

UA LOCAL No. 7 Plumbers and Steamfitters



Benefit Funds Newsletter

Summer 2018 Volume 13 Issue 2



ARE TRADE WARS ON THE HORIZON?

The Welfare Fund was up 0.7% in the fourth quarter and is up 6.9% for Plan Year 2018. Large cap stocks were up approximately 1.1% through the quarter and finished the year up 16.2% ahead of the S & P 500, which was up 14.4%. Small cap stocks were up 5.9% through the quarter and finished the year up 14.3% trailing the Russell 2000 Value Index which was up 16.4%. International stocks were down approximately -1.3% through the quarter and up 6.4% for the year trailing the MSCI EAFE index which was up 8.0%. Bonds were up approximately 0.6% through the quarter, and up 0.5% for the year ahead of the Barclays 1-3 year Treasury Index, which was down -0.1%. The Meridian ERISA Fund was up 0.8% through the quarter and up 4.4% for the year, the Westwood Income Opportunity Fund was down -0.5% for the quarter and finished up 4.2% for the year, and the PIMCO All Asset All Authority Fund is down -1.0% through the quarter and is up 3.6% for the year.

The Pension Fund was up 0.5% in the fourth quarter and is up 7.3% for Plan Year 2018. Large cap Stocks were up approximately 0.4% through the quarter, and up 15.1% for the year ahead of the S & P 500 which was up 14.4%. Small cap stocks were up 5.9% for the quarter and up 14.3% for the year trailing the Russell 2000 Value Index which was up 16.4%. International Stocks were down approximately -1.8% through the quarter, and are up 7.5% for the year trailing the MSCI EAFE Index which was up 8.0%. Bonds were up approximately 0.7% through the quarter and finished the year up 2.2% ahead of the Barclays 1-3 year Treasury Index, which was down -0.1%. The Meridian ERISA Fund was up 0.8% through the quarter and up 4.4% for the year, and the PIMCO All Asset All Authority Fund is down -1.0% through the quarter and is up 3.6% for the year.

On June 1, 2018 the Plumbers & Steamfitters Local No. 7 Annuity Plan transitioned to T. Rowe Price Trust Retirement Funds. This will result in lower fees for investment in these funds.

Transamerica website: www.trsrretire.com

First time users click "Get Started" and follow the prompts.

Telephone: 888-976-8171

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NEW RETIREES

April 2018

Thomas Griffin
22.581 years

May 2018

Michael Wekszner
5.454 years

June 2018

Michael K. Williams
27.008 years

Timothy Quinn
44.112 years

Steven Myrtle
22.281 years

July 2018

Thomas E. Karmazyn
59.879 years



HURT ON THE JOB?

Accidents at work are never planned. However, despite safety procedures and precautions, accidents happen. Hard-working individuals are often found injured, due to no fault of their own, and unable to get back to work. These people may be left to navigate the complex and adversarial Workers' Compensation system by themselves. Knowing your rights and responsibilities is vital to ensure that you are protected, should you ever get hurt on the job.

Workers' Compensation is a "no fault" benefit. This means that what a person receives is not affected by carelessness or fault, whether that of the employee or the employer. Seeking Workers' Compensation is not the same thing as suing your employer. Benefits under the system may include financial payments and medical care, which are provided by your employer's Workers' Compensation insurance carrier. Both injuries sustained as a result of an accident and conditions that develop over time as a result of your work duties (occupational diseases) may be compensable.

If you are hurt at work, you should seek medical attention immediately, and notify your supervisor and fill out an accident report as soon as possible. Following an accident, go to an emergency room, urgent care center, or make an appointment with a doctor. Advise the doctor how you were hurt at work. The physician should be authorized by the Workers' Compensation Board, unless it is an emergency situation.

You must complete and file an accident report with your employer within thirty (30) days. Ideally, you should notify your employer in writing of the accident and your injuries as soon as you can. It is best to keep a copy of this report for your records (e-mail works great for this). Be aware, however, that filing an accident report is not the same as filing a claim.

Within two (2) years of the accident, you must file a claim on a C-3 Employee Claim Form with the New York State Workers' Compensation Board in order to protect your rights and satisfy the statute of limitations. The Board is the state agency that administers all claims for Workers' Compensation benefits. Filing a claim is not filing a lawsuit against your employer. The sooner your claim is filed, the sooner the Board will be able to process it. In our experience, the faster the appropriate forms are completed, the quicker your benefits will begin.

Finally, if you have an attorney, you should follow his or her instructions, as the Workers' Compensation system has strict rules and timelines that must be followed in order to ensure that you receive the benefits to which you are entitled.

For more information, please contact Gina Spadaro at Martin, Harding & Mazzotti, LLP at (518)-724-2297 or Daniel Dagostino at (518) 724-2299.



FOLLOW THESE TIPS FOR A SAFE AND HEALTHY BBQ

How long can you safely leave food out on the picnic table when it is 78 degrees outside?

How long do you usually sit outside picking at the food spread? Chances are, longer than two hours. But that's how long you have before you need to bring it in and put it in the fridge. After this amount of time, the bacteria in food can multiply rapidly and lead to foodborne illness. When it's a really hot day over 90 degrees, this window shortens to one hour. The FDA tells us to ensure that food stays out of the "danger zone" — between 40°F and 140°F. That means cold food stays below 40°F, and hot food stays warmer than 140°F.

What is considered a safe internal temp for a burger?

Safest internal temp for a grilled burger is 160°F. Use an instant meat thermometer to test your BBQ meats. You can't just look at it or press it [and know it's cooked through]. And if you are at high risk for foodborne illness — think: children, seniors, immune-compromised — stick with at least medium to medium well, since medium rare can be a bigger risk. Check out this list for other meats:

- Whole Chicken or Turkey: 165°F
- Chicken or Turkey Breasts (boneless): 165°F
- Ground Chicken or Turkey: 165°F
- Beef, Roasts or Steaks: Medium-Rare 145°F; Medium 160°F; Well Done 165°F
- Pork Chops, Tenderloins, or Roasts: 145°F
- Fish: 145°F
- Hot Dogs: 165°F

HAPPY GRILLING!!!

Summer of Savings

Summer is upon us! This year CDPHP members have even more reason to get out and make memories with family and friends.

CDPHP has partnered with Capital Region businesses and attractions this summer to offer exclusive deals for CDPHP members. These savings include discount tickets to The Great Escape, Tri-City ValleyCats, Palace Theater and so much more.

Check out the offers that are available to all CDPHP members at www.cdphp.com.

CDPHP Cycle is Back!

CDPHP Cycle is the Capital District's first Bike-share program with over 350 bikes and 80 stations across Albany, Saratoga, Schenectady and Troy. Check it out on the CDPHP website.



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