE STEEL COMPANY
SPARKS, CLEMENT BUDD	429	JONES MOTOR CO., INC.
SPLAIN, RONALD	776	YRC WORLDWIDE
STOUGH, JAMES E.	776	ROADWAY EXPRESS, INC.
SYLVESTER, RAYMOND	401	UNITED PARCEL SERVICE, INC.
TOPPER, JEFFREY	776	UNITED PARCEL SERVICE, INC.
TRAPP, JR., NORMAN E.	773	MAIERS BAKERY
TROPP, NORMAN J.	429	KANE STEEL COMPANY
WEBER, WILLIAM F.	776	TRANSCON LINES
WHITE, NOLAN	776	UNITED PARCEL SERVICE, INC.
WILLIAMS, SR., RICHARD L.	776	CONSOLIDATED FREIGHTWAYS
YARINA, JOHN F.	776	ST. JOHNSBURY TRUCKING CO., INC.
YODER, DENNIS M.	429	BOYERTOWN AUTO BODY WORKS INC.

For the month of November 2011

Name	Local	Employer
ALEJANDRO, JR., NESTOR	429	POWER PACKAGING, AN EXEL CO.
BALLESTRIERI, JOSEPH	771	YRC WORLDWIDE
BAUDER, KAREN L.	429	SUPERVALU, INC.
BEHELER, RANDALL L.	771	HERMAN R. EWELL, INC.
BITTING, CAROLYN A.	429	MECHANICS UNIFORM RENTAL
BLOCKER, WAYNE L.	773	BERKS PRODUCTS CORPORATION
BONNO, MARGARET M.	229	C&S WHOLESALE GROCERS
BROWN, ANTHONY W.	771	ENERGY FLEET RESOURCES, INC.
BUCKLEY, PETER E.	776	ARKANSAS BEST FREIGHT SYS., INC.
CANCELIERE, JR., MICHAEL	429	BOYERTOWN AUTO BODY WORKS, INC.
CANDELORA, JOHN	401	UNITED PARCEL SERVICE, INC.
CONRAD, LANCE	773	ROBBINS DOOR & SASH COMPANY
COONCE, LARRY E.	776	MOTOR FREIGHT EXPRESS, INC.
DALEY, TERRY	776	ARKANSAS BEST FREIGHT SYS., INC.
DRESSLER, JACK E.	776	PACIFIC RAIL SERVICE
EIDELL, BARRY R.	429	UNITED PARCEL SERVICE, INC.
EMIG, JR., ROBERT EUGENE	776	ROADWAY EXPRESS, INC.
EVANITSKY, GARY J.	229	C&S WHOLESALE GROCERS
FALZONE, EDWARD J.	229	NEW PENN MOTOR EXPRESS, INC.
FARKAS, GEORGE STEPHAN	771	UNITED PARCEL SERVICE, INC.
FEHNEL, DAWN	429	ASSOCIATED WHOLESALERS, INC.
FLEMMENS, RANDY R.	776	PILOT FREIGHT CARRIERS, INC.

For the month of November 2011

Name	Local	Employer
GILES, JAMES J.	401	PLYMOUTH ROCK TRANSPORTATION CORP.
GINGRICH, DENNIS	776	UNITED PARCEL SERVICE, INC.
GLASS, LARRY P.	429	SUPERVALU, INC.
GRIM, RODNEY G.	776	CONSOLIDATED FREIGHTWAYS
HARVEY, RALPH S.	401	COON CERTIFIED CONCRETE, INC.
HAUER, JOSEPHINE	776	UNITED PARCEL SERVICE, INC.
HERO, JOSEPH	773	EASTERN INDUSTRIES, INC.
HOSTETTER, HAROLD L.	776	ARKANSAS BEST FREIGHT SYS., INC.
HUEY, GLENN CURTIS	429	TILDEN CONCRETE AND SUPPLY CO.
HUGHES, RONNIE	776	FLEMING COMPANIES, INC.
JABLONSKI, TIMOTHY W	429	LUDENS INCORPORATED
JACOBS, BENJAMIN	429	BERKS PRODUCTS CORP.
KARBOWSKI, ROBERT K.	776	YRC WORLDWIDE
KNUDSON, JOHN ANTHONY	776	ST. JOHNSBURY TRUCKING CO., INC.
KOCH, WAYNE S.	776	PRESTON TRUCKING CO., INC.
KOLASKI, JR., EDWARD J.	401	STATE PRODUCTS
LEE, RYAN R.	776	ROADWAY EXPRESS, INC.
LUKASEVICH, FRANCIS	773	SILVER LINES, INC.
LUKE, JOHN	401	UNITED PARCEL SERVICE, INC.
MACKES, EUGENE D.	773	PRAXAIR DIST. MID-ATLANTIC LLC
MALONEY, JR., ROBERT C.	771	A-P-A TRANSPORT CORPORATION
MATTOCKS, GORDON L.	429	ASSOCIATED WHOLESALERS, INC.
MCCAFFREY, NEIL	401	PLYMOUTH ROCK TRANSP. CORP.
MCCLEMENS, JUDITH A.	229	C&S WHOLESALE GROCERS
MCILWAINE, RAEFORD	229	CONSOLIDATED FREIGHTWAYS
MERRICK, STANLEY L.	771	YELLOW FREIGHT SYSTEM, INC.
MESSERSMITH, GEORGE D.	401	LIQUID CARBONIC SPEC. GAS CORP.
MILLER, BRIAN K.	429	ASSOCIATED WHOLESALERS, INC.
MILLER, JR., EARL	773	YRC WORLDWIDE
MOYER, RONALD D.	429	BOYERTOWN AUTO BODY WORKS, INC.
MUMPER, MICHAEL	776	UNITED PARCEL SERVICE, INC.
ORTIZ RIVERA, ELBA	429	COTT BEVERAGES WYOMISSING, INC.
PETROCHKO, JOHN	229	TEAMSTERS LOCAL UNION 229
PORTER, SR., JACK	429	COTT BEVERAGES WYOMISSING, INC.
PRATT, CAROL A.	773	ABM INDUSTRIES
RAKER, MARSHA K.	764	B & D TRANSFER
REYNOLDS, ROBERT S.	776	UNITED PARCEL SERVICE, INC.
SALAMO, JOHN D.	771	MILLER & HARTMAN, INC.
SCHICK, CHRISTINE	229	TOPPS CHEWING GUM, INC.
SNELL, COLLEEN	401	STATE PRODUCTS
SPOTT, JR., ALBERT J.	229	ROADWAY EXPRESS, INC.
STOVER, THEODORE M.	776	HESS TRUCKING COMPANY
TOBY, JURAL M.	776	FLEMING COMPANIES, INC.
TREESE, JOHN M.	764	YRC WORLDWIDE
VITALOS, CHARLETTE A.	773	PEOPLE FIRST
WALKER, RAYMOND J.	776	CONSOLIDATED FREIGHTWAYS
WATERS, DORMAN H.	229	HARPER COLLINS PUBLISHERS, INC.
WATERS, JR., FREDERICK	776	YRC WORLDWIDE
WHITCOMB, DONALD E.	776	ARKANSAS BEST FREIGHT SYS., INC.
YOVANOVICH, RAY A.	776	UNITED PARCEL SERVICE, INC.

For the month of December 2011

Name	Local	Employer
ALATZAS, GEORGE E.	773	OROGRAIN BAKERIES SALES, INC.
BARBER, RICHARD	312	MATLACK, INC., TERMINAL 52
BECKISH, PETER J.	229	C&S WHOLESALE GROCERS
BERNACKI, RITA	229	C&S WHOLESALE GROCERS
BURNS, JR., JOSEPH M.	776	PRESTON TRUCKING CO., INC.
CABASSA, JR., MARCO	773	EASTERN INDUSTRIES, INC.
CALLAN, JOHN	312	CHEMICAL LEAMAN TANK LINES, INC.
CARVER, JACK	429	UNITED PARCEL SERVICE, INC.
CASTANO, ROBERT	401	PENN TRUCK AIDS, INC.
CRAIG, DALE P.	401	WISE FOODS
CRAWFORD, ELIGAH	229	ROADWAY EXPRESS, INC.
CURRY, MICHAEL L.	771	YELLOW FREIGHT SYSTEM, INC.
DAVIDHEISER, JR., JAMES A.	429	YEAGER SUPPLY, INC.
DIBERT, EARL S.	776	CONSOLIDATED FREIGHTWAYS
DRESS, DONALD C.	429	ARROW CARRIER CORPORATION
EIBACH, JOHN	229	TOPPS CHEWING GUM, INC.
FEIGERT, WILLIAM	776	YRC WORLDWIDE
FERREE, EDWARD L.	776	ARKANSAS BEST FREIGHT SYS., INC.
FLANNERY, EDWARD	229	HARRINGTON BEER DISTRIBUTING
GINGRICH, MICHAEL J.	764	UNITED PARCEL SERVICE, INC.
GRIFFITHS, SCOTT M.	999	ARKANSAS BEST FREIGHT SYS., INC.
GROLIER, FRANK	773	UNITED PARCEL SERVICE, INC.

Retirees Approved For Pensions September 2011 through March 2012

For the month of December 2011

Name	Local	Employer
GROLLER, SR., FRANK D.	773	GENERAL SUPPLY COMPANY
HAINS, PAUL B.	429	LUDENS INCORPORATED
HEFFELFINGER, GARY LEE	773	J R BUTLER, INC.
HEININGER, TERRY L.	776	YORK COUNTY TRANSP. AUTHORITY
HOFFMAN, RALPH E.	429	GOTWALS RENTAL COMPANY
HOOK, SR., CHARLES L.	764	PORTION PACK FOOD SERVICES, INC.
HUNISCH, STEPHEN E.	229	YELLOW FREIGHT SYSTEM, INC.
JASTERZENSKI, KENNETH S.	764	INTERSTATE MTR. FREIGHT SYS., INC.
JIMENEZ, JR., LUIS	773	ABM INDUSTRIES
JONES, JAMES J.	429	LEHIGH VALLEY DAIRIES
JORDAN, JR., JOSEPH	773	ANR FREIGHT SYSTEM
KEENER, LEE D.	429	ASSOCIATED WHOLESALERS, INC.
KENNEDY, RONALD M.	776	CONAGRA, INC.
KIDDLE, LESA	776	CONSOLIDATED FREIGHTWAYS
KNEPPER, JAMES H.	776	AMERICAN FREIGHT SYSTEM, INC.
KOPETCHNY, GLORIA JEAN	401	LEICHTMANS ICE CREAM CO., INC.
KRINOCK, WILLIAM	229	C&S WHOLESALE GROCERS
LARSEN, FREDERICK S.	776	UNITED PARCEL SERVICE, INC.
LAUGHMAN, BERNARD E.	776	FLEMING COMPANIES, INC.
LEESE, JOHN D.	429	J C EHRLICH CO., INC.
LESH, CARL E.	229	CONSOLIDATED FREIGHTWAYS
LEVAN, MARLIN F.	429	LEHIGH VALLEY DAIRIES, INC.
MARION, MARK	771	YRC WORLDWIDE
MCCLOSKEY, CARL E.	776	HESS TRUCKING COMPANY
MCSURDY, WALTER G.	429	KANE STEEL COMPANY
MILEWSKI, BEVERLY A.	229	C&S WHOLESALE GROCERS
MOYER, GERALD	429	UNITED PARCEL SERVICE, INC.
NEDEROSTEK, CAROL A.	429	NEW PENN MOTOR EXPRESS, INC.
RAFTER, JOHN P.	229	ROADWAY EXPRESS, INC.
RANDALL II, GEORGE	776	YRC WORLDWIDE
REID, DOUGLAS J.	999	ARKANSAS BEST FREIGHT SYS., INC.
RODRIGUEZ, SR., HECTOR M.	429	VICTUS LTD
ROZELLE, HAROLD	771	YRC WORLDWIDE
SANCHEZ, CARMEN N.	773	ABM INDUSTRIES
SAXE, PAULA	229	C&S WHOLESALE GROCERS
SCHAEFFER, MICHAEL T.	429	SINGER EQUIPMENT CO., INC.
SCHOTTER, KENNETH	229	YRC WORLDWIDE
SCHUSTER, KAREN A.	229	C&S WHOLESALE GROCERS
SMITH, FRANK H.	771	YELLOW FREIGHT SYSTEM, INC.
SPANNUTH, GLENN	429	UNITED PARCEL SERVICE, INC.
SYMONS, WILLIAM C.	429	CLOVER FARMS DAIRY
SZYMANSKI, CAROL	229	TOPPS CHEWING GUM, INC.
TAYLOR, GARY A.	776	ARKANSAS BEST FREIGHT SYS., INC.
TOBIAS, BONNIE L.	429	SUPERVALU, INC.
TUNIS, NICHOLAS	229	HARPER COLLINS PUBLISHERS, INC.
TUTINO, JAMES	229	AFFILIATED FOOD DISTR., INC.
VOLACK, LAURA	229	C&S WHOLESALE GROCERS
WAGNER, LINDA K.	776	PERK FOODS C/O HEINZ PET
WAGNER, WILLIAM C.	776	PERK FOODS C/O HEINZ PET
WASILEWSKI, CAROLYN	773	SPECTOR FREIGHT SYSTEM, INC.
WILLIAMS, PATRICIA	229	C&S WHOLESALE GROCERS
WOLFE, DEAN LEE	401	FRIEDMANS EXPRESS, INC.
YATES, ROBERT A.	773	ANR FREIGHT SYSTEM
ZEMEK, EDWARD F.	229	C&S WHOLESALE GROCERS

For the month of January 2012

Name	Local	Employer
ASHWORTH, WILLIAM H.	229	C&S WHOLESALE GROCERS
BAUS, DONALD	429	POWER PACKAGING, AN EXEL CO.
BEAVER, KARLENE A.	776	LIQUID CARBONIC SPEC. GAS CORP.
BEECHER, KEITH	776	YRC WORLDWIDE
BLAKER, STEVEN A.	764	LOYALSOCK TOWNSHIP
BROWN, GERALD D.	771	HERMAN R. EWELL, INC.
BURTON, BONNIE L.	776	ARKANSAS BEST FREIGHT SYS., INC.
BUTTS, CHARLES	229	ROADWAY EXPRESS, INC.
CHOTAS, JOYCE	776	UNITED PARCEL SERVICE, INC.
COLES, ROBERT D.	776	YRC WORLDWIDE
COSTANZI, PAUL D.	229	C&S WHOLESALE GROCERS
COVERT, DELMAS R.	776	ARKANSAS BEST FREIGHT SYS., INC.
CZYZYK, EDWARD J.	229	C&S WHOLESALE GROCERS
DEGLER, GUY A.	429	LEHIGH VALLEY DAIRIES
DONLY, JAMES H.	229	HARPER COLLINS PUBLISHERS, INC.
FEDOR, GEORGE	229	CONSOLIDATED FREIGHTWAYS
FENNINGER, DONALD M.	764	PROFESSIONAL DRIVERS SERVICE
FIRESTINE, BRUCE J.	429	NEW PENN MOTOR EXPRESS, INC.

For the month of January 2012

Name	Local	Employer
GOODLING, DALE A.	776	ANDERSON LOGISTICS
GULA, FRANCES	229	C&S WHOLESALE GROCERS
HARRIS, THOMAS	776	YRC WORLDWIDE
HELTEBRIDLE, ROBERT E.	776	ARKANSAS BEST FREIGHT SYS., INC.
HOBAN, LAWRENCE	229	TOPPS CHEWING GUM, INC.
JONES, BARBARA A.	229	C&S WHOLESALE GROCERS
KESTER, JOSEPH R.	229	PEPSI COLA BTLG OF SCRANTON
KRAMARIC, MIKE	773	WELCO/CGI
LANGAN, BARBARA J.	229	C&S WHOLESALE GROCERS
LEED, LLOYD B.	771	MILLER & HARTMAN, INC.
LONG, WARREN R.	429	GOODMAN VENDING SERVICE
MAISANO, PATRICK	229	TOPPS CHEWING GUM, INC.
MARKLE, DONALD L.	776	FLEMING COMPANIES, INC.
MEEK, DENNIS G.	776	USF RED STAR
MOYER, JR., DONALD I.	429	BERKS PRODUCTS CORP.
MUELLER, KATHLEEN M.	776	JONES MOTOR CO., INC.
MURPHY, RICHARD L.	429	LEHIGH VALLEY DAIRIES, INC.
NAGY, MARY T.	229	C&S WHOLESALE GROCERS
PASTOR, ANTHONY M.	429	CARL R. BIEBER, INC.
PERSUN, RANDY S.	764	INTERSTATE MTR FREIGHT SYS., INC.
PETERMAN, DAVID L.	764	I A CONSTRUCTION CORPORATION
RICHARDSON, JOHNNY	773	YRC WORLDWIDE
RINEHIMER, JOHN	229	NEW PENN MOTOR EXPRESS, INC.
RIVERA, FRANCISCO R.	229	ROADWAY EXPRESS, INC.
RIVERA, JOSE	429	BERKS PRODUCTS CORP.
ROSENBAUM, SR., JOHN	771	YRC WORLDWIDE
RUDDY, EUGENE	229	YRC WORLDWIDE
STOUDT, CHARLES E.	776	NEW PENN MOTOR EXPRESS, INC.
SWANBERRY, PATRICIA A.	401	TEAMSTERS LOCAL UNION 401
TOBIAS, JEFFREY	776	UNITED PARCEL SERVICE, INC.
VAZQUEZ NEGRON, MARTHA	429	POWER PACKAGING, AN EXEL CO.
VOGT, FLORA M.	776	CONSOLIDATED FREIGHTWAYS
WALB, DONNA M.	429	J C EHRLICH CO., INC.
WALTMAN, RALPH E.	771	YELLOW FREIGHT SYSTEM, INC.
WETZEL, CLAIR W.	773	BERKS PRODUCTS CORPORATION
WILLIAMS, BEVERLY A	229	C&S WHOLESALE GROCERS
YOUNG, JAMES	776	UNITED PARCEL SERVICE, INC.

For the month of February 2012

Name	Local	Employer
ACCORDINO, DAVID	429	COTT BEVERAGES WYOMISSING, INC.
ALLEN, STEPHEN D.	229	CONSOLIDATED FREIGHTWAYS
BABB, THOMAS C.	429	BOYERTOWN AUTO BODY WORKS, INC.
BENDER, JR., STEWART W.	773	LIQUID CARBONIC INDUSTRIES CRP.
BENSINGER, TERRY L.	429	READING FOUNDRY & SUPPLY CO.
BOALTON, JOHN DAVID	429	ARKEMA, INC.
BOWERS, LINDA K.	776	ST. JOHNSBURY TRUCKING CO., INC.
BROWN, RODNEY EUGENE	771	YELLOW FREIGHT SYSTEM, INC.
BRUDER, KENNETH A.	773	PRESTON TRUCKING CO., INC.
BRUMBAUGH, GEORGE L.	776	PRESTON TRUCKING CO., INC.
CADORA, PATRICIA A.	229	TOPPS CHEWING GUM, INC.
CALENDA, JOHN	401	PREFERRED DEVELOPMENT CORP.
CARROLL, ROBERT T.	771	MARTY'S EXPRESS, INC.
CELMER, THEODORE J.	429	LENTZ MILLING COMPANY
CHANDLER, WESLEY O.	776	ARKANSAS BEST FREIGHT SYS., INC.
CICAK, KEVIN M.	776	TEAMSTERS LOCAL UNION 776
COOPER, GARY	776	UNITED PARCEL SERVICE, INC.
CORDELL, MICHAEL F.	776	ARKANSAS BEST FREIGHT SYS., INC.
CRAIG, CHARLES L.	776	ARKANSAS BEST FREIGHT SYS., INC.
CRINNION, BONNIE L.	776	ASSOCIATED WHOLESALERS, INC.
DANIELS, MARK	771	YRC WORLDWIDE
DAVIS, DWIGHT D.	776	DRIVERS, INC.
DEFRAIN, WALTER F.	773	EASTERN INDUSTRIES, INC.
DIBBLE, JR., CHARLES E.	229	CONSOLIDATED FREIGHTWAYS
DIEHL, JR., HAROLD L.	764	MCCORMICK DRAY LINE, INC.
DOLLY, LON G.	773	W S REICHENBACH & SON, INC.
FERRESE, JOSEPH J.	229	C&S WHOLESALE GROCERS
FIELD, MARLIN R.	429	GENERAL COMMODITIES WAREHOUSE
FRYMOYER, WILLIAM C.	429	RACHLIN FURNITURE, INC.
FUNK, JR., JOSEPH	773	ATLANTIC TRANSPORT CO.
GINOCCHIETTI, SR., PATRICK S.	229	UNITED PARCEL SERVICE, INC.
GREEN, JR., RAYMOND T.	776	HALLS MOTOR TRANSIT CO.
GRIES, SR., THOMAS	429	JOHN PFROMMER, INC.
HAAS, MELVIN R.	429	THE BACHMAN COMPANY
HAKE, KITTIE L.	776	TEAMSTERS LOCAL UNION 776

Retirees Approved For Pensions September 2011 through March 2012

For the month of February 2012

Name	Local	Employer
HAMM, EDWARD P.	773	HARRY E. ORKIN, INC.
HAWKINS, ALLEN M.	773	ABM INDUSTRIES
HEATER, JAY R.	764	UNITED PARCEL SERVICE, INC.
HERSHEY, GLENN W.	776	ARKANSAS BEST FREIGHT SYS., INC.
ETHERINGTON, DENNIS L.	776	PRESTON TRUCKING CO., INC.
HICKS, JR., JOSEPH D.	764	INTERSTATE MTR FREIGHT SYS., INC.
HONER, WILLIAM B.	771	YELLOW FREIGHT SYSTEM, INC.
HUNARA, JOHN T.	773	USF RED STAR
HUTTER, LINDA K.	773	CHEMICAL LEAMAN TANK LINES, INC.
HYDE, GEORGE	229	TOPPS CHEWING GUM, INC.
JAMES, ELIJAH J.	229	M & G CONVOY, INC.
JAMES, PETER J.	429	INTERNATIONAL PAPER
KAISER, KEVIN T.	771	MILLER & HARTMAN, INC.
KISER, ROBERT W.	773	EASTERN INDUSTRIES, INC.
KISTLER, SAMUEL D.	429	COTT BEVERAGES WYOMISSING, INC.
KOHL, JOHN N.	429	ASSOCIATED WHOLESALERS, INC.
LOWERY, WILLIAM R.	776	PRESTON TRUCKING CO., INC.
MACKRETH, MARIE	229	C&S WHOLESALE GROCERS
MADL, STEPHEN	771	YRC WORLDWIDE
MALLON, ROBERT F.	776	ARKANSAS BEST FREIGHT SYS., INC.
MANOGUE, FRANCIS J.	776	YRC WORLDWIDE
MARTIN, PAUL J.	776	ARKANSAS BEST FREIGHT SYS., INC.
MARTINS, ILDA J.	773	ABM INDUSTRIES
MARTRICH, DALE A.	773	EASTERN INDUSTRIES, INC.
MATTICKS, SUSAN A.	229	SUPER MARKET SERVICE CORP.
MERCADO HERNANDEZ, CARLOS	773	ONE SOURCE
MILLER, RONALD	771	YRC WORLDWIDE
MILLER, JR., RICHARD S.	771	YELLOW FREIGHT SYSTEM, INC.
MILLET, RICHARD J.	429	KANE STEEL COMPANY
NELSON II, JAMES D	776	HIGHWAY FILM DELIVERY, INC.
NEWPHER, LEE R.	429	SCHROCK CABINET COMPANY
PACHICK, DANIEL B.	401	SILVER LINES, INC.
PASTULA, JOHN P.	229	HARPER COLLINS PUBLISHERS, INC.
PAULES, LARRY L.	773	EASTERN INDUSTRIES, INC.
PAULUS, STEVE	776	ARKANSAS BEST FREIGHT SYS., INC.
POKOJNI, JAMES P.	773	PRESTON TRUCKING CO., INC.
POTTIEGER, EDWARD E.	776	USF RED STAR
PRICE, LEON E.	773	EASTERN INDUSTRIES, INC.
RECKNER, DAVID G.	776	ARKANSAS BEST FREIGHT SYS., INC.
REESER, HARRIET	773	ARKANSAS BEST FREIGHT SYS., INC.
RESCH, JOHN P.	229	ROADWAY EXPRESS, INC.
RHOADS, DENISE E.	429	VICTUS LTD
RILEY, LOUIS R.	776	YORK COUNTY TRANSP. AUTHORITY
RISSMILLER, SAMUEL E.	773	PRESTON TRUCKING CO., INC.
ROBBINS, KAY L.	776	RAYTHEON CONSTRUCTORS
RYAN, JR., RAY K.	776	FLEMING COMPANIES, INC.
SAGERER, MICHAEL J.	771	MILLER & HARTMAN, INC.
SANTARELLI, JR., ALBERT	229	HARPER COLLINS PUBLISHERS, INC.
SASLO, JR., ELMER P.	229	HARPER COLLINS PUBLISHERS, INC.
SCEP, ALLEN R.	229	ARKANSAS BEST FREIGHT SYS., INC.
SCHERA, ENOS L.	429	COTT BEVERAGES WYOMISSING, INC.
SCHERER, CHARLES V.	773	W S REICHENBACH & SON, INC.
SCHLEICHER, DANE	429	ST. CLAIR BOROUGH COUNCIL
SCREPESI, BARBARA A.	429	CENTRAL PENNSYLVANIA TEAMSTERS
SELLERS, PHILIP	771	YRC WORLDWIDE
SINKO, CHARLOTTE A.	776	FLEMING COMPANIES, INC.
SMITH, ELWOOD R.	776	PRESTON TRUCKING CO., INC.
SMITH, LEROY E.	771	JOHN S. EWELL, INC.
SNYDER, JANICE	776	ROADWAY EXPRESS, INC.
SNYDER, RICHARD K.	429	BERKS PRODUCTS CORP.
SPROUT, JR., RICHARD	771	YRC WORLDWIDE
STAIR, TIMOTHY J.	764	UNITED PARCEL SERVICE, INC.
STRAUSE, DIANE L.	429	CENTRAL PENNSYLVANIA TEAMSTERS
SWOPE II, JACOB C.	776	HESS TRUCKING COMPANY
TASCO, PETER J.	429	CARL R. BIEBER, INC.
THOMPSON, THOMAS D.	771	PENNSYLVANIA SUPPLY, INC.
TRAVIS, JOSEPH	229	ROADWAY EXPRESS, INC.
VOJTASEK, JOHN J.	776	CONSOLIDATED FREIGHTWAYS
WARFEL, PERRY	776	YORK GROUP, INC.
WAYMACK, LAURA A	776	UNITED PARCEL SERVICE, INC.
WEGRZYN, GARY	229	C&S WHOLESALE GROCERS
WELCH, KENNETH	776	YRC WORLDWIDE
WILLIAMS, GARY G.	429	SINGER EQUIPMENT CO., INC.
WILLIAMSON, JUNE	229	TOPPS CHEWING GUM, INC.
WINCHELL, MICHAEL	771	YRC WORLDWIDE
WOJTAS, BARRY	229	YRC WORLDWIDE

For the month of February 2012

Name	Local	Employer
ZAKIELARZ, JOSEPH	312	INT. SCRAP IRON & METAL CO., INC.
ZILLA, MONICA M.	229	C&S WHOLESALE GROCERS
ZOOK, NELSON D.	429	QUAKER MAID KITCHENS

For the month of March 2012

Name	Local	Employer
ALLEN, JANET C.	764	CENTRE CONCRETE COMPANY
AUMENT, MICHAEL A.	764	PRESTON TRUCKING CO., INC.
BANEY, PETER D.	429	THE BACHMAN COMPANY
BEIDLER, JR., ALBERT C.	429	LENTZ MILLING COMPANY
BELTZ, GARY L.	773	CINTAS CORPORATION
BROWER, DONALD J.	429	JONES MOTOR CO., INC.
BUCHANAN, JR., CHARLES E.	771	ENERGY FLEET RESOURCES, INC.
CATHERMAN, JR., ROBERT M.	764	TLI, INC.
CHRISTIAN, DAVID	401	SHAWNEE READY MIX CONCRETE CO.
COOPER, MIRI F.	429	ASSOCIATED WHOLESALERS, INC.
COSGROVE, ALLAN L.	401	YAH INC T/A ESJAY DIST. CO.
DEILY, BRUCE G.	229	AFFILIATED FOOD DISTR., INC.
DETRICK, LORI	229	SUPER MARKET SERVICE CORP.
DOLAN, ELAINE	229	TOPPS CHEWING GUM, INC.
DOMMES, FREDERICK J.	229	DEFAZIO EXPRESS, INC.
DOYLE, JR., BAZIL F.	999	CAROLINA FREIGHT CARRIERS CORP.
DRONEY, SANDRA L.	429	POWER PACKAGING, AN EXEL CO.
EISENMAN, KENNETH	401	UNITED PARCEL SERVICE, INC.
ETTINGER, RANDY	776	FLEMING COMPANIES, INC.
FEATHERS, SAMUEL D.	776	ARKANSAS BEST FREIGHT SYS., INC.
FOLK, ARTHUR R.	429	SCHROCK CABINET COMPANY
GAETANO, ROSE ANN	229	HARPER COLLINS PUBLISHERS, INC.
GORSKI, STEPHEN M.	773	WELCO/CGI
HARDY, ROGER L.	229	CRYSTAL SODA WATER CO.
HELFRICH, ERIC G.	429	EAGLE DISTRIBUTING COMPANY
HERSHEY, JAY S.	776	YRC WORLDWIDE
HOSSLER, GREGORY S.	771	UNITED PARCEL SERVICE, INC.
HULTZAPPLE, I. SUZANNE	771	HAUCK & SONS, INC.
JEBITSCH, JAMES A.	773	USF HOLLAND, INC.
KING, TIMOTHY M.	776	YRC WORLDWIDE
KLECKNER, RICHARD J.	429	QUAKER MAID KITCHENS
KLINE, DAVID F.	429	CLOVER FARMS DAIRY
KLINGER, DONALD LEROY	776	CAROLINA FREIGHT CARRIERS CORP.
KLUNK, WILLIAM H.	776	CONSOLIDATED FREIGHTWAYS
KOCHER, VICTOR	429	POWER PACKAGING, AN EXEL CO.
LAPAGLIA, MICHAEL R.	764	P I E NATIONWIDE, INC.
LAUER, GARY E.	776	BOARD OF COMMISSIONERS
LEESE, SAMUEL H.	776	FLEMING COMPANIES, INC.
MALEY, JR., ELVIN J.	429	LEHIGH VALLEY DAIRIES, INC.
MARKEL, JERRY A.	776	PRESTON TRUCKING CO., INC.
MAUDLIN, KAREN	776	ROADWAY EXPRESS, INC.
MCAUGHTON, SR., RONALD E.	776	PRESTON TRUCKING CO., INC.
MEGO, JOHN W.	776	LEVINSON STEEL COMPANY
MELCHER, WILLIAM J.	429	COTT BEVERAGES WYOMISSING, INC.
MENDOZA, ROLANDO	429	COTT BEVERAGES WYOMISSING, INC.
MOSER, LOUIS R.	773	EVEN FLOW FIRE PROTECTION, INC.
MUNDIS, JR., CHARLES R.	776	CONSOLIDATED FREIGHTWAYS
NORMAN, KAREN KAY	776	CARNATION CO/NESTLE USA, INC.
PEIFER, ROGER C.	776	ROADWAY EXPRESS, INC.
PRICE, SR., DAVID A.	401	SHANAHANS EXPRESS
REDSHAW, GLENN R.	773	CUSTOM DELIVERIES, INC.
REIGLE, CATHERINE	776	PERK FOODS C/O HEINZ PET
REITZ, ELWOOD A.	773	EASTERN INDUSTRIES, INC.
RICHARDS, JOHN A.	429	NEW PENN MOTOR EXPRESS, INC.
RICHARDSON, MARIE E.	229	C&S WHOLESALE GROCERS
ROUSH, MICHAEL	776	YRC WORLDWIDE
SEPINSKY, JR., JOSEPH	229	C&S WHOLESALE GROCERS
SOTZIN, JAMES H.	429	J C EHRICH CO., INC.
STALLING, LARRY	776	UNITED PARCEL SERVICE, INC.
STINES, III, MARTIN	776	YRC WORLDWIDE
STONE, LAUREL E.	776	TRIANGLE PACIFIC CORPORATION
THORNHILL, OLIVER T.	776	ROADWAY EXPRESS, INC.
UPDEGRAFF, JACK EUGENE	776	ROADWAY EXPRESS, INC.
VARGAS, DARLENE	429	COTT BEVERAGES WYOMISSING, INC.
VESEY, GEORGE J.	229	TOPPS CHEWING GUM, INC.
WILLIAMS, MICHAEL L.	773	OROGRAIN BAKERIES SALES, INC.
WOLF, CURTIS W.	429	PACO PRODUCTS, INC.
WOODY, LUKE J.	229	J R BUTLER, INC.
YERGER, RODNEY A.	429	EAGLE DISTRIBUTING COMPANY
ZHOU, AMY YA-HUA	429	POWER PACKAGING, AN EXEL CO.

Central PA Teamsters
P.O. Box 15223
Reading, PA 19612-5223
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Important Information from the Fund Office

Fund Office Contact Information

Contact the Fund Office directly with any questions on Health and Welfare or Pension benefits. The Fund staff is available Monday through Friday from 7:30 a.m. to 4:00 p.m.

Telephone Numbers:

Health & Welfare

(610) 320-5500

Toll free in PA: 1-800-422-8330

Nationwide: 1-800-331-0420

Pension

(610) 320-5505

Toll free in PA: 1-800-343-0136

Nationwide: 1-800-331-0420

Reminder –

Keep Your Information Current with the Fund Office

Please remember to keep your address, dependent and beneficiary information updated with the Funds. You can call or mail in address changes to the Fund. You can call the Fund offices or visit www.CentralPATeamsters.com to obtain beneficiary change forms to complete and send in to the Fund Office.

Note: The Fund Office has extended its hours on a trial basis from 7:30 a.m. to 5:00 p.m.

Visit Our Website at:

www.CentralPATeamsters.com

Central Pennsylvania Teamsters Pension Fund and Central Pennsylvania Teamsters Health and Welfare Fund

Trustees:

William M. Shappell
Chairman & Union Trustee

Tom J. Ventura
Secretary & Employer Trustee

Tomm Forrest
Employer Trustee

J. Christopher Michael
Employer Trustee

Howard W. Rhinier
Union Trustee

Kenneth A. Ross
Employer Trustee

Daniel W. Schmidt
Employer Trustee

Charles Shafer
Union Trustee

Keith A. Youst
Union Trustee

Joseph J. Samolewicz
Administrator

Martin L. Cullen
Assistant Administrator

Professional Advisors:

Beyer-Barber
Health & Welfare Fund Actuary & Consultant

Morgan Lewis
Legal Co-Counsel

Novak Francella, LLC
Certified Public Accountants

Summit Strategies
Investment Consultant

Stevens & Lee
Legal Co-Counsel

The Savitz Organization
Pension Fund Actuary & Consultant

Willig, Williams and Davidson
Legal Co-Counsel

Investment Managers for the Central Pennsylvania Teamsters Health and Welfare Fund:

Aronson+Johnson+Ortiz, LP
Causeway Capital Management, LLC
INTECH Investment Management, LLC
Rothschild Asset Mgt., Inc.
SEI Investments
Tortoise Capital Advisors, LLC
Walter Scott & Partners, Ltd.

Investment Managers for the Central Pennsylvania Teamsters Pension Fund:

Aronson+Johnson+Ortiz, LP
The Boston Company Asset
Management, LLC
Causeway Capital Management, LLC
Entrust Capital, Inc.
Income Research & Management
LSV Asset Management
Madison Square Investors
Mesirow Financial, Inc.
Oakbrook Investments
Post Advisory Group, LLC
Principal Financial Group
Prudential Insurance Company
of America
Rothschild Asset Mgt., Inc.
Segall Bryant & Hamill
Tortoise Capital Advisors LLC.
Walter Scott & Partners, Ltd.
Western Asset
Westfield Capital Management
Company, LLC