



International Brotherhood of Electrical Workers Local 234

# IBEW Local 234 Newsletter

The Electrical Worker's Union for Monterey, San Benito, and Santa Cruz Counties

August 2019

## Local 234 Officers:



Lamont Adams  
**Business Manager/  
Financial Secretary**

Mike Ihnot  
**President**

Al Randall  
**Vice President**

Nick Prelgovisk  
**Treasurer**

Stephen Slovacek  
**Recording Secretary**

John Agra  
Andy Gattis  
Gale Michalek  
Ryan Porter  
**Executive Board**

## Business Manager's Report by Lamont Adams

Sisters and Brothers,

Thank you for electing me to be your Business Manager. You made an excellent decision and I will proudly execute the duties of the office.

On the Inside out-of-work list we have 9 on Book 1, 12 on Book 2, 7 on Book 3, and 4 on Book 4. There are 2 on Book 3 for Sound & Comm and 1 on Book 4. There are 3 on CW Book 1 and 22 on CW Book 2. There are no Inside apprentices on the out-of-work list.

For our Sound & Communication members there is a meeting regarding upcoming contract negotiations on **Saturday, August 10, 2019 at 10:00 am**. The meeting will be held at Local 332 Union Hall.

This year's NECA Convention will be held in Las Vegas, at the Mandalay Bay, **September 14-17**. We are excited to be sending three of our own apprentices; Kevin Rategan and Richard Edwards from the Inside program and Jason Lawrence from the Sound and Communication's program. They will have an opportunity to attend dynamic educational sessions and cutting-edge technical workshops, learning how to help streamline efficiencies on the job. They will be required to report back to their apprenticeship classes as well as the General Body Union meeting.

We are going to auction the 2017 white Ford Edge since Andy is gone and we won't be needing the vehicle anymore. The Executive Board voted to offer it for a minimum bid of \$17,715 which is the low Blue Book value. The Edge is a 4-cylinder EcoBoost 2.0L, FWD, blind-spot info system and technology package. The

vehicle has remote start, keyless entry, power seats and windows, backup camera, heated leather seats, and panorama roof. Bids will be accepted until the 28th of August, when the Executive Board will take action.

Orientation for all Inside apprentices will be on **Tuesday, August 20th at 6pm**. There will be a BBQ at 5pm provided by Mark Dybdahl, who is also our 5th-Year Instructor. At orientation the apprentices will get a briefing and introduction to the school year and receive their books. There will be no class held that night. The first night of class for the 1st and 5th years will be on **Wednesday, August 21st at 6pm**. The first night of class for 2nd, 3rd, and 4th years will be on **Tuesday, August 27th at 6pm**.

**September 2, 2019** is Labor Day, a holiday for the Inside, Sound and Communications, and CW's. Friday, **August 30, 2019** is a floating holiday for the Inside. Have a happy Labor Day weekend. Take time to reflect on what the Labor movement has done to improve your life and the life of your loved ones. Let's all keep up the effort to celebrate Labor and uplift the working class.

National Training Institute (NTI) is an annual event that offers a variety of educational opportunities to meet the rapidly changing demands of the electrical industry. This year the event is held July 27—August 2 in Ann Arbor, Michigan. We sent our Outstanding Apprentice, Sabyn Cupples, to participate in the Outstanding Apprentice Graduate program. We also sent instructors Mike Speer and Mark Dybdahl to attend seminars and world class training. We look forward to hearing their reports at our next General Body Union meeting.

Monterey County Environmental Health Bureau is recognizing Local 234 as a Green Business. We are being recognized for the efforts we have taken to conserve resources and prevent pollution. Our contributions help make a more sustainable community. We will be receiving an award packet that will contain two Green Business window decals/stickers, a framed certificate, and tips for promoting our Local.

## Inside H&W Patient Advocate for Members

The Inside Health & Welfare Plan has taken a bold step to hire Rasha Aniag, a Registered Nurse, to act as a patient advocate for our Inside members and their spouses and dependents.

You are encouraged to communicate with Rasha on any topics you would like to learn more about. We are all looking forward to the achievements that we can reach together by making good medical decisions that will result in lower costs to our plan.

To contact Rasha Aniag, MSN BSN RN:

[rasha@ibew234.org](mailto:rasha@ibew234.org)

**(831) 731-0460 cell**

**(831) 508-9969 fax**

## Prevention With Little Steps by Rasha Aniag

According to the Center for Disease and Prevention in 2014, 39.9% of Americans have been diagnosed with obesity; 11.8% diagnosed with high cholesterol, 11.5% diagnosed with heart disease, and 12.6% diagnosed and un-diagnosed with diabetes. According to the American Diabetes Association, the 9.4% of physician-diagnosed diabetes is equivalent to 7 million Americans. This is not to shame you to better health but to raise awareness. As a nurse for 10 years, I can proudly say that I am an advocate for preventative health and I am proud to be your patient advocate. So let's skip to business.

Fact #1 all of these diagnoses can lead to heart disease and cancer.

Fact #2 nearly all of these diagnoses can be well-managed even obsolete with healthy lifestyle changes.

The first step to fighting against these diseases is screening (seeing your health care provider to see if you are still a well-oiled machine). Blood pressure, height, weight, and blood tests are all tools used to measure different aspects of your health. Blood pressure measures how well your heart is pumping and circulating oxygen and nutrients across your body. It is controlled by your movement, lungs, kidneys etc. Height & weight measure your body mass index- how much is distributed across your body. Blood tests, depending on the test is ordered by your health provider, takes a closer look at the function of different parts of your body.

The second step is nutrition. How are you fueling your body? The "eating whatever I want, whenever I want" mentality is like using a credit card without really knowing the responsibility of use. For example, how interest (APR) there will be with each charge. Credit card debt can be damaging. Nutrition debt can be even more damaging.

The third step is hydration. How much water are nourishing ourselves with?

For now, I will keep it short & sweet. Remember your health is your wealth and I am here as a guide to help you.

Netflix recommendation:

"The Magic Pill"

2017 TV-PG 1h 29m Documentaries

Doctors, farmers, chefs and others weigh in on the controversial ketogenic diet and its potential to eradicate common illnesses.

References

<https://www.cdc.gov/nchs/data/databriefs/db288.pdf>

[https://ftp.cdc.gov/pub/Health\\_Statistics/NCHS/NHIS/SHS/2017\\_SHS\\_Table\\_A-1.pdf](https://ftp.cdc.gov/pub/Health_Statistics/NCHS/NHIS/SHS/2017_SHS_Table_A-1.pdf)

<https://www.cdc.gov/nchs/data/hus/2017/040.pdf>

# Luther Burbank Savings

August 2019

Luther Burbank has recently developed exclusive products for IBEW members thanks to the efforts of Local 234. The new **Union Checking** and **Union Savings** accounts with a small minimum to open an account, they offer interest bearing accounts, they are FDIC insured, and are free.

If you are interested, contact a Luther Burbank account specialist at 888-796-9527

Or go to : <http://www.lutherburbanksavings.com/ibew>

## UnionPlus Real Estate Rewards

Union members who are looking to buy or sell a home and need a real estate agent, can take advantage of the Union Plus Real Estate Rewards program.

### **EARN CASH BACK AFTER CLOSING ON YOUR NEW HOME**

You could earn \$500 cash back for every \$100,000 in home value when you use a real estate agent, approved by SIRVA.

Call 800-284-9756 or visit [www.up-RealEstateRewards.com](http://www.up-RealEstateRewards.com)

## Download the Union Plus App

The **new and improved Union Plus app** gives you faster on-the-go access to all your favorites on the Union Plus website. Get it for your Apple & Android devices for:

- Discounts and savings including AT&T Wireless, Goodyear tires, rental cars and more
- Popular shopping lists for union-made products such as appliances, cars, candy, pet products, and beer
- Hardship financial assistance grants
- Fun games and new contests
- Rosie's Reminder Service ... plus, plenty more

Personalize your favorites with just one click. Add them faster from your home screen. Manage your profile and preferences, too. It's all easier than ever.

Get the FREE app at [unionplus.org/gomobile](http://unionplus.org/gomobile).

## Are You Registered to Vote? Go to [goo.gl/XF1FBd](http://goo.gl/XF1FBd)

### **Are you registered to vote in California? Or have you moved recently and need to update your address?**

To register to vote in California, you must be:

- A United States citizen,
- A resident of California,
- 18 years of age or older on Election Day,
- Not currently imprisoned or on parole for the conviction of a felony (for more information on the rights of people who have been incarcerated, please see the Secretary of State's Voting Rights for Californians with Criminal Convictions or Detained in Jail or Prison), and
- Not found by a court to be mentally incompetent.

The deadline to register to vote for any election is 15 days before Election Day, so be certain to register early! Register to vote online with the California Secretary of State Alex Padilla at

[goo.gl/XF1FBd](http://goo.gl/XF1FBd)

## Tri-County Electrical JATC Training News

(831) 633-3063

### Foreman Development Series Class

**Foreman class**, taught by Instructor Stephen Slovacek, is scheduled for **Monday, August 5th (Project Closeout) from 5:30-8:30pm**. You are welcome to attend one class or as many as you like in this series, each class is a different topic. This is a (3) hour class.

### 2017 NEC Significant Changes Class

Instructor David Martinez will be leading the way through the Significant Changes of the 2017 National Electrical Code. Drop on in! You are welcome to attend one class or as many as you like in this series. This is a (3) hour class. The next class is scheduled for **Tuesday, August 20th at 5:30pm**.

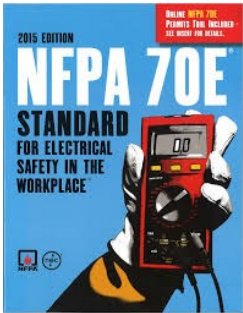
### CPR/First Aid Certification Class

A **CPR/First Aid class** is scheduled for **Saturday, September 7th from 8am-1pm**. Instructor Merralinda Goddard will be teaching the basics of First Aid and CPR. Call Stacy at (831) 633-3063 to reserve your place. Class size is limited.



### NFPA 70E Class

**NFPA 70E** with Instructor David Martinez is scheduled for **Saturday, September 14th from 8am to 2pm**. David will be teaching the standard for electrical safety in the workplace. Call Stacy at (831) 633-3063 to reserve your place.



### CALCTP Class

**California Advanced Lighting Controls Training Program (CALCTP)** with Instructor Stephen Slovacek. This class is a total of 50 hours: 10 hours of lecture and 40 hours of lab. The class schedule will be coordinated with those in attendance.

YOU MUST PROVIDE PROOF OF COMPLETING THE ONLINE COURSE PRIOR TO THE FIRST CLASS. Email your proof to [stacy@tricityjatic.org](mailto:stacy@tricityjatic.org). Students will not be allowed to attend the class if they have not completed the online coursework. Go to [bit.ly/IBEW234CALCTP](http://bit.ly/IBEW234CALCTP) to get started today.

There is a \$125 stipend available upon successful completion provided by the Monterey Bay LMCC.

### CALCTP-AT Class

**California Advanced Lighting Controls Training Program-Acceptance Testing (CALCTP-AT)** with Instructor Stephen Slovacek. This class is a total of 32 hours. The class schedule will be coordinated with those in attendance.

The prerequisite for this class is completion of the 50 hour CALCTP. An application form must be completed prior to starting class. To register for this class there is a \$225 application/record maintenance fee. Go online to [goo.gl/qkW7AI](http://goo.gl/qkW7AI) to complete an application and pay the application/record maintenance fee.

There is a \$125 stipend available upon successful completion provided by the Monterey Bay LMCC.



# Congratulations on Completing Class

August 2019

## Foreman Development Series with Instructor Stephen Slovacek on 07/01/19:

Chris Olsen

## Significant Changes to 2017 NEC with Instructor David Martinez on 07/16/19:

John Agra, Andy Hartmann, Ron Keaton, and Brian Stanley

## CPR / First Aid with Instructor Merralinda Goddard on 07/20/19:

Sal Barajas, Kaimana Bright, Brad Conger, Gilberto Contreras, Sergio Diaz, Mark Dybdahl, Gerardo Espinoza, Artemio Juarez, Ulises Mendoza, Federico Ortega, Ryan Porter, Al Randall, Carlos Souza, and David Vasquez

## Installer/Technician Upgrade Classes

The Northern California Sound & Communication JATC has added upgrade classes for the Summer of 2019. For detailed information on dates, times, and locations, please visit the [NorCal JATC website \(www.norcal-jatc.com\)](http://www.norcal-jatc.com) and click on 'Installer/Technician' and then 'Classes.' You will need to contact [info@norcal-jatc.com](mailto:info@norcal-jatc.com) to obtain a password in order to register for classes.

## Donate To The JATC When You Shop Amazon

Shop at **AmazonSmile** when you shop at Amazon. Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to the **Tri-County Electrical JATC**. Start your shopping at [smile.amazon.com/ch/23-7114317](https://smile.amazon.com/ch/23-7114317)

The Tri-County Electrical JATC is a non-profit 501(c)3. Donations are tax-deductible.



## Orientation for Apprentices

Orientation for all Inside apprentices will be on **Tuesday, August 20th at 6pm**. There will be a BBQ at 5pm provided by Mark Dybdahl, who is also our 5th-Year Instructor. At orientation the apprentices will get a briefing and introduction to the school year and receive their books. There will be no class held that night.

## ElectricPrep

In an effort to help better prepare students for the electrical apprenticeship, ElectricPrep has partnered with the NJATC/ETA to offer voluntary courses to support applicants during the entrance process for the IBEW/NECA apprenticeship training program. ElectricPrep helps provide a better understanding of the electrical construction industry and the requirements.

If you know of anyone that is interested in applying to the apprenticeship have them check out the resources at [www.electricprep.com](http://www.electricprep.com).



## Get an Associate Degree Online—For Free

Enhance your skills with Union Plus Free College, brought to you in partnership with AFSCME, without piling on thousands of dollars in student debt. Union Plus Free College fully covers tuition and online course materials.

Online classes are offered through Eastern Gateway Community College (EGCC) a public, regionally accredited college. Students can choose from various programs including Business Management, Teacher Education, Criminal Justice, Cyber Security, Information Systems and more!

**Fall classes begin August 19!**

CALL 888-590-9009 OR GET STARTED ONLINE <https://www.unionplusfreecollege.org/>



## Local 234 Annual Family BBQ and Health Fair

Save the date for our annual Local 234 Family BBQ and Health Fair on **Saturday, September 28th**. It will again be at the Buckeye Picnic Area of Toro Park off Highway 68. Call (831) 633-2311 to RSVP. Let us know how many adults and kids will be attending. This event is free to attend, however the County charges for parking at \$2 per person and per animal.

As always we will have food, drinks, awards, a bounce house, and a cornhole tournament.

## Congratulations!

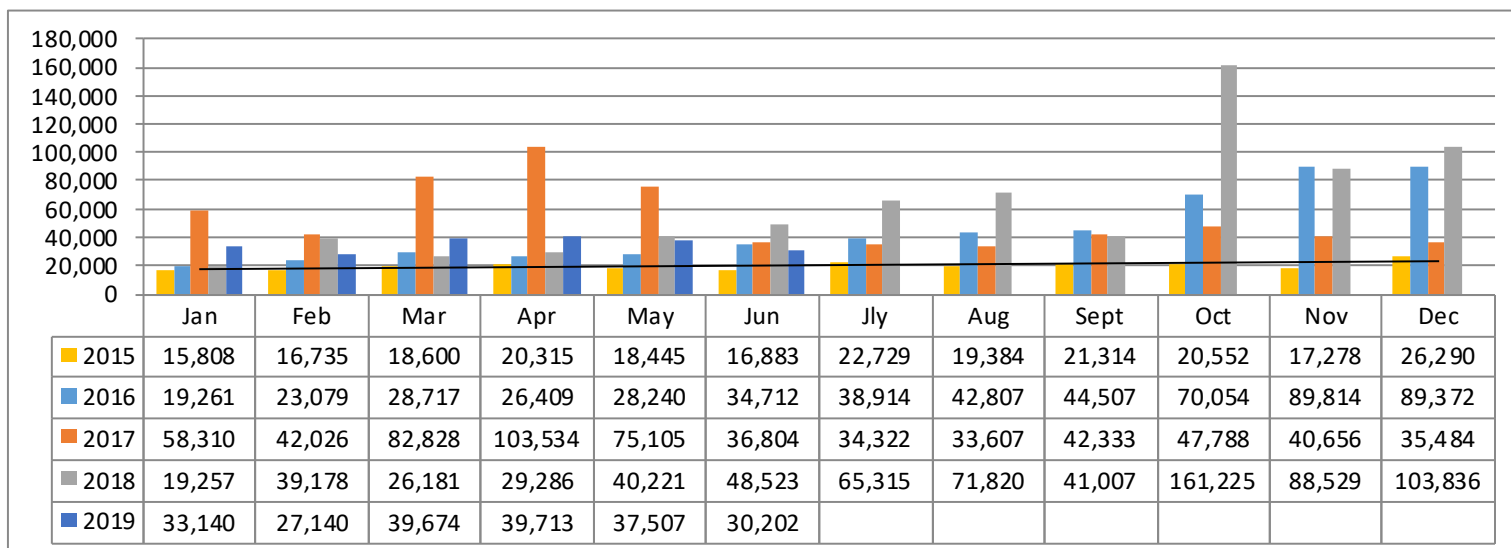
Congratulations to Mr. Scott Benson & Mrs. Desiree Benson on their recent nuptials!

## Union Dues Increase for 2020

Your **"Basic"** dues (the dues you pay in monthly increments to the Hall) will increase on **January 1, 2020**. **"A"** members Basic Dues will increase to **\$42** per month. **"BA"** members will increase to **\$23** per month. This is in accordance with the 39th IBEW International Convention where several amendments were approved to Article IX of the IBEW Constitution.

Remember to update your bank account if you have automatic bill payments sent to the Hall.

## Monthly Hours Report



## Happy August Birthdays!

Lyle Abraham  
Israel Andrade  
Sam Austin  
Joe Baxter  
Mark Behnke  
Kenneth Boner  
Tighe Callahan  
Robert Campbell  
Christian Canales  
Brian Carroll  
Javierto Castillo, Jr.  
Rafael Cisneros  
Larry Coleman, Jr  
Gilberto Contreras  
Justin Contreras  
Bryan Daniel  
Daniel Day  
Michael Dempsey  
Gerardo Espinoza  
Mateo Flota  
Juanita Franco Garcia

Stephen Gilbert  
David Goddard  
Ramiro Gonzalez, Jr.  
Hector Haro  
Joshua Haupt  
Faidan Her  
Shawn Hill  
Richard Hodges  
James Horn  
Carlos Jimenez  
Gaspar Jimenez  
Ramiro Jimenez  
Travis Karrle  
Jacinto Lopez Castillo  
Angel Lopez-Magana  
Igor Malyghin  
Lorenzo Martinez  
Robert Miller  
Joel Montes  
Zachary Moore  
Jesus Morales

John Mowery  
Phonie Orapa  
Anthony Perez  
John Radich  
Albert Randall  
Christopher Rodriguez  
Ricky Rodriguez  
David Rubens  
Gilbert Sanchez  
Ronald Smith  
Edward Sudyka  
Herman Taube  
James Taylor  
Alex Vargas  
Mario Vera  
Christopher Wallace  
Donald White  
Donald Wolfe  
Ralph Yniguez



# This Month's Local 234 Winners!

The winners from the **July** union meeting.

## Voluntary PAC (Political Action Committee):

Chad Vargas won \$5 and donated it back.

## Apprentice Give-Away:

Carlos Prado won \$23.40.

## Give-Away Winners:

Michael Gruber won a Local 1186 shirt.

Carlos Prado won IBEW Local 234 No-Dog level.

Dave Alonzo won a hat.

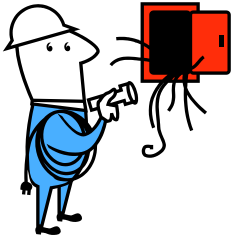
General membership meetings are the second Wednesday of each month. The next general membership meeting will be:

**Wednesday, August 14th, 2019**  
**@ 6:30 pm**

## Quote of the Month

"Life is 10% of what happens to me and 90% of how I react to it"

- Charles Swindoll



# August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Aptitude Test
4	5 LMCC @ 5pm Forman @ 5:30pm	6	7	8	9	10 S&C Meeting @ 10am
11	12	13	14 Membership Meeting @ 6:30pm	15	16	17
18	19	20 JATC Orientation @ 5pm Significant Changes @ 5:30pm	21	22	23	24
25 End of Pay Period	26	27	28 Executive Board @ 6pm	29	30 FLOATING HOLIDAY	31



# International Brotherhood of Electrical Workers Local 234



NONPROFIT ORGANIZATION  
IBEW LOCAL 234  
U.S. POSTAGE PAID  
CASTROVILLE, CA  
PERMIT NO. 410

### IBEW Local 234

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(800) 499-4239  
(831) 633-2311  
(831) 633-0570 fax  
[thehall@ibew234.org](mailto:thehall@ibew234.org)  
(831) 633-JOBS (5627)  
Jobline

### Tri-County Electrical JATC

[www.tricountyjatc.org](http://www.tricountyjatc.org)  
(831) 633-3063  
(831) 633-3068 fax  
[info@tricountyjatc.org](mailto:info@tricountyjatc.org)

**RETURN SERVICE REQUESTED**

