



RETIRING?

If you belong to 115's Pension Plan, you must complete your pension application at least 90 days before your official retirement date. When you apply, please bring important personal papers with you, such as your birth certificate, Social Security

card, marriage certificate, divorce decree or spouse's death certificate (if applicable). To apply, visit Local 115's office from Monday to Friday, 9 a.m. to 5 p.m.; for more information, call 215-335-0100, ext. 107.

CHANGE OF ADDRESS

If your home address or telephone number has changed, please contact us at 215-335-0100, ext. 112 as soon as possible. Correct addresses help us to keep mailing costs down and ensures that you and your family will continue to receive the *115 News* and any other union-related correspondence. *Thank you!*

NEED A WITHDRAWAL CARD?

If your employment status should change, it's your responsibility to notify the union as soon as possible because your membership could be affected. If you will be off the job for a long time, you may need to obtain a withdrawal card from Local 115 so you won't have to pay extra dues. The cost is 50 cents; all back dues and initiation fees must be paid in full. If you're laid off, take a leave of absence for any reason, or leave your job, call 215-335-0100, ext. 112.

FUNDS DIRECTORY:

Pension Fund Questions: 215-335-0331, Ext. 107

Health & Welfare Questions, Eligibility:
215-335-0331, A to Z Ext. 105

Health & Welfare Claim Status, A to Z:
215-335-0331, Ext. 108

Dental/Vision Questions, Eligibility & Claim Status: 215-335-0331, Ext. 109

Legal Questions: 215-335-2626, Ext. 107

Scholarship Questions/Applications:
215-335-0331, Ext. 108

All Funds — Shane Reilly:
215-335-0331, Ext. 114

Change of Job Status, Change of Address, Dues Questions: 215-335-0100, Ext. 112

Credit Union:
215-335-0100, Ext. 106



Seven Secrets to a Longer Life? — So says the American Heart Association (AHA), which reports that “most 50-year-olds can live another 40 years free of stroke and heart disease” if they follow these simple guidelines:

- 1) Don't smoke — or stop smoking immediately.
- 2) Stay slim, with a body mass index under 25.
- 3) Get at least 2 1/2 hours of exercise weekly.
- 4) Eat a veggie, fiber & fish-rich diet, cut down on sugary drinks (like soda) to 36 oz. a week, & cut your salt intake to less than 1500 mg daily.
- 5) Keep your total; cholesterol to less than 200.
- 6) Keep your blood pressure below 120/80.
- 7) Finally, keep your fasting blood sugar level to less than 100.

The AHA has a free quiz on their website that allows you to calculate how close your own lifestyle is to the ideal; visit the “My Life Check” on www.heart.org for more info. Considering that February is “Women's Heart Health Month,” these are secrets we need to share!

SCHOLARSHIP FUND

Making Good Progress — So reports 2009 Local 115 Scholarship recipient **Nicole Pelaschier**, now entering her second semester as a freshman at a local university. As Nicole writes, “I would like to thank you again for the scholarship and let you know how my first semester went...I will keep you up to date each semester on how I am doing.” Keep up the good work, Nicole — bet your dad, William **Pelaschier** (*Republic Services of NJ*) is as proud of you as we are! And — a shout out to all Local 115 Scholarship recipients — drop us a line & let us know how you're doing!

REMINDER — It's not too late to apply for the 2010 Local 115 Scholarship, but you must act NOW — the deadline for all completed applications is March 31, 2010. For more information and to request an application form, call 215-335-0100, ext. 108.

Applications for the 2010-2011 James R. Hoffa Memorial Scholarships are also available. NOTE: the deadline for the Hoffa scholarships is March 31, 2010. For more information, or to request an application, either contact Local 115's office @215-335-0100, ext. 108, or check out the IBT's webpage: www.teamster.org and download a copy of the application and brochure. Or, you can contact the Hoffa Scholarship Fund directly at (202) 624-8735, email scholarship@teamster.org.