Mark Your Calendars:
- February 24 7:00pm Union Meeting @ High School Rd.
- March 23 7:00pm Union Meeting @ High School Rd. DUES WINDOW WILL NOT BE OPEN LATE
- April 4 Local 440 Easter Egg Hunt @ Brookville Crossing Way
- April 27 4:30pm Officers, Elected Committees & Stewards Meeting @ Brookville Crossing Way
- April 27 7:00pm Union Meeting Years of Service Awards @ Brookville Crossing Way
- May 13 10:30am Retiree BINGO and 12:00pm Luncheon @ Brookville Crossing Way

Activate Local 440 Family Health Center
- 5550 S. East St., Suite B, Indianapolis
- (317) 879-5206
- www.activatehealthcare.com/local440
- Serving participants of the Plumbers & Steamfitters Local 440 Health & Welfare Plan

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Health & Welfare report 12

Important Dates
March 20th—Close down operations @ High School Road with minimal interruptions with phone and computer access
March 23rd—Reopen as quickly as possible @ Brookville Crossing Way. The Union Meeting will be @ High School Road. The Dues Window will not be open late.
April 4th—The Easter Egg Hunt will be @ Brookville Crossing Way from 11 AM to 12:30 PM.
April 27th—Officers & Stewards Meeting, Union Meeting, and Years of Service Awards @ Brookville Crossing Way
April of 2020—The school year will finish @ High School Road. The Training Center will finish moving to Brookville Crossing Way in April and May.
May 13th—The Retiree Bingo and Luncheon will be held @ Brookville Crossing Way.
Donald J. Bough, Business Manager

I wish to start my first newsletter article as your newly elected Business Manager with a moment of privilege. In 1984, when I first applied for the apprenticeship program, I didn’t even know what a pipefitter was. After working as a trainee for 2 years and sitting with the interview committee 3 times, I was finally accepted. I knew then that I would be a steamfitter for the rest of my career. Little did I know then that my career would turn out like it has? Many have heard my statement, “Everything good in my life, except God and my family, I owe to the UA and Local 440.” I am honored and humbled to be elected as your Business Manager. Your current administration team and I take the oath seriously to do the best we can to uphold the integrity of our great union and create as many work opportunities as we can for our members.

2019 was a whirlwind to say the least. The economy has been good and I hope that every member and their families had a great year. I wish you all a happy and prosperous 2020 as classes are finishing up. The new facility will certainly be changing year after year as the labs are built and they continue to change with the times of our industry. I’m sure they will be fully ready to resume classes in the fall for the 2020-2021 school year.

Our local apprenticeship contest has been completed and it was excellent competition. I am competitive by nature and working around these contests for the past 7 years has proven that comradery and solidarity are still thriving in the United Association. The other primary objective of the contests is to evaluate our own programs. They have proven to do just that and we continue to improve along the way. The 4 professionals that will represent us at the state contest are to be commended so if you see them share an encouraging word. I congratulate them and wish them well in all their future endeavors.

2020 is a presidential election year. It is also a gubernatorial election year as well and there are many other state and local races. We all need to remember how politics can affect our union and our livelihood. It is imperative that we educate ourselves and vote for candidates that best represent our lives and our country.

As Americans we owe it to ourselves and our neighbors to support American business. Buy American made and union at every opportunity.

I will leave you with this quote: “At the core, labor unions (we) are working men and women, unified as one force. Despite any personal differences that may exist between us, we have banded together to protect and improve the lives of workers. We rise up together for the greater good. We defend one another like family.”

- SUE CARNEY

Donald J Bough
Business Manager
dbough@ualocal440.org
Gary R. Beaman, Business Representative, Columbus area

Brothers & Sisters

Greetings from the South Office!

As you read this newsletter, old man winter is in our jurisdiction and I personally did not dispatch him. Super Bowl LIV will be in the books and the Daytona 500 is scheduled for Sunday, February 16th, 2020. These events are good signs that Spring will be here before we know it. To our members working outside, stay safe and remember you are your brother and sister’s keeper. While on the topic of outside safety, now is the time for maintenance on your lawn mower, chainsaw, and weed eaters. If you would not operate your personal tools for your contractor, do not use them in their current condition at home.

Work in the Southern part of our jurisdiction is steady at this time. Honda is continuing to make preparations for a nice expansion of a new car line in Greensburg, IN. Cummins has continued to keep several members gainfully employed at this time and should continue well into the year. Dirt is starting to move for the Greenleaf plant-based protein manufacturing facility in Shelbyville, IN. We’re still waiting to hear who the mechanical contractor will be. The underground utilities for the new Clark Pleasant Elementary School in Whiteland are underway at this time. The complete list of the summer school projects is not out yet, but we will keep you informed.

Work around the country is good with plenty of travel card work coming. Some of this work will start to man up by the end of February and into March. If you wish to travel, please let one of the agents know, but be mindful that our first obligation is to try to man our work at home. If you are willing to go out of town, please be ready to go. Travel work is time-sensitive, and we have a lot invested in our relationships with other locals.

It is never too early to talk about the 2020 Election. Please take time and educate yourself about the candidates on the ballot in your area. Our forefathers always said to vote with your checkbook first. I guess, nowadays, it would be your debit card first. It has been truly stated of organized labor that you either have a seat at the table, or you are on the menu.

In Solidarity,

Gary Beaman

gbeaman@ualocal440.org

Robert R. Stieneker, Business Representative Indianapolis area

Work in Central Indiana is booming. We have a very busy year ahead of us in 2020. Work at Banker’s Life Fieldhouse will be starting in May. North Mechanical and General Piping were successful bidders on most of this work. It will be a fast paced schedule to get ready for the upcoming NBA All-Star Game in 2021. Work will be ramping up at the CJC by the end of this month into the middle of April. Work at Eli Lilly is running strong and should hold strong through 2021.

The proposed hotels and ballroom at the old Pan Am Plaza site are still under discussion and should be out on the street in 2021. In a recent Inside Indiana Business episode, there was an interview with the Executive Director on the Convention and Tourism Bureau who said the hotel and ballroom are vital to securing new conventions as well as retaining existing conventions in Indianapolis. We are working diligently with our elected City County Councilors to see these projects come to fruition.

As Don Bough reported at the last union meeting, the IU Health Downtown project is looming and on the last report it is exceeding 2.5 BILLION DOLLARS total construction. We have always worked well with IU Health and will be in need of licensed plumbers and certified Med-Gas installers. The need for licensed plumbers will continue through all of 2021.

Work on the new building is wrapping up quickly. We are scheduled to move the front office over the weekend of March 20-23. The March Union Meeting will still be on the 23rd at High School Rd. Our first meeting at Brookville Crossing Way will be the April Years of Service Meeting. We will have the annual Easter Egg Hunt at 1521 Brookville Crossing Way on April the 4th. The Easter Bunny will be present again this year.

I want to take this time to thank all the members who took the time to come out and vote in this past election. It has been an honor to work for this membership over the past 10 years, and I will continue to do my best each and every day. I was deeply humbled by...
Robert R. Stieneke, Business Representative Indianapolis area

Continuation from Page 3

The overwhelming support shown by the members on Election Day. I left the hall that day with batteries at full charge and ready for whatever may come my way.

Just a quick reminder, don’t forget your Personal History Forms for the Health and Welfare, so your claims will get paid in a timely manner. Also, when filling prescriptions use your Sav-Rx discount cards, and as I always remind everyone check the price on the GoodRx app (picture of the app to the left) on your phones.

Fraternally,
Robert R. Stieneke
Business Agent
bstieneker@ualocal440.org

Jack E. Neal Jr., Business Representative Muncie area

Dear Brothers and Sisters,

I would like to wish everyone a Happy New Year! By the time you receive this newsletter, we will be a couple months into 2020. I hope the New Year started off well for you and the rest of the year is a safe and successful one.

Work in the Eastern part of the territory is doing well and should have quite a bit of work coming up in the near future. Hopefully this trend will continue through the next few years. As you may or may not know, many of the school corporations in our area have neglected the maintenance on their buildings for years, and it has caught up with them. Some of the school projects coming up in the area are at New Palestine, Selma, Lynn, Daleville, Richmond, Muncie, Parker, Anderson, New Castle, Bryant, and Jay County. Along with the handful of upcoming school projects I just mentioned, I foresee more down the road.

Work at Ball State is still ongoing. With the new dorm and dining facility finishing up, the job calls have slowed down at this time. We do have Quality Plumbing and Heating on site at the new science building, and it’s starting to come out of the ground. As the project proceeds, we should see an influx of job calls. Documents for The New Multi-Cultural Center and phase three of the East Mall, at Ball State, should come out in February 2020. Ball State still has not released all of their new up-and-coming projects for 2020, but they should be by the end of the first quarter or early second quarter.

I mentioned in the last newsletter that Nestles is planning a $200 million additional investment in its Anderson facilities. We are still tracking the project but no new information is available at this time. There is talk around that Blue Buffalo, in Richmond, Indiana, may have something coming down the pike but nothing is set in stone at this time.

Looking at the foreseeable future, and speaking with Don, Bob, Jamie and Gary, it looks as if we have numerous projects coming up. If just some of the projects come to pass, I think we are going to have one hell of a ride for the next few years! So hang on and enjoy the ride!

Jack E. Neal, Jr
jneal@ualocal440.org

Jamie Fife, Business Representative Kokomo area

Dear Brothers and Sisters,

I would like to start this month’s article by saying, “man did 2020 get here fast!” As crazy as this weather has been I hope we don’t have a cold and crazy spring. I would like to get back down to the lake ASAP! I am hoping everyone had a great holiday and was able to enjoy your families like I did. In 2019, my family welcomed two new additions: my granddaughter, Trinity Skye, in May and my grandson, Elijah Lucas, in November. With those two new additions, my family had a great holiday!

The work picture up North is starting to take shape with the announcement of the $400 million expansion of the Chrysler Plant in Kokomo! This expansion will bring a substantial amount of work to the area. Once demo of the previ-
John Kurek, Director of Training

Brothers and Sisters,

The deadline for turning in apprenticeship applications and completing the WorkKeys testing for this year’s class has come and gone. The Training Office had 623 applications signed out for this year’s class. From the 623 applications signed out, 167 applicants completed and turned in their applications, completed the WorkKeys testing, and met the minimum requirements to interview.

The UA Local 440 Apprenticeship Contest was held Saturday January 25th. All of the apprentices that competed did extremely well and the competition was very close. The apprentices that competed were: Wade Cummings, Donald Hunter, Todd Clements, Chad Gaddis, Zachary Brennan, Jacob Archer, Clayton Gillespie, Kyle Harris, Eli Duncan, George Lamb, Jordan McKown, Jamison Crouch, and Derek Hamilton. If you see any of these apprentices, congratulate them on stepping up and competing. The winners were: Jacob Archer (Welding), Todd Clements (Pipefitting), Kyle Harris (Plumbing), and Jamison Crouch (HVACR). Congratulations guys! With the level of competition being so high at the local level, I know you all will do well at the state contest. If you see these guys congratulate them and wish them luck at the state contest. The Indiana State Apprentice contest will take place in Fort Wayne at UA Local 166 on March 25th and 26th.

On January 20th-22nd, I attended the IFEBP’s Institute for Apprenticeship, Training, and Education Programs along with JATC member Mike Peoples. Over 500 people attended this conference and there were many UA Training Directors and JATC members in attendance. I gained a lot of information from the other UA participants as well as from the classes I attended. After attending these classes, I couldn’t help but to feel very fortunate to be the Director of a program that is already structured to ensure we are in compliance with Department of Labor Rules, Regulations, and Standards. Thank you to the directors that came before me and our past and current JATC members. I left this conference with many goals and ideas for our program. I know we will succeed in accomplishing many of them in the future.

The new building is nearing completion, and it is amazing. This facility will move our apprenticeship program forward by leaps and bounds, and I cannot wait to see our apprentices and instructors take full advantage of the potential the facility provides. We have been setting some equipment for the Training Center and we are preparing to move. These are exciting times for our Local!

I leave you with this quote:
"The first step toward creating an improved future is developing the ability to envision it."
—Tony Dungy

Fraternally,
John Kurek
jkurek@ualocal440.org

Jamie Fife, Business Representative Kokomo area

Continuation from Page 4

ous Transmission Plant is completed, we can start rebuilding the plant, which will be an Engine Assembly Plant. To top it off, there will be plenty of school projects up North. Work in Central Indiana remains good as well. The work at Eli Lilly’s has been booming with the start of the Building 100 and the B132 Fermentation projects. I was also out at the Marion County Criminal Justice Center (CJC) early this month.

Watt Mechanical and North Mechanical have people on the job, and I look for them to start hiring for this project in early March.

We are expecting plenty of Med-Gas calls this year. If you don’t have your certifications, or have let them lapse, get into the Training Center and get them! Also, make sure you updated your Plumbing License. They expired at the end of 2019.

I would like to remind our membership that what used to be Midwest Toxicology is now called DISA Global Solutions. Please make sure you are responding to them in a timely manner.

I hope everyone has a prosperous New Year and stays in good health!

Jamie Fife
jfife@ualocal440.org

“... take shape with the $400 million expansion of the Chrysler Plant...”
Class Updates and Information—contact the Training Office to register 317-856-6426

**Backflow Certifications:** Testers must complete the IDEM “Active” list questionnaire if he or she wishes to be included on the “Active List”. You can verify your license or find your certification number on the PLA website, [www.pla.IN.gov](http://www.pla.IN.gov). This license does NOT expire. The expiration date listed on the PLA site only refers to the year in which the next Active List Questionnaire will be sent out. Testers can submit a completed questionnaire to IDEM any time they wish to update their information. A link to the questionnaire is on the Local 440 website.

**Plumbing Contractors and Journeyman Plumbing License:** You can renew online at [https://mylicense.in.gov/eGov/](https://mylicense.in.gov/eGov/) by using your license number (including PC or JP) as the login ID and the last 4 digits of your social security number as your password.

**Continuity Reminders:** Med Gas continuity payments are $30.00. Update reminders for Med Gas and Weld certifications are mailed the month before your expiration month. THIS WILL BE YOUR ONLY NOTIFICATION FROM THE TRAINING OFFICE REGARDING YOUR EXPIRATION.

**Weld Shop:** The weld shop is open Monday through Friday during the day. There is also open welding on Thursday nights and some Saturdays (registration required.) Please contact Todd Hendrickson at (317) 856-6426 Ext 114 to register for weld sessions or weld tests.

**Like Us on Facebook:** Be sure to “Like” the Training Center’s Facebook page for updates on classes, reminders and any other news related to the Training Center

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Local 440 Apprenticeship Contest Winners

Congratulations to the winners of the Local 440 Apprenticeship Contest. We are so proud to have you representing UA Local 440 at the State Apprenticeship Contest in Ft. Wayne on March 25th & 26th.

Pictured from Left to Right:
- Jacob Archer (Welding)
- Todd Clements (Pipefitting)
- Kyle Harris (Plumbing)
- Jamison Crouch (HVACR)
Local 440 Apprenticeship Contest
Mark your calendars for **Saturday, April 4th**. This event is open to the children and grandchildren of members of Local 440 under the age of 12. All children must be accompanied by an adult; no unattended children, please. The **2020 Easter Egg Hunt will be held at UA Local 440's new location:**

**UA Local 440**  
**1521 Brookville Crossing Way**  
**Indianapolis, IN 46239**

The Easter Bunny will be on hand to help us celebrate this special family day. Bring your own camera to capture memories. Cookies and punch will be served. The winner of the coloring contest will be drawn from the barrel.

**Events:**
- Photos with the Bunny  
  11am-12:30pm
- Refreshments  
  11am-12:30pm
- Coloring Contest  
  11am-12:00pm
- Egg Hunt  
  12:00pm

All children will receive prizes specially selected for their age group. To ensure we have enough prizes, all children must be pre-registered with the form below. Please complete and return this form to the current Local 440 Office @ High School Rd. by **March 20th**.

Name of Local 440 Member:____________________________________________________________

Please print names and ages of children attending:

1._________________________________________________________Age:_____________________
2._________________________________________________________Age:_____________________
3._________________________________________________________Age:_____________________
4._________________________________________________________Age:_____________________
5._________________________________________________________Age:_____________________
EXERCISE IS AN ALL-NATURAL TREATMENT TO FIGHT DEPRESSION

Exercise is as effective as drugs in some cases.

One in 10 adults in the United States struggles with depression, and antidepressant medications are a common way to treat the condition. However, pills aren’t the only solution. Research shows that exercise is also an effective treatment. “For some people it works as well as antidepressants, although exercise alone isn’t enough for someone with severe depression,” says Dr. Michael Craig Miller, assistant professor of psychiatry at Harvard Medical School.

THE EXERCISE EFFECT

Exercising starts a biological cascade of events that result in many health benefits, such as protecting against heart disease and diabetes, improving sleep, and lowering blood pressure. High-intensity exercise releases the body’s feel-good chemicals called endorphins, resulting in the “runner’s high” that joggers report. But for most of us, the real value is in low-intensity exercise sustained over time. That kind of activity spurs the release of proteins called neurotrophic or growth factors, which cause nerve cells to grow and make new connections. The improvement in brain function makes you feel better. “In people who are depressed, neuroscientists have noticed that the hippocampus in the brain—the region that helps regulate mood—is smaller. Exercise supports nerve cell growth in the hippocampus, improving nerve cell connections, which helps relieve depression,” explains Dr. Miller.

THE CHALLENGE OF GETTING STARTED

Depression manifests physically by causing disturbed sleep, reduced energy, appetite changes, body aches, and increased pain perception, all of which can result in less motivation to exercise. It’s a hard cycle to break, but Dr. Miller says getting up and moving just a little bit will help. “Start with five minutes a day of walking or any activity you enjoy. Soon, five minutes of activity will become 10, and 10 will become 15.”

WHAT YOU CAN DO

It’s unclear how long you need to exercise, or how intensely, before nerve cell improvement begins alleviating depression symptoms. You should begin to feel better a few weeks after you begin exercising. But this is a long-term treatment, not a one-time fix. “Pick something you can sustain over time,” advises Dr. Miller. “The key is to make it something you like and something that you’ll want to keep doing.”

Source: Harvard Health
Due to the new IRS tax law change the 2019 annual dues and assessments statements will not be mailed out. Any member needing a 2019 statement may call the main office and request one.

Stay current with all the events and happenings at Local 440.

www.ualocal440.org

Local 440 Plumbers, Steamfitters, and HVAC Service Technicians

DUES PAYMENT INFORMATION:

- Monthly dues are payable prior to the first day of the month owed.
- Advance payments must be in monthly increments; partial monthly payments are not accepted.
- If delinquent, any payment must include all past dues along with the current month's dues.
- For the purpose of determining suspension or expulsion, payments must be received by the last day of the month, either in person at the Indianapolis office or online by 11:59PM, to be considered on time for said month.
Announcements

Member Obituaries

Charles R. Gates, 72, passed away January 3, 2020. He was a Life Member Plumber, and was initiated October 11, 1966.

Benjamin C. Jackson Sept. 1, 2019
Gary W. Garrett Feb. 1, 2020
Gary D. Humphrey Feb. 1, 2020

Rest In Peace, Brother

Retirees Bingo & Luncheon
Wednesday, May 13, 2020
Bingo begins at 10:30am
Lunch begins at 12:00pm
Please bring a covered dish to share!
This will be at the Brookville Crossing Way location!!

Recent Retirees

Benjamin C. Jackson Sept. 1, 2019
Gary W. Garrett Feb. 1, 2020
Gary D. Humphrey Feb. 1, 2020

Reminder!

Turn in your 2020 Health Care forms to Stewart C. Miller’s office in Lafayette. Any questions please call S.C. Miller’s office or the main hall. Thank you.
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