

BACK TO UNION

BCRC MEMBER NEWSLETTER

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



WINTER 2009



DRINKING AND DRIVING

Gone are the days when you would get stopped for drunk driving and the police officer would tell you to park the car and drive you home or get you a cab. Now it's a DUI, possible loss of driving privileges and most certainly money out of your pocket.

The statistics are overwhelming. 40% of suicides, 54% of violent crimes and 80% of domestic disputes are alcohol related. The soldiers lost in WWI, WWII and Viet Nam was 594,161. DUI related deaths for the same time period was approximately 1,700,000. In 2008 11,773 people died in drunk driving related crashes or someone was killed every 45 minutes. National Geographic stated alcohol abuse cost our American society \$136 billion annually. (sources: www.cdc.gov/nchs/fastats/alcohol.htm; www.madd.org)

With the holidays upon us, the opportunities are endless to share some good cheer with family, neighbors and friends. Be smart about your alcohol consumption. If you've had too much too drink, get a ride or stay overnight. Your family and friends need you! Don't cause or become another statistic.

BCRC POLICY REMINDERS:

- 1) Updated Collection site list including address, phone and hours is available 24/7 on our Website @ www.bcrcnet.com
- 2) If you are working on site at BP and you are pulled for a random from BP, **PLEASE NOTE**, a BP Random is not the same as a BCRC Random. You will need to take all BCRC Randoms to keep your BCRC card "Clear"
- 3) You will **NEVER** pay for a BCRC drug test
- 4) Three (3) hours prior to testing do **NOT** drink excess liquid - can produce "Diluted Specimen" which requires a retest



QUOTE

Bill Clinton

Being president is like running a cemetery: you've got a lot of people under you and nobody's listening.



NEWSLETTERS VIA E-MAIL



If you would prefer to receive your quarterly newsletter via e-mail please contact the BCRC office so your e-mail address can be added to our database. You can e-mail our office at info@bcrcnet.com, call at 219-764-9500 or fax your information to 219-764-9505.

Your first E-Mail copy of the Newsletter will be the Spring Edition in March 2010.

All of your personal information in the BCRC database is strictly confidential and is never shared with anyone.





**WINTER
DRIVING TIPS**

Avoid driving while fatigued

Keep gas tank at least half full to avoid gas line freeze-up

Keep tires, including spare, properly inflated

Always carry a "survival kit" in your vehicle which includes, jumper cables, bag of salt or cat litter, tool kit, flashlight & batteries, ice scrapper & snow brush, non-perishable high energy foods such as unsalted nuts, dried fruits & hard candy

AAA Recommended



**CALL
1ST**

If your employer requests you take a BCRC test because of a N/A status, **PLEASE CALL BCRC office 1ST** to check reason for N/A status

You **MIGHT NOT** need to test!



QUOTE of the DAY

"Success is getting what you want. Happiness is wanting what you get!

- Dale Carnegie

FINDING THE MAGIC



This may be the year to look for the simpler, more cost effective things you enjoy about the holiday season. Some of us just love the smell of fresh pine to bring us all those memories of years past. Taking a walk or drive to view the Christmas decorations may be something you enjoy!

Attending a service or a Christmas production, may be a change from what you may have been doing. What is the magic you are missing that you want to bring back?

What if you could eliminate one or two things that make this time of year stressful, what would it be?

If you send cards, maybe sending to those you will not see over the holidays or limiting the personal messages in each card. Sometimes this season is overdone with obligations, money spent and food eaten. Less of any of the above will take away some of the pressure. Think of simpler ways to enjoy this time and the people you share it with. There is a way to have less tasks and more time to spend with those individuals or activities we care most about. It may just take a little time to create some new traditions or experiment with old ones!

How long has it been since you made popcorn and strung it on the tree in between the handfuls you shove into your mouth? When was the last time you put up decorations with holiday music playing or being sung? Maybe sharing some time with loved ones around a fireplace or bonfire will bring time to share stories and dreams. Find what will bring some magic back in the season for you and your loved ones and ENJOY!



HAVE A SAFE AND MERRY HOLIDAY



The holidays are actually about 3 or 4 individual days, however many of us start with Halloween and go into the new year with a season of festivities. With these festivities comes a lot of over doing. Some overdo with food, some with money and others with substances. Some people choose a way of life that overdoes with all of the above and then live with the consequences that stem from those choices. Some pack on the pounds while others pack on the debt.

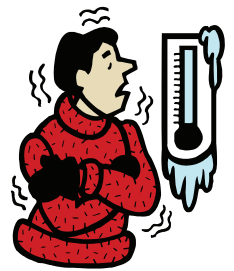
Still others reach for a substance legal and illegal to help them through these times of celebrating which for some can be stressful and difficult while others use it as a time to party hardy.

Some may be dealing with loss and are grieving while everyone is celebrating; be aware of those close to you who may be struggling. Someone may need a hand up to deal with life during this time of year. However you choose to celebrate, do so responsibly so that you have a job to return to, a family intact and you and yours survive the dangers of making choices that bear negative consequences.

If you need some help during this time or at any-time before, during or after this holiday season, please do not hesitate to contact your EAP for some assistance at 800-456-6327.



Prepare for Harsh Winter Conditions



- What is it about a snowstorm that brings out the child in all of us? Suddenly we're ready to bundle up and head outside to play. Plus, snow is great for a mid-winter workout, what with all the sledding, skiing, snowboarding, and snowshoeing you can do. Whether you're out in the weather shoveling your walk, driving, or just making snow angels, follow our tips below to keep safe and warm.

- 1. Apply a Vaseline shield.** If it's cold and windy, your face may suffer a case of windburn. A thin coating of Vaseline on exposed skin -- particularly your cheeks, nose, chin, ears, and neck -- will help prevent it.
- 2. Don't walk with your hands in your pockets.** It's pretty basic advice, but this way, you can use your arms to regain your balance if you slip.
- 3. Buy a pair of Yaktrax.** These amazing rubber and wire devices slip over the bottom of your boots and help prevent you from slipping on the ice. (Even see a yak slip and fall? We didn't think so.) They are available at sporting goods stores and on the Internet.
- 4. Remember snow's first cousin: ice.** So wear rubber-soled boots with good traction, go slowly, don't carry too many packages, and give yourself extra travel time to get wherever you're going, whether that's on foot or by car.
- 5. Look for patches of white or pale gray, waxy-textured skin.** These are signs of frostbite. Get indoors and get immediate medical attention.
- 6. It might look silly, but pull large rubber dishwashing gloves over woolen gloves.** This will keep your gloves dry whether you're shoveling snow or making snowballs.
- 7. Make sure your boots aren't too tight,** either because they're too small or because you've stuffed them with too many pairs of bulky socks. You won't have enough blood circulating to your feet and they'll get even colder. Wool or polypropylene socks are a good choice for your feet.
- 8. Smear on some sunscreen and lip balm if you're out in the snow on sunny days.** And slip on a pair of sunglasses or goggles to protect your eyes from the snow's glare. A sunny day in winter is often brighter and more dangerous to your eyes than the same sun in summer, thanks to the reflection off ice and snow.
- 9. Dress in layers, and make your first layer a shirt or long underwear made of synthetic microfibers,** such as polypropylene. These wick sweat away from the body so you don't get too chilled. Avoid cotton, which gets wet and stays wet. Top your first layer with a fleece top and then a windproof jacket.
- 10. Equip your car for driving in snowy conditions.** That means cleaning snow off the car before you start driving, making sure your windshield wipers work well, cleaning off your headlights, and using snow tires or chains if you need them. And stock your trunk with a shovel, tow rope, ground sheet (for fitting chains), rubber gloves, plastic ice scraper, blanket, and flashlight.
- 11. If you're not in shape to shovel, hire a neighborhood kid to do it for you.** Shoveling snow is very strenuous work. People who should think twice before doing it are those with a history of heart disease, heart attack, or high blood pressure.
- 12. Stretch for five minutes and walk outside for 5-10 minutes** before you start shoveling.

.....Provided by **Stealth Health**

Reliable Web-sites for Accurate Up-to-date H1N1 Information

www.flu.gov—U.S. Department of Health and Human Services.....Information on planning for an outbreak, what to do if you're sick, travel news

www.cdc.gov/h1n1flu/ - Centers for Disease Control and Prevention.....Specific information for parents, women, schools, travelers

www.who.int—World Health Organization.....Global perspective on H1N1 situation

www.aap.org—American Academy of Pediatrics.....H1N1 information related to children and child care





**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: cshepherd@bcrcnet.com



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

BACK TO UNION

BCRC OFFICE WILL BE CLOSED

Thursday December 24th, Christmas Eve

Friday December 25th, Christmas Day

Thursday December 31st, New Years Eve at 12:00 Noon

Friday January 1st, 2010, New Years Day

Tuesday February 23, 2010, DOT Seminar

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*THE BOARD OF DIRECTORS AND STAFF OF BCRC
WOULD LIKE TO WISH YOU AND YOUR FAMILY
A HAPPY HOLIDAY AND A PROSPEROUS NEW YEAR.*

