

# Local 344

GARY CARTWRIGHT  
Business Manager



UNITED ASSOCIATION OF JOURNEYMEN AND APPRENTICES  
OF THE PLUMBING AND PIPE FITTING INDUSTRY

4335 SOUTHWEST 44th  
OKLAHOMA CITY, OK 73119  
(405) 682-4571 FAX (405) 682-1327

August 2024

To All Members of Plumbers & Pipefitters Local 344

Dear Brothers and Sisters:

## Members Deaths

Brother **Maurice 'Red' E. Cavnar**, Membership Number 859123, died 7/31/2024. He was a Retired Life Member Journeyman Plumber.

## Local Picnic September 14<sup>th</sup>

Local 344's Family Picnic will be at the Hall Saturday, September 14<sup>th</sup> from 11am – 2pm. **Apprentice Volunteers** will be needed and will receive extra credit for classes. Call Dana at the Hall to sign up 405-682-4572. Please see enclosed flyer.

## Personal Health Assessment

Saturday, October 12, 2024 from 7:00 am to 11:00 am – Deadline to Schedule is October 10th  
Saturday, December 7, 2024 from 7:00am to 11:00 am- Deadline to schedule is December 5th

- 1) Schedule your October appointment online on or after June 13th at: <https://book.appointment-plus.com/cjj9s1c2/> or call 1-844-474-2633 - no walk in appointments will be taken.
- 2) After scheduling your appointment, you will can go online and create a password and take the assessment at [www.mypicmed.com](http://www.mypicmed.com). Paper forms will be available on the day of the health assessments.

The Personal Health Assessments will be held at:  
The Union Hall Meeting Room  
4335 SW 44<sup>th</sup> Street

You **MUST** either schedule your Personal Health Assessment online or call  
1- 844-474-2633

**\*\*Appointment times will open 1 month prior to the scheduled date of the blood draw.  
Example: The appointments for the heath assessment on October 13 will open on  
September 12, 2024. \*\*\***

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*"Unionism has helped to give to everyone who toils the position of dignity which is his due"*



## **All Retirees Luncheon: Save The Date**

Local 344 H & W is hosting an all-retirees luncheon Thursday, October 10<sup>th</sup> from 11:00am to 1:00pm, lunch served at 11:30. Come and fellowship with your Union Brothers and Sisters!

## **Mechanical and Plumbing Online CEU**

If your Mechanical or Plumbing CEU expires soon, please call the Training Center (405-632-5629) to take the course online.

## **Death Benefit Beneficiary's**

There is nothing more frustrating to a family while making funeral arrangements, than to find the beneficiary had not been updated since the 1980's. It is essential to keep your beneficiaries up-to-date to avoid any complications in the distribution of these benefits. We can email or mail new forms for you to fill out. If you have major life changes, please make sure the beneficiaries we have on file are accurate. Call the hall if you have any questions.

Remember you can always access previous newsletters at [pp344.com](http://pp344.com).

Fraternally,



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Enclosure