

FLOOR SPACE

BCFCA President's Message



As another year has come to an end, I'd like to reflect on some of the very exciting things that happened in 2014. We started the year with the BCFCA hosting a hospitality suite at the Luxor hotel during the 2014 "Surfaces" Las Vegas show. This was a great way for us to bring our members and guests together for a meet & greet session. I'm very pleased to report that from this event, nine companies

signed up as new members. This, and many other events planned, will help us reach out to our members and our industry. We hope you'll join in our journey to develop and build a stronger association.

NFCA

The BCFCA will be taking on the responsibility to manage & run the NFCA (National Floor Covering Association) effective March 1st. We own the name and the logo. This is very important to us as our Floor Covering Reference Manual: "Your Universal Floor Covering Guide" was printed up as the National Floor Covering Association of Canada manual. The reference manual was created, prepared and financed by the BCFCA, associations, individuals and firms all associated with B.C.'s floor covering industry. It took over eight years to compile and produce. Please refer to the manual reference part MO4 – Revision 00-10 to see the list of all of those involved in the project.

GREAT NEWS WFCA!

The BCFCA is now affiliated with the WFCA (World Floor Covering Association). Scott Humphrey and Frieda Statin, the executive team from the WFCA, visited and spoke at our hospitality suite in Las Vegas and had a booth at our flooring expo and installers convention in October. We will keep you informed of the developments of this affiliation and how it will benefit our members. More to follow.

QAP: CHECK THIS OUT!

The Quality Assurance Program continues to receive excellent reviews and support from architects, spec writers, designers, project managers and owners. The QAP is a BCFCA specifiable third party commercial flooring inspection service. This inspection service tracks the process of new flooring installations from beginning to end. For information on the QAP, contact Chris Maskell at: 604-817-2740 or at chrism@MFSCI.com.

HIQ TRAINING

Judith Mclean (www.hiqtraining.ca) has partnered with the BCFCA to coach and train companies and individuals in professional development, negotiation techniques, sales training, and ways to improve your bottom line. We look forward to presenting these fine programs to our membership very soon.

The BCFCA was registered in BC on December 17th, 1959 under the societies act as a non-profit association. All income produced goes into the operation, improvement, and the programs for its members and our industries. Your association is always working hard to bring seminars, flooring expos, product trends, industry updates and much more. We urge you and your staff to check out and support all these opportunities and to visit the "New" BCFCA website at www.bcfc.com. Lots of good info here!

Thank you for your kind support.
Chris Bland



INSTALL FLOOR COVERING CONFERENCE RECAP

by Chris Maskell, Master Floor Covering Standards Institute Inc.

I just got back from Las Vegas, and normally what happens in Vegas stays in Vegas so they say, but in this case I'd rather tell you about it. We were invited to attend the International Standards and Training Alliance (INSTALL) annual Floorcovering Leadership Conference and tour their impressive 1.2 million square foot International Training Center (ITC).

The Training Center caters to several different trades that combine to make up the UBC (United Brotherhood of Carpenters). They include carpenters, millwrights, millworkers, lathers, pile drivers and floor layers. Each area is fully equipped, modern, organized and immaculate. This is where journeymen from all over North America come to learn their trade and gain certification. Training curriculums teach skill, productivity and attitude. Fail to show up on time for class, you're on the next plane home.

'Embrace change and raise the bar within your organization'. This was the message running through the two days of presentations. The keynote speaker, Mark Breslin, a fourth generation contractor and CEO of United Contractors for over 25 years, brought the whole experience together with some great insights.

For example, at one point, the audience of 160 contractors was considering the key role the foreman plays in controlling costs and motivating manpower. Breslin asked how many of them were investing in management skills and personal development for their foreman, considering the amount of dollars they're responsible for? The lack of raised hands made a strong point.

I came away with a sense that INSTALL are doing it right. They have a great product, strong investment, and an incredible level of organization. This is a recipe for success.





With over 100 manufacturer partners and strong growth over the past three years, the culture of change is readily embraced. For example; there is a planned expansion of the International Training Centre.

INSTALL's own labour warranty (the first of its kind in the Floor Covering Industry) offered through 'Install Certified Contractors' is available.

INSTALL have joined forces with the NWFA (National Wood Floor Association), who now provide the hardwood training and certification program for members.

There was a lot to take in, in just two days, but we left the convention thoroughly impressed with INSTALL's facility, leadership and focused vision. There is no doubt they intend to do great things for our industry now and for the foreseeable future.

Whether or not INSTALL is a fit for your organization and regardless of the training methods your company uses, the message is an important one and universal... and it's not just in Vegas. You gotta have game! Identifying new and better ways to do the 'same old stuff' keeps you current, relevant and competitive. ♦

NEW BCFCA MEMBERS

Please join us in welcoming the newest members to the BC Floor Covering Association

Metrotown Flooring Centre

5690 Imperial Street
Burnaby, BC V5J 1G2
Tel: 604-434-4463
Fax: 604-434-4643
info@metrotownfloors.com
www.metrotownfloors.com

MEMBERS SUPPORTING MEMBERS

www.bcfca.com

BCFCA 2015 CALENDAR OF EVENTS

MARCH 27 – NIGHT AT THE RACES

Fraser Downs, Cloverdale

MAY 14 – NANAIMO GOLF TOURNAMENT

Nanaimo Golf Club

MAY 25 – INTERIOR GOLF TOURNAMENT

Black Mountain Golf Club, Kelowna

JUNE 4 – BCFCA GOLF TOURNAMENT

Surrey Golf Club

JUNE 10 – ANNUAL GENERAL MEETING

BC Vintage Truck Museum, Surrey

JUNE 11 – LADIES GOLF TOURNAMENT

Surrey Golf Club

JUNE 16 – LOWER MAINLAND GOLF TOURNAMENT (BSIA)

All BCFCA Members Welcome! Morgan Creek, Surrey, BC

JULY 9 – MEMBER APPRECIATION BREAKFAST

BCFCA office Surrey

AUGUST 21-22 – SLO-PITCH TOURNAMENT

Softball City, Surrey

OCTOBER 22 – PUMPKIN PATCH

Port Kells Nursery, Surrey

OCTOBER FLOORING EXPO & INSTALLERS CONVENTION

Interior, BC

DECEMBER – MEMBER CHRISTMAS LUNCH

TBA

DECEMBER 12 – SKATE WITH SANTA

Langley Events Centre, Langley

MORNEAU
SHEPELL

A WEIGHTY ISSUE:

UNDERSTANDING THE IMPACT OF EXCESS WEIGHT ON YOUR HEALTH

Submitted by Morneau Shepell, the BCFCA's Group Health provider

In our appearance obsessed society, we're always on a quest to shed pounds and be our best. Losing weight isn't simply about looking better or fitting into your "skinny" jeans.

Carrying excess weight is linked to a whole range of dangerous health problems. It also makes your body work harder to do simple, everyday things like breathe, pump blood and move around. If you're struggling with your weight, you're not alone.

According to a Statistics Canada study about a quarter of Canadian adults is clinically obese, while in the United States, roughly a third of the population is.

Regardless of your current weight you need to understand how excess fat affects your body and what you can do to prevent or reverse the damage.

If you're overweight or obese you're at an increased risk for **type 2 diabetes, heart disease, high blood pressure** and **stroke**. Obesity has also been linked to high rates of uterine, ovarian, breast, colon, rectum

and prostate **cancer**. Other serious diseases and health problems associated with obesity include:

- **Osteoarthritis**
- **Depression and other mental health concerns**
- **Skin problems like intertrigo**
- **Asthma**
- **Gynecological problems including infertility**
- **Sleep apnea and other breathing problems**
- **Gallbladder disease**
- **Fatty liver disease**
- **Metabolic syndrome**
- **Blood lipid abnormalities**

Where you carry your body fat is as important as *how many extra pounds* you have. If it's concentrated around the midsection rather than the hips, you're more likely to experience related health issues. Also, if you have a family history of chronic disease or are a drinker or smoker, you increase your risks significantly by being overweight.

WHAT CAN YOU DO?

Whether you're at a healthy weight, overweight or approaching obesity, you can take action to prevent dangerous weight gain and all the health problems that come with it. The steps to preventing obesity are pretty much identical to those for losing weight. To be successful you need to *first* make a commitment to your new, healthy lifestyle. To help you either reach or maintain your ideal weight make sure you:

GET ACTIVE. One of the single most effective ways to prevent weight gain is to commit to an exercise plan. Regular physical



activity will burn calories and build muscle, which will help you look and feel good and keep the weight off. Start slowly but work yourself up to at least 30 minutes of physical activity every day. To get the best results make sure you alternate between endurance, flexibility and strength exercises. Find ways to include physical activity in your daily life like choosing the stairs instead of the elevator, parking farther away from the mall entrance or walking your kids to school. Just make sure you always check with a health professional before starting a new fitness program.

FIX YOUR DIET. In the case of finding your healthy weight, you truly are what you eat. Stay away from fad diets and instead commit to healthy eating. Although some diets may help you lose weight quickly, they usually involve avoiding certain foods and the weight will just pack back on once you return to your normal eating habits. Focus on low calorie, nutrient rich foods like fruits, vegetables, fish, nuts and whole grains. Eat consistent meals throughout the day but look out for portions sizes—we typically eat way more than we actually need. Avoid processed foods that are high in saturated and trans fats, salt and sugar, which are a major cause of weight gain.

KEEP TABS. You should regularly monitor your progress by weighing yourself. Don't get obsessed with numbers but this will help you know where you came from and where you want to be. Paying attention to your weight will also help you know whether your efforts are working, allow you to feel good about your progress and can point out small gains before they become big problems.

SET AND REACH GOALS. Make specific and realistic goals to keep you motivated along the way. Instead of vowing to exercise more, say, "I will walk for 20 minutes, three days a week for a week." Celebrate your successes with non-food rewards like buying yourself a fresh bouquet of flowers or enjoying a day at the beach—then set more goals! Just realize that there will be times where you fall off track and fall short. You may find it helpful to enlist a friend or family member—who is also trying to lose weight or maintaining weight loss—to help you stay focused and healthy.

Luckily, many of the health problems caused by extra weight can be reversed or substantially decreased by getting to an ideal weight. This will not only leave you looking and feeling great, but will be the best thing you can do for your overall health, wellbeing and happiness. Just take it slow, commit wholeheartedly and enjoy all the positive benefits it will bring.

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BC Floor Covering Association Board of Directors 2015



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BCFCA Committee Chairs for 2015

Insurance/Benefits Committee – Ron Teljeur
Social Committee – Jason Davids

Membership Committee – Greg Reader
Marketing/PR Committee – Darryl Wilson

Education Committee – Don Brletic

BCFCA HOSPITALITY SUITE IN LAS VEGAS



On January 20–22 this year, the BCFCA once again hosted a successful hospitality suite and get together at the Luxor Hotel in Las Vegas.

This coincided with the annual **Surfaces Floor Covering Show** being held at the Mandalay Bay Convention Centre next door.

This was a perfect place and time for the BCFCA to host and socialize with fellow floor covering guests, members and prospective members. The fellowship and conversations were invigorating and fun (so was the food and wine)!

Those in attendance were from:

- **Maxwell Floors**
- **Modern Floor & Paint Ltd.**
- **West Coast Agencies**
- **Tarkett**
- **CLR**
- **NuFloors**
- **United Brotherhood of Carpenters**

And that's just to name a few. Thank you to all who visited us and we'll see you again next year. ♦



Penney and Nick Samsom with Rick Wagner, right



Thomas Foreman, Michael Venne and Chris Bland



Colleen and Thomas Foreman at Count's Kustoms



Nathan Bellamy

YOUR BCFCA STAFF



Thomas Foreman
Executive Director



Jackie Trafton
Benefits & Administration
Manager



Denise Rowse
Administrative Assistant



Chris Maskell
Technical Coordinator



Judith McLean
Coordinator-Training
& Education

We're here to help, don't hesitate to contact us at 604-881-4944

2015 EDUCATION CALENDAR

MARCH 11TH
Negotiation Skills

MARCH 14TH & 28TH
MS Word

MARCH 18TH & 25TH
Sales – Getting on Track

MAY 13TH
Teambuilding

MAY 20TH & 27TH
Sales – Staying on Track

JUNE 21ST
Succession Planning

SEPTEMBER 16TH
Stress Management

OCTOBER 21ST
Win Win Conflict Resolution

NOVEMBER 19TH
Assertiveness



There are a few openings for Lunch & Learns, if there is a topic you would like to have presented please let us know.

For more information or registration forms please visit our website at www.bcfca.com or call the office at 604-881-4944

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* potential new members to BCFCFA are subject to an application and approval process

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