

# OPEN SHOP ACROSS THE COUNTRY!

## PROVINCIAL ASSOCIATIONS TO UNITE

## UNDER ONE NAME

■ Soon, Canada's open shop construction industry will reach an historic milestone when representatives of open shop associations from British Columbia to Newfoundland and Labrador hold the founding meeting of Merit Canada.

Designed to advance open shop interests and objectives at the national level, Merit Canada will become the primary vehicle for the eight independent provincial associations to take coordinated action on their shared commitment to free enterprise, competition, and a level playing field regardless of union affiliation.

Philip Hochstein, President of ICBA, says the launch of Merit Canada reflects the strength of today's open shop sector as a whole and of the individual provincial associations.

"We're excited about uniting nationally as Merit Canada," he says. "The national group will allow all the open shop associations to offer improved services to members."

Merit Canada will leverage its larger membership to offer improved services. Standardized and portable product offerings – including benefit plans, job listings and affinity programs – will be developed, drawing from the best of what's currently available from the individual provincial associations.

Improved training opportunities will be an important focal point. New training offerings are expected to be developed through the Merit Canada framework – likely including programs focusing on project

management and other expertise that will be in particular demand in the next few years as large numbers of retirements take place. Possible delivery mechanisms include partnerships with post-secondary institutions and establishment of a national training college.

While each independent association will remain active on the provincial scene, and maintain their separate brands, Merit Canada will also provide an opportunity for coherent and shared-cost brand building and promotion across the country. The end result will be a more effectively represented, better served and higher-profile open shop industry – from one end of the country to another. ■

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■ **Fatigue, unrealistic expectations** and family battles... any and all of these can pop up during the holiday season and cause anxiety, irritability and depression. Discover how to beat the blues and revel in the festivities (flaws and all) with the following holiday hints.

### Step Outside

If you're feeling more melancholy than merry, you might benefit from getting outdoors and exercising. For many people, indoor "hibernation" during the winter months and the lack of sunlight exposure that goes with it can drag your mood and spirits down. Bundle up, brave the outdoors and get moving by taking a walk on your lunch break or hitting the ski or snowshoe trails on the weekend. Exercise not only helps your body stay healthy and trim, but studies suggest that it can be effective in easing some symptoms of mild to moderate depression.

### Keep It Real

Unrealistic expectations of a perfect holiday season full of family harmony and bliss are truly a dream for most people. Chances are your bossy mother-in-law or moody teen won't magically change overnight. Avoid disappointment by accepting the imperfections of your family dynamic and staying focused on the positive aspects.

### Get Some Sleep

Amidst the parties, shopping and preparations, sleep may be taking a back seat. Burning the candle at both ends can cause you to overindulge on those high-calorie hors d'oeuvres and may leave you stressed and too tired to effectively handle the physical and emotional demands of the holiday season. If getting seven to eight hours of

sleep every night sounds impossible, try a nap. Studies show that even a quick 20-30 minute nap can boost brain function, raise your mood and increase your performance.

### Stick To Your Budget

A holiday spending spree you can't afford can lead to stressful financial hangovers in January. Set a realistic budget for gifts and entertainment and stick to it. When you get the urge to overspend, remind yourself that the holidays are about the thought, not the material gifts.

### Seek Out Support

If you're having trouble functioning at home or at work, you may be suffering from clinical depression, Seasonal Affective Disorder or another condition. Consult your physician or EAP Counsellor if you notice drastic changes in your eating and sleeping routines, mood, energy level, ability to concentrate or if you experience feelings of profound helplessness, sadness or emptiness.

For most people, the fantasy of a picture-perfect holiday is just that – fantasy. The reality is a lot more complicated. Though it's not always possible to have a "flawless" holiday, be staying active, rested and realistic, you can do your best to enjoy it. ■

Shepell·fgi  
work. health. life.

## 'Tis the Season to feel blue?



# BUILDING A CONSTRUCTION COMMUNITY

## *for the next generation*



■ As young professionals in the construction sector, Sean O’Gorman and Dennis Donovan (back row, l-r) were looking for opportunities to expand their professional development and their networks, but couldn’t find any groups for young people in the construction industry. They decided to start the Young Construction Professionals three years ago. In March 2006 they hosted their first event, and have since attracted 120 members.

The group focuses on professional development, innovation and relationship building by providing access to industry leaders at YCP events. Their meetings have covered topics like personal branding and finding the link between your personality and your career. Their next event will focus on leadership and what companies are looking for in the next generation.

To learn more about the Young Construction Professionals, visit [www.ycpbc.ca](http://www.ycpbc.ca). ■

### SAFETY COURSES

**First Aid Level 1:**

November 1, December 6

**WHMIS:**

November 22, December 13

**Fall Protection:**

November 21

**Confined Space:**

December 13

**Construction Safety Training Systems (CSTS)**

November 8 and 22  
December 6 and 20

**New Workers Safety Package (CSTS, OFA 1 and WHMIS)**

November 22 and 23  
December 13 and 14

**Traffic Control Person (TCP) Recertification Exam:**

November 1, 4, 15, 19 and 27  
December 6, 9, 17 and 20

Gold Seal Management and Certificate of Recognition Courses schedule is available online at [www.icba.ca](http://www.icba.ca).

### EVENTS:

**November 13**

Changes and updates for the BC Building Code

**November 19**

ICBA presents Charles Vander Kooi, Workshops for Contractors

For more information and to register, please contact Gemma de La Pena at 604-298-7795 or email [Gemma@icba.ca](mailto:Gemma@icba.ca). Safety courses can be also be custom designed for companies.

# FALL COURSE SCHEDULE 2008

# ICBA TRAINING

# BC TRAINING

*Keep up the good work!*

Congratulations to **Thomas Smith from Bridge Electric Corp** who scored an outstanding 98% in his course. The rest of the top-scoring apprentices are:

NAME	MARK %	LEVEL	COMPANY	TRADE	NAME	MARK %	LEVEL	COMPANY	TRADE
Douglas Arnott	90	1	PAX Construction Ltd	Carpenter	Curtis Darrah	94	2	Bridge Electric Corp	Electrician
Adrian Munn	87	1	Kinetic Construction Ltd	Carpenter	Richard Yu	94	2	Bridge Electric Corp	Electrician
Jory Felker	86	1	Knappett Projects Inc	Carpenter	Mike Hauser	93	2	Bert's Electric (2001) Ltd	Electrician
Nicholas Chalecki	85	1	Kinetic Construction Ltd	Carpenter	Ross Newton	93	2	Brodan Industries Ltd	Electrician
Brent East	85	1	Heatherbrae Construction (Island)	Carpenter	Rob Govett	91	2	Bert's Electric (2001) Ltd	Electrician
Robert Hughes	85	1	High Ridge Ventures Ltd	Carpenter	Daniel Kamonzeki	91	2	Chambers Electrical Corp	Electrician
Keith Thomson	85	1	Kinetic Construction Ltd	Carpenter	Brett Paton	91	2	Chambers Electrical Corp	Electrician
Robert Morgan	91	2	Vic Van Isle Construction Ltd	Carpenter	Ryan Rempel	91	2	Bert's Electric (2001) Ltd	Electrician
Britton Brock	89	2	Heatherbrae Construction	Carpenter	Joel Bayne	90	2	Shore Tec Electric Ltd	Electrician
Matthew Creech	88	2	West Shore Constructors Ltd	Carpenter	Michael Godkin	90	2	Chambers Electrical Corp	Electrician
Graham Dow	87	2	Kinetic Construction Ltd	Carpenter	Eric Brownlow	89	2	Westrade Electric Ltd	Electrician
Jory Felker	87	2	Knappett Projects Inc	Carpenter	Frank Clark-Jones	89	2	Bert's Electric (2001) Ltd	Electrician
Jean Gagne	90	3	Knappett Projects Inc	Carpenter	Robert Pandolfo	87	2	Western Integrated Electrical Ltd	Electrician
Aaron Rath	90	3	PAX Construction Ltd	Carpenter	Davey Pearson	87	2	Chambers Electrical Corp	Electrician
Stephen Nestmann	89	3	Nexus Construction Ltd	Carpenter	Kosta Stevens	87	2	Bridge Electric Corp	Electrician
Michael Turner	89	3	K2 Contracting Ltd	Carpenter	Jonathan Wiebe	87	2	Bert's Electric (2001) Ltd	Electrician
David Martinez	85	3	PAX Construction Ltd	Carpenter	Amendip Dosanjh	86	2	P and F Electric Ltd	Electrician
Tavis O'Rourke	94	4	Quiniscoe Homes Ltd	Carpenter	Andrew Drocholl	86	2	Bert's Electric (2001) Ltd	Electrician
Erik Johnson	93	4	RAM Construction Inc	Carpenter	Jason Gilchrist	86	2	Chambers Electrical Corp	Electrician
Brock McCallum	88	4	RAM Construction Inc	Carpenter	Rodney MacKenzie	86	2	Bert's Electric (2001) Ltd	Electrician
Jesse Reed	86	4	Knappett Projects Inc	Carpenter	Darryl Bartlett	85	2	Protec Installations Group	Electrician
Calvin Neufeld	87	1	Torry & Sons Plumbing & Heating	Domestic - Commercial Gasfitter	Gary Millward	85	2	Service Electric Ltd	Electrician
Majid Khalajzadeh	95	2	Universal Heating Ltd	Domestic - Commercial Gasfitter	Nico Scheer	85	2	Bert's Electric (2001) Ltd	Electrician
Christopher Sykes	86	2	Torry & Sons Plumbing & Heating	Domestic - Commercial Gasfitter	Bradley Ecker	97	3	P.R. Bridge Systems Ltd	Electrician
Gordon Edwards	97	1	Norich Electric Ltd	Electrician	Kyle Loopeker	97	3	Bridge Electric Corp	Electrician
William Johnston	97	1	P.R. Bridge Systems Ltd	Electrician	Mark Andrews	93	3	P.R. Bridge Systems Ltd	Electrician
David Marsz	97	1	Paragon Electrical Installations Ltd	Electrician	Kal Dhaliwal	91	3	Bridge Electric Corp	Electrician
Russell Tulloch	97	1	Bert's Electric (2001) Ltd	Electrician	Thysen Visser	90	3	Faraday Electrical Contractors Ltd	Electrician
Michael Cameron	96	1	Gorge Electrical Services Ltd	Electrician	Parker Christensen	89	3	P.R. Bridge Systems Ltd	Electrician
Christopher Rink	94	1	Westrade Electric Ltd	Electrician	Navtej Bhandal	88	3	Shore Tec Electric Ltd	Electrician
Jonathan Naske	92	1	Protec Installations Group	Electrician	Stephen Mulholland	88	3	Westrade Electric Ltd	Electrician
Nico Scheer	92	1	Bert's Electric (2001) Ltd	Electrician	Stephen Pan	86	3	Bridge Electric Corp	Electrician
Natasha Gee	91	1	Corporate Electric Ltd	Electrician	Shane Wesner	86	3	Service Electric Ltd	Electrician
Michael Imeson	90	1	P.R. Bridge Systems Ltd	Electrician	Bradley Ecker	97	4	P.R. Bridge Systems Ltd	Electrician
Ryan Kelly	90	1	Shore Tec Electric Ltd	Electrician	Robin Harold	90	4	Norich Electric Ltd	Electrician
Craig Little	90	1	Bert's Electric (2001) Ltd	Electrician	Jeff Armstrong	88	4	Kal West Contractors Ltd	Electrician
Tien-Chien Lu	89	1	Faraday Electrical Contractors Ltd	Electrician	Darren Fawcett	86	4	P.R. Bridge Systems Ltd	Electrician
Michael Edinborough	88	1	Colwin Electrical Group	Electrician	Brent Shemilt	86	4	P.R. Bridge Systems Ltd	Electrician
Kyle Blackley	87	1	Bridge Electric Corp	Electrician	Nathaniel Chapin	85	4	Powerpoint Electrical Contractors Ltd	Electrician
Dan Doiron	87	1	Chambers Electrical Corp	Electrician	Nicholas Kerr	85	4	Chambers Electrical Corp	Electrician
Corey Holmes	87	1	Bert's Electric (2001) Ltd	Electrician	Dan Toth	85	4	Kimco Controls Ltd	Electrician
Miles Wilson	87	1	Colwin Electrical Group	Electrician	Shane Wesner	85	4	Service Electric Ltd	Electrician
Nick Christensen	86	1	Protec Installations Group	Electrician	Christopher Higgs	90	1	Aluminum Curtainwall Systems Inc	Glazier
Callan Glenn	86	1	Western Integrated Electrical Ltd	Electrician	Shane Brunson	89	1	All-West Glass Ltd	Glazier
Phillip Jenson	86	1	Bert's Electric (2001) Ltd	Electrician	Brian Collins	89	1	Aluminum Curtainwall Systems Inc	Glazier
Paul Hampton	85	1	Colwin Electrical Group	Electrician	Shane Waters	89	1	Aluminum Curtainwall Systems Inc	Glazier
Devon Kazulin	85	1	Colwin Electrical Group	Electrician	Jeremy Janzen	87	1	Aluminum Curtainwall Systems Inc	Glazier
Dakota Martin	85	1	Westrade Electric Ltd	Electrician	Craig Pender	87	1	Glastech Contracting (BC) Ltd	Glazier
Parham Parsadoust	85	1	Bert's Electric (2001) Ltd	Electrician	Joey Chiasson	86	1	Aluminum Curtainwall Systems Inc	Glazier
J.R. Tuazon	85	1	Bridge Electric Corp	Electrician	Jake Hanna	86	1	Aluminum Curtainwall Systems Inc	Glazier
Dave Underwood	85	1	Bridge Electric Corp	Electrician	Chris Barry	85	1	All-West Glass Ltd	Glazier
Herbert Wong	96	2	Kal West Contractors Ltd	Electrician	Chris Sebastian	85	1	Aluminum Curtainwall Systems Inc	Glazier
Tyler Wray	95	2	Bert's Electric (2001) Ltd	Electrician	Craig Pender	88	2	Glastech Contracting (BC) Ltd	Glazier



NAME	MARK %	LEVEL	COMPANY	TRADE	NAME	MARK %	LEVEL	COMPANY	TRADE
Sabri Mahmoud	90	3	All-West Glass Ltd	Glazier	Dan Machholz	95	3	Eagle Ridge Mechanical Contracting Ltd	Plumber
Darrel Nay	94	4	Gisborne Industrial Construction Ltd	Industrial Mechanic (Millwright)	Tyler Rommel	94	3	Champman Mechanical Ltd	Plumber
Christopher Zacharias	89	1	Clearbrook Ironworks Ltd	Metal Fabricator	Sean Lewis	93	3	Dual Mechanical Ltd	Plumber
Rebecca Stafford	93	2	Tri-City Finishing	Painter & Decorator	Jesse Anthony	92	3	Brighter Mechanical Ltd	Plumber
Jordan Mitchell	90	2	Corrocoat Services Inc	Painter & Decorator	Michael Soriano	92	3	Inlet Mechanical Services Ltd	Plumber
Todd Barth	95	1	Champman Mechanical Ltd	Plumber	Daniel Boudreau	91	3	Daryl-Evans Mechanical Ltd	Plumber
Andrew Scott	95	1	GML Mechanical Ltd	Plumber	Jeff Frans	91	3	Loch Mechanical Ltd	Plumber
Roy Leary	93	1	Brighter Mechanical Ltd	Plumber	Shawn Patterson	91	3	Torry & Sons Plumbing & Heating	Plumber
Stuart Osborn	93	1	Russell Mechanical Systems Ltd	Plumber	Gregory Sinfield	91	3	Daryl-Evans Mechanical Ltd	Plumber
Ryan Errington	92	1	Connelly Mechanical Systems Ltd	Plumber	Daniel Spragg	91	3	Torry & Sons Plumbing & Heating	Plumber
Joe Carter	91	1	Blaeberry Valley Plumbing Ltd	Plumber	Phil Schum	90	3	Torry & Sons Plumbing & Heating	Plumber
Sarah McLatchy	91	1	Fairfield Island Plumbing & Heating Inc	Plumber	Scott Armstrong	89	3	Daryl-Evans Mechanical Ltd	Plumber
Najjla Kuzyk	89	1	Synergy Mechanical Ltd	Plumber	Shaun Fischer	89	3	Daryl-Evans Mechanical Ltd	Plumber
Clayton Lister	89	1	Daryl-Evans Mechanical Ltd	Plumber	Devin Sexton	89	3	Torry & Sons Plumbing & Heating	Plumber
Stuart Robertson	89	1	Eagle Ridge Mechanical Contracting Ltd	Plumber	Shawn Siebert	89	3	Torry & Sons Plumbing & Heating	Plumber
Sten Strom	87	1	Universal Heating Ltd	Plumber	Jordan Coatta	88	3	Ridgeway Mechanical (1989) Ltd	Plumber
Dezmond Kuzyk	85	1	Synergy Mechanical Ltd	Plumber	Joe Collins	87	3	Dual Mechanical Ltd	Plumber
James Petford	85	1	Fairfield Island Plumbing & Heating Inc	Plumber	Jace Lambertsen	87	3	Lambert Plumbing and Heating Ltd	Plumber
Craig Chequis	97	2	Champman Mechanical Ltd	Plumber	Adam Codron	86	3	Ridgeway Mechanical (1989) Ltd	Plumber
David Dudka	96	2	Dan-Jen Mechanical Ltd	Plumber	William Green	86	3	Eagle Ridge Mechanical Contracting Ltd	Plumber
David Gudjonson	95	2	Blaeberry Valley Plumbing Ltd	Plumber	Wayne Rivet	86	3	Dual Mechanical Ltd	Plumber
Nicholas Kobilke	95	2	Manna Plumbing Ltd	Plumber	David Pal	85	3	Division 15 Mechanical Ltd	Plumber
Devin Sexton	95	2	Torry & Sons Plumbing & Heating	Plumber	William Corrigan	92	4	Eagle Ridge Mechanical Contracting Ltd	Plumber
Darlene Wiese	95	2	Champman Mechanical Ltd	Plumber	Jason Boyd	90	4	Dan-Jen Mechanical Ltd	Plumber
Brandon Worms	95	2	Russell Mechanical Systems Ltd	Plumber	Jeff Frans	90	4	Loch Mechanical Ltd	Plumber
James Hammond	94	2	Pace-West Mechanical Ltd	Plumber	Gordon Brown	88	4	Dan-Jen Mechanical Ltd	Plumber
Clint Raynard	94	2	Sunhill Mechanical (2007) Ltd	Plumber	William Compo	88	4	Loch Mechanical Ltd	Plumber
Daniel Spragg	94	2	Torry & Sons Plumbing & Heating	Plumber	Jason Popp	88	4	Daryl-Evans Mechanical Ltd	Plumber
Michael Smith	93	2	Georgia Mechanical Systems Ltd	Plumber	Shaun Fischer	87	4	Daryl-Evans Mechanical Ltd	Plumber
Todd Aspden	92	2	Connelly Mechanical Systems Ltd	Plumber	Brad Gardner	87	4	Eagle Ridge Mechanical Contracting Ltd	Plumber
Joe Carter	92	2	Blaeberry Valley Plumbing Ltd	Plumber	Mitchell Kelly	87	4	Daryl-Evans Mechanical Ltd	Plumber
Stuart Osborn	92	2	Russell Mechanical Systems Ltd	Plumber	Aaron Ladd	87	4	Fairfield Island Plumbing & Heating Inc	Plumber
Sten Strom	92	2	Universal Heating Ltd	Plumber	Christian Martineau	87	4	Eagle Ridge Mechanical Contracting Ltd	Plumber
Scott Armstrong	91	2	Daryl-Evans Mechanical Ltd	Plumber	John Young	87	4	Connelly Mechanical Systems Ltd	Plumber
Chris Nicholson	91	2	Daryl-Evans Mechanical Ltd	Plumber	Michael Cey	85	4	Arete Mechanical Ltd	Plumber
Devon Gandolfo	90	2	Eagle Ridge Mechanical Contracting Ltd	Plumber	Patrick Osada	85	4	Division 15 Mechanical Ltd	Plumber
Anderson Hsieh	90	2	Georgia Mechanical Systems Ltd	Plumber	Peter Nayoski	91	1	Allin Plumbing & Heating Ltd	Refrigeration & A/C Mechanic
Evan Hughes	90	2	Brighter Mechanical Ltd	Plumber	Guy Pearson	89	2	Daryl-Evans Mechanical Ltd	Refrigeration & A/C Mechanic
Christopher Taylor	89	2	Torry & Sons Plumbing & Heating	Plumber	Conrad Huber	85	2	Torry & Sons Plumbing & Heating	Refrigeration & A/C Mechanic
Justin Dennison	88	2	Division 15 Mechanical Ltd	Plumber	Jacob Forman	95	2	Champman Mechanical Ltd	Sheet Metal Worker
Dustin Jorgensen	88	2	Ridgeway Mechanical (1989) Ltd	Plumber	Wesley Doucet	91	3	Champman Mechanical Ltd	Sheet Metal Worker
Ross Redeker	88	2	Sonora Mechanical Ltd	Plumber	Jay Foran	87	3	Airstream Heating & Air Conditioning Inc	Sheet Metal Worker
Kyle Van Egdome	88	2	Phoenix Mechanical Systems Inc	Plumber	Ryan Baykey	85	3	Schulz Sheet Metal Inc	Sheet Metal Worker
Christopher Walker	88	2	Acadia Northwest Mechanical Inc	Plumber	Aaron Hare	85	3	Triwest Mechanical Ltd/Mattcon Sheet Metal	Sheet Metal Worker
Alex Wong	88	2	Georgia Mechanical Systems Ltd	Plumber	Luke Lecavalier	89	4	Champman Mechanical Ltd	Sheet Metal Worker
Thomas Madsen	87	2	Georgia Mechanical Systems Ltd	Plumber	Jonah Simon	86	1	Torry & Sons Plumbing & Heating	Sprinkler System Installer
Justin Beaudry	86	2	Daryl-Evans Mechanical Ltd	Plumber	Jordan Austin	86	2	Torry & Sons Plumbing & Heating	Sprinkler System Installer
Quinn Anderson	85	2	Georgia Mechanical Systems Ltd	Plumber	Travis Foreman	89	3	Torry & Sons Plumbing & Heating	Sprinkler System Installer
Jeffrey Kozawko	85	2	Dual Mechanical Ltd	Plumber	David Holbrook	94	3	City Projects Ltd	Wall & Ceiling Installer
Clayton Lister	85	2	Daryl-Evans Mechanical Ltd	Plumber	Sherwin Junatas	91	3	City Projects Ltd	Wall & Ceiling Installer
Sean Watson	85	2	Brighter Mechanical Ltd	Plumber	Nolan Roch	89	3	City Projects Ltd	Wall & Ceiling Installer
Mike Garrod	95	3	Brighter Mechanical Ltd	Plumber	David Holbrook	89	4	City Projects Ltd	Wall & Ceiling Installer
Nicholas Kobilke	95	3	Manna Plumbing Ltd	Plumber	Sherwin Junatas	86	4	City Projects Ltd	Wall & Ceiling Installer

## Looking for information about your benefits? Here are a few websites that may be helpful!

■ Independent Contractors and Businesses Association ([www.icba.ca](http://www.icba.ca))

The ICBA website provides members with information such as employee discounts offered to ICBA members, apprenticeship information and bursaries as well as training guides and events. There are also links to many different publications and resources for information on the BC construction industry.

You can also gain access to information about your benefits plan through the ICBA website. From the homepage ([www.icba.ca](http://www.icba.ca)), click on Employee Health Plans on the top toolbar, click on Construction, and then click on the heading titled Employee Benefits. This will bring you to the Mercon Benefit Services website.

From the Mercon Benefit Services website, you can get a wealth of information about your benefit plan,

The Construction Industry's Benefit Plan including:

- > **See whether you have benefit coverage for a particular month.**
- > **Check how many hours you have in your hour bank account.**
- > **Verify the hours that your company has reported on your behalf.**  
**You will need to use the username and password that were provided to you by Mercon. If you have lost this information, you can phone Mercon who would be pleased to assist you.**

Looking for access to information about your health and dental claims? From the Mercon Benefits homepage, click on the Great-West Life logo at the bottom of the page. Once there, you can sign on and choose your own username and password and you will be able to immediately access the website. Some of the things you can do,

or information you can access on the Great-West Life website:

- > **Sign up for direct deposit of your health and dental claim payments to your bank account.**
- > **Print off a personalized health or dental claim form. Your personal information will be automatically entered to the claim form. You can then complete the rest of the claim form on your computer and print it off to send to Great-West Life along with your original receipts.**
- > **Print off a temporary drug card for you or your spouse, if you have lost or misplaced your permanent card.**
- > **Find out when you can claim your next dental checkup or your next pair of eyeglasses.**
- > **See the health and dental claims that have been paid by Great-West Life and print off an Explanation of Benefits for each claim. ■**

## Mercon Benefit Services Can Help

■ Now that ICBA has partnered with its sister association in Alberta (Merit Contractors Association), you can contact Mercon Benefit Services directly with your questions at 1-877-263-7266 or [mercon@merconbenefits.com](mailto:mercon@merconbenefits.com). Mercon is the plan administrator for both The Construction Industry's Benefit Plan and the Merit Contractors Association Benefit plan, the two largest open shop construction benefit plans in Canada. Mercon's hours of operation are 6:30 am to 5 pm PST, Monday to Friday.

Contact Mercon Benefit Services to verify your hour bank balance, for coverage inquiries, to ask about drug cards and claims inquiries, for claim forms and supplies, or to inquire if payments/remittances are received or posted. ■



**Win**  
a trip to  
**Vegas!**

■ The annual ICBA Safety Merits Contest is in full swing. Member-employees who have worked a minimum of 2,500 hours for an employer

without losing time to an accident are encouraged to enter the contest. Visit [www.icba.ca](http://www.icba.ca) for details. With all the rain we've had lately, wouldn't a free trip for two to Las Vegas be nice? ■

# Things to remember with the change to Great-West Life

MERITTALK 02 NOV-DEC 2008

- There are several important things to remember as a result of the change to Great-West Life:

The Great West Life policy number for health and dental claims is 56700. You must use this new policy number and your new nine-digit ID number (which appears on the front of your drug card) for all claims submitted after July 1, 2008 (Note that claims for all of 2008 must be submitted to Great-West Life and that claims for services provided in 2007 are no longer accepted).

In order to have your drug claims paid for directly at your pharmacy, you must use your new Great-West Life ID number.

Be sure to inform your dentist as well of your change in carrier, policy number and ID number. If they have the ability to do so, your dentist may submit any claims electronically to Great-West Life.

If you have received a pre-authorization from Sun Life for orthodontic benefits or major dental benefits, you will have to submit a copy of

this pre-authorization along with your first orthodontic or major dental claim to Great-West Life. Failure to do so will delay processing your claim. If you do not have a copy of your pre-authorization, ask your dentist for a copy.

If you have any questions about The Construction Industry's Benefit Plan, please contact Mercon Benefit Services (toll-free at 1-877-263-7266). ■



- When you're struck with a critical illness, all your focus goes toward battling it, and you don't want to have to worry about everyday things like your job or expenses. This is when Critical Illness insurance becomes a valuable type of coverage. It provides a one-time lump sum, tax-free payout of \$25,000 upon diagnosis and 30 day survival of 18 critical illnesses including heart attack, stroke and life-threatening cancers.

Critical Illness insurance is now available through ICBA Benefits Services for only \$29.80 a month. Coverage is guaranteed for individuals aged 18 to 55 with no medical questionnaire required. However, it is important to note that if you have been taking medication, seeing a doctor, or are being treated for any of the illnesses within 24 months before the effective

date of coverage, the principal sum will not be paid. As well, other exclusions apply.

For more information or to sign-up online, visit [www.icba.ca/employee\\_health\\_plans](http://www.icba.ca/employee_health_plans) and click on the Critical Illness banner. ■

# ask SK

## ICBA GUY



### Dear ICBA Guy: Why did my drug card not work when I tried to use it for one of my dependents?

For your dependents to be covered under The Construction Industry's Benefit Plan, you must advise Mercon Benefit Services by listing them on the back of an original enrolment card. You must provide the name of the dependent, their date of birth and their relationship to you. If one of your dependents has not been added in this way, they will not be covered for the dependent life insurance benefit or the extended health and dental benefits. You cannot add

a dependent by listing them on a claim form, by telephoning Mercon or by faxing a copy of an enrolment card.

### Dear ICBA Guy: Can my pay direct drug card be used at the dental office?

Yes, the drug card that you are issued by Great-West Life can also be given to your dental office. They will be able to use the policy and identification numbers on the card to directly bill The Construction Industry's Benefit Plan if your dental office offers this service.

### Dear ICBA Guy: Can you explain to me what all those numbers mean on my Great-West Life prescription drug card?

It's not hard to understand the numbers on your card. Reading left to right:



## HEADS UP!

### Holiday Closing

Please note that Mercon Benefit Services will be closed for the Christmas break from Wednesday, December 24, 2008 at noon to Friday, December 26, 2008. We will be open again from Monday, December 29 to Friday, January 2 (from 7:30 a.m. to 5:00 p.m. MST) but closed on Thursday, January 1, 2009. Regular hours (7:30 a.m. to 6:00 p.m. MST) will resume on Monday, January 5, 2009. ■

for your information

# fyi

### MOVING?

Please advise Mercon Benefit Services whenever you move. You can call Mercon Benefit Services at 1-877-263-7266 or (780) 455-5845 or email [mercon@merconbenefits.com](mailto:mercon@merconbenefits.com)

In order to continue receiving issues of MeritTalk, and to be advised if you fall out of benefit, it is very important that you keep your home mailing address up to date.

MeritTalk is produced by the Independent Contractors and Businesses Association of BC.

**Contact:**  
 Independent Contractors and Businesses Association of BC  
 211-3823 Henning Drive, Burnaby, BC V5C 6P3  
 Tel: (604) 298-7795, 1-800-663-2865  
 Email: [info@icba.ca](mailto:info@icba.ca)  
[www.icba.ca](http://www.icba.ca)



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