



Central Pennsylvania Teamsters GUARDIAN



March 2007

Health and Welfare/Pension Guardian Newsletter

Reading, PA

UPDATE ON THE CENTRAL PA TEAMSTERS WELLNESS PROGRAM

Secret to Good Health is Knowing Your Risks and Taking Action

Central PA Teamsters Offers Free Online Health Risk Assessments to Participants and Their Families

Starting April 1, 2007, participants and their dependents over 18 years old covered under the Central PA Teamsters Health and Welfare Fund will be able to take an online health risk assessment.

The assessment is an easy and innovative way to measure your health and set a course for a healthier, fuller life.

Identification and Prevention

"The best way to treat an illness is to prevent it from happening," said Joseph Samolewicz, Fund Administrator. "The Health Risk Assessment is a good way to identify and act on potential problems before they become actual problems."

The assessment, which is being offered through HealthAssurance, is done completely online and can be accessed 24 hours a day.

The assessment asks questions about your medical history and lifestyle habits. It should only take about 15 to 20 minutes to complete.

Your answers will be used to assess your health risks related to nutrition, stress, preventable diseases, physical activity and more.

For a more detailed useful report, you may want to have recent medical information handy before you sit down to fill out the Health Risk Assessment. See page 2 for a list of information you might want to have.

If you don't know this information, don't worry. You can still take the assessment and receive accurate results.

If the assessment identifies problems, it will offer tips for a healthier lifestyle. In addition, members of HealthAssurance's health education team may contact

individuals directly (and confidentially) to offer assistance. Accepting that assistance is completely voluntary.

Information is Strictly Confidential

"Every member's personal information is strictly confidential," said Mr. Samolewicz. "Only HealthAssurance's health education staff will see any individual results."

The results of the information—with people's names removed—will be combined and used to develop wellness programs targeted to our specific needs.

"We are committed to wellness and helping promote individual health behavior," said Mr. Samolewicz. "This Assessment is a crucial first step in helping each of us take control of our health. That's why we are aiming for 100 percent participation."

To log onto the Health Risk Assessment, follow the instructions listed on page 2.

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Online Health Risk Assessment

(Continued from page 1)

Information You May Want to Find Before Taking the Assessment

For a more detailed, useful report, you may want to have recent medical information handy before you fill out the Health Risk Assessment. If you don't know this information, however, don't worry. You can still take the Assessment and receive accurate results. Some of the information to have on hand includes:

- Most recent blood pressure
- Most recent cholesterol level
- LDL cholesterol
- HDL cholesterol
- Glucose value



TAKING THE HEALTH RISK ASSESSMENT IS EASY!

You will need a personal computer. Please be sure your computer is equipped with the following minimum standards:

- A connection speed of at least 36.6K
- Microsoft 98 (or higher) operating system
- Microsoft Internet Explorer Version 5.5 or equivalent
- Adobe Acrobat Reader 5 (or higher)

If you have questions, please call 1-800-488-3140 Monday through Friday, between 10 a.m. and 5 p.m., Eastern Standard Time.

1. Enter the site

- Log on to www.centralpateamsters.com
- Click on "Wellness Links"
- Click on "Central PA Teamsters Wellness Program"
- Click on "Health Risk Assessment"
- Enter your registration key: CPTHWF
- Enter your Date of Birth in the following format: mm/dd/yyyy
- Use your Central PA Teamsters Health & Welfare ID# (listed on your ID card) as the PIN (no spaces or dashes)
- Click "submit"

2. Complete your personal information

- At the personal profile page, enter and make changes to your profile. The text lines in red are required.
- Create a unique username. This means that your username cannot be the same as someone else's. If someone has already chosen the name

that you enter, you will be asked to continue entering a username until the one you choose is unique. Your username can have numbers and letters. Your username can be your e-mail address.

- **Create an eight-character password.** You'll need these the next time you enter the site. Write them here to help you remember:

Username: _____

Password: _____

- Your name and address should appear in the information boxes. Check all this information. If any information is incorrect, change it.
- If you currently do not have an email address, please enter in blank@blank.com
- Click "submit" to enter the welcome page.

3. Take the survey

- Click "Take Questionnaire" in the left-hand column
- Answer as many questions as you can to ensure an accurate report. You don't have to take the survey all at once. However, you will need your username and password when you log in again to complete the assessment.
- When you're done, you can download your personal wellness report.

The secret to good health is knowing your risks and taking action. ●

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

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 for 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 for up to a 34 day supply

PRESCRIPTION PLAN BENEFITS UNDER PLAN 14

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

PLAN 14 – Option Levels A, B & C

Negative Formulary List*

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

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

Update on Weight Watchers Discounts

The December 2006 issue of *The Guardian* introduced Weight Watchers discounts for Weight Watchers meetings and on-line programs which were to be made available by visiting the Central PA Teamsters Wellness website, www.centralpateamsters.com or by calling 1-800-710-4663.

It was brought to our attention after the publication of the last newsletter that some Weight Watchers locations

are franchised and currently do not offer discounts. Franchised locations include locations in Berks, Bucks, Chester, Delaware, Philadelphia, Lancaster, and Schuylkill Counties.

Please contact Weight Watchers at 1-800-710-4663 for more information on discounts for Weight Watchers traditional meetings in your area.

What Happens to My Dependent Child's Health Coverage at Age 19?

The Fund Office maintains age records of dependent children of members covered under the Health & Welfare Plan. During the month prior to a dependent child's 19th birthday, the Fund Office notifies the member that health coverage for their dependent will cease at the end of the month in which he or she turns 19.

The Plan allows coverage for dependents to continue past age 19 if they are full-time students or have been declared totally and permanently disabled by the Social Security Administration. Coverage for full-time students may be continued as long as the dependent is a full-time student until the end of the month following their 23rd birthday with annual proof of full-time enrollment from the

school in which they are attending. Students may not be employed full-time (with the exception of summer employment). Contact the Fund Office for information required to extend coverage for totally and permanently disabled children.

When your child ceases to be a full time student, you must notify the Fund Office Contributions and Eligibility Department immediately. **You will become liable for any health claims paid by the Fund for any services after your dependent ceases to be eligible.**

Your child will receive information concerning COBRA Continuation Coverage when they cease to be eligible under the Plan.

Get Heart Smart

Hear disease and stroke are top killers of Americans. Many people survive heart attacks and strokes only to face serious disability. Because the risk is so high, it is essential to understand all aspects of both of these serious diseases.

Know Your Risk Factors and How to Reduce Them
Cigarette smoke alone increases the risk of heart disease, but when combined with other factors, the risk greatly increases. Smoking increases blood pressure, decreases exercise tolerance, and increases the tendency for blood clots. It also increases the risk of recurrent heart disease after bypass surgery.

Know your numbers. Be sure to have your total cholesterol, triglycerides, blood pressure, and fasting glucose checked as recommended by your physician.

- Make sure your total cholesterol is below 200 mg/dl, with HDL (good) cholesterol above 60 mg/dl and LDL (bad) cholesterol under 100 mg/dl.
- Triglycerides should be below 150.
- Make sure blood pressure is less than 120/80 and fasting glucose is less than 100. Keep track of these numbers and discuss any increases with your doctor.
- Be sure to keep track of your body mass index (BMI) and waist circumference. BMI should be less than 25 and waist circumference no more than 35 inches.
- Include at least 30 minutes of exercise in your daily routine.

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Get Heart Smart

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Know the Warning Signs of a Heart Attack

Most heart attacks start slowly with mild pain or discomfort. Often, people are unsure of what is going on and wait too long before seeking medical help. Here are some signs of a heart attack:

- Chest discomfort. Most discomfort is in the center of the chest and lasts more than a few minutes or goes away and then comes back. It may feel like pressure, squeezing, fullness, or pain.
- Discomfort in other areas of the upper body. This may be in one or both arms, the back, the jaw, or stomach.
- Shortness of breath which may be accompanied by chest pain.
- Others signs include nausea, lightheadedness, or breaking out in a cold sweat.

Know the Warning Signs of a Stroke

The following are signs of a stroke:

- Sudden numbness or weakness in the face, arms, or legs, especially on one side of the body
- Confusion, trouble speaking, or understanding
- Trouble seeing in one or both eyes
- Sudden feeling of dizziness, loss of balance or coordination, or trouble walking
- Sudden and severe headache with no known cause

Act Immediately

If you or someone you know starts to experience any of the above signs, call 911 or your local emergency medical services (EMS) so that an ambulance with advanced life support can be sent. Also, be sure to note the time that symptoms first appeared. Remember, it is important to treat a heart attack or stroke as quickly as possible.

Know Your Cholesterol Number – It Could Save Your Life

High cholesterol is a major risk factor in the development of heart disease, the number one killer of men and women in the U.S. Unfortunately, many people are unaware that they are at risk because high cholesterol has no symptoms. The only way to detect it is with a blood test available at your doctor's office or at community cholesterol screenings.

How Does Cholesterol Cause Heart Disease?

Too much cholesterol in your blood will cause buildup in the arteries of your circulatory system. When the buildup is significant, it will cause hardening of the arteries, a narrowing of the arteries that slows

circulation to the heart. The blood carries oxygen to the heart, so if there is not enough blood flow to the heart the first symptom will be chest pain. If blood supply to the heart is completely cut off, the result is a heart attack. Unfortunately, this is often the first sign people get that something is wrong and it may be too late.

What Do Cholesterol Levels Mean?

The National Cholesterol Education Program puts cholesterol levels as follows:

TOTAL CHOLESTEROL

- *Desirable:* less than 200 mg/dl
- *Borderline:* 200-239 mg/dl
- *High Risk:* 240+ mg/dl

LDL (BAD) CHOLESTEROL

main source of artery blockage

- *Desirable:* less than 100 mg/dl
- *Borderline:* 130-159 mg/dl
- *High Risk:* 160+ mg/dl

HDL (GOOD) CHOLESTEROL

protects against heart disease

- *Desirable:* above 60 mg/dl
- *High Risk:* below 40 mg/dl

TRIGLYCERIDES

Form of fat that can increase risk

- *Borderline:* 150-199 mg/dl
- *High Risk:* 199+ mg/dl

What Can You Do to Lower Your Cholesterol Levels?

Here are some tips to lower your levels without medication.

- Instead of high fat meats, try lean meats, skinless poultry, fish, and bean and grain meals
- Instead of pork bacon, try turkey bacon, lean ham, or Canadian bacon
- Instead of whole milk, try 1 percent or skim
- Instead of lard or butter for cooking, try small amounts of vegetable oil
- Instead of mayonnaise and regular salad dressing, try mustard, low-fat salad dressing, yogurt, or fat-free mayonnaise
- Instead of ground pork or beef, try ground skinless turkey breast
- Exercise every day

With a little bit of effort, anyone can lower their cholesterol levels. But the first step is to know your numbers. If you have not had a cholesterol test in the last two years, ask your doctor for a screening today. Know your numbers – it could save your life.

— Source: National Heart, Lung and Blood Institute
www.nhlbi.nih.gov ●

Retiree Suspension of Benefit Update for 2007

Effective January 2007, retirees will be required to report their employment status annually

The Central Pennsylvania Teamsters Defined Benefit Plan, the Central Pennsylvania Teamsters Retirement Income Plan 1987 and the Central Pennsylvania Teamsters Retirement Income Plan 2000 provide that retirement benefits will be suspended during any period in which a retired employee returns to active service under certain circumstances with certain employers. Specifically, if you are under age 70½, your monthly pension benefits may be suspended for any month in which you:

- are paid for more than 56 hours and
- worked in the same trade or craft that you worked as a Teamster, and
- worked in the same geographic area covered by the Pension Fund, regardless of whether the pay is for working or non-working hours.

However, the 56-hour limit does not include pay for vacation, sick time, holidays, disability or severance. In addition, effective June 2003, the Fund will not suspend the benefits of individuals who have attained age 67, have participated only in the Fund's Defined Benefit Plan, and whose total monthly benefit does not exceed \$150. This rule applies only to individuals who work for a contributing employer in a position for which contributions to the Fund are not required.

In addition, effective June 2004, the Fund will not suspend the portion of a Retired Employee's benefits

that were earned prior to January 1, 1987 unless the Retired Employee is working for an employer for whom he worked prior to January 1, 1987 or for an employer that is a successor to such employer or an affiliate of such an employer.

In the past, the Fund Office randomly selected retirees to complete a questionnaire to determine if these individuals were complying with the above Suspension of Benefits rules. Beginning in 2007 and every year thereafter, all affected retirees will be asked to complete and return a questionnaire. A portion of these mailings will be sent each month until all affected retirees have been contacted.

Important: Should you not return the completed questionnaire, you will receive a notice that your retirement benefits will be suspended. This notice will be the only suspension notification you will receive. If you do not respond to this second notice, your benefits will be suspended. Your benefits will remain suspended until the month following the return of your completed questionnaire.

The Fund requests that you complete and return your questionnaire on a timely basis in order to avoid your benefits being unnecessarily suspended.

Please contact the Pension Department if you are contemplating taking a job after retirement to determine if your employment would be affected by the Fund's Suspension of Benefits policy. ●

Fourth Quarter 2006 Retirement Income Plan Returns

The following are approximate year-to-date net returns for the Central PA Teamsters RIP 1987 and RIP 2000 retirement plans for the period ending December 31, 2006. 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	Plan	Approximate Net Return
RIP 1987	15.7%	RIP 2000	14.1%

RETIRES APPROVED FOR PENSIONS

November, 2006 through January, 2007

For the month of November, 2006			For the month of November, 2006			For the month of November, 2006		
Name	Local	Employer	Name	Local	Employer	Name	Local	Employer
ALTEMOSE, THOMAS R.	229	ROADWAY EXPRESS, INC.	CHMURA, DEBRA A.	229	TOPPS CHEWING GUM, INC.	GROSSER, WILLIAM	776	ROADWAY EXPRESS, INC.
ARGOT, THOMAS	229	M & G CONVOY, INC.	CHURICO JR, GEORGE	429	SUPERVALU, INC.	HAMILTON, THOMAS R.	229	TOPPS CHEWING GUM, INC.
BECKER, WILLIAM A.	771	YELLOW FREIGHT SYSTEM, INC.	CLIFFORD, JOHN C.	229	YELLOW FREIGHT SYSTEM, INC.	HUSK, PAUL ALEX	771	YELLOW FREIGHT SYSTEM, INC.
BLEAUSKAS, DONALD M.	229	CONSOLIDATED FREIGHTWAYS	DART, JOHN R.	771	HERMAN R EWELL, INC.	HUTTON, DONALD C.	776	UNITED PARCEL SERVICE, INC.
BROUGHT, LARRY N.	764	UNITED PARCEL SERVICE, INC.	FAKE, PAUL Y.	776	JONES MOTOR CO., INC.	JAMOSKY, JOHN J.	429	POWER PACKAGING, AN EXEL CO.
BUKOWSKI, STANLEY A.	229	DEFAZIO EXPRESS, INC.	FINK, MICHAEL C.	776	PRESTON TRUCKING CO., INC.	JONES, RICHARD	776	ROADWAY EXPRESS, INC.
BUTTS, CHARLES R.	229	ROADWAY EXPRESS, INC.	FISHEL, DONALD T.	776	CONSOLIDATED FREIGHTWAYS	KAHLER, GREGORY E.	776	CENTRAL STORAGE & TRANSFER CO.
CAMPBELL JR, CLYDE E.	401	AIRPORT SAND & GRAVEL CO., INC.	GROSS, ROBERT H.	773	MYERS MEN, INC.	KARCH, BRUCE A.	229	ROADWAY EXPRESS, INC.

For the month of November, 2006		
Name	Local	Employer
KNORR, FORREST P.	776	ROADWAY EXPRESS, INC.
KROUT JR, EDWIN D.	776	WALTER W ZEIGLERS SONS, INC.
KURTZ, THOMAS R.	773	PEPSI COLA B OTTLING GROUP
LABARR, JOSEPHINE	229	ROADWAY EXPRESS, INC.
LAUBACH JR, MURRAY GEORGE	764	PROFESSIONAL DRIVERS SERVICE
LICURGO, THOMAS N.	229	ROADWAY EXPRESS, INC.
LINTON, ELVIN C.	771	YELLOW FREIGHT SYSTEM, INC.
MACONEGHY, CARL	229	WILLIAM ROSENSTEIN & SONS
MARCH, WILLIAM L.	776	PILOT FREIGHT CARRIERS, INC.
MATESEVAC, NICHOLAS M.	776	ROADWAY EXPRESS, INC.
MAUGER, FRANKLIN S.	429	BOYERTOWN AUTO BODY WORKS, INC.
MCCABE, DIANA M.	229	TOPPS CHEWING GUM, INC.
MILLER, VICTOR A.	773	DORSEY K. LEITH, INC.
MILLER, WILLIAM	229	ROADWAY EXPRESS, INC.
MIZGERD JR, JOHN F.	773	YELLOW FREIGHT SYSTEM, INC.
NELSON, WILLIAM G.	776	NELSONS EXPRESS, INC.
NORTH, LESTER E.	776	ROADWAY EXPRESS, INC.
ORBACH, RANDY A.	429	CARL R. BIEBER, INC.
PFLEIGER, LINDA E.	773	MYERS MEN, INC.
PHILLIPS JR, LAVERNE E.	771	MILLER & HARTMAN, INC.
PODWIKA, DANIEL T.	229	UNITED PARCEL SERVICE, INC.
POWELL, RICHARD H.	773	SCHWERMAN TRUCKING CO.
PRICE, HERMAN N.	429	POWER PACKAGING, INC.
PRINGLE, EDWIN A.	429	D J WITMAN OIL COMPANY
PURDUE, JOHN W.	776	ARKANSAS BEST FREIGHT SYS, INC.
RENNIG, ROBERT J.	773	PRESTON TRUCKING CO., INC.
REXROTH, RICKIE E.	776	BROCKER REBAR CO., INC.
RHEN, DENNIS M.	771	YELLOW FREIGHT SYSTEM, INC.
ROTH, JAMES P.	429	MORRIS KREITZ & SONS, INC.
ROTH, JOHN E.	773	ROCK HILL TRUCKING CO.
ROUSH, GLENN R.	776	ARKANSAS BEST FREIGHT SYS, INC.
RYSZ, STANLEY B.	401	ACME MARKETS, INC.
SABADOS, THEODORE J.	771	YELLOW FREIGHT SYSTEM, INC.
SCHAEFFER, JOSEPH R.	429	POLLOCK-READING, INC.
SHELL JR, HAROLD E.	776	PERK FOODS C/O HEINZ PET
SCHMEHL, DONALD L.	429	BERKS PRODUCTS CORP.
SELLERS, STEVEN	776	CONSOLIDATED FREIGHTWAYS
SHOLL, JOSEPHINE	429	LENTZ MILLING COMPANY
SLABODA, STEPHEN	229	HARPER COLLINS PUBLISHERS, INC.
SMITH, GARY G.	764	BRANCH MOTOR EXPRESS CO.
SNYDER, JUDY	773	J R BUTLER, INC.
SOBOTKA, RONALD S.	401	ACME MARKETS, INC.
TRACH, THOMAS F.	773	SCHWERMAN TRUCKING CO.
VIEWDORFER JR, JOHN L.	776	HALLS MOTOR TRANSIT CO.
WALSH, JEROME F.	229	THE SCRANTON TIMES
WATERS, BARRY R.	776	CAROLINA FREIGHT CARRIERS CORP.
WATSON SR, JACOB G. A.	771	PENNCAST CORPORATION
WEINSTEIGER, DANIEL L.	429	BOYERTOWN AUTO BODY WORKS, INC.
WENRICH, ROBERT R.	429	WINDSOR SERVICE, INC.
WERNER, SHAWN J.	429	ASSOCIATED WHOLESALERS, INC.
YURISTA SR, DAVID H.	771	YELLOW FREIGHT SYSTEM, INC.

For the month of December, 2006		
Name	Local	Employer
ADAMS, DANE R.	764	UNITED PARCEL SERVICE, INC.
AHNER, BRIAN E.	773	LIBERTY OIL COMPANY, INC.
ALBERT JR, JOHN J.	229	OM BAKING CORP T/A BAKING CO.
ALEXANDER, DANIEL L.	764	CONSOLIDATED FREIGHTWAYS
ARCHER, DANA L.	776	TEAMSTERS LOCAL UNION 776
BEAVER, STEVEN G.	771	YELLOW FREIGHT SYSTEM, INC.
BECK, WARREN D.	764	P I E NATIONWIDE, INC.
BEVARD SR, DAVID L.	776	R F TRUESDELL COMPANY, INC.
BLAZINSKY JR, GEORGE J.	773	MYERS MEN, INC
BRIGAMAN, CHARLES R.	764	P I E NATIONWIDE, INC.
CALCASACCO, MICHAEL L.	429	A T V BAKERY
CAMPBELL, ODIS R.	776	MOTOR FREIGHT EXPRESS, INC.
CHASE, JOSEPH M.	229	PRESTON TRUCKING CO., INC.
CHRONISTER, KENNETH A.	771	YELLOW FREIGHT SYSTEM, INC.
COCHRAN, KATHY L.	771	KEREK AIR FREIGHT CORP.
CORNELIUS, BARBARA J.	776	ARKANSAS BEST FREIGHT SYS., INC.
DARKER, GEORGE L.	429	APEX EQUIPMENT COMPANY
DASCH, ELIZABETH A.	429	TEAMSTERS LOCAL UNION 429

For the month of December, 2006		
Name	Local	Employer
DELELLIS, ROBERT J.	429	COTT BEVERAGES WYOMISSING, INC.
DONLEY JR, PAUL J.	776	CONSOLIDATED FREIGHTWAYS
FERRARI, ROBERTO J.	776	HESS TRUCKING COMPANY
FRANTZ, LARRY A.	773	CHEMICAL LEAMAN TANK LINES, INC.
FREY, THOMAS L.	776	FLEMING COMPANIES, INC.
GAISKI, JOSEPH J.	776	ARKANSAS BEST FREIGHT SYS., INC.
GARDNER, GEORGENE	764	HALLS MOTOR TRANSIT CO.
GODA, ROBERT A.	429	CLOVER FARMS DAIRY
GUDAITIS, ALBERT J.	773	INTERNATIONAL DISTR CENTER, INC.
HALLER, DANIEL A.	429	INTERSTATE CONTAINER LLC
HIPPLE SR, RONALD L.	771	YELLOW FREIGHT SYSTEM, INC.
HOWARD, WILLIAM E.	773	MACK TRUCKS, INC. NVSSC
HOWELL, GEORGE D.	429	A T V BAKERY
JOHNS, LARRY L.	771	HERMAN R. EWELL, INC.
KERN JR, MARTIN L.	773	W S REICHENBACH & SON, INC.
KIMMICK, ROBERT N.	229	CONSOLIDATED FREIGHTWAYS
LANE, NILES C.	771	YELLOW FREIGHT SYSTEM, INC.
MAKSINCHAK, RANDY L.	776	RYDER TRUCK RENTAL OF PA, INC.
MANBECK, RICHARD D.	429	NEW PENN MOTOR EXPRESS, INC.
MARTIN, RONALD L.	771	KENOSHA AUTO TRANSPORT CORP.
MILLER JR, ROBERT W.	776	ARKANSAS BEST FREIGHT SYS., INC.
MINNICH, JANICE E.	776	ROADWAY EXPRESS, INC.
MISZKIEL, JOSEPH F.	229	CONSOLIDATED FREIGHTWAYS
NARCONIS SR, THOMAS F.	773	INTERNATIONAL DISTR CENTER, INC.
NICKLOW, DONALD E.	776	FLEMING COMPANIES, INC.
NODGE, JAMES L.	776	CAROLINA FREIGHT CARRIERS CORP.
PEQUIGNOT, EDWARD E.	764	B & D TRANSFER
POWLEY, JOHN A.	776	LUCKING BROTHERS, INC.
RHOADES III, JOSEPH E.	776	ROADWAY EXPRESS, INC.
RINGER, PAUL M.	229	ROADWAY EXPRESS, INC.
ROBERTS, ROBIN L.	229	ROADWAY EXPRESS, INC.
SARGENT, BRUCE B.	229	J R BUTLER, INC.
SERSCH JR, JOSEPH A.	776	HALLS MOTOR TRANSIT CO.
SHAAK, DALE L.	429	UNITED PARCEL SERVICE, INC.
SHEAFFER, CARL L.	429	JONES MOTOR CO., INC.
SHERMAN JR, ELTON J.	429	TEAMSTERS LOCAL UNION 429
SHOMO, LUCILLE E.	429	ARKEMA, INC.
SHRECKENGAST, DEVON M.	764	CENTRAL BUILDERS SUPPLY CO.
SMITH, CRAIG M.	429	WETTERAU FOOD SERVICES, INC.
SNYDER, RICHARD L.	776	YORK CONCRETE SEPTIC TANKS CO.
SNYDER, THOMAS	229	TOPPS CHEWING GUM, INC.
SPURLOCK, LONDALL CLAY	776	HALLS MOTOR TRANSIT CO.
STONER, TERRY L.	776	PRESTON TRUCKING CO., INC.
STROUP, CATHERINE M.	764	CENTRAL BUILDERS SUPPLY CO.
TOTH, DENNIS	429	UNITED PARCEL SERVICE, INC.
WALKER, JIMMY L.	771	YELLOW FREIGHT SYSTEM, INC.
WARD, RICHARD L.	771	KEREK AIR FREIGHT CORP.
YODER, ROBERT	776	ROADWAY EXPRESS, INC.
YOST, VIOLA	429	VICTUS LTD
ZOOK, STEVEN R.	776	I M L

For the month of January, 2007		
Name	Local	Employer
ANDERSON, RICHARD L.	776	PRESTON TRUCKING CO., INC.
BAILEY, CLIFFORD E.	776	PRESTON TRUCKING CO., INC.
BAILEY, SYLVESTER D.	776	PRESTON TRUCKING CO., INC.
BANIS, ROBERT G.	776	ARKANSAS BEST FREIGHT SYS., INC.
BANKERT, TANYA L.	776	MASON & DIXON LINES, INC.
BLANKENBILLER, BRETT	429	YEAGER SUPPLY, INC.
BOYER, BARRY R.	773	USF HOLLAND, INC.
BOYLE, ROBERT	229	ROADWAY EXPRESS, INC.
BUNDRA, JEROME J.	773	UNITED PARCEL SERVICE, INC.
BURNS, ROBERT E.	776	ARKANSAS BEST FREIGHT SYS., INC.
CHALLENGER, THOMAS C.	773	INTERNATIONAL DISTR CENTER, INC.
CHRISTMAN, WAYNE N.	773	MATERIALS TRANSPORT SERVICE
CIVITELLA, CARL	773	STROEHMANN BAKERIES, L. C.
COOPER, JOSEPH A.	401	ARKANSAS BEST FREIGHT SYS., INC.
COX, JAMES J.	771	TEAMSTERS LOCAL UNION 771
COX, JIM E.	999	ARKANSAS BEST FREIGHT SYS., INC.
CREAGER, GENE A.	776	ARKANSAS BEST FREIGHT SYS., INC.
CUMMINGS, ANTHONY	776	ROADWAY EXPRESS, INC.
CUNNINGHAM, DEBORAH K.	776	FLEMING COMPANIES, INC.

For the month of January, 2007		
Name	Local	Employer
DILDINE, ROBERT G.	229	CONSOLIDATED FREIGHTWAYS
ECKERT, SCOTT E.	776	UNITED PARCEL SERVICE, INC.
ESTERLY JR, GEORGE W.	429	COTT BEVERAGES WYOMISSING, INC.
FASULO, JOHN J.	229	PRESTON TRUCKING CO., INC.
FEIST, RAY	401	WISE FOODS
GARLAND, JOSEPH A.	229	CONSOLIDATED FREIGHTWAYS
GOETZ, MICHAEL J.	429	THE BACHMAN COMPANY
GOOD, RANDY	776	ROADWAY EXPRESS, INC.
GOODLING, BRENDA A.	429	JONES MOTOR CO., INC.
GRIMM, ANDREW M.	776	FLEMING COMPANIES, INC.
HAHN, HARRY C.	773	LAROCHE INDUSTRIES
HEFNER, GREGORY	776	ROADWAY EXPRESS, INC.
HOFFMAN, CARL E.	773	MAKOVSKY BROTHERS, INC.
KAUFFMAN, LARRY	771	TREDWAYS EXPRESS, INC.
KESTER, FRANCIS B.	229	CONSOLIDATED FREIGHTWAYS
KOWALEWSKI, DAVID A.	776	FLEMING COMPANIES, INC.
KREITZER JR, GEORGE A.	776	ROADWAY EXPRESS, INC.
KURTZ, ROSE M.	773	PEOPLE FIRST
LARUE, DEBORAH L.	429	COTT BEVERAGES WYOMISSING, INC.
LAUB, LAWRENCE S.	429	BERKS PRODUCTS CORP.
LINEBAR, ROSE MARIE	429	KANE STEEL COMPANY
LOMBARDO, LARRY A.	773	ASHLAND CHEMICAL COMPANY
MARTIN, PAUL L.	776	MOTOR FREIGHT EXPRESS, INC.
MAY, HEATHER K.	776	CONSOLIDATED FREIGHTWAYS
MAZAIIKA, JOSEPH A.	401	UNITED PARCEL SERVICE, INC.
MILLER, FRANK P.	229	ROADWAY EXPRESS, INC.
MILLER, LARRY BAXTER	771	YELLOW FREIGHT SYSTEM, INC.
PETERS, MARTIN J.	771	YELLOW FREIGHT SYSTEM INC
PHILLIPS, ANTHONY M.	429	KANE STEEL COMPANY
REIGLE, FRANKLIN W.	776	PRESTON TRUCKING CO., INC.
RICCIO, DAVID ROBERT	776	UNITED PARCEL SERVICE, INC.
SCHAEETZ, MARVIN W.	773	CHEMICAL LEAMAN TANK LINES, INC.
SHAFFER JR, HAROLD E.	776	HALLS MOTOR TRANSIT CO.
SHECKART JR, CHARLES P.	771	YELLOW FREIGHT SYSTEM, INC.
SILFIES, HARVEY H.	429	CARL R. BIEBER, INC.
SIMPSON, RICHARD E.	776	ROADWAY EXPRESS, INC.
SIMRELL, GERALD	229	ROADWAY EXPRESS, INC.
SMOLICK, SANDRA J.	773	PEOPLE FIRST
SQUIER, JAMES S.	764	INTERSTATE MTR FREIGHT SYS., INC.
STEIN, LOWELL C.	401	FRIEDMANS EXPRESS, INC.
STONER, MICHAEL	776	W & L SALES COMPANY, INC.
THOMAS, DAVID J.	773	LIQUID CARBONIC CARB DIO CORP.
TUCCI, JAMES R.	429	COTT BEVERAGES WYOMISSING, INC.
WEIK, DALE H.	776	PRESTON TRUCKING CO., INC.
WETZEL, DAVID F.	773	LEASEWAY DELIVERIES, INC.
WOOD, GARY A.	773	UNITED PARCEL SERVICE, INC.
YUSKA, ROBERT	401	DOMOCO GAS & OIL COMPANY

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

Trustees:

William M. Shappell – Chairman & Union Trustee
Tom J. Ventura – Secretary and Employer Trustee
Kevin M. Cicak – Union Trustee
Tomm Forrest – Employer Trustee
Peter G. Hassler – Employer Trustee
Mike Jones – 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 and Welfare Fund Actuary & Consultant
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
Thelen Reid Brown Raysman & Steiner, 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

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 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:

<i>Health & Welfare</i>	<i>Pension</i>
(610) 320-5500	(610) 320-5505
Toll free in PA 1-800-422-8330	Toll free in PA 1-800-343-0136
Nationwide: 1-800-331-0420	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.

**Direct Deposit: It's
Convenient, Safe and Easy!**

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 when you are out of town, lost or stolen checks, waiting 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 Fund Office or visit 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 number changes, please notify the Fund immediately. If you change banks and need to complete a new form, simply call the Fund Office or visit www.CentralPATeamsters.com (click on "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 will be mailed to your home. Thereafter, your check will be directly deposited to your bank account. ●

Central PA Teamsters

P.O. Box 15223
Reading, PA 19612-5223

Return Service Requested



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