

From the EST Vol. 25, No. 1



2020 is finally in our rear view mirror. A year, the likes of which none of us has ever witnessed, struck fear in the hearts of all reasonable people - fear of a deadly, mysterious disease and worry over lost jobs and our economy spiraling out of control.

Those early days and months, which somehow feel like a lifetime ago, were filled with questions and anxiety. We felt it here in the regional council and certainly our partners in the construction industry were feeling it too. How far will this go? How many jobs will be lost? How can we protect ourselves and stay safe while working?

But those of us in construction are nothing if not resourceful. We fix problems, find solutions and keep the job moving every day. It's what we are trained to do.

And now we head into a new year more optimistic than we have been in a long time. A vaccine, actually several of them, were developed with impressive speed and we've learned that it is possible to continue our daily routines as long as we follow the experts' advice and use some common sense precautions.

Perhaps the hardest part has been the isolation from friends and family.

I know that many of our members who enjoy staying active and engaged in the Carpenters union have not been able to attend a local meeting in almost a year. As tough as these decisions have been, we feel they are absolutely necessary for everyone's safety.

We are watching the latest news and guidelines closely and have every reason at this point to believe a return to normal is not that far off.

Also not far off is our new KC Wellness Center, which began construction in January, with a grand opening set for this summer. Our health centers provide a tremendous, affordable benefit to carpenters and we're thrilled to see them expanding to more members.

Another great bit of news concerns our Pension Trust Fund of St. Louis and legislation we have worked on for a long time, which is finally paying off (page 6).

Despite an unprecedented and challenging year, we have stayed on our feet and remained focused on our union, our contracting partners and our brothers and sisters.

I look forward to seeing more of you face to face in 2021.

We Bond

The CRC Carpenter is a publication of the Carpenters Communications Department.

Editor: Matt Murphy



STAY CONNECTED carpdc.org

NEWS





COMING SOON

Following the success of our St. Louis Wellness Center, we broke ground in January on our newest location in **Kansas City**. The new facility will bring primary care, dental, vision, pharmacy, mental health counselors and a host of other services to KC area members and families. Grand opening is set for this summer.





RECOVERY

Analysts predict U.S. construction starts will increase by 4% this year to \$771 billion worth of new construction. The 2020 pandemic led to a deep drop in construction starts in the first six months of the year, and the road to recovery will be long. "Business will improve as a vaccine is approved and widely distributed, but construction markets have been deeply scarred and will take considerable time to fully recover."

COSTLY

Copper, plywood and even nails are driving up the cost of construction. Compared to a year ago, some **raw materials are 50% more** expensive than what the industry is typically used to paying. Lumber prices have been especially volatile during the COVID pandemic, but appear to be stabilizing.







WINNER

The votes are in and the winner of our Ugly Truck Contest is (*drumroll please*) **Andrew Struckhoff of Local 97**. Andrew wins a \$25 prepaid gift card and bragging rights (*we guess?*) for his victory. Thank you to everyone who entered, and watch for more of our contests on Facebook, Twitter and Instagram.



ew industries
have been impacted
more by the COVID
pandemic than
construction. How
do you stay socially
distanced with
tradespeople working in
tight spaces on a job site?
How do you work remotely
when your job is to get
stuff built?

Since the very beginning of the crisis, state and local governments have classified construction crews as essential workers, a crucial force not only for keeping the country running, but also keeping a lid on the horrific unemployment that disrupted our economy. A moratorium on construction would have added 11 million more Americans to the out of work list.

To keep those people safe as construction marches on, new technology was desperately needed.

"It wasn't real common before. Some of it may have been around maybe five years ago, but obviously this year we're seeing a flood of contact tracing apps and other similar technology," said Dustin Burns, vice president





of information technology for McCownGordon Construction in Kansas City.

Electronic devices can check employees' temperatures at a kiosk, track their movement across a job site and even sound an alert when they are coming within six feet of a fellow worker.

Contractors are using these gadgets to trace an infected person's steps, find out who else that person came into contact with, and isolate those who may need to quarantine. The other - and much less desirable option - would be shutting down an entire job.

McCownGordon is using contact tracers developed by Connecticut-based tech maker Triax during the construction of a one million-square-foot warehouse in Kansas City. It's a mammoth undertaking with 500 workers on site and substantial operational costs. "A few hours of shutdown become very expensive. A full-day shutdown becomes unaffordable," Burns said.

With the right devices, employers can catch and contain an incident before it becomes an outbreak. Lori Peters, Triax's vice president of marketing, said before COVID companies saw new tech as something nice to have, not necessarily a need-to-have.

"Construction is a tough business. It's not a real high-margin industry and generally not a lot of extra budget is available for these kinds of investments," she said. "But when it gets to a point where you know you need to have this, being without it could really impact your bottom line."

McCownGordon admits all the new tech they have purchased to fight COVID didn't come cheap. The firm is investing heavily in it during a disastrous year when the pandemic is putting many companies out of business.

But it's a necessary expense considering how easily the virus can spread and how many workers could be exposed if even one infected person is moving around a job site unchecked.

What's NEXT?

A consortium of construction-related businesses, including St. Louis-based commercial giant McCarthy Building Companies, has formed the NEXT Coalition. Instead of each company trying to solve the same problem, they are putting their heads together in finding the best tech and new ideas to fight this or any future viral crisis. The coalition put the call out for useful inventions and 90 tech companies responded.

"We'll definitely see some of the technologies we've implemented become standard tools," said Pat Devero, McCarthy's national safety director. "This can include technologies such as mobile apps, disinfection, wearables, contact tracing and PPE that can improve team safety."

Much of these new electronics belong to a family of gadgetry called the Internet of Things (IoT). It's a term that's becoming more familiar to people as more devices connect to the internet with the ability to "talk" to each other. The Alexa speaker in your house that can turn on the lights and change TV channels is an example of IoT technology.

On a construction site, wearable tracers feed information into a computer database where it's stored and accessed later, if needed, to retrace someone's steps. Because all the devices are communicating, a site manager can quickly review the data and get a handle on how much spread has occurred and exactly which workers may have been exposed, and when.

Of course, new science also brings new fears

of big brother spying at work. Companies using it have to reassure employees that it is solely for the purpose of job site safety. The devices are designed to stop communicating once they travel out of range of receivers located on the job site.

Construction contractors are already realizing that the new tech they have acquired this year will be useful long after COVID has been conquered. "Some of them have a SOS feature, "Burns explained. "If someone is down and hurt and there's no one around, they can hit the SOS button and our safety team gets an immediate alert for who's down and where they're at."

Ironically, what started as a nightmare for the construction industry and threatened its very survival, has triggered a host of new tools capable of making the job more efficient and safer for all of us.

44

The devices are designed to stop communicating once they travel out of range of receivers located on the job site.



The NEXT Coalition won Construction Dive magazine's coveted "Innovator of the Year" award for 2020.

Dear Brothers and Sisters:

I am pleased to share with you the success of something that our team has been working on for a long time.

After seven years of effort by leaders of the St. Louis-Kansas City Carpenters Regional Council and our political allies, the U.S. Congress has passed bills that include our long-awaited pension relief legislation, and I could not be happier.

With the President's signature, our Board of Trustees of the Carpenters' Pension Trust Fund of St. Louis will be able to amend the Plan and restore the early retirement provisions that we used to have, which allows for unrestricted pension benefits while continuing to work. Basically, the new law will allow the Board of Trustees to restore all the money withheld from more than 1,200 current and previous Early Retirees' pensions. This means paying back all those monthly amounts that were withheld from those retirees while they worked. It also means that many more thousands of actively working members who became participants before April 30, 2013 are able to look forward to their future retirement years without fear of having any of their hard earned vested pension benefits withheld during early retirement years.

Members who qualify for Early Retirement will once again be able to receive their monthly pension without any benefits withheld while they continue working. While working, they will build a fully vested Supplemental (second) Pension payable at age of 62. For members who qualify for Rule of 90, that Early Retirement benefit is unreduced.

This is the kind of work that makes me proud to lead this organization and is a perfect example of the type of benefit the CRC provides its union brothers and sisters. This is a major relief and restoration to our retirees who were promised this benefit when they embarked on their careers in carpentry, and it sets up working and future carpenters to be able to enjoy this benefit as well.

It literally took an act of Congress to right a terrible wrong. Special thanks go out to Ron Laudel, the pension plan administrator, and Mark Dalton, our co-director of politics, who worked with me and walked the halls of Congress the past seven years to get this passed. I also would like to thank the bipartisan members of Congress from Missouri and Illinois who worked together and worked hard to get this passed, including the bill's sponsor, Representative Blaine Luetkemeyer of Missouri. In helping get the change passed, he was assisted by Missouri Senator Roy Blunt, Illinois Senators Tammy Duckworth and Dick Durbin, and Representatives William Lacy Clay, Vicky Hartzler and Billy Long of Missouri and Representatives Mike Bost, Rodney Davis and John Shimkus of Illinois.

With more than 1,200 retirees impacted, it will take some time before you see this relief reflected in your pension. We ask for your patience as we undertake this challenge, and we will be in touch with more information, including distribution dates and benefit details, as it comes available.

If you have any questions or concerns, please contact our Retirement Services Department in the Benefits office at (314) 644-4802.

In solidarity, Al Bond

2020 DUICK FACTS

PENSION

RELIEF



116 NEW CONTRACTORS SIGNED



2,000
ONLINE APPRENTICE
APPLICATIONS



Nearly 30% ACCEPTED AND WORKING A JOB

SURVEY SAYS

apprentices appreciate safety, other changes in CJAP

A mere four hours can make a big difference. The 40 hours a week that apprentices spend perfecting their skills at our CJAP training schools has been reduced to 36 hours. Instead of Monday through Friday, trainees are now in class for nine hours a day, four days a week. Mondays are kept available for the apprentices to go to work and make money.

Under the old system, they lost one month of pay every year due to their classroom demands. "They were living on 11 months of income. How many can afford to do that when car payments and rent are still the same," said training director Ron Tierney. "Your creditors don't care that you only have 11 months of income."

The change comes as some contractors report difficulty finding enough manpower. Freeing up Mondays gives them access to more apprentices, while the students get valuable on-the-job learning and, of course, a paycheck. Tierney said the quality of education is unaffected and CJAP continues to meet Department of Labor guidelines for training.

Regularly conducted surveys show that apprentices are welcoming the change (91% approval) and attendance has improved since modifying their class schedules. It's a win-win for both the trainees getting more money in their pockets, and for our contractors getting more work done on their sites.

Administrators are also finding out how safe the 3,200 apprentices feel at the CRC's nine training centers during the pandemic. The anonymous surveys ask for input on the added precautions that went into place in early 2020. "One of the guys told us he feels safer at our facility than any other place in public, which is really encouraging to hear," Tierney said.

Classes are running at 25 percent capacity, masks must be worn at all times, lunchrooms have been closed and toilets and faucets have gone touchless. CJAP has also invested in professional grade foggers to disinfect buildings each week.

Even with added precautions, training schools have not been immune to COVID. Positive cases among some apprentices and staff forced temporary shutdowns last fall as infections were spiking all across the Midwest.

But surveying attitudes is giving CJAP some hard data and showing that our newest members give the Carpenters' training program high marks for both safety and convenience. "We've invested a lot of money in their protection and they appreciate it," Tierney said. "They also appreciate that we're making adjustments to class schedules to meet the students' and contractors' needs."







Above: CJAP Coordinator Craig Hood disinfects the shop area at the St. Louis training center using an electrostatic fogger.

Hard Hats with

HEWRT

Why are we disproportionately affected by cardiovascular disease?

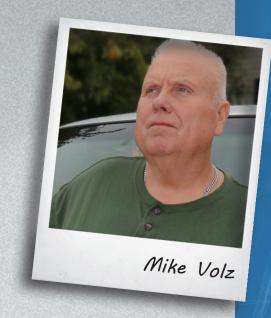
The American Heart Association is on a mission to educate contractors, labor unions and tradespeople on heart disease. Statistics show a higher prevalence of smoking and obesity – major risk factors – among our particular population.

"The guys work their tails off all day long but too many are smoking, not getting proper exercise and doing other things that are putting them at risk," said Megan Hoffman with the association's St. Louis chapter.

To reach individual workers,
Hoffman and others are taking their
message directly to construction
companies and labor leaders who
have the power to make heart
health a priority through tool
box talks, lunch and learns, and
employee communications.

The Hard Hats with Heart initiative introduces these construction professionals to experts in the health field, armed with the facts and the experience in how to talk to workers about their hearts.

Carpenter Mike Volz (Local 32) has been a champion for the issue, featured in a social media campaign telling his story. He suffered a



massive heart attack on the job, but survived thanks to quick thinking coworkers who knew CPR. "I know of one person who died of a heart attack in a trench. Saving even one would make a difference," Volz said.

Our jobs are physically and mentally demanding, requiring early start times, long hours, strenuous activity and often eating what's handy rather than what's healthy.

Hard Hats with Heart is helping the industry better understand lifestyle choices that contribute to poor health, while also offering training on life-saving procedures like CPR and defibrillators that any one of us might to need to know someday on the job.

To reduce your risk of developing cardiovascular disease, there are three things you can start today: stop smoking, see your doctor to learn your numbers (cholesterol and blood pressure) and eat a balanced, healthy diet.

1 in 4 construction workers is obese



1 in 4 uses tobacco products



Nearly half don't get enough exercise



1 in 25 is living with diabetes





Audiologist Jackie Napoli uses an otoscope to check outer ear health.

onstruction
workers are more
likely to suffer
some degree of
hearing loss at a
younger age than
most people, making it all
the more important that
we pay attention to our
ears. Think about it — we
spend our careers working
on noisy construction
sites, exposed to
deafening power tools and
other daily commotion that
take a toll over time.

"If you have hearing loss, the sooner you treat it the better the outcome will be," said Jackie Napoli, our wellness center audiologist.

The center is performing tests and diagnosing problems on many carpenters who were not even aware they needed treatment until a family member said something.

Having to turn up the volume on the TV is a common clue that a loved one can't hear as well as they once did.

While noise exposure and simply getting older are the typical reasons for hearing loss, a head injury, tumor or even a minor stroke could also be the culprit, which is why it's important to get any loss checked by a specialist.

Once lost, normal hearing can not be restored, but quick action can dramatically slow the progression and give a person better quality of hearing for longer. Unfortunately, the stigma of wearing a hearing aid keeps many people from getting the help they need.

"A lot of people are surprised by what

hearing devices look like today," said Napoli. "It's not your grandfather's hearing aid. They're very small and inconspicuous."

There is a wide range of hearing aids (prices and quality) on the market, but our wellness center only offers top of the line premium aids. A set that retails for \$6,400 comes with **zero** out-of-pocket for our plan members (applies to non-Medicare participants only).

We know there are too many of us living with hearing loss and putting off treatment. But with today's tech advancements and the phenomenal benefits through our wellness center, this is one easy fix worth hearing about





1 in 3
people with
hearing loss got it
from exposure to
loud noises.



Earplugs and noise-canceling headphones are the best ways to protect your ears on a job site.

An audiology evaluation at the onset of hearing loss can preserve what hearing is left, while drastically slowing further loss.

AUDIOLOGYCLINIC (314) 955-9355



Our experts.
Your health.

Carpenters
Wellness Center



INTO the WOODS

Endurance runner proves carpenters are built tough.

e've all had those exhausting days when we come home bone tired with every muscle aching. For carpenter Dave Walch (Local 1596), pushing his body to the limit isn't just something done on the job, it's also what the 43-year-old does for fun — if you can call an unforgiving trek through dense wilderness fun.

"I usually get a pretty good fever afterward and my legs are shot, I can barely walk," said Walch, who recently competed in the Ozark Trail 100. The ultramarathon is a 101-mile endurance run held each November through the rough terrain of the Mark Twain National Forest in south central Missouri.

"I really like individual sports. You're out there all alone and it's pretty much all up to you if you're going to give up, drop out, or finish," he said.

The Ozark race is one of many similar long-distance challenges that are surprisingly popular across America. The granddaddy of them all is the Western States 100, a grueling contest in California's Sierra Nevada Mountains that attracts 6,000 hopefuls competing in a lottery for a coveted spot among the chosen runners.

Walch, a veteran of the U.S. Air Force, started running 13 years ago when one too many injuries forced him from his passion for rugby. To stay in shape, Walch took up jogging, but then read a magazine article about "ultras," a peculiar corner of the sport for marathoners obsessed with conquering physical anguish coupled with mental demons.



That inner voice telling you to quit, that your legs can't take one more step, is the challenge of finishing a trail run

"A lot of people have the physical ability to do it, but getting over that mental hump is the hardest part, knowing that you can keep going even though your body is telling you that you can't. It's strange, but you get a second, third and fourth wind as you go throughout the night," he said.

Only half of the runners who enter the Ozark 100 have the stamina to make it all the way. They get 32 hours to complete the course, but must also check in every few miles at an aid station. If they are lagging too far behind and fail to check in on time, they will get disqualified during the race.

Walch, who has entered the competition for the past 12 years, finished in just over 28 hours. His personal best is 23 hours.



As for training, he doesn't do anything too extreme outside of eating a bit healthier to help him drop a few extra pounds leading up to the big day.

Staying Fit

Being in his 40s, Walch is reaching that age when a lot of carpenters start experiencing the effects of the trade and a life spent doing backbreaking work. The older we get, the more staying fit can keep aches and pains at bay, help us recover from injuries more quickly and prolong our careers.

Dr. Tina Trost with the Carpenters Wellness Center said the biggest benefit of regular exercise is keeping the weight off, something that gets increasingly harder as we age and our bodies lose the muscle mass needed to burn fat.

"Weight plays a direct role in the development of arthritis and how much pain you will experience from arthritis," she said.

ROADTOFITNESS

Dr. Trost challenges her patients to begin an exercise routine regardless of their current fitness level.

To start small, begin with:

After Dinner Walk

20-30 minutes even as little as twice a week

Saturday Hike

1 hour or longer

44

The more you exercise today the less you'll need medication for blood pressure or blood sugar five years from now.

77

But a common misconception is that manual labor, such as construction work, equates to being physically fit. That's not necessarily so if you're doing the same repetitive tasks day in and day out.

Some muscles will get overdeveloped, while others become underdeveloped.

"That's where the risk of injury comes into play," said Dr. Trost. "Doing exercise outside of your regular work activity really helps balance your muscle development, overall strength and core strength so you'll be less prone to work injuries."

Asked if being a carpenter makes him a better athlete, or if running makes him a better carpenter, Walch said each feeds into the other.

"I use my job quite a bit for my training. Being on my feet eight hours a day, I get a lot

of miles in. And obviously the running helps keep me in shape and able to keep going all day long," he said.

Walch has been doing exactly that as a commercial carpenter for the past 18 years, currently working for HBD/Russell Construction.

While the rest of us might need weeks (if not longer) to recover from running 100 miles nonstop, Walch said he's typically refreshed and ready to go back to work a couple days after a marathon.

As long as his body holds out and there are rugged races to run, Walch plans to keep pushing himself to the finish line.

Don't Take

come out of the woodwork looking to seize the

Have you been getting emails lately offering financial help during the coronavirus crisis? Chances are it's a scammer on the other end hoping you will fall for it and unwittingly give up some sensitive information. The practice is commonly known as phishing.

"They're trying to get you to click a button and put in some type of information," said Jenée Datus, director of technology services for our regional council. "It could be something as simple as your phone number but a password or account number is what they really want."

Once inside your computer, cyber bandits search for information they can use to apply for loans and credit cards, transfer money out of your bank account or even lock you out of your computer until you pay them a ransom.

The regional council is beefing up its defense against phishing scams and CRC employees are on the front line. With hundreds of computers being used every day, a crook would have plenty of opportunity to trick one of our employees and gain access to our data system. Our tech services team has been sending out fake emails to see if any of our staff let their guard down and fall for the would-be scam. If someone does, they are given a tutorial on how to spot phony emails.

Datus said cybercriminals are getting a lot more sophisticated in making bogus emails and texts look like they are coming from a trusted source, like your bank or a government agency.



"They're doing all kinds of stuff because of COVID. Your stimulus check is ready - click here; or go to this website to preregister for the vaccine. There are a lot of these scams going on," she said.

If you suspect that you have clicked a dangerous link, immediately change all your passwords, especially email and bank accounts. Keeping your virus software updated, encrypting sensitive files and backing up important data will help protect you from becoming a cybercriminal's next victim.



CRC offices partner with cybersecurity firm KnowBe4 to prevent computer hacks. Experts say watch for these red flags:

Do you recognize the sender's email address?

Are you asked to click a link or attachment?

Does the email have a lot of bad grammar or spelling errors?

Are a bunch of people you don't know cc'd on the email?

> Is the subject line suspicious, like "Open Urgently"?



Lake Ozarks

Saturday April 24 \$150 per boat

(includes big bass)

NOTICE

2021 Mouse Races CANCELED





Need Help? Any Time 24/7.



KC 816.595.4164 STL 314.781.2356 x.1050

CONSTRUCTION

Safety Hotline



If it's going on in Missouri, Kansas or southern Illinois, we want to know about it.



JOB STARTS
HOTLINE

314 **644.7225**

CONTRACTOR SPOTLIGHT



George Weis Company is a Millstadt, Illinois family business that started a long time ago... a really long time ago.

How did the company get started?

Peter Weis, a German immigrant, formed a small residential plastering and concrete finishing company in the 1860s. He went off to fight in the Civil War, and when he returned, brought his son and sons-in-law into the business. It's been passed down through six generations and expanded ever since. Today, five of Peter's greatgrandsons are with the company and we employ 40 to 50 carpenters.

What kind of carpentry do you do?

Our business is about 95% commercial, mostly steel stud framing, drywall and acoustical ceilings. We work with most of the general contractors in the St. Louis metropolitan area.

Where do you primarily do work?

We used to stay on the Illinois side of the river, but when things slowed down during the recession in 2008 we branched out more into Missouri, so now it's about 50-50. For some reason, Missouri seemed to bounce back faster than Illinois.

Is it tough finding skilled tradespeople?

Because we've been around so long we know a lot of really good carpenters who have worked for us in the past. As our company evolves, we're trying to groom younger people into becoming carpenters and that's where it gets tricky. We do think there's a serious problem though finding good skilled tradesmen when we get very busy and that will be hard to fix long term.

How can the industry attract younger generations?

To be honest, our best luck finding people has been the sons, nephews, etc. of current carpenters. It's a family thing.

They see their dads doing it and learned at a young age what the job is all about. That's where we have the most luck getting new, young carpenters.

What's the advantage of being a family business?

Being around as long as we have, we try harder to keep our guys busy than trying to make money. If we can't keep them working then we can't do anything to keep our business going. Being a family business we treat our people like family, not carpenters.

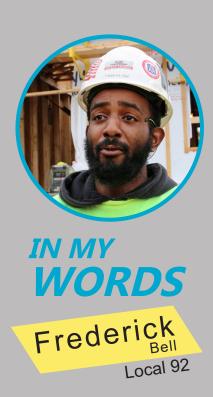
What does business look like right now?

When COVID hit we had two big jobs that got shut down, so we scrambled to aggressively bid other jobs. Right now we're steady, but concerned for sure about the coming year and what's out there to bid on.

Describe your relationship with the Carpenters.

The union is very good at training and has a mindset that you have to work hard and get a lot done every day in order to stay competitive. All of our carpenters are hard working, good people and we're lucky to have them.





It's changed my life because it's given me a sense of pride, something to look forward to every day. I don't feel like this is a job I don't want to do, I actually love getting up every morning, coming here and putting in some hard work.

I'm a father of four and I'm able to provide for my family. It's given me an outlook and shown me some things I've never seen before, guiding my decisions on where I want to go and what I want to do with my life further down the road.

The union has opened a lot of doors for me and I know it's gonna have my family stable, whether that's financially or if they want to get into the trade later on in their own lives.

I feel like becoming a union carpenter was the best decision I've made in my life.

Congrats New Grads

Kansas City Carpenters

Samuel Bruce
Jose Cervantes
Patrick Chandler
Charles Crossette
Andrew Cummings
Garrett Feller
Joshua Holden
Hunter Idol
Shawn Kelly
Shawn Kreisel
Justin McIntosh
Breck McMillan
Logan Nold
Shawn Turner
Ciro Valdez

Millwrights Tristan Miles

St. Louis Carpenters

Brian Anderson
Augustas Baalman
Charlie Bailie
Zachary Ballard
Cory Bates
Dylan Benscoter
Samuel Biermann
Russell Brutcher
Kyle Burgess
Robert Paul Carmon
Ryan Cheatham
Todd Dailey
Richard Deutschmann
Jack Dowdy
Geoffrey Ferguson
Jacob Follen
Matthew Heisler
Dustin Jackson

Corey Jamison Samuel Jefferson Andrew Jones Jacob Mueller Jeremiah Scola Zachary Sida Richard Simmerman Austin Snider Cody Summers Johnathan Tinker Christopher Vroman Adrian Wallace Nicholas Weible Michael Wooten

Millwrights Alfred Austell II Cody Hermsmeyer

Illinois Carpenters

Levi Alli Devan Cobb Don Davis Michael Daywalt Joshua Hannon Denico Kirkwood Bradley Moore Samuel Potthast Andrew Price Cory Sessions Cory Siegfried Dil Tull

In Memoriam

	Local		
Donald Becker (81)		William Leimkuehler (90)	1596
Glen Bequette (40)	92	Donald Lewis (77)	1839
Kenneth Branson (75)	1987	Thomas Lewis (54)	315
James Brockett (60)		Kirk Morawitz (52)	978
Chester Brod (84)	2214	Clemmie Morton (93)	
Simeon Brown (33)		Charles Murphy (93)	97
Coy Clover (84)		George Pendergrass (88)	978
Randall Craven (54)	1310	Donnie Reynolds (81)	92
Benton Dace (88)	1310	Jerry Reynolds (86)	
Kenton Dake (60)	32	Joseph Rudolph (36)	32
Gary Davis (46)	1770	James Santel (63)	97
Harold Duke (83)	1310	Jerry Stacy (80)	
Glenn Hagemeier (91)	32	Theodore Stocker (88)	
Larry Hammack (61)	32	Nick Strubhart (87)	662
William Harness (85)		Morley Thomas (91)	664
Henry Hayes (72)		Donald Tucker (95)	1310
Harold Heinzmann (94)		William Vaccaro (83)	97
William Henty (89)	92	Ronald Vogel (77)	
Marvin Huber (79)	32	Joseph Wentz (44)	
Gary James (73)		Larry Wisdom (74)	
Wilbert Kohlmeier (96)	662	Robert Wittich (71)	
James Labriere (58)		Charles Zweifel (75)	97

Welcome New Contractors

Bolden Constr. Services • Boyer Bldg & Design • Carron Constr.
Concrete Erectors • Constract Installations • FJR Solutions • Gelly
Excavating & Constr. • KC Flooring Demo • Kendall • Paragon Constr.
Russell HBD • Tomam Constr. Services • United Constr.

St. Louis-Kansas City Carpenters Regional Council 1401 Hampton Ave. St. Louis, MO 63139

HEALTH MATTERS

Put your plan at your fingertips with myCigna*

myCigna.com and the myCigna® App are your personalized digital resources designed to help you make the most of your plan. Right from your computer or mobile device, you can easily access all of your plan information any time you need it. You can also:

- >Find in-network health care providers and medical services
- >View ID card information
- >Review coverage
- >Manage and track claims

Register today at myCigna.com or download the myCigna App.

Questions? The Cigna One Guide® service is our highest level of support that combines the ease of an app with the personal touch of live service. To connect with your One Guide personal guide, call 800.CIGNA24 (800.244.6224) or click-to-chat on myCigna.com or the myCigna App.

*The Cigna network applies only to non-Medicare participants covered under the St. Louis-Kansas City Carpenters Regional Health Plan.

