

BACK TO UNION

BCRC MEMBER NEWSLETTER

WINTER
2011

*HAPPY HOLIDAYS from the BCRC Board of Directors and Staff
We wish you all a safe and happy holiday season*



I was just riding in the car....I didn't smoke...I don't do drugs!

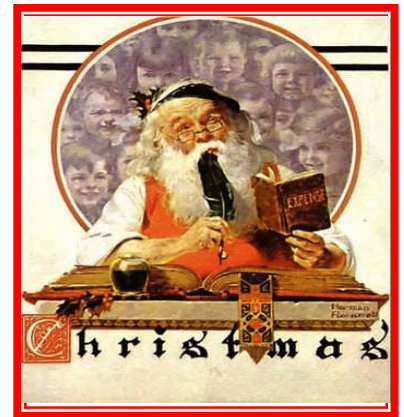


Perhaps you have heard the above as an excuse for a non-negative or positive result for marijuana. I know we have, plenty of times. What you may not know was there actually was a study done to determine if that was possible. The study was detailed in the "Journal of Analytical Toxicology" on October 2005, Vol. 29, issue 7, Pages 607-615. The article was called, "Passive Cannabis Smoke Exposure and Oral Fluid Testing. Two Studies of Extreme Cannabis Smoke Exposure in a Motor Vehicle".

The test was performed in an 8 passenger unventilated van using 4 passive (non-smokers) and 4 active smokers, who in study 2, each smoked a cigarette containing only marijuana with high concentrations of THC. The smokers were age 18 to 24 and the non smokers were age 34 to 50. The cannabis was purchased from a coffee house in the Netherlands. The analysis was done in a lab by Gas Chromatography-Mass Spectrometry testing. Each passive passenger sat next to an active smoker during the experiment. Tests were taken at various times during the experiment.

The results of the testing showed that while there were some traces of THC in the passive passengers samples, there was never enough to reach the cutoff level of 15 ng/ml. All of the tests were negative. In reviewing this with our MRO, she agrees that you can not get a positive result unless you ingest or smoke cannabis.

I might also mention at this time, that even if you are from a state that allows the use of Medical Marijuana, it is not allowed under the BCRC or D.O.T.'s policies.



"The '20s ended in an era of extravagance, sort of like the one we're in now. There was a big crash, but then the country picked itself up again, and we had some great years. Those were the days when America believed in itself. I was happy and proud to be painting it." -

Norman Rockwell

Just a Reminder



Remember, if you are late taking a test you must contact the office in order to clear your status.

Taking a test will not clear your status without a call to BCRC.
219-764-9500

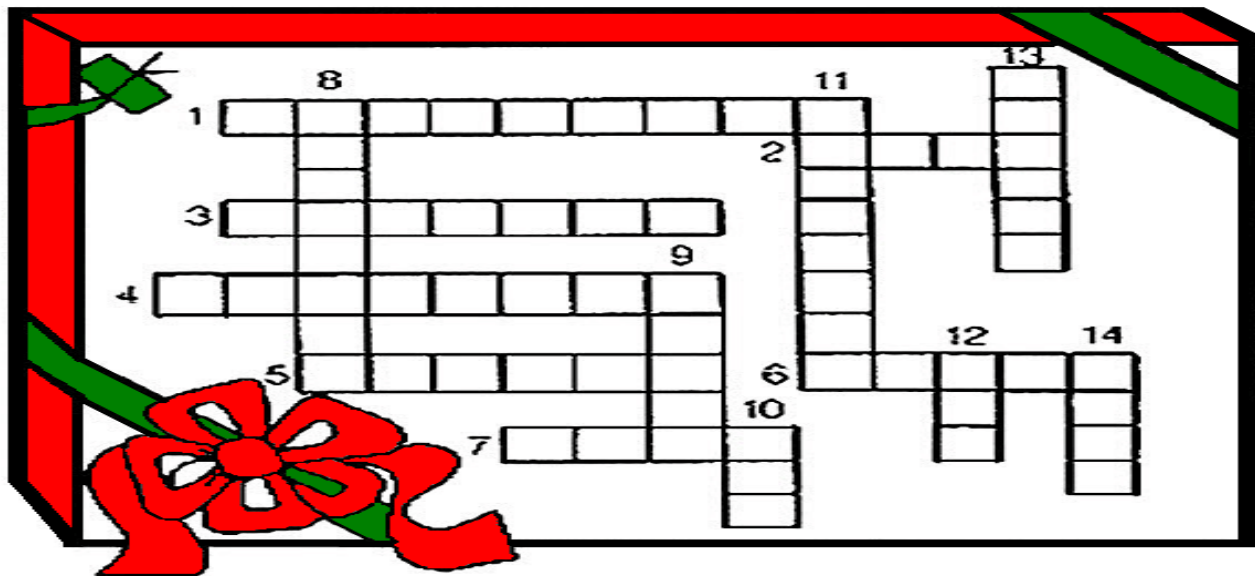
How to Keep a Christmas Tree Fresh

Instructions

- ◆ Select the freshest tree possible. Ideally, buy one that is cut the day you bring it [home](#).
- ◆ Cut 1 inch off the base, place the tree in a bucket of [water](#), and stand it in a cool, shady place if you don't plan to set it up right away.
- ◆ Cut 1/2 inch to 1 inch off the base of the trunk when you bring it inside to set up.
- ◆ Place in a tree stand that holds at least 1 gallon of water. Add plain water.
- ◆ Water the tree every day.
- ◆ Avoid allowing the water level to drop below the cut end of the trunk. If it does, a seal will form and prevent any more water from being absorbed by the tree. You'll need to make another cut in the trunk if this occurs.
- ◆ Keep the tree away from the fireplace, vents and other sources of heat.
- ◆ Check for worn Christmas tree light electrical cords and always unplug at night. Use [UL](#) approved electrical decorations and cords. Using miniature lights produce less heat and reduce the drying effect on the tree or any chance of fire.



Christmas Crossword



Across

1. Hang these on the tree
2. Evergreen or pine
3. Frosty is one
4. You give and receive these
5. Tie this on your package
6. A Christmas color
7. For the top of the tree

Down

8. Rudolph
9. Jolly toymaker
10. Color of Santa's suit
11. Hang this from the mantle
12. Santa's Helper
13. Santa's transportation
14. Christmas carol

Answer key can be found on back page.

Holiday Recipe

Christmas Cheese Ball

Ingredients:

- 2- 8oz packages of cream cheese
- 3- ribs of celery
- 1/2- green pepper
- 3- green onions
- 1- 12oz package shredded mild cheddar cheese
- 1- tbsp. of lemon juice
- 1- small bag of chopped walnuts



Put walnuts on wax paper and set aside.

Bring cream cheese to room temperature and put into a mixing bowl. Dice celery, green pepper, and green onions into small pieces, add to mixing bowl. Add 1 tbsp. of lemon juice and then empty one bag of the shredded cheddar cheese on top of everything.

Blend with mixer until completely blended. Dampen hands and mold mixture into ball. Roll cheese ball in walnuts on wax paper until the cheese ball is covered. Keep cheese ball in wax paper, then wrap with tinfoil and store in refrigerator.

Serve with crackers of your choice.

HOLIDAY MYTHS

- You have to go BROKE buying gifts!
- You'll scar the kids if you cut back!
- Host/Hostess doesn't enjoy their own party!
- Family Gatherings are Torture!

It may take making some changes each year until you reach Christmas present and get away from the Christmas past and "how it has always been done." Let go of what you think are other people's expectations and look at what you have decided to make your expectations.

Let go of the guilt. Let go of the commercialism and CREATE the holiday you would like to FEEL!

Begin new traditions in your family. Be grateful for all that you have and maybe reach out more to those who do not. Teach your children the spirit of Christmas rather than the commercialism. Maybe emphasize the activities of the season rather than centering on the gifts. Give your kids the gift of time and your "presence." In turn, teach them to give to others; they learn by example. Just as we have taught them to expect the commercial Christmas, we can share with them a meaningful season!

RESOLUTIONS FOR THE NEW YEAR!

Many make resolutions that go unresolved because they don't realize what it takes to change bad or old habits. It took a time period to get into that habit and it will take time and effort to change it. Set realistic goals and don't try to change too many things at once. Here are some suggestions:

- ◆ **Resolve to get physical.** Sticking to a regular exercise routine is one of the most beneficial things one can do to improve health and longevity. A routine of aerobic activity 3-4 times a week, activities such as walking, running, swimming, aerobic dancing, biking or skating.
- ◆ **Resolve to maintain an ideal body weight.** This year, eat high fat foods in moderation.
- ◆ **Resolve to stop smoking and avoid those who light up.** Cigarette smoking is still the single most preventable cause of illness in America. Every year, six times more die from it than were killed in the Viet Nam War and it can be deadly for those who inhale secondhand smoke on a daily basis.
- ◆ **Resolve to control your blood pressure.** If you haven't had it checked, do so. If untreated, high blood pressure is the primary cause of strokes.
- ◆ **Resolve to develop a strong, social support network.** Studies have shown those with supportive relatives, friends and coworkers are sick less often. Be a friend to others and keep your family close and caring.
- ◆ **Resolve to reduce your cholesterol.** Have it checked or re-checked. If high, follow doctor's recommendations and reduce consumption of red meat, regular dairy products and foods high in saturated fats.
- ◆ **Resolve to control your hostility.** For your heart's sake, make an effort to control a bad temper. Anger and hostility may be as bad for your heart as smoking and high blood pressure.
- ◆ **Resolve to drink moderately, if at all.** Of the 10 leading causes of death, alcohol is a contributing factor in 6 of them. Resolve to **NEVER DRINK AND DRIVE and NEVER RIDE WITH SOMEONE WHO HAS BEEN DRINKING.**
- ◆ **Resolve to possess a positive attitude.** Negative thinking can pollute your mind and negatively influence your health and emotional well-being.
- ◆ **Resolve to always buckle-up.** Make it a rule you won't even start your car until everyone is buckled up.

By keeping all of the above resolutions you will add years to your life and life to your years! Keep Focused!

NEED HELP? CALL EAP 1-800-456-6327!





**BUILDING & CONSTRUCTION
RESOURCE CENTER, INC.**

BCRC INFO

Including Collection
Site Locations & Hours
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: ndixon@bcrcnet.com



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

BACK TO UNION



BCRC OFFICE WILL BE CLOSED

Friday 12/23/11 @ Noon & Monday 12/26/11 all day.

Friday 12/30/11 @ 2:00pm & Monday 01/02/12 all day.

INSIDE THIS ISSUE

Answers to our Christmas crossword;

1. ORNAMENTS
2. TREE
3. SNOWMAN
4. PRESENTS
5. RIBBON
6. GREEN
7. STAR

ACROSS

8. REINDEER
9. SANTA
10. RED
11. STOCKING
12. ELF
13. SLEIGH
14. NOEL

DOWN

Front Cover: Riding in car article.

Front Cover: Status Reminder.

Page 2: Live Christmas tree care.

Page 2: Christmas crossword.

Page 3: Holiday Recipe.

Page 3: Holiday myth and Making
Holiday Resolutions article.

Back Page: Office Closings.