

BACK TO UNION

BCRC MEMBER NEWSLETTER

PROVIDING SOLUTIONS TO A BETTER LIFESTYLE FOR
THE UNION CONSTRUCTION INDUSTRY MEMBERS AND THEIR FAMILIES

AUTUMN
2008



RAPID/EXPRESS TESTS POST ACCIDENT/PROBABLE CAUSE



The BCRC Board of Directors has approved Rapid Express tests for Post Accident testing when BCRC policy is followed (BCRC Policy Rev. 1/1/2006 page 12) An employer may require an employee to submit to a post-accident drug and alcohol test after the involvement in, or cause of an accident/incident,. Post accident drug and alcohol testing MUST be completed within two (2) hours of the recorded accident/incident if a BCRC testing facility is located on the job site or within four (4) hours of the recorded accident/incident if an employee is required to go off the job site to a BCRC testing facility. After four (4) hours of the recorded accident/incident there will be no more attempts to conduct a drug and/or alcohol test. In instances of post accident/incident or probable cause testing for drugs and alcohol, the employee will be transported to the testing site by the employer.

Authorization forms are required and only specific testing sites have the Rapid/Express testing kits. Contact the BCRC office for further information and to have authorization forms and testing site listings faxed to your office.

CALL THE BCRC FIRST

Industries are becoming more diligent in requiring and checking employers to be sure they provide them with drug free employees. If your employer or supervisor tells you that you have a N/A (Not Available) status and tells you that you need to go for a test, call the BCRC first (BCRC Policy, page 19). There is a possibility that your status can be cleared over the phone without taking an additional test. For example, if you took your random test late, you would have a N/A status and per policy (BCRC Policy, page 16) you could receive a "FOC" (First Occurrence Clause) and have your status cleared. You can use that option only once, then, if you missed another random, you would be referred to the EAP in order to clear your BCRC card status.

We can not emphasize enough how important it is to keep the BCRC informed of any change in your address or phone number. We understand that we are probably not your first thought when you move, but if we do not have your current address when you are selected for a Random Test, delivery of your notification could be delayed or possibly not reach you at all. You have seven (7) days from the date of the notice to take your BCRC random test. At midnight on the seventh (7th) day your BCRC card status becomes N/A. Please help us help you keep your BCRC card status "Clear" and remain employed.

BCRC POLICY

REMINDERS:

- 1) Randoms must be taken within 7 days from date of notice
- 2) Do not drink excess water/liquid prior to testing-Could produce "Diluted" result
- 3) Always call BCRC 1st if card status is N/A
- 4) Refusal to test equals a failed test
- 5) You will NEVER pay for a BCRC drug test



COLLECTION SITE PROTOCOL



“The integrity of collected urine specimens will be ensured by utilization of one collection procedure at all sites.” (BCRC Policy Rev. January 1, 2006, page 11) “Samples will be collected in accordance with Federal standards that provide for a continuous chain of custody and which recognize privacy regarding the individuals being tested.” “Testing will be conducted only by accredited labs that have obtained and retain DHHS certification.”

All collection sites follow specification collection protocol which reflects the standards established by the U.S. Department of Health & Human Services (DHHS) Substance Abuse and Mental Health Services Administration (SAMHSA) for testing mandated by the U.S Department of Transportation.

SMILE of the DAY

"A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort." *Reader's Digest*, June 1995

IMPORTANT THINGS TO REMEMBER WHEN TESTING:

Take your BCRC card with you or know your BCRC number. The collection site needs your BCRC number and that's the best way to insure you are tested on BCRC "Chain of Custody". You will also need a photo ID. Collection sites will not test you without proof of identification.

Once the collection has started, you are not allowed to leave the building, for any reason. If you do leave, it will be considered a "Walk Out" which is the same as a refusal to test/positive test. Your BCRC card status would immediately reflect a N/A status and would require an Employees Assistance Program (EAP) release.



IT'S THAT TIME!

September is upon us, which means back to the routine of work, school, schedules and organizing or re-organizing to be most efficient in our busy lives. Children of all ages seem to get back to the business of learning and growing after the summer vacations. There are new plans and beginnings, which can all cause stress and uncertainty. Our world seems to be in a time of uncertainty and change. Know that your Employee Assistance Program (EAP) is available to you and yours as you progress through life and all its changes and challenges. If we can be of service for whatever life brings from the concerns of just needing a sounding board to dealing with the more challenging aspects of life, relationships and work, we are here for you.

Contact your EAP at: 800-456-6327

HUMOR IN OUR LIVES

Humor fortifies perspective. It allows us to give stressful thoughts less emphasis.

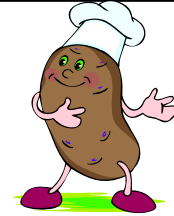
Humor improves our moods, making our lives seem less bleak and unbearable.

Laughter not only releases uncomfortable emotions, it offsets negative physical changes, making us feel better physically.





AUTUMN RECIPE



INGREDIENTS

POTATOE CHEESE SOUP

- 3—4 Cups peeled & cubed White Potatoes
- 2 Cups peeled & chopped Carrots
- 2 Cups Chopped Onions
- 1/2 Cup Chopped Fresh Dill
- 4 T Sweet Butter
- 5 Cups Chicken Stock
- 2 Cups Quality Cheddar Cheese



Melt butter on low/medium heat in large soup pot. Add carrots & onions, cover and cook until tender (about 15 minutes). Add chicken stock & slowly bring to a boil. Add potatoes, cover & simmer until potatoes are tender. Remove solids (potatoes, carrots & onions) and puree in blender or food processor. Add puree back into soup pot and incorporate with chicken broth. Add fresh dill, cheddar cheese and salt & pepper to taste. Serve immediately.

INDEPENDENT VETERANS SOCIETY OF INDIANA

Dear Brothers and Sister, Please take a moment to read the following,

MISSION: This outreach organization offers 24 hour assistance, peer support groups, information and guidance with Veterans' issues. To provide a network of support to Families and their Veterans who may be suffering from adverse effects from their service. To reestablish a sense of humanity back to the Veteran, and to provide a seamless transition back into society.

VISION: We would like to reestablish a sense of self worth to Veterans who may need help, to let them know that they are not forgotten. The war may not end for some Veterans when they return home. It is up to us to help lead the way out of the darkness of their experiences and bring them hope.

We are trying to help those Veterans who may be experiencing PTSD symptoms by offering hope and peer support from those who are having the same issues.

We provide an outlet for families to share their experiences with people that understand, and give insight to help one another.

For Further Information about This Organization Contact::

Founders: Iraq Veteran: Phillip Lewis

Spouse: Dawn Lewis

Phone: 219-427-3687

www.independentveterans.org





BCRC

Info on the web at :
www.bcrcnet.com

Building & Construction Resource Center
6050 Southport Rd
Suite B
Portage, IN 46368
Phone: 219-764-9500
Toll Free: 877-988-5400
Fax: 219-764-9505
Email: cshepherd@bcrcnet.com

Mailing Address Line 1

Mailing Address Line 2

Mailing Address Line 3

Mailing Address Line 4

Mailing Address Line 5



Your EAP available at
800-456-6327 or
www.perspectivesltd.com

BACK TO UNION

Daylight Savings Time ends @ 2:00am Sunday November 2, 2008

REMEMBER TO TURN YOUR CLOCKS BACK ONE HOUR

WE'LL RECOVER THAT HOUR WE HAD TO GIVE UP LAST SPRING



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