



Trade Talk ★ USA

OFFICIAL NEWSLETTER OF UNION SERVICES ACCESS ~ SPRING 2013

PRIMARY ELECTIONS ON MAY 21st

Support Union Endorsed Candidates

Remember, the Primary Elections will be held on **Tuesday, May 21st, 2013**. Please vote and support your union's list of endorsed candidates!



IN THIS ISSUE:

- Vote Union May 21st
- Welcome New USA Unions
- USA Legal Plan
- Supporting the Community
- Summertime Safety
- Retiree Benefits
- Injured Worker Advocacy Program
- Family Section

Why Does Labor Endorse Candidates and What Does it Mean for Union Members?

- Unions must have unified labor support to elect candidates who will work to secure effective labor legislation and other beneficial social programs for you and your families.
- Senators and congressional representatives can pass laws and confirm cabinet appointments of people who can directly affect your job and everyday life. The power of appointed officials concerning your livelihood is much greater than you might realize.
- Local and state elected officials can appoint commissions on zoning, planning and building, all of which directly affect the amount of construction work available - as well as many other aspects of your neighborhood and community.
- Workers' compensation benefits and unemployment benefits are set by the various elected state legislatures and/or appointed commissions.

Contact your union to find out who's on their list of endorsed candidates or visit the Legislative/Political Advocacy page on USA's website, www.unionsa.org.



WELCOMING USA'S NEWEST MEMBER UNIONS

We are honored to welcome the brothers and sisters of the following unions to the USA family:



IATSE Local 8

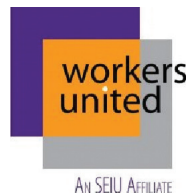


PGW Local 686



CWA Local 13000

We remain grateful for the support of all of our member unions.



Union Services Access

30 S. 17th St., 17th Floor
Philadelphia, PA 19103



2981 Grant Avenue
Philadelphia, PA 19114

Call Us:

877-91UNION

Visit Our Website:

unionsa.org



THE USA LEGAL PLAN

Your Free Benefits as a Member

As a member of a participating USA Union, you and your family members are automatically entitled to the benefits of the USA Legal Plan, which include the following:

If your union does not already offer a legal plan for areas of the law, such as Criminal, Family, Bankruptcy, and Wills and Estates, you will receive two free consultations per year and a 15% reduction in the usual hourly rates charged for these matters.

If you are injured on the job or cannot work due to illness or disability, you will receive a free consultation, document review and explanation for your Workers' Compensation and Social Security Disability matters. Additionally, your attorney will work on a contingency fee basis – that means there is no fee to you unless they win your case. That fee is 20% for Workers' Compensation cases. For Social Security Disability cases, the fee is 25% of past due benefits, or \$6,000 – whichever is less.

If you have a Personal Injury matter, such as a Motor Vehicle Accident, Medical Malpractice, Products Liability or a Slip and Fall Accident, you will receive unlimited free consultations and a reduced contingency fee of 30%.

If you have any questions or find yourself in need of legal advice or services, your benefits are ready and waiting for you. Just call 1-877-91UNION (918-6466) to speak with a USA representative who will connect you with one of their highly rated participating attorneys.



SUPPORTING THE COMMUNITY

Through Educational Programs and Health Initiatives



- USA is pleased to offer the **Union Services Access Education Program Scholarship** in association with the Paul Sabelli Jr. Memorial Foundation. The scholarship, awarded to two high school seniors who are children of USA affiliated union members, provides \$1,000 to be applied toward tuition, books and materials at an accredited four year college. Applications are accepted on a rolling basis. For more details, and to apply, please visit www.unionsa.org and click on the scholarship link under the heading "Education Program."
- USA was proud to attend and support **District Council 21's annual Health Fair** where members were encouraged to attend and to take advantage of free health screenings and other various wellness services.



SUMMERTIME SAFETY

By Jim Dollard, IBEW Local 98

As the summer season approaches, it's imperative to be aware of potential dangers and follow the rules below to stay safe all summer long.

When grilling:

- Propane and charcoal grills should only be used outdoors.
- Always ensure that the grill is at least 15 feet from any structure.
- Never light a propane grill with the lid closed.
- Use only charcoal lighting fluid to light a charcoal fire.
- Propane grills should be cleaned and inspected before first use.
- Any grill hoses that are worn, cracked or otherwise damaged must be replaced by a qualified person.

When prepping your home for the summer season, be sure to:

- Childproof your windows.
- Constantly supervise children in and around pools.
- Protect all electrical appliances used outdoors through a ground fault circuit interrupter (GFCI). Portable GFCI devices are available in home centers and should be used to ensure protection.

The summer should be a time of fun. Stay cool and stay safe!



INJURED WORKERS ADVOCACY PROGRAM

Union Services Access is always searching for new opportunities to help our members and we are pleased to announce the GAP Assistance Benefits Program. This program will provide financial assistance to injured union members during the financially difficult time between the date of injury and the moment you receive your Workers' Compensation determination letter.

Should you suffer any work-related injury, please contact 1-877-91UNION to receive your USA legal benefits and inquire about GAP assistance.

UNION RETIREES

Additional Benefits

As a retiree, you have likely already applied for your Social Security Retirement benefits from the Government and are receiving your Union Pension. But did you know that you might also be eligible for additional Social Security Disability Benefits?

As a working tax-payer, you paid into the Government's system that was set up to protect and help you if you suffer from any medical condition that inhibits your ability to work. This also applies to retired workers and will NOT affect your union pension - or your ability to return to work at any time if you wish.

You may be eligible for Social Security Disability Benefits ***in addition to your Union Pension*** if you:

- Are over the age of 45.
- Retired less than five years ago.
- Suffer from ANY physical and/or mental condition, including many common conditions, such as back pain, arthritis, diabetes, depression, high blood pressure, joint pain, etc.

Your USA Legal Benefits include a free consultation and explanation.

***Union Retirees Call:
877-91UNION***



30 S. 17th St.,
17th Floor
Philadelphia, PA 19103



FAMILY FUN

Recipes and games for the whole family to enjoy



GRILLED STEAK AND SUMMER VEGETABLE SALAD

Ingredients

- 1/3 cup extra-virgin olive oil, plus more for grill
- 2 sprigs rosemary
- 5 garlic cloves, thinly sliced
- 1 1/4 pounds hanger steak
- 1 medium eggplant, cut into 1/4-inch-thick slices
- 1 zucchini, cut into 1/4-inch-thick slices
- 1 yellow squash, cut into 1/4-inch-thick slices
- 1/2 pound cherry or plum tomatoes, halved
- 1 bunch scallions
- 1 sweet bell pepper, cut into sixths, seeds and stem removed
- 2 tablespoons balsamic vinegar
- 1 1/2 teaspoons honey

Directions

- Heat a grill to medium-high. Clean and lightly oil hot grill. In a small ovenproof pot, combine oil, rosemary, and garlic and place on grill. Cook until oil begins to bubble, 2 minutes. Remove herb oil from heat and set aside 3 tablespoons in a small bowl.
- Brush steak with herb oil, season with salt and pepper, and grill, turning occasionally, about 10 minutes per side for medium-rare. Transfer to a cutting board and tent with foil. Let rest 10 minutes before slicing thinly against the grain.
- In batches, brush vegetables with herb oil, season with salt and pepper, and grill, turning occasionally, until tomato skins are split and vegetables are tender, 3 to 5 minutes total. Transfer to a serving platter, along with sliced steak. Add vinegar and honey to reserved oil and whisk together. Season to taste with salt and pepper, then drizzle dressing over steak and vegetables.

PUZZLES

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	2			4			9	
8		3			5	4		
5		4	6		7			9
	3						5	
7			8		3	1		2
		1	7			9		6
	8			3			2	
3		2	9		4			5

SUDOKU

Find the right placement for the numbers 1 through 9 in each row, column and box. All nine numbers must be used, and none can be repeated.

C	H	T	S	K	P	X	S	S	W	Q	R	M	H	D	V	S	E	Q	M
M	Y	I	T	U	N	J	W	T	S	T	R	I	P	E	S	B	L	N	D
C	Q	M	L	D	O	O	T	A	E	O	P	W	D	D	N	E	O	D	L
A	W	G	S	T	Y	M	C	R	Z	M	F	Y	U	X	E	T	V	E	A
E	T	I	H	A	Y	X	E	S	Y	F	X	G	U	I	Z	S	E	U	N
U	K	U	M	J	T	F	P	E	Q	U	E	N	B	P	I	Y	I	L	D
H	G	Z	N	H	R	J	S	R	Z	F	C	V	E	A	T	R	S	B	G
X	O	J	O	O	E	J	E	A	B	O	H	Z	Q	T	I	O	Z	A	B
A	M	Z	I	W	B	Q	R	W	K	X	N	R	D	R	C	S	D	V	T
V	K	U	T	H	I	F	R	I	E	N	D	E	U	I	K	S	P	C	M
H	I	V	A	X	L	P	W	N	F	D	D	D	Z	O	E	Y	R	H	O
Y	W	Y	N	P	I	I	P	C	D	X	D	P	L	T	T	I	I	A	D
E	C	S	N	N	A	C	I	R	E	M	A	P	M	I	I	J	D	K	E
Z	V	B	T	C	I	V	T	Z	I	M	Y	J	Z	C	H	P	E	I	E
X	T	B	O	S	S	B	N	L	E	R	W	X	B	T	W	T	T	M	R
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Q	K	F	F	U	A	C	I	R	E	M	A	M	M	A	G	B	I	I	T

Stars	America	American	Friend
Stripes	Betsy Ross	Land	Country
Flag	Freedom	Liberty	Pride
Citizen	Blue	Nation	Loyal
Patriotic	Red	Love	Respect