

Association of Ameritech /SBC Retirees SM, Inc

*Proudly working on behalf of retirees of Ameritech, SBC, and predecessor/successor
Bell Companies of the New AT&T, located throughout the United States*



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Second Quarter Newsletter June, 2009

FROM THE PRESIDENT’S DESK, June, 2009

My fellow retirees,

Thanks to many of you and your sacrifices, AASBCRSM will contribute over \$2,000.00 to the National Retiree Legislative Network – NRLN - Special Fund for work on three key pieces of legislation involving Pension Protection, Medicare Reform, and Maintenance of Cost Payments for healthcare. AASBCRSM appreciates all that you are doing to support AASBCRSM and the NRLN working on national legislation to preserve our benefits.



AASBCRSM had our annual meeting the afternoon of Thursday, June 4. We held the meeting in several locations as well as through a telephone conference service. Thanks to all of you who attended and invited retired friends.

We want to thank our many volunteers who assist AASBCRSM in our mission. That includes those of you who assist AASBCRSM by mailing out applications as well as the Communications Directors, Benefit Directors, and State Representatives. We would not be able to accomplish all that we do without all of your assistance.

Speaking of assistance, AASBCRSM still needs you, our members, to volunteer your time and gifts. Many of our fellow retirees are not aware of AASBCRSM and all that we do. Please assist AASBCRSM in helping retirees. Do what you can to make your retired friends aware of AASBCRSM and all that we do. Provide them with an application. If they have questions, just ask them to call (312) 962-2770 and leave a voice message. An AASBCRSM board member will return the call.

To all of you, have a safe, happy, and healthy summer.

Carole Lovell

AASBCRSM State Representatives

Florida	Pat Reichard	Ohio	Jim Martin
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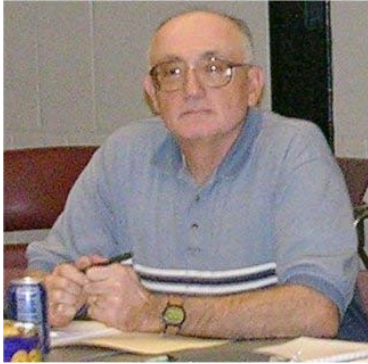
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From the Desk of Ray Sternot, VP-Legislation

June 17, 2009

My role as the AASBCR_{sm} Vice President of Legislation is to monitor Congressional activity and do whatever I can to ensure retiree rights aren't trampled. To this end I work closely with the National Retiree Legislative Network (as a member of the NRLN Board) and provide input/focus on our legislative agenda. The NRLN multiplies the voice of the AASBCR_{sm} a hundredfold.



This has been a very active year so far in Congress. Even though the financial crisis legislation has been passed, the economy continues to sputter. As a result of this economic downturn, employer sponsored pensions and healthcare for retirees continues to be in jeopardy. Just look at the Chrysler, GM and their dealers and suppliers.

On a positive note we are now seeing a great deal of dialogue relative to healthcare reform in Congress. The realization seems to be that healthcare costs have been a drag on the economy and job growth. All I can say is, WOW! Maybe we are seeing some light! We've even seen some potential give from the insurance industry about limiting their price increases. But, that potential reduction in cost increases only came about because retirees like each of you contacted your congressmen asking them to keep the government healthcare option on the table. Otherwise, can you imagine healthcare reform under total control of the Insurance industry?

We continue to work with the NRLN to get our message out to members of Congress, specifically our message on Health Care Reform. The message and our objectives continue to remain clear and are based on our (NRLN) legislative agenda. We want to stop the bleeding when it comes to increased healthcare costs; preserve employer sponsored reasonably priced healthcare if at all possible; and, we want to preserve pension assets for retirees. We need to see that any healthcare legislation that is created must not harm the retirees (or taxpayers) and that any action taken must safeguard retiree pensions and healthcare while minimizing rising healthcare costs. And in order to ensure that happens we are supporting the NRLN efforts to create white papers and input to legislators based on our legislative agenda. I encourage you to view the NRLN's Agenda

What have we accomplished this year?

We have:

- 1.) Updated/revised the NRLN Legislative Agenda with expanded emphasis on healthcare (the timing is right).
- 2.) Initiated a Healthcare for all focus paper (not only for under/un-insured) and assisted in making it an NRLN action plan development.
- 3.) Assisted the NRLN in questions/solicitation of responses from candidates at the NRLN (national focus).
- 4.) Grown the AASBCR_{sm} and NRLN grassroots organization.

As I indicated to members in attendance at the AASBCR_{sm} annual meeting, retiree healthcare as we know it is going away because of its costs to companies. Companies will continue to shift costs for

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retirees and/or eliminate healthcare coverage altogether. That is why it is important that healthcare reform focus on lowering costs; improving services and providing healthcare alternatives for companies and retirees

In closing, once again, I encourage all of you to contact your legislators when a pension or healthcare bill comes up for a vote or discussion or when you get an NRLN request to take action. Only through monitoring the legislative process in Congress can we protect our benefits from eroding further. And, given what we have seen happening in Congress over these last several months, we can expect a call to action by the NRLN very soon.

Ray Sternot

FROM THE NRLN:



NATIONAL RETIREE LEGISLATIVE NETWORK AGENDA ON HEALTH CARE REFORM LEGISLATION

- Retiree health care must be a priority during Congress' deliberations on health care reform. Guard against harming Medicare or company-sponsored health care benefits that retirees have earned.
- Health care reform should include a provision which would prevent broken promises to retirees by providing what the NRLN calls a **Maintenance of Cost Payment (MCP)**. The MCP would establish a fixed monthly payment to retirees equivalent to the dollar value of benefits an employer provided at retirement, prior to the reduction or cancellation of retirement benefits such as health care, prescription drugs, life insurance, long-term care, catastrophic coverage and other benefits. The MCP would be used to purchase replacement coverage for as much of the lost benefits as possible. Under the NRLN's proposal, companies would be entitled to tax credits to encourage them to continue to offer defined benefit plans or provide the MCP. Members of Congress need to promote this proposal during the health care debate.
- Don't tax retirees for the health care benefits they may still receive from their former employer.
- When an employer eliminates its health care plan, retirees usually lose "catastrophic coverage" which limits out-of-pocket medical expenses to a fixed amount, such as \$1,500. Given this loss, the NRLN believes that **catastrophic coverage** should be added to Medicare to prevent retiree bankruptcies.
- It is difficult for many men and women age 50 to 64 who have been laid off or retired early—either forced or voluntary—to purchase affordable health care insurance because of their age. They should be allowed to **buy into Medicare at a cost** that does not burden the system.

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- Funding should be provided in health care reform legislation to **eliminate the "doughnut hole"** in the Medicare Part D prescription drug plan.
- Congress should pass legislation that allows for the importation of prescription drugs, competitive bidding by makers of prescription drugs and funding for the FDA to reduce generic drug backlogs; and the prohibition of drug companies from making payoffs to generic manufacturers who withhold the introduction of new generic drugs into the marketplace.
- Health care reform should include both **private and public health insurance options.**
- Similar to Medicare, the government-sponsored plan should offer open competition to private insurance companies, i.e. the plan should mirror Medicare's offerings without the government taking over medical facilities and without intrusion into an individual's selection of medical-care insurance options. A government-sponsored plan should allow reasonable doctors' fees but not control doctors' service offerings nor result in the rationing of America's health care.



Association of Ameritech /SBC Retirees_{sm}, Inc

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My dear fellow retirees;

Included with this quarterly newsletter, AASBCR_{sm} is enclosing a request from the National Retiree Legislative Network. As you may know, AASBCR_{sm} works with the NRLN on national legislation for retirees. They can and do lobby the House of Representatives and the Senate for bills that assist with pension reform and healthcare. Right now, the NRLN is working on three major initiatives. You will read about that in NRLN president Bill Kadereit's letter. Ray Sternot, AASBCR_{sm} legislative vice president serves as NRLN regional vice president of the Great Lakes region as well as member of the NRLN legislative committee. Ray has been instrumental in focusing NRLN resources on preserving health care for those of us still fortunate enough to have employer provided health care. The core of this drive is on stopping the huge cost increases we have seen and offering tax incentives to encourage companies such as AT&T to continue providing health care for retirees.

I do realize that today's economy is a challenge for all of us. However, please read Bill Kadereit's letter and seriously consider an individual membership contribution to the NRLN. Legislation is the most important way that AASBCR_{sm} and other retirees can work to keep the benefits that we all earned through years of employment at AT&T and all predecessor companies.

Sincerely,
Carole Lovell
President and Director of Membership

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NRLN - P.O. Box 18757, Washington, D.C. 20036-8757 Website: www.nrln.org

Dear AASBCR Member,

The pensions and healthcare benefits that retirees and future retirees have earned continue to be under attack from corporations, Congress, federal agencies and the courts. Because the National Retiree Legislative Network is the only U.S. organization solely dedicated to representing your retirement interests, the NRLN greatly depends on annual contributions from individuals like you to provide the financial resources to secure federal legislation to protect retirees' employer-sponsored pensions and benefits, plus keep Social Security and Medicare strong. Here are a few reasons why your support is necessary.

Earned Pension and Healthcare Benefits Are Still In Jeopardy! Millions of America's retirees have seen drastic erosion of earned pension and healthcare benefits. Many retirees have seen their pension benefits turned over to the Pension Benefit Guaranty Corporation (PBGC), and in many cases pension benefits have been reduced. No laws exist to protect earned healthcare benefits! The Equal Employment Opportunity Commission's new rule allows employers to reduce or drop benefits for age 65 and older retirees who are eligible for Medicare. However, this rule does not protect those under 65 from healthcare cuts. Unless the EEOC's rule is overturned by Congress, many companies will use the rule to reduce or eliminate benefits for Medicare-eligible retirees and possibly younger retirees. The NRLN is working to gain legislation to repeal of the EEOC rule.

What Has Been Done About Pension Benefits? The NRLN was directly involved in getting Congress to pass the Pension Security Act of 2006 that strengthened the Employee Retirement Income Security Act (ERISA), the federal law protecting pension benefits. The NRLN wants to further strengthen ERISA by passing a bill to stop companies from using your pension assets to pay for company restructuring. The NRLN believes those assets should remain in pension trusts to protect pensions and possibly fund Cost of Living Allowances (COLA).

Healthcare - A Costly National Problem. In 2007, the NRLN was able to get an amendment passed that funded 17 new FDA staffers and millions of dollars to reduce the huge backlog on the approval of generic drugs and to speed up new approvals. With your financial and grassroots support, 2008 and 2009 can be the years when we bring about the importation of safe, lower-cost prescription drugs and implement competitive bidding to reduce your drug costs. Last year the NRLN adopted and is now lobbying for national healthcare guidelines that cut costs and inefficiencies out of the system and set guiding principles for better, more affordable healthcare.

Legislative Agenda Requires Support. The NRLN has a good legislative agenda. (Read the Legislative Agenda at <http://www.nrln.org>.) Corporations contribute multi-millions to politicians and lobby groups. Often, these lobby groups write the proposed legislation and then get U.S. Representatives or Senators to introduce the legislation. The NRLN does not spend one cent on wooing Congressional leaders or their staff—no campaign contributions, lunches, trips, etc. The NRLN's lobbying is performed by its staff and Grassroots Network members, you and others, who write and speak to their elected representatives, and it is working. In 2008, we'll need to pay experts to write one or two bills and then lobby them through to passage.

How You Can Help. You can help us advance our Legislative Agenda by participating in our Grassroots Network efforts (sign up at <http://capwiz.com/abtr/mlm/signup/>) and by making a contribution of \$25, \$50, \$75 or more. Any amount you can contribute will be appreciated. You may make your check or money order payable to **NRLN, Inc.** and mail it along with the Membership Contribution Form to the address shown on the form at the end of this letter. Or, you may make your contribution online with your credit card through PayPal on the NRLN website at <http://www.nrln.org> by clicking on the "Support the NRLN" link on the home page. With help from you, we can advance the NRLN mission of enacting federal legislation that guarantees fair treatment of retirees. Thank you for your support. Our NRLN mail systems are very basic and may overlap so we apologize in advance should you receive additional NRLN solicitation letters. We will improve on this soon!

Sincerely,

Bill Kadereit,

President

National Retiree Legislative Network

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NRLN MEMBERSHIP CONTRIBUTION AASBCR Retirees

The NRLN is a nonprofit, tax-exempt organization. Contributions are not tax deductible.

Name _____

Address _____

City State Zip _____

Phone E-mail Address (if available) _____

I get my pension check from (name of company)

Mail this form with your check or money order (no cash please) for \$25, \$50, \$75 or more (any amount will be appreciated) payable to **NRLN, Inc., P.O. Box 18757, Washington, D.C. 20036-8757**



Website: www.nrln.org
P.O. Box 18757,
Washington, D.C. 20036-8757
Spring 2008

Dear Association of Ameritech/SBC Retirees Member:

Despite the fact that our country is going through economic times, retirees must still expect their elected representatives to help them protect the retirement pensions and benefits they earned. Big businesses have a strong voice in Washington, DC through their political contributions, lobbyists and trade groups. Do you wonder who speaks for you—the AASBCR retiree? The National Retiree Legislative Network is the nation's only organization whose sole purpose is to gain protection for retirement pensions, benefits, Social Security and Medicare.

Examples of NRLN's 2008 Accomplishments: To help you understand how an Individual Membership contribution works for you and other retirees, here are just two NRLN actions from dozens of accomplishments in 2008:

(1) When the NRLN's Washington team learned that the staff of the Senate Finance Committee had a proposal that would allow employers to use "surplus" pension plan funds to pay health care insurance for active employees, we took action. We wrote a whitepaper opposing this action, met with the Committee staff to voice our opposition and asked our Grassroots Network members to email the NRLN's letter to Senators on the Finance Committee. Within a few days of these actions, we were informed that the proposal was being withdrawn. Billions of dollars were saved for retirees.

(2) Because of the NRLN's respected reputation as an advocate for retirees, I was invited to give testimony to the U.S. House Committee on Education and Labor for its hearing on "Safeguarding Retiree Health Benefits." The testimony and the extensive whitepaper filed after the testimony were designed to have influence when the House takes up health care legislation during this session of Congress and fortifies all NRLN proposals for retirees.

The NRLN's Legislative Agenda (go to www.nrln.org) places intense focus on these major initiatives in Congress:

Protection of Defined Pension Plan Assets: The NRLN's Pension Asset Protection proposal will help generate surplus assets for Cost of Living Allowances and assist retirees with health care costs. Pension plan assets must: (a) Not be used for corporate restructuring severance or layoff allowances; (b) Not be used to pay for executives' non-qualified pensions or other deferred compensation; (c) Not be at risk to be sold by plan sponsors to third party institutions.

Maintenance of Cost Payment (MCP): The NRLN's Maintenance of Cost Payment (MCP) proposal would protect retirees who have company-sponsored benefits by establishing a fixed monthly payment to retirees

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equivalent to the value an employer provided prior to the reduction or cancellation of retirement benefits such as health care, prescription drugs, life insurance, long-term care and other benefits. Retirees could use MCPs to purchase replacement benefits. Companies would be entitled to tax credits as an offset against MCPs.

Medicare Catastrophic Coverage and Medicare Buy-In: The NRLN proposal adds catastrophic coverage to Medicare (now in company plans) and allows retirees between ages 50 and 64 the opportunity to purchase Medicare coverage at cost. Also, we are lobbying to eliminate the "doughnut hole" in the Medicare Part D prescription drug plan.

Ray Sternot, AASBCR Legislative Affairs Director and NRLN Board Member serves on the NRLN's Legislative Committee.

How The NRLN Lobbies Congress: While big business and trade associations spend billions in their efforts to gain favor with members of Congress, the NRLN does not make campaign contributions, purchase meals, sponsor junkets, etc. The NRLN's lobbying is performed by its staff and Grassroots members, you and others, who write and speak to their elected representatives, and it is working.

There Are NRLN Bills To Be Paid: We must pay our staff and hire experts in ERISA law and other fields to write proposed bills. We also must have a budget to provide the Capwiz system for use by our Grassroots members to send emails to Washington. (Sign up at <http://capwiz.com/abtr/mlm/signup/>) You will be helping retirees gain laws to protect what we have earned by making a contribution of \$25, \$50, \$75 or more. Any amount you can contribute will be appreciated. You may make your check or money order payable to **NRLN, Inc.** and mail it along with the Membership Contribution Form to the address shown on the form at the end of this letter. Or, you may make your contribution online with your credit card on the NRLN website at <http://www.nrln.org> by clicking on the "Support the NRLN" link on the home page. As an Individual Member you'll receive our newsletter, and if you have email you'll be sent messages on retiree issues.

Sincerely, Bill Kadereit, President, National Retiree Legislative Network, Inc

THE AASBCR_{sm} ANNUAL MEETING:

Each year the AASBCR_{sm} holds its Annual Meeting in June. We review the year past and unveil our hopes and goals for the next year. On even-numbered years we swear in new officers (the old officers reviewing the past year and the new officers looking forward.

In attendance were:

In Chicagoland: Host Joe Zubay, Chet Przybyslawski, Rich Runge, Jim Kempe (Our Attorney), Joel Brown, and Art Comings

In the Cleveland Area: Carole Lovell, Ray Sternot; members Sylvia Arceci, Rita Bothwell, Gay Goden, Dave Hughes, Donna Johnston, Theresa Kalal, Bonnie Karberg, Julie Pezdirtz, Jim and Nancy Reed; Spouse of member Tom (Marguerite) Bertin; Guests Pat Krul, Judy Kucharik
State Reps on the phone: Loretta McDowell (IN), Pat Reichard (FL), Ron Rhodes (MI)

Check the News Register dated May 9 for a report of the AT&T Annual Meeting. Our shareholder proposal received over 47% of the "Yes" votes. This is our third year offering this proposal and we are close to passage. It took the Verizon Retirees 5 years to get a similar shareholder proposal passed.

Carole and Ray have reported on their areas. Carole also reported that she and the Benefits Team (Carole Hamilton and Diana Sabon) have worked on about 20 benefits issues for members in the year past. When AT&T calls a provider things happen a lot faster than when the AASBCR_{sm} calls. (The Benefits Team could use more help! – Ed.) Membership has grown – 160 members added and 25 'former' members dropped. Membership retention is well over 90%.

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Chet Przybyslawski, Vice President Technology and CFO, reported that the conversion of the AASBCR_{sm} books from Quicken to QuickBooks is complete. This will greatly simplify Tax and Audit work, reducing our CPA bills.



We have a second credit card – an American Express card that gives us some cash-back credits. The Master Card will be kept as a backup.

AASBCR_{sm} had a good financial year, with income exceeding estimates and expenses coming in less than the budget. All told we came out just over \$3,000 better than we started. Other than dues, some of our income was from: Interest Income - \$660; AT&T Dividends (reinvested in AT&T stock) - \$135; Member donations (over and above dues) - \$750.

The Board voted to match member contributions for the NRLN Special Appeal (to cover expenses to polish and present the NRLN position on upcoming Healthcare legislation). As of the middle of April, members had contributed \$765 so the AASBCR_{sm} sent the NRLN a check for \$1530. Between then and the Annual meeting members have contributed another \$560. The final NRLN check will be sent in late July.

Joe Zubay reported the following results for the Communications Team (Joe, Joel Brown, Mary Foley, Art Comings):



Publications: 4 Quarterly Newsletters; 9 Blue Bulletins; 14 News Registers; 4 Legislative Ledgers.

The Team represented the AASBCR_{sm} at several Pioneer Life Member Luncheons and has signed up several new members on the spot and received promises from other Pioneers. Next year we have a shot at being on the Agenda for the Annual Illinois Life Member Luncheon. The Organizer believes in our work and we have helped her by inviting all our members in Northeastern Illinois. It's amazing what a little cooperation can do.

Our web site was up to date through mid-April, when our webmaster had a serious accident. Expected to be back in early July, he was bored with his at-home recovery and, using 2 fingers, has our site caught up.

Joe has been working to bring the entire organization onto aasbcr.org for e-mail communications. All Board and Committee members are connected and State Representatives are being hooked up as fast as Joe and the individual Reps can find time to work together.

Joe has been working with Carole and Chet to streamline Membership processing – for both new members and renewals.

The biggest expense in the Communications budget is snail mail Newsletters. Although we print our own newsletters, we go through a lot of ink and paper. In order to include all publications since the last Newsletter, we include all Blue Bulletins, News Registers, and Legislative Ledgers. So if you can get e-mail, the communication team would greatly appreciate it. Currently slightly more than 80% of our membership is on line.

The Team is investigating the possibility of a video conference for next year's Annual Meeting.

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ON THE RETIREE / PIONEER SCENE:



AASBCR_{sm} President Carole Lovell slowed down for the Second Quarter. Along with attending the AT&T Annual Meeting and the AASBCR_{sm} Annual Meeting, she spoke at a Brecksville (OH) Pioneer Life Member luncheon and an East Council Luncheon. Hubby Tom took pictures. Carole tried merging 4 pictures into one. Unfortunately, we didn't get names for the people in the pictures (except for Carole). Meanwhile the Illinois contingent has been had no invitations. While we'd love to have the opportunity to address Pioneer Life Member groups in other locations, we haven't found speakers able to attend those events. Would anyone like to volunteer? Carole and Joe have worked up a script that they try to keep current. And they would be willing to help coach anyone who would like to give it a try. There are a LOT of Pioneer Life Members out there who are NOT AASBCR_{sm} members. Let's work to bring them into the fold.



Pictures from the Brecksville Council Luncheon



Pictures from the East Council Luncheon

The following article is a warning. It is what's happening to non-represented Retirees in companies that are in financial trouble. Everyone seems to get invited to the table except those who spent their lives building the company to what it was in its glory years.

Judge denies GM retirees' request for committee

AP Associated Press

By BREE FOWLER, AP Auto Writer

NEW YORK – A bankruptcy judge on Thursday ruled that a group representing General Motors Corp.'s salaried retirees cannot form a formal committee to negotiate with the automaker as it attempts to reorganize and emerge from Chapter 11 as a new company.

U.S. Judge Robert Gerber said that since GM had the right to modify or terminate the retirees' health care and life insurance benefits before they filed for bankruptcy protection, the retirees can't challenge the automaker's ability to do so now.

"While I do understand the importance of this to the retirees, I can't grant the retirees rights that they don't have outside of bankruptcy," Gerber said in issuing his ruling.

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As part of its restructuring plan, GM plans to continue to pay health care and life insurance benefits for its 122,000 salaried retirees and their surviving spouses, but those benefits are expected to be reduced and the retirees will be forced to shoulder a larger share of their health care costs.

Retired hourly workers whose benefits are dictated by contracts with unions like the United Auto Workers are not affected.

Neil Goteiner, an attorney for the salaried retirees group, said that given what's at stake for the retirees, the cost of a committee was warranted.

"Your honor, this is truly a situation where you're dealing with widows and orphans," Goteiner said. "It's grossly unfair. They should get a chance to sit down and at least be the assistant captain of their fate."

But GM attorney Harvey Miller argued that the retirees shouldn't be able to form a committee since GM has always had the right to modify salaried retiree benefits and has done so in the past.

"There can still be discussions with GM and there is a group that periodically has had discussions with GM," Miller said. "This would simply add more costs."

Miller added that the formation of a committee could threaten to slow down the sale of GM's assets to a new company. The sale needs to go through as soon as possible if the company is to have any chance of success, he said.

As part of its plan to emerge from court protection, GM plans to sell the bulk of its assets to a new company that would be controlled by the U.S. government.

In exchange for up to \$50 billion dollars in financing, the U.S. government will take a 60 percent ownership stake in the new company. The Canadian government would get 12.5 percent.

The United Auto Workers union will get 17.5 percent, which it will use to fund its retiree health care obligations, while GM's unsecured bondholders would own the remaining 10 percent.

Earlier in Thursday's hearing, Gerber gave GM final approval to access to its full \$33.3 billion in bankruptcy financing. He had given preliminary approval earlier this month for GM to use \$15 billion of the total.

The billions in U.S. and Canadian government financing is intended to keep the automaker going until it can emerge from Chapter 11.

Also on Thursday, Gerber denied a request from an unofficial committee of people with asbestos-related claims against GM to appoint a "tort czar" that would oversee all future claims against the old GM, not just those related to asbestos.

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The asbestos group had previously filed a motion requesting formal committee status, but told the court Thursday that it was no longer pursuing that. The group has one representative on the case's unsecured creditors committee.

The following story is possibly the unkindest cut of all!

Retirees froth as brewer cuts free beer

Published: June 9, 2009 at 9:10 AM

Some 2,400 retirees from Canada's Molson brewery are angry with the company's decision to phase out their free monthly beer allotments.

Retirees in Vancouver, Montreal and St. John's, Newfoundland, received a letter saying the company intended to standardize its perks across the country to current and past employees, the Toronto Star reported Tuesday.

After Jan. 1, current Newfoundland workers' allotment will fall from 72 dozen bottles or cans a year to 52 dozen, the company said. Retirees' free beer will fall from six dozen bottles a month to one dozen and will be phased out in five years, the report said.

In Vancouver and Montreal, unions have filed grievances against the company, which said the free beer costs about \$1 million per year, the Star said.

St. John's retiree Bill Bavis, who worked for Molson for 32 years, told the Star he found the cutback announcement unfair.

"I think with the economic downturn they're trying to take advantage of us, as a way to cut retirees' benefits and justify it," he said.

In April, parent company Molson Coors announced its net profit more than doubled in the first quarter compared to last year, to \$75.7 million, the newspaper said.

BENEFITS OF WALKING:

- My grandpa started walking five miles a day when he was 60. Now he's 97 years old and we don't know where he is.
- I like long walks, especially when they are taken by people who annoy me.
- The only reason I would take up walking is so that I could hear heavy breathing again.
- I have to walk early in the morning -- before my brain figures out what I'm doing.
- The only reason I would take up walking is so that I could hear heavy breathing again.
- Every time I hear the dirty word 'exercise', I wash my mouth out with chocolate.
- The advantage of exercising every day is so when you die, they'll say, 'Well, he looks good doesn't he?'
- We all get heavier as we get older, because there's a lot more information in our heads. That's my story and I'm sticking to it.

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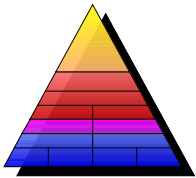
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Just ASK

Call: (312) 962-2770

Write: PO Box 7477

Buffalo Grove, IL 60089-7477

E-mail: directormembers1@asbcr.org

Second Quarter Newsletter June, 2009

THE LAST WORD - FROM THE Editor's Desk:

I 'work' for the AASBCR_{sm} Vice President, Communications. (Just don't tell him that!) Communications is supposed to be a two-way street. But it isn't working that way. We, the Communications Team, send you Newsletters, Bulletins, Ledgers, Registers. We try to keep you informed. As a RETIREE GROUP our news is limited - what is happening to OUR benefits: What your Board and staff are doing; What is AT&T doing; What is Congress doing; What is happening to other Retirees. So you know what WE are doing and thinking. But what are YOU, the Membership, doing and thinking? We can tell by statistics that many of our members respond to pleas to hold our elected officials' feet to the fire. And we try to report these successes. Joe Zubay, VP of Communications, has opened a Virtual Office - a phone number and e-mail address so any member can contact any board member. And anyone can contact any Board Member via e-mail from the web site. But that is communication from one 'regular' member to one board member. I was told that if I ask a question in class that at least 2 or 3 other classmates had the same question, but were too shy to ask it. I'm sure the same is true of our Membership.



So we are actively soliciting letters. Is there something you think we should be doing? Write to us. Did we upset you? Tell us. Did we do something right? (Hey, it happens!) Let us know. We'll publish whatever we can. If we get enough response, we might even start a Letters Bulletin of some kind. Then if you read a letter by someone who is 'spot on' or 'going round the bend', let us know. Help establish a dialog amongst the membership. (The strength of a Committee is that each member feeds off the ideas of the other members until the group comes to a consensus.) We reserve the right to edit for space and to delete 'inappropriate' comments. We won't censor anyone because we disagree with them. We'll fix spelling and grammar errors that we notice. No personal attacks. No bad language. Keep within the boundaries of taste and civility.

Get involved. For all "WE" do, this is YOUR organization.
"Is anybody there? Does anybody care?"

Art Comings

AASBCR Newsletter Editor

The views expressed here do NOT reflect the views of the AASBCR_{sm} or its Board of Directors

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QUARTERLY CORRESPONDENCE:

During the past quarter we have sent the following correspondence via e-mail.

(E-mail recipients please click on the following links to the AASBCR_{SM} web site.)

- [5/22/09 LEGISLATIVE LEDGER – NRLN Second Appeal For Funds](#)
 - [5/22/09 NEWS REGISTER – Notice of Annual Meeting](#)
 - [5/09/09 NEWS REGISTER – Report From the 2009 AT&T Annual Meeting](#)
 - [AASBCR_{SM} BLUE BULLETIN VOL.4 NO.4](#) Be Aware Of a Dental Cost Concern - 5/9/09
 - [AASBCR_{SM} BLUE BULLETIN VOL.4 NO.3](#) United Health Care Tools Available - 5/8/09
 - [4/21/09 NEWS REGISTER - Executive Compensation, Hot Topic At Stockholder Meetings!](#)
 - [4/10/09 NEWS REGISTER - AT&T Billing Error on Illinois Concession Accounts](#)
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Medical Stimulus Package

Apparently the American Medical Association has weighed in on the new economic stimulus package:

The Allergists voted to scratch it, but the Dermatologists advised not to make any rash moves.

The Gastroenterologists had sort of a gut feeling about it, but the Neurologists thought the Administration had a lot of nerve.

The Obstetricians felt they were all laboring under a misconception.

Ophthalmologists considered the idea shortsighted.

Pathologists yelled; "Over my dead body!" while the Pediatricians said, 'Oh, Grow up!'

The Psychiatrists thought the whole idea was madness, while the Radiologists could see right through it.

Surgeons decided to wash their hands of the whole thing.

The Internists thought it was a bitter pill to swallow, and the Plastic Surgeons said, "This puts a whole new face on the matter."

The Podiatrists thought it was a step forward, but the Urologists were pissed off at the whole idea.

The Anesthesiologists thought the whole idea was a gas, and the Cardiologists didn't have the heart to say no.

In the end, the Proctologists won out, leaving the entire decision up to the a** holes in Washington.

- Walking 20 minutes can add to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at \$7000 per month.
 - I know I got a lot of exercise the last few years ... just getting over the hill.
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