

JUNE 2010

VOLUME 18, NUMBER 2

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LOCAL TELEPHONE

612-379-2966

OUTSTATE AND ND

1-800-257-8636

BAC INTERNATIONAL UNION

1-888-880-8222

FAX

612-379-8754

INTERNET RESOURCES

General Information:

BAC1MN-ND.org

Apprenticeship and Training:

BACtraining.org
or phone

651-487-5500

BENEFITS

Check the Zenith Administrators Web site,
www.zenithadmin.comCall 651-256-1801 or
1-800-879-4412

QUARTERLY UPDATE

- Bricklayers • Stone Masons • Tile Layers
- Marble Masons
- Terrazzo • Blocklayers
- Finishers • Shopmen
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- Pointers - Cleaners - Caulkers • Concrete Products Specialists

LaborCare Health and Benefits Fair Promotes Health Awareness

By Patricia Johnson



Business Representatives Richard Kentzelman, left, and Douglas Schroeder, right, deliver a 42-inch flat screen TV to Willie Prawdzik (54-year member) and his wife Margaret. The Prawdziks won the TV at the LaborCare Health Fair on April 10, 2010. Prawdzik says he never won anything before, not even at Mystic Lake Casino. With the help of his son and a friend, he eventually upgraded it for a 55-inch TV at Best Buy. Retired for 14 years, he and his wife are avid tennis players on a senior league.

This year's LaborCare Health and Benefits Fair on April 10 drew a greater crowd than last year and received rave reviews.

"The number one reason people came to the fair this year was because of the access to health care experts and information," says Dr. Ted Loftness, vice president of labor health

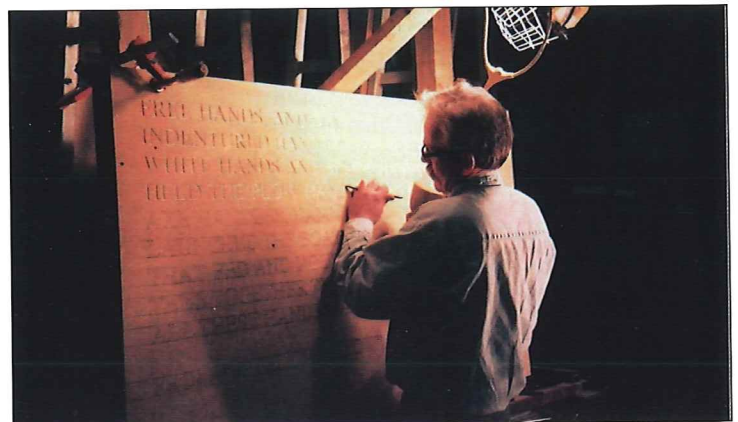
services for Medica. Availability of health assessments came in second, and last year's experience at the fair came in third.

The health fair's exit survey also showed that 94 percent of its participants rated the family focused event as a very positive experience, 90 percent said they would return next year and upwards of 98 percent would recommend the fair to a friend.

Continued on Page 2

Minnesota Workers Memorial Garden Dedication Set for August 3

Apprenticeship Coordinator Mark Wickstrom recently completed carving the dedication panel of the Minnesota Workers Memorial Garden. The panel depicts a portion of Langston Hughes's Freedom's Plow poem. Wickstrom carved all 286 letters for the project, some of which were volunteer time. "We are proud and pleased to have Mark on this project. He's doing an excellent job," Project Manager Dave Roe says. The dedication is set for August 3.



LaborCare *Continued From Page 1*

And although the overall health assessments completed showed a slight decrease from last year, Loftness attributes this to the word getting out about health awareness and members and their families being proactive in this area. "Many had already visited their doctor and knew their numbers," he says.

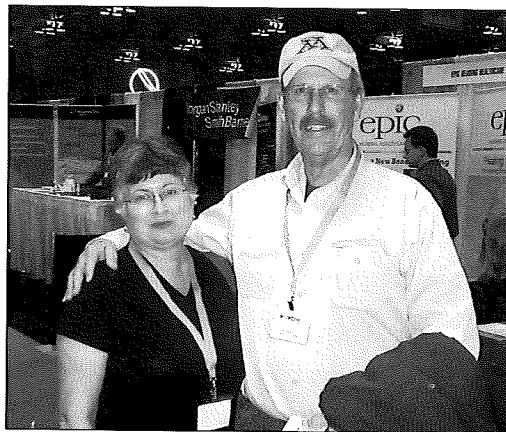
Participants also enjoyed the interaction with the sponsors whether it was a task, screening or game. Because of this, interaction will be a still bigger focus next year along with increased access to nutrition, diet and weight loss information.

"Although the speakers and breakout sessions were well received," says Loftness, "with the number of activities and booths that were available making the fair somewhat of a carnival atmosphere, participants found it difficult to fully engage in any one speaker or session."

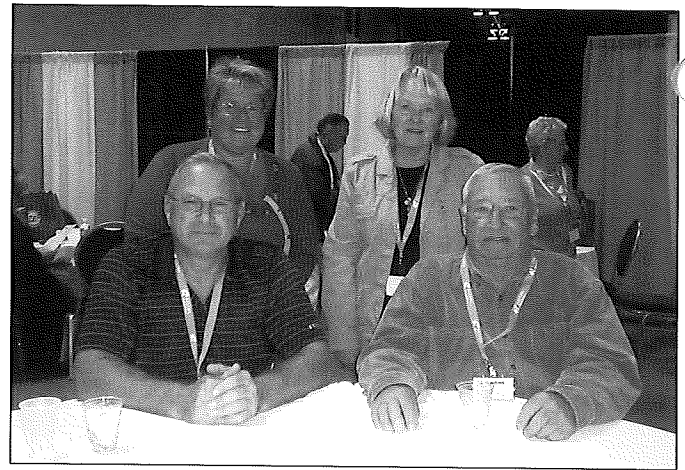
Once again, like last year though, a number of undetected health concerns were found, such as participants with very high blood pressure and high blood sugar. "We also did 130 ultrasound screens for aneurysms of the abdominal aorta and found six. These individuals are currently receiving follow up care," says Loftness. "Theoretically, if these hadn't been found and they had ruptured...well, six lives have been saved."

Twenty people volunteered to be part of the coaching program and their progress will be followed throughout the year.

Loftness adds that they'll take everything they learned this year and make it a bigger and better fair next year. "We're always looking for new ideas and a new look and feel. And as always, it will be fun, family focused event." Next year's LaborCare Fair is set for April 9th.



Long Lake, Minn., residents Gary Schwarze with his wife Sharon attended the LaborCare Health and Benefits Fair on April 10 for the second consecutive year. "We had a fun time and it was very informative including the heart health and identity theft seminars," he says. The Schwarzes were also inspired by the Biggest Loser Mark Kruger to count their caloric intake, a practice they have since incorporated into their lifestyle. Schwarze is a 41-year member of BAC Local 1 MN/ND. Since his retirement in 2005, he's been enjoying fishing, gardening and traveling.



New Prague, Minn., residents Diane and Al Lambrecht (shown on the left) and Bruce and Sandy Johnson from Eden Prairie, Minn., met for the first time at the 2010 LaborCare Health and Benefits Fair on April 10th. Albert and Bruce are retired Bricklayer Local 1 members; Al, a 20-year member and Bruce, a 45-year member.

Lambrecht completed the health assessment and is committed to increasing his exercise through long walks with his wife. He also won a Grohe faucet at the fair and will donate it to a local charity. He retired in March 2009.

Eden Prairie, Minn., residents Bruce Johnson and his wife Sandy were extremely impressed with last year's event. So this year they arrived with greater preparedness. "We fasted prior to completing the health assessment," says Sandy. Thy also enjoyed the guest speakers and learned some arthritis exercises that have become part of their lifestyle change. "It's a great event for anybody."

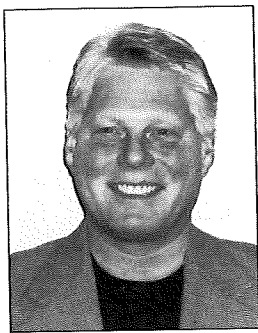
Last year the couple won \$2,000 toward a cruise of their choice so in September 2009 they headed to Alaska. Johnson also won an off-road bicycle with "fancy new pedals." He later took a tumble with it when he couldn't free his feet and has since replaced the pedals. This year he won a fleece shirt from Medica.

"The health fair is one of the nicest things they do for the membership," says Sandy. "We'll definitely attend next year."

Johnson retired in 2007 and this summer his plans include working in the yard and spending time with his nine grandchildren.

Do you have a health awareness story to share resulting from your attendance at the LaborCare Health and Benefits Fair? Or if you're making a change in your lifestyle to improve your health, let us know. Remember, even the smallest positive change can make a huge difference. Contact Patricia Johnson at 952-891-3276 or patricia@johnsonwriting.com.

Lundquist Retires After 36 Years



Jim Lundquist

Effective May 1, Jim Lundquist began his retirement after serving as President/Secretary-Treasurer of the Bricklayers & Allied Craftworkers Local 1 Minnesota/North Dakota.

A member since June 1974, Lundquist worked as a Bricklayer, Marble Mason and foreman for 15 years. In 1989 he was elected as a field representative and held this position for the next 15 years until he was elected President in 2004.

“There were a lot of challenges along the way,” says Lundquist. “The most memorable and difficult were the mergers in 1992. Some locals welcomed them while others felt they lost their identity, even if they had little or no representation.”

It was also difficult for Lundquist as an officer to explain to the membership the benefits of belonging to a larger local versus smaller, independent locals.

As challenging as the mergers were though, they brought about many long term positive changes that the membership is enjoying today. Minnesota and North Dakota now have all the same benefits – health and welfare, pensions and vacation. Regardless of where each member works, he or she can be covered under our insurance and pension.

And with nearly 36 years of service behind him, Lundquist finally gets to reap the personal rewards of his commitment and dedication to BAC Local 1 MN/ND. Retirement. In late May, he, his brother and two close

friends went deep sea fishing off the coast of Florida, a sport that he’s put on hold for nearly 20 years. His passions for hunting and golf have also taken a back seat to weekends dedicated to local union business throughout the two states. And this new grandfather also now has more time with his family and a new grandson, Jamison. His work on the Terryl Clark campaign, 6th district, will keep him busy this summer, too. Yet Lundquist won’t step too far away from union business, though. He’ll continue to serve as a trustee on the MN/ND BAC pension fund.

Looking back, Lundquist reflects that he’s always tried to treat every member fairly whether it was to help them qualify for health benefits or research old work hours to qualify for or enhance their pensions. “Many of you know I’ve had an open door policy and I’d talk to anyone at any time,” he says. The only advice he has to offer Mike Cook, President/Secretary-Treasurer, is to continue to extend the open door policy to all members, like they’ve always done. “And remember, he says. “Your local union staff is there to help you when you need it.”

Jim thanks the membership for the pleasure and privilege to serve this Union as a Business Representative for 22 years and as its President for the last six years.

We wish Jim a long and happy retirement. Congratulations!

As per constitution, Michael Cook will fill the remainder of the term as the President/Secretary-Treasurer of BAC Local 1 MN/ND. Michael Hawthorne will fill the remainder of the term as Executive Vice President. Mike has recently been Business Manager with Minneapolis Building Trades and has rejoined the office staff of the Local union after Jim’s retirement. He has been a Vice President for nine years. Jim Stebe will be a new Vice President and will join the management team of the local union. He has been the Chapter Chairman for the Duluth and Iron Range area for many years.

2010 Negotiations

By Mike Cook, President/Secretary-Treasurer

This year’s negotiations took on a different tone. With unionized work at record lows and very little construction in general we did not have much leverage when sitting across from the employers at the negotiating table.

However, the battle between employers and the union had a central theme, “What can we do to get the members back to work?” Concessions were made in many areas and crafts. And make no doubt about it, a wage freeze is a concession. These were the toughest negotiations that I have participated in the 13 years that I have worked

for the local union. Many tough decisions were made so that the employers could competitively bid in today’s market. If the employers can’t compete when bidding, none of our members will be working. The negotiating committees and the employers felt that if we were able to change a few things in the contracts, we could compete with the non-union

contractors and put our people back to work. Again, everything that we agreed to was done to put our members back on the job sites. Let’s hope that it works.



Mike Cook

Continued on Page 10

Attention Golfers – Don't Miss the
Bricklayers and Allied Craftworkers

Golf Tournament

Saturday, July 31, 2010, at Pheasant Acres Golf Club, Rogers, MN

Sponsored by the Bricklayers and Allied Craftworkers Local Union 1 Minnesota/North Dakota

Tee Off Time: 7 a.m.; Shotgun Start – Be There to Sign In by 6:30 a.m.

COURSE REQUIREMENT: ALL GOLFERS MUST WEAR SOFT SPIKES!

SCRAMBLE TOURNAMENT – A “Scramble” is a competition among foursomes, not individuals. Everyone in the foursome tees off. The best drive is selected, and everyone hits his/her second shot from this location. This procedure is repeated on every shot, including putting, until you putt out. The foursome will have only one score on each hole.

COST IS \$80 PER PERSON – This includes green fees, golf cart, dinner, drink tickets and prizes. Deadline for reservations is July 23. Entrants will be limited to the first 144 golfers. You may make up your own foursome, or we will place you in one.

Retired members will pay \$65 for golf.

Any questions concerning the tournament can be directed to Mike Cook or Mike Hawthorne at 612-379-2966; Dick Kentzelman, 612-889-1435, or Roger Buirge, 651-777-6460.



Because each person must be on a cart, the deadline for golf reservations is July 23. No exceptions! The golf tournament is open to all members of BAC Local Union 1 Minnesota/North Dakota.

PAYMENT MUST BE MADE WITH RESERVATION – Make your check payable to BAC Golf Day. Send to BAC Local Union 1 MN/ND, 312 Central Ave., Room 328, Minneapolis, MN 55414.

2010 RESERVATION BAC GOLF TOURNAMENT



NAME _____

ADDRESS _____

PHONE (H) _____ (W) _____

NAMES OF OTHERS IN YOUR FOURSOME

Take Initiative to Promote Our Services

By Mike Ganz, Vice President/Business Representative



Mike Ganz

At this time the issues that are of most concern to our members are available work and contract negotiations. And although I can answer these concerns with brevity, unfortunately the process to resolving each is not as simple.

Among all the factors weighing in on new work, funding is a major part of it. Whether the funding comes from financial institutions or investors or the legislators passing the bonding

bill, the challenges are well laid out before us. In this edition, Minnesota's AFL-CIO President Shar Knutson addresses this very issue citing the recently passed public works and angel investors tax credits. See the back page of this newsletter for further details.

I visited with a local contractor who brought up an idea that is obvious, but many times is overlooked because of contract language or money issues. The idea of promoting BAC Local 1 MN/ND work. It's not that it never gets discussed at the table, but in the past it seemed not as big of a concern with the amount of projects around. Yet with today's lagging job market, this idea is surfacing more and more as I speak with other individuals.

Every member, contractor, supplier and manufacturer needs to promote BAC Local 1 MN/ND work. As members we look at ourselves as high quality craftworkers. Now we also need

to step it up and see ourselves as high caliber sales people. We must be able to sell our services to architects, business owners and decision makers.

To do this, as members we need to voice ourselves more in our communities so that our schools, churches, grocery stores, medical facilities and government centers build with and add more materials to their projects that are BAC friendly. Olene Bigelow, Minnesota director for the International Masonry Institute, does a great job on this for us. We need to follow her lead and help promote ourselves because union doesn't mean "one person". Our involvement might be to attend a city or township council meeting or school board meeting many of which don't understand construction that is most sustainable. Or we can simply stay informed of current construction proposals through our local community newspapers and relay the information to the Local 1 office. The earlier we can get involved the better are our chances to promote our services.

It might surprise you that some of our members are already in positions where these types of issues are discussed and where decisions are made. If you are currently a city council, township or school board member or on an advisory board or hold some other position in the government arena please contact me at 612-865-0343 or at mganz@bac1mn-nd.org. I would like to hear what is being discussed in your community.

Let's all stand up, get involved and help simulate the construction fields that most affect us in BAC Local 1 MN/ND.

Remember. United We Stand, Divided We Fall.

Toughing It Out In Tough Times

How are you dealing with stress?

Although life is full of deadlines, frustrations and hassles from time-to-time, for many people stress is so commonplace it has become a way of life. It's time to take action and bring your nervous system back into balance.

The impact of stress on the body

Recent medical studies are finding that stress levels can influence physical well being. Since chronic stress tends to weaken the immune system, humans are at a greater risk for ailments such as:

- Acne
- Common cold
- Diabetes
- Weight gain or loss
- Flu
- Heart disease
- Ulcers
- High cholesterol

When to seek help

If you experience some of the symptoms below over a period of time, it may be time to seek help in managing your stress.

- Constantly overwhelmed
- Difficulty sleeping
- Easily fatigued
- Headaches and backaches
- Poor work performance
- Irritability

- Overly emotional
- Strained relationships

Where to seek help

If you find that stress is starting to impact your work or personal life, you may want to consider calling T.E.A.M., your EAP, to discuss various tools to help you decrease your stress level. T.E.A.M. is available at no cost to you.

TEAM

651-642-0182 • 1-800-634-7710

CLASS OF 2010

BAC Local 1 MN/ND Apprenticeship Completions



Bricklayer Completions

Left to right, front row: Kevin Hendrickson, Jess Nelson and Scott Halverson. Back row: Rick Martagon, Apprenticeship Coordinator, Dave Mensing, Instructor and Mark Wickstrom, Apprenticeship Coordinator.



Terrazzo Completions

Left to right, front row: James Zemien, Kurt Eisenschenk and Dustin LaVanier. Back row: Rick Martagon, Apprenticeship Coordinator and Dan Soltis, Instructor.



Tile Finisher Completions

Left to right, front row: Gabe Herron and Justin Hammer. Back row: Rick Martagon, Apprenticeship Coordinator, Joe Reno and Rod Schmidt, Instructor.



Tile Layer Completions

Left to right, front row: Leo Luna and James Bartel. Back row: Rick Martagon, Apprenticeship Coordinator, Edhem Demirovic and Amir Sahbegovic.

THE CLASS OF 2010 – Apprentice and Training Program, BAC Local 1 Minnesota/North Dakota – participated in the annual completion ceremony on April 29 at Jax Café in Minneapolis. Family, friends, union officials, instructors and mentors also attended to express their support for these members as they finish their apprenticeship. Not pictured are John Hawkins-Bricklayer, Nicholas Marhtaler-Bricklayer, Elliot Strunic-PCC, Jerid Brown-Tile Finisher, Ryan Torkelson-Tile Finisher and Nate Wagner- Tile Finisher.

**Congratulations to all for a job well done!
We wish you all the best!**

— BAC Local 1 MN/ND



Pointer, Cleaner, Caulkers Completions

Left to right, front row: Travis Hudlow and Klye Purinton, Michael Kappes. Back row: Rick Martagon, Apprenticeship Coordinator, Gary Jirovec, Instructor and Mark Wickstrom, Apprenticeship Coordinator.

Member Awards



Mankato, MN: New Ulm Gold Card Party at the Eagle's Club on April 30, 2010

Left to right, front row: 40-year member Edward Juberian, 50-year Gold Card member Lorin Templin and 25-year member and Sergeant-At-Arms Dale Yokiell. Back row: Business Representative Mark Caron, then Executive Vice President Mike Cook and Vice President Terry Wong.



Bismarck, ND: Gold Card Party at AmVets on March 26, 2010

Left to right: Business Representative Randy Carson, 50-year Gold Card member Raymond Ressler and then Executive Vice President Mike Cook.

HEALTH CORNER

Mail Order Prescriptions

If you take one or more maintenance medicines, you may save money and time with mail service and have your medicine conveniently delivered to your home, office or location of choice.

With the CVS Caremark Mail Service Pharmacy, you can:

- Receive an extended supply of medicine
- Enjoy free regular delivery
- Speak to a registered pharmacist 24 hours a day, seven days a week
- Contact a pharmacist with your questions on Caremark.com
- Order prescription refills online or by phone anytime, day or night

Packaged for safety

Your medicine will be mailed to you in plain, tamper-proof packaging. An order form and a return envelope are included with every delivery. All items in your order typically arrive in one package. If an item is not available, CVS Caremark will contact you to determine if you want the available items shipped or held until all items are ready.

Tips for saving time and money

- Ask your doctor about generic medicines. Research shows that you can save an average of 30 to 80 percent when you fill your prescriptions with a generic instead of a brand-name drug.
- Your prescription benefit program has a Preferred Drug List. We recommend you print a copy of the list from Caremark.com and take it with you to your doctor's office. Using medicines on this list may save you and your prescription plan money.
- Make sure the prescription you receive from your doctor is legible. It should include the patient's full name, the prescribing doctor's contact information and the prescription details – including the date it was written.

Getting started is easy!

If you need your prescription filled right away, ask your doctor to write two prescriptions for your long-term medicines:

- The first for a short-term supply (e.g., 30 days) to be filled right away at a participating retail pharmacy
- second for the maximum days supply allowed (up to a 90-day supply) with as many as three refills (if appropriate) to be mailed to CVS Caremark

Complete the mail service order form. You can fill out and print the form online at Caremark.com by clicking on New Prescriptions. An incomplete form can cause a delay in processing.

Mail your order form along with your prescription(s) and payment in the envelope provided, or use your own envelope to mail the form and payment to the CVS Caremark Mail Service Pharmacy address printed on the form. You can pay using an electronic check, Bill Me Later®, or credit card (VISA®, MasterCard®, Discover® or American Express®). Or you can pay by check or money order. Do not send cash.

Take Action to Improve Your Health

Health coaching from Medica can help

The health and wellness coaching program can help you set and achieve goals to become healthier. This Medica program views good health as a balance of physical and mental well-being.

No matter what conditions you have — obesity, diabetes, high blood pressure, low back pain, depression, stress or others — the program offers a range of tools and resources to help you improve your health. You will work one-on-one with a health coach who will provide the support, encouragement and motivation you need to succeed.

Through the program, you will:

- Identify, practice and apply new skills to enhance your health and your life.
- Choose to use the ideas, resources and activities that feel right for you.
- Set your own health improvement goals and work at your own pace.
- Get help living a healthier lifestyle and learn how to co-manage your chronic disease.
- Help lower your health care expenses.

Recently, several members of the Bricklayers & Allied Craftworkers Local 1 MN/ND union had an opportunity to meet Medica health and wellness coaches at the LaborCare Health and Benefits Fair held April 10 at the Minneapolis Convention Center. Some of them signed up right on the spot!

Health and wellness coaching is available at no cost to you. For more information, call 1-866-905-7430. Coaches are available to help you from 7 a.m. – 8 p.m. Monday through Friday and 9 a.m. – 5 p.m. Saturday.

Note: Medica does not share your personal information without your permission. All conversations between you and your health coach are confidential.

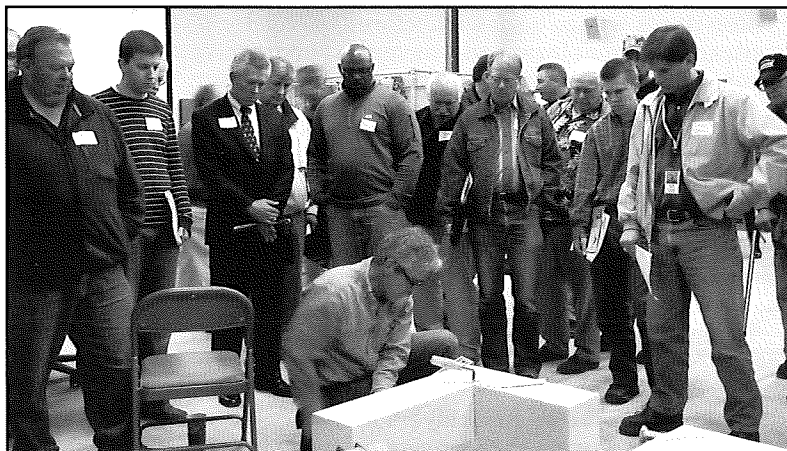


AAC Makes Minnesota Debut

Autoclaved Aerated Concrete, super-light-weight masonry units and panels, made their entry to the Minnesota market in fine style May 12 with a workshop at the BAC Local 1 MN/ND training center that drew more than 100 architects, engineers, building officials and contractors.

Through presentations, demonstrations and lots of Q & A, participants learned about this material's remarkable properties including outstanding fire and sound resistance with weight comparable to wood frame or steel stud construction.

As AAC gains acceptance among designers and building officials in Minnesota, IMI and BAC will provide the additional journey-level upgrade training and certification needed for craftworkers to install this material. For more information on AAC and its capabilities, go to www.imiweb.org.



Contractors Embrace Sustainable Certification

Nearly two dozen Minnesota union contractors recently joined the ranks of certified *Sustainable Masonry Contractors* under IMI's new program that prepares masonry contractors to fulfill all the responsibilities they will be given when working on a project for which LEED® certification is sought. The day-long seminar held May 6 at the BAC Local 1 MN/ND Training Center in St. Paul involved learning the nuts and bolts of sustainability practices and contractors' role in the LEED certification process, regardless of their masonry craft, be it brick, block, tile, stone, terrazzo or

restoration. Contractors from the Twin Cities as well as Glyndon and Duluth attended.

A list of certified firms will be maintained in the IMI office for referral purposes and names of contractors completing the program will be posted by region on the IMI Web site at www.imiweb.org.

To learn more about the International Masonry Institute, visit www.imiweb.org.

Now more than ever, T.E.A.M.'s EAP services are essential for assisting members in toughing it out in these tough times. If we were to be honest, the economy has taken a joyride with most people's finances and emotions at some level. Regardless of the specific life stressors you may be encountering, T.E.A.M. provides the right tools to see you through these turbulent times.

T.E.A.M. provides members and their family an opportunity to speak with a qualified and caring counselor in-person or over the phone to establish realistic goals to



make daily stress more manageable. Whether it be creating a household budget, goal setting to reach your wellness objectives or learning how to get more out of your work than a paycheck, T.E.A.M. is here to provide you with real life solutions. The best part is, T.E.A.M. services will not add to your financial stress as

services are provided at no out of pocket costs to you.

Contact T.E.A.M. at 651-642-0182 or 1-800-634-7710 to speak with a counselor or to schedule an appointment.

QUARTERLY UPDATE

Quarterly Update is published four times a year by Bricklayers & Allied Craftworkers Local 1 Minnesota/North Dakota to communicate with its members.

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QUARTERLY UPDATE

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GOVERNMENT



POLITICS – Our Issues

By Shar Knutson,
President of the
Minnesota AFL-CIO

A Mixed Session for Working Minnesotans

The 2010 Legislative session is over and the results are a mixed bag. First the good news. The Legislature passed two big pieces of legislation to create tens of thousands of jobs. The public works and angel investors tax credits will go a long way toward putting more Minnesotans back to work in family sustaining jobs. It will also help rebuild Minnesota's long-neglected public infrastructure.

On the disappointing side, Governor Pawlenty blocked attempts at making taxes fairer for the middle class. According to the Minnesota Department of Revenue, the richest residents pay the lowest overall rate in state and local taxes. Both the House and Senate passed legislation to increase income tax rates for only the richest Minnesotans, with the



revenue going to schools. Sadly, the Governor issued his veto stamp.

The "final deal" will preserve Minnesota's health care system that keeps costs under control for everyone. But, there is a catch. The plan relies on money from the federal health care reform bill and will require our next Governor to sign off on receiving it. Republican candidate Tom Emmer has already said he won't sign off on the dollars; meaning thousands would lose health

insurance and health care costs would go up for everyone.

While the Legislature and the Governor did get its work done on time, Minnesota's budget crisis is not over. The new Governor and the Legislature will face a six billion dollar budget mess when they return in January. Hopefully, they will produce a long-term solution that gets our state back on track for middle class families.