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SMART NEWS

TRANSPORTATION DIVISION
AUXILIARY

"Alone we can do so little; together we can do so much." ~Helen Keller



International President Column

Happy Holidays everyone! Hope this edition of the Auxiliary News finds you well as we come to the close of 2021. As mentioned in the last Auxiliary News, we are making plans in hopes of holding out convention next summer. We are still making the arrangements keeping in mind that we don't know what 2022 holds. We all had hoped that things would be returning to normal by now but with different variants of Covid hitting we may have to reassess how we hold our convention so nothing is set in stone yet but we tentatively have dates for July 20th and 21st in Cleveland. We ask delegates to not make any arrangements yet since there are so many things up in the air primarily being your health and well-being for traveling. We will reach out the the delegates as soon as we have something more concrete. Unfortunately we are all living in these uncertain times which makes it very challenging to

continued

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President/CEO UTUIA



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International President Column continued

make plans. I appreciate your patience as we work to make we arrangements. We will continue to hold Zoom meetings as a whole in the meantime so please join us on our next one. We skipped December with the holidays but will be back to it in January.

We hope you are staying healthy and safe as we have begun hearing about members getting Covid and ask that you continue to make wise decision as you go out and strongly urge you to get vaccinated so we can start to get back to some semblance of normalcy.

As we close out this year I wanted to remind everyone that now is the time to nominate a Volunteer of the Year. Please see the form online to submit nominations. Also around the corner is the scholarship application period

which ends March 31st. Those applications are online available online as well like last year.

Lastly, for the treasurers we are now accepting assessments electronically so our office will be reaching out to let you know of the different options available.

In closing we want to wish you a wonderful holiday season and an happy New Year!

Your sister in solidarity,



Kathryn Seegmiller

International President

kseegmiller@smart-union.org

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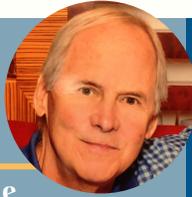
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Vice President Corner

Steve Fritter

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District 2: Connecticut, Delaware, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont, Washington D.C.

For the Nation the bi-partisan infrastructure bill recently signed into law holds the promise of a revitalized transportation system as transformative as the interstate highway system has been for American commerce and convenience. The 19 Senate republicans and 13 House of Representatives GOP members that joined nearly all democrats to pass the bill certainly recognized the value in creating this law. For railroad families the value of this long sought after legislation is job security, increased safety and an expansion of employment opportunity.

Meanwhile, railroaders in freight service continue to work up to 12 hours a day in an effort to untie the knot of stalled commodities delayed in their journey to the warehouse for distribution to anxious consumers. These long hours at work put a strain on family relationships. As usual, we will all continue to do the best we can with what we've got. It is welcome news that this infrastructure bill will secure safer jobs and more opportunity for train and engine service employees now and well into the future for the next generation of railroaders.

continued VP Corner

WANT TO OPEN A LODGE?

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members can be active or retired SMART TD members, their family (age 16 yrs & older) or their spouse

- **Hold a pre-meeting to discuss lodge goals and connect with the SMART TD local**
- **Contact Grand Lodge and request a charter**

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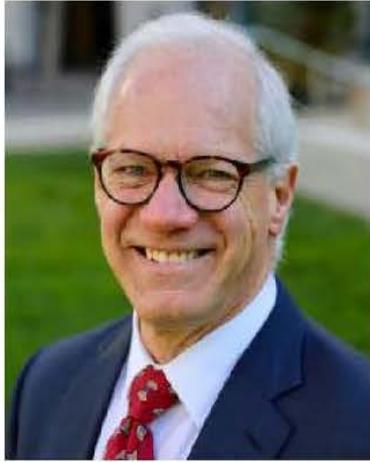


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Terri Ingerick

Vice President District 3

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A Time for Reflection

With so many different holidays being at the end of the year, I try to remember to take time to reflect on my life, the past year, and the direction I'm headed. It's a great time to assess, adjust, and to figure out what you want to accomplish in the upcoming year.

Each year at this time, I reapply my efforts to simplify my life - to remember what's essential, and to eliminate the non-essential. This applies to the pressures and responsibilities that we pile upon ourselves, as much excess material possessions. However, as you are simplifying, it is definitely a great time to get rid of clutter!

I also love the traditions that come along with the season. We all have different ways of celebrating, but these traditions become important, no matter how small. When I lived close to my family, we would do a Cookie Swap. We'd all bake several different types of sweets "en masse," then gather together for a festive night and trade dozens at a time - making as many Sampler plates as we could to share with neighbors, teachers, and others who had touched our lives throughout the year.

This year I looked for, and found, 10 traditions that are meant to bring a family closer together:

1. Cooking and baking together
2. Eat dinner as a family
3. Family movie night (look for your seasonal favorites!)
4. Family game night
5. Decorate as a family
6. Go shopping or on a day trip as a family
7. Go for a family hike/walk
8. Put some music on and sing together
9. Volunteer together
10. Practice random acts of kindness - as a family ♥

Remember that this season is not about buying stuff. It's about celebrating, giving, spending time with family, reflecting, gratitude, and letting people know that they matter, and that they are loved.

Enjoy your Holiday, whatever it may be, and know that you are loved!

continued VP Corner

GOT NEWS?

Have news to share with other lodges?

Send articles and pictures to auxiliary_td@smart-union.org



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SMART DESIGNATED LEGAL COUNSEL



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Greetings to everyone!

The holidays are fast approaching us all! We are all trying to squeeze this in or that to make it an enjoyable holiday for all our families. This is an easy recipe to make ahead and freeze for later.

The "Sweet Potato Casserole" is a favorite of our families. A couple years ago, I actually gave sweet potatoes a try in my garden. Oh my, did they grow all over the place!. After I dug them up, I decided to make the casserole (except for topping) and freeze in bags for about the size we need for the recipe. Of course, extra topping is a must to add in our

household. And I also cut the sugar by using stevia.

Another twist on this recipe, I used carrots! My son found a carrot suffle at a mom and pop shop from him, and it reminded me of this recipe. I had bought a 50 pound bag of carrots at a local produce place selling bulk at the time so they could keep their supplies coming in with the Covid. When restaurants were not up to full production, they offered their produce to local customers so not to loose all the produce. So it was a win win for many people. People were purchasing and canning and freezing the produce.

So to save yourself time and stress, look into this recipe to make and freeze ahead.

We wish you all a Merry Christmas and Happy New Year!

Sweet Potato Casserole

2 cans (13-15 oz each) of sweet potatoes

3/4 cup sugar

4 eggs, beaten

1 tsp salt

1 stick butter, melted

1 cup milk

3 tsps. vanilla

Topping:

1 cup brown sugar

2/3 cup flour

2 cup pecans, chopped

2/3 stick butter, melted

Mash sweet potatoes with electric mixer. Add sugar, eggs, salt, butter, milk and vanilla.

Mix well. Put in 9"x13" pan.

Mix topping ingredients in a bowl and spread over sweet potato mixture. Bake at 350* for 45 minutes until bubbly.

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Attorney
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Tasty Easy Southwest Chicken Skillet

This recipe is quick and delicious and is one of our family favorites. I make this when I have leftover chicken and bottom of the bag tortilla crumbs. In my house, I usually call it Mexican Moulash (made-up word) instead of Goulash, because Goulash is a one-pot Hungarian meal spiced with paprika. So, I use my made-up word as this is not a Goulash but is also a one pot meal. The skillet is made with chicken, and it is a mix of things used in Mexican meals like corn, Pico de Gallo or salsa, tortillas and sometimes beans.

However, Southwest (or Fiesta) Chicken Skillet is just as described. There are other skillet recipes that have the same name all with different ingredients. I am not sure what company originally introduced the dish to give them credit, but I have been making this dish for over 25 years. Anyone I introduce this idea to says it's delicious and so easy. This is what I call my leftover meal, which makes it so easy to cook in under 10 minutes. So, we start with leftover chicken, maybe you made chicken breasts for the week for your salads, tortillas, wraps, or rice bowls, or you had a rotisserie chicken and have leftover meat. I have even used canned chicken. Of course, if I haven't had this in a while and my son asks for it, I will cook chicken just for this meal, which is easy and quick in the skillet too. If you plan ahead of time, another easy way to cook chicken is to cook frozen chicken breast with a jar of salsa in a crock

pot or electric pressure cooker which turns into stewed chicken and shreds beautifully. I always have tortilla chips and salsa in the house, because that is the go-to snack of my husband. Sometimes I have leftover rice which I add but is not part of my original recipe.

In a large, covered skillet I heat up the diced pre-cooked chicken with frozen organic sweet corn and a whole small jar of salsa. Once done, each serving is placed in a large soup bowl topped with shredded cheese, slightly crunched up tortilla chips and a dollop of sour cream. It's that easy and tastes like comfort food.

But there are additions that can make this even better. This meal can be made to suit your tastes and health if you have a special diet or food sensitivities. The original recipe called for sliced black olives. That is the one food I dislike in all my years, so I do not add it. Black beans or pinto beans, drained and rinsed, are a great filler and addition to this recipe. If I have leftover rice, I will add as a filler too. Fillers can make this recipe grow, especially if you only have one chicken breast, you may be able to feed 4 people. I sometimes add a can of diced chilies or fresh or pickled jalapenos. I will top with diced avocado and cilantro if I have those on hand. No need for any seasonings, not even salt. As the salsa is what flavors the meal. We have even used salsa we didn't like whether canned or fresh, and with the addition of ingredients makes the meal taste great. We top with sour cream as sour cream pulls out the flavors of this meal. Just like adding cream to coffee, it pulls out the flavor of the coffee. So, enjoy and experiment in the kitchen with this meal!

Southwest Chicken Skillet

Serving for 4

Ingredients

- 2 chicken breast –cooked and diced
- 1 cup of frozen corn – preferred organic sweet corn
- 2 cups of salsa or Pico de Gallo – jarred or fresh
- ½-1 cup of cheese – shredded, your favorite, Colby, Monterey Jack, cheddar, etc
- 2 cups of tortilla chips – loosely broken or crunched
- ¼ cup of sour cream – dollop to taste

Additions:

- 1 – 4 oz can of black olives, sliced
- ½ can of beans – black or pinto beans, rinsed and drained
- 1 cup of rice – precooked
- 1 – 4 oz can of mild green chilies or diced jalapenos
- 1 avocado – diced for topping
- ¼ cup of cilantro – diced for topping

Instructions:

For leftover chicken skillet: If chicken is pre-cooked, dice and add to skillet with corn and salsa, mix, cover skillet and heat on medium. This should only take about 7-8 minutes. Once corn is heated through the meal is done. (If adding additional ingredients, add at this time and heat through.) Add meal to serving bowls, and top to taste with cheese, tortilla chips, and sour cream.

If you need to cook chicken, heat skillet over medium-high heat, add one tablespoon of olive oil to skillet and add chicken breasts. Cook on each side 6-8 mins on each side or until done. If chicken breasts are too large, fillet or pound thicker parts of chicken on the flat side with a meat mallet before cooking. After chicken is cooked through, remove from skillet and cool. Once cooled, chop chicken into small bite sized pieces and add back to skillet. Add corn and salsa, and turn heat to medium, cook until corn is heated through. Your meal will still be cooked and ready to serve in under 30 minutes.

In the original recipe the chips and cheese were added to the skillet and mixed. If you prefer to do this before scooping into bowls, then do so. Your chips will get soggy, but still add flavor to the meal. I prefer my chips a little crisp. Also, clean up of cheese is much harder in the skillet. Enjoy, and I hope this meal is easy and tasty and part of your future family meals.

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- a. **GET INFORMATION.** Don't give information. Don't volunteer anything. What you say, no matter how harmless it seems, could hurt;
- b. **WRITE IT DOWN!! TAKE NOTES: WHAT, WHERE WHEN, WHO;**
- c. **Positively identify every individual who contacts you.** Railroad official? Union Officer? Fellow co-workers?;
- i. **Do not allow railroad officials into your home!! Remember, they are gathering information and evidence;**

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- d. **Determine where the injured employee/family member is.** What medical facility is he/she at. **TAKE NOTES!!;**
- e. **Contact Union Local Chairman, President, or any Union Officer for additional guidance.** Chances are they already know about the accident. They will assist you in getting to where your injured family member is located;

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- f. **At the hospital, DO NOT ALLOW any railroad official/claims agent to contact with the injured employee or the treating physician.**
 - i. **There is no Worker's Compensation for railroad employees. Doctors do not know that. TELL THEM!! Have "Notice Regarding Release of Information" entered into the medical chart;**
- g. **DO NOT SIGN anything other than those necessary for the treatment of the injured family member;**

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- h. **The railroad does not pay for medical expenses. In spite of what they may say, the railroad puts the expenses on the employee's health insurance. YOU should have the hospital put all expenses on the injured worker's insurance. Keep the railroad out of it;**
- i. **Get Union Designated Legal Counsel (DLC) involved immediately.** The railroad protects itself. An injured employee **NEEDS** immediate protection, too. DLC has the ability to immediately start protecting the injured employee and his/her family

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"Injured workers or their families often fall prey on one hand to persuasive claims adjusters eager to gain a quick and cheap settlement for their railroad employers, or on the other to lawyers either not competent to try these lawsuits against the able railroad counsel or too willing to settle a case for a quick dollar."

*"Laymen cannot be expected to know how to protect their rights when dealing with practiced and carefully counseled adversaries."
Brotherhood of Railroad Trainmen v. Virginia, 84 S. Ct. 1113 (1964)*



Auxiliary of the UTU Scholarship Fund News

SCHOLARSHIP APPLICATIONS ARE NOW ONLINE ONLY. The application can be found on the SMART TD Auxiliary website. www.smarttdauxiliary.org click on the Scholarship tab.

These applications will be accepted as original. Applications must be filled out on or before March 31, 2022 to be eligible.

Applications will be accepted from January 1st thru March 31st, 2022. The scholarship drawing will be at the Annual 2022 Scholarship Fund Board meeting.

For application help please contact: Barbara Purdon at utuauxscholarsec@gmail.com or (406) 356-2793

An update on scholarships awarded this year: We have now issued 50 scholarships.

Many alternates were used to fill the open scholarships. This is good thing for the students whose name was not drawn in the first year you apply. Your name is still in there for the next three years as alternates. Your name could be pulled in any year to finish up a scholarship that was not fully used. Auxiliary Sponsors make sure to maintain your memberships until the student is done with four years of college.

REMINDER to Auxiliary Sponsor Members – membership must be retained throughout the duration of the scholarship award.

SCHOLARSHIP BROCHERES AVAILABLE: Please help us get the word out to our Auxiliary members by sending a 2022 scholarship brochure with the member's dues request or receipt. Brochures are always available upon request from Grand Lodge.

We have received no nominations to fill the two openings on the Scholarship board this year. Those two members of the board will extend their terms.

We have received many thank you letters from our students and their families. Here is one of their letters:

I am thankful to be awarded the Auxiliary of the United Transportation Union Scholarship. This fund will ultimately lead me to acquire a degree in Business Administration and a minor in Statistics. Best wishes, Adam Dofflemyer

Scholarship continued

Auxiliary of the UTU Scholarship Fund News

DONATIONS: Our Sincere Thanks to all Lodges and individuals for their continued generous support to the Scholarship Fund!

Donations are appreciated and should be made payable to: Auxiliary of the UTU Scholarship Fund

Mail to:

Rebecca Allgyre
Scholarship Fund Board Treasurer
12503 E. CO Rd 6
Attica, Ohio 44807-9435

HAPPY HOLIDAY'S TO YOU AND YOUR FAMILY FROM THE AUXILIARY OF THE UTU SCHOLARSHIP FUND BOARD!

National Legislative Director Column

Dear Members,

Hope this edition of our Newsletter finds you healthy and looking forward to this Holiday Season. As I write, it's the week before Thanksgiving and unfortunately, I'm still going to have to make one more trip to the grocery store. Big UGH! Still hoping to find some of those items that have not been on our shelves for some time. May just have to substitute and wing it, and that's okay. The family is all vaccinated, which means we can all gather this year and Mimi (that's me) can get some big ole' Texas hugs from those I have sorely missed.

During this time of year, many of us take time to reflect on what the year has meant. For some, it's just been trying to return to some form of normal, whatever that may be

in your world. For too many, it's knowing that this year faces will be missed, permanently. To those of you who have lost loved ones, know that we care and are with you, at least in spirit when we cannot physically reach out.

For some of us, this is a time to look back and see what goals we accomplished. And for me that always means, what have I done to support SMART-TD and its' members. Being on the monthly Legislative calls with State Legislative Directors and our International Officers, has shown me first-hand how hard these representatives work for our spouses and families. If you ever get the chance, please give them a big thank you.

Kathryn, Niki and I have been working with Dean Mitchell to see what our SMART-TD

continued NLD Pam Neal



EMPLOYEE RIGHTS WHEN AN INJURY HAPPENS

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- **Federal Law gives the injured employee the right to:**
 - a. receive immediate medical care and to be transported to the nearest hospital without delay;
 - b. not be harassed or intimidated. Railroad officials are not allowed in examining rooms unless invited;
 - c. follow doctors orders/treatment plan, including going HOME to rest after treatment and not to the railroad office to be questioned.
- **Injured employees are not required to give statements and need only fill out an accident report.**

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MARCH 31, 2022**

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NLD Pam Neal continued

membership is feeling in regards to their future. We have made calls to help identify good contact information, determine those retirees who have passed and actually asked the question: Which party do you think will best support your job? Our calls have been to numerous states and after the holidays, we'll pick back up.

I've said on numerous occasions that I firmly believe all politics is local. By making calls and speaking to our membership, we can best determine where efforts will be most useful in supporting candidates who support us.

Something else I firmly believe in is education. We have so many young members who have no idea of the importance of this Union. As we have watched our striking brothers and sisters at John Deer, Nabisco and Exxon, just to name a few, we see what solidarity can accomplish. Please understand, I'm not promoting strike for our members, it is unlawful. I'm talking about educating those who do not realize that unions are the voice of all labor. When unions thrive, so does our economy. When we stand together as one, our voice is heard.

In looking towards the new year, I ask that you join us in talking about where our future is headed. What can you do to support this union and your railroad family? Can you make calls to get our message out? Will you spend an hour or so a week to reach out and encourage support for those who support us? Railroads spend millions lobbying against us, against our working railroaders. Railroads

are about profits and bottom lines. Yes, we all get those profits keep the wheels turning, but not at the cost of safety, of lives. Please join us!

I'd like very much to hear from you... call, text or email.

Wishing you and yours the Happiest of Holidays!

In solidarity,

Pam Neal
National Legislative Director
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254-493-3019



NEW MEMBERS

Bert Brown

Lisa Buelt

Joseph Buelt

Niki Cole

Andy Hauck

Donald Joe

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→ then select "Pre-Retirement Seminar"

● other educational materials can be found on their website as well ●



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Members of Academy of Rail Labor Attorneys



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Representing railroad workers and their families for over 30 years throughout the Eastern United states in claims brought under the Federal Employers' Liability Act and the Federal Rail Safety Act.

Throughout the course of their career, Bob Myers and Mike Olley have secured numerous seven figure verdicts and settlements for both traumatic injury and occupational injury claims resulting from unsafe workplaces, defective and unsafe equipment and repetitive stress injuries as well as asbestos and diesel fume exposure.

In addition to their railroad practice, they have also represented railroad workers, their families and friends in all types of personal injury actions due to defective products, workplace injuries, motor vehicle accidents and medical malpractice.



We are honored to represent the members of SMART and their families.

Cogan & Power are experienced and dedicated trial attorneys that are committed to providing the highest level of legal representation available. The Attorneys at Cogan & Power prioritize meaningful and consistent client communications. Our firm believes in a collaborative approach to legal representation, which allows us to provide our clients with a wide breadth of experience and skill, but maintain a small-firm level of client service and attention.

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WHAT RAILROAD FAMILIES SHOULD KNOW

When a railroad worker is injured at work the railroad immediately begins to protect itself

When an injury happens, the injured employee must PROVE with evidence he/she did nothing wrong and the injury was the fault of the railroad.

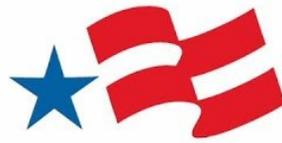
THE RAILROAD WILL NOT PROTECT THE INJURED EMPLOYEE. THE EMPLOYEE AND THE EMPLOYEE'S FAMILY MUST PROTECT THEMSELVES

COURTESY OF RABB & RABB

The railroad immediately, through its Law Department, begins gathering evidence to prove the injured employee was the cause of the injury. It takes pictures and videos, does re-enactments, takes taped statements of witnesses and tries to get information and evidence from and on the injured employee.

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