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### The Official Publication of the United Transportation Union

## FRA seeks permanent cell-phone ban

The Federal Railroad Administration is moving to make permanent an October 2008 emergency order restricting the use by on-duty train crews of cell phones and other electronic

A Notice of Proposed Rulemaking was published May 18 in the Federal Register, indicating a final rule, supplanting FRA Emergency Order No. 26, is to go into effect not prior to a 30-day public comment period.

The comments will be used by the FRA to make adjustments to the proposed final rule.

Until a final rule is in effect, the FRA's Emergency Order No. 26 will remain in force.

The UTU and the Brotherhood of Locomotive Engineers and Trainmen intend to file joint comments to the Notice of Proposed Rulemaking

The proposed rule would prohibit the use of an electronic device - whether personal or railroadsupplied – if it interferes with that employee's or another employee's performance of safety-related

Railroad operating employees would be permitted to use cell phones or similar electronic devices under highly limited circumstances.

#### **UTU, BLET seek exemptions** for use in certain conditions

In fact, the UTU and BLET, in joint comments filed with the FRA following issuance of the October 2008 emergency order, sought that exemption.

The proposed rule also provides certain exceptions for watches, calculator use, medical devices, railroad radios, cameras used to document bona fide safety hazards or violations of rail safety laws and various emergency situations – other exemptions the UTU and the BLET suggested following issuance of the October 2008 emergency order.

#### **News and Notes**

#### **RRB** distributes BA-6s

Each year, the Railroad Retirement Board (RRB) prepares a "Certificate of Service Months and Compensation" (Form BA-6) for every railroad employee who received creditable railroad compensation in the previous calendar year. The forms will be mailed to employees by the RRB during the first half of June. While every effort has been made to maintain current addresses for all active railroad employees, anyone with compensation reported in 2009 who has not received Form BA-6 by July 1, or needs a replacement, should contact the nearest RRB field office.

Form BA-6 provides employees with a record of their Railroad Retirement service and compensation. The information is used to determine whether an employee qualifies for benefits and the amount of those benefits.

Also proposed for a final rule is a requirement that each railroad turn over to the FRA, for its review, the carrier's training program on the use of electronic devices; and each railroad would be required to retain records documenting employees receiving recurrent training at specified intervals.



The Notice of Proposed Rulemaking specifically asks for comment on whether violation of the final rule should be used as a basis for revoking a locomotive engineer's certification – or, for that matter, a conductor's certification once

those standards are established pursuant to the Rail Safety Improvement Act of 2008.

For more information on the FRA emergency order and to keep current, view the "Transportation Safety" page at www.utu.org.

### **CSX** committees seek combined seniority

In response to a CSX notice – served in accordance with Section 4 of New York Dock protective conditions - to consolidate operations in Northeast and Mid-Atlantic states, six general

chairpersons have reached a tentative agreement to combine seniority districts into a new Northern Mid-Atlantic Coordinated Seniority District.

The tentative agreement also adopts a single collective bargaining agreement that will greatly enhance work opportunities while preserving prior rights of the affected membership.

Additionally, it also brings the Northern District (Conrail) train crews under the protection of the B&O crew consist moratorium, which is considered one of the strongest in the nation. The Conrail agreement under which the crews are now working has no crew consist moratorium

The tentative agreement has no effect on wages, entry rates, conductor certification pay, health care or other pay-related provisions of existing agreements. Those provisions are governed by the national rail contract currently in negotiations, and Northern Mid-Atlantic Coordinated Seniority District members will receive the pay provisions of an amend-

ed national rail contract, in addition to the benefits of the consolidation agreement.

Nor does the tentative agreement

include issues that were part of a CSX Southern Lines agreement that recently was accepted by some CSX Southern Lines general committee members and rejected by others.

The parties negotiated a number of substantial improvements otherwise unavailable through a strict application of the New York Dock process.

Such improvements include automatic certifi-

cation for employees whose jobs are abolished within 90 days of implementation – both before and after an implementation notice is served, plus extension of the B&O crew consist morato-

> rium over the entire Conrail area, preservation of crew consist guarantees for Conrail employees, expanded seniority rights for all over the entire territory while preserving prior rights over an employee's current seniority district, and many other enhancements.

UTU International President Mike Futhey praised General Chairpersons Bill Beebe (GO 663), George Casey (GO 081), Dick McVeen/Tony Pascarella (GO 619), Dan O'Connell (GO 770) and Bill Wodowski (GO 621) for "putting their members' interests ahead of their personal interests and doing the right thing.'

If the tentative agreement is ratified, the Northern Mid-Atlantic Coordinated Seniority District will be governed by the B&O System Agreement administered by General Chairperson John Lesniewski

The negotiated tentative agreement creating the Northern Mid-Atlantic Coordinated Seniority District followed a Dec. 2, 2009, notice from CSX of their intent to "consolidate and coordi-

> nate train operations, employees and related facilities in the territory covered by the Northern District (former Conrail) and the

territory covered by the Eastern District and certain contiguous parts of the Western District (former B&O)," under a single schedule agree-

The authority for this notice were provisions of the 1998 Conrail carve-up, by which CSX and



"These chairpersons put members'

interests ahead of personal interests."

-- Mike Futhey

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# Around the UTU

#### Local 281, Milwaukee, Wis.

Member **David Miles** participated in the Wounded Heroes Ride V last month to assist military personnel wounded in the line of duty, reports GO 721 General Chairperson **Barry Abbott**, whose committee donated \$400 to the cause. Motorcyclists rode from Chicago to the Walter Reed Army Medical Center in Washington, D.C., to raise the money pledged to them. Contributions can still be made to the Wounded Heroes Foundation by visiting www.woundedheroesfund.net.

#### Locals 194 & 1620, Elkhart, Ind.

These two Norfolk Southern locals, on March 30, held a joint meeting to welcome back returning members who had been on furlough, Local 194 Chairperson James Ball reports. Returning brothers and sisters were informed about the FRA's new work-rest program, the importance of reporting safety concerns and the value of contributing to UTU PAC. Ball, Local Chairpersons Tom Masten (194) and Randy Wilcox (1620), Vice Local Chairperson Brian Balog (194) and Legislative Rep. Tim Norment (1620) were in attendance, along with General Chairperson Tom Garvin and Assistant General Chairperson Jason Boswell. UTUIA Field Supervisor Greg Hale was also in attendance to discuss disability and job insurance. "The meeting was well received and our brothers and sisters are happy to be back to work. Some of them chose to become PAC contributors," Ball said.



Returning NS employee Brian Hudson, left, meets with Vice Local Chairperson Brian Balog, while reinstated employee Joe Avery, far left, discusses insurance needs with UTUIA's Hale at the rear table.

#### Local 533, Osawatomie, Kan.

On April 24, the officers and members of this Union Pacific local held an open house to honor the retirement of **Don Lindsey Jr.** following more than 43 years of railroad and union service, State Legislative Director **Ty Dragoo** reports. Lindsey had served as the local's secretary & treasurer for over 40 years, as well as legislative representative and delegate. For the past 21 years, he served as director of the Kansas State Legislative Board. He was joined by his wife, Judy, daughters Suzanne Barbour and Ericka Hart and their families, and fellow active and retired members.



Local President Warren Woods, left, Secretary & Treasurer Lloyd McCrea, and Ty Dragoo, right, congratulate Lindsey after he was presented with a brass lantern from his local.

#### Local 590, Portage, Wis.

This local will host its annual golf outing and picnic on Aug. 7, according to Secretary & Treasurer Ray Sommerfeldt. The golf outing will be at the Baraboo Country Club at 1010 Lake Baraboo St. in Baraboo. The cost for 18 holes of golf and cart is \$46 and participants can pay at the clubhouse on the day of the outing. Tee times start at 8:30 a.m. and every nine minutes thereafter. To reserve a tee time for a foursome, please call the Baraboo Country Club at (608) 356-8195. Singles will be paired up. The picnic and pig roast will be held at Sunset Park on W. Pleasant St. in Portage, beginning at 1



On Workers' Memorial Day in Decatur, Ill., Local 453 Chairperson Lloyd Holman speaks to those who gathered to remember workers killed on the job.

### III. labor monument honors workers killed on the job

Generations of workers who lost their lives or were injured on the job were remembered across the country on April 28, but due to the efforts of Local 453 Chairperson Lloyd Holman, a monument commemorating the lives lost in Macon County, Ill., will be a daily reminder for generations to come.

The monument rests on the grounds of the Macon County Courthouse in Decatur, Ill., and is a sacred gathering place for many on April 28, regarded as Workers' Memorial Day.

The first Workers' Memorial Day was observed by the unions of the AFL-CIO in 1989, and April 28 was chosen because it was the anniversary of the Occupational Safety and Health Administration (OSHA).

Holman became involved with the Decatur Trades and Labor Assembly's Workers' Memorial Day Committee in the late 1990s and was asked to head the committee a short time later.

"There were great people on committee, but the effort stalled," Holman said. "I was asked if I would get involved because they were anxious to get something started, but fundraising all came to a standstill. After I became chairperson of the committee, six months later we had a monument."

A granite monument was erected on the courthouse grounds on July 25, 2000, nearly three months after the Workers' Memorial Day Ceremony took place. It was unveiled after the city's Labor Day parade in September 2000 and the first names were displayed near the monument in 2001. Names of the deceased are displayed in a register under a glass case.

The memorial cost some \$30,000 and Holman said donations to establish the monument came from individuals and unions, along with a \$10,000 state grant that would not have been possible without the aid of state Rep. Julie A. Curry (D-Mount Zion).

"We watch the newspapers so we can document which names go up there. We contact family members if they want to be there to place a wreath," Holman said. "Right now, we've got 79 names up here," Holman said. "That's 79 people who have lost their lives at work, and 79 people who shouldn't have lost their lives."

One startling fact Holman noted is that 19 percent of those names are railroaders. Seven were killed in a N&W rail yard explosion on July 19, 1974.

"That incident nearly 36 years ago made some profound changes in how railroads operate. No longer can a railroad have a bunkhouse or beanery in close proximity to a rail yard. Additionally, shelf couplers on tank cars and more stringent federal regulations on tank cars safety became law," he said.

"The UTU's Legislative Department, supported by our UTU PAC (formerly TPEL) was instrumental in helping to bring about those changes."

p.m. Service begins at 3 p.m. and the local asks those attending to "bring a dish to pass." Both events are open to all union railroad employees in Wisconsin, regardless of craft, Sommerfeldt said.

#### Local 903, Jacksonville, Fla.

William K. Russell Sr., 95, whose career spanned 45 years as a conductor for the Seaboard Air Line Railroad and the Seaboard Coast Line Railroad, died May 24, UTU Alumni Association Director Carl Cochran reports. He served four years in the U.S. Army as a first lieutenant and finished at the top of his class at officer candidate school. He was elected chairperson of his local union lodge many times, Cochran said. He is survived by children William K. Russell Jr. and Mary Lou Russell.

#### Local 933, Jefferson City, Mo.

All active, retired and disabled railroaders from all crafts are invited to attend two days of this local's festivities in September at the Wardsville Lions Club in Wardsville, Mo., Local President **Denny Menges** reports. A fish fry will be held from 4-10 p.m. on Sept. 17, which will be followed by a barbecue luncheon at 12 p.m. on Sept. 18. The luncheon will be held in conjunction with a meeting of the Missouri lodges of the Auxiliary of the UTU at 1 p.m., Chef Menges said.

#### Local 1074, Freeport, Pa.

Alex Kowalski, the son of conductor **John Kowalski** and wife, Kathy, was the recipient of a Norfolk Southern Special Scholarship, according to an NS news release. Alex is a graduate of Valley High School in New Kensington, Pa.

#### Local 1397, Columbus, Ohio

At this CSX local's annual fish fry on May 12, the UTU's former Director of Organizing **John Nadalin** was presented with a plaque wishing him "good health, a long life and a happy retirement," from his fellow employees, Secretary & Treasurer **Robert L. Smith** reports.



Smith, left, shakes hands with Nadalin after presenting him the plaque wishing him well in his retirement.

### **Nevada ASLD is intern** in **D.C. legislative office**

The UTU assistant state legislative director in Nevada will serve as an intern in the

National Legislative office in Washington, D.C., this summer.



Jason Doering, 26, a member of Local 1117, Las Vegas, is a native of Dillon, Mont., signing on with Union Pacific as a brakeman in July 2005.

At the time, he was attending the Universi-

ty of Montana on a track-and-field scholarship. "I received a call from UP about an application I submitted looking for parttime work," Jason said. "I was offered a job in Salt Lake City. After brakeman class, I transferred to Las Vegas as a trainman," he said. During a furlough, he worked on the Alaska Railroad as a brakeman.

Jason became active in UTU leadership in 2007, working under former Nevada SLD **Jack Fetters**, as an alternate local legislative rep. He later was elected assistant SLD under Nevada SLD **Rodney Nelms**.

Jason in taking on-line courses in labor relations from Cornell University.

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### NMB lowers union organizing hurdle

Labor unions will have an easier time organizing workers at U.S. railroad and airline companies if a ruling by the National Mediation Board in May is allowed to stand by federal courts.

The NMB ruling, if it survives a court challenge by the Air Transport Association, will change a 76-year-old rule on union elections, as reported by the Associated Press.

The NMB ruling, if it stands, will be a major victory for unions that have struggled to reverse years of declining membership. And it's the most significant so far in a string of White House moves designed to boost organized labor.

The new rule, announced by the three-member National Mediation Board, would recognize a union if a simple majority of workers who cast ballots approve organizing.

The previous rule required a majority of the entire work force to favor unionizing. That meant workers choosing not to vote at all were effectively treated as "no" votes.

The most immediate impact of the change would be at Delta Air Lines, where unions are trying to organize about 20,000 flight attendants. Unions are also expected to target workers at smaller carriers, including Allegiant Air, JetBlue Airways, Republic Airways and SkyWest.

Airlines that fought the change say it will lead to more labor disputes that could disrupt commerce and increase delays in an industry already reeling from recession, higher fuel costs and stepped-up security hassles.

Proponents of the change say the old rule ran contrary to democratic standards, where the outcome of an election is determined by the majority of those who vote.

The change puts the airline and railroad industries under the same procedures as most other companies, which are overseen by the National Labor Relations Board.

The board proposed the rule change in October, after a request from the AFL-CIO.

That request came soon after President Barack Obama named Linda Puchala – the former head of a flight attendant union – to a seat on the board, shifting the balance of power.

The final rule was approved 2-1, with chairwoman Elizabeth Dougherty issuing a fierce dissent. Dougherty, who was appointed by President George W. Bush, said the change is "an unprecedented departure for the NMB and represents the most dramatic policy shift in the history of the agency."

Airlines and railroads employ more than

500,000 workers, and about two-thirds of those are already in unions. That's much higher than the overall union membership rate of 12 percent.

But one exception to the higher rate is at Delta, where only about 15 percent of workers were union members before the carrier merged two years ago with heavily unionized Northwest Airlines. Unions representing flight attendants and ground workers who worked for Northwest want the new rules to cover elections at the combined carrier.

## UTU fighting Santa Cruz, Calif., bus cutbacks

Stewards of the UTU-represented Santa Cruz, Calif., Metro system got news recently of the carrier's latest recommendations for reducing service by 10 percent, beginning in September, to address a \$4-million budget deficit driven by sales tax losses and a ridership drop-off, the San Jose Mercury News reports.

The Metro's board will vote June 25 on the proposed changes, which call for cutting latenight service and eliminating or reducing trips for more than 20 other routes.

UTU International Alternate Vice President-Bus Bonnie Morr, general chairperson of the bus drivers, said the cuts will mean losing the equivalent of 15 driver shifts per day. Even though the losses will be absorbed through attrition and unfilled vacancies, Morr said the cuts will create more work for drivers and fewer options for customers.

"I don't think some alternatives are actual alternatives," Morr said of routes Metro recommends customers take to replace eliminated service. "Nobody likes being in this position. Hopefully, we can start seeing a bright side at some point to public transportation."

### **Court rejects charge** of race, gender bias

A federal court has rejected the appeal of an Omaha woman who sued Union Pacific, claiming that she was fired as a train dispatcher in 2006 because of discrimination, the Associated Press reports.

A panel of the 8th U.S. Circuit Court of Appeals wrote that the reason Kimberly Norman was terminated was her failure to submit a required release form after a long-term disability leave

Norman, who is African-American, had claimed disability, race and gender discrimination in the lawsuit. She said she had performed her job in an exemplary manner, but was fired following hospitalization and absences due to irritable bowel syndrome that developed after difficult pregnancies. Norman was placed on unpaid leave in 2004 and required to submit to an independent medical examination.

She said in her lawsuit she did not know the evaluation was a mental health exam, and that UP used it to change her diagnosis and disability to a mental health condition, rather than a physical one.

Based on the mental health diagnosis, Norman's long-term disability benefits were terminated, reinstated upon appeal, then terminated again, the lawsuit said.

Norman's lawsuit also said the railroad refused to make reasonable accommodations for her disability and denied her the opportunity to interview for other positions, while allowing such accommodations for a white, male employee who suffered from a mental illness.

The Nebraska Equal Opportunity Commission determined there was no cause to fire her, and the federal EOC gave her the green light to sue. Norman had sought damages for lost wages and benefits, as well as an award of punitive damages.

### "Friends of Futhey" hold rally

In threatening letters to UTU officers, the president of the Sheet Metal Workers International Association, who is attempting to force the UTU into an unwanted merger, has referred to "Futhey and friends" – a condescending reference to those supporting UTU International President Mike Futhey in saying "nuts" to SMWIA General President Mike Sullivan.

UTU headquarters employees had their own response to Sullivan, which they delivered May 26 in a show of support for Futhey.

Dozens of UTU staff assembled in the UTU headquarters lunch room May 26 wearing orange and blue T-shirts proclaiming, "FOF," for "Friends of Futhey."

Employees said their purpose was to show appreciation to President Futhey for saving their jobs by fighting the SMWIA forced merger attempt.

The event marked what would have been their last days of employment had the SMART merger occurred.



Among the "Friends of Futhey" are, from left, Jeff Weisbarth, director of membership services; Charlotte DeArman, billing auditor and chief steward of the UTU International employees' OPEIU Local 17 bargaining unit; and Rich Ross, UTU's director of organizing.

### **UTU International moves, modernizes**

The UTU International has moved to a new location in the Cleveland area, which will result in substantial cost savings and a significant increase in productivity.

The move provides a significant upgrade to UTU and UTUIA computer capabilities as the UTU International shifted from an antiquated mainframe to more modern high-speed computer networking.

The new location has the following benefits: A more efficient floor plan that will place UTU International officers and staff in closer proximity; new furniture will replace 40-year-old furniture that was not designed for today's modern computer operations:

closer access to Interstate 480 and the Cleveland airport will reduce travel costs for those visiting the UTU International. The new location is in walking distance

of several hotels and restaurants, which will reduce non-productive time for those traveling to

the UTU International for business meetings and training, and **improved meeting and conference rooms**.

"Although the new office address is on Country Club Boulevard, there is no country club anywhere near the new offices," said General Secretary & Treasurer Kim Thompson.

The new address is UTU International, 24950 Country Club Blvd., Suite 340, North Olmsted, OH 44070-5333. The main UTU phone number remains (216) 228-9400.

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### We need training to spot trouble

rain and engine employees are the eyes and ears of every railroad, and most often the first to recognize threats and provide a response.

The post-9/11 environment dangers now include foreign terrorist threats as well as home-grown threats by disturbed individuals.

The UTU is currently engaged with Amtrak in seeking federal funds to finance training of conductors, assistant conductors, on-board service personnel and yard employ-



#### International President's Column

By **Mike Futhey,** International President (216) 228-9400; president@utu.org

administrative assistant, Bruce Feltmeyer (Local 1402, Dupo, Ill.), we have proposed a federally funded joint effort with Amtrak to develop

duce a security awareness manual for front-line Amtrak employees, presenting various terrorist scenarios and means of recognizing behavioral traits of those intending to cause harm to physical facilities, passengers and Amtrak employees. This manual will be accompanied by a scenario-based video.

Bruce is uniquely qualified. During his years of rail service, he has developed training programs for the on-line UTU University; and, as a Union Pacific employee, he helped to develop customer-service related

backpacks and luggage that are not screened.

If our joint funding grant is approved, the UTU and Amtrak jointly will build upon efforts to enhance the ability of front-line Amtrak employees to recognize threats and learn how best to report concerns to dispatchers and law enforcement.

A successful joint project with Amtrak could lead to additional labor/management coordination in employee security training with freight railroads, transit operators and bus companies.

Terrorist threats are real and have been carried out against rail, transit and bus operations in other nations. Enhanced security that directly involves front-line employees protects our livelihoods.

The UTU is capable, willing and anxious to play a key role training front-line employees to help protect

### Passengers board trains and buses with backpacks and luggage that are not screened

ees to enhance their abilities to recognize behavioral traits of individuals intending to engage in terrorist activity. This project will include coordination with the Transportation Security Administration.

Under the leadership of my

situational awareness training of Amtrak employees best positioned to recognize impending attacks, whether it be aboard trains, in stations, in yards or along the rights-ofway.

The core of the project is to pro-

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For the latest news, visit www.utu.org; also, sign up on the UTU Web site to receive news alerts via e-mail.

### We will enhance the ability of front-line Amtrak employees to recognize threats and report concerns

training materials for conductors and newly hired managers. He also taught business software as an adjunct professor at a St. Louis community college.

As the UTU and Amtrak are painfully aware, millions of dollars are being spent to recognize and prevent terrorist threats at airports and aboard aircraft, but far fewer funds are allocated to protect the nation's rail, transit and bus infrastructure.

At train, transit and bus stations, passengers routinely board trains and buses with

our ground-based transportation networks.

On a related note, those attending UTU regional meetings in Phoenix and Asheville this summer will have opportunity to attend four-hour workshops hosted by the National Transit Institute of Rutgers University.

Presentations will be made on existing surveillance monitoring techniques and methods of identifying would-be terrorists intent on using explosives, biological chemicals and/or firearms in an attack.

### Wellness programs promote healthier lives

ommitting to a healthier lifestyle is something that all of us struggle with everyday. We all think about it, but it's doing something about it that's the challenge most of us face.

The goal of UnitedHealthcare wellness programs is to provide support to railroad employees and their dependants to meet these challenges by offering a full range of benefit options to achieve and maintain a healthier lifestyle.

Unhealthy lifestyles are the primary contributors to the leading causes of death in the United States. They account for more than 70 percent of all deaths.

Factors that affect health are principally behavioral and are often preventable. We are all aware that smoking and excess weight alone are two substantial health risks that take a personal toll on our lives.

By offering UTU members and their dependants the assistance and various tools available through the wellness programs, they can begin to tackle changing some behaviors that pose serious health risks.

Railroad employees, regardless of which medical vendor administers their benefits, have unlimited access



A message to UTU members from UnitedHealthcare Senior Vice President Steven Burdick

to the wellness programs, all delivered by a railroad-dedicated team (see telephone numbers below).

Programs in healthy weight and tobacco cessation offer personal health coaches to help UTU members progress towards their specific health goals and achieve a healthier lifestyle.

ease, high cholesterol, and high blood pressure.

The success of the UnitedHealth-care wellness programs for railroad employees and their dependants speaks for itself. More than 5,500 individuals have been coached over the past 21 months.

As a result of their resolve to make

#### Rail employees, regardless of medical vendor, have unlimited access to UnitedHealthcare wellness programs

UTU members can also complete a health assessment to identify potential suggestions for a healthier lifestyle. Most important, participation in the wellness programs may help prevent more serious diseases like diabetes, heart dis-

a change to a healthier lifestyle, they have achieved tremendous success. Railroad employees who participated in the Healthy Weight Program lost an average of almost 10 pounds per individual – almost 9,000 pounds in total!

Just as notable, participants in the QuitPower Program cut back on their cigarette consumption, on average, by more than 300 packs per person per year, which is more than 158,000 packs per year for all participants!

A healthy new direction is within reach for all of us. The United-Healthcare wellness programs are focused on educating, engaging and encouraging all railroad members to take the initiative to live a healthier life.

Health care coverage isn't just about providing coverage to members when an illness occurs. It's also about providing members with the right programs that support and inspire them to stay healthy. Helping members become aware of their modifiable health risks and engaged in their own personal health can be a great way to affect life-long change.

UnitedHealthcare members may obtain more information or join a wellness program by calling (877) 201-4840; Aetna members may call (800) 842-4044; and Highmark Blue Cross Blue Shield members may call (866) 267-3320.

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# State Watch News from UTU State Legislative Boards

#### Minnesota

The UTU, and others in rail labor, just successfully concluded a two-year legislative effort which will result in improved safety for rail crews, State Legislative Director Phil Qualy reports.

"Most notably, we got passed a railroad crew tranport/taxi bill that includes increased carrier liability limits (up from \$1.5 million to \$5 million per crew van), establishes liability limits for uninsured and under-insured motorists of \$1 million, establishes vehicle inspection standards, minimum driver licensure and physical requirements, driver testing, driver hours-of-service limits and recordkeeping, and background checks," Qualy said.

"Also, on non-signaled mainline track territory, Minnesota DOT shall apply to the FRA for RSIA track safety technology grants for track switchpoint monitoring signals. This program has an 80/20 federal/carrier match with the right of declination by the carrier. But, with any declination, carriers remain fully liable for any incident that may occur thereafter in non-signaled mainline track territory," Qualy said.

"Also, rail labor will have two members appointed to the commuter rail corridor coordinating committees.

"The UTU has also worked as part of a coalition that supported and gained over \$36 million for rail from the legislature. This includes funding for the St. Cloud Northstar extension, Northern Lights Express and St. Paul Union Depot projects," Qualy said.

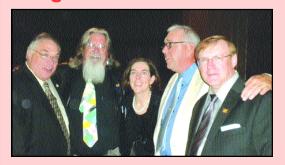
"Rail labor can close the two-year legislative session with a positive record of accomplishments that will improve safety for railroad workers in Minnesota," Qualy said.

#### Florida, S. Carolina, Georgia

Three UTU state legislative directors recently attended an FRA workshop on the development of a national rail plan.

Florida State Director Andres Trujillo, South Carolina State Director Jack Ramsey and Georgia State Director Howell Keown recently

#### Oregon



UTU members recently attended a Democratic Party fundraiser in Portland. The event is called the "Wayne Morse Dinner" in honor of the late Democratic Party maverick. Shown above, left to right, are Jim Montgomery (legislative representative, L-1574, Portland); Asst. State Director Greg Boam (L-471, Eugene); Secretary of State Kate Brown; State Director Delmer Hanson and Mike O'Rourke (legislative representative, L-473, LaGrande).

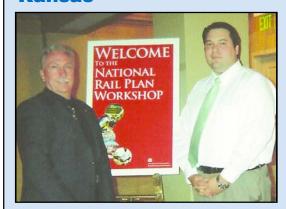
attended meetings to make sure that UTU concerns would be addressed.

The National Rail Plan will lay out a coordinated vision for future development of the nation's freight and passenger rail networks. A final version of the plan is set to be released in September.

"We made our presence and views known throughout the discussions," Trujillo said. "Howell told the FRA that safety must be the numberone priority, whether in freight or passenger rail operations. He also spoke of the need for positive train control implementation.

"I spoke on behalf of the group concerning the FRA's leadership on corridors to ensure reliability and performance of both freight and passenger operations through adequate investment," Trujillo said. "I also called for every effort to be made to ensure this work is awarded to American manufacturers, creating American jobs and the benefit of investing vast tax dollars in ways that will serve Americans, and create a framework where current manufacturers of equipment in the U.S. are assisted and outfitted with the necessary technology, if needed, to produce the equipment."

#### Kansas



State Legislative Director Ty Dragoo (right) recently invited State Rep. Tom Burroughs (House Democrat, District 33) to attend a meeting on the national rail plan in Kansas City. "Burroughs has been instrumental in passing recent legislation that is labor and rail focused," Dragoo said. "One of my statements was, 'When we invest in a national rail plan, we invest in America's future and we invest in American jobs!"

#### **Michigan**

Robbie A. Stevens, the 16-year-old grandson of retired State Legislative Director David Brickey, died May 16.

Surviving are his parents, Chris Robert Stevens and Kristine E. Brickey; sister, Kathryn Elizabeth Stevens; grandparents, Allan (Patricia) Stevens and David (Diane) Brickey, and many others.

Those desiring may make contributions to the American Cancer Society Relay for Life, 2100 West Road, Bldg. B, Suite 110, East Lansing, MI 48823, or Special Olympics Area 8, 2901 Wabash Rd., Lansing, MI 48910, in memory of Robbie.

For those wishing to send donations or cards and letters of condolence, write to Kristine Brickey, David Brickey's daughter, at 3142 W. Kipp Rd., Mason, MI 48854.



Go to www.Uni anSportsmen.org/Initon to win a new bass boat!

A message to UTU Bus Department members from Alternate Vice President-Bus **Bonnie Morr** 

#### **UTU, AFL-CIO tackle** school bus driver issues

The UTU, other labor unions and the Transportation Trades Department (TTD) of the AFL-CIO are jointly tackling workplace training, discipline and other workplace safety and economic issues on behalf of school bus drivers.

Nationwide, school bus drivers face daily challenges in their

Not to brag, but the UTU supplied the most comprehensive list of issues that impact school bus drivers. Those issues reveal a need for more specialized training, better strategies for preventing students from opening emergency exits while the bus is in motion, installation of electronic alerts as to when students unfasten their seatbelts, assigning monitors aboard buses, and implementation of a more realistic agility test requirement for drivers.

The UTU also has taken the lead in pushing for improved job security for school bus drivers. Too often, drivers are furloughed because of subcontracting, and disqualified from service without just cause.

Legislatively, the UTU is lobbying for increased and more reliable public funding for school bus operations, limitations on the ability of schools to subcontract driving responsibilities, and to correct legislation that puts a CDL at risk for driver infractions when operating their personal vehicles. The UTU also is fighting limitations on benefits for part-time drivers.

All these issues were discussed in a recent joint conference call hosted by TTD. Besides myself, UTU officers participating in the call included Alternate National Legislative Director John Risch and New Jersey State Legislative Director Dan O'Connell. A result was creation of a comprehensive list of legislative objectives that will be pursued jointly by the UTU, the AFL-CIO and other TTD-member unions.

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# UTU honors the men and women of the armed forces

Pictured and listed below are members of the UTU, their children or grandchildren who are or were in active military service in 2009 and 2010. We honor these men and women for their sense of national responsibility and love of country, second only to love of family. The heartfelt contributions they make help ensure the security and liberty of our nation and the way of life we cherish.



1179th Deployment Support Brigade 484th Movement Control Battalion U.S. Army



U.S. Army Reserves



32nd Brigade Army National Guard



Staff Sgt. R. Montgomery Booth U.S. Marine Corps





Sgt. Maj. William "Joe" Brenton Airman 1st Class Candice M. Chapin U.S. Air Force



Sgt. 1st Class Allen Cryer 602 Maintenance Company U.S. Army



Petty Officer 1st Class Mark Messerly Jr.



Lieutenant j.g. Mark Dollar Jr.





Lance Cpl. Ryan G. Hale U.S. Marine Corps



Lance Cpl. Derek Bowen B Company, Unit 73430



Pfc. Brady Fagans 173rd Airborne, Combat Infantry



Staff Sgt. Lance R. Doles 121st Air Refueling Wing



Anderson Gaston 3rd Marine Logistics U.S. Navy



9th Engineer Service Battalion



Army National Guard



Sgt. Allen A. Groves 73rd Ordinance Battallion



Maj. Neal W. Hayes Unit 70G U.S. Air Force



Airman 1st Class Jennifer A. Jensen 566th Intelligence Surveillance Reconnaissance Squadron U.S. Air Force



Cpl. Kenny Bowen



Lance Cpl. John O'Brien VMFA 112 U.S. Marine Corps



Staff Sgt. Timothy Pawlak 1st Squadron, 10th Cavalry



Cale Quall Red Arrow Division



Lance Quall Red Arrow Division Army National Guard

Hajdik, right, and

spouse, Senior Air-



Staff Sgt. Jesse R. Reyes 1st Squadron, 91st Cavalry U.S. Army



Sgt. Alan F. San Filippo Jr. 69th Infantry Regiment



149th Transportation Company



422nd Security Forces Squadron



Edward K. Slagel III

Shane M. Spalding

Anthony D. Spitzer

Kevin R. Springer

Shane R. Staton

Isaac M. Steele

Joseph M. Thomas

Lester L. Thompson

Joshua R. Tiede

Michael W. Thomason

508

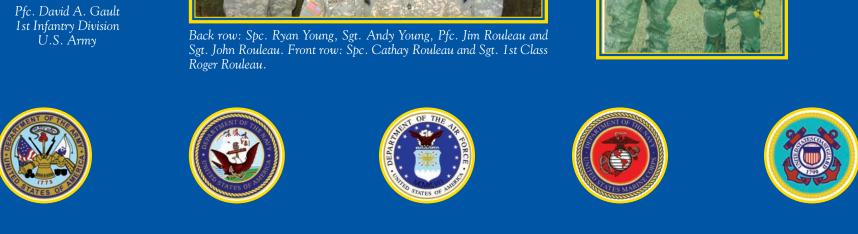






man Amanda Hajdik, 31st Security Forces Unit, 31

Active UTU members whose records indicate they are or were on active military status in 2009-2010 Christopher T. Abernathy 1548 Toby J. Haslett Jason D. Lee Stephen P. Padilla David M. Cunningham 1840 William Paul Curtiss James D. Heathcock Jason P. Lewis Kirk Patrick Ryan M. Albright Stephen B. Helkowski Michael C. Debenedetti Thomas C. Alcock Martin A. Deck Morris L. Loncon Jeffery D. Phillips Mark Andrew Deimler 1949 R.S. Phillips IV Mark A. Alonzo Wayne F. Herold II Jeffery A. Lossing Clinton Anderson Erick D. Diaz James E. Herren Kerry L. Lowrey 1403 Matthew A. Pierson Mark F. Donahue Joseph R. Hicks Justin W. Lutz John W. Pratt Jr. Thomas L. Anderson Douglas E. Duhaime Geoffrey D. Applegate Robert C. Farr II Iason S. Hirschman Patrick Martin 1000 Shawn W. Reese Brian A. Arnold Adam L. Fink Iustin G. Hobbs David A. Martinez Wayne S. Reeser David M. McClurkin Roger D. Ashley Deroy Flowers Jr. Damian G. Hoffmann Troy R. Reider Shawn L. Babcock James Paul Fraser James M. Holloway Neil McCulley Scott E. Richards Richard A. Bartlett John McGuire Shawn M. Hopper Benjamin E. Beaubien III 1043 Ioshua S. Gardne Chad D. Hornsby Nathaniel McKean Lynnlea D. Bible David D. Gavril Gregory Wayne Houchin 923 Salvador D. McLeod Steven D. Bolejack Jr. David A. Gentile David D. Hulsey Kenneth D. McMillen Jr Matthew S. Bonagurio Peter Gerbracht Troy D. Humphreys Christopher McQuitter Tony Allen Irish Arquelio Mercado Jr. Keith L. Brown James E. Gilbert Iesse D. Jackson 1053 John D. Mever Robert L. Brown Ir. Erich R. Goeldner Mark A. Jackson 1545 Kenton D. Mever 1409 Christopher H. Gomes 1524 Darian Mitchell Shawn P. Bryant Dustin J. Jaeger Nathaniel D. Goodrich Robert H. Bryce Jeffrey J. Jungels Jeremy L. Mitchell Kurt A. Mitchell Tyson Vance Buffington Troy G. Grant Quincy D. Cabines. Andrew G. Green Cory L. Kattelman Victor L. Montgomer Betzaida Calderon-Belen Joseph D. Green Iames C. Keller Iason C. Moore Jacob L. Carson Samuel T. Guy Marshall Morgan III Russell C. Kendle Dustin L. Chambers Timothy L. Hamblin Daniel Kidd Andrew C. Morris Derek B. Kolb Brian E. Harper Brian K. Chapman David S. Harris Todd M. Kolva Thomas E. Murphy Brian D. Clambitt Robert E. Harris Nickolas I. Kotinek Joe A. Nichols Ryan M. Clark 1418 Raymond E. Harrison James Walter Kozak Trevor J. Onukiavage Blake W. Lawson Troy E. Crump Waynem W. Harvey Carmel C. Osborne



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# UTUwi UTU Alumni Association

News, information for members of the UTU Alumni Association

### **UTU** offers special holiday tour to Opryland

You think you have seen holiday decorations? You haven't seen anything until you see the Gaylord Opryland hotel and convention center, plus the Grand Ole Opry theater, in Nashville, Tenn., dolled up for the season.

Back by popular demand, the UTU is offering members of its Alumni Association a holiday tour they will not soon forget.

The "Country Christmas" tour will take place Tuesday, Dec. 7, through Friday, Dec. 10, at the incredible Gaylord Opryland resort.

The tour includes three nights at the deckedout Gaylord Opryland Hotel; tickets to "The Radio City Christmas Spectacular, starring the world-famous Rockettes," with dazzling scenery, costumes and lighting, at the Grand Ole Opry Theater; tickets to Louise Mandrell's special dinner show, a traditional holiday meal including all the trimmings, served family style, and featuring the multi-talented Mandrell and a talented cast.

The package also includes tickets to "ICE: Nashville's Winter Wonderland," with interactive ice sculptures and displays all hand-carved from two million pounds of ice; the "Treasure for the Holidays," a huge craft show featuring a variety of handmade and novelty gifts, ranging

from candles and jewelry to clothing, artwork and food; the "Hall of Trees" holiday-tree display; a coupon book good for discounts throughout the resort; luggage handling, taxes and resort fees.

The cost of the tour, arranged through the UTU Alumni Association's designated travel professionals, Landfall Travel, is \$495 per person double occupancy; \$415 per person triple; \$375 per person quad, and \$725 per single.

Parking is an additional \$18 per day, if required.

A non-refundable deposit of \$100 is due with the reservation. The balance is due Oct. 15.

Landfall representatives can also handle requests for air travel, upgraded room accommodations or other special requests.

Call Landfall toll free at (800) 835-9233; check out the Alumni Association page on www.landfalltravel.com or email travel@landfalltravel.com for more information.



Please note that while the Gaylord Opryland resort was damaged by flooding in May, hotel officials say most repairs will have been completed by the end of summer.

This tour is open to all UTU Alumni Association members, family and friends; other UTU members are welcome to join them as space permits.

#### Retiree Hageman, 84, re-elected to Ga. city council

UTU retiree **John Hageman** was recently reelected to his fourth four-year term as city councilman in Fitzgerald, Ga.

This is not surprising, since the 84-yearold Hageman's forefathers helped found the town back in 1895.

Fitzgerald is a town of about 9,500 residents in south central Georgia.

Hageman started railroading in 1950 as a trainman on the Atlantic Coast Line, now part of CSX.

He retired in 1988 after 38 years of service. He is a lifetime member of Local 1790, Fitzgerald.

"I am an energetic person, always have been," he said. "After I retired in 1988, a job came open on the city council, and I have always said I

would try anything once.

Hageman

"I am a direct descendent of those who founded Fitzgerald in 1895, so I ran for the office. I was up against some big odds; I ended up running against and defeating the son of my lawyer.

"Fitzgerald is actually a Yankee town in south Georgia," Hageman explained. "A Union Army drummer boy, P.H. Fitzgerald from Indianapolis, got out after the war and

wanted to create a place in the south where aging Union Army veterans could enjoy the warmer

winters and have a good place to live out their years.

"My great grandfather was a Union Army veteran out of Indiana, and he was one of the original 2,500 who helped found this town.

"I just enjoy working and doing something for somebody," he said. "If they come to me with a problem, I try to help them out.

"Mayor Gerald Thompson has been in office 42 years here, and we were both just re-elected to four more years.

"My campaign slogan was 'Four more at 84.' It has been very rewarding; I have no regrets whatsoever."

#### THE FINAL CALL

Following are the names of recently deceased members who maintained annual membership in the UTU Alumni Association (formerly known as the UTU for Life Program), according to reports received at UTU International Headquarters. These brothers and sisters will be missed by their many friends and by fellow UTU Alumni Association members.

Local	Name	City/State	Local	Name	City/State	Local	Name	City/State		
2	Elliott, Donald H.	Logansport, Ind.	620	Escalona, Arthur	Chicago Ridge, Ill.	1292	Herold, Virgil H.	Duluth, Minn.		
48	Sawyer, Ervie B.	Troutville, Va.	631	MacKereth, Cheste	r Cumberland, Md.	1299	Kroenert, Lawrence J.	Indianapolis, Ind.		
61	Ricci, Bruce A.	Folsom, Pa.	645	Williams, Albert	Harper Woods, Mich.	1382	Bourassa, Gordon W.	Milwaukee, Wis.		
234	Kinder, Richard L.	Pittsfield, Ill.	656	Freeman, Charles H	I. Bonnerdale, Ark.	1505	Wyckoff, Norman L.	Pasco, Wash.		
238	Anderson, Edwin N.	Bountiful, Utah	722	Zaremba, Frank J.	Seaford, N.Y.	1518	Day, Sheldon W.	Monroe City, Ind.		
243	Hart, Theodore	Fort Worth, Texas	769	North, Robert H.	Evington, Va.	1529	Show, Howard A.	Oregon, Ohio		
256	Scanlon, Danny J.	St. Albans Bay ,Vt.	792	Golden, Denford	Mt. Blanchard, Ohio	1534	Baker, John D.	Lake Delton, Wisc.		
300	Yackel, Norton T.	Hawarden, Iowa	830	Faust, Paul E.	Harrisburg, Pa.	1545	Dysart, Charles P.	West Monroe, La.		
303	Johnston, Elbert W.	Springfield, Mo.	898	Paige Jr., Charles	Ormand Beach, Fla.	1614	Hawkins, William P.	Hudson, Wis.		
430	Kenealy, Ellsworth A	. Westernport, Md.	1006	Rahl, Francis R.	Baltimore, Md.	1962	Kidd, Donald M.	Clarkston, Mich.		
471	Andreason, Dan L.	Pattonsburg, Mo.	1136	Hayes Jr., James L.	Duluth, Minn.	1976	Place, George J.	Mandan, N.D.		
471	Heffentragter Jr., G.H	I. Veneta, Ore.	1092	Watson, Norman K	. Mexia, Texas					
500	Royle, Floyd E. C	Grand Junction, Col.	1202	Hulbert, Arlie E.	Fort Wayne, Ind.					

### UNITED TRANSPORTATION UNION INSURANCE ASSOCIATION

#### NOTICE OF PRIVACY POLICY

The reason we collect information about you is to better serve your needs. Having accurate information permits us to provide you with an appropriate range of insurance products.

The non-public personal information that we collect about you varies according to the products, services or benefits you request, and may include:

- •Information we receive from you on applications or other forms, such as name, address, Social Security number, assets and income;
- •Information about your transactions with us, our affiliates or others, such as name, address, Social Security number, policy coverage, premiums and pay-
- •Information we receive from consumer reporting agencies, such as a credit

We may share the above non-public personal information we have about you with the United Transportation Union. Sharing this information assists us in:

• Processing the payment of your insurance premiums;

- Maintaining your insurance policies in force;
- Providing you with better customer service.

We may share the above non-public personal information we have about you with persons or companies that perform services on our behalf and to other financial institutions with which we may have joint marketing agreements.

We may share this non-public personal information with affiliated or nonaffiliated third parties as permitted by law. We do not disclose personal medical information about you except as permitted by law or as you may authorize.

We restrict access to non-public personal information about you to those employees who need to know that information in order to provide products or services to you.

We maintain physical, electronic and procedural safeguards to guard your non-public personal information.

This privacy policy applies even if you no longer have any policies or a relationship with us.

### **UTUIA** congratulates scholarship winners

The following students have been awarded scholarships from the United Transportation Union Insurance Association. Fifty continuing \$500 scholarships are awarded each year to UTUIA members, their sons, daughters and grandchildren.

District 1: Connecticut, Maine, Massachusetts, New Hampshire, New York, Rhode Island,

Danielle E. Brown, daughter of Robert A. Brown, Local 722, Babylon, N.Y.; Laura J. Happel, daughter of John M. Happel, Local 1473, Boston; Kristin M. Doherty, daughter of Thomas P. Doherty, Local 645, Babylon, N.Y.; Alexis N. Morgan, daughter of Gary J. Morgan, Local 982, Rochester, N.Y.

District 2: Delaware, District of Columbia, Maryland, New Jersey, Pennsylvania

Desiree F. Emmanuel, daughter of Naomi Y. Victor, Local 1413, Jersey City, N.J.; Briana E. Secreto, granddaughter of Robert C. Marino, Local 300, Philadelphia; Wilson Conde, son of Libardo Conde, Local 1589, New Brunswick, N.J.; Scott R. Ziegler, son of Gregory S. Ziegler, Local 759, Newark, N.J.; Alex T. Ashman, son of Jeffrey L. Ashman, Local 386, Reading, Pa.

District 3: Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Tennessee, Virginia, West Virginia Melanie D. Head, daughter of Donnie D. Head, Local 1567, Corbin, Ky.; Blair J. Partain, daughter of Max E. Partain, Local 1261, Atlanta; Brittani N. Crain, daughter of Michael E. Crain, Local 974, Nashville, Tenn.; Taylor M. Enfinger, daughter of Gregory S. Enfinger, Local 1971, Atlanta; Summer L. Ward, granddaughter of Charles E. Dykes, Local 1162, Erwin, Tenn.; John P. Byczek, grandson of Jackie T. Palmer, Local 853, Amory, Miss.; Jordan E. Sadeghi, granddaughter of Ernest C. West, Local 974, Nashville, Tenn. Lauren N. D'Attilio, granddaughter of Robert M. Jackson, Local 772, Sheffield, Ala.; Austin T. Majure, grandson of Thomas H. McDowell, Local 427, McComb, Miss.; Taylor D. Blalock, grandson of B.L. Carney, Local 1334, Hattiesburg, Miss.

District 4: Indiana, Michigan, Ohio

Danielle E. Gerdes, granddaughter of Shelby Allen Jr., Local 440, Sharonville, Pa.; David J. Williams, son of Larry E. Williams, Local 1709, Pontiac, Mich.; Nicholas T. Lough, son of Dan J. Lough, Local 6666, Cleveland; Christopher Carter, grandson of Duane R. Carter, Local 145, Columbus, Ohio; Frank A. DeLuca, son of Jesse R. DeLuca, Local 1948, Youngstown, Ohio.

District 5: Illinois, Wisconsin

James R. Hall, grandson of Herman R. Ambuehl, Local 1494, Chicago; Daniel J. Tobin, grandson of Lyle L. Tobin, Local 322, Milwaukee; Linny J. Bookhout, daughter of David J. Bookhout, Local 979, Salem, III.; Rebecca J. Berchtold, daughter of Patrick J. Berchtold, Local 445, Niota, III.

District 6: Arkansas, Louisiana, Oklahoma, Texas

Allison J. Drzymala, daughter of Raymond F. Drzymala, Local 857, San Antonio; Kayli E. Self, daughter of Don E. Self, Local 1458, DeQuincy, La.; Justin R. Baker, son of Robert P. Baker, Local 857, San Antonio; Amber E. Orucem, granddaughter of Charles L. Price, Local 894, Tulsa, Okla.; Kimberly A. Green, daughter of Louis P. Green, Local 1092, Teague, Texas.

District 7: Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, South Dakota Jeremy R. Edwards, grandson of Ronald J. Edwards, Local 794, Wellington,

Kan.; Sarah A. Waltzing, daughter of John E. Waltzing, Local 329, Boone, Iowa; Adam E. Brown, son of Daryl A. Brown, Local 200, North Platte, Neb.; Breana R. Ramirez, granddaughter of Robert P. LaBrosse, Local 1000, Minneapolis; **Tyler D. Bilbruck**, son of Danny L. Bilbruck, Local 375, Edgemont, S.D.; **Leah M. Ober**, stepdaughter of Stewart E. Howe, Local 911, Minneapolis; Delista D. Stevens, granddaughter of Edward L. Stevens, Local 933, Jefferson City,

District 8: Arizona, California, Colorado, Nevada, New Mexico,

**Denise R. Calbert**, daughter of Dennis R. Calbert, Local 1168, Clovis, N.M.; **Daniel J. Wilson**, grandson of Carl H. Wilson Sr., Local 1241, Richmond, Calif.; Tommy W. Garcia, son of Tommy W. Garcia Jr., Local 1846, West Colton, Calif.; Nikko J. Sandoval, grandson of Emilio Sandoval, Local 202, Denver; Erin T. McCowan, daughter of Dave J. McCowan, Local

238, Ogden, Utah; Gehrig J. Sullivan, son of Marisa J. Sullivan, Local 84, Los Angeles; Dylan R. Bailey, son of Blaine R. Bailey, Local 1366, Salt Lake City.

to remind us, we must work very hard

every day to improve the quality

of our diet.

District 9: Alaska, Idaho, Montana, Oregon, Washington, Wyoming
Robert D. Easley, grandson of Robert D. Livingstone, Local 265, Pocatello, Idaho; John C. Tassin, grandson of John D. Baldwin, Local 283, Portland, Ore.; Selina Alder, daughter of Michael L. Alder, Local 473, LaGrande, Ore

Advice from the UTU's medical consultant on eating healthy and living longer

### Quit smoking, lose weight and you will feel better

By Dr. Norman K. Brown UTU Medical Consultant

Hold the ketchup. Did you know that ketchup contains fructose, a processed sugar? I'll get back to this shortly.

Many of our common diseases are aggravated by – or even caused by – the way we live, especially how we eat, how much we exercise, and if

we use tobacco.



Michelle Obama repeated what her daughters' pediatrician said: "Your girls are carrying more body fat than is truly good for them." She is now urging an improved diet for all Americans, and good for her.

A recent medical study determined that people who eat better quality diets (less

meat, and more fruits, vegetables and whole grain bread), have a lower body mass index (a measure of the waist compared to height), exercise regularly and do not smoke have a significantly lower incidence of heart disease, strokes and cancer, and live a longer life.

Medical studies document that table sugar and high fructose sweeteners, such as are found in many processed foods, including ketchup and soft drinks, appear to play a role in triggering weight gain and the onset of diabetes as they create a continuing craving for more calories. My theory is that this is because the molecules in table sugar, and its chemical cousin, fructose, race right from your intestine to your blood

Of course, we all receive a pleasant jolt of energy and optimism after eating sugar. If we

burn it up in a bodies won't have so much work processing it, or turning the leftovers into fat. But the truth is most of us

don't burn up table sugar and high fructose sweeteners quickly in a workout.

Medical studies also document that if we reduce daily salt intake by one-half a teaspoon, we can reduce the incidence of strokes and heart attacks as much as restricting the intake of cholesterol (from meats) and tobacco products. A lot of our salt, which can raise blood pressure, comes not only from the salt shaker, but also from processed foods, soft drinks including diet drinks, and restaurant meals. High blood pressure contributes to many body problems over time, as we all know.

We are surrounded by so much good tasting food, along with advertising to remind us, that

we have to work very hard every day to improve the quality of our diet. It's drudgery to improve our diets, but the result on improved health and a longer life span is good reason to eat what we need to stay healthy rather than what is fun to eat.

Yes, I hear you saying, "Okay, okay, if I do

everything you workout quickly, then fine – our With good tasting food and advertising are telling me, I will live to be 100, but I will be miserable." Excellent. Now I have your attention.

> Let's make a deal: meet me half

way. You become one-half perfect on this program of improving the quality of your diet, but also include some foods that are fun to eat. Strive for a life span of 85 years rather than 100. In doing so, I promise you will feel better in your mind and body on the way there. It's not easy. I struggle every day to meet my own goals halfway.

Improving our life styles is hard work, but we can do it, and be happier for it over the long haul. I want UTU members to be in the front of this newly forming American parade, not bringing up

Please think about it. The life you save will be your own. And your loved ones will be grateful for your effort.

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# Breast cancer screening vital to good health

The screening for breast cancer (mammograms) is essential for good health, and UTU members need to be aware that they and their loved ones can receive these screens easily.

Breast cancer is the most common non-skin cancer in women and the second leading cause of cancer death in women in the United States.

Every woman is at risk, and this risk increases with age. Breast cancer can usually be successfully treated when found early.

Medicare covers screening mammograms and digital technologies for screening mammograms to check for breast cancer before you or a doctor may be able to feel it.

Who is covered? All women with Medicare age 40 and older can get a screening mammogram every 12 months. Medicare also pays for

#### **CSX** committees

Continued from page 1

Norfolk Southern split up and acquired Conrail trackage, facilities and equipment.

Employee protective provisions of that transaction imposed by the Surface Transportation Board required the carrier to negotiate implementing agreements before seeking arbitration of any future rearrangement of forces.

Failure to reach an agreement would have caused the notice to be resolved in accordance with New York Dock conditions that do not allow an arbitrator to impose automatic certification or enhance the selected collective bargaining agreement in any way.

In its notice, "CSX expressed an intention to decimate the currently owned seniority rights of the affected members in favor of a one-size-fits-all roster covering the entire Northern Mid-Atlantic area," Lesniewski said. "Instead, the existing seniority rights of all members were preserved, and they receive an additional comprehensive layer of seniority rights over and above that."

The general chairpersons who signed the tentative agreement thanked UTU International Vice President John Previsich for his assistance during the negotiations.

Said Previsich: "I commend each of the general chairpersons involved for the professionalism and dedication to the membership exhibited by them during this very difficult process. The end result is an agreement that far exceeds what could be obtained by any other means and stands as testimony to the value of working together for the benefit of the men and women that we represent."

one baseline mammogram for women with Medicare between ages 35 and 39.

How often is it covered? Once every 12 months.

Your costs in the original Medicare plan? You pay 20 percent of the Medicare-approved amount with no Part B deductible.

Are you at high risk for breast cancer? Your risk of developing breast cancer increases if you:

- Had breast cancer in the past;
- Have a family history of breast cancer (like a mother, sister, daughter, or two or more close relatives who have had breast cancer);
  - Had your first baby after age 30;
  - Have never had a baby;
- •Used hormone replacement therapy (HRT) for a long period of time after menopause;
- Have two or more alcoholic drinks every day;
- Are overweight or obese, especially if you gained weight during adulthood;
  - •Don't exercise.

Risk for breast cancer increases with age. It is important to continue with screening, even if you were screened before you entered Medicare.

(This information was provided by Palmetto, a subsidiary of Blue Cross and Blue Shield of South Carolina.)

### Automatic withdrawal option best for higher premiums

By making premium payments through automatic check withdrawal, UTUIA policyholders will save both themselves and the UTUIA the cost of postage, as well as the costs associated with paper billings and processing.

Likewise, policyholders who pay policy premiums of \$5 or less by mail on a monthly or quarterly basis are urged to consider paying their premiums annually or semi-annually.

By holding down costs, UTUIA can continue to provide valuable coverage at the lowest rates possible.

If you prefer your current payment method, UTUIA recommends a simple conversion to a semi-annual or annual payment plan.

"We thank all of our policyholders in advance for their consideration in helping UTUIA keep its costs down for all of our members," UTUIA Director of Insurance Tony Martella said.

Those interested in switching their payment plan to automatic check withdrawal should contact the UTUIA's Direct Billing Department, toll-free, at (800) 558-8842, Ext. 3600 or 3601.

### Hazmat course offered at regional meetings

UTU members who work around hazardous materials are encouraged to attend an all-day hazardous material awareness course being conducted by the Rail Workers Hazardous Material Training Program from the National Labor College (NLC) the day prior to the start of Phoenix and Asheville regional meetings.

Trainers from the program – North Carolina State Legislative Director **Dickie Westbrook**, International Representative for Strategic Planning and CSX District Safety Chairperson **Billy Moye**, CSX-SCL (GO-851) Vice General Chairperson **Yvonne Hayes** and Local 1886 President and Legislative Representative **Charlie Jones** – will oversee and direct the training.

"UTU members will learn more in this workshop than the railroads will teach them in their entire careers," Westbrook said. "We will condense almost everything from a five-day hazmat course into an eight-hour course."

The courses will be held Sunday, July 25, in Phoenix, and Sunday, Aug. 22, in Asheville beginning at 8:00 a.m. Because space is limited, early registration is suggested. There is no cost.

To enroll, send your name, local number, e-mail address and telephone number, to Hazmat Program, UTU Regional Meeting, 24950 Country Club Blvd., Suite 340, North Olmsted, OH 44070-5333.

#### **Motorcycle ride set for Phoenix**

Another Scott Belden memorial motorcycle ride, to benefit UTU PAC, will take place at the Phoenix regional meeting. The ride will be held Sunday, July 25, through Skull Valley with lunch in Prescott, according to State Legislative Director Greg Hynes. Those wishing to rent motorcycles should call Eagle Rider at (480) 970-0120 and ask for Cameron; mention you are with the UTU. A motorcycle endorsement is required, and while state law does not require a helmet, all participants are strongly advised to bring their own helmet or arrange for a rental of a protective helmet.

(The ride in Asheville, N.C., will be held Sunday, Aug. 22, on the Blue Ridge Parkway. Those wishing to rent motorcycles should go to www.carolinamotorcyclerentals.com. The phone number is (866) 997-3305. Be sure to mention your affiliation with UTU. A motorcycle endorsement is required, as is a helmet.)

# THE UTU INTERNATIONAL STAFF: HERE TO SERVE YOU

#### BRUCE FELTMEYER

Bruce Feltmeyer has served as administrative assistant to the UTU International president since 2008. He served 25 years at the local (L-



1402, Dupo, Ill.) and general committee (Union Pacific) levels, including six years facilitating training at UP. He develops online training, writes grant proposals and serves as the First Division member at the NRAB. "I enjoy serving the community, especially advanc-

ing education. My experience working in labor and management makes me appreciate how the UTU serves its members as a first-class labor organization. I love all sports and have been accused of having a rather competitive nature."

#### AMY RAYNER

Amy Rayner is an accounting representative in the Accounting Department. She started in the position in May 2008. "My main responsibil-



ity consists of paying and filing all of the taxes withheld from employees paid by the UTU International, and at the end of the year I issue W-2 income tax forms. I also handle worker's compensation payments for UTU International employees. I send out the

monthly GS&T reports. I also process payroll forms submitted by the locals and forward that information to the Railroad Retirement Board. The UTU provides a wonderful working environment and I look forward to my future here."

#### RICK GRABER

Rick Graber is an updating/auditing representative in the insurance association's Direct Billing Department. He started in the file room



in 1998 and has held a variety of jobs within the organization. "I handle the bills sent to UTUIA policyholders. I mail out between 3,000 and 7,000 bills a month and process/update insurance payments and records. I issue refunds, move members from

treasurers billing to direct billing, and field calls from insured members to assist them. I also help UTUIA field supervisors as necessary. My job takes me in many directions and brings new challenges everyday. I enjoy my job immensely." June 2010 UTU News — Page 11

# Regional meetings offer education, fraternalism

The 2010 UTU/UTUIA regional meetings have been designed to provide a grand sense of fraternalism, lots of worthwhile education and tons of fun for the whole family.

As before, each regional meeting will run for 2 1/2 days, ending early on the afternoon of the third day. The evening of the first day has been left unscheduled so you, your family and friends will be free to explore and enjoy the many offerings of the regional meeting cities.

UTU meeting registration and hotel reservations can be made online by visiting www.utu.org and clicking on the "Meetings" tile in the blue menu bar at the left-hand side of the UTU homepage.

All those attending the regional meetings must be registered in order to attend any planned social function. Children ages 11 and under who are pre-registered are complimentary. The registration form is printed on the right

The pre-registration fee for the 2010 regional meetings is \$150 per member, spouse or child over age 11. Additional fees apply for the golf outings and spouse tours. You must make your own room reservations, and certain deadlines apply. Tours are booked first come, first served.

The \$150 registration fee covers all workshop materials; a welcoming reception the night before the meeting; three lunches and one evening meal. Those wishing to attend only the workshops do not need to pay the registration fee. No one-day registrations are offered.

A completed registration form listing each attendee, regardless of age, and complete payment in U.S. funds must be received at the UTU International, 24950 Country Club Blvd., Suite 340, North Olmsted, OH 44070-5333, 10 days prior to the scheduled start of the meetings or the registrant will be charged the on-site registration fee of \$200.

You may cancel your regional meeting registration 10 days prior to the first day of the meeting or the golf outing without penalty. Please fax any changes or cancellations immediately to the UTU International at (216) 228-5755

#### PHOENIX, JULY 26-28

ARIZONA BILTMORE RESORT & SPA 2400 E. MISSOURI AVE. PHOENIX, AZ 85016 WWW.ARIZONABILTMORE.COM

**Hotel reservations:** (800) 950-0086 toll free; (602) 955-6600 direct; (602) 381-7600 fax

**Reservation code:** UTURM **Daily room rate:** \$120 single/double, plus tax; rates good for three days before and after the meeting, depending upon availability

**Reservation deadline:** June 23, or until all rooms being held for the UTU are reserved

Parking: Valet park: \$13.50 per night; \$elf: \$6

Golf outing: The regional meeting golf outing will be held Sunday, July 25, at the Arizona Biltmore Golf Club. The cost is \$80 per golfer, which includes transportation, golf, lunch and more.

#### ASHEVILLE, N.C., Aug. 23-25

GROVE PARK INN RESORT & SPA 290 MACON AVE.
ASHEVILLE, NC 28804
WWW.GROVEPARKINN.COM

**Hotel reservations:** (800) 438-5800 toll free; (828) 252-2711 direct; (828) 210-7803 fax **Reservation code:** 68N3AM

**Daily room rate:** \$130 single/double, plus tax. Room rates are good three days before and after the meeting, based upon availability

**Reservation deadline:** July 10, or until all rooms being held for UTU are reserved

Parking: Valet: \$20 per day; Self: free Golf outing: The regional meeting golf outing will be held Sunday, Aug. 22, at The Grove Park Inn Golf Course. The cost is \$80 per golfer, which includes transportation, golf, lunch and

more.

#### DISCOUNT AIRFARES, CAR RENTALS

Continental Airlines is offering discounted airfares to UTU members and others attending the Phoenix and Asheville regional meetings. See the "Meetings" page of the UTU Web site, www.utu.org, for details.

The UTU also has arranged with Avis Rent-a-Car to offer discounted rates to UTU members attending the 2010 regional meetings. To reserve a car, contact Avis at (800) 331-1600 and use the UTU's Avis Worldwide Discount (AWD) number: **D150699**. Or reserve online at www. avis.com.

#### TWO SPOUSE TOURS SET

The UTU is arranging **two different tours of local attractions** at both regional meetings. The tours will take place the day before, as well as the first day of, each regional meeting. Fees are \$35 per registered spouse, guest or child, or \$75 per unregistered spouse, guest or child. Check out www.utu.org for complete details

## UTU REGIONAL MEETING REGISTRATION FORM

Registering before the regional meetings speeds sign-in procedures, helps organizers plan more accurately, and saves on meeting costs. Each person attending the regional meeting, including family members and guests, MUST be registered in order to attend any event. Please note that these meetings last 2 1/2 days and conclude on the afternoon of the third day. Registration fees are \$150 per person; children 11 years of age and under are complimentary. On-site registration is \$200 per person. All fees must be paid in U.S. funds. Canadian funds will be returned, possibly delaying your registration. If you have questions, consult your bank. Registration forms with payment must be received at the UTU International 10 days prior to the start of the meeting for the member/spouse to be considered pre-registered.

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	Day 3	☐ Lunch	☐ No meal			
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Spouse na	ıme					Title (if any)
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**JUNE 2010** 

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### This month's winning photo:

The UTU Public Relations Department awards UTU gear to the union member who submits the best photograph during the previous months.

The winning photo will be published in the *UTU News*. Exceptional photographs will be included on the UTU Web site.

The UTU would like to see photographs or digital photographs of work-related scenes, such as railroad, bus or mass transit operations, new equipment photos, scenic shots, activities of your local, or photos of your brothers and sisters keeping America rolling.

Printed photographs should be mailed to UTU News, 14600 Detroit Ave., Cleveland,

High-resolution digital photographs should be in the JPEG format and e-mailed to "utunews@utu.org".

With each photograph, please include your name and UTU local number, the names of the persons in the photo (left to right), where the photo was taken, and all other pertinent information.

All photographs submitted become property of the UTU.

Remember to review your employer's policies regarding use of cameras on the property or during work hours.



This photo was taken by **John Fogle**, a member of Local 887, Harvey, N.D. "This was taken on the Max line, a small branch line of the CP that runs from Drake, N.D., to New Town, N.D. We haul loads of wheat, barley and other grains from this elevator. Our line is only able to handle four wheelers such as SD-30s and SD-40s. Pictured are SD-40s. Starting around February, our line gets very busy hauling product from elevators like this."





# APP 000

June 2010

www.utuia.org

The Official Publication of the United Transportation Union

### Wis. railroaders gain pesticide protection

A bill regulating pesticide spraying by railroads has been signed into law by the governor of Wisconsin.

The UTU has been lobbying for such legislation, and

Wisconsin State Legislative Director **Tim Deneen**, who worked closely with Wisconsin lawmakers, credits the UTU PAC for the success of the bill's passage.

The new law requires railroads operating in Wisconsin to inform railroad employees of their use of pesticides.

It also prohibits a railroad from requiring an employee to work in an area to which a pesticide has been applied within 24 hours of the application of the pesticide.

Railroads must also furnish equipment to protect

the health of an employee from the adverse effects on pesticides applied.

Too often, train, engine and yard crews have reported

being sprayed directly while walking around the end of cars and even while in the cab with the windows open.

Unfortunately, the railroads too often provided only

minimum notice – if any – of pesticide spraying.

Additionally, the legislation instructs the Wisconsin Department of Agriculture to establish rules limiting the times and weather conditions in which pesticides may be applied by railroads.

Rail employees are to be provided a list of the pesticides that will be used, including ingredient statements and the known long-term and short-term effects on humans of such pesticides.

Also to be made public is the name, training and contact information for each commercial applicator railroads hire to apply pesticides.

#### Inside this issue of the UTU News:



UTUer Holman works to honor those killed on the job. See page 2.



"Friends of Futhey" rally at UTU International. See page 3.



Enter for a chance to win a Triton bass boat. See page 5.



We honor UTU family serving in the armed forces. See pages 6/7.