



UPDATE

NEWS FROM ROAD CARRIERS LOCAL 707 WELFARE & PENSION FUND • JUNE 2006

**INSIDE THIS
ISSUE**

Please note that there is important information about your rights under the Plan in this issue. Please read and retain for future use.

Union Trustee Gets On CEBS Fast Track1

“Insights” Article2

*Privacy Notice
Reminder3*

*Reporting Changes In
Enrollment3*

*Post Mastectomy Recon-
structive Surgery3*

Prescription Drugs 3

*Welfare Fund Summary
Annual Report4*

*Pension Fund Summary
Annual Report5*

*How Your Welfare Dollar
Was Spent6*

*How Your Pension Dollars
Are Invested6*

*Welfare Plan Summary
of Material Modifications
(SMM)7*

*Staying Healthy In The
Summer Heat7*

Letter from you8

Union Trustee Gets on CEBS Fast Track

The title above was the title of an article published in the April 2006 issue of Benefits and Compensation Digest. The person profiled in the article was none other than Union Fund Trustee and co-chair of the Road Carriers Local 707 Welfare and Pension Funds Kevin McCaffrey. After 18 months of intensive study, Kevin successfully completed the last of eight university-based exams and was awarded his Certified Employee Benefit Specialist (CEBS) designation in December 2005.

The CEBS designation is the oldest and most respected credential in the employee benefits field. The CEBS program was established through a partnership between the International Foundation of Employee Benefit Plans (IFEBP) and the Wharton School of the University of Pennsylvania in 1977. The IFEBP is the largest educational organization in the employee benefits field and is responsible for the overall administration of the CEBS program. The Wharton School is one of the preeminent business schools in the U.S. and oversees the academic content and standards. No other employee benefits program provides the opportunity to gain knowledge and insight through such a broad university-based curriculum.

Mr. McCaffrey dedicated much of his free time for a period of eighteen months by devoting a minimum of one hour most nights to study, review and prepare for the eight exams included in the CEBS curriculum. He also earned the Group Benefit Associate (GBA) and Retirement Plan Associate (RPA) designations while pursuing his CEBS designation. Those designations were earned after successfully completing six (three each) of the courses included in the CEBS curriculum.

The following are a few quotes excerpted from the Benefits and Compensation Digest article. When asked what motivated his studies, Kevin replied

“Two words: Fiduciary responsibility.”

“In our local, we had gone through a lot of changes and faced rising costs and other challenges. One of the biggest challenges is providing my 3,000 members with the best health and pension benefits with the available resources. The last few years with medical costs rising faster than inflation, and pension funds hit by historic losses in the stock market, these challenges became even greater. Although we rely on the advice of plan professionals, ultimately these important decisions are made by the trustees.”

“I wanted to make sure the decisions I was making were the right ones. With my CEBS completed, I felt I had done everything I could do. I can make informed decisions now. I’m on the same level playing field as the management trustees, who are well prepared.”

Since earning his (CEBS) designation, Kevin has received his fair share of credit. In addition to being profiled in Benefits and Compensation Digest, he has been recognized for his achievement in other IFEBP and New York Metropolitan Area Chapter of the International Society of Certified Employee Benefit Specialists (ISCEBS) publications. Mr. McCaffrey’s accomplishments were recognized recently when he was asked to participate in the IBT’s Benefits Educational Conference as a panel speaker. He was also featured in an article he wrote for “Insights”, a publication of the Association of Benefit Administrators (ABA). This article can be seen in its entirety on the next page.

There are only 10,100 individuals who have earned this designation in the United States and Canada. Of them, only 122 are Trustees to Funds like the Road Carriers Funds. Mr. McCaffrey's designation now brings the number of CEBS affiliated with the Road Carriers Local 707 Welfare and Pension Funds to two. Fund Manager Dave Stewart earned his CEBS designation in 1997 and maintains a fellowship in ISCEBS.

I N S I G H T S

PAGE 14 WINTER 2005-2006



**ENHANCING
YOUR CAREER
WITH CEBS**

*By Kevin McCaffrey,
President
Teamsters Local 707*

As the President and Principal Officer of a Local Union, I am faced with many challenges on a daily basis. One of the biggest challenges is providing my members with the best health and pension benefits with the resources available. As a Union trustee on Teamster Local 707's Welfare and Pension funds I make important decisions which affect the lives of all my members. The last few years with medical costs rising faster than inflation, and pension funds hit by historic loses in the stock market, these challenges became even greater. Although we rely on the advice of plan professionals, ultimately these important decisions are made by the trustees. I have always found the best decisions are informed ones.

Over my eleven years as a Trustee on the Road Carriers Local 707 Welfare & Pension Funds, I attended many educational conferences. Most of them were sponsored by the International Foundation of Employee Benefit Funds. Beyond the excellent seminars by the IF there were many other additional advanced educational opportunities such as the Trustees Master Program and the Certificate Series. But the one standard seen as the most comprehensive and most highly respected is the Certified Employee Benefit Specialist designation. Many of the speakers at the IF conferences who seem to be the best informed are CEBS graduates. It made an impression on me.

When our Funds, like many other Funds were facing difficult obstacles, I wanted to make sure I was as informed and educated as possible to insure I was making the best decisions for my membership. I realized eighteen months ago the

best way to further my education was through the CEBS program. I decided to try at least one course and take it from there. The next question was how my CEBS training could fit in with my already busy schedule.

The IF offers several options for learning. The first is courses taught at local colleges, followed by online courses or self study. Needing the flexibility with my schedule I chose to try self study. The IF offers a comprehensive study guide with practice exams which helped me through the process of in depth study after a long time away from school. It proved to be the right choice for me. By studying one to two hours a night, I finished my first course. I eventually completed all eight courses in eighteen months, successfully passing all the exams on the first try.

In the end, my CEBS studies program was a very good experience in terms of the education I received and the sense of accomplishment that goes along with it. I feel I have one of the best well rounded educations in employee benefits. Now, whenever a plan professional, consultant or anyone speaks to me about any aspect of employee benefits I understand it completely or at least having a working knowledge of the topic. With my CEBS training as a foundation for learning, and staying current with the changes in the employee benefit field, I'm confident the choices I make as a Union Trustee are the best ones I can make for my membership.

**Road Carriers Local 707
BOARD OF TRUSTEES**

Union Trustees

Kevin McCaffrey, C.E.B.S.
Vincent Cangelosi

Fund Manager

David B. Stewart, C.E.B.S.
Phone (516) 486-7100 – 1-800-366-3707

Employer Trustees

Peter Hassler
Tom J. Ventura

Road Carriers Local 707 Welfare and Pension Plans
14 Front Street, Ste. 301 – Hempstead, New York 11550

Website
www.roadcarriers707.com

Helpful Hints

Your attention to these matters can help to maximize the benefits available to you!

PRIVACY NOTICE REMINDER

As you may remember, on or about April 14, 2003, the Road Carriers Local 707 Welfare Fund (“Fund”) sent its HIPAA Notice of Privacy Practices (“Notice”) to you. That Notice is still applicable and available for your review, and review by your dependents. You and your dependents can obtain copies as follows:

1. The Notice is available on the Fund’s website at www.roadcarriers707.com.
2. If you would like a hard copy of this Notice sent to you, please submit a written request to:

HIPAA Contact Person
Road Carriers Local 707 Welfare Fund
14 Front Street, Ste. 301
Hempstead, NY 11550
516.486.7100

REPORTING CHANGES IN ENROLLMENT INFORMATION

It is your responsibility to update your enrollment information. If there is a change in your family, such as a new child, a new marriage or a divorce, **you must notify the Fund immediately**. This information will allow us to change your eligibility profile to include or exclude dependents. Failure to do so can result in inaccurate eligibility information and may result in improper claim payment in the case of a divorce.

POST MASTECTOMY RECONSTRUCTIVE SURGERY

You should be aware that the Road Carriers Local 707 Welfare Fund covers Post-Mastectomy Reconstructive Surgery. The following is a brief description of this coverage update:

- Subject to the usual deductible and co-insurance, for any participant or dependent undergoing a mastectomy and who elects reconstructive surgery, the Fund covers reconstruction of the breast on which the mastectomy was performed.
- As part of this, the Fund also covers reconstruction of the breast on which the mastectomy was not performed in order to produce a symmetrical appearance.
- In addition, the Fund covers the cost of any prostheses and treatment of physical complications at all stages of the mastectomy including lymphedemas.
- To be covered, reconstructive surgery must be conducted in a manner determined in consultation with the attending physician and patient. The coverage for reconstructive surgery will be subject to the usual deductible and co-insurance consistent with the terms of the Fund’s summary plan description.

PRESCRIPTION DRUGS

Ask your doctor to prescribe generic drugs whenever appropriate. Generic drugs have a lesser co-pay than brand name drugs and therefore save you money. Also, be sure to wait until 75% of your prescription has been used before submitting for refills of mail order drugs. Requests for refills will be returned to you if submitted prematurely.

SUMMARY ANNUAL REPORT FOR ROAD CARRIERS LOCAL 707 WELFARE FUND

This is a summary of the annual report of the ROAD CARRIERS LOCAL 707 WELFARE FUND, EIN 11-2159859, Plan No. 501, for the period September 1, 2004 through August 31, 2005. The annual report has been filed with the Employee Benefits Security Administration, U.S. Department of Labor, as required under the Employee Retirement Income Security Act of 1974 (ERISA).

Insurance Information

The plan has contracts with AMALGAMATED LIFE INSURANCE COMPANY, HARTFORD LIFE INSURANCE COMPANY and METROPOLITAN LIFE INSURANCE COMPANY to pay life insurance, temporary disability, long-term disability and death and dismemberment claims incurred under the terms of the plan. The total premiums paid for the plan year ended August 31, 2005 were \$702,811.

Basic Financial Statement

The value of plan assets, after subtracting liabilities of the plan, was \$16,688,160 as of August 31, 2005, compared to \$16,449,866 as of September 1, 2004. During the plan year, the plan experienced an increase in its net assets of \$238,294. This increase includes unrealized appreciation and depreciation in the value of plan assets; that is, the difference between the value of the plan's assets at the end of the year and the value of the assets at the beginning of the year or the cost of assets acquired during the year. During the plan year, the plan had total income of \$22,251,695, including employer contributions of \$19,561,856, employee contributions of \$1,623,229, other income of \$16,812, realized gains of \$102,690 from the sale of assets, and earnings from investments of \$947,108.

Plan expenses were \$22,013,401. These expenses included \$1,872,946 in administrative expenses and \$20,140,455 in benefits paid to participants and beneficiaries.

Your Rights to Additional Information

You have the right to receive a copy of the full annual report, or any part thereof, on request. The items listed below are included in that report:

1. An accountant's report;
2. Financial information and information on payments to service providers;
3. Assets held for investment;
4. Transactions in excess of 5% of the plan assets; and
5. Insurance information, including sales commissions paid by insurance carriers.

To obtain a copy of the full annual report, or any part thereof, write BOARD OF TRUSTEES ROAD CARRIERS LOCAL 707 WELFARE FUND, 14 FRONT STREET, HEMPSTEAD, NY 11550, (516) 486-7100. The charge to cover copying costs will be \$11.75 for the full annual report, or 25 cents per page for any part thereof.

You also have the right to receive from the plan administrator, on request and at no charge, a statement of the assets and liabilities of the plan and accompanying notes, or a statement of income and expenses of the plan and accompanying notes, or both. If you request a copy of the full annual report from the plan administrator, these two statements and accompanying notes will be included as part of that report. The charge to cover copying costs given above does not include a charge for the copying of these portions of the report because these portions are furnished without charge.

You also have the legally protected right to examine the annual report at the main office of the plan (BOARD OF TRUSTEES ROAD CARRIERS LOCAL 707 WELFARE FUND, 14 FRONT STREET, HEMPSTEAD, NY 11550) and at the U.S. Department of Labor in Washington, D.C., or to obtain a copy from the U.S. Department of Labor upon payment of copying costs. Requests to the Department should be addressed to: Public Disclosure Room, Room N1513, Employee Benefits Security Administration, U.S. Department of Labor, 200 Constitution Avenue, N.W., Washington, D.C. 20210.

SUMMARY ANNUAL REPORT FOR ROAD CARRIERS LOCAL 707 PENSION FUND

This is a summary of the annual report for the ROAD CARRIERS LOCAL 707 PENSION FUND, EIN 51-6106510, Plan No. 001, for the period September 1, 2004 through August 31, 2005. The annual report has been filed with the Employee Benefits Security Administration, U.S. Department of Labor, as required under the Employee Retirement Income Security Act of 1974 (ERISA).

Basic Financial Statement

Benefits under the plan are provided through a trust fund. Plan expenses were \$41,729,138. These expenses included \$3,340,173 in administrative expenses and \$38,388,965 in benefits paid to participants and beneficiaries. A total of 5,348 persons were participants in or beneficiaries of the plan at the end of the plan year, although not all of these persons had yet earned the right to receive benefits.

The value of plan assets, after subtracting liabilities of the plan, was \$331,195,457 as of August 31, 2005, compared to \$323,730,056 as of September 1, 2004. During the plan year the plan experienced an increase in its net assets of \$7,465,401. This increase includes unrealized appreciation and depreciation in the value of plan assets; that is, the difference between the value of the plan's assets at the end of the year and the value of the assets at the beginning of the year or the cost of assets acquired during the year. The plan had total income of \$49,194,539 including employer contributions of \$14,938,594, realized gains of \$7,592,833 from the sale of assets, other earnings from investments of \$26,440,006, and other income of \$223,106.

Minimum Funding Standards

An actuary's statement shows that enough money was contributed to the plan to keep it funded in accordance with the minimum funding standards of ERISA and, as of September 1, 2004, the current value of plan assets covers 49% of the current liability under the plan. This ratio is calculated using government mandated assumptions. Based on long term plan actuarial assumptions, the ratio was 62% as of September 1, 2004.

Your Rights To Additional Information

You have the right to receive a copy of the full annual report, or any part thereof, on request. The items listed below are included in that report:

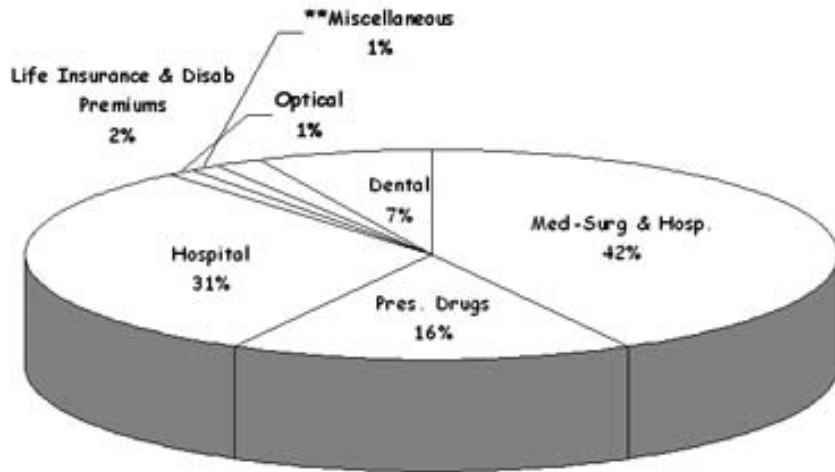
1. Assets held for investment;
2. Transactions in excess of 5% of the plan assets;
3. Financial information and information on payments to service providers;
4. Actuarial information regarding the funding of the plan; and
5. Information regarding any common or collective trusts, pooled separate accounts, master trusts or 103-12 investment entities in which the plan participates.

To obtain a copy of the full annual report, or any part thereof, write or call BOARD OF TRUSTEES ROAD CARRIERS LOCAL 707 PENSION FUND, 14 FRONT STREET, HEMPSTEAD, NY 11550, (516) 486-7100. The charge to cover copying costs will be \$17.50 for the full annual report, or 25 cents per page for any part thereof.

You also have the right to receive from the plan administrator, on request and at no charge, a statement of the assets and liabilities of the plan and accompanying notes, or a statement of income and expenses of the plan and accompanying notes, or both. If you request a copy of the full annual report from the plan administrator, these two statements and accompanying notes will be included as part of that report. The charge to cover copying costs given above does not include a charge for the copying of these portions of the report because these portions are furnished without charge.

You also have the legally protected right to examine the annual report at the main office of the plan (BOARD OF TRUSTEES ROAD CARRIERS LOCAL 707 PENSION FUND, 14 FRONT STREET, HEMPSTEAD, NY 11550) and at the U.S. Department of Labor in Washington, D.C., or to obtain a copy from the U.S. Department of Labor upon payment of copying costs. Requests to the Department should be addressed to: Public Disclosure Room, Room N1513, Employee Benefits Security Administration, U.S. Department of Labor, 200 Constitution Avenue, N.W., Washington, D.C. 20210

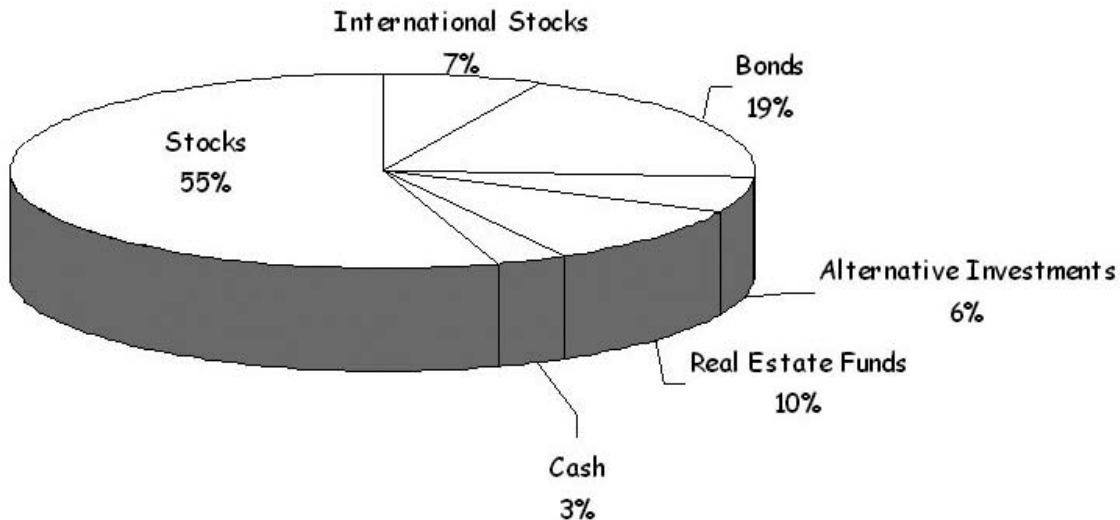
HOW YOUR WELFARE DOLLAR WAS SPENT



Med/Surgical	\$8,348,694.00
Hospital	\$6,134,272.00
Pres. Drugs	\$3,094,314.00
Dental	\$1,361,088.00
Life Insurance & Disab. Prem	\$ 405,292.00
Optical	\$ 241,990.00
Medical Consultants	\$ 98,885.00
Mental Health Program	\$ 34,185.00
HMO Premiums	\$ 31,949.00
Total	\$19,750,669.00

** Miscellaneous includes Medical Consultants, Mental Health Program & HMO Premiums

HOW YOUR PENSION DOLLARS ARE INVESTED



The assets of the Pension Fund have been further diversified in order to distribute the risk of loss and maximize the potential for gains. Assets have been allocated to the following asset classes: International Stocks, Alternative Investments (High Yield Bonds, Convertible Bonds), Real Estate Funds (Comingled & REITs).

The change in asset allocation strengthens the long-term investment strategy of the Fund. The strategy of the Fund continues to be that of an institutional investor, mindful of the today's economy and market conditions.

SUMMARY OF MATERIAL MODIFICATIONS ROAD CARRIERS LOCAL 707 WELFARE PLAN

This Summary of Material Modification provides you with information regarding changes to the Road Carriers Local 707 Welfare Plan (the “Plan”). Pursuant to the amendment provisions outlined in the Summary Plan Description, the Board of Trustees amended the Summary Plan Descriptions for Plan A, Plan B, Plan C, Plan G, and Plan RA, effective September 1, 2005, to enhance the Plan’s coverage of anesthesia expenses as follows:

1. The paragraph entitled “Anesthesia Expenses” under the “Basic Medical Expenses” section of the Plan A Summary Plan Description, the Plan B Summary Plan Description, the Plan C Summary Plan Description, and the Plan RA Summary Plan Description shall be replaced with the following:

ANESTHESIA EXPENSES – In-network anesthesia claims are paid at 100% of the PPO fee (no copay is required). Out-of-network anesthesia claims are paid at 100% of the UCR charges for covered anesthesia services that do not exceed \$2,000 and 70% of UCR charges for covered anesthesia services that exceed \$2,000, subject to the deductible. Participants should be aware that the selection of an anesthesiologist generally is at the discretion of the medical facility providing the service and that most anesthesiologists do not choose to participate in the PPO network. Therefore, it is likely that a Participant’s anesthesia expenses will be classified as an out-of-network claim.

2. The paragraph entitled “Anesthesia Expenses” under the “Basic Medical Expenses” section of the Plan G Summary Plan Description shall be replaced with the following:

ANESTHESIA EXPENSES – In-network anesthesia claims are paid at 100% of the PPO Fee (no copay is required). Out-of-network anesthesia claims are paid at 100% of the PPO Fee for covered anesthesia services that do not exceed \$2,000 and 70% of the PPO Fee for covered anesthesia services that exceed \$2,000, subject to the deductible. Participants should be aware that the selection of an anesthesiologist generally is at the discretion of the medical facility providing the service and that most anesthesiologists do not choose to participate in the PPO network. Therefore, it is likely that a Participant’s anesthesia expenses will be classified as an out-of-network claim.

Please keep this with your Summary Plan Description for handy reference and safekeeping. If you do not have a Summary Plan Description, you may request a copy from the Fund Office.

STAYING HEALTHY IN THE SUMMER HEAT!

People die every year in the US of heat-related illnesses, according to the Center for Disease Control. Most of these deaths could be prevented if we understood the health effects of heat-related illnesses. Heatstroke, also known as sunstroke, occurs when the body’s thermostat cannot keep your body cool. Symptoms of heatstroke are:



Sudden dizziness, weakness or faintness

Sudden headache

Little or no sweating

Rapid, weak pulse

Rapid, shallow breathing

Hot, red and dry skin

High body temperature, typically 102F or higher

Vomiting of muscle cramps

Tips to prevent heatstroke:

- ◇ Stay hydrated by drinking at least eight 8 oz. glasses of water per day even if you are not thirsty
- ◇ Limit exposure to heat by finding a shady or air conditioned area.
- ◇ Eat lightly by choosing foods with high water content such as fruits, salads and soups.
- ◇ Dress in lightweight, loose-fitting and light-colored clothing.

Know if you are at increased risk: Young children, the elderly, obese people who smoke or who use drugs or alcohol are at greater risk for sunstroke. Some medical conditions are also risk factors, such as heart disease, high blood pressure, diseases of the skin, kidney or liver. If you are at increased risk, take extra precautions during the summer and STAY SAFE!

Letters from you ...

*Many thanks for the 13th check. It always comes in handy. Again, thanks to all.
Ernie Taska*

*Thanks so much for the 13th check. I truly appreciate it ... especially at this time of the year.
Carmella Hollenback*

Dear Mr. Stewart:

I am writing to you on behalf of Local 707 employee - Maria Arroyo. She takes the time to answer my questions in such a caring manner and will go over anything I don't quite understand a second and sometimes third time. What a gem Local 707 has in this employee.

Carole Perry

To everyone at Union 707 Road Carriers,

I can't thank you enough for the extra check I received in December. We hope you all had a great holiday. May we all have a great New Year!

Harry & Mary Wasnak

P.S. On January 6th we celebrated our 59th Wedding Anniversary and we are hanging in there.

Dear Dave, Nancy, Val & Jayne,

Thanks so much for all your help in regards to our health insurance problems.

Bob & Anna Pierdiluca

**Road Carriers Local 707
Welfare & Pension Funds
14 Front Street, Ste. 301
Hempstead, NY 11550-3602**

©  243C

**PRESORTED
FIRST CLASS
U.S. POSTAGE
PAID
PERMIT #255
HICKSVILLE, NY**