Good Choices, Good Health  by April Terreri

As health insurance premiums continue skyrocketing, NH companies are attempting to decelerate the increases by encouraging employees to participate in health and wellness programs. They’re being coached throughout the state by insurance companies and other agencies that promote healthy lifestyles.

Individuals have to bear a greater portion of the stakes by becoming more accountable for their own health, say health care experts and employers. “Working with people through lifestyle and behavior modification programs early on can yield a long-term return on investment, while helping to prevent disease,” says Linda L. Isabelle, Health Promotion Manager for HealthTrust of Concord. “About 70 percent of illnesses due to unhealthy lifestyle behaviors are preventable through careful personal choices,” Isabelle adds. Some of these preventable lifestyle behaviors troubling NH employees include obesity, cardiovascular problems, alcoholism and smoking. These conditions, in turn, can lead to other health risks like depression, cancer, heart disease, diabetes and stress.

Being Accountable
Industry veterans agree that it is imperative for every individual to make good choices that will affect their own health. “The top health issues facing NH adults are preventable causes of premature death and they cause excessive and unnecessary utilization of the health care system, as well as unnecessary absenteeism.” says Dr. William Kassler, NH State Medical Director at the Department of Health and Human Services.

(continued)
Plumbing Seminar:  
November 10\textsuperscript{th}: Seminar starts promptly at 6:30 pm.  
International Plumbing Code books are available for $48 each.

Apprentice and Pipe Tradesman:  
Training for the 2003 - 2004  
Academic year began on September 2\textsuperscript{nd} & 8\textsuperscript{th}, and will continue through May 2004.

Reminder: All Apprentices must possess a current State of NH Apprentice Plumbing License!!!

Journeyman Training:  
AutoCad for beginners:  
Monday’s, 6pm to 9pm  

Scheduling for: OSHA, UA Valve Repair and UA Weld Certification classes is underway. Once finalized, notification will be provided in the newsletter.

Banquet Update:  
Since the banquet has been cancelled all graduates and award recipients from the 2002 - 2003 academic year will be formally recognized at the December 10\textsuperscript{th} quarterly Union meeting.

Newsworthy

I would like to thank everyone for the response to my “Brian Wheeler” article.  
He has sold his equipment, and also conveys his “Thanks” to his brothers and sisters.

Current Targets

I continue meeting with a residential contractor from Londonderry in an effort to set up a comprehensive residential contract and hopefully capture some of this work.

Charges are being filed against Cianbro with the NH Dept. of Labor through one of our members working as a salt.

Preliminary contact has been made with an HVAC service contractor on the seacoast about being a Union contractor.

Politics

I would like to Thank everyone that called, wrote and e-mailed their congressmen.  
The U.S. Republican led Senate approved the Democratic amendment to block federal work rule changes on overtime.  
N.H. Senators Gregg and Sununu voted wrong on this issue. President Bush can still veto this legislation, so the fight will continue. There are post cards addressed directly to the President available in the union hall lobby, OR write your own letter. He’s your president and you have the right to tell him what you think. I’ll keep you posted.

Thank You for your support…. Tim
Too many mailings (newsletters and post cards) are coming back to the office undeliverable!!
Many are marked by the post office 
“MOVED – LEFT NO ADDRESS”

Since I now can’t reach these members directly, I need your help in obtaining their new addresses.
If you know of any way I can reach the following members please contact the office.
John McKay  Michael R. Bolduc  William Blanchard  Alfred Dupre
Roland H. Halle  Silvio Morin  Thomas Thibault  Jeremy Morrison
William Blanchard  Lee Kolifrath  Michael Jarrard  Leo Plourde

Of course, if YOU have recently moved, send me YOUR new information.
And don’t forget the new phone number !!

"A truly American sentiment recognizes the dignity of labor and the fact that honor lies in honest toil.”  Grover Cleveland

Union Meeting – October 8, 2003

Notices:
It is with great regret that we must announce the Apprenticeship Graduation and Service Pin Awards Banquet HAS BEEN CANCELLED.
With the national economy in turmoil and health insurance costs skyrocketing across the country, it is felt that it is NOT in the best interest of the members of this union to expend funds in this manner at this time.

At the last Union Meeting, discussions were held with Insurance Programmers and the Segal Company pertaining to the emergency situation with the Health & Welfare Fund. As a result, a vote was taken by the attending membership to transfer monies into the Fund to keep it solvent.
The changes are effective October 1, 2003:

Base wages for all Journeymen and Tradesmen reduced by $0.90 per hour and contributions to the H & W Fund increased by $0.90 per hour.
(apprentices are unaffected)

He urges teaching children and adolescents to make good choices in their lifestyle behaviors. “It’s a lot harder to deal with changes in lifestyle issues; teaching kids means these issues are more easily preventable,” Kassler says.
Kassler says there are many things you can do to improve your health. It’s as simple as not taking the elevator and climbing the stairs instead.

The outage at Newington looks to be primarily Boilermakers with a small crew of 4-6 pipefitters for 30 days beginning October 6. AES in Londonderry has cancelled the outage at this time as a result of being offline due to the price of natural gas.