



**KATHRYN L. SHEEHAN**, *President*  
**AMY T. LAFFERTY**, *Vice President*  
**MICHAEL C. TRAVALI**, *Secretary-Treasurer*

**MEMORANDUM - No. 10**

April 8, 2010

# **Vote Your Verizon Proxies**

**TO: All Members, Stewards, Chief Stewards**

Many of our members have or will receive the Verizon "Annual Meeting Proxy Card", with voting instructions and information about how and what to vote for.


On the proxy cards, the company lists how they want you to vote on the issues presented. **Here are my recommendations on how to cast your votes:**

- First, you should **Vote AGAINST Item 3: Advisory Vote Related to Executive Compensation**, the company needs executive compensation policies that are better aligned with their shareholders interests; top company officers have been consistently overpaid and compensated.
- Next, you should **Vote FOR Item 6: Performance Stock Unit Performance Thresholds**, executive officer payouts should be in line with the median PSU among the Related Dow Peers index.

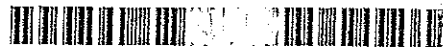
In general, I would vote **AGAINST** anything the company officers are for, and **FOR** anything they are against, including their nominations for board director. As you should know by now, nothing this Verizon board wants would be for your benefit.

I have attached a copy of a proxy card; you should read the information on the proposals sent in your package. The Verizon Annual Shareholder Meeting is on May 6<sup>th</sup> in Little Rock, Arkansas, so vote your proxy soon, the way you see fit.

In Unity,

  
MICHAEL C. TRAVALI  
Secretary-Treasurer

Attachment



# Admission Ticket



# EXAMPLE

## Electronic Voting Instructions

You can vote online or by telephone!  
Available 24 hours a day, 7 days a week!

Instead of mailing your proxy, you may choose one of the two voting methods outlined below to vote your proxy.

VALIDATION DETAILS ARE LOCATED BELOW IN THE TITLE BAR.



### Vote online

- Go online, log in and go to [www.envisionreports.com/vz](http://www.envisionreports.com/vz)
- Follow the steps outlined on the secured website.



### Vote by telephone

- Call toll free 1-800-652-VOTE (8683) within the USA, US territories & Canada any time on a touch tone telephone. There is **NO CHARGE** to you for the call.
- Follow the instructions provided by the recorded message.

Using an ink pen, mark your votes with an X as shown in this example. Please do not write outside the designated areas.



## Annual Meeting Proxy Card

▼ IF YOU ARE VOTING BY MAIL, FOLD ALONG THE PERFORATION, DETACH AND RETURN THE BOTTOM PORTION IN THE ENCLOSED ENVELOPE. ▼

### A The Board of Directors recommends a vote FOR:

1. Election of Directors:	For	Against	Abstain		For	Against	Abstain		For	Against	Abstain	
01 - Richard L. Carrión	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	02 - M. Frances Keeth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	03 - Robert W. Lane	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	+
04 - Sandra O. Moose	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	05 - Joseph Neubauer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	06 - Donald T. Nicolaisen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
07 - Thomas H. O'Brien	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	08 - Clarence Otis, Jr.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	09 - Hugh B. Price	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
10 - Ivan G. Seidenberg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	11 - Rodney E. Slater	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12 - John W. Snow	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
13 - John R. Stafford	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>									

2. Ratification of Appointment of Ernst & Young LLP as Independent Registered Public Accounting Firm

For	Against	Abstain
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. Advisory Vote Related to Executive Compensation

For	Against	Abstain
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

### B The Board of Directors recommends a vote AGAINST:

4. Prohibit Granting Stock Options	For	Against	Abstain	5. Gender Identity Non-Discrimination Policy	For	Against	Abstain	6. Performance Stock Unit Performance Thresholds	For	Against	Abstain
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5. Gender Identity Non-Discrimination Policy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6. Performance Stock Unit Performance Thresholds	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
7. Shareholder Right to Call a Special Meeting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8. Adopt and Disclose Succession Planning Policy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	9. Shareholder Approval of Benefits Paid After Death	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Executive Stock Retention Requirements	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>								

### C Authorized Signatures — This section must be completed for your vote to be counted. — Date and Sign Below

Date (mm/dd/yyyy) — Please print date below.

Signature 1 — Please keep signature within the box.

Signature 2 — Please keep signature within the box.

