



Phil Porter
District 1 Vice President

For those of you who do not know me my name is Phil Porter. I am the new District Vice President for CWA Local 2100. I will be taking over for Mike Somers. Mike left some pretty big shoes to fill but I will do my best.

I have 25 years of service with Verizon (C&P / Bell Atlantic). I started my career in Laurel, MD as a Construction Cable Splicer. Since then I have worked in Cable Maintenance, Air Pressure, PPM and Digital Loop Carrier. I am married and have 6 children from 34 years to 14 years of age. There are 6.5 grandchildren, soon to be 7.



Nick Riddle
District 2 Vice President

For those of you that don't know me, my name is Nick Riddle. I started my career as a CST with Bell Atlantic 17 years ago in 1998. Shortly thereafter, I started my service with Local 2100. I volunteered to be a shop steward and was trained on October 26th, 1999. I have since heard hundreds of grievances, attended hours of training, conducted training, organized picket lines and ran a successful campaign for the office of District Vice President in 2009.

I am excited to have this opportunity to be an advocate for my fellow workers. I promise to fight as hard as I can for every associate that is unfairly treated or harassed by management. I realize that we have a lot of challenges facing us this year. With the current contract expiring this August our very way of life is in jeopardy. Now, more than ever we must stand together united in protecting our jobs and benefits.

Together, we can win a contract that preserves what we fought so hard to gain over many decades. A contract that is fair to both Verizon and its hard working associates.

Through many changes over the years, I currently represent approximately 225 members from North East and south to Baltimore City. I look forward to working with all members of this local as we face the challenges in the coming years.



Pam Wilt, Maryland LPAT Coordinator

I'm the Legislative/Political Team Coordinator for CWA Maryland. In that role, I worked as a liaison between the Locals, this District and Headquarters on legislative or political issues. Part of my responsibility is to keep Locals informed of any bills on the State or National which might affect our members and working families in general. I go to Washington, D.C. and to Annapolis to talk with our legislators and members of Congress. I help recruit our members for rallies, visits to legislators and to testify for or against bills that impact our work or working conditions. In the past, we have testified against Verizon's attempts to use Voice Link to replace landline service except during an emergency, introduced a bill concerning the removal of double poles, worked to increase the minimum wage, improve access to voting, and joined other unions on a bill to expand collective bargaining to all community colleges and universities in Maryland. On a national level, we fought for health care reform, fought to get the 5 nominees for the NLRB confirmed, help get legislation passed to fix the Senate rules governing the passage of bills along with many others.

I became a member of CWA in 1997 after we successfully organized the Community College of Baltimore County. I helped to negotiate their first contract. As a result of the campaign, CWA offered me a job as an organizer. I helped organize AT&T in Maryland and Virginia, Red Cross, airlines, and worked on various other campaigns including Comcast, printers, home health aides, and more. In 2010, I was asked to lead CWA's campaign to get Martin O'Malley elected to his second term. That work led me to my current position as the Maryland LPAT coordinator.

During the 2015 session, I will be working in Annapolis on a bill to provide Workers' Compensation to our Anne Arundel Correctional Officers who are members of CWA 2911. CWA is also supporting legislation concerning double poles. If this bill is passed, it would provide more jobs for our Verizon members. We are also working on paid sick leave for those who work for companies that don't currently provide it, more government transparency and possibly another attempt at expanding collective bargaining rights. At the Federal level, we continue to fight very hard to block the Trans Pacific Partnership (TTP) and the Fast Track Agreement (TPA). The TTP is known as NAFTA on steroids is a trade agreement with 13 countries that would greatly harm our working families, moving our jobs to other countries and depressing wages. The TPA would grant the President to enter into this partnership without Congress being able to amend or change the trade agreement in any way, unable to prevent harm to our U.S. citizens.

If anyone would like to get more involved or participate at a State or Federal level by attending rallies, attending hearings in Annapolis, talking or writing your legislators, please send me an email to: pgwilt@cwa-union.org.

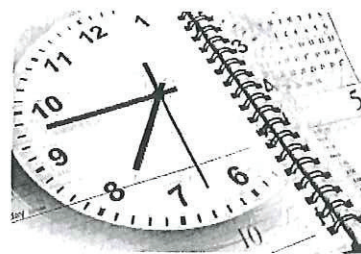
Pam Wilt
Maryland LPAT Coordinator

The First Week After Your Maryland Workers' Compensation Injury

By Ari N. Laric, Esq.

What you do during the first week after being injured on the job will set the tone for the rest of your claim. *It is the most important time.* You must:

- Report the injury to your employer.
- Get medical treatment as soon as possible. Don't let several days pass.
- Give an accurate history of the injury to your medical provider.
- Don't speak to the insurance company unless you are sure you are not going to get an attorney (a decision that almost always is a bad one).
- If you want an attorney, choose one who will guide you, educate you, and that you trust. If the conversation is only about money, consider choosing another attorney.
- File a Workers' Compensation claim.
- Choose a doctor for follow up care and obtain authorization to go.



If you make the wrong decisions, you might make it difficult your case. The insurance company may deny your claim. you say or do in the first days after you are injured matters you are in front of a Commissioner. Even if the insurance company pays benefits in the beginning, when the inevitable disagreement with the insurance company occurs, you will not be in a position to obtain a speedy hearing in front of the Workers' Compensation Commission if a claim was not previously filed appropriately.

to win
What
once

What You Do Matters

You should report your injury to your employer immediately after it occurs and at worst not later than the next day. Never wait until Monday to report an injury that occurred on Friday. If your injury was not witnessed by anybody else, you risk it will be assumed you hurt yourself over the weekend and are now lying.

Always get prompt medical treatment and tell the doctor what happened. If for some reason you did not report the injury to your employer but told the emergency room you were injured

on the job earlier that day that will usually be enough to win your case if the insurance company contests it. Furthermore, by getting the treatment immediately:

- You get the care you need when you need it.
- You protect yourself from the insurer arguing you had a new injury between your job related injury and the medical treatment you are now receiving.

You should not speak to the insurance company without having hired, or at least meeting with, an attorney. Workers' compensation is an extremely complex area of law. The insurance adjuster is experienced in finding reasons not to accept a claim. You are not experienced with dealing with insurance adjusters looking for reasons not to pay you. Your desire to be helpful to the adjuster may be hurtful to you. Instead, you should have an attorney control all communications with the insurer.

You should also have the assistance of an attorney when your Workers' Compensation claim form is filed. It matters what is written on the form. It matters even more if you have not reported all the details of your injury to the employer or if your doctor did not write down the correct history of the injury you provided. The average weekly wage you write in the claim form matters as well. It is up to the insurance company to dispute whatever you claim. If you state too low a number because you are not clear on the law, will the insurance company correct it? You already know the answer to that.

Your choice of medical provider can have a significant impact on the future of your claim. Some doctors are better than others. Some injuries require specific medical specialties. Your attorney can guide you through this unfamiliar territory.

The bottom line is that the first week after an injury is the scariest and most dangerous time for you. The injury is scary because of the pain it is causing you and your fears of how it will impact your future. It is also dangerous because your actions, non-actions, statements, and non-statements may haunt you throughout the rest of your claim.

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