U.S. Department of Labor
Office of Labor-Management
Standards
Washington, DC 20210

FORM LM-20 AGREEMENT AND ACTIVITIES REPORT

Form approved
Office of Management
and Budget
No. 1245-0003
Expires 10-31-2013



1. File Number:

C- 66231

This report is mandatory under P.L. 86-257, as amended. Failure to comply may result in criminal prosecution, fines, or civil penalties as provided by 29 U.S.C. 439 or 440. Required of persons, including Labor Relations Consultants and Other Individuals and Organizations, Under Section 203(b) of the Labor-Management Reporting and Disclosure Act of 1959, as amended. (LMRDA)

READ THE INSTRUCTIONS CAREFULLY BEFORE PREPARING THIS REPORT.

708628

Person Filing	
Name and mailing address (include ZIP Code):	Any other address where records necessary to verify this report are kept:
Name Patrick O'Mara	Name
Title President	Title
Organization OMara & Associates LLC	Organization
P.O. Box, Bldg., Room No., if any	P.O. Box, Bldg., Room No., if any
Street PO Box 2624	Street
City Novato	City
State CA ZIP Code + 4 94948	State ZIP Code + 4
4. Date fiscal year ends: 5. Type of person:	
Dec / 31 a. Individual b. Partnership c. Corporation d. Other (Specify): LLC	
Nature of Agreement or Arrangement	
6. Full name and address of employer with whom made (include ZIP Code):	7. Date entered into: 7 10 2019
Name	Name of person(s) through whom made:
Organization Performance Food Group Inc	
Trade Name, if any	Name Edward M III
P.O. Box, Bldg., Room No., if any	Name
Street 12500 Wes Creek Parkway	Name
City Richmond	Name
State VA ZIP Code + 4 23238	Name
Signatures	
Each of the undersigned declares, under penalty of perjury and other applicable penalties of law, that all of the information submitted in this report (including the information contained in any accompanying documents) has been examined by the signatory and is, to the best of the undersigned's knowledge and belief, true, correct, and complete. (See Section VII on penalties in the instructions.)	
13. Signed President (If other title, see	14. Signed Treasurer (If other title, see
Title President instructions)	Titleinstructions)
On 8/22/2019 707-803-4575	On
Date Telephone Number	Date Telephone Number

Filer: OMara & Associates LLC	File Number C- 66231	
and the second s		
9. Check the appropriate box to indicate whether an object of the activities undertaken, is directly or indirectly:		
a. To persuade employees to exercise or not to exercise, or persuade employees as to the manner of exercising, the right to organize and bargain collectively through representatives of their own choosing.		
b. To supply an employer with information concerning the activities of employees or a labor organization in connection with a labor dispute involving such employer, except information for use solely in conjunction with an administrative or arbitral proceeding or a criminal or civil judicial proceeding.		
10. Terms and conditions (Explain in detail; see instructions. Written agreements must be attached.):		
Verbal agreement made through LRI Consulting Services, Inc. \$1,500 per day plus reasonable travel expenses.		
Specific Activities to be Performed		
11. For each activity, separately list in detail the information required (See instructions): a. Nature of activity:		
Engaged to communicate to employees regarding exercising their rights to organize and bargain collectively.		
11.b. Period during which performed:	11.c. Extent performed:	
various days beginning 7/15/19	Fully Performed	
11.d. Name and address through whom performed:	Additional Name and address through whom performed, if any:	
Name Phillip B Wilson	Name	
Organization LRI Consulting Services, Inc.	Organization	
P.O. Box, Bldg., Room No., if any	P.O. Box, Bldg., Room No., if any	
Street 7850 South Elm Place, Suite E	Street	
City Broken Arrow	City	
State Oklahoma ZIP Code + 4 74011	State ZIP Code + 4	
12.a. Identify subject groups of employees:	12.b. Identify subject labor organizations:	
Drivers and hostlers	Teamsters	
	,	