

CRC

# CARPENTER

The Newsletter of the St. Louis-Kansas City  
Carpenters Regional Council

May/June 2021



THE  
**REAL WORLD**  
Page 6



Are you feeling a little more back to normal? We definitely are here at the regional council offices, where employees and members have been getting vaccinated, seeing more of each other face-to-face and getting used to a post-pandemic routine.

In April, we were able to hold our regular council meeting for the first time since last year, an encouraging sign that things are getting better and our world is starting to look more like the one we're used to seeing.

It's expected that proof of vaccination will become commonplace as airlines, cruise ships and others pick up more business.

Unfortunately, our demographic (construction workers) has some of the highest resistance and lowest rates of vaccination. From the start, the Carpenters Union has tried to debunk misinformation and conspiracy theories and encourage all members to do the smart thing.

Let me say this again: The vaccines are tested, they are safe, and they are the best chance we have for putting the misery of this past year behind us.

Please get vaccinated (*read more on page 12*).

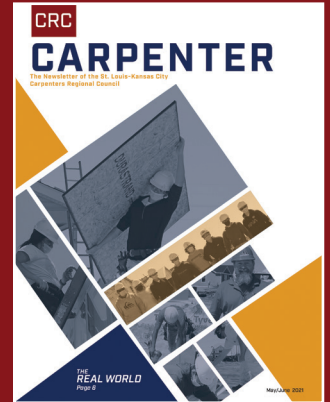
With schools opening back up and more students back in the classroom, we're also boosting our strategy to reach them with information about the trades in general, and carpentry and floor laying in particular. It's no secret that the construction sector is predicted to face a serious shortage of labor in the coming years.

There is no need for this to happen. The jobs are there, the training is free and the pay and benefits are outstanding. Too many kids today are going into crippling college loan debt, getting degrees in fields that will offer diminishing prospects in the future.

That's why the regional council (and other trades) have been boosting advertising and talking to the media to promote our industry, while our outreach team is logging the miles traveling to schools and career centers in all corners of our council.

We have a great story to tell and more people need to hear it. All of us can play a role in spreading the word.

As always, thank you for being a part of our union family and for everything you do on and off the job.



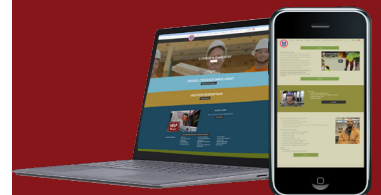
## ON THE COVER

**Real World:**  
*Students want to learn the real thing.*

(Pg. 6)

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

*Editor: Matt Murphy*



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[carpdc.org](http://carpdc.org)



## LEVEL PLAYING FIELD

President Joe Biden has issued an executive order establishing a task force to explore how worker organizing and collective bargaining can be better promoted. The order gives the group 180 days to make recommendations about potential changes to policies that will **promote worker organizing** and collective bargaining in both the public and private sectors and increase union membership rates.

## MARKET SURGE

New-home construction is surging, at a time when the housing market desperately needs more inventory to meet demand from first-time buyers. Compared with spring of 2020, housing starts are up a **whopping 37%**. The largest gains in new-home construction are being seen in the Midwest.



## FEELING STRONG

As more Americans get vaccinated against coronavirus, optimism about jobs and revenue is up—way up. Nearly half of contractors expect to hire more workers in the next six months, while **86% report** a moderate to high level of confidence that business will be strong for the next year.



## Welcome New Contractors

7 Star Mechanical  
Capitol Floors  
D Installation  
Dorell Flooring  
Elite Interiors  
Flannigan Contracting  
The Haire Corporation  
PJC Carpentry  
Plasti-Lite Signs  
QuibicaAMF Worldwide  
Reinhardt Construction  
Vernon L. Goedecke Company







# The Future Looks **BRIGHT**

## Union Ramps Up Solar Training to Meet Growing Demand.

**H**arnessing the sun's energy has been around a lot longer than you might think. As far back as the 18th century, ships on long overseas journeys used solar power to heat ovens. The first solar panels manufactured were for use on NASA satellites in the 1950s. In the decades since, experts have improved and refined the technology, making it practical and affordable for a mass market. At the same time, promoters have been selling the environmental benefits and energy savings.

It seems the public is ready to listen.

Solar power is undergoing a boom in residential and especially commercial construction in many parts of the country. "The cost now is so reasonable that it's more beneficial and economical to install them. They can pay for themselves," said Kurt Goodwin, representative for the union's Local 57 electricians.

Government tax credits also help to make solar an attractive investment. Coupled with the immediate savings on their monthly electric bills, many homeowners and companies see no reason not to go green.

In today's corporate culture it can even be seen as essential to a company's public image and identity. Surveys show that the majority of Americans across the political spectrum are concerned about the environment and think renewable energy sources should be a high priority. When corporations like Walmart install solar roofs, they are signaling to their customers—and to future workers they hope to attract—that the company shares their values.

***President Biden has set a goal of 100% clean electricity by 2035. According to US News and World Report, more than 900,000 workers will be needed in the solar industry to reach that target within the next 14 years.***



Recognizing the growing demand and the reality that solar power is here to stay, the Carpenters Union is offering more classes to get apprentices and journeymen trained on properly and safely installing the lightweight but durable panels.

The two-step process involves first installing the metal racks the panels sit on, then connecting the wiring that converts the sun's energy into usable electricity capable of providing power to a building.

## SKILLED UP

Training gives our members a baseline understanding of the types, designs, components and installation methods used in various renewable energy devices. They learn about solar cell technology, how radiation produces power, basic electricity, and array location and assembly. The course explains industry standards for residential, commercial and large solar installations.

As the technology continues to improve and the cost of solar power continues to drop, making it more competitive with fossil fuels, we know that all parts of the country will see increasing demand for skilled tradespeople professionally trained for the job.

That demand is already being seen on the eastern side of our regional council in the state of Illinois. "There is huge interest right now in Illinois for more solar power and there's going to be a bunch of work coming," Goodwin said. "I think in general the blue states are being a lot more aggressive on renewable power than the red states."

## FARMING

In Quincy, Illinois we've been working on a solar farm for Huber Industries. The hundreds of installed panels will generate

can supply their own power but then also make a profit from it. Everybody's getting into this because they're tired of paying these high rates," he said.

Solar consumers view the cost of installing panels as an investment, increasing the overall value of their home or commercial building if they ever decide to sell.

Immediate savings on an electric bill depend on how much power customers use and how large of a solar system they install. A study out of North Carolina

This solar farm in Quincy, Illinois is powering a production plant for Huber Industries. Batteries store any unused electricity, which Huber can sell for profit.



enough electricity to power the company's buildings, and then some. "On the days the farm generates more power than they need, they can sell it back to Ameren," said Nick Huebner (Local 57), a foreman with Reinhold Electric.

"This is the third one I've worked on in northern Illinois. It's getting real big since people

State University showed that a typical homeowner can save anywhere from \$48 to \$181 a month during the first year of solar use. It explains why the orders keep coming and why solar installers are keeping busy.

Getting trained in the red-hot green energy industry promises a lot more man-hours for many years to come.



**WATCH**

Visit TheCarpDC on YouTube

*See how our union carpenters are meeting the demand for trained, professional solar installers.*





## It's not shop class. These high schoolers want to learn *the real thing.*

Many schools teach hands-on carpentry skills, typically using simple assignments like bird feeders, dog houses and wooden stools. In St. Charles County, however, adventurous high schoolers are getting real-world experience on real jobs, building real houses.

In a year when lockdowns and virtual learning have been the norm, students at Lewis and Clark Career Center are traveling to Charlestowne Landing, a McBride Homes subdivision under construction in the small community of Boschertown. There, they spend up to five days a week working side by side with professional carpenters, putting their textbook learning into real-life practice.

Participation this year is the highest it has been since contractor Builder's Bloc started inviting students to its job sites, which superintendent Rich Swafford (Local 2214) sees as a good sign that the message of alternative career options is finally getting through.

"College is great for some kids, if that's really what they want to do. But a lot of them don't want that and something like this gives them a chance to see what else they might be good at. If you spend the next 30 years doing something you hate, you'll never be any good at it, Swafford said.

Spending eight weeks of hard, physical labor building houses can also teach a high schooler what he or she *doesn't* want from a career. That's also good, said Swafford, because it saves companies like Builder's Bloc—and training programs like the Carpenters Union—from investing time and money in apprentices who quit after a few months because the job isn't what they thought it would be.

"I don't know of any other programs doing this kind of hands-on work with kids," said Charlie Henke, building trades instructor with Lewis and Clark, which accepts juniors and seniors from all 15 high schools in St. Charles County. "We don't steer them away from college, we just show them all the choices that are out there. I'd say 80 to 85 percent of my students do go into some type of field related to construction."

On the job, students are not allowed to handle nail guns, but with close supervision and a good deal of patience they get their hands dirty doing just about everything else that trained, professional carpenters do each day.

With some intense, real life experience working on busy construction sites, these teenagers deciding their futures are finding out if they truly have the passion and have what it takes to make carpentry a lifelong career.



“

The guys we're working with every day are real patient with the students, willing to work with us and teach us new things.

At my school they really push going to college, but I'm not a book learner. I prefer doing something that's more hands-on, like this.

Zora Russell  
Fort Zumwalt East  
High School







## Former Marine Drill Instructor Takes Charge of Flooring Training

**B**ryan Benke (Local 1310) is no stranger to disciplined training. Twenty-hour workdays, along with intense physical and psychological conditioning learned in the military, prepared him well for a host of careers. A sales manager, journeyman floor layer, project manager, and now coordinator for the regional council's floor training program, the 46-year-old with an MBA is charged with managing an ever-changing curriculum that's heavy on continual skills upgrade.

"The industry went from solid hardwood flooring to a floating laminate and vinyl plank product that we used to install maybe once or twice a year. It's now the new norm," Benke said.

**"We owe it to our contractors to be the best and be on top of our game. It makes all of us more competitive in this industry."**

"You have to constantly be at the top of this profession, learning better and faster ways of doing installations."

Improperly installed floors is one of the most common complaints in construction, and fixing shoddy workmanship can be extremely expensive. That's why more contractors today are insisting on certifications—people who don't just know floor laying but are actually certified in it. The UBC created its INSTALL training curriculum in partnership with manufacturers and contractors so that our union's floor layers would have the professional certifications employers demand.

A onetime drill instructor, Benke said whether training Marine recruits or flooring apprentices, the same principle applies—be approachable.

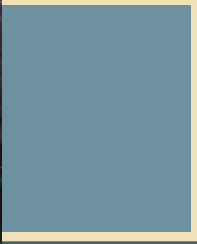
"When these apprentices are not understanding something, if you're not approachable they'll never come to you with questions they need answered," he said.

A well-rounded training program gives students all the necessary know-how they need to do the job, but it also empowers them with the kind of people skills that build confidence, teach leadership and perhaps inspire them to one day start their own company that will employ the next generation of union tradespeople.

"My favorite experience as a drill instructor was graduation ceremonies," Beneke explained. "You see these kids 13 weeks ago and at the end of it you see totally different people."







# A GOOD FIT

*Training costs us time and money. Before they commit, apprentices need to make sure a career in carpentry is a good fit.*



RJ Catizon was giving a prospective Carpenters union member a tour of the regional council training facility in south St. Louis County recently when a comment stopped him. "As we were touring, the guy said, 'I don't have a car right now,' and that's obviously a concern for becoming a carpenter," said Catizon, outreach coordinator for the St. Louis-Kansas City Carpenters Regional Council.

Part of Catizon's job is screening new and potential members for their "fit" for becoming a carpenter.

"I told the guy that step one to becoming a carpenter was to work on getting that vehicle. It's imperative that he have a ride that can reliably get him to the training school and to job sites, because the last thing we want to do is bring him on and then he is unable to keep his commitments because he can't get to where he needs to go."

Tours and phone screens help the regional council ensure that only qualified applicants are admitted into the Carpenters Union, which further helps ensure that our signatory partners receive only reliable, hard-working, and positive employees from the union.

"We don't want to sugarcoat this industry," Catizon said. "The union organizers who are vetting these new candidates have been carpenters for decades. We know what it takes, and we know what these contractors and foremen are looking for because we lived it. We want them to be successful as carpenters so that we make our partners successful as businesses."

The process for becoming a union carpenter, and then being employed by our partner contractors, begins with an online application. The application collects demographic details, and within 48 hours of submission the applicant is called by an intake coordinator like Catizon.

"We talk to the applicant about what it takes to be a carpenter," Catizon said. "We key in on the three keys to success: reliability, work ethic and attitude. We try to gauge those things from their first phone call all the way through the intake and training process."

As the apprentice gets into the program, Catizon and union leaders teach them about job expectations, the different pay scales and earning potential – including the impressive benefits package – and how they term up based on hours worked and weeks of schooling.

"We talk about how they'll work with a contractor for three months, then be in class for four days, over and over until they're a journeyman," Catizon said. "We want these guys prepared so that they know that day one is going to be tough, but your career will be something you can be proud of as you progress."

Contractors play an important part in the onboarding process too.

"It's important for contractors to keep their manpower needs current with the union hall," Catizon said. "That's what we use to guide apprentices, we push them toward those companies who we know need workers."

# WHO WILL GET YOUR BENEFITS WHEN YOU'RE GONE ?



## NEXT OF KIN

When a member dies and does NOT have a beneficiary form on file, death benefits are most often payable in the following hierarchy:

- Spouse
- Children
- Parents
- Siblings
- Other (or state government)

## MOVING ON

If you choose to leave the union and the excellent benefits you've earned, remember to keep in touch with our benefits office. When your pension is vested and in a holding pattern until retirement, keep us updated of any significant changes



Visit [carpntr.news/beneficiary](http://carpntr.news/beneficiary) to download a new form, or call Member Services at 314.644.4802, option 1

When you die, the benefits you have earned under the Carpenters Regional Health Plan will be payable to someone.

## Who will that someone be?

Accidents and injuries happen. None of us is guaranteed that life will work out like we expect. This is why we plan for the future.



## BENEFITS

Upon death, all departments with whom the member had benefits are notified to determine what's payable. Possible benefits may be available from the health plan (life insurance and/or accidental death & dismemberment), vacation, annuity and/or pension plans.

## FACT

Of our **20,000+** members, more than **5,000** do not have a health plan beneficiary form on file.

Who will choose where your hard-earned benefits go?



# Thanks ★★

Thank you to everyone who came out to the 31st Annual Carpenters Buddy Bass Tournament benefiting the scholarship fund.  
*A good time for a great cause!*



First Place: Jason Coan (Local 32) and Frank Sinn.  
Big Bass Winner: Paul Higgins (Local 32)

◆ SEE YOU NEXT YEAR! ◆



# 50

## PRODUCTIVE YEARS



### IT'S BEEN A GOOD RIDE FOR UNION CARPENTERS WHO KEEP SIX FLAGS FLYING

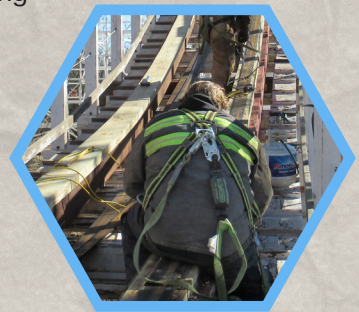
In 1971, union carpenters built Six Flags Over Mid-America. Owners of the theme park (now called Six Flags St. Louis) were so impressed with our workmanship that the union was kept on to represent the year-round crews who maintain all the rides, repair buildings and handle any new construction that might be needed.

Today, the St. Louis-Kansas City Carpenters Regional Council is the bargaining unit for more than 50 Six Flags employees.

"It's a great company to work for," union representative Ray Schwegmann said. "Because of COVID they were shut down for a good part of the season last year. But the company went above and beyond to make sure our people maintained a paycheck and their benefits despite having no business for much of the year. That was beyond excellent."

Our union tradespeople are entrusted to keep every part of the 320-acre park in Eureka, Missouri running safely and in tip-top working condition for the thousands of families who visit each year.

Union rep Kurt Poepsel said as far as jobs go, working every day at an amusement park is not a bad gig, which explains why the crews stick around. "We've had many 40-year members retire from Six Flags," he said. "It's a cool place to work and a great group of people."



IMPROVING LIVES. BUILDING COMMUNITIES.

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# CARPENTERS GOLF

[www.carpdc.org/MemberDiscounts](http://www.carpdc.org/MemberDiscounts)



## CARPAC Tournament

Friday July 23  
Saturday July 24

**The Orchards**  
Belleville



Shane Huwer  
(618) 277-4226



## CRC Tournament

Wednesday Sept. 8  
Saturday Sept. 11

**Forest Park**  
St. Louis



Robin Hellmer  
(314) 644-4800 x5250



**Local 1127  
Tournament**  
Saturday Sept. 25

**Minor Park**  
Kansas City



Jason Barkley  
(816) 813-5258



# STAY ON IT.

All the latest Carpenters news every week,  
directly to your phone or computer.

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**info@carpdc.org**

# DAYS of ACTION

## *Across the U.S. and Canada, Carpenters Are Putting a Stop to a Shameful Fraud.*

Union carpenters came together across North America to participate in more than 100 events during Tax Fraud Days of Action in April.

The Days of Action campaign was created to expose and eliminate the many fraudulent practices among cheating construction industry players who exploit and abuse countless workers, decimate the businesses of legitimate contractors and steal funds from local, state and federal taxpayers.

UBC success stories include passing legislation holding contractors responsible and increasing enforcement efforts to catch and punish those who are breaking laws already on the books. In Missouri, for example, we worked with the governor and state attorney general to create the new Task Force on Worker Classification, which is rooting out the bad apples and prosecuting industry crooks.

We know that as much as 20 percent of the construction workforce (more than two million workers) are illegally paid off the books or misclassified as "independent contractors."

The federal and state tax losses amount to about \$8.4 billion a year. Throughout the U.S. and Canada, hundreds of members participated this year by attending events and displaying banners at worksites and public areas.

Social media campaigns and video interviews also helped us spread the word to the community.

STANDING UP TO  
**TAX FRAUD**  
SPEAK OUT. TAKE ACTION.

"We thank our members and everyone who came together to fight against tax fraud," said UBC General President Doug McCarron. "When it comes to construction industry tax fraud, everyone is a victim, except the cheating contractors who are willing to poison the industry to grab excessive profits. We will not stop our efforts until tax fraud and worker abuse in construction is eliminated."



## WE'RE GETTING VAXED

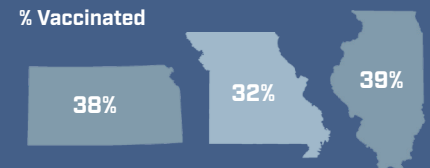
The fastest way we can get back to normal, keep our contracting partners in business and keep working is to protect ourselves from this virus.

With help from the Carpenters Wellness Center, we've been able to acquire the COVID-19 vaccine and inoculate our members and their spouses with both first and second doses. As of April, 97 million Americans have been vaccinated, with more of us getting shots every day.

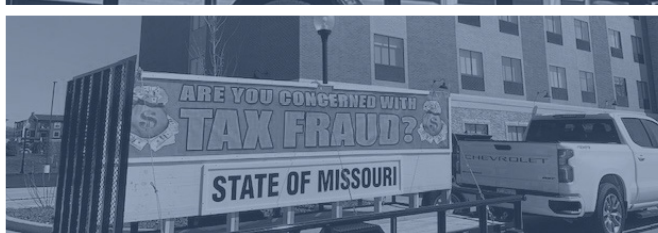
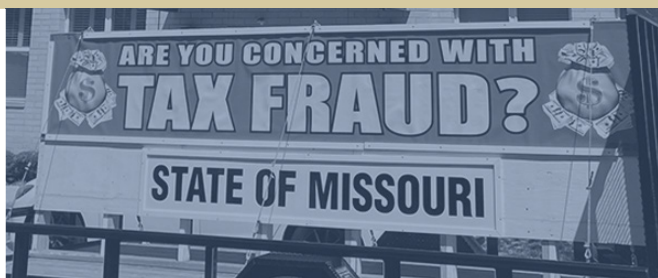
The construction industry has done an incredible job this past year navigating new safety regulations and restriction, while still keeping their jobs moving and people employed.

There is much misinformation and fear mongering surrounding the vaccines, and that's unfortunate. They are tested, effective and our only hope of getting back to fully productive and safe job sites.

% Vaccinated



Source: CDC, April 2021







# WHEN CARPENTERS VOTE, POLITICIANS ACT.

## ★ THE AMERICAN RESCUE PLAN OF 2021 ★

*On March 11, 2021, The American Rescue Plan was signed into law.  
**HERE IS WHAT'S IN IT:***

### DIRECT PAYMENTS

\$1,400 to individuals | \$2,800 for joint filers | + \$1,400/dependent  
*(for Americans with incomes up to \$75,000 per year individual/\$150,000 household)*

### EXPANDED UNEMPLOYMENT BENEFITS

\$300 per week enhanced unemployment insurance through September 6, 2021. Also, \$10,200 of unemployment insurance received in 2020 will be exempt from federal taxes.

### HEALTH CARE FOR LAID OFF WORKERS

Covers 100% of COBRA premiums for those who lost their jobs or had their hours reduced through September 2021.

### SECURES RETIREMENT

Ensures that retirees in "critical and declining" pension plans do not lose their benefits. This will help many UBC members, including in Detroit and Southwest Ohio, where pension cuts were already in effect or taking place imminently.

### SUPPORT FOR FAMILIES WITH CHILDREN

Expanded Child Tax Credit for eligible families.  
*Within income limits, the amount of the child tax credit is increased for children under 18.*

### SUPPORT FOR OUR LOCAL AREAS

Cities and counties will receive funds for efficient vaccine rollout and to reimburse local governments for services provided in response to the COVID-19 pandemic. Funds are also available for local water, sewer, and broadband projects.

### MAKE SCHOOLS SAFE SO THAT STUDENTS CAN RETURN TO CLASS

School districts will receive funds for increased safety and ventilation measures to ensure our schools are safe for students.





# CONTRACTOR SPOTLIGHT

## LUCAS FLOORING

Dana Hetrick, Owner

### How did your company start?

Robyn Bousum started the business in 2008. She and I have been friends for a long time. We worked together when I first started in the flooring business in 2004. One day at lunch, she said she was thinking about retiring and it seemed like a perfect fit for me to buy the business. I took over in 2016, and we joined the Carpenters union in 2019.

### What kind of work do you do?

The majority of our work is in healthcare, with a focus on nursing homes, senior living centers, and hospitals; however, we do a variety of work. Many times we work directly with business and building owners, which gets us into corporate offices, small school work, medical clinic work, etc.

### Where do you operate?

We are primarily in the Kansas City area.

### How difficult is to find skilled tradespeople?

It can be tough with the current climate to find new craftsman. The general pool of new apprentices is a bit thin in all of the construction industry, and with the focus on college in high school and even as young as junior high, some young adults don't realize that a trade can be a career, not just a job. This is part of the reason I joined the union, their ability and willingness to help us find people committed to the trade.

### What is the best way to attract younger generations to the industry?

I think we need to introduce the construction industry as a career when they're younger. Not just at career days, but hold events to try out different trades, work with vo-tech schools, work with high schools (rural, suburban, and urban)

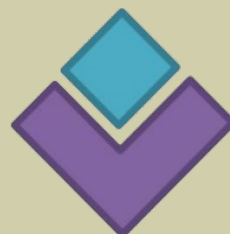
to create classes that teach a variety of construction trades, reach out to community centers, any groups that work with young adults to introduce construction careers.

### How is business right now?

Business is good. We're staying busy, and with things opening back up after quarantine, I think it is just going to get busier. Healthcare was hit especially hard by COVID, so it's nice to see customer and partner businesses getting back on track. In no time, those 2020 projects that got delayed, if they haven't already, they are going to be back on track soon.

### How is your relationship with the carpenters union?

We are a newer business, so I tend to reach out to union representatives with lots of questions. We've been growing and hiring so it has been nice to have their collective knowledge to rely on. They're helpful at letting us know about projects that we might bid on too. It's nice to have that resource especially as a small company.



**LUCAS**  
COMMERCIAL  
FLOORING



## IN MY WORDS

**Rich**  
Swafford  
Local 2214

My dad was a carpenter for McDonnell Douglas and I went to work for McBride when I got out of school. But I was raised on a farm and we worked, you didn't have a choice. We got up in the morning and worked until dark.

My dad and grandpa and uncles, we were always working on a barn or cattle chutes or something – always building. I was raised to work with my hands.

Being in the union, we get better training and are better qualified than non-union. And then there's the pension and benefits. I'm currently drawing my pension and continuing to work.

A lot of kids don't understand how important the benefits package is, but I tell them, trust me, someday you will. This is a great career.

## Congrats New Grads

### KC Carpenters

Hosea Adams  
Thomas Branham  
Dustin Buno  
Sean Bryant  
Brenden Canady  
Jesse Demoss  
Aaron Dukes  
Daniel Fitzhugh  
Nick Francis  
Jacob Frazee  
Kenneth Hamm  
Braden Hansen  
Bryan Huffman  
Victor Linares Aguilar  
Jacob McCleary  
Michael Nash  
Mathew Perry  
Noah Poling

Alex Purdum  
Cody Roberts  
Francisco Rubio  
Michael Ryan  
Austin Schwartz  
Darion Smith  
Jeremiah Snow  
Keith Stephens  
John Studyvin  
Colton Swenson  
Logan Tallman  
Enrique Turpin  
Elijah Vandervyver  
Larry Weston  
Tory Wyatt  
Cameron Young

### KC Millwrights

Ridge Cummings  
Joshua Degroot  
Michael Gray  
Nicholas Green  
Coleton Greer  
Ethan Hamlin  
John Hoelting  
Tillman Kaufman  
Steven Malmquist  
Andrew Mast  
Benjamin Neill  
Ryan Russell  
Mark Smith  
Adam Stitt  
Bennett Wood

### Local 57 - Electricians

Misael Mejia Alvarez  
Jared Boisseau  
Raymond Crossland  
Alexander Higgs  
Phillip Jokerst  
John Kohlberg  
Gregory McCoy  
Justin Miller  
David Zimmerly



## In Memoriam

Lowell Akers (79)	Local	Andrew Huelsmann (88)	662
Gary Bell (63)		Harold Johnson (76)	
Robert Besselman (81)	32	Elmer Kerkemeyer (93)	97
Stanley Bogacki (90)	92	Joshua Lamora (44)	32
James Bourisaw (83)		L. Mayberry, Jr. (85)	97
Kenneth Burbridge, Sr. (81)		Robert McGeorge (61)	32
Tony Colvis (63)	662	James Menees (71)	
William Courtney (81)	664	Charles Miller (84)	1596
Robert Devine (87)	1795	John Mitchum (60)	32
Robert Durbin (85)	664	Mark Oldfield (61)	
Danny Evans (64)		Joseph Schulte III (60)	
Edward Gleich (75)	716	Blaine Sheltey (74)	
Christopher Goodman (48)	92	James Smith (56)	2298
Christopher Hahn (66)	1795	Leonard Smith (74)	1310
Frank Hawkins (83)	97	Charles Twente (89)	97
Larry Hill (65)		Kenneth Vansickle (63)	
Leonard Hohrein (89)	662	Donald Wallace (86)	



**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](https://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

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

