Hello all!

This year we are looking to really beef up our quarterly newsletter and we want to hear more from you, our members. We want to see and hear about the meetings, events and activities you are involved in as well as upcoming events. What your lodge is involved in might inspire other lodges around the country. Many lodges are looking for new activities, events and fundraisers to keep meetings fun, fresh and educational. Here at Grand Lodge we recently teamed up with UTUIA Lodge 1 and held a chicken and waffle fundraiser lunch on Fat Tuesday benefiting Leukemia and Lymphoma. In a few weeks we will be hosting a blood drive with the American Red Cross, something we do quarterly. We are also working closely with UTUIA Lodge 1 for additional fundraisers throughout the year. Are these things that would interest your lodge? Are there organizations in your community you could team up with or campaigns or candidates you could fundraise for?

Would you or your lodge be interested in volunteering with local or national Get Out The Vote (GOTV) efforts. As you know this an important election year and we need all hands on deck. One of my favorite quotes is “Alone we can do so little: together we can do so much” which I truly believe. Every little bit counts so what part can you play? Can you help in a local campaign? Can you make GOTV calls? Can you help a neighbor or family member get out to vote? We can all talk to our neighbors, friends, family and co-workers about the importance of this upcoming election or about our issues and concerns with safety and ask them to contact their legislators to ask them to support Two-Person Crews. Let us know what part you are going to play and let’s get to work because our future depends on it.

Your sister in solidarity,

Kathryn Seegmiller
International President
kseegmiller@smart-union.org
216-521-1161

Fat Tuesday Chicken and Waffle Fundraiser Benefiting Leukemia and Lymphoma
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.
St Patrick's Day. Yes, I'm counting down days. It's a big deal in our Irish family, it's as big as Thanksgiving to us. A gathering of stories, remembrance of family, tradition and great cheer. I remember the two biggest fights my Irish parents ever had (which were very few and maybe just these two), what the capital of Ireland was, Dublin or Belfast, and who made the best whiskey, the Irish Protestants or the Irish Catholics. Nether one ever won those fight but the passion for who they were was never lost. One parent Irish Catholic the other Irish Protestants. The joy of life, music and laughter was always abundant in our parent's hearts. We were very luck siblings. All 11 of us. My father, tho not a Railroader, use to tell many stories to us. I was going to tell you one of these when I recalled this particular story. The roll the Irish played in the building of railroads in America is huge and deserves recognition. It was a hard life for all in the early 1800s, but the Railroad was like no other and remains a rough life today. Though this story is sad, it makes one understand why we need to keep fighting for our Unions and why “Union Strong” is not just a slogan....

An infamous case of tragedy on the tracks occurred in 1832 at Duffy’s Cut in Malvern, Pennsylvania. A group of fifty-seven Irish immigrants contracted by Phillip Duffy to work on a stretch of rail for the Philadelphia and Columbia Railroad died of cholera in August of that year. Cramped living conditions helped to rapidly spread the disease through the work crew. Those who did not initially succumb to the disease tried to seek shelter and aid from the larger community but were shunned. Fear of the spread of cholera coupled with the rising anti-Irish and anti-Catholic sentiment in the wake of increased migration created a situation in which these laborers were forced to suffer alone and without any medical relief. When the fifty-seven men died, they were hastily buried along the tracks on which they labored.

Railroad construction was so dangerous that it was said, "(there was) an Irishman buried under every tie."

Instead of me telling you the story, I thought I'd let Abigail Tucker and the Smithsonian Magazine tell it. It is as follows.

Ireland's Forgotten Sons Recovered Two Centuries Later

*In Pennsylvania, amateur archaeologists unearth a mass grave of immigrant railroad workers who disappeared in 1832*
During the era of horse-drawn railroads, workers filled in a ravine at Duffy’s Cut. (Ryan Donnell)

By Abigail Tucker

SMITHSONIAN MAGAZINE | APRIL 2010

Buried in a green Pennsylvania valley for nearly two centuries, the man had been reduced to a jumble of bones: skull, vertebrae, toes, teeth and ribs. Gradually, though, he came alive for William and Frank Watson, twin brothers who are leading an excavation at a pre-Civil War railroad construction site outside Philadelphia, where 57 Irish workers are said to have been surreptitiously interred in a mass grave.

The plates of the man’s skull were not fully fused, indicating he was a teenager when he died. He was relatively short, 5-foot-6, but quite strong, judging from his bone structure. And X-rays showed he never grew an upper right first molar, a rare genetic defect. The Watsons have tentatively identified him as John Ruddy—an 18-year-old laborer from rural County Donegal, who sailed from Derry in the spring of 1832. He likely had cholera, alongside dozens of his countrymen, all dying within two months of setting foot on American shores.

Tipped off by a long-secret railroad company document, the Watsons searched the woods around Malvern, Pennsylvania, for four and a half years to find “our men” (as they call the workers) before locating the Ruddy skeleton in March 2009. They have since unearthed the mingled remains of several others and believe they know the location of the rest. William is a professor of medieval history at Immaculata University; Frank is a Lutheran minister. Both belong to Irish and Scottish cultural societies (they are competitive bagpipers), but neither had any prior archaeological training.

“Half the people in the world thought we were crazy,” William says.

“Every once in a while we would sit down and ask ourselves: ‘Are we crazy?’” Frank adds. “But we weren’t.”

Today their dig is shedding light on the early 19th century, when thousands of immigrants labored to build the infrastructure of the still-young nation. Labor unions were in their infancy. Working conditions were controlled entirely by the companies, most of which had little regard for the safety of their employees. The Pennsylvania grave was a human “trash heap,” Frank says. Similar burial sites lie alongside this country’s canals, dams, bridges and railroads, their locations known and unknown; their occupants nameless. But the Watsons were determined to find the Irishmen at the site, known as Duffy’s Cut. “They’re not going to be anonymous anymore,” William says.

The project began in 2002 when the Watsons began reviewing a private railroad company file that had belonged to their late grandfather, the assistant to Martin Clement, a 1940s-era Pennsylvania Railroad president. The file—a collection of letters and other documents Clement assembled during a 1909 company investigation—described an 1832 cholera outbreak that swept through a construction encampment along a stretch of railroad that would connect Philadelphia with Columbia, Pennsylvania. Contemporary newspapers, which usually kept detailed tallies of local cholera fatalities, implied that only a handful of men had died at the camp. Yet Clement’s inquiry concluded that at least 57 men had perished. The Watsons became convinced the railroad covered up the deaths to ensure the recruitment of new laborers.

Work on the Philadelphia and Columbia line, originally a horse-drawn train, began in 1828. Three years later, a contractor named Philip Duffy got the nod to construct Mile 59, one of the toughest stretches.
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.
The project required leveling a hill—known as making a cut—and using the soil to fill in a neighboring valley in order to flatten the ground. It was nasty work. The dirt was “heavy as the dickens,” says railroad historian John Hankey, who visited the site. “Sticky, heavy, a lot of clay, a lot of stones—shale and rotten rock.”

Duffy, a middle-class Irishman, had tackled previous railroad projects by enlisting “a sturdy looking band of the sons of Erin,” an 1829 newspaper article reported. By 1830, census records show that Duffy was sheltering immigrants in his rental home. Like many laborers from Ireland’s rural north, Duffy’s workers were probably poor, Catholic and Gaelic-speaking. Unlike the wealthier Scotch-Irish families who preceded them, they were typically single men traveling with few possessions who would perform punishing jobs for a pittance. The average wages for immigrant laborers were “ten to fifteen dollars a month, with a miserable lodging, and a large allowance for whiskey,” the British novelist Frances Trollope reported in the early 1830s.

When cholera swept the Philadelphia countryside in the summer of 1832, railroad workers housed in a shanty near Duffy’s Cut fled the area, according to Julian Sachse, a historian who interviewed elderly locals in the late 1800s. But nearby homeowners, perhaps fearful of infection (it was not yet known that cholera spreads through contaminated water sources), turned them away. The laborers went back to the valley, to be tended only by a local blacksmith and nuns from the Sisters of Charity, who went to the camp from Philadelphia. Later the blacksmith buried the bodies and torched the shanty.

That story was more legend than history in August 2004 when the Watsons began digging along Mile 59, near modern Amtrak tracks. (They’d obtained permission from local homeowners and the state of Pennsylvania to excavate.) In 2005, Hankey visited the valley and guessed where the workers would have strung their canvas shelter: sure enough, the diggers found evidence of a burned area, 30 feet wide. Excavations turned up old glass buttons, pieces of crockery and clay pipes—including one stamped with the image of an Irish harp.

But no bodies. Then Frank Watson reread a statement in the Clement file from a railroad employee: “I heard my father say that they were buried where they were making the fill.” Was it possible the bodies lay beneath the original railroad tracks? In December 2008, the Watsons asked geoscientist Tim Bechtel to concentrate his ground-penetrating radar search along the embankment, where he detected a large “anomaly,” possibly an air pocket formed by decomposed bodies. Three months later, shortly after St. Patrick’s Day, a student worker named Patrick Barry struck a leg bone with his shovel.

On a recent afternoon, the valley was quiet, except for the scrape and clatter of shovels, the slap of wet dirt in the bottom of a wheelbarrow, and every now and then the shuddering shriek of a passing train. The terrain would challenge even professional excavators: the embankment is steep and the roots of a huge tulip poplar have fingered their way through the site. The team’s pickaxes and spades are not much more sophisticated than the Irishmen’s original tools. “We are unbuilding what they died to build,” William Watson says.

The Watson brothers hope to recover every last body. In doing so, they could provoke fresh controversies. Some of the men might have been murdered, says Janet Monge, a University of Pennsylvania forensic anthropologist who is analyzing the remains. At least one and perhaps two of the recovered skulls show signs of trauma at the time of death, she says, adding these may have been mercy killings, or perhaps local vigilantes didn’t want more sick men leaving the valley.

Identifying the bodies is a challenge, because the laborers’ names are absent from census records and
Do you or someone you know have experience in grant writing and would like to volunteer sometime on a project. If so please contact Grand Lodge for more information.

GRANT WRITER

Do you or someone you know have experience in grant writing and would like to volunteer sometime on a project. If so please contact Grand Lodge for more information.

With my whole heart...In solidarity,

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International Secretary/Treasurer
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"No problem can be solved from the same level of consciousness that created it"
Ridge & Downes extends its best wishes to the SMART - Transportation Division’s members & their families.

The Law Firm of Ridge & Downes is dedicated to providing legal services to the injured in FELA and all types of personal injury and workers' compensation claims.

Daniel J. Downes
FELA Designated Legal Counsel
SMART - Transportation Division

Trial Attorneys
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Karin K. Connelly
Gerald W. Napleton

Amylee Hogan Simonovich
James T. Farnan
Michael B. Gunzburg
James F. Heri

Investigators:
“Johnny Mike” Edwards
Michael Collins

HOWARD A. SPIER, ESQ.
Designated Legal Counsel

ROSSMAN BAUMBERGER REBOSO & SPIER
CATASTROPHIC INJURY & WRONGFUL DEATH

FORMER PRESIDENT OF

MEMBER OF

NAMED A TOP-RATED ATTORNEY ON
Welcome to the Presidential Primaries!! In true political form as of late, everything is a mess… We still aren’t really sure who won the Iowa Caucuses… There is not a clear Frontrunner in the Democrat candidates, and our current President has taken his Rogue-Ruling to another level after being cleared by the Senate for his transgressions. What a time to be alive!! We are gearing up locally for the Get Out The Vote (GOTV) Campaigns. I am setting up GOTV in Multiple state across the nation. I am happy to help YOU host one locally.

While it is an epic understatement to say that this election is one of the most important of our lives…. There is still more to it. There are many Governor, State Representative, and Senator elections going on right now as well. These are as important as Re-districting is right around the corner. Literally every race is a game changer at this point.

PLEASE get involved. If you need ideas, reach out to me or the Legislative Action Center on the SMART-TD website. There are many ways you can get involved. DO NOT WAIT. Get involved NOW.

On top of all of this.. there is still a lot going on with two-person crews. I am currently working on an outreach video that will be posted soon to help explain what exactly is going on so that we can get more support from the public.

On a local level, I have been in multiple meetings with Union Pacific Railroad representing my community. A bridge has been shut down and there is now only one way in and out of a portion of my town. Of course, a train track runs over that road and the path has been blocked over 30 times in the last couple months... sometimes more than 2 hours. This is causing a safety issue and frustrated citizens to say the least. While this issue could be easily resolved by supplying a Van for the crew change, and actually having a crew dispatched at the right time... the UPRR has refused to spend any extra money to ensure the safety of over 700 residents.

As always, I am working hard to protect the jobs and promote a safe work environment for our family members. PLEASE contact me if you would like for me to focus on a certain issue of talk to you about how you can get involved.

In Solidarity,

Scott Saunders Jr
National Legislative Director
ScottSaundersJr@gmail.com
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Facebook: Smart- TD Auxiliary
Petro Law Firm is pleased to support SMART and its Auxiliary. Working for a railroad has always been dangerous. The laws that apply to railroad workers are numerous and complicated. As such, it is important for railroad employees to consult and retain knowledgeable and experienced attorneys. Your Designated Legal Counsel (DLC) program was designed to provide access to such attorneys. Consults are free and DLC are not paid unless you get paid. Please consider DLC:

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Right up front I want to declare I am not a rail buff. I do not view the railroad from the outside in and I do not wonder and marvel at its' myriad complexities. After 36 years of railroading there is little mystery left in me as to the ins and outs of railroad operations. Therefore I rarely wax nostalgic about the life I lived at work as a brakeman, flagman or conductor in freight and passenger rail service. Yet, while on vacation recently I discovered Winter Garden, Florida a small town just northwest of Orlando on the southern shore of Lake Apopka and I found myself daydreaming of the old days.

Although the reconditioned downtown section with its' brick streets and commercial vitality was attractive, it was the Central Florida Railroad Museum that housed the source of my reflection. With family I was encouraged to visit the old depot built in 1913 by the Tavares & Gulf Railroad and in operation as an agency until abandoned by the Seaboard Coast Line in 1978 when work was transferred to mobile freight agents. It seems Winter Garden was the largest citrus shipping point in North America. In 1949 the T & G generated more perishable freight per mile of track than any Class I railroad in the US.

"That's Cool" I thought, let's go! And we did.

Well, there was plenty of "stuff" there. You know old lanterns, switch locks, keys, pictures, displays of signal systems. Plenty of artifacts from days gone by documenting the history of railroading in central Florida. Impressive even educational but for an old head like me, been there done that! Let's get lunch!!

Then as I turned to leave, I happened to see an old friend. Standing 3 feet tall with 2 eyes, a mouth and a pot belly was the old Union Stove coal burning potbelly stove that provided heat for the little red bay window Southern Railway Caboose cars I rode and worked on between 1972-1986.

Well, look at that! Then just as I had each time I caught a job flagging from the cabin car, I inspected the operation of the stove. Shook its' grates, checked the level of ash in its' bin, adjusted the damper and in doing so I found I was re-awakening a ritual of movement made countless times. And to my surprise it was transporting me to the rhythms and warmth of life on the Caboose.

Well, I do have some stories to tell but today I'll leave you with the words cast on the old pot belly stove: IF I AM GOOD, TELL A FRIEND.

Consider yourself told.
What if?...

What if you could find an insurance company that:

- Pays the membership back rather than paying stockholders and greedy CEOs
- Provided over 200 college scholarships yearly to the children and grandchildren of members
- Provided up to 100 Trade School scholarships to help build America’s skilled labor force
- Provided Memorial Scholarships to the children of its members who were killed while performing the duties of their trade
- Had benefits designed to meet the unique needs of Union Trade Workers and their families
- Had highly affordable plans and flexible payment options
- Gave thousands of hours of volunteer work and matched member donations for charities in the communities they serve
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- Paid claims in days, not months
- Was established over 150 years ago by Trade workers like yourself

What if I told you that UTUIA is that insurance company and as a Union member, you had access to some of the best benefits available today? To find out more information as to how we can help you protect your family and yourself, simply go to www.UTUIA.org/information, fill out the form and submit or contact a Field Supervisor Direct. You can find your Field Supervisor at www.utvia.org/map.

I would like more information on UTUIA’s available policies:

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This month I will explain parts of the scholarship process and why keeping your membership/assessments current is so important since.....It is Scholarship application time now! I am currently serving as secretary of the Scholarship Fund Board.

Please be sure you get your child’s/grandchild’s application in soon. The deadline is March 31, 2020 to be postmarked. You can get your application on the website: smarttdauxiliary.org. There is a link for the scholarship on the home page or by clicking on Documents, then flyers and forms, or you may email to request one at: utuauxscholarsec@gmail.com, or you may also mail a request to: Geralyn Gardner, 5485 Edmonds Rd., Bellevue, OH 44811.

Always make sure that all the questions are fully answered on the application to make a valid application. After I get the applications in the mail, I call Grand Lodge to make sure the member is paid up on their September assessments and get their membership date. Remember, you need to be a member at least one year prior of March 31 and your lodge has to say you paid your assessments and your lodge paid Grand Lodge the assessment.

The next step for the scholarship awarding is to make sure the member has paid their March assessment and your lodge paid the March assessment to Grand Lodge. The president of the Scholarship Board then verifies with Grand Lodge that all the new winners and renewal winners member has been paid up on their March assessments before she /he can award the money to the school.

The Scholarship Fund Board is all volunteer hours. We need our members to think about volunteering to help keep the board running with new membership. The positions are usually for a 3 year term. The Board seeks two new people in 2 years, and then 1 for the 3rd year. This is done so there is always current members on the board and only need to train 1 or 2 people each year depending who comes off. At the meetings when we get together with the current members and the new members, usually April after “tax day”, we do work with each other to train the new person(s) on the job they will take over.

The Board will cover your expenses that you have for this meeting. You must keep your original receipts for your food, travel, hotel, tips, etc. to be covered. You will not be compensated pay if you need to take time off your current job.

With a sad note, this will be my last year on the Board as secretary. This will make my 6th year, and now I have to leave for a hiatus for at least 3 years. I have talked to many members to help them understand more of the scholarship questions they might have had. If I did not have the answer, I was willing to find it and get back with the member. There is always room to learn and understand,
The Law Firm of Jones Granger

and

Marc A. Zito, Smart-TD Designated Legal Counsel

Are pleased to support the Smart TD Auxiliary Newsletter

Jones Granger is grateful to the Smart TD Auxiliary Members for their continued support

P.O. Box 4340
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(Continued, Geralyn)
and people out there to get your questions answered.

I explained the membership for the ones who sent me an application who are not a member of the auxiliary. This was in hopes they would get their family member(s) to join, or co-workers before the end of March so they would be able to apply the following year for the scholarship, one of the benefits of joining the SMART-TD Auxiliary. With the resources out there for non-members to get the application, it is important to at least try to get them to join so their child/grandchild will be able to apply the following year. The Scholarship Board does want to help grow our membership when we can and help out the families of SMART-TD.

NORA GRUTZIUS
VICE PRESIDENT DISTRICT 5
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DISTRICT 5 STATES: Illinois, Iowa, Minnesota, Wisconsin

How to get through this season HEALTHY
Cold & Flu Prevention

Creating good habits to boost your immune system can help throughout the year. If you still get a Cold or the Flu, these same habits can help to shorten your time with these bugs.

Wash your hands! We all know this helps, but do we always do this? We go to work or the grocery store and return home and don’t always think to wash our hands. And do we do so properly? First wet your hands, all too often I see people reach for the soap first. Then add soap and scrub your hands and between your fingers for at least 20 seconds. Many germs are airborne, so beyond washing hands you should continue other good habits to build up your immunity.

Take your vitamins and minerals. Our bodies stop producing some, absorbing others, or our food quality is low in many vitamins and minerals. There are some Vitamins and Minerals that we must supplement in order to fight viruses and diseases. Zinc and Vitamin C are important as a safeguard for our body’s immune systems, and when we are sick, increasing a good quality Zinc or Vitamin C will help our bodies fight. Once we are ill, it’s good to do a shock treatment of Zinc and Vit-C, increase dosage to 3x’s a day for 3 days and slowly decrease back to normal dose. B-12 is another vitamin we are lacking in our food source. Vimergy is a company with an excellent Zinc, Vitamin C, and B-12. LivOn Labs make a superior Vitamin C.

Hydrate with good quality purified water. Drink a minimum of 64 ounces. In the winter it is very dry, increase your water intake beyond 64 ounces. Many diets say to increase your water intake to half your body weight in ounces if you can. Caffeinated beverages dehydrate you so those do not count. Drink warm water with lemon (or hot herbal tea).

Limit Stress by using Adaptogens and Essential Oils. Some adaptogen herbs, leaves, plant life are a natural way to help boost the immune system by enhancing your body’s ability to resist stress,
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Christopher C. Naumes  Robert T. Naumes, Sr.  Designated Legal Counsel
(Continued, Nora)

anxiety, and fatigue creating a balance to your system. Adaptogens are non-toxic to the body. They can also help with the winter blues. As with Essential Oils, you will want to know the source of your adaptogens unless you grow your own or it is not in natural form. Adaptogens occur in nature and you can use the actual plant form. There are many adaptogens now in tablet form, powder, tea, tinctures, or essential oils at grocery stores, health food stores, and online. You can use them in hot water to create an herbal tea to sip on throughout the day. Many of these you may have heard before or have seen while shopping, they are growing in popularity as we seek natural remedies to fight viruses and bacteria. Here are some to look for: Echinacea, Nettle Leaf, Ashwagandha, Turmeric, Tarragon, Ginger, Mushroom, Garlic, Rose Hips, Rhodiola, Licorice, Astragalus, Ginseng, and Holy Basil (Tulsi) which is one of my favorite teas. Do some research and try different adaptogens and see which ones work for you.

Essential Oils are great to reduce airborne germs and to relieve cough and congestion. Use essential oils in a diffuser, humidifier, or boil in a pot with water on the stove. Please read precautions on using each essential oil around children or pets. Essential oils such as peppermint, eucalyptus, hyssop, cedarwood are great for sinus and respiratory relief. I have included a website from my local health food store with an informational blog on essential oil use and combinations:


Sambucus, or better known as Elderberry, is a wonderful supplement for the immune system due to its potent antiviral properties. It’s works great to lessen the length and symptoms of the flu.

Drink herbal teas that have antioxidants. These teas will help build immunity. Traditional Medicinals brand has Echinacea Plus, Gypsy Cold Care, Throat Coat, Breathe Easy, and Ginger. Or make your own herbal teas by grating Ginger or using herbs, such as Tarragon, steeping in hot water, strain, and add raw honey.

Get more Fruits and Veggies in your diet! The best advice I can give you is to crowd out the bad food with good food. Have a morning smoothie, fruit bowl, quinoa/chia/oat bowl with lots of fruits, veggies, nuts, seeds, and coconut on top or in it. Make Vegetable Soup with all those veggies in your fridge and freezer. Make beautiful colorful salads with quick homemade dressing. Prepare on Sunday a Salad in a Jar for a Week using a 5-32-ounce Mason Jars with all your favorite fruits, veggies, etc. Crowd out those bad carbohydrates with good carbs at dinner, for example, have two servings of vegetables with your Salmon, Steak, or Chicken. Or bake a Sweet Potato, Potato, or Spaghetti Squash and add lots of veggies on top as your dinner.

Get plenty of Sleep. Lack of sleep can suppress your immune system. Sleep is when your body repairs and heals itself. Try to get 8 hours of rest each night.

Get moving daily! Exercise is necessary to prevent stagnation and degeneration in the body. It also helps your Circulation and Lymph System to function optimally.
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Homeopathic Remedies like Cold Calm and Oscillococcinum by Boiron can wipe out a cold and flu at the onset. You will find these products in almost all grocery and drug store chains. I use the Cold Calm at any symptoms that could be the onset of a cold. Adults and Children over the age of 3, take 2 tablets under the tongue every 15 mins for first hour and 2 tablets 3x’s a day until symptoms lessen. There are children Cold Calm tablets for 6 months and older. If I remember and I am aware that a cold is manifesting, I tend not to get a cold after the first two hours of taking these. I bought these for my adult children when leaving for college. It is great to have these on hand at the beginning of the school year.

Have a happy and Healthy 2020! Article written by: Nora Grutzius, Integrative Health Coach

CAROL MENGES
VICE PRESIDENT DISTRICT 6
573-353-0469 | csuemenges@gmail.com
DISTRICT 6 STATES: Colorado, Kansas, Missouri, Nebraska, North Dakota, South Dakota

Many neat opportunities occurred since our last visit (newsletter).

SMOHIT 2019 Steps Challenge Denny, Geneva, Brianne Menges, Kenny and I all took part as a team in the SMART Health Step Challenge—A great challenge to do as Union/Auxiliary or family event to better your health in a simply way.

SMART-TD Local #1409-Kansas City, KS had their Annual Christmas Meeting and their famous “Chili Feast” held at Sheet Metal Local #2 Hall. Definitely a new twist to the holidays.

SMART-TD Auxiliary “Victory” (organized May 24, 1892) Lodge #28, St. Louis, MO, had their Annual Christmas Lunch. I always look forward to attending such a gathering. Lodge #28, holds a special place in my heart, they allowed me to join in 1997 until we were able to form our own lodge in Jefferson City, MO. It was always worth the drive to attend meetings, to build friendships, gain knowledge and get re-energized until we met again.

Jefferson City, MO Central Labor Council held their Annual Christmas gathering of union, local community officers as well as local candidates and elected officials. It is always a great opportunity to meet new acquaintances, re-ignite friendships, and network among leaders of the various local unions and community officials.

Life can be unpredictable, but life can also be a gift at the same time. We might just end up in places we never imaged we would!
ROSSI VUCINOVICh has been defending railroad workers and their families against the careless practices of the railroads for over 50 years.

Jim Vucinovich, President of Rossi Vucinovich PC, has been leading the charge for the past 30 years, taking the firm into new areas defending railroad whistleblowers and other workers subjected to long term toxic exposure and other acute workplace exposures while successively achieving milestone verdicts and settlements for injured railroad workers and record-breaking verdicts for railroad whistleblowers.
Santa came to Forsyth, Montana December 14, 2019 is the last year Don and I will be doing Santa. We have been doing Santa for the BNSF families in Forsyth for over 20 years. Santa has evolved over the years last 20 years. We started out doing photos with Santa at the depot and small gifts following a special movie at the local theater just for the railroad families. Evolved to Don giving sleigh rides in a sleigh he refurbished. The Auxiliary served homemade cookies with hot drinks to warm the riders. Over the years the response has been great. We had over 100 people attend the event.

Earlier in 2019 we lost our Santa of 20 plus years, Lloyd Nelson Sr. age 80. He traveled from Valley City, North Dakota to Forsyth 448.6 miles every December to be our Santa.

Don and I have entered the sleigh in the local parade of lights Friday night after Thanksgiving. The community really liked the sleigh, our eyes and the free candy that was handed out. We have won several first place mentions over the years for our float.
BOARDS ANNUAL MEETING TO BE HELD

The Auxiliary of the UTU Scholarship Fund board members are preparing for their annual meeting (that includes decision on number of scholarships to be given, the drawing for the 2020-2021 Scholarship Awards) to be held at the Auxiliary headquarters in North Olmsted, Ohio in April. The Board is required to give a minimum of eight (8) scholarships each year to meet IRS guidelines. Individuals who have been selected as winners will be sent a congratulations letter in May informing them of their award. A list of winners and their sponsor Auxiliary member will be published in the June Auxiliary Newsletter and on the SMART.org (Auxiliary link).

DONATIONS

Delores Wilcox $50.00 In Memory of Edythe Walter

Lodge 28 Victory Lodge $25.00 in Memory of Ethel Moore

Thank you to all the Lodges and our members 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 Treasurer, 12503 E Co Rd 6
Attica, OH 44807-9435

REQUEST APPLICATIONS IMMEDIATELY

Just a reminder that time is quickly running out for submitting a scholarship application for a family member for the upcoming 2020-2021 school year. Applications must be requested by March 15th and return postmarked by the March 31st deadline. You will need to allow plenty of time to have students and sponsor member fill out their information. Only original applications are accepted.

Sponsor members must maintain auxiliary membership throughout the duration of the scholarship award. FORMS MUST BE COMPLETELY FILLED OUT SIGNATURES ARE MANDATORY

For application and / or information contact:

Geralyn Gardner, Scholarship Fund Secretary
5485 Edmonds Road
Bellevue, OH 44811-9711
utuauxscholarsec@gmail.com
Or by phone: 419-217-5492

Information needed for request of application:
Your Name
Your Auxiliary Lodge Number if possible
Complete mailing address (street, city, state and zip code) along with phone and E-mail address.

The Lodge Treasurer’s signature is no longer necessary. The practice of confirming to ensure sponsor is in good standings with the Grand Lodge has always and will continue to be deciding factor of acceptance.

SCHOLARSHIP RENEWALS

The Auxiliary Scholarship Awards are continuously renewable for up to four years if certain requirements are met.

Students maintain both full-time enrollment and at least a 2.0 grade point average to qualify. The proof of Enrollment form and Official College Transcripts must be returned by the deadline dates to qualify. Renewal paperwork is sent to all recipients in May each year.

For the 2020-21 school term, there are 41 (Forty-one) renewals possible. When a student does not meet board criteria, they forfeit their scholarship. This scholarship is then offered to the next available alternate drawn from that year’s pool of applicants.

For the 2019-20 school years, the board used 6 alternates: funds were given out for 45 scholarships – a yearly total of $ 45,000.00

REMINDER: Scholarships are given ONLY in the Fall of each year and are for $1000.00.
AUXILIARY of the UNITED TRANSPORTATION UNION
2020 SCHOLARSHIP FUND APPLICATION

For acceptance of application ALL requested information must be provided
(Please Print)

Name of Auxiliary MEMBER____________________________________________ Lodge No. __________

Street Address __________________________City, State and Zip Code______________________________

Phone Number __________________________ E-mail __________________________

Applicant Is:     [ ] Child    [ ] Stepchild     [ ] Grandchild     [ ] Step-Grandchild (place checkmark in square)

Name of Student’s PARENTS________________________________________________________________

Complete Address of Parents ________________________________________________________________

Parent’s Phone Number __________________________ E-mail ___________________________________

Name of STUDENT_________________________________________ Date of Birth __________________ M/F
(Have you ever applied under a different name? If so, list above.)  (circle one)

Complete Address of Student________________________________________________________________

Phone Number __________________________ E-mail __________________________________________

Summer Contact Information: Phone Number____________________________________________________

Summer Email:____________________________________________________________________________

Name and COMPLETE ADDRESS of accredited degree program student plans to attend in 2020-2021:

College Name __________________________________________________________________________

Financial Aid Office Address________________________________________________________________

Financial Aid Phone #_______________________________________________________________________

Major Course of Study ___________________________________________Degree Program        ( ) yr

College Year in 2020-2021 [ ] 1st year   [ ] 2nd year   [ ] 3rd year   [ ] 4th year   [ ] Graduate __________

(please checkmark which grade)

Send Completed Application to:

Auxiliary of the UTU Scholarship Fund
Geralyn Gardner, Secretary
5485 Edmonds Road
Bellevue, OH 44811

Signature of Auxiliary Member

Signature of Student

*THIS APPLICATION IS NULL AND VOID
IF GRAND LODGE’S ASSESSMENTS AND DUES ARE UNPAID.

SIGNED APPLICATIONS MUST BE MAILED AND POSTMARKED BY MARCH 31, 2020

After the drawing, only the Scholarship winners will be notified.

“Note: In event no funding is available, the Scholarship may be discontinued at any time.”
We are a nationally recognized personal injury firm with more than half a century experience representing injured railroad workers throughout the country.

Our attorneys routinely serve clients throughout the Midwest and have successfully tried hundreds of cases ranging from automobile accidents to catastrophic worker injuries and death. Hunegs, LeNeave & Kvas has earned the trust and recommendation of many of the nation’s leading unions. Our union designations are your assurance of skilled and experienced counsel with a commitment to aggressively pursuing your interests. We are here to help you and your family.

The United States Supreme Court has cautioned railroad workers that:
"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)
The following are Pre-Retirement Seminars being held in the month of June. The Seminars begin at 8:30 AM and go for 4hrs, doors open 30 mins prior.

Register online at: [www.rrb.gov](http://www.rrb.gov) → select “Our Agency” under the menu tab → then “Office of the Labor Member” → then “Pre-Retirement Seminars”

### March
- March 27
  - Courtyard by Marriott
  - 14635 Baldwin Park Towne Center
  - Baldwin Park, CA

### April
- April 24
  - Holiday Inn Plainview-Long Island
  - 215 Sunnyside Blvd.
  - Plainview, NY
- April 24
  - Eugene T. Mahoney State Park
  - 28500 West Park Highway
  - Ashland, NE

### May
- May 8
  - Holiday Inn Denver-Lakewood
  - 7390 W Hampden Ave.
  - Lakewood, CO
- May 8
  - 408 Atlantic Ave, Room 217 and 237
  - Boston, MA
- May 15
  - Richard Bolling Federal Building
  - 601 E. 12th Street
  - Room G-41 (Dogwood Conference Room)
  - Kansas City, MO
- May 29
  - Sheet Metal Workers Local 33
  - 12515 Corporate Drive
  - Cleveland, OH
RAILROAD RETIREMENT BOARD
PRE-RETIREMENT SEMINARS

JUNE

June 5
Holiday Inn
1US Highway 46 West
Totowa, NJ

June 12
Hampton Inn and Suites
Fort Worth-Fossil Creek
3850 Sandshell Drive
Fort Worth, TX

June 5
Comfort Inn & Suites Presidential
707 Interstate 30
Little Rock, AR

June 12
LaQuinta Inn & Suites Indianapolis S
5120 Victory Drive
Indianapolis, IN

June 26
Tinley Park Convention Center
18451 Convention Center Drive
Tinley Park, IL

NEW MEMBERS

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<tr>
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<tr>
<td>28</td>
<td>Lori Breivogel</td>
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<tr>
<td>136</td>
<td>Kamiryn Winter</td>
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<td>Stephanie Rubal</td>
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<td>Kendadee Sullivan</td>
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<td>Luke Edington</td>
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DEPARTED MEMBERS

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<tr>
<td>28</td>
<td>Ethel May Moore</td>
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<tr>
<td>960</td>
<td>Mary Ruth Stallings</td>
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</table>

Find us on social media!
SMARTTDAuxiliary
SMART TD Auxiliary
SMARTTDAux
SMART TD Auxiliary

OPENING A LODGE
Minimum of 10 members
Railroad spouses/family

Pre-Meeting planning
Discuss Lodge goals
Connect with SMART TD

Contact Grand Lodge
Request a Charter
Ben B. Saunders was born and raised in New Orleans, Louisiana. Upon completing his undergraduate studies in Pre-Med at Louisiana State University, he attended Loyola University School of Law where he received his Juris Doctor degree. At law school he became the Managing Editor of the Loyola Law Review aside from writing articles for the publication.

He began trying cases for injured railroad workers under FELA in 1974 as a plaintiff’s attorney, when he tried his first FELA case before a federal jury in the United States District Court of New Orleans. The jury rendered a verdict for the plaintiff, an LSU college student, who had serious brain damage working as a signalman at the railroad for a summer job.

Since 1975, he has concentrated in the FELA field of practice. For over 40 years, he has tried FELA cases from New Orleans, Louisiana to West Palm Beach, Florida through Jacksonville, Savannah, Charleston, Raleigh to Washington, D.C. He has obtained half million to multi-million dollar results on cases in Louisiana, Mississippi, Alabama, Georgia, Florida, South Carolina, North Carolina, Virginia Texas & Washington D.C.

Over the last 25 years, he has taught FELA Law at seminars and meetings to both attorneys and union railroad workers. He authored "Preparing the Plaintiff for Direct Examination in a FELA Case," which was published in *Trial Magazine* in March 1994. He has been a Railroad Law lecturer at ATLA (Association of Trial Lawyers of America) Railroad Law Section CLE programs since 1993. In 1994, he served as Chairman of the ATLA Railroad Law Section. He also completed the Harvard Law School Negotiation Project for Lawyers in Cambridge, Massachusetts. He has spoken on the New Orleans Bar Association television program, *It's the Law*. He wrote the often quoted "Truth Wins Lawsuits" article for a NOBA Legal Seminar. He was asked to testify as an expert in FELA at Lloyds's of London in England on how to evaluate an injury sustained by a railroad worker.

He has served as Chairman of the Designated Legal Counsel for the Brotherhood of Locomotive Engineers (BLE) from 1999-2002. While serving as Chairman of the Designated Legal Counsel for the BLE, he published the Rules of Conduct for its Designated Legal Counsel Program. He was also President of the American Rail Labor Attorneys (ARLA) from 1999-2000. He is a permanent member of the Past President's Advisory Committee.

He is a member of the New Orleans, Louisiana State, Federal, and American Bar Associations, as well as the American Association for Justice and Louisiana Trial Lawyers, now LAJ where he served on the Board of Governors from 1992-1997. He has been listed as one of the National Trial Lawyers Top 100 and in Best Lawyers of America since 1999, and New Orleans Magazine has listed him as one of the Best Lawyers in New Orleans in the field of Railroad Law since 2000.

He also engages in the practice of Maritime Law (Jones Act) and Aviation Law where he was invited to lecture at Embry-Riddle Aeronautical University January 2005.

**Areas of Practice**

- Railroad (F.E.L.A.)
- Admiralty & Maritime Law
- Personal Injury – Plaintiff
- Jones Act
- Aviation
- Litigation & Appeals
DID YOU KNOW?

Benefits of Auxiliary Membership

The SMART TD Auxiliary unites families of SMART TD. Also, the Auxiliary educates members on legislative issues affecting them and provides a forum for the exploration and sharing of ideas and information with other SMART TD families.

In addition, Auxiliary membership provides a variety of benefits, discounts and perks through Union Plus (AFL-CIO) such as:

- Computers
- Moving Assistance
- Tires
- Cell Phones & Service
- Entertainment
- Hardship Assistance
- Pet Services
- Credit Counseling
- Low-Cost Loans
- Health Clubs
- Hotel & Rental Cars
- Theme Parks
- Prescription, Dental & Vision
- Tax-Preparation Services
- Scholarships-$500-$4000
- Will and Estate Planning
- Automobile Insurance
- And many, many more

As an Auxiliary member you can register to receive these discounts at unionplus.org

STAND UNITED FOR TWO-PERSON CREWS!
Safety First!

Contact your legislators now! Ask them to support Two-Person Crews!