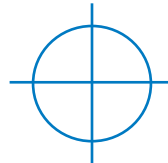


# Fall 2021 On the Level

Pacific Northwest Carpenters  
Institute



Supporting Carpenters and Industry Partners

## A Message From the Director: Video Update

Michael Hawes,  
Executive Director,  
PNCI



At PNCI, we strive to provide our members with the most up-to-date information about what's happening at the training center. *Click on the play button for a brief message.*



PNCI's PJC Training was featured in a national magazine, Benefits Magazine October 2021 issue. The article authored by Kathy Bergstrom, CEBS is a comprehensive description of the Positive Jobsite Culture training we are doing for our apprentices and contractors. See it : [Click Here](#)

## COVID Continues to Impact Training at PNCI

Unfortunately, we recently had to dismiss two classes early due to COVID concerns. It was brought to our attention that we have had instances where students reported to class and attempted to continue training even though they were experiencing symptoms of COVID-19. It is of the utmost importance that we all adhere to and be aware of the following:

Do **not** report to any PNCI facility if you have experienced any of the following symptoms of COVID-19 within the last 24 hours:

**-FEVER (ABOVE 100.4)**

**-COUGH**

**-SHORTNESS OF BREATH**

**-CONGESTION OR RUNNY NOSE**

**-HEADACHE**

**-TIREDNESS OR FATIGUE**

**-SORE THROAT**

**-BODY ACHES OR CHILLS**

**-LOSS OF SENSE OF TASTE OR SMELL**

**-GASTROINTESTINAL SYMPTOMS (NAUSEA, VOMITING, DIARRHEA)**

Do **not** report to any PNCI facility if you have been exposed to COVID-19 per CDC guidance. If you begin to experience symptoms of COVID-19 or are notified of an exposure while attending training, please notify your instructor or appropriate personnel immediately. Please know that you will not be penalized if your training is dis-

rupted due to COVID-19. You will be given a COVID credit, your class will be rescheduled and you will be eligible to receive your re-rate so long as you have not had a no-show for training in the last 18 months.

Please understand that these are very difficult times and the safety of our students and staff is our top priority. Just as you would on the job site, please take every precaution you can to keep yourself, your family and your Union brothers and sisters safe!

[Click here for the latest CDC Covid Guidelines](#)



# CLT Mock-Up Arrives at PNCI



PNCI recently received our CLT training mock-up donated by WoodWorks and manufactured by Oregon's very own DR Johnson. The mock-up will allow PNCI to offer an introduction to mass timber class. Owners and architects are using mass timber products more and more for commercial construction. PNCI is responding to this building trend by offering this class as a continuing education course. Please visit our website to see when the Mass Timber Class is scheduled.

## Almost Done with Your Apprenticeship?

After completing your apprenticeship you're a few short steps away from receiving your associate degree. Contact Sue Spencer at (503) 491-7217 or [Susan.Spencer@mhcc.edu](mailto:Susan.Spencer@mhcc.edu) for further information. PNCI's partnership with Mt. Hood Community College is a benefit to all our members who have completed a four-year apprenticeship with us. Please take advantage of this great opportunity to add to your list of education certifications.

## Earn Your Associate Degree in Addition to Your Journey-level Card!

### FOLLOW THESE STEPS TO EARN YOUR A.A.S. DEGREE: (See degree requirements on back)

- 1 TRANSFER** any credits from other colleges that you have attended. Do this by requesting that your other college(s) send an official transcript to: Mt. Hood Community College, Admissions & Records Office, 26000 SE Stark Street, Gresham, OR 97030, or **emailed to [ar@mhcc.edu](mailto:ar@mhcc.edu)**.
- 2 COMPLETE** and send a **Graduation Application with a copy of your Journey-level Card** and, if applicable, provide a copy of your **DD214**. At this time, transcripts that have been received will be evaluated. When MHCC receives your Graduation Application, the college will conduct a degree audit and let you know what courses, if any, you'll need to earn your degree. You can take these courses at MHCC – some online options are also available. Or they can be taken at another college and transferred in, if needed.
- 3 REGISTER** for any needed classes. Prior to registering for a class, you may need to (re)apply for admissions and/or take a placement test. To apply or reapply, visit **[mhcc.edu/Admissions](http://mhcc.edu/Admissions)**, and to take a placement test log on to **[mhcc.edu/CPT](http://mhcc.edu/CPT)**
- 4 GRADUATE** with an **A.A.S. degree** and launch your new career with confidence!



**Need help? Have questions?**  
Contact Sue Spencer  
at 503-491-7217 or  
[Susan.Spencer@mhcc.edu](mailto:Susan.Spencer@mhcc.edu)

# PNCI continues to offer QPR Training for Our Members

## Sign Up Today!

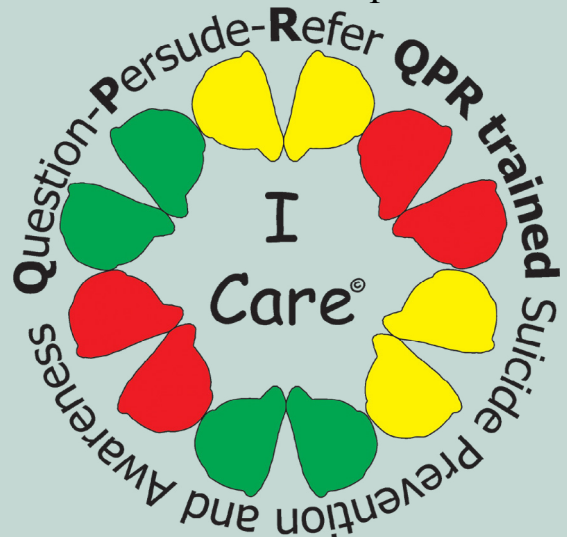


## Gatekeeper QPR Training Suicide Prevention and Awareness

2nd Wednesday of Every Month

5:00-6:30 p.m.

PNCI is now offering a Continuing Education course called “Gatekeeper QPR” Training. The Question-Persuade-Refer training is designed to help you understand the impact of suicide in the construction industry. Additionally, you will be taught how to ask questions of someone you think might be struggling with issues. Techniques of how to persuade someone in need of help will be presented. Also, resources will be provided to refer an individual to access for help.



Go to [pnci.org](http://pnci.org) to schedule or call 503-287-3708 for more information.



Click on the image to the left for a video inspired by PNCI's Construction Leadership

Check out the EAP from the new Washington Trust!



1-800-273-TALK (8255)  
Text HELLO to 741741

Help for crisis or suicide prevention is a call or text away. It is free, confidential, and always available.



Mental Health  
Toolbox

SAFEBUILD  
ALLIANCE



**We're here to coach and guide you through the challenges in your life. Call your EAP—we can help!**

**OUR SERVICES INCLUDE SUPPORT FOR:**

- Anxiety and Depression
- Couples/Relationship/ Parenting
- Crisis Support
- Alcohol/Drug Problems
- Grief and Loss
- Work Conflict
- Compulsive Behaviors
- Domestic Violence
- Legal and Financial
- Childcare and Eldercare
- Home Ownership
- ID Theft
- Healthy Living Tips

**CONTACT US**

*Your free and confidential EAP is always available to assist you!*

**(800) 777-4114**

**FirstChoiceEAP.com**

Your plan's complimentary EAP program is available 24/7 and covers participants, retirees, spouses, and children thru age 25. The EAP is here to help when you're facing issues that interfere with your health, well-being, and productivity at home or at work.

The EAP offers up to **3 sessions face-to-face or telehealth** (no out-of-pocket expenses) with a qualified clinical expert who can assess your concerns and develop a plan of action. If you need a legal\* or financial consultation, or ID theft resolution, you can speak with an expert for up to 30 minutes at no charge. EAP consultants can also provide you with childcare and eldercare information and resources for anywhere in the country. Additionally, the Home Ownership program is a valuable tool to gain a competitive edge as a buyer, and can save you thousands when buying or selling a home.

Simply call us at (800) 777-4114 or visit our website to request an appointment.

**FREE / CONFIDENTIAL / AVAILABLE 24/7**



**Online Tools & Resources**

Login [www.FirstChoiceEAP.com](http://www.FirstChoiceEAP.com)

👍 Username: **ctww**

*Mobile-friendly searchable database of resources, healthy tips and recipes, parenting advice, legal forms, and more.*

*Stay Safe, Stay Strong!  
Mantente Seguro, Mantenerte Fuerte*