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As another year begins to wind down we must look back at how the economic climate has still been slow to recover in the St. Louis region. We must thank over 20 locals throughout the country who have accommodated our members with work in their areas. While it is tough to see our members go on the road, we are thankful that they are able to maintain a paycheck, health benefits and pension credits and this is due to the many locals throughout the country.

Looking ahead we seem to have some nice projects coming in 2015. However, it is hard to believe that we lacked the necessary certified welders when a few shutdowns hit us all at once. New Madrid, Labadie, and Callaway Nuclear Plant were all needing welders and even with all of the unemployment we were short welders. Unfortunately, in the Plumbing industry we cannot find enough service work.

So it is vital that our first goal is to bring about programs that will enhance our skills and expertise in our industry. These programs will be easier to institute when we have our new training facility in place. Our training has always been second to none in Local 562 and now it is time to bring it to a different level for a new generation of Plumbers and Pipefitters.

We would like to thank all of the members for donating their time and efforts to make this year’s Heat’s On another huge success. We had to make it safer for all of our technicians this year due to community struggles. It was nice to take care of our own retirees and we will always keep them in mind when we have the opportunity.

Looking ahead to hopefully a brighter future for Local 562, we must meet all of the challenges facing us. Owners are asking for safety now, more than ever before and so it is our duty to make safety a priority for us so that we can be the most professional technicians. We must train new general foremen/foremen so that we are able to meet the expectations of our industry. Without solid supervision on our job sites we are just average and 562 strives to be better than average. We must learn every aspect of our trade so that we never have to tell an owner that we cannot meet their needs. It will take a combined effort from each and every one of us to remain strong.

Finally, let’s enjoy the Holiday season the best we can and look forward to a bright future and hope we can all go back to work. We can be thankful that we live in such a great country, which is due to the hard work of all branches of our military. We thank all the veterans and those that gave their lives for our freedom. Happy Veterans Day and Happy Holidays and let us work as union men and women to keep our country, our state and our region the best place to work.
Brothers & Sisters,

At the time of this report the work has improved drastically with Conoco Phillips, Labadie Power House, and Callaway Nuclear Facility all ramping up. It looks like this will take us into November and possibly December with some shut down work. It is important to remember that we cover the Eastern half of Missouri from top to bottom and we have to man the entire jurisdiction when work is there. We would love to see every member working close enough to his or her home to be able to sleep in their own bed but unfortunately sometimes that is not the case. The good part is that none of these jobs last forever and we can get you home as soon as possible. The forecast for work looks positive if we can get through the Holidays and into next year. It looks as though it is going to be a better year in 2015 and our contractors are very optimistic about the work load.

The Beer Recovery job at Anheuser-Busch was awarded to Corrigan Co., and depending on how quick AB wants this job done could determine man power on this job. By the middle of October it looks like they will be starting this project and as always with work at AB the BQ welders will be needed. However there is still a question of how many at this point. Also Corrigan Co. was awarded the Monsanto Chesterfield project. It looks as if it will be spring before it gets under way.

We have many opportunities for members to seek employment in our neighboring states. If this is something that could be an option for you I urge you to take advantage of the opportunity. Out of town jobs usually involve some overtime which could help offset the cost of room and board.

We had a great turn out for the Labor Day parade. I would like to thank all the members and their families for taking the time out of their day and participating. It is always good to see the members and their family members and as always it was a great success.

I also want to thank the members that participated in our Heats On program. This year we decided to change our focus and helped our own members. Our goal was to make sure that their furnaces were ready for the winter ahead. The retirees were very happy to get the help and the volunteers were rewarded with many old time stories that they got a kick out of. This year’s Heats On was a great way to thank the retirees for getting this local to where it is today.

I hope everyone enjoys the Holiday season ahead!

With that being said there are responsibilities on 3 sides of this effort, the union, the contractors and the individual. In order for this Local Union to survive and remain strong for another 100 years and beyond, it is all of our responsibility to recruit and train the best workforce in the industry. This is important because as journeymen members you will have these new pre-apprentices and 1st – 5th year apprentices under your wings and it remains our duty to make sure they receive the best training on the job just as we were afforded as apprentices. A key aspect includes honest evaluations of these young men and women. We must give these individuals every opportunity to grow, learn, and adjust but if their attitude, attendance, and skills are not there, the training center and the Union need to know this. As I said before it’s all of our responsibility to properly help grow this Union in the right direction and it starts with the right people. When the evaluations wind up in your hands we owe an honest evaluation of the individual, good or bad, to that individual, the Union and our Contractors.

We want these individuals involved in all aspects of our trade and the only way is to get their hands on the work. There is great opportunity to utilize Pre-Apprentices to handle and learn the materials we use or to core drill, etc… but if we only allow them to be grunts or material handlers we are not giving them the chance to learn the technical parts of the trade. They are not to be taking the place of a Journeyman or Apprentice, but get them involved.

Our contractors must be willing to bring in Pre-Apprentices and make the commitment to help evaluate and keep them employed throughout an entire Apprenticeship. We do not want an individual abused for the cheap labor to then be let go when the short term goal is met. Our Contractors must also understand the long term goal is to recruit and train the right workforce. They need to recognize that at some point Foreman and Journeymen will retire and it becomes imperative to place the next generation workforce with these General Foreman, Foreman and Journeymen to absorb as much of their expertise as possible before they retire. By doing this the next generation will ideally become better than the last because they will have the knowledge that has been passed down to them from all of the Foreman and Journeymen that they have worked with throughout their apprenticeship.

Many times an experienced member has more than just on-the-job knowledge. Make sure you teach them the important positive effects of, first registering to vote and second, making sure they vote in every election for labor friendly candidates and legislation. Another important task to instill in our young members is to try our best to purchase USA made goods and services. We all know it’s best to purchase locally and made in USA, because that translates into good paying jobs for American Workers and keeps us building new homes, factories, schools, hospitals, etc… American made goods produce American jobs that keep America moving forward.

Fraternally Brian Chumley

Greetings to all, and welcome once again. As you may know, we are always exploring ways in which the Fund can provide the maximum services for all of our participants in the most cost-effective manner possible. From time to time, we send out requests for proposals (“RFPs”) to various vendors in order to evaluate the pricing and services provided by the Fund’s current vendors. This process allows us, through a series of data exchanges and interviews, to compare and contrast prospective vendors’ capabilities. Once this process is concluded, the result often necessitates a change in providers or vendors in order to provide you with maximum services for the best price.

As I am writing this message to you our work outlook continues to give a promising sign that we could have full employment in the near future. Although our apprentice classes this year and the past few in the plumbing division have been quite small and our plumber apprentice numbers are lower than they have been in a half a century, this will not be the case next September. We continue to place Pre Apprentices with contractors committed to training for the future. Currently 18 Pre Apprentices are employed and we will continue to increase that number in order to build our Apprenticeship back to a reasonable number. We will always need 20-30 Pre-Apprentices enrolled in order to start the next class.

Mike O’Laughlin
Assistant Business Manager

As a leader of the Union and an officer of the Fund, I feel it is important to be truthful and honest in all that we do for the betterment of all. We all know that our success is measured by the respect we get from our members, contractors, and vendors. If we are to achieve our goals, we must have the ability to lead others into the future and to do so, we must be open and honest in all that we do.

I recently had the opportunity to speak with a group of high school students about the opportunities available to them in the field of plumbing. When I asked them what they thought were the most important qualities for a successful career in this field, they responded with things like hard work, dedication, and a willingness to learn.

I believe that these qualities are not only important for successful careers in the field of plumbing, but also for success in life in general. As an active Union member, I am committed to helping to prepare young people for success in the field of plumbing and beyond.

Brian Chumley
Assistant to the Business Manager

Dan Murphy
Director of Health and Welfare

Leadership Reports
We recently performed an RFP for our Pharmacy Benefit Manager ("PBM"), and were very pleased with the results. While the process described above is a general process, the search for a PBM is much more complex due to changing formularies and fluctuations in government mandated pricing. Because of the complexity of choosing a PBM, we contracted with Tricast—experts in the field of evaluating and auditing PBM’s—to assist us in our search. Each prospective PBM calculated their cost utilizing plan claims data to determine what, if any, savings could be achieved. Needless to say, the process was very extensive and comprehensive for the five PBM’s that were considered.

Once our search was complete, the Board of Trustees reviewed the results and approved the recommendation that we contract with a new vendor.

I am happy to announce that effective January 1, 2015, the Plumbers’ and Pipefitters’ Welfare Educational Fund will be utilizing the services of ProAct, Inc (“ProAct”) to serve as your Pharmacy Benefit Manager. This change in PBM will not result in an increase to any of your deductibles and co-pays as currently outlined in your Plan document. All deductibles and co-pays will remain as they are with our current PBM, Catamaran.

As of this writing, we are finalizing the terms of our contract with ProAct and we are working diligently to provide a seamless transition from our current PBM to ProAct. I know change often causes some trepidation, especially one in which every participant, spouse, and dependent will be impacted, but rest assured, the benefit to you and the Fund will more than adequately compensate for any minor disruptions. As I mentioned earlier, ProAct utilized our (HIPAA compliant) claims data to provide us with an apples-to-apples comparison with our current PBM. The result indicated that contracting with ProAct would save the Fund over $5,000,000 (five million dollars) during the three year contract period. Additionally, ProAct utilizes the services of CanaRx, an International Pharmacy, which could potentially save the Fund an additional $900,000 (nine hundred thousand dollars) a year.

When we considered ProAct, we were very impressed with the cost savings they could provide, the large amount of Taft-Hartley (Union) Funds they serve, and their proactive approach to contain the cost of branded drugs. In addition to a PBM that will function in the same manner as our current PBM, ProAct, in partnership with CanaRx, can provide safe, affordable Brand Name maintenance medications at a uniform reduced cost. This will enable active eligible participants (employer sponsored Medicare Part D participants will not be allowed to participate) to take advantage of the substantially lower cost of these branded drugs by utilizing a pharmacy in Canada. First and foremost, the CanaRx program, known as PP562CanaRx, is voluntary (the $900,000 savings I mentioned assumes that participation in the program will be 100%, so the savings would be lower if not all participants choose to participate in the program). It is important to note that the PP562CanaRx mail order program includes over 300 brand name drugs in its formulary. Although the Fund office will still encourage the use of generic medications (please review the Generic Incentive Program, as detailed in the Summary Plan Description), the important addition of the PP562CanaRx option will enable eligible participants of the Fund flexibility to choose Brand Name maintenance medications for which the Fund will pay 100% of the cost. So, please be advised, in the very near future you will be receiving welcome packets from ProAct containing enrollment forms and other important information, as well as, information regarding the PP562CanaRx program.

Now is a good time to review the prescription benefit provided by the Fund. You should (as always) refer to the Plan and Summary Plan Description of the Plumbers and Pipefitters’ Welfare Educational Fund Comprehensive Health Program for your benefits. Any time you have questions or concerns about your benefits, please call the Fund office. It is always best to do this prior to receiving treatment/prescriptions of which you are unsure.

In closing, please note that the Health Center, effective December 1, 2014, will only be open on two Saturdays each month due to low utilization. Contact Dana for details or to schedule an appointment (314-388-0400). As always, it is my sincerest desire to ensure that all active and retired participants, spouses, and dependents receive the benefits and services to which they are entitled. Feel free to call me or the Fund staff anytime to address any questions or concerns regarding your benefits. I wish you all good health and prosperous times, till next time...

Brothers and Sisters,

We have come so far over the years, both in being much more conscience and much more willing, to do all that we can reasonably do to protect ourselves in the workplace. Many of us recall job sites from not all that long ago, where personal protection equipment was not required and as such, we chose to work without it. A great many of us can attest to the fact that even on some larger projects, hard hats were not required and therefore not worn. Eye protection was commonly carelessly and foolishly ignored, even when we all knew better. Ear protection was often not even a consideration and as a result, many of us now suffer permanent and unrepairable hearing loss from over-exposure to noise levels we encountered on the job. Those who suffer from such a loss would no doubt do things a little differently if it were only possible to do things over again. Who of us would not trade the minor inconvenience — and the few pennies they cost, of wearing such protection if it enabled us to truly appreciate the sounds of life not only in middle age, but well past our working years? Like many things in life, we don’t realize what we’ve got until it’s gone, and once it’s gone, there’s no bringing it back.

And so, it has been an evolution over the years of us being more aware and recognizing the immediate dangers and threats to ourselves and our co-workers, and also our growing consciousness of the potential for long-term damage that our work environment imposes on our bodies. It is very encouraging to see the awareness our young people now possess about protecting themselves as they prepare for work — most of them immediately and diligently wear work gloves, safety glasses and insert ear plugs — it has become second nature to them. As responsible journeymen and journeymen, we should make every effort to encourage such a mindset in our young people — they should be commended for trying to protect themselves.

My friends, I bring this up to you here, because I believe there is another area of concern we need to have a greater consciousness of, and that is the danger of grinding dust, welding fumes and of hexavalent-chromium and similar hazards. We are now offering courses at our training school to share with you the dangers of breathing not only the smoke generated by the various welding processes we commonly use, but also and just as importantly, by inhaling the dust given off from the various methods we use to prepare our materials for assembly. In short, we need to make every effort to avoid the inhalation of grinding dust as well as breathing the smoke and the minute particulate matter found in the weld plume.

In some environments like fab shops, proper ventilation at the “point of source” extraction can be more easily accomplished and should be used. When that is not possible, we should seriously consider the use of appropriate respirators. There are now newer, very streamlined, lightweight, respirators that easily fit inside the welding hood. The disposable filter elements are quickly and easily replaced; they are inexpensive and filter out very significant amounts the contaminants we would otherwise breathe. Those members who are diligent about wearing them while grinding and welding believe they feel better, with less upper respiratory problems, fewer headaches and find far less contaminants in the nose and throat. Both our MCA and PIC contractors recognize their obligations to provide the proper PPE, including respirators and replaceable filters. I encourage you to attend the classes we are offering on this subject so that you will better understand the dangers involved and the technology now available to us to greatly minimize our risk. When discussing this subject thirty years from now, there is truly no need for any of us to say with regret, “If I had only known…”

Wishing you a wonderful Thanksgiving.

Mark
Dear Brothers and Sisters,

First of all I would like to thank all of the members who attended the Jefferson City Labor Day Parade. It was a good turnout. The Jefferson City Parade is always the Saturday after Labor Day.

In the area I cover we’ve had a great 2014 so far, between a new St. Mary’s Hospital in Jefferson City with Corrigan and Environmental Engineering joint venture and Franklin Mechanical doing the plumbing and Unilever in Jefferson City where Butzer still has a crew. We’ve had numerous small jobs including H.V.A.C. and plumbing around Jefferson City plus a lot of service work with Air Masters, Butzer, Environmental Engineering, Specialized Mechanical and Teel Mechanical.

Another area that I cover is around the Ozarks, however, this has been a rather difficult market to crack. Wally’s, Ozark Mechanical, Butzer, Environmental Engineering, Air Masters, Murphy mostly do service work. Environmental Engineering finished a school job at the Lake and Poinexter Mechanical is doing the plumbing on a school. On the opposite spectrum is the Ft. Leonard Wood area which has been much more favorable. It is almost all Federal Work which make the bid process totally different. Environmental Engineering, Butzer, Jarrell, W.M.C. and Allen’s Mechanical continue to try and compete at Ft. Leonard Wood. The whole group combines for about 30% or less of the work at Ft. Leonard Wood.

Butzer is finishing up on the projects we had in Rolla at the University of Missouri Science & Technology. The campus has made it a priority to use geothermal it has mostly switched to that method. Corrigan did the two geothermal plants and Butzer retrofitted the buildings. Environmental Engineering did another H.V.A.C. renovation that is now complete. There is still more work to come that is currently in the design stages.

Callaway Energy Center is shut down for a refueling outage. During the refuel Corrigan will be performing all of the mechanical work during this refuel. Day & Zimmerman will employ the U.A. welders who will weld the small bore piping for the new reactor head.

The bid packages are supposed to be out for the new State Hospital in Fulton around February of 2015. ‘The shingle plant in Jonesburg has been hit and miss for us. Hegemann from Warrenton has had some success and the mechanical packages are going to be out in mid-October.

Finally, I would like to wish everyone safe and Happy Holidays.

For those who live in the area Mid Missouri Labor Club meets 6:00 p.m. on the second Monday of the month at the Columbia Labor Temple, 611 N. Garth Ave., Columbia, MO 65203. Russ Unger, President 573-642-1833.

Mark Fohey
451 West Saint Eunice Road
Fulton, MO 65251
573-592-0201 (O)

Mike Grady

Dear Brothers and Sisters

It’s nice to see work starting to pick up here at home for at least a brief moment. Unfortunately, I know there are still brothers and sisters traveling outside our jurisdiction. We know it is not easy to leave your family and loved ones and to be living in hotels and not being able to sleep in your own bed.

With that being said, we want to thank all of you for your efforts and hopefully work will continue to get better here in our jurisdiction which will allow us to get everyone some work at home.

I wanted to first give a little background information about the area that I cover. Currently the area that I cover is all of St. Louis County south of Highway 40. In regards to jurisdictional issues I handle all 67 counties in the 562 jurisdiction.

Here are some upcoming and as well as our ongoing projects:

- Sigma Chemical- Murphy Co. as well as Corrigan Co. are doing some service work as well as some small maintenance jobs.
- Nestle- Haberberger and Murphy Co. currently have a maintenance contract and will be doing some maintenance work.
- Dental School- Air Masters, Mechanical Solutions, B.E. Scaife Plumbing
- MSD Lemay- Haberberger and Raider Mechanical, This job is in both the City and County and Brian Nichols and myself are working together.
- Corrigan Fab Shop
- St. Louis University- Design stage possible 2015
- Historical Lemay Brewery – Future Development

Jurisdiction

I want to thank all the membership who ask questions about our work on the job. I also urge you to continue to look out for our work. Sometimes you are the first line of defense when it comes to our work.

Political/ Lobbying

Here are a few items to be aware of in regards to politics or lobbying:
- South County Labor Club- Those who live in the South County area if you have not joined or attended a labor club meeting please do so.
- MSD
- Megan Green won the special election for Alderwoman in the 15th ward in St. Louis City. For those that do not know, Megan was a Coro Fellow that worked with us during her Fellowship. Also you may recognize her from the Right to Work Seminars that were being held. We were proud to endorse her candidacy and glad that she was elected to the 15th ward seat.

I would like to remind everyone that with Holiday Season approaching Local 562 will be ringing bells around the metro area. If you would like to volunteer at a store near you we are planning to have a day of ringing on December 13, 2014 from 8am to 4pm.

Finally, I would like to wish a Happy Veterans’ Day to all of our Vets. Enjoy the Holidays!
Hello brothers and sisters,

Over the summer work in my area had been fairly good. Now heading into fall and winter I’m staying optimistic that we can continue an upward trend in employment. Jobsites for medical facilities continue to be strong. We are wrapping up a pediatric facility in Cottleville for Mercy Healthcare and Shiners Hospital is about to be completed. Here is a list of jobs that are currently being constructed:

- BJC pediatric/OPAC Hospital at highway 40 and mason rd. (Deluca Plumbing/Murphy)
- Mercy Virtual Care Center at highway 40 and Clarkson rd. (Parkway Plumbing)
- St. Louis School of Pharmacy (Murphy co. /ICON)
- Scott McKinley research building (Deluca Plumbing/ICON)
- BJC campus renewal project (north and south tower)
- JCS project with D&M (Deluca Plumbing/Murphy)
- AMR project (Deluca Plumbing/Murphy)
- St. Mary’s Hospital (Deluca Plumbing)
- BJC pediatric/OPAC Hospital (Deluca Plumbing)
- Jewish Hospital (Deluca Plumbing/Murphy)
- BJC Pediatric Care Center: Murphy Co. and Corrigan Co. are working on the precipitator project.

Some other nice projects that have completed:

- An upcoming project that everyone is looking forward to is the new research building at Monsanto Chesterfield. A new parking garage is completed and then work will begin on the building, around the first of the year. Corrigan Co. will be performing the mechanical and plumbing work.

I would like to wish everyone a Happy Thanksgiving as well as a safe and Happy Holidays!

Mark Morgan

Business Agents’ Reports

The restoration of the Arcade Building (Clay Piping Systems and Jarrell) has begun. It is a 19 story building that when completed will have 282 apartments plus classrooms for Webster University, and an art gallery. It is slated to open in late 2015.

Residential work continues to improve. Although it has been a slow climb, there has definitely been growth in that market over the past couple of years. As long as interest rates stay low and unemployment continues to drop, hopefully consumers can stay confident in the economy and continue to buy new homes.

We are currently in talks with the city of Kirkwood and a company named Utility Metering Solutions. Kirkwood has contracted this company to replace or retro-fit upwards of 10,000 water meters. We’ve had pretty good success in the past with other cities in our jurisdiction that have done the same thing. I will continue to update you on this in the future.

Saftey:

With the emergence of the Ebola virus entering the United States let it be a reminder to us all to be sure that when we are working in these medical facilities, that you follow all the proper protocols and have the correct P.P.E. We may forget that there are many hidden dangers in the piping you are cutting into.

Jurisdiction:

Recently at the RGA building at highway 40 and Chesterfield parkway, we had an issue with the irrigation piping in the parking garage that supplied water to planter boxes on the top floor. All though lawn irrigation in the ground doesn’t require a STL county plumbing license, piping that is inside a structure does. So please remember that irrigation piping inside of a structure including installation of the rod and hangers is the work of the plumber.

Foreman: Please continue to call your business representatives when you start a job in their area. With the amount of jobs that are currently going on and the size of our areas it helps us do our job better.

Please remember that November 11th is Veterans Day. Take the time out to thank a current or a past veteran, not only on that day but any time you see one! Also I would like to wish every member a happy, safe and prosperous holiday season and new year.

Fraternally yours,

Mike O’Connell

Counties Covered
St. Louis County

Mark Morgan

Mike O’Connell

Counts Covered
Franklin, St. Charles,
St. Louis City,
St. Louis County

Mark Morgan

Mike O’Connell
Brothers and sisters,

Hope everyone had a great summer and more importantly had a job. This has been the best summer since I moved into this position and the outlook for the future is bright. There seems to be quite a bit of work coming our way locally in 2015. If anybody is interested in traveling, there are still numerous opportunities all around us. We have a list of members that are willing to travel, so a phone call can quickly get you on that list.

For those who do not know, my area includes the Missouri counties of Lincoln, Warren, and St. Charles on the Pipefitting side. I am also in charge of the service work for the whole 562 jurisdiction. A large portion of work in my area has been at General Motors. However, it is quickly coming to an end, and has helped sustain our employment for the past few years, maxing out at about 180 men for a few weeks in the summer of 2013. Corrigan, Murphy, Icon, and C & R were the mainstay on that project. Many of you have been there and we thank you for a job well done. Icon is currently working on some changes in paint which hopefully lead to more work for the future.

Murphy is at St. Joe West where we are waiting to hear about a new 5 story patient room addition. This will be work for both Plumbers and Pipefitters. They worked all summer on a kitchen remodel which is coming to an end.

• Seasonal school work has completed for the year and turned out as expected, on time and under budget.
• Sun Edison (the old MEMC) has a couple of contractors on site doing odds and ends. We’ll see if this turns into more work.
• Winfield has a 6500 acre river port with a landing strip in the works which would create numerous jobs in the future. The land and funds are already in place with private money, but has to pass some political discord.
• Lincoln Co and Zumwalt School Districts have new schools planned, but haven’t come out to bid yet.
• Bodine Aluminum has some work going with hopes of a new addition in the future.

The Service work is continuing to be very good and has been for the past few years between Grocery stores, Targets, Walmart, and Hospitals. Light commercial and residential continues to be a fight with Sheetmetal Local 36, but with your help and phone calls we have been able to turn a lot of it around and get our fair share.

With over 600 Servicemen in the local, we are continuing to grow. This seems to be the wave of the future along with welding. If you are looking for a career for your sons or daughters, get them into a Tech School. Training is required to get started in the program and we are constantly looking for chiller, ammonia, and low temp servicemen.

Heats on was another huge success this year. We had over 250 members donate their time on Saturday October 11th. This year we helped some of our retirees in St. Louis County, St. Charles County, and vicinity. Our thanks go out to the dedicated members and all the supply houses that chipped in with material and attendance prizes. They include: National Sales, Crescent Parts, Miracle Supply, Mechanical Supply, United Refrigeration, Ferguson, and Commerce Bank to mention a few. If you go by these places, please let them know how much you and our entire membership appreciate their support.

Good luck deer hunting, have a great winter, and thanks for all you do every day,

Jack Reiter
Key Facts About Seasonal Flu Vaccine

Why should people get vaccinated against the flu?
Influenza is a serious disease that can lead to hospitalization and sometimes even death. Even healthy people can get very sick from the flu and spread it to others.

Who should get vaccinated this season?
Everyone six months of age or older should get a flu vaccine every season.

When should I get vaccinated?
Flu vaccinations should begin soon after the vaccine becomes available, ideally by October. It takes about two weeks after vaccination for antibodies to develop in the body that protect against influenza virus infection.

Why do I need a flu vaccine every year?
The body’s immune response from vaccination declines over time, so an annual vaccine is needed for optimal protection. Second, because flu viruses are constantly changing, the formulation of the flu vaccine is reviewed each year and sometimes updated to keep up with the changing flu viruses.

Can the flu vaccine give me the flu?
No, a flu vaccine cannot cause flu illness. While the flu vaccine cannot give you the flu illness there are different side effects that may be associated with getting a flu shot. These side effects may be:
- Soreness, redness, or swelling where the shot was given
- Fever (low grade)
- Aches

CALL TODAY AND SCHEDULE YOUR APPOINTMENT! 314-388-5400

Great American Smokeout Day

What is the Great American Smokeout?
Every year on the third Thursday of November smokers across the nation take part in the American Cancer Society Great American Smokeout. It challenges people to stop using tobacco and helps people know about the many tools they can use to quit. Lung cancer is the leading cause of cancer death for men and women. Smoking causes cancers of the larynx (voice box), pharynx (throat), esophagus (swallowing tube), and bladder. Cigars and pipes cause cancers as well. Please visit www.cancer.org to learn more about quitting smoking and improving your health. Or just call your American Cancer Society anytime at 1-800-227-2345.
• **Tips to Help You Discover Your Benefits at SocialSecurity.gov**

Are you saving enough for your retirement? Someday, each of you will want to relax and enjoy the fruits of your labor. In general, Americans are not saving enough for that “Someday” when they will retire. Most don’t have pensions and must depend on Social Security for most of their income.

Social Security offers a my Social Security account to help people prepare for and manage their “Someday.”

With a my Social Security account you can:

- Get your online Social Security Statement;
- Verify your lifetime earnings;
- See estimates of your future benefits;
- Manage your benefits; and so much more.

Ten-thousand people reach retirement age daily and many are unprepared. Social Security encourages you to plan now by opening a personal my Social Security account at socialsecurity.gov/myaccount.

Opening a my Social Security account online is quick, safe, free, and easy. We encourage every person in your organization, and those you come in contact with, to open his or her own personal my Social Security account at socialsecurity.gov/myaccount.

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**Labor Day**

**2014**
RECENT RETIREES

The leadership and members of UA Local 562 would like to thank the following members who have recently retired, for their years of service to our organization. Your contributions will never be forgotten.

James Abkemeier, Jr.
Richard Bloomberg
Charles Bott III
Kenneth Caul
Stephen N Dopuch
Barbara Hague
Mark Hornerberger
Venoy Jones
Donald Kissel, Jr.
John F Knott
Thomas Koch
Eugene Marshall
Patrick McGrath
Michael Mitchell
Steven Murphy
John O’Laughlin
Daniel Ransom
Robert J Reitmeyer
Richard A Rohrer
James Ryan
Steven Uhlig
James Walker III
John Wheeler

OBITUARIES

The leadership and members of UA Local 562 mourns the loss of the following recently deceased brother(s)/sister(s). Your contributions live in our memories every single day.

<table>
<thead>
<tr>
<th>Obituary</th>
<th>Date of Death</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eugene Shields</td>
<td>November 5, 2014</td>
</tr>
<tr>
<td>Roy D Southward</td>
<td>October 29, 2014</td>
</tr>
<tr>
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<td>Charles D Risch</td>
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<td>Ronald Fair</td>
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<td>Cletus Day</td>
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<td>Marion Kohler</td>
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<td>Alphonse Grote</td>
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<td>Emmitt Jordan</td>
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<td>Gregory Spiros</td>
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