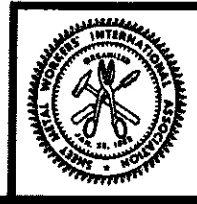


Sheet Metal Workers

Local Union #83 Newsletter



July 2015

Enclosed is the info on this year's Steak Roast. Please consider participating in this year's event.

If you haven't heard there is good news. The Insurance Fund Trustees met and decided to contribute \$4.00 per hour for every hour over 1400 that was worked in 2014. That money will be available effective 8/1/2015. You can go onto the LU 83 website at www.smwlocal83.org to obtain the information you will need to file a claim with R&K.

The annuity committee met and have decided that they will be accepting loan applications effective 9/1/2015. We are still working out the wording of the new application but hope to have it available by 8/15/2015.

Welding:

The journeyperson welding certification brush up class is now complete. We have scheduled the next certification test to be held on July 24th, 25th and if necessary July 26, 2015. In order to be sure we have the required material we need to know ahead of time the process you want to be tested in and make up a schedule for what person will come at what time that day. Note: July 24, 2015 is mandatory required attendance for orientation.

Please e-mail or call Katie (kcsmlu83@nycap.rr.com) with the process, what material you want to be tested on so we can provide the CWI the information he needs to make this testing be done timely and efficiently.

Please note that Larry Hebbard's cell phone number (518) 466-1680 has now been turned over to your new Business Agent Rusty Monahan.

Lately the union has had a lot of returned mail due to incorrect addresses which is a costly expense, so we are asking that you complete and return the enclosed contact information card so we can update our records.

The following members recently passed away: Kenneth Tompkins Sr., Eric Pellerin, Dwight Doepel and Mark McArdle. Our thoughts, condolences and prayers go out to their families.

With all the deaths local 83 has had in the last year or so we want to remind the membership that they should make any adjustments to their beneficiary cards if their family situation has changed. We find there are still members that filled out these forms back when they first came in the trade or got married and divorced and then remarried but never updated whom they wanted to receive their benefits upon their death. Without the updated form they legally must go to who is listed and then they wouldn't go to whom the member may have wanted to get them.



SAVE THE DATE!

Saturday September 26, 2015

Sheet Metal Workers' Local 83

16th Annual Golf Outing

"FAIRWAY OF HALFMOON"

Additional information will be mailed soon and available on our website at: www.smwlocal83.org



July 9, 2015

Dear Brothers, Sisters, Colleagues & Friends:

**Please plan on attending our Annual Steak Roast
on Saturday, September 19, 2015!**



Hamburgers, hot dogs, sausage & sauerkraut, pulled pork sandwiches, clam chowder, potato salad & chicken wings will be served all afternoon until 3:30 pm. Soda, diet soda, lemonade, iced tea and beer are served all day until closing. Raw clams are also served from 2 until 4pm and, of course, a complete STEAK or CHICKEN Dinner (including steamed clams) will be served at 4:45pm.

At the last steak roast, we had two long picnic tables heaped with door prizes! Some of these prizes have included: gift certificates to retailers such as Dick's Sporting Goods, Dunkin Donuts, Regal Cinemas, and The Home Depot, camping equipment, tools, etc.

Activities will include: Wing-O, card games, bocce ball, horse shoes, a nickel toss and a Silent Auction! Some of these games award fantastic prizes to the first, second and third place winners! Some of you know all about the exciting times we've had in the past. For the rest of you, won't you please come and be part of the fun this year?

The price of the tickets is only \$40.00 each (same as three years ago). As usual, the Fund is picking up the balance of the actual ticket price so the cost to you remains lower. Please make your check payable to:

LU #83 Entertainment Fund and mail to 718 Third Street, Albany, NY 12206.

Note: At the July regular meeting if the body approves a motion we will reimburse any active or retired Local 83 member that buys a ticket & attends the event

Children over the age of 13 are permitted to attend; children's tickets are the same price as adults.

There are only 300 tickets available. These tickets will be available on a first come, first served basis. Ticket sales will end on Friday, September 11, 2015. **ABSOLUTELY NO TICKETS WILL BE SOLD AT THE DOOR.**

This year, we are also in need of additional volunteers to run raffles and games. Please note that those who volunteer will be able to choose a door prize from whatever is on the table when their number is called.

S.M.W.L.U. #83 Entertainment Committee

See you on September 19, 2015! Lantier's Grove opens at 12:30p.m. and closes around 8pm. The entrance to the Grove is across from the Century House



there's in BlueShield



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Stay Connected



Social isolation is linked to poorer health and increased risk of heart and Alzheimer's diseases. Research shows that a strong social network can help improve health outcomes and increases longevity. Those with social support are more likely to seek treatment, manage stress better, and have a stronger sense of self-worth.

Technology can both hinder and support social wellness. In some ways, we are less engaged as modern conveniences limit interactions, but social media also helps us remain connected to family and friends from afar. Quality time with others is important.

Try the following:

- Volunteer in your community
- Join a gym
- Take a class
- Evaluate your work-life balance
- Foster relationships with family and friends
- Join a local group that shares a similar interest or hobby
- Reconnect with old friends and make a point to stay in touch



Targeting Ticks

The summer months are perfect for outdoor fun, but they also expose us to ticks and other insects. You can enjoy all that nature offers by understanding the risks, taking precautions, and knowing how to properly handle a tick.

- Clear your yard of fallen leaves. Trim grass and shrubs.
- Treat clothes and shoes with repellent. Wear long sleeves and pants when possible.
- When you come back inside, check your clothing, shoes, and hat for ticks. Place clothes in the dryer on high heat for an hour to kill any ticks you may have missed.
- Take a shower. Check your body for ticks, especially under arms, in and around the

ears, scalp, navel, groin, around your waist, and behind your knees.

- Check your children and pets, too.



health tip

If you find an attached tick, remove it with tweezers as close to the skin as possible. Clean the area with alcohol or soap and water. Dispose of a live tick by placing it in a container, wrapping it tightly in tape or flushing it down the toilet. Watch for a rash (shape of a bull's-eye) or fever in the days following the bite. Contact your doctor right away if you develop these symptoms.

Name: _____

Address: _____

Phone: _____ Cell: _____

Email address: _____