



Reading, Pennsylvania



May 2009

## COBRA Premium Reduction Provision under the American Recovery and Reinvestment Act (ARRA)

**O**n February 17, 2009, President Obama signed the American Recovery and Reinvestment Act (ARRA). This law gives "Assistance Eligible Individuals" the right to pay reduced COBRA premiums for periods of coverage beginning on or after February 17, 2009. Coverage can last for up to 9 months between the period of March 2009 and December 2009.

To be considered an "Assistance Eligible Individual" and get reduced premiums you:

- MUST be eligible for continuation coverage at any time during the

period from September 1, 2008 through December 31, 2009 and elect the coverage; AND

- MUST have a continuation coverage election opportunity related to an involuntary termination of employment that occurred at some time from September 1, 2008 through December 31, 2009; AND
- MUST NOT be eligible for Medicare; AND
- MUST NOT be eligible for coverage under any other group health plan, such as a

plan sponsored by a successor employer or a spouse's employer.

Individuals who experienced a qualifying event (that is, became eligible to elect COBRA coverage) as the result of an involuntary termination of employment at any time from September 1, 2008 through February 16, 2009 and were offered, but did not elect, continuation coverage OR who elected continuation coverage and subsequently discontinued it may have the right to an additional 60-day election period.

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## How Much Physical Activity Do Adults Need?

**P**hysical activity is anything that gets your body moving. According to the Centers for Disease Control's 2008 *Physical Activity Guidelines for Americans*, you need to do two types of physical activity each week to improve your health – aerobic and muscle-strengthening.

### For Important Health Benefits

Adults need at least:

- 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e. brisk walking) every week **and**
- Muscle-strengthening activities on 2 or more days a week that work on all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms).

**OR**

- 1 hour and 15 minutes (75 minutes) of vigorous-intensity

aerobic activity (i.e. jogging or running) every week **and**

- Muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms).

**OR**

- An equivalent mix of moderate – and vigorous-intensity aerobic activity **and**
- Muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms).

### 10 Minutes at a Time is Fine

150 minutes each week sounds like a lot of time, but you don't have to do it all at once. Not only is it best to spread your activity out during the

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## COBRA Premium Reduction Provision

(Continued from Page 1)

**IMPORTANT NOTE:** The law provides that no one can elect retroactive coverage for any period prior to March 1, 2009, even if they had a qualifying event or incurred claims prior to March 1, 2009.

Even if you did not receive a formal “lay-off” notice, you may still be eligible to elect subsidized COBRA coverage. Being told not to come back to work until further notice is a termination of employment for purposes of COBRA and the ARRA premium reduction provisions. The election form for this coverage will require that you state affirmatively that you are eligible to elect subsidized COBRA coverage on account of an “involuntary termination.” The law includes substantial penalties for those who receive subsidized COBRA coverage on the basis of a false statement about involuntary termination.

The Central PA Teamsters Health and Welfare Fund has identified qualified beneficiaries who may be eligible to elect COBRA coverage on account of an involuntary termination since September 1, 2008, based on information submitted by contributing employers. The Fund has sent notices and election forms to those individuals who the Fund believes may be eligible for the COBRA premium reduction.

If you believe you are an “Assistance Eligible Individual” and wish to apply for continuation coverage, but did not receive a notice and election form, please contact the Contributions and Eligibility Department at the Fund Office for further information.

For information regarding the ARRA Premium Reduction, visit [www.dol.gov/COBRA](http://www.dol.gov/COBRA) or contact the US Department of Labor at 1-866-444-EBSA (3272). ■

## How Much Physical Activity Do Adults Need?

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week, but you can break it up into smaller chunks of time during the day. Just be sure to do your activity at a moderate or vigorous effort for at least 10 minutes at a time.

### Give It a Try

Going for a 10-minute brisk walk 3 times a day, 5 days a week will give you a total of 150 minutes of moderate-intensity activity.

### Aerobic Activity – What Counts?

Aerobic activity or “cardio” gets you breathing harder and your heart beating faster. From pushing a lawn mower, to taking a dance class, to biking to the store – all types of activities count. Just be sure to do your activities at a moderate or vigorous intensity for at least 10 minutes at a time. Intensity is how hard your body is working during aerobic activity.

**How do you know if you’re doing light, moderate or vigorous intensity aerobic activities?** For most people, light daily activities such as shopping, cooking, or doing laundry don’t count toward the guidelines. Why? Your body isn’t working hard enough to get your heart rate up.

Moderate-intensity aerobic activity means you’re working hard enough to raise your heart rate and break a sweat. One way to tell is that you’ll be able to talk but not sing the words to your favorite song. Here are some examples of activities that require moderate effort:

- Walking fast
- Doing water aerobics
- Riding a bike on level ground or with few hills
- Playing doubles tennis
- Pushing a lawn mower

Vigorous-intensity aerobic activity means you’re breathing hard and fast, and your heart rate has gone up quite a bit. If you’re working at this level,

you won’t be able to say more than a few words without pausing for breath. Here are a few examples of activities that require vigorous effort:

- Jogging or running
- Swimming laps
- Riding a bike fast or on hills
- Playing singles tennis
- Playing basketball

### Muscle-Strengthening Exercises – What Counts?

Besides aerobic activity, you need to do things to strengthen your muscles at least 2 days a week. These activities should work all the major muscle groups of your body (legs, hips, back, chest, abdomen, shoulders, and arms).

To gain health benefits, muscle-strengthening activities need to be done to the point where it’s hard to do another repetition without help. A repetition is one complete movement of an activity, like lifting a weight or doing a sit up. Try to do 8-12 repetitions per activity that count as one set. Try to do at least one set of muscle-strengthening activities, but to gain even more benefits, do two or three sets.

You can do activities that strengthen your muscles on the same or different days that you do aerobic activities.

There are many ways you can strengthen your muscles, whether it’s at home or at the gym. You may want to try the following:

- Lifting weights
- Working with resistance bands
- Doing exercises that use your body weight for resistance (i.e. push ups, sit ups)
- Heavy gardening (i.e. digging, shoveling)
- Yoga

Source: Centers for Disease Control’s 2008 Physical Activity Guidelines for Americans ■



# Prescription Drug Plan Step Therapy Program Implemented Effective January 1, 2009

**E**ffective January 1, 2009, the Health and Welfare Fund's Prescription Drug Plan implemented a new program that affects coverage for new prescriptions of proton pump inhibitors (PPIs). The new program is called Step Therapy. New prescriptions are considered to be for participants who did not receive a prescription for a PPI during 2008.

Proton pump inhibitors (PPIs) reduce the amount of acid produced by the stomach, which in turn reduces irritation of the stomach lining. Widely-prescribed PPIs include Prilosec, Nexium, Protonix, Aciphex and Prevacid. Currently, only Prilosec offers an over-the-counter (OTC) brand and generic version (omeprazole).

**If your doctor recommends a new prescription for a PPI after January 1, 2009, be sure to request**

**a prescription for OTC Prilosec or its generic OTC equivalent as a first step.** Take the prescription to your participating pharmacy. Your pharmacist will provide you with a one-month supply. Your co-pay amount will depend upon your prescription benefit coverage (Plan 13, Plan 14 [Option A, B or C] or Plan 16 [Option A, B or C]). Please refer to the Prescription Drug Benefit description page located in this newsletter.

If the Prilosec OTC Prescription drug is effective, your refills for OTC Prilosec or its generic OTC equivalent will be covered under the Prescription Plan. If, however, the Prilosec OTC drug or its generic OTC equivalent is not effective, ask your doctor to write a letter to the Health and Welfare Fund explaining the reasons why the medication was not working properly for you. If this

letter shows that there is a medically necessary reason why you should not use the OTC prescription, the patient will be allowed to use other PPI's if prescribed by his or her physician.

If you or your eligible dependents present a new prescription for a non-OTC PPI at the pharmacy on or after January 1, 2009, your prescription will be rejected for payment. You will need to ask your health care provider for a prescription for OTC Prilosec or its generic OTC equivalent.

Once you have determined that the OTC Prilosec or its equivalent is effective, you may utilize the Prescription Drug Mail Order Program.

For questions or for additional information about the Step Therapy Program, please contact the Health and Welfare Department. ■

## Delta Dental is the Fund's Only Dental Network Provider

**A** for-fee dental insurance program called DeCare Dental Insurance Program, which is sponsored by the International Brotherhood of Teamsters, is being marketed on a nationwide basis. DeCare Dental is currently recruiting dentists in Pennsylvania. Some of these dentists have been contacting Teamsters members regarding the DeCare network.

The Central Pennsylvania Teamsters Health & Welfare Fund does **not** participate with DeCare. Delta Dental is the Fund's only dental network provider. Most of the DeCare providers are **not** in the Delta Dental network. Services performed by dentists in the DeCare network will be considered as out-of-network claims by the Central Pennsylvania Teamsters Health & Welfare Fund. The member would therefore be responsible for all non-covered services and balances.

It is possible that members of the Central Pennsylvania Health & Welfare Fund may be misled by dentists who participate with DeCare into thinking that since they are a Teamsters Union member, the dentists' services would be paid in-network by the Fund. Unless the dentists participate with Delta Dental, however, that would not be the case.

The Delta Dental provider network is available on our website, [www.CentralPATeamsters.com](http://www.CentralPATeamsters.com), under Health & Welfare – Providers.

Please contact the Health & Welfare Department if you have further questions. ■

## Health and Welfare Coverage for Adopted Children, Step Children and Children of a Custodial Parent

**I**n accordance with the Fund's policy regarding coverage for adopted children, step children, and children of a custodial parent, please provide the Fund with a signed copy of pages one and two of your Federal Income Tax return as proof that you are claiming the child(ren) as your dependent(s).

This information was due in our office no later than April 30, 2009. If you have not done so already, please send it to the attention of the Contributions/Eligibility Department.

If a copy of your Tax return is not received by this date, benefit coverage will cease as of April 30, 2009.

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

## Web Portal UPDATE

**A**s was noted in the November 2008 issue of the Guardian, the Fund Office is currently working on hosting a web portal through the Fund's website that will enable participants to view their Retirement Income Plan (RIP) 1987 and RIP 2000 account balances.

The Fund Office is working to address security issues on the portal. Look for updates on the Fund website and in future issues of the Guardian. ■

## 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.

## Moonlighting/ Self-employment

The 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.



## Reminder: Be Sure to Use Your Beneficiary's Legal Name When Completing Your Designation of Beneficiary Forms

Many of us refer to our family members, friends and ourselves by nicknames or variations of real names. It is important, however, to record legal names on Enrollment Forms and Designation of Beneficiary forms for Pension and Health and Welfare Fund Benefits. The Fund Office makes this request in order to avoid confusion by making sure your name and your beneficiary's name matches legal birth, marriage, divorce and death records when a claim is filed.



# Central Pennsylvania Teamsters Health and Welfare Fund Prescription Drug Benefits



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

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	Xyzal
Crestor	Prevacid	Zantac***
Cymbalta	Prilosec****	Zegerid
Daypro	Protonix	Zetia
Diflucan	Prozac	Zocor
Effexor	Relenza	Zoloft

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.

\*\*\*\*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.

### 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	Xyzal
Crestor	Prevacid	Zantac***
Cymbalta	Prilosec****	Zegerid
Daypro	Protonix	Zetia
Diflucan	Prozac	Zocor
Effexor	Relenza	Zoloft

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.

\*\*\*\*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.

### MAIL ORDER COPAYMENTS

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

### RETAIL PHARMACY COPAYMENTS

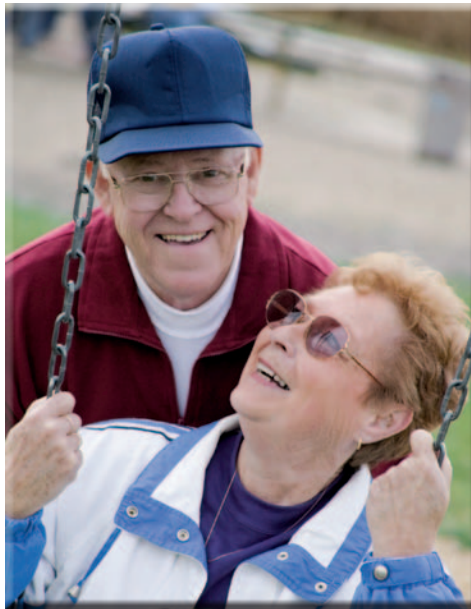
	Option A	Option B	Option C
Generic for up to a 34 day supply	<b>\$5.00</b>	<b>\$10.00</b>	<b>\$10.00</b>
Brand for up to a 34 day supply	<b>\$15.00</b>	<b>\$20.00</b>	<b>\$30.00</b>
Negative Formulary up to a 34 day supply	<b>\$30.00</b>	<b>\$40.00</b>	<b>\$50.00</b>

## Retirees: Direct Deposit Makes Sense!

**W**ould 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](http://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](http://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.



### **I am past the Plan's Normal Retirement Age of 65 and plan to continue working. When must I begin receiving benefits from the Central Pennsylvania Teamsters Defined Benefit and Retirement Income Plans?**

Normally, you must take a minimum distribution from both the Defined Benefit Plan and the Retirement Income Plan no later than the April 1 of the calendar year following the calendar year in which you reach age 70½.

However, the recently enacted Worker, Retiree and Employer Recovery Act waives the 2009 Required Minimum Distributions (RMDs) from individual account based retirement plans like RIP 1987 and RIP 2000. Accordingly, participants who reached age 70½ prior to 2009 will not have to take the 2009 RMD they would otherwise have been required to take by December 31, 2009. Similarly, participants who reach age 70½ during 2009 will not have to take the 2009 RMD they would otherwise have been required to take by April 1, 2010, although they will need to begin receipt of their benefits from the Defined Benefit Plan, if applicable.

The Pension Fund produces a list each year of participants who will reach age 70½ in that year, based on Fund records. The affected Participants are sent a letter in the calendar year in which they reach age 70½, if they have not already begun the process

## 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**.*

for retirement. The letter informs them that they must begin to receive benefits, even if they are still working. A Request for Pension Application Packet is also included. This year, participants who reach age 70½ during 2009 will receive a modified letter that reflects the change in the law referred to above.

Participants who are over the age of 70½ must complete the same paperwork as any other Participant in order to start receiving benefits. The Fund requires at least three months to process the paperwork or six months if the Participant has accrued credit with another Teamster's Pension Fund that reciprocates with the Central Pennsylvania Teamsters Pension Fund.

### **How is my retirement benefit affected if I continue to work past age 70½ and have begun receiving my retirement benefits?**

If you are credited with the minimum required hours under a collective bargaining agreement, your employer will be obligated to make pension contributions on your behalf. Each January, the Fund will recalculate your benefit based on the contributions received for the prior year to determine if your monthly benefit should be changed. If you are receiving a subsidized benefit under the Combined Minimum Monthly Benefit provisions of the Defined Benefit Plan, you will not receive a benefit increase until the subsidy is eliminated with additional contributions.

### **Would I be subject to the Suspension of Benefits Rules if I am still working and begin receiving benefits at age 70½?**

The Fund does not suspend benefits for anyone age 70½ or older who is still working. ■





## Healthy Living

### Allergy or Cold? How can you tell if you have allergic rhinitis or a cold?

You have a stuffy nose, and you feel lousy. How can you tell if you have allergic rhinitis or a cold? At first, you may think it's impossible to tell the difference. Both colds and allergic rhinitis share similar symptoms of runny, stuffy nose and sore throat. To see if you have a cold or allergic rhinitis, you may have to look more carefully at your symptoms. For a definitive answer, talk with your doctor. He or she can help diagnose you and suggest treatment to help you feel better.

**Consider timing.** Do you always seem to get a cold at the same time of year? If your nose starts running every spring or fall, you may have seasonal allergic rhinitis and be allergic to specific types of pollen.

**Take your temperature.** Sometimes a low-grade fever is present with a cold, but never with allergies.

**Do you itch?** People with allergic rhinitis may have itchy eyes, throat, and nose, while people with colds don't.

**Any aches?** Even though both colds and allergies are uncomfortable, people with a cold or flu feel body aches, while allergy sufferers do not.

**How long have you had symptoms?** Cold symptoms usually last 7 to 10 days and gradually get better. With allergic rhinitis, symptoms last weeks or even months, can come on suddenly, and can go away suddenly, too.

**What is rhinitis?** Rhinitis makes

the inside of your nose become swollen and irritated. As a result of this condition, you may experience sneezing, congestion, and itchy and "runny" nose. Rhinitis may be caused by allergies or irritants.

### What causes nasal allergies?

There are several causes of nasal allergies:

- Some people have spring-fall allergies, also known as hay fever. These allergies are often caused by pollens from trees, grasses and weeds.
- Other people have allergies all year long. These people suffer from year-round exposure to dust mites, mold, and pets, especially cats.
- Some people think they are experiencing nasal allergies when in fact, their symptoms are due to non-allergic rhinitis. Non-allergic rhinitis can develop with colds, exposure to irritants, such as smoke or perfumes, or for unknown reasons.

*Source: General Prescription Programs, Inc.  
Pharmaceutical Update November 2008*

### Save Your Feet – See a Podiatrist

Did you know that every 30 seconds a lower limb is lost to diabetes somewhere in the world? In order to prevent diabetic foot complications, including amputation, it is important to know the main warning signs.



Common diabetes warning signs in the feet include:

- Redness
- A change in the shape of the feet
- Loss of hair
- Small areas of skin breakdown or irritation or sign of ulcer formation
- Change or loss of feeling along the bottom of the feet

Including a podiatrist in your diabetes management team – as well as having a proactive attitude about your foot care – can drastically improve your chances of managing diabetes successfully. Check your feet regularly and educate yourself about your condition.

If you discover any of these symptoms mentioned, visit a podiatric physician immediately. A comprehensive foot care treatment plan can reduce amputation rates by 45 to 85 percent.

*Source: Dr. Elliot Diamond, DPM, OMD  
Center for Enhanced Podiatric Function and  
Sports Medicine, Philadelphia, PA*

## December 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 twelve month period ending December 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

**-29.8%**

**-24.4%**

Current market conditions are being monitored closely by the Board of Trustees and Fund Office staff. For more additional information on the Fund's response to market conditions and updates on investment returns, visit the Central Pennsylvania Teamsters website, [www.CentralPATeamsters.com](http://www.CentralPATeamsters.com). Click on Pension Fund and then "Reports and Notices."

# Retirees Approved For Pensions September 2008 through January 2009

**Please note:** This issue of the Guardian includes a reprint of retirees approved for pensions during the period of July 2008 to September 2008. The members' and employers' names were printed incorrectly in the November 2008 issue of the Guardian. The Central Pennsylvania Teamsters Pension Fund apologizes for the error and any inconvenience this may have caused. Best wishes to our recent retirees.

## For the month of July 2008

Name	Local	Employer
BENSON, GORDON	776	ROADWAY EXPRESS, INC.
BERGER, DON R.	773	HARRY E. ORKIN, INC.
BREVIK, PETER S.	773	MACK TRUCKS, INC. NVSSC
BUPP HENRY, ALEXIS	771	YELLOW FREIGHT SYSTEM, INC.
CHERIT, JR., JOHN J.	229	CONSOLIDATED FREIGHTWAYS
CONNER, ROBERT E.	764	INTERSTATE MTR FREIGHT SYS., INC.
CORMAN, KIM RAY	773	USF HOLLAND, INC.
DECHERT, EDWIN E.	429	LENTZ MILLING COMPANY
DODGE, JR., ROBERT D.	764	UNITED PARCEL SERVICE, INC.
DONAGHER, ELWOOD C.	776	FLEMING COMPANIES, INC.
DONOHUE, JR., DONALD D.	776	TRANSCON LINES
DORER, C. KEVIN	776	MAIERS BAKERY
EHRlich, RALPH L.	771	YELLOW FREIGHT SYSTEM, INC.
EVANS, SUSAN	776	HESS TRUCKING COMPANY
FENNER, SR., ELWOOD	773	BOROUGH OF WIND GAP
FISHEL, DARVIN E.	776	ASSOCIATED WHOLESALERS, INC.
FRANK, RONALD L.	776	ANCHOR MOTOR FREIGHT, INC.
FURMAN, EDWARD W.	429	COTT BEVERAGES WYOMISSING, INC.
GERY, TAMMY	429	UNITED PARCEL SERVICE, INC.
GRADWELL, JR., FREDERICK	429	WEINER IRON & METAL CORP.
GREENAWALT, FRED ALDEN	776	WILSBACH DISTRIBUTORS, INC.
HAMMOCK, JAMES D.	776	PRESTON TRUCKING CO., INC.
HARTMAN, EDWARD L.	429	BOARD OF SUPERVISORS
HEIMBACH, JR., FRANKLIN W.	764	BRANCH MOTOR EXPRESS, CO.
HERRON, BERNARD G.	401	FRANK N. HENRY, INC.
HONSHIKO, ROGER	776	UNITED PARCEL SERVICE, INC.
HOSKIN, GARY W.	773	MATERIALS TRANSPORT SERVICE
HOWE, DAVID W.	429	BIG A AUTO PARTS, INC.
JONES, WILLIAM J.	229	AFFILIATED FOOD DISTR., INC.
KECKLER II, NEVIN L.	776	CARNATION CO/NESTLE USA, INC.
KELLNER, REBECCA A.	429	SCHROCK CABINET COMPANY
KIRKHOFF, LINDA L.	429	LENTZ MILLING COMPANY
KOPINES, PAUL J.	401	GLEN SUMMIT SPRINGS WATER CO.
KREBS, ROBERT G.	776	CONSOLIDATED FREIGHTWAYS
LEWIS, CHARLES G.	776	ANCHOR MOTOR FREIGHT, INC.
LIGHT, DIANE M.	776	UNITED PARCEL SERVICE, INC.
LUTZ, LAMAR B.	771	THE SICO COMPANY
MALONEY, JR., ROBERT C.	771	A-P-A TRANSPORT CORPORATION
MARSICANO, JOSEPH A.	401	LEICHTMANS ICE CREAM CO., INC.
MARTZALL, JR., LEON	429	ASSOCIATED WHOLESALERS, INC.
McMICHAEL, RAYMOND W.	776	CONSOLIDATED FREIGHTWAYS
MILLER, MARK R.	429	BERKS PRODUCTS CORP.
MORGAN, LARRY J.	429	ARKEMA, INC.
MURRAY, KIM	429	SUPERVALU, INC.
ORR, WILLIAM D.	776	YORK COUNTY TRANSP. AUTHORITY
PARRISH, RANDELL E.	429	YEAGER SUPPLY, INC.
PETERS, JR., RALPH L.	776	ROADWAY EXPRESS, INC.
PUCHALSKY, JR., WILLIAM R.	401	KEYSTONE COCA-COLA BOTTLING CO.
ROSSMAN, HALLARD A.	764	SCHNEIDER-VALLEY FARMS, INC.
SHELITSKY, DANIEL J.	429	E.S. SAVAGE, INC.
SHOBACK, ROBERT M.	229	TOPPS CHEWING GUM, INC.
SNYDER, THOMAS F.	229	ROADWAY EXPRESS, INC.
STETTLE, DALE	773	MATERIALS TRANSPORT SERVICE
SWEIGART, DEAN A.	429	ASSOCIATED WHOLESALERS, INC.
TANSKI, EDWARD	229	TOPPS CHEWING GUM, INC.
TURNER, GARY P.	229	DEFAZIO EXPRESS, INC.
ULRICH, JAMES T.	429	EXIDE CORPORATION
WACKLEY, REGIS L.	773	MYERS MEN, INC.

## For the month of August 2008

Name	Local	Employer
ARMITAGE, DUANE	229	C&S WHOLESALE GROCERS
BECK, JR., DONALD R.	771	ARAMARK UNIFORM SERVICES, INC.
BENSON, BOYD L.	776	ARKANSAS BEST FREIGHT SYS., INC.
BOYER, GERALD D.	773	PENSKE TRUCK LEASING CO. LP
BOYLE, ROBERT	229	ROADWAY EXPRESS, INC.
BRIGHT, RICHARD R.	429	ARKEMA, INC.
BRODISH, ADRIAN B.	776	ROADWAY EXPRESS, INC.
BUCHANAN, DAVID K.	429	ASSOCIATED WHOLESALERS, INC.
CASTIGLIA, JR., EUGENE R.	773	PRESTON TRUCKING CO., INC.
CHRISTMAN, JAMES B.	773	MAIERS BAKERY
CIULLO, JR., JOSEPH	229	SCRANTON SEWER AUTHORITY
CRUISE, OTIS	229	C&S WHOLESALE GROCERS

## For the month of August 2008

Name	Local	Employer
DAGGER, WILLIAM CRAIG	229	CONSOLIDATED FREIGHTWAYS
DEBIASI, JILL	773	ASHLAND CHEMICAL COMPANY
EINARSSON, GUDMUNDUR	773	ARAMARK UNIFORM SERVICES, INC.
ENSLIN, ARNOLD W.	776	CONSOLIDATED FREIGHTWAYS
ESHELMAN, J. PATRICK	771	YELLOW FREIGHT SYSTEM, INC.
FETTERMAN, TERRY L.	429	RDG COCA COLA BOTTLING WORKS
FREDERICKS, THOMAS W.	429	BOB WHITE QUAL FROSTED FOODS
GAGATEK, CAROLE B.	229	TOPPS CHEWING GUM, INC.
GARA, SR., FRANK F.	773	STECKEL CONCRETE CO., INC.
GOSS, DONALD G.	764	ROADWAY EXPRESS, INC.
GROFF, WARREN J.	776	PRESTON TRUCKING CO., INC.
GUTCH, MICHAEL	401	UNITED PARCEL SERVICE, INC.
KAISER, ANNE K.	776	TEAMSTERS LOCAL UNION 776
KEISER, JR., GLENN	764	BRANCH MOTOR EXPRESS CO.
KIMMEL, ROBERT A.	771	YELLOW FREIGHT SYSTEM, INC.
KOHL, JR., NORMAN E.	771	YELLOW FREIGHT SYSTEM, INC.
LAWSON, JR., MART H.	776	CONSOLIDATED FREIGHTWAYS
LEA, TYRONE	429	POWER PACKAGING AN EXEL CO.
LORD, RONALD	429	UNITED PARCEL SERVICE, INC.
LUCAS, DAVID	776	ROADWAY EXPRESS, INC.
MACK, STANLEY R.	773	MATLACK, INC.
MARRIGGI, BENJAMIN F.	401	GLEN SUMMIT SPRINGS WATER CO.
MELLOTT, ROY R.	771	YELLOW FREIGHT SYSTEM, INC.
MILLER, MAYNARD A.	401	WISE FOODS
NEALON, FRANCIS	229	UNITED PARCEL SERVICE, INC.
PURCELL, ROBERT P.	429	PA HAULAGE-A DIV OF TRANSRYCE
QUINTER, HARRY R.	771	YELLOW FREIGHT SYSTEM, INC.
QUINTER, SR., PAUL E.	429	RDG COCA COLA BOTTLING WORKS
REICHART, TERRY A.	429	POWER PACKAGING AN EXEL CO.
REIMERT, TERRY L.	429	BOYERTOWN AUTO BODY WORKS, INC.
REITANO, PHILIP C.	776	FLEMING COMPANIES, INC.
SAVAGE, ALAN R.	771	YELLOW FREIGHT SYSTEM, INC.
SCESKI, WILLIAM A.	771	YELLOW FREIGHT SYSTEM, INC.
SCHOENFELDER, JR., FRANCIS E.	776	CONSOLIDATED FREIGHTWAYS
SHUBILLA, HENRY	401	ACME MARKETS, INC.
SLOTHOUR, RAY M.	429	ASSOCIATED WHOLESALERS, INC.
SOLT, EUGENE C.	773	SEVEN UP BOTTLING, CO.
STYER, SAMUEL M.	776	ROADWAY EXPRESS, INC.
TEAL, ROBERTA	776	ROADWAY EXPRESS, INC.
THIEMANN, JR., ROBERT E.	401	U & C CATALYTIC
THOMAS, PATRICIA E.	776	DRIVERS, INC.
TOMISIC, MICHAEL S.	773	YELLOW FREIGHT SYSTEM, INC.
WEAVER, RALPH GEORGE	776	ROADWAY EXPRESS, INC.
WEISER, DANIEL E.	776	FLEMING COMPANIES, INC.
WENRICH, SR., ELWOOD P.	429	SUPERVALU, INC.
WIRT, CHARLES R.	764	CENTRAL BUILDERS SUPPLY, CO.
WITMIER, FRANCIS E.	429	QUAKER MAID KITCHENS

## For the month of September 2008

Name	Local	Employer
ACKER, WILLARD E.	776	UPS CARTAGE SERVICES, INC.
ADAMS, JR., ARTHUR F.	771	YELLOW FREIGHT SYSTEM, INC.
ALLENSTWORTH, DONALD J.	429	WINDSOR SERVICE, INC.
BABSKI, JR., BENJAMIN	776	UNITED PARCEL SERVICE, INC.
BADILLO, RAMON	429	VICTUS LTD
BALLIET, JAMES C.	773	W S REICHENBACH & SON, INC.
BEACHAM, THOMAS M.	429	PA HAULAGE-A DIV. OF TRANSRYCE
BELL, RICHARD	401	KEYSTONE COCA-COLA BOTTLING CO.
BENTLER, LARRY A.	229	ROADWAY EXPRESS, INC.
BENZELSKI, FRANK A.	229	AFFILIATED FOOD DISTR., INC.
BESHORE III, CHARLES J.	776	UNITED PARCEL SERVICE, INC.
BOGUS, THOMAS J.	776	ARKANSAS BEST FREIGHT SYS., INC.
BOND, KENNETH EARL	776	CONSOLIDATED FREIGHTWAYS
BORDNER, BARRY B.	776	CONSOLIDATED FREIGHTWAYS
BOWMAN, KERRY	773	UNITED PARCEL SERVICE, INC.
BOWMAN, TIMOTHY M.	229	CONSOLIDATED FREIGHTWAYS
CALDERON, FELIX A.	776	ARKANSAS BEST FREIGHT SYS., INC.
CASSATT, IVAN E.	776	CONSOLIDATED FREIGHTWAYS
CEBRICK, STEPHEN R.	401	ACME MARKETS, INC.
CLARK, MARTIE L.	776	ROADWAY EXPRESS, INC.
CLAYCOMB, H. RONALD	776	ARKANSAS BEST FREIGHT SYS., INC.
COALSON, SR., JAMES G.	312	MATLACK, INC., TERMINAL 5
CONARD, PATRICK A.	429	COTT BEVERAGES WYOMISSING, INC.
CUNNINGHAM, TOBIAS	776	ROADWAY EXPRESS, INC.

## For the month of September 2008

Name	Local	Employer
CUSTER, JR., HOWARD O.	771	YELLOW FREIGHT SYSTEM, INC.
DECKER, LARRY	773	UNITED PARCEL SERVICE, INC.
DUTTRY, DONALD G.	776	USF RED STAR
EDMISTON, CHARLES M.	776	ARKANSAS BEST FREIGHT SYS., INC.
ENGLERTH, SR., CHARLES L.	771	PENNSY SUPPLY, INC.
FOGLEMANN, HAROLD B.	776	ARKANSAS BEST FREIGHT SYS., INC.
FRY, CLAIR	776	UNITED PARCEL SERVICE, INC.
GATTO, MARION J.	229	SUPER MARKET SERVICE CORP.
GERBERICH, LARRY	229	ROADWAY EXPRESS, INC.
GLENNY, SR., MICHAEL	776	ROADWAY EXPRESS, INC.
GROVE, DONOVAN E.	776	CONSOLIDATED FREIGHTWAYS
HARHUT, THOMAS P.	229	BURSCHEL DAIRY COMPANY
HEBBE, JEFFREY P.	771	YELLOW FREIGHT SYSTEM, INC.
HECK, GARY L.	429	CLOVER FARMS DAIRY
HINKLE, THOMAS	773	UNITED PARCEL SERVICE, INC.
HORN, JAMES C.	776	FLEMING COMPANIES, INC.
HUDACEK, ROBERT	773	VITA FROST FOODS INC. OF PA
INNES, GREGG	776	UNITED PARCEL SERVICE, INC.
KAUFFMAN, WILLIAM J.	776	ROADWAY EXPRESS, INC.
KLINE, EUGENE E.	776	ROADWAY EXPRESS, INC.
LADAMUS, JOHN G.	429	COTT BEVERAGES WYOMISSING, INC.
LAUER, DAVID L.	771	YELLOW FREIGHT SYSTEM, INC.
LEBO, TERRY J.	776	ANDERSON LOGISTICS
LEHR, TERRY R.	776	ROADWAY EXPRESS, INC.
LEINBACH, THOMAS K.	429	CENTRAL DOOR & PLYWOOD CO.
LUMADUE, LANCE K.	776	CONSOLIDATED FREIGHTWAYS
MAYS, DENNIS RAY	429	NEW PENN MOTOR EXPRESS, INC.
MCDERMIT, RONALD J.	764	CENTRE CONCRETE COMPANY
MCGEE, ERVIN	776	ANDERSON LOGISTICS
MILLER, CHARLES	773	UNITED PARCEL SERVICE, INC.
MILLER, JOHN D.	429	PRESTON TRUCKING CO., INC.
MITCHELL, TERRY W.	429	SUPERVALU, INC.
MOSER, DALE F.	229	ROADWAY EXPRESS, INC.
MURNIN, MICHAEL F.	229	A-P-A TRANSPORT CORPORATION
NEITZ, JR., NED H.	764	INTERSTATE MTR FREIGHT SYS., INC.
NOLDER, CONNIE D.	764	MARY MACINTOSH OF PA, INC.
OCONNOR III, JOHN A.	776	PRESTON TRUCKING CO., INC.
PARADISE, RONALD	776	UNITED PARCEL SERVICE, INC.
PLANK, KENNETH W.	229	ROADWAY EXPRESS, INC.
ROBB, SAMUEL B.	764	TLI, INC.
RUDEWICZ, JOSEPH	776	UNITED PARCEL SERVICE, INC.
RUDIS, JOHN J.	773	INTERNATIONAL DISTR. CENTER, INC.
RUDISILL, THOMAS J.	776	FLEMING COMPANIES, INC.
SCOTT, STANLEY	401	DALLAS DAIRY, INC.
SKOLNICK, ANDREW P.	401	KEYSTONE COCA-COLA BOTTLING CO.
SKULTETI, RICHARD J.	773	J C EHRlich CO., INC.
SLOAD, PATRICK J.	776	ROADWAY EXPRESS, INC.
SMITH, MICHAEL D.	776	CAROLINA FREIGHT CARRIERS CORP.
SNYDER, ANN E.	771	TEAMSTERS LOCAL #771 FED. CR. UN.
STACKHOUSE, RONALD A.	773	USF HOLLAND, INC.
STROHL, ERNEST	229	KEYSTONE COCA-COLA BTGL CO., INC.
STRUBLE, ROBERT	776	UNITED PARCEL SERVICE, INC.
SWEIGART, ROBERT L.	771	YELLOW FREIGHT SYSTEM, INC.
TRAGER, DAVID R.	429	ASSOCIATED WHOLESALERS, INC.
VOGEL, RONALD L.	771	YELLOW FREIGHT SYSTEM, INC.
WERTMAN, RICHARD R.	773	KENOSHA AUTO TRANSPORT
YODER, BARRY D.	429	ASSOCIATED WHOLESALERS, INC.

## For the month of October 2008

Name	Local	Employer
ACKER, WILLARD E.	776	UPS CARTAGE SERVICES, INC.
BALDWIN, JOHN	229	SUPER MARKET SERVICE CORP.
BARTO, GARY	764	UNITED PARCEL SERVICE, INC.
BAUDER, LAMAR V.	229	ROADWAY EXPRESS, INC.
BEACHELL, EDWARD L.	771	HERMAN R EWEILL, INC.
BEATTIE, THOMAS R.	776	CONSOLIDATED FREIGHTWAYS
BERECIN, GEORGE	229	TOPPS CHEWING GUM, INC.
BLOOM, ROBERT	764	UNITED PARCEL SERVICE, INC.
BOOSE, PAUL C.	771	YELLOW FREIGHT SYSTEM, INC.
CARROLL, JR., BERNARD J.	771	YELLOW FREIGHT SYSTEM, INC.
CELMER, WILLIAM	401	DOMOCO GAS & OIL COMPANY
COBLE, JEFFREY A.	776	ARKANSAS BEST FREIGHT SYS., INC.
CROFTON, THOMAS J.	229	ROADWAY EXPRESS, INC.
DAWES, RICHARD	764	UNITED PARCEL SERVICE, INC.
DEAN, DENNIS	776	CAROLINA FREIGHT CARRIERS CORP.
DECKER, JR., MARCUS W.	773	BOROUGH OF WIND GAP
DUNDORE, ANN M.	773	INTERNATIONAL DISTR. CENTER, INC.



## For the month of October 2008

Name	Local	Employer
EISENHAUR, JOHN H.	771	PENNCAST CORPORATION
FABIAN, GREGORY	229	KEYSTONE COCA-COLA BTLG CO., INC.
FOLK, KERRY F.	429	LENTZ MILLING COMPANY
GANNON, JOHN	773	MAIERS BAKERY
GETTLE, BRENDA D.	429	ASSOCIATED WHOLESALERS, INC.
GINTER, STEPHEN C.	776	NEW PENN MOTOR EXPRESS, INC.
GIORDANO, GAETANO C.	229	DEFAZIO EXPRESS, INC.
GOLDEN, DENNIS L.	771	YELLOW FREIGHT SYSTEM, INC.
GOOD, JAN L.	401	TECHWELD, INC.
GRAHAM, DARRYL L.	776	G R SPONAUIGLE & SONS, INC.
HALL, GEORGE	773	COCA-COLA BTLG CO. LEHIGH VLLY
HAMILTON, RICHARD F.	312	CHEMICAL LEAMAN TANK LINES, INC.
HEYDT, ANO A.	429	CARL R. BIEBER, INC.
HROBUCHAK, ROBERT P.	229	ROADWAY EXPRESS, INC.
HUSTON, KENNETH D.	776	CONSOLIDATED FREIGHTWAYS
JACOBS, HERBERT L.	229	CONSOLIDATED FREIGHTWAYS
KLINE, GEORGE F.	776	CONSOLIDATED FREIGHTWAYS
KNITTLE, DAVID E.	773	ALPO PETFOODS, INC.
KRUTULIS, THOMAS R.	773	P I E NATIONWIDE, INC.
KUHNS, JOSEPH	764	UNITED PARCEL SERVICE, INC.
LOSS, THOMAS J.	229	HCSC LAUNDRY
MARZEN, EDWARD G.	773	UNITED PARCEL SERVICE, INC.
McGOWAN, THOMAS	229	C&S WHOLESALE GROCERS
McMICHAEL, TERRY L.	401	WISE FOODS
MILLER, BRYAN D.	229	ROADWAY EXPRESS, INC.
MILLER, RUSSELL D.	776	PERK FOODS C/O HEINZ PET
MOWATT, THOMAS	229	ROADWAY EXPRESS, INC.
NAUMAN, SR., DONALD V.	776	LEASEWAY PERSONNEL CORP.
NORRIS, BARBARA	429	ASSOCIATED WHOLESALERS, INC.
OAKMAN, ALBERT L.	771	ARAMARK UNIFORM SERVICES, INC.
PAGE, ALAN J.	771	YELLOW FREIGHT SYSTEM, INC.
PAYNE III, EDWIN	764	UNITED PARCEL SERVICE, INC.
PIERCE, CLAYTON R.	429	ROLLINS LEASING CORP.
RIVERA, DIANA E.	429	VICTUS LTD
ROBERTS, CRAIG J.	401	FRIEDMANS EXPRESS, INC.
ROCK, LOUIS S.	429	BOYERTOWN AUTO BODY WORKS, INC.
SANTORE, JR., EUGENE A.	229	SUPER MARKET SERVICE CORP.
SASSAMAN, WILLIAM	776	ROADWAY EXPRESS, INC.
SEARS, THOMAS H.	771	KUNZLER & COMPANY, INC.
SHOFFNER, MARY ANN	776	YORK COUNTY TRANSP. AUTHORITY
SLAYBAUGH, GEORGE	776	ROADWAY EXPRESS, INC.
SMAW, JAMES	773	WELCO/CGI
STABLEY, DARLENE	776	CONSOLIDATED FREIGHTWAYS
STOVER, DONALD L.	771	YELLOW FREIGHT SYSTEM, INC.
SWOPE, RAYMOND	776	ROADWAY EXPRESS, INC.
TANEY, HAROLD A.	776	CENTRAL STORAGE & TRANSFER CO.
VANDUYNE, LYNN	773	D F BAST, INC.
WILHELM, GERALD H.	429	INTERSTATE DRESS CARRIERS
WISE, GARY N.	776	ARKANSAS BEST FREIGHT SYS., INC.
WISE, SR., CHARLES G.	776	NEW PENN MOTOR EXPRESS, INC.

## For the month of November 2008

Name	Local	Employer
ANSTINE, TIMOTHY L.	776	FLEMING COMPANIES, INC.
BARE, BARRY L.	776	FLEMING COMPANIES, INC.
BLATT, CHARLES P.	429	CLOVER FARMS DAIRY
BRELSFORD, RONALD G.	764	SCHNADIG CORPORATION
BRUZAS, ROBERT	229	FERRANTI BEER DIST. CO.
BUCKWALTER, DONALD H.	771	CONSOLIDATED FREIGHTWAYS
CARETTI, TERENCE A.	429	READING HEATER & SUPPLY CO.
COMBS, COLAN R.	764	O N C FREIGHT SYSTEM
DEJOSEPH, PATRICIA A.	429	SUPERVALU, INC.
DENTEL, EDWARD J.	776	NEW PENN MOTOR EXPRESS, INC.
ELLIOT-HERSHEY, ROBERTA F.	776	MASON & DIXON LINES, INC.
EVANS, JERRY ARTHUR	776	CONSOLIDATED FREIGHTWAYS
FRENCH, JERRY	764	UNITED PARCEL SERVICE, INC.
FREY, PAUL R S	776	ST JOHNSBURY TRUCKING CO., INC.
GERLACH, JOANN	773	ONE SOURCE
GLYNN, FRANCIS D.	229	J R BUTLER, INC.
GREISS, EDNA A.	773	EASTERN INDUSTRIES, INC.
GROSS, JAMES R.	776	R J C INDUSTRIES, INC.
HANNIS, RONALD L.	773	YELLOW FREIGHT SYSTEM, INC.
HARTMAN, MICHAEL A.	764	TEAMSTERS LOCAL UNION 764
HENDRICKS, ROBERT J.	773	MACK TRUCKS, INC. NVSSC
HILLBISH, L. RUSSELL	429	ASSOCIATED WHOLESALERS, INC.
HILTON, DONALD L.	776	ROADWAY EXPRESS, INC.
HUNTER, JR., JOHN W.	773	CONSOLIDATED FREIGHTWAYS
KIME, JOSEPH T.	229	ROADWAY EXPRESS, INC.
KLINE, GERALD	776	UNITED PARCEL SERVICE, INC.
KRICK, WILLIAM D.	429	CEMPORT, INC.
KRUGER, WILLIAM W.	776	CENTRAL STORAGE & TRANSFER CO.
LAURY, DENNIS	773	UNITED PARCEL SERVICE, INC.
LEE, JERRY E.	312	MATLACK, INC., TERMINAL 5
LEWIS, THOMAS P.	229	DEFAZIO EXPRESS, INC.
MACK, PATRICIA A.	429	JOHN PFROMMER, INC.
MERGO, THOMAS C.	401	GLEN SUMMIT SPRINGS WATER CO.

## For the month of November 2008

Name	Local	Employer
MITKO, JOHN	773	FRIEDMANS EXPRESS, INC.
MOORE, TIMOTHY P.	771	KENOSHA AUTO TRANSPORT CORP.
MURTAUGH, RONALD	429	ROADWAY EXPRESS, INC.
NEARY, JOSEPH T.	229	CONSOLIDATED FREIGHTWAYS
NEIDLINGER, JUDITH A.	429	ASSOCIATED WHOLESALERS, INC.
NEWCOMB, LARRY E.	771	HARRISBURG NEWS COMPANY
NOBERT, JOHN E.	429	SUPERVALU, INC.
PANNEBAKER, KENNETH E.	776	ANDERSON LOGISTICS
POWLEY, MICHAEL A.	776	NEW PENN MOTOR, INC.
REAP, WILLIAM J.	229	C&S WHOLESALE GROCERS
RIVERA, MARCIAL	771	PENNCAST CORPORATION
SCHMEHL, DONALD L.	429	BERKS PRODUCTS CORP.
SCHMUCK, JR., CHARLES L.	776	NATIONS WAY TRANSPORT SERVICES
SCOTT, ROBERT	764	ROADWAY EXPRESS, INC.
SHAULL, JAMES O.	776	YORK CONCRETE, CO.
SHEAFFER, ROBERT E.	776	CARNATION CO./NESTLE USA, INC.
SHOUP, EDWARD C.	773	SILVER LINES, INC.
SINCLAIR, NORRIS WAYNE	771	JOHN S. EWELL, INC.
SISTI, DOUGLAS R.	776	KELLOGG'S SALES COMPANY
SLOAN, JACQUELINE C.	429	SCHROCK CABINET COMPANY
SMITH, KENNETH W.	776	CEMENT EXPRESS, INC.
SPENCE, GARY E.	776	ASSOCIATED WHOLESALERS, INC.
SPUHLER, RONALD	776	CONSOLIDATED FREIGHTWAYS
STEIGER, DAVID	764	UNITED PARCEL SERVICE, INC.
STERNER, PHYLLIS A.	773	GENERAL SUPPLY COMPANY
SZYMANSKI, JOY	229	HARPER COLLINS PUBLISHERS, INC.
THOMAN, JAMES	776	ROADWAY EXPRESS, INC.
TONEY, ROBERT J.	401	PLYMOUTH ROCK TRANSPORTATN CORP.
WASLIN, ROBERT J.	401	KEYSTONE COCA-COLA BOTTLING CO.
WEIDNER, RAYMOND	429	ROADWAY EXPRESS, INC.
WEITZEL, MICHAEL A.	429	LENTZ MILLING COMPANY
WHARTON, HARRY R.	776	NATIONS WAY TRANSPORT SERVICES
WOJCIK, WALTER F.	764	UNITED PARCEL SERVICE, INC.
WUNSCH, DALE E.	429	ARAMARK REFRESHMENT SERV., INC.

## For the month of December 2008

Name	Local	Employer
ANDERSON, HAROLD L.	776	ARKANSAS BEST FREIGHT SYS., INC.
BANKS, LAWRENCE E.	776	TRANSCON LINES
BASARAB, THOMAS M.	401	PLYMOUTH ROCK TRANSPORTATN CORP.
BECKER, DONALD	229	BURSCHEL DAIRY COMPANY
BIEL, THOMAS F.	229	PEPSI COLA BOTTLING
BOND, KENNETH EARL	776	CONSOLIDATED FREIGHTWAYS
BRACELEN, JOHN P.	229	CONSOLIDATED FREIGHTWAYS
BRZYCKI, STANLEY M.	229	DEFAZIO EXPRESS, INC.
CIPRIANO, LOUIS P.	229	ROADWAY EXPRESS, INC.
COOPER, JR., ROBERT W.	776	ALBERICI CONSTRUCTION CO.
COSTA, PATRICIA A.	764	P I E NATIONWIDE, INC.
DAVIES, JR., WILLIAM	776	TEAMSTERS LOCAL UNION 776
DAVIS, SR., WILLIAM J.	776	CONSOLIDATED FREIGHTWAYS
DORSIE, FRANK J.	776	ST. JOHNSBURY TRUCKING CO., INC.
DOWNES, ROBERT	776	CONSOLIDATED FREIGHTWAYS
DUGANS, SR., JACK	773	HOLMES TRANSPORTATION, INC.
EISENHOWER, KATHLEEN A.	773	HERTZ PENSKE TRUCK LEASING, INC.
FAHNSTOCK, DEAN O.	776	NEW PENN MOTOR EXPRESS, INC.
FISHER, EDWIN M.	229	ROADWAY EXPRESS, INC.
FRITTS, JR., GERALD E.	764	INTERSTATE MTR FREIGHT SYS., INC.
FUNK, CHARLES A.	429	UNITED PARCEL SERVICE, INC.
GARRETT, DONALD E.	776	CONSOLIDATED FREIGHTWAYS
GILHOOLEY, PENNY	229	TOPPS CHEWING GUM, INC.
GRAZIANO, CHARLENE	229	TOPPS CHEWING GUM, INC.
GROFF, JERE M.	771	YELLOW FREIGHT SYSTEM, INC.
HARKA, THOMAS	773	UNITED PARCEL SERVICE, INC.
HARTMAN, WILLIAM	229	ROADWAY EXPRESS, INC.
HEFFNER, KING	429	POWER PACKAGING-AN EXEL CO.
HERMONT, TERRY R.	771	HERMAN R. EWELL, INC.
HONUSHEFSKY, GLORIA	401	SCHULTZ'S, INC.
KEMMERER, MARVIN F.	773	JONES MOTOR CO., INC.
KIMMEL, DAVID L.	429	LENTZ MILLING COMPANY
KISSINGER, DONALD	429	ROADWAY EXPRESS, INC.
KLINEDINST, ROBBEY A.	776	UNITED PARCEL SERVICE, INC.
KLINGER, ROBERT C.	429	SINGER EQUIPMENT CO., INC.
KOSTREY, BRUCE P.	429	THE CONTINENTAL GROUP, INC.
KURTZ, MAURICE	429	APEX EQUIPMENT COMPANY
LANDIS, ALLEN WAYNE	776	ARKANSAS BEST FREIGHT SYS., INC.
LITTLE, RAYMOND W.	771	YELLOW FREIGHT SYSTEM, INC.
MARINKOV, JOHN LEROY	429	LENTZ MILLING COMPANY
MARKEK, DAVID S.	776	UNITED PARCEL SERVICE, INC.
MARTINEZ, MUCIO J.	776	STONER BEVERAGE CO.
MILLER, KAREN J.	776	ROADWAY EXPRESS, INC.
MORGAN, NANCY M.	229	SUPER MARKET SERVICE CORP.
ODOM, JR., CLARENCE O.	229	ROADWAY EXPRESS, INC.
ORENDACH, ROBERT G.	773	MAKOVSKY BROTHERS, INC.
PAUSKA, DONALD D.	401	PLYMOUTH ROCK TRANSPORTATN CORP.
POTTER, STEVEN	229	C&S WHOLESALE GROCERS
REIGEL, KENNETH E.	771	YELLOW FREIGHT SYSTEM, INC.

## For the month of December 2008

Name	Local	Employer
RODGERS, PAUL	773	UNITED PARCEL SERVICE, INC.
ROMANO, JOSEPH P.	764	UNITED PARCEL SERVICE, INC.
SCICCHITANO, ALDO J.	429	INTERNATIONAL PAPER
SMITH, ROBERT E.	429	JONES MOTOR CO., INC.
STEINBERG, CARL	773	FRIEDMANS EXPRESS, INC.
STIVER, GALEN RALPH	764	CENTRE CONCRETE COMPANY
STRAWBRIDGE, DONALD W.	776	CEMENT EXPRESS, INC.
STRICKLER, GREGORY LEE	429	PENSKE TRUCK LEASING CO., LP
STROHL, PAUL C.	773	ROCK HILL TRUCKING CO., INC.
TROUT, STEVEN W.	776	WILSBACH DISTRIBUTORS, INC.
WALTEMYER, JAMES K.	776	CONSOLIDATED FREIGHTWAYS
WALTERS, WILLIAM E.	764	TRANSAMERICAN FREIGHT LINES, INC.
WELLS, SHIRLEY	764	B & D TRANSFER
WHITEHEAD, JAMES R.	771	UNITED PARCEL SERVICE, INC.
WILDS, LELAND	229	ROADWAY EXPRESS, INC.
WOOD III, VERNON M.	776	PRESTON TRUCKING CO., INC.
ZIMMERMAN, RONALD C.	764	PROFESSIONAL DRIVERS SERVICE

## For the month of January 2009

Name	Local	Employer
ALLEMAN, BRUCE J.	771	YELLOW FREIGHT SYSTEM, INC.
ALLOWAY, MICHAEL	776	ROADWAY EXPRESS, INC.
ARMSTRONG, IRVIN P.	773	USF HOLLAND, INC.
ARNOLD, JR., THURSTON L.	764	YELLOW FREIGHT SYSTEM, INC.
BAIR, ALAN WILLIAM	771	YELLOW FREIGHT SYSTEM, INC.
BAIR, SR., GARY L.	429	GKN POWDERMET, INC. BOUND BROOK
BETZ, GEORGE K.	773	ATLANTIC TRANSPORT, CO.
BLOOM, SHIRLEY	764	UNITED PARCEL SERVICE, INC.
CAMPITELLI, GEORGE J.	429	BRENNTAG NORTHEAST, INC.
CHARLES, ROBERT C.	776	R F TRUESDELL COMPANY, INC.
CROUCH, JOHN R.	429	MRS SMITHS PIE CO.
EMENHEISER, DENNIS R.	776	PRESTON TRUCKING CO., INC.
ESWORTHY, SR., DON	764	NEW PENN MOTOR EXPRESS, INC.
EWING, JOHN J.	429	ARAMARK UNIFORM SERVICES, INC.
FEGER, NED L.	776	ROADWAY EXPRESS, INC.
FELTENBERGER, FREDERICK J.	429	J C EHRLICH CO., INC.
FIRESTONE, GLEN D.	771	HERMAN R. EWELL, INC.
GENELLA, RALPH J.	229	DEFAZIO EXPRESS, INC.
GILROY, FRANK J.	229	YELLOW FREIGHT SYSTEM, INC.
GORDON, LARRY J.	776	FLEMING COMPANIES, INC.
GOSSMAN, DAVID H.	771	YELLOW FREIGHT SYSTEM, INC.
GREENINGER, MARLIN R.	771	YELLOW FREIGHT, INC.
GRUNDEN III, JOHN E.	771	DEAN Y LITTLE BEV. DIST.
HARPEL, GEORGE	429	SINGER EQUIPMENT CO., INC.
HEBERLIG, SR., JAMES E.	776	ROADWAY EXPRESS, INC.
HEFFELFINGER, JAMES	429	ROADWAY EXPRESS, INC.
HERSH, JOHN J.	771	HERMAN R. EWELL, INC.
HOCKER, BRIAN J.	429	CARL R. BIEBER, INC.
HOERNER, ARTHUR	776	UNITED PARCEL SERVICE, INC.
HUMMEL, HOWARD R.	773	INTERNATIONAL DISTR. CENTER, INC.
KEIPER, LAURETTE	229	CONSOLIDATED FREIGHTWAYS
KELSHAW, DAVID M.	773	STROEHMANN BAKERIES L.C.
LAUSCH, GLEN A.	771	KEREK AIR FREIGHT CORP.
LEBER, JAY KEITH	771	YELLOW FREIGHT SYSTEM, INC.
LEONARD SR., NORMAN E.	771	SS BERTZ COMPANY, INC.
LEWIS, WARREN S.	229	NEW PENN MOTOR EXPRESS, INC.
MANNION, LAWRENCE K.	764	P I E NATIONWIDE, INC.
MARTIN, JR., ROBERT L.	776	PERK FOODS C/O HEINZ PET
MATLOCK, ROBERT D.	773	EASTERN INDUSTRIES, INC.
McLANE, BRADLEY D.	776	TRANSCON LINES
METZKER, JAMES F.	776	ARKANSAS BEST FREIGHT SYS., INC.
MYERS, ERVIN L.	776	FLEMING COMPANIES, INC.
MYERS, JR., WALTER P.	776	CONSOLIDATED FREIGHTWAYS
ORSI, ANTHONY	771	YELLOW FREIGHT SYSTEM, INC.
PACKER, SR., DANIEL J.	229	ROADWAY EXPRESS, INC.
PANTUSO, ALFRED D.	229	ROADWAY EXPRESS, INC.
PETRY, STEPHEN T.	429	ALL-STAR DISTRIBUTING, INC.
POHL, NORBERT W.	429	CENTRAL DOOR & PLYWOOD CO.
RHINIER, WILLIAM L.	771	YELLOW FREIGHT SYSTEM, INC.
RHODE, ROBERT W.	773	STROEHMANN BAKERIES L.C.
RILEY, F. DANIEL	773	EASTERN INDUSTRIES, INC.
RUTE, VERNON	773	UNITED PARCEL SERVICE, INC.
SCHADLER, SR., DOUGLAS L.	429	SCHROCK CABINET COMPANY
SCHMUCK, LYNN E.	776	LEVINSON STEEL COMPANY
SCHWALM, STEVEN S.	771	ARAMARK UNIFORM SERVICES, INC.
SNAY, SR., JAMES	229	ROADWAY EXPRESS, INC.
THOMPSON, GARY W.	776	ROADWAY EXPRESS, INC.
WALSH, ROSAN M.	229	C&S WHOLESALE GROCERS
WATERS, CHARLES L.	771	YELLOW FREIGHT SYSTEM, INC.
WEABER, RONALD	776	ROADWAY EXPRESS, INC.
WENGER, SANDRA KAY	776	PRESTON TRUCKING CO., INC.
WISLER, H. KEITH	771	YELLOW FREIGHT SYSTEM, INC.
WITMER, JR., JOHN L.	771	YELLOW FREIGHT SYSTEM, INC.
WOMELSDORF, JOHN P.	776	CENTRAL STORAGE & TRANSFER CO.

**Central PA Teamsters**  
P.O. Box 15223  
Reading, PA 19612-5223  
**Return Service Requested**

Non-Profit Org.  
U.S. POSTAGE  
**PAID**  
Reading, PA  
Permit No. 144

## **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](http://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](http://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 Investment Management, 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 Mangement, Inc.  
INTECH Investment Management, 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