



Local 830

THE REPORTER



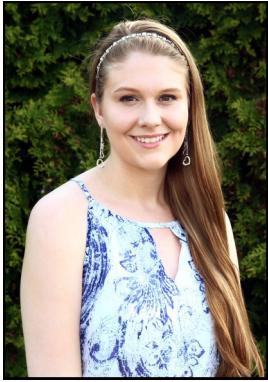
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Upcoming Union Meetings: 11/5/17 & 12/3/17

Fall 2017

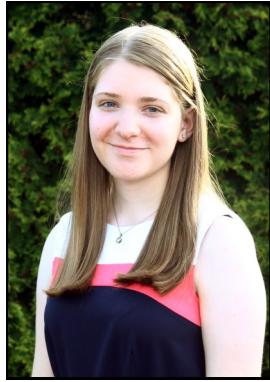
LOCAL 830 SCHOLARSHIP RECIPIENTS



Lauren Fie (2016)
daughter of Joseph Fie
Coca Cola



Shannon Carr (2016)
daughter of John Carr
Canada Dry



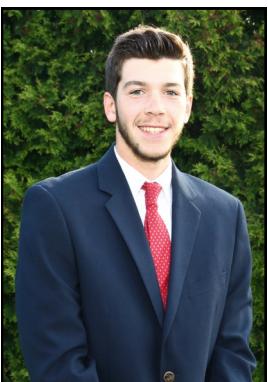
Katie Driscoll (2016)
daughter of Daniel Driscoll
Pepsi Philadelphia



Catherine Beinlich (2016)
daughter of Thomas Beinlich
Gretz



Dominic Torres (2016)
son of Frank Torres
B.D.C.I.



Connor Burke (2016)
son of Brian Burke
Muller Inc.



Alexander Brennen (2016)
son of Thomas Brennen
Coca Cola



Kevin Beal (2016)
son of George Beal
Pepsi Pennsauken



Elias Vazquez (2016)
son of Miguel Vazquez
Coca Cola



Amber Venit (2017)
daughter of Joseph Venit
Pepsi Wilmington
Peter Mattucci Recipient



Helena Emig (2017)
daughter of Francis Emig
Pepsi Wilmington



Kylee Capanna (2017)
daughter of John Capanna
Origlio Beverage



Mercedes Cavallo (2017)
daughter of Vincent Cavallo
Meenan Oil



Matthew Angeline (2017)
son of Deon Angeline
Coca Cola Refreshments



Edward Gallagher II (2017)
son of Edward Gallagher
Pepsi Cola/National Brand



Frank Jackson (2017)
son of Frank Jackson
Origlio Beverage



Matthew Cruz (2017)
son of Martin Cruz
Origlio Beverage



Bryan Kee (2017)
son of Robert Kee
Pepsi Philadelphia

Secretary Treasurer's REPORT

...Dan Grace



TEAMSTERS LOCAL 830 CELEBRATES 75 YEARS OF EXCELLENCE

This year marks the 75th anniversary of Teamsters Local 830. This great local union was founded in the year 1942-June 25, 1942, to be exact-and it was one for the ages.

1942 was the year of the epic Battle of Midway during the height of World War II. The classic film *Casablanca* starring Humphrey Bogart hit the movie theaters. And a crooner by the name of Bing Crosby took "White Christmas" to the top of the pop charts.

It seems fitting that Teamsters Local Union 830 was born against the backdrop of World War II because we have had more than our fair share of battles over the past 75 years, the latest being against the City of Philadelphia's discriminatory Beverage Tax.

But, throughout all those years, this local union has withstood the challenges and the test of time to remain one of the premier local unions in the country, largely due to our unwavering commitment to preserving the rights of the American worker. **Your rights!** We must never forget the sacrifices and determination of those who went before us and fought for the many benefits we enjoy today. And we never will.

You, the members of Teamsters Local Union 830, are not only some of the hardest working and most productive members of the regional workforce, you are also leaders in your communities. You coach Little League teams, volunteer for neighborhood clean-ups and town watches, assist the infirmed and the elderly, and pitch in whenever a call for help is issued.

You should also take pride in our local union's long history of supporting many worthwhile non-profits that serve the communities in which we live and work, including Aid for Friends, Lu Lu Shriners, Special Olympics PA, United Way, St. Francis Inn, Hibernian Hunger Project, Jack Costello Boxing Club and our very own annual scholarship awards for the sons and daughters of our members, just to name a few. You should also take pride in our history of having helped to elect city, county, state and federal politicians who have demonstrated respect for and defense of labor's hard-earned rights. It's an inescapable reality-Big Business spends big money in Washington to influence members of Congress to push their anti-worker agendas. Corporations and anti-worker billionaires like the Koch Brothers out-spend working families on political candidates by more than a 15-1 margin. That's why we have to stay involved in politics.

Through grassroots political action and aggressive lobbying at all levels of government, we have stopped some of the worst attacks on working people over the past 75 years. But Big Business is simply doubling down on its investments. That means we have to fight back stronger than ever. And we will.

And that brings me to the current occupant of Philadelphia City Hall, Mayor Jim Kenney. For years, Teamsters Local 830 supported Kenney, as both a City Councilman and in the last General Election for mayor.

Not only did he betray our trust and support by ramming through the regressive and discriminatory Beverage Tax, he made matters worse by absolutely refusing to meet with me, despite numerous attempts. He won't even return my calls or respond to my letters. His behavior has been shameful. But he won't be mayor forever and we'll remain strong.

I know all too well the damage this outrageous tax is doing to our industry and our members. I want you to know that your leadership is doing everything we can to minimize the damage to you and your families.

I also want you to know that the fight isn't over yet. The beverage industry has appealed the lower courts' rulings that sustained this terrible tax all the way to the State Supreme Court. We believe we will be heard by the state's highest court and have a realistic chance at getting the tax repealed.

We also continue to lobby state officials to consider overturning the tax because it supersedes their authority and the laws of the Commonwealth. Government cannot tax the same product twice and that is precisely what the City of Philadelphia has done with this outrageous Beverage Tax. We and our partners in the "Ax The Tax" coalition will remain engaged in both these battle fronts.

We are fighters. We have withstood all sorts of challenges and are still standing tall. It's a tribute to you that we are now celebrating 75 incredible years of solidarity, family and progress.

I am proud to know all of you and to have the honor of leading Teamsters Local Union 830 into better days ahead.

With your continued support and hard work, we will still be around and thriving 75 years from now-and beyond. •

HAPPY RETIREMENT!



Congratulations to Bud Murphy (BDCI)
on your retirement. Thank you for 51 years of service.
Enjoy your retirement!



Congratulations to the well loved
Marion Mickie Patterson (Pepsi) on your retirement. Thank you for 30
years of service. Enjoy your retirement!

SHOP STEWARDS CORNER

NEW SHOP STEWARDS

Bruce Lustig, BMW
Albert Alvarado, Pepsi Wilmington
Rocco Picciano, TIU
Omar Chatt, Cott Beverage
Daniel Wowk, Konrad Beer
Theodore Zieminski Jr., TIU
Daniel Day, Muller Inc.
Russell Rugaliski Jr., Coca Cola Shipping/Receiving

Francis Ryder, Coca Cola Refreshments
Traevonn McGee, Pepsi Philadelphia
James Griffin, Edens Transit
Michael Moore, Penn Beer
Angel Rivera Jr., Penn Beer
Joseph Rosario, Pepsi Pennsauken
Christopher Kelly, Muller Inc.
Curtis French, DPSG

SHOP STEWARDS CORNER

On the Street

...Chuck White

Happenings

2017 marks the 75th Anniversary of our union, and I'm proud that I'm part of that long history of people who have entered through our doors and who have worked for the union and I want to say congratulations to a few of my co-workers who recently retired at Local 830 and have had a long history here and who have helped many of our union brothers and sisters throughout the years, particularly Jim Brown, Lynn Valenti, Diana Foschini and Cathy Knasiak. I wish them best of luck, happiness and health in their well deserved retirement years, you are greatly missed. It was a pleasure working with you.

We face many challenges year in and year out in labor and a few of our largest fights have come this year and could threaten not only our union but the labor movement as a whole.

First and foremost for Local 830 is our ongoing, never ending fight over the City of Philadelphia's soda tax which has had a devastating effect on our members in the soda industry.

Secondly, the constant legislation that is aimed at the beer wholesalers and the three tier distribution system and the attempted dismantling of the state stores and how liquor and wine and spirits are distributed and sold within the state of Pennsylvania. Those legislative changes would greatly affect the livelihoods of our members in those industries forever.

Then we have the proposed Paycheck Protection - Deception - as we in labor call it and Right to Work legislation that the representatives in the State house and senate are pushing in their efforts to destroy the foundation of the union to financially sustain itself regarding the collection of union dues and political action monies it needs in order to protect its members interests in the cost it takes to defend its members and in the political arena which if left unchallenged, could legislate away our members rights up there in the state capital, and also at the federal levels of government.

We had a great turnout at the NO Right to Work rally in Harrisburg in June, and it was great to see Teamsters not only from our local but all the other state locals come together to fight to protect our union against adverse legislation that most people do not really understand until they get fully educated on the key issues and how it could affect their livelihood in the future if passed. This is the reason we ask all members to come together for their own cause collectively by contributing to DRIVE - our political action fund.

Some Contracts for 2017 and 2018 that I'm involved with have been complicated and even contentious but we are making our way through a heavy contract cycle. The healthcare and pension are always the subjects that take up most of the bargaining time at the table. Our fund administrator has done a great job with the medical plan renewals, so that relieves some of that pressure.

We have a new company at the Philadelphia Prison System - GD Correctional Services, who won the bid from the city, replacing Aramark, and we have not sustained any job losses as all of the bargaining unit members remained employed as GD recognized the bargaining unit and contract and we have entered into negotiation of a contract at GD.

American BD - Opici Family Wines ratified their contract, but the pension fight pushed us into an extension until we could convince that company not to withdraw from the pension plan.

Collegeville Trappe Joint Public Works department has been on a long extension and strategically to keep the employer from forcing our members into outrageous cost sharing of their medical plan and other cut and gut proposals to destroy that contract with their Tea Party ideas. They are fighting the good fight but with great sacrifices, and without striking.

BMW of the Main Line has been ongoing and that new owner has shown his true colors and has challenged every article in the contract during bargaining. We are slugging it out at the bargaining table and at the NLRB.

At Meenan Oil we are fighting to preserve the medical benefit, and negotiations are going fairly well as this employer wants the same as we do - a fair contract.

Route Messenger of Pennsylvania is up on the last day of the year and pension should be the issue there.

2018 contracts include Aramark Vending, CCI Peco, Total Warehouse Simon and Schuster, Konrad Beverage, Bunzl Phila, and Delaware Valley Importing Distributors, Gretz Beer, Muller Inc., Muller Hatfield, Origlio Beverage and Penn Beer Sales and Service.

Lastly, I want to mention that eight of our oil delivery drivers at Meenan Oil have volunteered to help in the Hurricane Irma relief effort in Florida and are making their way down there in their oil trucks to assist Floridians in any way that they can. We are very proud of our Teamsters brothers from Tullytown Pa.

It would be great to see my fellow Teamster brothers and sisters once a month for the 10 am, first Sunday of the month, union meetings. C'mon on out.



Fund Office News

Stopping heart disease! Now

Heart disease is the leading cause of death and disability in the U.S. It affects 40% of U.S. adults with annual costs expected to reach \$818 billion by 2030. To explain these horrifying statistics one only need examine the western lifestyle and a fundamental failure of our medical system to focus on prevention rather than intervention.

Is there a better way? William Blanchet, MD, from Boulder CO believes there is! We have worked with Dr. Blanchet in developing our Heart Health Promotion Program with Temple University Hospital. Here is his position on prevention.

The current approach to heart disease is wrong!

How much money does your plan spend on stress tests and elective stents? There are 9 randomized prospective studies showing no reduction in heart attacks or coronary death with the use of elective stents? A study from July 2017 showed no benefit from elective stress tests and stents among patients referred to cardiologists from the ER with chest pain.

We spend 10 billion dollars a year on nuclear stress imaging to justify 20 billion dollars of elective stents for no reduction in heart attacks or death!

Current Heart attack prevention fails at several levels.

Traditional risk factor stratification fails. Over half of heart attack victims are considered low risk until their chests start to hurt. Conversely, about half of the people that are identified as being at risk and placed on statins are actually at very low risk for heart disease such that statins have no potential for benefit.

And finally, if a person takes a statin, this reduces heart attacks by about 25% and coronary death by 17%. Many "experts" feel that this is as good as we can do, I disagree.

There is a way to do it better utilizing coronary calcium imaging

A "Heart Scan" also known as "coronary calcium imaging" is performed using a very low radiation, ultra fast CAT scanner. We measure the amount of calcium contained within the coronary vessels.

This calcium score is the most accurate screening test for coronary heart disease. If you are considered "low risk" by conventional risk factors, that means your 10 year risk for a heart attack is as high as 10%. If your calcium score is 0, it means your 10 year risk for a heart attack is <1%. The heart scan is 0 in roughly half of

the subjects tested; thereby identifying the population whose heart attack risk is so small that statin therapy cannot be justified. If your calcium score is >100, you have significant risk even in the absence of conventional risk factors. .

A follow up heart scan in one to three years after the initial scan tells us if we are adequately addressing the risk. If the calcified plaque burden is increasing by more than 14% annually, then we know that further improvement in coronary prevention is needed.

Your calcium score is 0, what does that mean?

If your calcium score is 0, you are in the lowest possible category for a heart attack and at an extremely low risk for coronary death. There is good reason to still eat well and get exercise; however it is rare that taking a statin would provide a value in this circumstance.

We should eat beneficial fats such as extra virgin olive oil, avocado, tree nuts especially walnuts and almonds, and fish oil.

Although we have been taught that saturated animal fats are bad for our hearts, this is not true. Animal fats are not harmful to most people and can be included in a heart healthy diet.

The largest contributor to heart disease is dietary carbohydrates. For years physicians have been mistakenly advocating low fat, high carb diets; we were wrong. A Mediterranean diet with increased olive oil was associated with 32% fewer heart attacks than the American Heart Association's low fat diet. In addition, the low fat/high carb diet was associated with 20% increased incidence of new type II diabetes.

Exercise as part of coronary prevention.

While everyone knows that exercise is important, most people do not realize how much benefit we get from modest exercise. A Helsinki study showed that a 30 minute brisk walk three times a week provided 90% of the benefit that any level of exercise might. Another study from Tufts found that people taking a 20 minute brisk daily walk had 50% fewer heart attacks compared to people who did not exercise.



A score greater than 0, what does this mean?

With a score between 1-100, is still "low risk" for a heart attack, the current risk is <1% annually. However with some simple modifications, we can reduce this "low risk" significantly further.

A score >100 is associated with a significant increase in heart attack risk and should be addressed effectively.

A score >400 is a cardiac equivalent. This means that a person with a score >400 has the same risk for a heart attack as a person with known coronary disease.

Diet

A heart healthy diet is high in fruit, vegetables and pigmented berries. I suggest eight servings a day of fruit and vegetables, making at least two of the servings pigmented berries such as blueberries or strawberries. The "Interheart Study" demonstrated 4% reduction in heart attacks for every incremental serving of fruits or vegetables eaten daily. The "Nurses Health Survey" found 32% reduction in heart attacks among the nurses eating the most pigmented berries as compared to those eating the least pigmented berries as an independent variable. Pigmented berries are blueberries, strawberries and raspberries however any dark pigmented fruit would likely have the same benefit. The substance that gives berries pigment is an antioxidant.

There is such a thing as too much exercise. It is thought that the stress from over 20 hours a week increases inflammation and promotes both atherosclerosis and coronary muscle fibrosis.

Gum disease has a strong relation to heart disease.

We should brush our teeth twice a day and floss at least once a day in addition to regular dental checkups. Gum disease is a major cause of heart disease. The link between gum disease and heart disease is direct and obvious when you look at how plaque builds up in the walls of arteries.

Within the walls of the arteries are white blood cells called tissue macrophages. They have the task of policing the artery walls to find and destroy bacteria. Our gums are the most common source of bacteria getting into the blood stream. When our gums are inflamed, bacteria can enter the blood.

When bacteria enter our bloodstream they are engulfed (packman style) by the white blood cells in the wall of the blood vessels. After being exposed to bacteria, these white blood cells go on high alert and start mistaking lipid particles as being invading bacteria. As these tissue macrophages engulf lipid particles, they fill up with lipid particles and become what we call "foam cells". These lipid filled foam cells then die and send out a chemical signal to attract other white cells to that location. These other white

(Continued on page 4)

(Continued from page 3)

cells have been subjected to the same forces and are also foam cells. These foam cells aggregate, and die, and now there is a significant amount of lipid in the wall of the vessel. This process continues. The lipid now deposited in the vessel wall is at risk of rupture and forming a clot which can cause a heart attack or stroke.

Good dental hygiene reduces the frequency of bacteria in the blood stream, reduces the buildup of atherosclerotic plaque and reduces heart attacks.

Adequate, quality sleep is very important

Sleep is not something we do when there is nothing better to do. Sleep is very important to health! You can go twice as long without water than without sleep before you die.

Obstructive sleep apnea is the most common cause of inadequate or poor quality sleep. While obesity is a major risk factor for sleep apnea, notably one third of people with sleep apnea are not obese. A good screen for sleep apnea is to ask the person sleeping with you if you snore. If you do snore, sleep apnea should be a concern. If you snore and sometimes stop breathing for over 20 seconds, then you can assume that you do have sleep apnea and should talk to your physician about it soon.

Not only does sleep apnea cause a significant increased risk for coronary death, it also results in daytime fatigue, decreased sex drive and function, and contributes to dementia. The good news is that treating sleep apnea corrects all of the incremental problems caused by sleep apnea.

Control high blood pressure and diabetes

The value of controlling high blood pressure and diabetes is obvious. Excellent control of blood pressure results in fewer heart attacks and strokes.

Controlling diabetes is important. Diets which are very low in carbohydrates result in much better control of Type II diabetes.

Supplements

I recommend several nutritional supplements which make a big difference in controlling coronary disease.

Fish oil: I recommend taking between 1,000

to 4,000 mg of fish oil omega-3 (EPA plus DHA). Those with a low coronary calcium score (<100) should take 1,000 mg omega-3 daily while those with a high score should take more. Studies show diets high in oily fish as well as fish oil supplements reduce heart attacks and death.

Vitamin D-3: Vitamin D-3 levels over 50ng/ml are associated with decreased heart attack and cancer death. I recommend D-3 supplementation to get levels between 50-80ng/ml. It usually requires 2,000 IU to 10,000 IU a day to achieve this. I recheck the D-3 levels in 6 to 12 months. Be cautious as there is such a thing as too much Vitamin D-3.

Niacin: Nicotinic acid in the form of extended release niacin, (I like "slo-niacin") has been shown to stabilize calcified plaque and regress plaque by angiography. The 20 year follow up "FATS trial" demonstrated 71% reduction in coronary mortality and a decrease in non-cardiac mortality among those taking niacin. Although rare, there are potential toxicities with niacin, therefore I recommend taking niacin under physician supervision.

Vitamin K-2: K-2 a vitamin heavily researched in Japan but considered to be new in the US. K-2 is associated with less osteoporosis and a reduction in heart disease. People with calcified coronary plaque should consider taking around 100 mcg of vitamin K-2 daily. This vitamin is found at high levels in brie cheese and the Japanese food "natto" and may help explain why there are fewer heart attacks in France and Japan than in the US.

Aged garlic extract: It has been a while since I have been as impressed with a substance as I have with the current studies on aged garlic extract. There are two studies demonstrating Aged Garlic Extract stabilizing coronary plaque. A recent study from UCLA showed that those randomized to aged garlic extract had a net regression of soft plaque while those randomized to placebo had progression. Aged garlic extract costs about \$12 a month! It may be that this inexpensive supplement will prove to be the most powerful anti-atherosclerosis treatment available.

Sharing my experience with coronary prevention

Before I began using coronary calcium, I lost four patients, friends, to heart attacks during a two year period despite doing everything I was

told I should be doing. I began looking for a better way. I adopted coronary calcium imaging and began treating to a goal of stable calcified coronary plaque. The results have been amazing and I want everyone to experience this level of success.

Based upon outside study data bases, I should have seen between 60 to 130 heart attacks over the last 12 years, with 1/3rd of them being fatal. Instead, I have seen only 3 heart attacks. I used to do 7 stress tests a week, now I do about 3 a year. I used to have a patient or two in the cath lab getting an elective stent every week; now that happens about once a year. In addition to saving lives, treating based upon coronary calcium saves money.

Teamsters Local 830 Heart Health Promotion Program

The Teamsters Local 830 Heart Health Promotion Program offers a free heart scan for men age 40+ and females age 50+. If you are under the covered age but have significant family history of heart disease you may contact Temple to see if this scan or another study might be appropriate. Some members have already seen reduction in their coronary plaque by adhering to some of the recommendations made by Dr. Blanchet above. Regardless of your score, we now have the tools to significantly reduce your risk of a heart attack or stroke. We strongly encourage you to take advantage of this valuable program!

PLEASE VISIT THE FUNDS' WEBSITE

Please visit the Funds' website at www.team830funds.org. The site is packed with information about each of the Funds managed under the Teamsters Local 830 banner including the Pension Fund, Health & Welfare Fund, Retirement Savings Plan, Legal Services Plan and Scholarship Fund. Those wishing to access specific personal information such as pension multipliers, health plan designs and collective bargaining agreements may log in. Instructions for login have been mailed to each participant and are also easily accessible on the site itself. We hope you will find this resource to be valuable.

Teamsters Local 830 Employee Benefit Funds

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Local 830's Annual Open House Christmas Party



RIGHT TO WORK RALLY HARRISBURG, PENNSYLVANIA



LOCAL 830 WILL CONTINUE TO FIGHT
AGAINST THE SODA TAX!



THE REPORTER, Fall 2017

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LOCAL 830 CELEBRATES 75 YEARS OF EXCELLENCE

