

Jan. 16, 2020



In This Issue:

NEWS

Wellness Center

If you live in the St. Louis area and you're not using our new Wellness Center, you're missing out. Members are saving money and time at the one-stop shop that offers onsite specialists and deep discounts on essentials like prescriptions and eye glasses. What are you waiting for? Check out [this informative summary](#) and book your next appointment!



Headaches

It continues to cause headaches across the construction industry. Exploiting labor is robbing hardworking people of honest pay, while undercutting legitimate union contractors. The state of Kansas has put together [this awareness campaign](#) to educate the public and construction professionals on spotting the problem.



On the Rise

In Illinois, young job seekers are [getting the message](#) that skilled trades are where it's at. Enrollment in apprenticeship programs is up 34% since 2011 in the Land of Lincoln, and a new study suggests, "They rival the

performance of state colleges and universities in terms of training hours, graduation rates, diversity and lifetime earnings for graduates.”



Volunteers: Apprentices lend a helping hand at Hollis Renewal Center, a 150-acre non-profit retreat located west of Kansas City that promotes a peaceful place of "spiritual growth and renewal" for its visitors.

ANNOUNCEMENTS

New Banners

The Edge Fitness
940 NW Plaza
St Ann, Mo 63074

The Edge Fitness
4025 Veterans Memorial Pkwy.
St. Peters, Mo. 63376

The Edge Fitness
7315 Watson Rd.
Shrewsbury, MO 63119

Creek Valley Retirement Community
15950 Manchester Rd.
Ellisville, MO 63011



Last Chance to Burst Your Thirst

Join your peers for a Carpenters' challenge you've never seen before. We are encouraging you to drink WATER!

Did you know your body is made up of 60 – 75% of

water? Hydration is essential for every bodily function. Yet, approximately 3 out of 4 Americans are chronically dehydrated and most don't even know it.

Start 2020 off right by registering today, and you'll have a chance to win an Amazon gift card when you complete the challenge. Last chance to sign up for this challenge is January 19.



[Find out more and how to sign up.](#)

Flu vs. Cold

Is the flu or a cold making you sick?

You're tired and have a sore throat, stuffy nose, and headache—is it flu or a cold? If symptoms are intense and include achiness and fever, you could be one of the 8% of Americans who'll get the flu this season. Colds are milder and more common, striking most of us a couple times a year (more often with children). Although we want a "magic pill," did you know that prescription meds don't work with every infection?



"Antibiotics cannot kill viruses," explains Dr. Derek Bennetsen, senior medical director for Teladoc Health. "Taking them unnecessarily can be harmful. A doctor is your best guide to understanding whether you should take a medication."

Learn more about how Teladoc doctors can help guide you back to good health. Teladoc may be used for all covered members and dependents ages 2 and older.

General Medical cost: only \$0 per visit

[Talk to a Doctor or Sign Up Today](#)

<https://www.cdc.gov/flu/about/keyfacts.htm>

Siteman Mammogram Van Scheduling Appointments Now

Calling all women age 40 and over, Siteman's mammogram van is coming:

**Thursday, February 13, 2020
8:30am - 1:00pm**

Carpenters Wellness Center
1403 Hampton Ave

314.747.7222 or 800.600.3606, #2

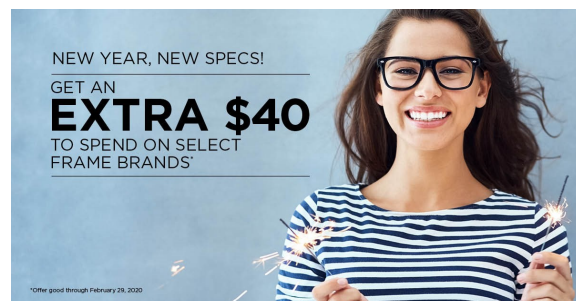


Need New Frames?

Now through February 29, eligible VSP® Vision Care members get an extra \$40 to spend on CALVIN KLEIN, CALVIN KLEIN JEANS, DKNY, Dragon®, Draper James, and Nike frames.1

No extra paperwork or hassle, just big savings everyone will love. Ring in the new year with new frames—share the news with your employees!

Call Carpenters Vision Center at 314.955.2182, or [Find a VSP provider](#)



Electrical Instructor

Seeking individual with general knowledge of all aspects of the electrical trade. Teaching / training experience and or industry certifications desirable. Computer skills required. Must have a minimum of 9 years of experience at the Journey Level and be a current member in good standing with the St. Louis-Kansas City Carpenters Regional Council Local Union 57.



Send resume to address below by **January 30, 2020**. No walk ins or email copy will be accepted.

Electrical Instructor
Box 1234, Post-Dispatch
901 N. Tenth Street
St. Louis MO 63101
EOE/AA Employer

For Knife Enthusiasts

Back by popular demand. If you need a knife for work or home, or just like collecting cool knives, this is the place to be.

January 25 & 26, 2020

Carpenters Hall, St. Louis (*union carpenters get in free*)

[Download the flier here.](#)



2020 Mouse Races

Mark your calendar for our social event of the year !

Sat., February 29 (advance tickets only)

Carpenters Hall, St. Louis

Call Robin @ (314) 644-4800, or 1-800-332-7188 ext. 5250

[Download the flier here.](#)



Local 1310 Poker Tournament

Sat. March 21

Carpenters Hall, St. Louis

Doors open @ 7pm

[Download the flier here.](#)



2020 Bass Tournament

Saturday May 2

Lake of the Ozarks

A great weekend of fun & fish !

[Download entry form here.](#)



Kansas City Mavericks Union Night

The Kansas City Mavericks will host Union Night on **Saturday, February 29th at 7 p.m.**

Group discounted tickets are available as low as \$15/person. To purchase, call (816) 777-0047 or emailing rhiatt@kcmavericks.com.

Deadline is February 17.



St. Louis CJAP Exploring Program

The Carpenters' Joint Apprenticeship Program is working with the Exploring Program of the Greater St. Louis Area Council, Boy Scouts of America to start a workforce development program. This program will expose high school students to the skills and great opportunities that a career in carpentry provides.

Interested in more information in leadership or have a high school youth who wants to participate?

[Find out how to get involved.](#)



COUNCIL CALENDAR

Council Events

Local Meetings

Jan. 20
Local 918

Jan. 21
Locals 97, 662

Jan. 22
Local 1795

Jan. 23
Local 1310

TRAINING



ICRA

We can't afford to lose. It's that simple. The Carpenters Regional Council has the ability to train its members with a skill no one else has - yet. Our union is leading the way developing new innovative training and techniques that teach our membership how to reduce contamination while working on expansion and renovation projects in busy hospitals and other healthcare facilities. Become a part of the growing healthcare construction boom.

info@carpdc.org.

New **ICRA Best Practices in Health Care - 24 Hour Qualification** classes have been posted to carpdc.org

Please register for these classes by following the instructions for the ICRA classes in your area.



UBC LEADERSHIP

Carpenters leadership training gives our members the communications, coaching and mentoring skills we need to carry our union into the future. Held at the UBC's International Training Center in Las Vegas, these comprehensive courses have already helped thousands of carpenters learn practical on-the-job tips. [Learn more here](#) and spread the word.

AVAILABLE TRAINING CLASSES

On May 1, 2017, the new Safety Training Requirement changes went into effect. On May 1, 2019, we will enter the third year since the changes. This is a reminder to check your "Safety Training" "Met Through Date" on your carpdc.org account.

If you have not taken any Safety or Technical training since May 1, 2017, as of May 1, 2020, you will "Not Have Met" your training requirement per the guidelines of our collective bargaining agreement.

Please refer to the "Around the CRC" weekly update and carpdc.org for training class schedules and locations.

Thank you for maintaining your Safety Training Requirement and continuing to be the most productive, highest quality and safest workers in the construction industry.

Walk-On Safety Classes St. Louis **January Schedule**

To register for these classes, please call 314.644.4800, ext. 5227

NEW OSHA 30 Construction Class Begins Now

Saturdays 2/8/20, 3/14/20, 4/11/20

Location & Directions:

St. Louis Carpenters Training Center

8300 Valcour Ave St. Louis, MO 63123

Park in the rear parking lot and enter through Door #10

CRC Safety Classroom

OSHA requires at least three participants for this class to run.

To register, please call (314) 644-4800 ext. 5227

OSHA Silica Awareness Course

The purpose of this course is to educate carpenters on OSHA's Crystalline Silica Standard and to provide an understanding of proper ways to limit exposure.

[Registration form](#)

Kansas City Builders Association

[January thru June 2020 Safety Class Schedule](#)

Skilled Trades Associate of Applied Science Degree

Check out the [Completion Guide](#)

AGC MO Safety Course Schedule

[Upcoming AGC course schedule](#)

Local 32 Safety Training

[Local 32's safety training course schedule](#)

Welding Shop Hours

[New Shop Hours](#)

Carpenters Regional Council

800.332.7188

cardpc.org