



Central Pennsylvania Teamsters

GUARDIAN

Health and Welfare/Pension Guardian Newsletter



Reading, Pennsylvania



August 2008

Mental Health/Substance Abuse Provider to Change

HealthAmerica (formerly Health Assurance) is transitioning its mental health/substance abuse services network to MHNet from United Behavioral Health (UBH), effective September 1, 2008. Coverage will not change for Fund participants and beneficiaries after the transition. There may be some changes to the provider network. HealthAmerica is attempting to limit the impact of the transition process to individuals. The mental health/substance abuse providers for the Devon and Beech Street networks remain the same. More information from HealthAmerica about MHNet and the transition follows.

Who is MHNet?

MHNet has been providing behavioral health services since 1985 and is accredited by the National Committee for Quality Assurance (NCQA) and the Utilization Review Accreditation Commission (URAC). Using preventive and primary care strategies, MHNet actively works to improve the well-being of participants by identifying and addressing behavioral health issues before these issues become severe. MHNet



focuses its energy and resources on creating healthcare delivery systems that provide exceptional treatment and services to clients, resulting in superior clinical outcomes and client satisfaction.

Why MHNet?

HealthAmerica continues to evaluate its products and services to ensure its customers have access to quality health care. As you may or may not know, participants' needs for mental health care services continue

to increase. MHNet was chosen for its ability to meet both current and future participants' needs, as well as its ability to offer quality services.

How do we access providers?

Fund participants will access providers the same as they do today. This will be a seamless transition if the provider is participating. MHNet's transition plan eliminates any need for concern about participants currently receiving behavioral health care services. MHNet guarantees zero disruption of care for covered individuals. All participants and beneficiaries currently receiving treatment will be authorized to continue to see their current provider through the entire course of their treatment. This is true even if the provider is not in MHNet's network.

Notice to Retirees

Coming: A new look for your pension check!

The Pension Department is currently updating the look of pension checks. We are making this change to comply with stricter postal regulations, as well as to improve the ease of tearing the check at the perforation line without affecting the important bank information on the bottom of each check.

We expect the change to occur with the September or October pension checks. Please take a careful look at any mail that arrives from the Pension Fund during that time. It may be your pension check! ■

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Mental Health/Substance Abuse Provider to Change

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How does MHNet select their network practitioners and facilities?

MHNet understands the need for a comprehensive network of providers and facilities that meets participants' geographic, clinical, and cultural requirements. To ensure minimal disruption, MHNet has worked closely with HealthAmerica to identify existing quality providers and to initiate the credentialing process for this group. MHNet continuously analyzes area demographics to identify any potential need for practitioners based on language needs, age of the population, and cultural/ethnic mix. When a need is identified, MHNet conducts an exhaustive credentialing process to ensure adherence to a strict set of guidelines established by NCQA. All credentialing criteria must be met before any practitioner or facility is added to the MHNet network.

When will HealthAmerica begin using MHNet?

September 1, 2008.

How do participants find out if their doctors participate with MHNet?

Participants can call 1-800-835-2094 to determine if their provider is in-network. Representatives are available Monday through Friday, 8 a.m. to 5 p.m., EST, for routine needs. MHNet representatives are available 24 hours a day, 7 days a week at 1-800-835-2094 for critical needs. ■

Student Verification Letters Due to the Fund Office by September 30, 2008

Eligible dependent children 19 years of age or older who are full-time students may continue their Health & Welfare coverage until the end of the month following their 23rd birthday provided proof of full-time enrollment is received by the Fund each year from the school they are attending. Students may not continue Health & Welfare coverage if they are employed full-time (with the exception of summer employment).

Important: Please contact the institution of higher learning at the start of the fall semester to have this information forwarded to the Fund Office by September 30, 2008. Failure to provide this information to the Fund by September 30, 2008 will result in the cancellation of benefit coverage for this dependent. The dependent will then be offered COBRA continuation coverage in accordance with federal law.

If at any time your child stops attending school or is no longer considered an eligible full-time student, please contact the Fund Office immediately. Coverage ceases when the student is no longer attending school full-time. If benefits are paid by the Fund on behalf of the dependent after they are no longer considered a full-time student, a refund of all benefits paid after that date will be requested.

If you have any questions, please contact the Contributions/Eligibility Department at the Fund Office. ■

HealthAssurance is changing its name to HealthAmerica



HealthAssurance, the Central Pennsylvania Teamsters Health and Welfare Fund's primary network provider, is changing its name to HealthAmerica. You may receive benefits communications in the future which refer to HealthAmerica, or your doctor or other health provider may refer to your network as HealthAmerica. Please be assured that the name change has no effect on Central Pennsylvania Teamsters Health and Welfare Plan's provider network or your benefits in any way. You may continue to use your current health plan I.D. card. The Health and Welfare Fund will update member I.D. cards at a future date to reflect the new name. ■

HIPAA Privacy Reminder Notice

In accordance with the Privacy Rule of the Health Insurance Portability and Accountability Act, 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 on the left side of the screen. From there, select "HIPAA" from the menu at the top of the screen. 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. ■



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**.*

Reciprocity Service

What is Reciprocity Service?

Reciprocity Service is service with one or more other Teamster pension plans that is recognized under this Plan, through a reciprocal agreement, for either satisfying your eligibility for a benefit or vesting. If you have service with one or more other Teamster pension plans, please notify the Pension Department so that they can determine whether or not the service qualifies as Reciprocity Service.

A reciprocal agreement is an agreement between two or more multiemployer plans, under which service with any signatory to the agreement is recognized for purposes such as:

- Vesting service
- Fulfilling minimum service requirements for benefit entitlement (eligibility service); or
- Accumulating benefit credits

The goal of reciprocal agreements is to ensure that members maximize their ability to vest in their retirement benefits no matter how many different Teamsters plans they might participate in during their careers. Under a reciprocity agreement, each Plan's requirements must be met, and each plan separately calculates and

pays benefits owed to the participant under the terms of its plan.

What Reciprocity Service is recognized under the Plan?

Reciprocity Service is recognized for vesting and satisfying your eligibility for a benefit. Depending on the terms of any reciprocal agreement that applies to your service under one or more Teamsters pension plans, your Reciprocity Service may count toward the amount of the benefit you accrue under this Plan.

How can Reciprocity Service affect my Plan Benefit?

Vesting Service – For participants who retire today, this Plan requires five years of service in the plan before a participant is 100% vested. In prior years, retirement plans had longer required service periods for vesting. Reciprocity Service reduces the possibility that members will fail to achieve a vested interest in receiving a benefit from any and all Teamster pension plans into which they may have had contributions made during their working career.

Benefit Service – In addition to meeting any minimum age

requirements, you need 15 years of Benefit Service to qualify for the Plan's Special Early Retirement Benefit, 25 Years of Benefit Service to qualify for the Plan's Combined Minimum Monthly Benefit and 30 Years of Benefit Service to qualify for the Plan's Service Pension.

If you have service with one or more other Teamster pension plans that is recognized under a reciprocal agreement with this Plan, your benefit service with those plans will count toward the minimum Benefit Service requirement for the Plan's Special Early Retirement Benefit and Service Pension Benefit. To be eligible for the Combined Minimum Monthly Benefit (CMMB) under the Central Pennsylvania Teamsters Pension Plan, you need to have a minimum of 15 years of Benefit Service (i.e. non-reciprocity service) in the Central Pennsylvania Teamsters Pension Plan. Additionally, you need to satisfy the "Two Year Rule" and the "45-day Rule." See your plan documents for descriptions of these rules.

What do I need to do when I apply for retirement benefits?

If you have time in another Teamsters pension plan besides the Central PA Teamsters, you will be asked to provide the employer name, Local Union Number(s) and approximate dates of employment. The Central PA Teamster's Pension Fund needs this information in order to obtain the records of other Plans to determine if you qualify for a reciprocal pension.

If you are requesting a reciprocal pension, the Central PA Teamsters Pension Fund generally requires approximately 6 months notice in order to correspond with the other Teamster plans in which you participated, review the applicable reciprocal agreements, exchange information, verify employment, and process your application. ■

Pension Protection Act 2008 Actuarial Certification Notice Mailed in April

The Trustees of the Central Pennsylvania Teamsters Pension Fund mailed a notice to all pension plan participants in April 2008. The notice contained good news. Federal law required the Plan's actuary to certify on March 30, 2008 whether the Central Pennsylvania Teamsters Defined Benefit Plan fell into one of three problem categories identified under the law (called Endangered, Seriously Endangered, or Critical). The Fund's actuary has certified that the Plan is not in any of these categories. To the contrary, the Fund's benefits as of January 1, 2008 were 85.1% funded. According to the information available to us, this funding percentage compares favorably with other Teamster plans throughout the nation.

Since the Plan is not in any of the problem categories described above, the Plan is not required to implement any of the governmentally required changes to contributions or benefits that other plans across the country are currently adopting in order to overcome their funding problems.

The Central Pennsylvania Teamsters Defined Benefit Plan Trustees will continue to monitor the Plan's health and make every effort to ensure its future success. An analysis will be performed annually in compliance with the Pension Protection Act of 2006.

Employer Group Coverage Requirements under USERRA

The Uniformed Services Employment and Reemployment Rights Act (USERRA), prohibits discrimination against persons because of their service in the Armed Forces Reserve, the National Guard, or other uniformed services.

USERRA requires that employees who are called up to active service and who are eligible for their employer's group health coverage must be allowed to continue their health coverage for themselves, their spouse and their dependent children. Individuals electing continuation of coverage on or after December 10, 2004 can elect coverage for up to 24 months. Prior to December 10, 2004, eligible individuals could elect coverage for up to 18 months.

The Act also requires that employers provide an annual notice of USERRA rights and obligations to employees entering military service. This notice requirement can be met by posting the notice in a location where the employer customarily places notices to employees. The requirement also applies to unions that operate hiring halls.

Please call your employer or the Fund Office if you have questions about your USERRA rights. ■

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 2008 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. ■

Central Pennsylvania Teamsters Health and Welfare Fund Prescription Drug Benefits



Prescription Plan Benefits Under Plans 13, R4 and R5

If you are covered under Plan 13, R4 or R5 your prescription information is listed below.

Negative Formulary List*

| | | |
|----------|-------------|-----------|
| Aciphex | Lamisil | Rozerem |
| Advicor | Lexapro | Sarafem |
| Allegra | Lipitor | Sonata** |
| Altoprev | Lunesta** | Sporanox |
| Ambien** | Luvox | Tagamet |
| Axid | Mevacor | Tamiflu |
| Bextra | Nexium | Trepadone |
| Celebrex | Paxil | Vioxx |
| Celexa | Pepcid*** | Vytorin |
| Clarinox | Pravachol | Zantac*** |
| Crestor | Prevacid | Zegerid |
| Cymbalta | Prilosec*** | Zetia |
| Daypro | Protonix | Zocor |
| Diflucan | Prozac | Zoloft |
| Effexor | Relenza | |

And All Injectables (excluding Insulin and Imitrex)

*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.

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 and 16

If you are covered under Plan 14 or 16 your prescription information is listed below.

Plan 14 and 16 – Option Levels A, B & C Negative Formulary List*

| | | |
|----------|-------------|-----------|
| Aciphex | Lamisil | Rozerem |
| Advicor | Lexapro | Sarafem |
| Allegra | Lipitor | Sonata** |
| Altoprev | Lunesta** | Sporanox |
| Ambien** | Luvox | Tagamet |
| Axid | Mevacor | Tamiflu |
| Bextra | Nexium | Trepadone |
| Celebrex | Paxil | Vioxx |
| Celexa | Pepcid*** | Vytorin |
| Clarinox | Pravachol | Zantac*** |
| Crestor | Prevacid | Zegerid |
| Cymbalta | Prilosec*** | Zetia |
| Daypro | Protonix | Zocor |
| Diflucan | Prozac | Zoloft |
| Effexor | Relenza | |

And All Injectables (excluding Insulin and Imitrex)

*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.

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 |

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 |

Retirees: Direct Deposit Makes Sense

Would you like to be sure that your pension check is available to you on the first business day of each month? You can be certain if you use direct deposit! Eliminate the worries of delayed mail delivery, postponed trips to the bank because of bad weather or other commitments, lost or stolen checks, standing in long lines at the bank, or waiting for your check to clear at the bank.

It's easy to sign up! Just call the Pension Department 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. Then relax and enjoy the comfort of knowing that your pension check is available to you each month without delay.

Important: If you are currently using direct deposit and your bank name and/or account changes, please notify the Pension Department immediately and request a new direct deposit form to complete (even if your bank informs you that no notification is needed.) If you change banks and need to complete a new form, simply call the Pension Department or visit www.CentralPATeamsters.com (click on "Pension" – "Forms") to get a new form. Please note that direct deposit changes usually take 30 days to become effective after you notify the Fund. After you request a change, your first check may be mailed to your home. Thereafter, your check will be directly deposited to your bank account.

Moonlighting/Self-employment

The Fund does not cover participants or their eligible dependents for illnesses or injuries which 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 the individual was performing odd jobs, i.e. painting, roofing, etc. for which they received payment. The individual was then 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. ■



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

You should contact your motor vehicle insurance carrier to evaluate the extent to which you are covered for wage loss benefits as a result of a motor vehicle accident.

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.

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 as a result of 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. ■

Take the Health Risk Assessment Today!



The Health Risk Assessment (HRA) questionnaire is free, confidential and easy to use. Simply log on to www.CentralPATeamsters.com, select Wellness Links, click on "Take the Health Risk Assessment" and follow the instructions to register. You will be asked to register a user name and password. After your user

name is registered, you can begin the questionnaire.

The Health Risk Assessment questionnaire asks questions about your current diet, exercise and lifestyle habits. After you complete the confidential HRA (usually in 15-20 minutes), you are provided with a free personalized report which you can use to develop goals for improving your health. You can also share this report with your doctor and your family. Take a follow-up HRA questionnaire in six months to check your progress.

As an additional reward, the Central PA Teamsters Health and Welfare Fund will automatically enroll each HRA participant in a raffle to win one of 8-\$50 VISA cards, compliments of HealthAmerica. ■



Health Fair Held at Local Union No. 429

The Health and Welfare Fund held a health fair for members of Teamsters Local No. 429 on June 14 in the local's auditorium. Participants were offered free health screenings, as well as health information, food and prizes. A good time was had by all. The Health and Welfare Fund plans to work with other local unions in the future to hold additional health fairs.

May 2008 Retirement Income Plan (RIP) Returns

The following are approximate net returns for the Central PA Teamsters RIP 1987 and RIP 2000 retirement plans for the 5 month period ending May 31, 2008. The net returns equal gross investment returns 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

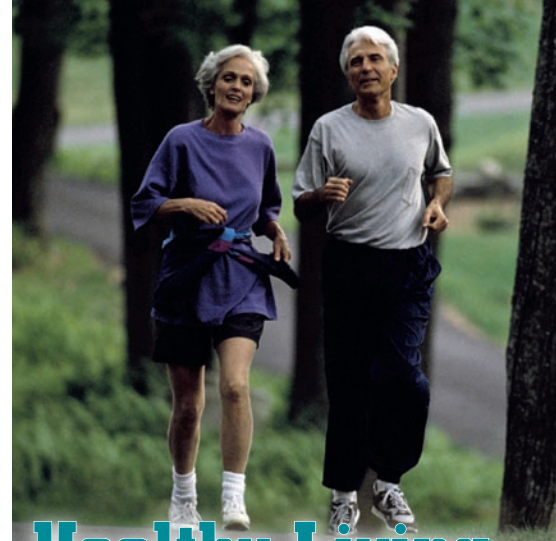
RIP 2000

Approximate Net Return

-1.1%

-0.9%

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



Healthy Living

What is Lyme disease?

Lyme disease is an infection that is spread by ticks. You can get Lyme disease if you are bitten by an infected tick. But most people who have had a tick bite do not get Lyme disease. It's still important to see your doctor if you have had a tick attached to you or suspect you have Lyme disease.

What causes Lyme disease?

Lyme disease is caused by bacteria. Infected ticks spread the bacteria by biting people or animals.

Two types of ticks carry the Lyme disease bacteria in the U.S. They are:

- Deer Ticks. They spread the disease in the Northeast and Midwest.
- Western black-legged ticks. They spread the disease along the Pacific coast, mostly in northern California and Oregon.

Remove ticks as soon as you notice them. Infected ticks usually don't spread Lyme disease until they have been attached for at least 36 hours.

What are the symptoms?

One sure sign of Lyme disease is a round, red rash that spreads at the site of a tick bite. This rash can get very large.

Flu-like symptoms are also very common. People in the early stages of Lyme disease may feel very tired and have headaches, sore muscles and joints, and a fever.

Contact your doctor immediately if you suspect you have Lyme disease.

Source: WebMD

Retirees Approved For Pensions

March 2008 through June 2008

For the month of March 2008

| Name | Local | Employer |
|--------------------------|-------|-----------------------------------|
| AVENI, JOSEPH A. | 764 | CENTRE CONCRETE COMPANY |
| BAILEY, SYLVESTER D. | 776 | PRESTON TRUCKING CO., INC. |
| BARNARD, SR., CHARLES J. | 312 | MATLACK, INC. TERMINAL 52 |
| BECKER, LOUIS A. | 776 | ROADWAY EXPRESS, INC. |
| BELANGER, PAUL H. | 771 | YELLOW FREIGHT SYSTEM, INC. |
| BIESECKER, RICHARD F. | 312 | MATLACK, INC. TERMINAL 5 |
| BURIAN, JOHN C. | 773 | EXIDE |
| CLAY, BRYAN BRUCE | 429 | ATV BAKERY |
| COOVER, LEONARD R. | 429 | ATLANTIC PROCESSING, INC. |
| DETTET, RICHARD D. | 776 | CONSOLIDATED FREIGHTWAYS |
| DIETRICH, CHARLES E. | 776 | KELLOGG'S SALES COMPANY |
| DOUTHAT, JESSE L. | 401 | WISE FOODS |
| EBELING, JR., WILLIAM | 773 | UNITED PARCEL SERVICE, INC. |
| FIDA, ROBERT | 401 | J & H CONCRETE |
| FORD, KENNETH W. | 771 | YELLOW FREIGHT SYSTEM, INC. |
| GARLAND, LAWSON W. | 776 | BROCKER REBAR CO., INC. |
| GESEK, SR., ALBERT W. | 229 | C&S WHOLESALE GROCERS |
| HAUZE, FRANK J. | 401 | WISE FOODS |
| HUBERT, DANIEL J. | 429 | CENTRAL DOOR & PLYWOOD CO. |
| KEISTER, DARYL | 764 | UNITED PARCEL SERVICE, INC. |
| KEMMERER, BRENT L. | 773 | EASTERN INDUSTRIES, INC. |
| KOLOC, EUGENE | 999 | ROADWAY EXPRESS, INC. |
| LEE, ROBERT E. | 776 | CONSOLIDATED FREIGHTWAYS |
| MATCHICKA, JR., NICHOLAS | 429 | COTT BEVERAGES WYOMISSING, INC. |
| MCNULTY, DAVID M. | 312 | MATLACK, INC. TERMINAL 5 |
| MILLER, LARRY B. | 764 | INTERSTATE MTR FREIGHT SYS., INC. |
| MOYER, HILBERT E. | 776 | ROADWAY EXPRESS, INC. |
| MURPHY, SABINA | 229 | C&S WHOLESALE GROCERS |
| PATTERSON, GRADY LEE | 776 | ARKANSAS BEST FREIGHT SYS., INC. |
| PECK, HARRY D. | 429 | BOYERTOWN AUTO BODY WORKS, INC. |
| PORTO, JAMES A. | 771 | YELLOW FREIGHT SYSTEM, INC. |
| REIDENHOUR, BETTY JEAN | 773 | EASTERN INDUSTRIES, INC. |
| RUDY, RICHARD L. | 776 | NEW PENN MOTOR EXPRESS, INC. |
| SHULTZ, CHARLES | 764 | BRANCH MOTOR EXPRESS, CO. |
| SNARE, RICHARD MICHAEL | 776 | CENTRAL STORAGE & TRANSFER CO. |
| SNYDER, DONALD ROBERT | 773 | BEAN, INC. |
| STECK, EDWARD A. | 771 | KEREK AIR FREIGHT CORP. |
| STEFANSKI, THADDEUS | 229 | ROADWAY EXPRESS, INC. |
| STEVENS, ROBERT P. | 776 | FLEMING COMPANIES, INC. |
| TONEY, RAYMOND S. | 229 | YELLOW FREIGHT SYSTEM, INC. |
| VATTER, JR., RAYMOND E. | 771 | YELLOW FREIGHT SYSTEM, INC. |
| WITMAN, JR., WALTER E. | 773 | EXIDE |
| WOLF, RICHARD | 429 | POWER PACKAGING, AN EXEL CO. |
| YERGER, RONALD LEE | 429 | EAGLE DISTRIBUTING COMPANY |
| YOCUM II, DONALD H. | 764 | BRANCH MOTOR EXPRESS CO. |
| YOUNG, GARY | 764 | BRANCH MOTOR EXPRESS CO. |
| ZECHMAN, JR., RALPH J. | 429 | ASSOCIATED WHOLESALERS, INC. |
| ZIRKLE, JR., FLOYD G. | 776 | CONSOLIDATED FREIGHTWAYS |

For the month of April 2008

| Name | Local | Employer |
|--------------------|-------|----------------------------------|
| ALLISON, HAROLD E. | 771 | HERMAN R. EWELL, INC. |
| ANDERSEN, A. WILLY | 773 | CHEMICAL LEAMAN TANK LINES, INC. |

For the month of April 2008

| Name | Local | Employer |
|--------------------------|-------|-----------------------------------|
| BARGER, MARIAN | 771 | YELLOW FREIGHT SYSTEM, INC. |
| BEEDLE, JR., LYNN S. | 773 | MAIERS BAKERY |
| BELL, JR., JAMES G. | 776 | FLEMING COMPANIES, INC. |
| BELLAN, JUDY A. | 229 | SUPER MARKET SERVICE CORP. |
| BOHAN, CHARLES KENNETH | 764 | P I E NATIONWIDE, INC. |
| BREITIGAN, EDWARD L. | 429 | SCHROCK CABINET COMPANY |
| BUNTZ, ANN | 229 | C&S WHOLESALE GROCERS |
| BURCHFIELD, CHARLES A. | 776 | CONSOLIDATED FREIGHTWAYS |
| BURKERT, JR., LEONARD F. | 773 | LEVEL LINE PENN-EAST, INC. |
| BURNS, JOSEPH M. | 429 | ASSOCIATED WHOLESALERS, INC. |
| CARPER, JR., HARRY P. | 776 | HALLS MOTOR TRANSIT CO. |
| CIOLEK, JOSEPHINE | 229 | TOPPS CHEWING GUM, INC. |
| DAILEY, WILLIAM R. | 776 | ROADWAY EXPRESS, INC. |
| DOWEARY, ANNA R. | 776 | YORK COUNTY TRANSP. AUTHORITY |
| FLANAGAN, EDWARD JAMES | 776 | CAROLINA FREIGHT CARRIERS CORP. |
| FUOCO, THOMAS | 312 | CHEMICAL LEAMAN TANK LINES, INC. |
| GALLAGHER, JOSEPH | 229 | ROADWAY EXPRESS, INC. |
| GOUDY, DAVID C. | 776 | USF RED STAR |
| GRECO, JOSEPH J. | 776 | CONSOLIDATED FREIGHTWAYS |
| HARDY, JAMIE L. | 429 | E J BRENNEMAN, L.P. |
| HEVERLY, GARY W. | 764 | P I E NATIONWIDE, INC. |
| KLINE, EMMA L. | 773 | OGDEN FACILITY SERVICES |
| KOCH, ANTHONY P. | 771 | YELLOW FREIGHT SYSTEM, INC. |
| KROENIG, WALTER D. | 429 | ARKEMA, INC. |
| LAHR, DARWYN J. | 776 | ARKANSAS BEST FREIGHT SYS., INC. |
| LETTIERI, MARY JO | 229 | C&S WHOLESALE GROCERS |
| MARTIN, VICKI | 776 | CONSOLIDATED FREIGHTWAYS |
| MASISAK, CARL A. | 429 | HALLS MOTOR TRANS. |
| MATUKONIS, MICHELE L. | 229 | ROADWAY EXPRESS, INC. |
| MAYESKI, CONRAD Z. | 229 | CONSOLIDATED FREIGHTWAYS |
| MCCLINTOCK, ROBERT F. | 999 | ARKANSAS BEST FREIGHT SYS., INC. |
| MCMINN, RAYMOND A. | 771 | YELLOW FREIGHT SYSTEM, INC. |
| MENGEL, RICHARD C. | 429 | BERKS PRODUCTS CORP. |
| MILLER, LARRY L. | 773 | W S REICHENBACH & SON, INC. |
| MURPHY, BARRY L. | 776 | ARKANSAS BEST FREIGHT SYS., INC. |
| PALAMAR, JOHN G. | 429 | LEHIGH VALLEY DAIRIES, INC. |
| PARQUETTE, MARK LEWIS | 776 | ARKANSAS BEST FREIGHT SYS., INC. |
| PEIFFER, PAUL N. | 776 | ROADWAY EXPRESS, INC. |
| PHILLIPINE, DENNIS | 429 | MAIERS BAKERY |
| PODVASNIK, LODY F. | 776 | MOTOR FREIGHT EXPRESS, INC. |
| PROPHET, JAMES M. | 771 | YELLOW FREIGHT SYSTEM, INC. |
| REED, GARY A. | 773 | EASTERN INDUSTRIES, INC. |
| ROHLIC, DAVID | 229 | SUPER MARKET SERVICE CORP. |
| SCHANOWOLF, JOHN C. | 773 | PRESTON TRUCKING CO., INC. |
| SEARFOSS, RICHARD | 401 | PEPSI-COLA BOTTLING COMPANY |
| SERFAS, JR., CONRAD M. | 229 | ROADWAY EXPRESS, INC. |
| SHEAFFER, WARREN A. | 429 | J C EHRlich CO., INC. |
| SOLTSYISK, KERRYLYN | 429 | BOARD OF SUPERVISORS |
| STERN, CARTER B. | 773 | ELCO HAUSMAN CONSTRUCTION CORP. |
| STRONG, SR., KENNETH M. | 229 | C&S WHOLESALE GROCERS |
| SWISHER, HARVEY E. | 773 | INTERNATIONAL DISTR. CENTER, INC. |
| WAGNER, DENNIS A. | 429 | SCHROCK CABINET COMPANY |

Retirees Approved For Pensions

For the month of April 2008

| <u>Name</u> | <u>Local</u> | <u>Employer</u> |
|----------------------|--------------|----------------------------------|
| WALTERMYER, DAVID S. | 229 | ROADWAY EXPRESS, INC. |
| WEIKLE, JERRY W. | 776 | CONSOLIDATED FREIGHTWAYS |
| WEISKOPFF, HARRY F. | 999 | ARKANSAS BEST FREIGHT SYS., INC. |
| WICHERT, ROBERT W. | 429 | LENTZ MILLING COMPANY |
| WILDT, CHARLES H. | 771 | YELLOW FREIGHT SYSTEM, INC. |
| WINGLE, ROSALIE E. | 429 | SCHROCK CABINET COMPANY |
| WOOMER, CHARLES E. | 429 | LUDENS, INC. |
| WRIGHT, JOHN D. | 776 | DRIVERS, INC. |
| ZYMBLOSKY, RONALD | 229 | ROADWAY EXPRESS, INC. |

For the month of May 2008

| <u>Name</u> | <u>Local</u> | <u>Employer</u> |
|-------------------------|--------------|----------------------------------|
| ALBRIGHT, WILLIAM C. | 776 | LIQUID CARBONIC SPEC. GAS CORP. |
| BERGER, DAVID O. | 771 | CPC TANKER LLC |
| BINGEMAN, LESTER E. | 429 | ASSOCIATED WHOLESALERS, INC. |
| BOWERS, TAMMY | 429 | COTT BEVERAGES WYOMISSING, INC. |
| BRESSLER, RONALD LOU | 776 | CONSOLIDATED FREIGHTWAYS |
| BRIGHTBILL, RUSSELL E. | 229 | ROADWAY EXPRESS, INC. |
| BUFFINGTON, ROBERT L. | 776 | ARKANSAS BEST FREIGHT SYS., INC. |
| CALAMAN, DAVID A. | 776 | ROADWAY EXPRESS, INC. |
| CLIFFORD, JOHN C. | 229 | YELLOW FREIGHT SYSTEM, INC. |
| DAVIS, CHERYL L. | 429 | CENTRAL PENNSYLVANIA TEAMSTERS |
| DELGADO, GLADYS | 773 | ONE SOURCE |
| DINTAMAN, CHARLES A. | 776 | USF RED STAR |
| FELCHOCK, DENNIS J. | 773 | EXIDE |
| FLETCH, VONETTA R. | 776 | KEYSTONE DISTRIBUTION CTR, INC. |
| FLUCK WESTCOTT, MARY | 773 | ATLANTIC TRANSPORT CO. |
| FOLTZ, LUTHER L. | 429 | CENTRAL DOOR & PLYWOOD CO. |
| FRANK, DANIEL R. | 401 | ACME MARKETS, INC. |
| GARITY, THOMAS A. | 771 | YELLOW FREIGHT SYSTEM, INC. |
| GAUGLER, RICHARD E. | 764 | CENTRAL BUILDERS SUPPLY CO. |
| GROSS, ROXANN D. | 776 | ASSOCIATED WHOLESALERS, INC. |
| HAFER, BARRY R. | 429 | BOARD OF SUPERVISORS |
| KING, GARY H. | 429 | SUPERVALU, INC. |
| KITCH, JR., RICHARD L. | 429 | ASSOCIATED WHOLESALERS, INC. |
| KLEPADLO, HELEN | 229 | TOPPS CHEWING GUM, INC. |
| KOPE, JOANNE L. | 776 | HALLS MOTOR TRANSIT CO. |
| MALEK, LARRY M. | 429 | SUPERVALU, INC. |
| MOORE, JAMES A. | 771 | YELLOW FREIGHT SYSTEM, INC. |
| MURPHY, JR., JOHN A. | 776 | UNITED PARCEL SERVICE, INC. |
| MYERS, JEAN M. | 776 | ROADWAY EXPRESS, INC. |
| MYERS, ROGER E. | 776 | PRESTON TRUCKING CO., INC. |
| NIEVES, VIRGINIA | 429 | RACHLIN FURNITURE, INC. |
| PIORKOWSKI, ROBERT | 229 | TOPPS CHEWING GUM, INC. |
| PISANO, RONALD | 401 | ADDY ASPHALT COMPANY |
| POLTROK, CARL H. | 771 | KUNZLER & COMPANY, INC. |
| POTTS, SHIRLEY A. | 429 | CENTRAL DOOR & PLYWOOD CO. |
| ROSS, LAWRENCE J. | 764 | KEPLER BROTHERS |
| RUBY, DONALD R. | 776 | PRESTON TRUCKING CO., INC. |
| SCARAMASTRO, VINCENT W. | 776 | CONSOLIDATED FREIGHTWAYS |
| SCHELL, GEORGE W. | 776 | PERK FOODS C/O HEINZ PET |
| SCOTT, VICTOR | 229 | ROADWAY EXPRESS, INC. |
| SNYDER, HAROLD V. | 312 | MATLACK, INC., TERMINAL 5 |
| STEWART, DONALD L. | 776 | PRESTON TRUCKING CO., INC. |

For the month of May 2008

| <u>Name</u> | <u>Local</u> | <u>Employer</u> |
|--------------------------|--------------|---------------------------------|
| SWEIGART, SR., RONALD L. | 773 | BERKS PRODUCTS CORPORATION |
| TITUS, DALE L. | 229 | TOPPS CHEWING GUM, INC. |
| TROMBLEY, DOUGLAS F. | 429 | JONES MOTOR CO., INC. |
| WARD, REX D. | 771 | TRANS-MATERIALS CO. |
| WARE, JAMES | 229 | TEAMSTERS LOCAL UNION 229 |
| WHISTLER, GARY E. | 776 | WILSON FREIGHT COMPANY |
| WHITE, JR., WALLACE | 229 | NEW PENN MOTOR EXPRESS, INC. |
| ZIEGLER, DONNA F. | 776 | CAROLINA FREIGHT CARRIERS CORP. |

For the month of June 2008

| <u>Name</u> | <u>Local</u> | <u>Employer</u> |
|--------------------------|--------------|----------------------------------|
| ALMQUIST, STEWART | 999 | ROADWAY EXPRESS, INC. |
| AMOS, LORRAINE | 229 | TOPPS CHEWING GUM, INC. |
| BARNHART, JACK K. | 776 | CONSOLIDATED FREIGHTWAYS |
| BAUSHER, DAVID L. | 429 | CLOVER FARMS DAIRY |
| BOHN, HOWARD H. | 429 | COTT BEVERAGES WYOMISSING, INC. |
| BROWN, ROBERT P. | 764 | CENTRAL BUILDERS SUPPLY CO. |
| BURDICK, RONALD | 229 | ROADWAY EXPRESS, INC. |
| DICKERT, RONALD C. | 773 | ARROW CARRIER CORPORATION |
| DOUGHERTY, ANITA | 401 | SANTARELLI VIBRATED BLK CO. LLC |
| EUTIZI, JOANNE M. | 229 | SCRANTON SEWER AUTHORITY |
| FEISTL, JOSEPH EDWARD | 229 | ROADWAY EXPRESS, INC. |
| FEYL, ROY A. | 429 | ARKEMA, INC. |
| FLEISHER, WILLIAM G. | 776 | CENTRAL STORAGE & TRANSFER CO. |
| FREY, JR., DONALD C. | 776 | CONSOLIDATED FREIGHTWAYS |
| GAMBUCCI, JOSEPH | 229 | ROADWAY EXPRESS, INC. |
| HARMS, EARL | 229 | ROADWAY EXPRESS, INC. |
| HOLT, JAMES E. | 429 | ASSOCIATED WHOLESALERS, INC. |
| HORENSKY, DAVID | 401 | PEPSI-COLA BOTTLING COMPANY |
| JACOBS, RANDY C. | 776 | UNITED PARCEL SERVICE, INC. |
| KIBLER, DELBERT | 229 | ROADWAY EXPRESS, INC. |
| KINLEY, RICHARD D. | 776 | BROCKER REBAR CO., INC. |
| LIGHT, DIANE M. | 776 | UNITED PARCEL SERVICE, INC. |
| LUDWIGSEN III, JOHN M. | 776 | CONSOLIDATED FREIGHTWAYS |
| MATTHEWS, DENNIS J. | 429 | BRENNTAG NORTHEAST, INC. |
| NEUTTS, JOSEPH A. | 229 | TOPPS CHEWING GUM, INC. |
| ORR, JAMES P. | 229 | ROADWAY EXPRESS, INC. |
| REED, DENNIS K. | 773 | MATERIALS TRANSPORT SERVICE |
| REEDY, LARRY F. | 429 | CLOVER FARMS DAIRY |
| REIFSNYDER, JR., PAUL E. | 429 | RACHLIN FURNITURE, INC. INSIDE |
| REPSHER, ROY A. | 773 | RIS PAPER CO., INC. |
| RINEHOLT, SR., GERALD E. | 776 | YORK COUNTY TRANSP. AUTHORITY |
| SCHRANER, CAROLINE | 229 | SUPER MARKET SERVICE CORP. |
| SCICCHITANO, MARSHALL | 429 | INTERNATIONAL PAPER |
| SHANDRA, EDWARD | 229 | HARPER COLLINS PUBLISHERS, INC. |
| SPUNAR, GEORGE | 229 | ROADWAY EXPRESS, INC. |
| STRIEWIG, CLARENCE H. | 429 | HALLS MOTOR TRANS. |
| STRINGER, RONALD PAUL | 776 | ST. JOHNSBURY TRUCKING CO., INC. |
| SUDA, CRAIG E. | 401 | TOWN & COUNTRY FURNITURE GALL |

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

Kevin M. Cicak
Union Trustee

Tomm Forrest
Employer Trustee

Mark Johnson
Employer Trustee

Keith L. Noll
Union Trustee

Howard W. Rhinier
Union Trustee

Michael P. Rys
Union Trustee

Daniel W. Schmidt
Employer 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 – Enhanced Investment
Technologies, LLC

Rothschild Asset Mgt., Inc.

SEI Investments

Walter Scott & Partners, Ltd.

Investment Managers for the Central Pennsylvania Teamsters Pension Fund:

Aberdeen Asset Management, Inc.

Aronson+Johnson+Ortiz, LP

The Boston Company Asset
Management, LLC

Causeway Capital Management, LLC

DSI International Management, Inc.

INTECH – Enhanced Investment
Technologies, LLC

LSV Asset Management

Mesirow Financial, Inc.

Post Advisory Group, LLC

Principal Financial Group

Prudential Insurance Company
of America

Rothschild Asset Mgt., Inc.

State Street Global Advisors

Walter Scott & Partners, Ltd.

Western Asset

Westfield Capital Management
Company, LLC

Central PA Teamsters

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Reading, PA 19612-5223

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Central Pennsylvania Teamsters

GUARDIAN

Pension Guardian Newsletter



Reading, Pennsylvania



August 2008



Healthy Living

What is Lyme disease?

Lyme disease is an infection that is spread by ticks. You can get Lyme disease if you are bitten by an infected tick. But most people who have had a tick bite do not get Lyme disease. It's

still important to see your doctor if you have had a tick attached to you or suspect you have Lyme disease.

What causes Lyme disease?

Lyme disease is caused by bacteria. Infected ticks spread the bacteria by biting people or animals.

Two types of ticks carry the Lyme disease bacteria in the U.S. They are:

- Deer Ticks. The spread the disease in the Northeast and Midwest.
- Western black-legged ticks. They spread the disease along the Pacific coast, mostly in northern California and Oregon.

Remove ticks as soon as you notice them. Infected ticks usually don't spread Lyme disease until they have been attached for at least 36 hours.

What are the symptoms?

One sure sign of Lyme disease is a round, red rash that spreads at the site of a tick bite. This rash can get very large.

Flu-like symptoms are also very common. People in the early stages of Lyme disease may feel very tired and have headaches, sore muscles and joints, and a fever.

Contact your doctor immediately if you suspect you have Lyme disease.

Source: WebMD

Pension Protection Act 2008 Actuarial Certification Notice Mailed in April

The Trustees of the Central Pennsylvania Teamsters Pension Fund mailed a notice to all pension plan participants in April 2008. The notice contained good news. Federal law required the Plan's actuary to certify on March 30, 2008 whether the Central Pennsylvania Teamsters Defined Benefit Plan fell into one of three problem categories identified under the law (called Endangered, Seriously Endangered, or Critical). The Fund's actuary has certified that the Plan is not in any of these categories. To the contrary, the Fund's benefits as of January 1, 2008 were 85.1% funded. According to the information available to us, this funding percentage compares favorably with other Teamster plans throughout the nation.

Since the Plan is not in any of the problem categories described above, the Plan is not required to implement any of the governmentally required changes to contributions or benefits that other plans across the country are currently adopting in order to overcome their funding problems.

The Central Pennsylvania Teamsters Defined Benefit Plan Trustees will continue to monitor the Plan's health and make every effort to ensure its future success. An analysis will be performed annually in compliance with the Pension Protection Act of 2006.

Notice to Retirees

Coming: A new look for your pension check!

The Pension Department is currently updating the look of pension checks. We are making this change to comply with stricter postal regulations, as well as to improve the ease of tearing the check at the perforation line without affecting the important bank information on the bottom of each check.

We expect the change to occur with the September or October pension checks. Please take a careful look at any mail that arrives from the Pension Fund during that time. It may be your pension check! ■

Retirees Approved For Pensions

March 2008 through June 2008

For the month of March 2008

| Name | Local | Employer |
|--------------------------|-------|-----------------------------------|
| AVENI, JOSEPH A. | 764 | CENTRE CONCRETE COMPANY |
| BAILEY, SYLVESTER D. | 776 | PRESTON TRUCKING CO., INC. |
| BARNARD, SR., CHARLES J. | 312 | MATLACK, INC. TERMINAL 52 |
| BECKER, LOUIS A. | 776 | ROADWAY EXPRESS, INC. |
| BELANGER, PAUL H. | 771 | YELLOW FREIGHT SYSTEM, INC. |
| BIESECKER, RICHARD F. | 312 | MATLACK, INC. TERMINAL 5 |
| BURIAN, JOHN C. | 773 | EXIDE |
| CLAY, BRYAN BRUCE | 429 | ATV BAKERY |
| COOVER, LEONARD R. | 429 | ATLANTIC PROCESSING, INC. |
| DETTET, RICHARD D. | 776 | CONSOLIDATED FREIGHTWAYS |
| DIETRICH, CHARLES E. | 776 | KELLOGG'S SALES COMPANY |
| DOUTHAT, JESSE L. | 401 | WISE FOODS |
| EBELING, JR., WILLIAM | 773 | UNITED PARCEL SERVICE, INC. |
| FIDA, ROBERT | 401 | J & H CONCRETE |
| FORD, KENNETH W. | 771 | YELLOW FREIGHT SYSTEM, INC. |
| GARLAND, LAWSON W. | 776 | BROCKER REBAR CO., INC. |
| GESEK, SR., ALBERT W. | 229 | C&S WHOLESALE GROCERS |
| HAUZE, FRANK J. | 401 | WISE FOODS |
| HUBERT, DANIEL J. | 429 | CENTRAL DOOR & PLYWOOD CO. |
| KEISTER, DARYL | 764 | UNITED PARCEL SERVICE, INC. |
| KEMMERER, BRENT L. | 773 | EASTERN INDUSTRIES, INC. |
| KOLOC, EUGENE | 999 | ROADWAY EXPRESS, INC. |
| LEE, ROBERT E. | 776 | CONSOLIDATED FREIGHTWAYS |
| MATCHICKA, JR., NICHOLAS | 429 | COTT BEVERAGES WYOMISSING, INC. |
| MCNULTY, DAVID M. | 312 | MATLACK, INC. TERMINAL 5 |
| MILLER, LARRY B. | 764 | INTERSTATE MTR FREIGHT SYS., INC. |
| MOYER, HILBERT E. | 776 | ROADWAY EXPRESS, INC. |
| MURPHY, SABINA | 229 | C&S WHOLESALE GROCERS |
| PATTERSON, GRADY LEE | 776 | ARKANSAS BEST FREIGHT SYS., INC. |
| PECK, HARRY D. | 429 | BOYERTOWN AUTO BODY WORKS, INC. |
| PORTO, JAMES A. | 771 | YELLOW FREIGHT SYSTEM, INC. |
| REIDENHOUR, BETTY JEAN | 773 | EASTERN INDUSTRIES, INC. |
| RUDY, RICHARD L. | 776 | NEW PENN MOTOR EXPRESS, INC. |
| SHULTZ, CHARLES | 764 | BRANCH MOTOR EXPRESS CO. |
| SNARE, RICHARD MICHAEL | 776 | CENTRAL STORAGE & TRANSFER CO. |
| SNYDER, DONALD ROBERT | 773 | BEAN, INC. |
| STECK, EDWARD A. | 771 | KEREK AIR FREIGHT CORP. |
| STEFANSKI, THADDEUS | 229 | ROADWAY EXPRESS, INC. |
| STEVENS, ROBERT P. | 776 | FLEMING COMPANIES, INC. |
| TONEY, RAYMOND S. | 229 | YELLOW FREIGHT SYSTEM, INC. |
| VATTER, JR., RAYMOND E. | 771 | YELLOW FREIGHT SYSTEM, INC. |
| WITMAN, JR., WALTER E. | 773 | EXIDE |
| WOLF, RICHARD | 429 | POWER PACKAGING, AN EXEL CO. |
| YERGER, RONALD LEE | 429 | EAGLE DISTRIBUTING COMPANY |
| YOCUM II, DONALD H. | 764 | BRANCH MOTOR EXPRESS CO. |
| YOUNG, GARY | 764 | BRANCH MOTOR EXPRESS CO. |
| ZECHMAN, JR., RALPH J. | 429 | ASSOCIATED WHOLESALERS, INC. |
| ZIRKLE, JR., FLOYD G. | 776 | CONSOLIDATED FREIGHTWAYS |

For the month of April 2008

| Name | Local | Employer |
|------------------------|-------|----------------------------------|
| ALLISON, HAROLD E. | 771 | HERMAN R. EWELL, INC. |
| ANDERSEN, A. WILLY | 773 | CHEMICAL LEAMAN TANK LINES, INC. |
| BARGER, MARIAN | 771 | YELLOW FREIGHT SYSTEM, INC. |
| BEEDLE, JR., LYNN S. | 773 | MAIERS BAKERY |
| BELL, JR., JAMES G. | 776 | FLEMING COMPANIES, INC. |
| BELLAN, JUDY A. | 229 | SUPER MARKET SERVICE CORP. |
| BOHAN, CHARLES KENNETH | 764 | P I E NATIONWIDE, INC. |

For the month of April 2008

| Name | Local | Employer |
|--------------------------|-------|-----------------------------------|
| BREITIGAN, EDWARD L. | 429 | SCHROCK CABINET COMPANY |
| BUNTZ, ANN | 229 | C&S WHOLESALE GROCERS |
| BURCHFIELD, CHARLES A. | 776 | CONSOLIDATED FREIGHTWAYS |
| BURKERT, JR., LEONARD F. | 773 | LEVEL LINE PENN-EAST, INC. |
| BURNS, JOSEPH M. | 429 | ASSOCIATED WHOLESALERS, INC. |
| CARPER, JR., HARRY P. | 776 | HALLS MOTOR TRANSIT CO. |
| CIOLEK, JOSEPHINE | 229 | TOPPS CHEWING GUM, INC. |
| DAILEY, WILLIAM R. | 776 | ROADWAY EXPRESS, INC. |
| DOWEARY, ANNA R. | 776 | YORK COUNTY TRANSP. AUTHORITY |
| FLANAGAN, EDWARD JAMES | 776 | CAROLINA FREIGHT CARRIERS CORP. |
| FUOCO, THOMAS | 312 | CHEMICAL LEAMAN TANK LINES, INC. |
| GALLAGHER, JOSEPH | 229 | ROADWAY EXPRESS, INC. |
| GOUDY, DAVID C. | 776 | USF RED STAR |
| GRECO, JOSEPH J. | 776 | CONSOLIDATED FREIGHTWAYS |
| HARDY, JAMIE L. | 429 | E J BRENNEMAN, L.P. |
| HEVERLY, GARY W. | 764 | P I E NATIONWIDE, INC. |
| KLINE, EMMA L. | 773 | OGDEN FACILITY SERVICES |
| KOCH, ANTHONY P. | 771 | YELLOW FREIGHT SYSTEM, INC. |
| KROENIG, WALTER D. | 429 | ARKEMA, INC. |
| LAHR, DARWYN J. | 776 | ARKANSAS BEST FREIGHT SYS., INC. |
| LETTIERI, MARY JO | 229 | C&S WHOLESALE GROCERS |
| MARTIN, VICKI | 776 | CONSOLIDATED FREIGHTWAYS |
| MASISAK, CARL A. | 429 | HALLS MOTOR TRANS. |
| MATUKONIS, MICHELE L. | 229 | ROADWAY EXPRESS, INC. |
| MAYESKI, CONRAD Z. | 229 | CONSOLIDATED FREIGHTWAYS |
| MCCLINTOCK, ROBERT F. | 999 | ARKANSAS BEST FREIGHT SYS., INC. |
| MCMINN, RAYMOND A. | 771 | YELLOW FREIGHT SYSTEM, INC. |
| MENGEL, RICHARD C. | 429 | BERKS PRODUCTS CORP. |
| MILLER, LARRY L. | 773 | W S REICHENBACH & SON, INC. |
| MURPHY, BARRY L. | 776 | ARKANSAS BEST FREIGHT SYS., INC. |
| PALAMAR, JOHN G. | 429 | LEHIGH VALLEY DAIRIES, INC. |
| PARQUETTE, MARK LEWIS | 776 | ARKANSAS BEST FREIGHT SYS., INC. |
| PEIFFER, PAUL N. | 776 | ROADWAY EXPRESS, INC. |
| PHILLIPINE, DENNIS | 429 | MAIERS BAKERY |
| PODVASNIK, LODY F. | 776 | MOTOR FREIGHT EXPRESS, INC. |
| PROPHET, JAMES M. | 771 | YELLOW FREIGHT SYSTEM, INC. |
| REED, GARY A. | 773 | EASTERN INDUSTRIES, INC. |
| ROHLIC, DAVID | 229 | SUPER MARKET SERVICE CORP. |
| SCHANEWOLF, JOHN C. | 773 | PRESTON TRUCKING CO., INC. |
| SEARFOSS, RICHARD | 401 | PEPSI-COLA BOTTLING COMPANY |
| SERFAS, JR., CONRAD M. | 229 | ROADWAY EXPRESS, INC. |
| SHEAFFER, WARREN A. | 429 | J C EHRlich CO., INC. |
| SOLTSYK, KERRYLYN | 429 | BOARD OF SUPERVISORS |
| STERN, CARTER B. | 773 | ELCO HAUSMAN CONSTRUCTION CORP. |
| STRONG, SR., KENNETH M. | 229 | C&S WHOLESALE GROCERS |
| SWISHER, HARVEY E. | 773 | INTERNATIONAL DISTR. CENTER, INC. |
| WAGNER, DENNIS A. | 429 | SCHROCK CABINET COMPANY |
| WALTERMYER, DAVID S. | 229 | ROADWAY EXPRESS, INC. |
| WEIKLE, JERRY W. | 776 | CONSOLIDATED FREIGHTWAYS |
| WEISKOPFF, HARRY F. | 999 | ARKANSAS BEST FREIGHT SYS., INC. |
| WICHERT, ROBERT W. | 429 | LENTZ MILLING COMPANY |
| WILDT, CHARLES H. | 771 | YELLOW FREIGHT SYSTEM, INC. |
| WINGLE, ROSALIE E. | 429 | SCHROCK CABINET COMPANY |
| WOOMER, CHARLES E. | 429 | LUDENS, INC. |
| WRIGHT, JOHN D. | 776 | DRIVERS, INC. |
| ZYMBLOSKY, RONALD | 229 | ROADWAY EXPRESS, INC. |

Retirees Approved For Pensions

For the month of May 2008

| Name | Local | Employer |
|--------------------------|-------|----------------------------------|
| ALBRIGHT, WILLIAM C. | 776 | LIQUID CARBONIC SPEC. GAS CORP. |
| BERGER, DAVID O. | 771 | CPC TANKER LLC |
| BINGEMAN, LESTER E. | 429 | ASSOCIATED WHOLESALERS, INC. |
| BOWERS, TAMMY | 429 | COTT BEVERAGES WYOMISSING, INC. |
| BRESSLER, RONALD LOU | 776 | CONSOLIDATED FREIGHTWAYS |
| BRIGHTBILL, RUSSELL E. | 229 | ROADWAY EXPRESS, INC. |
| BUFFINGTON, ROBERT L. | 776 | ARKANSAS BEST FREIGHT SYS., INC. |
| CALAMAN, DAVID A. | 776 | ROADWAY EXPRESS, INC. |
| CLIFFORD, JOHN C. | 229 | YELLOW FREIGHT SYSTEM, INC. |
| DAVIS, CHERYL L. | 429 | CENTRAL PENNSYLVANIA TEAMSTERS |
| DELGADO, GLADYS | 773 | ONE SOURCE |
| DINTAMAN, CHARLES A. | 776 | USF RED STAR |
| FELCHOCK, DENNIS J. | 773 | EXIDE |
| FLETCH, VONETTA R. | 776 | KEYSTONE DISTRIBUTION CTR, INC. |
| FLUCK WESTCOTT, MARY | 773 | ATLANTIC TRANSPORT CO. |
| FOLTZ, LUTHER L. | 429 | CENTRAL DOOR & PLYWOOD CO. |
| FRANK, DANIEL R. | 401 | ACME MARKETS, INC. |
| GARITY, THOMAS A. | 771 | YELLOW FREIGHT SYSTEM, INC. |
| GAUGLER, RICHARD E. | 764 | CENTRAL BUILDERS SUPPLY CO. |
| GROSS, ROXANN D. | 776 | ASSOCIATED WHOLESALERS, INC. |
| HAFER, BARRY R. | 429 | BOARD OF SUPERVISORS |
| KING, GARY H. | 429 | SUPERVALU, INC. |
| KITCH, JR., RICHARD L. | 429 | ASSOCIATED WHOLESALERS, INC. |
| KLEPADLO, HELEN | 229 | TOPPS CHEWING GUM, INC. |
| KOPE, JOANNE L. | 776 | HALLS MOTOR TRANSIT CO. |
| MALEK, LARRY M. | 429 | SUPERVALU, INC. |
| MOORE, JAMES A. | 771 | YELLOW FREIGHT SYSTEM, INC. |
| MURPHY, JR., JOHN A. | 776 | UNITED PARCEL SERVICE, INC. |
| MYERS, JEAN M. | 776 | ROADWAY EXPRESS, INC. |
| MYERS, ROGER E. | 776 | PRESTON TRUCKING CO., INC. |
| NIEVES, VIRGINIA | 429 | RACHLIN FURNITURE, INC. |
| PIORKOWSKI, ROBERT | 229 | TOPPS CHEWING GUM, INC. |
| PISANO, RONALD | 401 | ADDY ASPHALT COMPANY |
| POLTROK, CARL H. | 771 | KUNZLER & COMPANY, INC. |
| POTTS, SHIRLEY A. | 429 | CENTRAL DOOR & PLYWOOD CO. |
| ROSS, LAWRENCE J. | 764 | KEPLER BROTHERS |
| RUBY, DONALD R. | 776 | PRESTON TRUCKING CO., INC. |
| SCARAMASTRO, VINCENT W. | 776 | CONSOLIDATED FREIGHTWAYS |
| SHELL, GEORGE W. | 776 | PERK FOODS C/O HEINZ PET |
| SCOTT, VICTOR | 229 | ROADWAY EXPRESS, INC. |
| SNYDER, HAROLD V. | 312 | MATLACK, INC., TERMINAL 5 |
| STEWART, DONALD L. | 776 | PRESTON TRUCKING CO., INC. |
| SWEIGART, SR., RONALD L. | 773 | BERKS PRODUCTS CORPORATION |
| TITUS, DALE L. | 229 | TOPPS CHEWING GUM, INC. |
| TROMBLEY, DOUGLAS F. | 429 | JONES MOTOR CO., INC. |
| WARD, REX D. | 771 | TRANS-MATERIALS CO. |
| WARE, JAMES | 229 | TEAMSTERS LOCAL UNION 229 |
| WHISTLER, GARY E. | 776 | WILSON FREIGHT COMPANY |
| WHITE, JR., WALLACE | 229 | NEW PENN MOTOR EXPRESS, INC. |
| ZIEGLER, DONNA F. | 776 | CAROLINA FREIGHT CARRIERS CORP. |

For the month of June 2008

| Name | Local | Employer |
|-------------------|-------|---------------------------------|
| ALMQUIST, STEWART | 999 | ROADWAY EXPRESS, INC. |
| AMOS, LORRAINE | 229 | TOPPS CHEWING GUM, INC. |
| BARNHART, JACK K. | 776 | CONSOLIDATED FREIGHTWAYS |
| BAUSHER, DAVID L. | 429 | CLOVER FARMS DAIRY |
| BOHN, HOWARD H. | 429 | COTT BEVERAGES WYOMISSING, INC. |
| BROWN, ROBERT P. | 764 | CENTRAL BUILDERS SUPPLY CO. |

For the month of June 2008

| Name | Local | Employer |
|--------------------------|-------|----------------------------------|
| BURDICK, RONALD | 229 | ROADWAY EXPRESS, INC. |
| DICKERT, RONALD C. | 773 | ARROW CARRIER CORPORATION |
| DOUGHERTY, ANITA | 401 | SANTARELLI VIBRATED BLK CO. LLC |
| EUTIZI, JOANNE M. | 229 | SCRANTON SEWER AUTHORITY |
| FEISTL, JOSEPH EDWARD | 229 | ROADWAY EXPRESS, INC. |
| FEYL, ROY A. | 429 | ARKEMA, INC. |
| FLEISHER, WILLIAM G. | 776 | CENTRAL STORAGE & TRANSFER CO. |
| FREY, JR., DONALD C. | 776 | CONSOLIDATED FREIGHTWAYS |
| GAMBUCCI, JOSEPH | 229 | ROADWAY EXPRESS, INC. |
| HARMS, EARL | 229 | ROADWAY EXPRESS, INC. |
| HOLT, JAMES E. | 429 | ASSOCIATED WHOLESALERS, INC. |
| HORENSKY, DAVID | 401 | PEPSI-COLA BOTTLING COMPANY |
| JACOBS, RANDY C. | 776 | UNITED PARCEL SERVICE, INC. |
| KIBLER, DELBERT | 229 | ROADWAY EXPRESS, INC. |
| KINLEY, RICHARD D. | 776 | BROCKER REBAR CO., INC |
| LIGHT, DIANE M. | 776 | UNITED PARCEL SERVICE, INC. |
| LUDWIGSEN III, JOHN M. | 776 | CONSOLIDATED FREIGHTWAYS |
| MATTHEWS, DENNIS J. | 429 | BRENNTAG NORTHEAST, INC. |
| NEUTTS, JOSEPH A. | 229 | TOPPS CHEWING GUM, INC. |
| ORR, JAMES P. | 229 | ROADWAY EXPRESS, INC. |
| REED, DENNIS K. | 773 | MATERIALS TRANSPORT SERVICE |
| REEDY, LARRY F. | 429 | CLOVER FARMS DAIRY |
| REIFSNYDER, JR., PAUL E. | 429 | RACHLIN FURNITURE, INC. INSIDE |
| REPSHER, ROY A. | 773 | RIS PAPER CO., INC. |
| RINEHOLT, SR., GERALD E. | 776 | YORK COUNTY TRANSP. AUTHORITY |
| SCHRANER, CAROLINE | 229 | SUPER MARKET SERVICE CORP. |
| SCICCHITANO, MARSHALL | 429 | INTERNATIONAL PAPER |
| SHANDRA, EDWARD | 229 | HARPER COLLINS PUBLISHERS, INC. |
| SPUNAR, GEORGE | 229 | ROADWAY EXPRESS, INC. |
| STRIEWIG, CLARENCE H. | 429 | HALLS MOTOR TRANS. |
| STRINGER, RONALD PAUL | 776 | ST. JOHNSBURY TRUCKING CO., INC. |
| SUDA, CRAIG E. | 401 | TOWN & COUNTRY FURNITURE GALL |

May 2008 Retirement Income Plan (RIP) Returns

The following are approximate net returns for the Central PA Teamsters RIP 1987 and RIP 2000 retirement plans for the 5 month period ending May 31, 2008. The net returns equal gross investment returns 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 | Approximate Net Return |
|----------|------------------------|
| RIP 1987 | -1.1% |
| RIP 2000 | -0.9% |

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

Retirees: Direct Deposit Makes Sense

Would you like to be sure that your pension check is available to you on the first business day of each month? You can be certain if you use direct deposit! Eliminate the worries of delayed mail delivery, postponed trips to the bank because of bad weather or other commitments, lost or stolen checks, standing in long lines at the bank, or waiting for your check to clear at the bank.

It's easy to sign up! Just call the Pension Department 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. Then relax and enjoy the comfort of knowing that your pension check is available to you each month without delay.

Important: If you are currently using direct deposit and your bank name and/or account changes, please notify the Pension Department immediately and request a new direct deposit form to complete (even if your bank informs you that no notification is needed.) If you change banks and need to complete a new form, simply call the Pension Department or visit www.CentralPATeamsters.com (click on "Pension" – "Forms") to get a new form. Please note that direct deposit changes usually take 30 days to become effective after you notify the Fund. After you request a change, your first check may be mailed to your home. Thereafter, your check will be directly deposited to your bank account.

Visit Our Website at:
www.CentralPATeamsters.com

Important Information from the Fund Office

Fund Office Contact Information

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

Telephone Numbers:

Pension

(610) 320-5505

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

Nationwide: 1-800-331-0420

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

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.

Central Pennsylvania Teamsters Pension Fund

Trustees:

William M. Shappell
*Chairman &
Union Trustee*

Tom J. Ventura
*Secretary &
Employer Trustee*

Kevin M. Cicak
Union Trustee

Tomm Forrest
Employer Trustee
Mark Johnson
Employer Trustee

Keith L. Noll
Union Trustee

Howard W. Rhinier
Union Trustee

Michael P. Rys
Union Trustee

Daniel W. Schmidt
Employer Trustee

Joseph J. Samolewicz
Administrator

Martin L. Cullen
Assistant Administrator

Professional Advisors:

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 Pension Fund:

Aberdeen Asset Management, Inc.
Aronson+Johnson+Ortiz, LP
The Boston Company Asset Management, LLC
Causeway Capital Management, LLC
DSI International Management, Inc.
INTECH – Enhanced Investment Technologies, LLC
LSV Asset Management
Mesirow Financial, Inc.

Post Advisory Group, LLC
Principal Financial Group
Prudential Insurance Company of America
Rothschild Asset Mgt., Inc.
State Street Global Advisors
Walter Scott & Partners, Ltd.
Western Asset
Westfield Capital Management Company, LLC

Central PA Teamsters

P.O. Box 15223

Reading, PA 19612-5223

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