International Brotherhood of Electrical Workers Local 234

IBEW Local 234 Newsletter

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

October 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,

On the Inside out-of-work list we have 9 on Book 1, 11 on Book 2, 6 on Book 3, and 1 on Book 4. There is 1 on Book 1 for Sound & Comm, 1 on Book 2, and 1 on Book 3. There are 5 on CW Book 1 and 12 on CW Book 2. There are no Inside apprentices on the out-of-work list.

I want to thank the membership for their participation in our annual picnic. It was a great success. I was happy to see our families and children enjoy themselves. It was an honor to see the retired members of our local come celebrate with us. I owe a personal thanks to my staff, who did most of the hard work. Without them, the event would not have been possible. Thank you to all who volunteered their time to set up, cook, and clean up. I look forward to next years event.

Do you remember what it was like when you first joined the IBEW and Local 234? Take the time to welcome our new members. Our membership has been growing over the last year. Help make our new members feel welcome and educate them on the lifestyle and culture of being a good union member and trade unionist.

October is Breast Cancer Awareness Month, an annual campaign to increase awareness of the disease. When breast cancer is detected early, and is in the localized stage, the 5-year relative survival rate is 100%. Women are not the only ones who are diagnosed, although rare, men can also contract breast cancer and over 400 men die annually from the disease. Make healthy living a priority in your daily life and see your doctor regularly.

This year, to support Breast Cancer Awareness month, Local 234 will be selling new union long sleeve t-shirts, and donating all proceeds to Breast Cancer research. Stop by and get yours today!

We will be holding a wage allocation for the Inside at the October general membership meeting. That will be on **Wednesday, October 9th at 6:30pm**. The Inside membership will have to decide on how to allocate $3.15. This raise will go into effect on December 23, 2019. Please plan to be in attendance for this important vote.

Retirement is something that's fairly easy to put off and worry about later, especially when you are young. After all, everything will sort itself out in the end, right? You might be defiant and think you can work until the day you drop, and for some, that may be the dream, but the fact is you can't perform your profession at a high level for your entire life. As you age, you're going to slow down and certain tasks will become more difficult. Please remember to contribute to your retirement so when that time comes you will be secure.

Congratulations to Robert and Desiree Benton. On Monday, September 2nd they welcomed their new baby boy Tobias James Benton at 6 lbs. 14 oz. Congratulations.

Assemblymember Mark Stone will be hosting a Labor Breakfast for Labor leaders to discuss issues important to working families on **Thursday, November 7th at 8:00am** at our Hall. If you have any questions or concerns, feel free to contact Mark Stone's Monterey Office at (831) 649-2832.

Halloween is a fun and festive holiday but you still need to be safe. Remember to carry glow sticks or a flashlight and if you are driving, please slow down and be alert!

Have a great October. Be safe out there. Happy Halloween!

Prevention With Little Steps by Rasha Aniag

More on Diagnostic Measures: Health

Heart Rate

Heart rate is also known as your pulse or heart beat. It is used universally among eastern and western styles of medicine to measure how well your heart is beating. A normal range for adults is 60 to 100 beats per minute, according to the Mayo Clinic. You can measure your own heart rate as followed: To check **your pulse** at **your** wrist, place two fingers between **the** bone and **the** tendon over **your** radial artery — which is located on **the** thumb side **of your** wrist. When you feel **your pulse**, count **the** number **of beats** in 15 seconds. Multiply this number by four to **calculate your beats** per minute (Mayo Clinic). It is important to know your resting heart rate as well as know your maximum heart rate. Athletes use heart rate as an indicator of the efficiency of their training.

Complete Blood Count (CBC)

The CBC is another measurement of health. It analyzes the amount of each blood protein to look into how well each organ is functioning. The following are normal complete blood count results for adults:

Red blood cell count "number of red blood cells in a sample"	Male: 4.35-5.65 trillion cells/L* (4.32-5.72 million cells/mcL**) Female: 3.92-5.13 trillion cells/L (3.90-5.03 million cells/mcL)
Hemoglobin "oxygen carrying protein"	Male: 13.2-16.6 grams/dL*** (132-166 grams/L) Female: 11.6-15 grams/dL (116-150 grams/L)
Hematocrit "nutrient carrying protein"	Male: 38.3-48.6 percent Female: 35.5-44.9 percent
White blood cell count "number of immunity cells in a sample"	3.4-9.6 billion cells/L (3,400 to 9,600 cells/mcL)
Platelet count These cells are responsible for forming scabs; too many can cause blood clots "number of super glue-like cells in a sample"	**Male:** 135-317 billion/L (135,000 to 317,000/mcL) **Female:** 157-371 billion/L (157,000-371,000/mcL)

References:

https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings

https://www.mayoclinic.org/healthy-lifestyle/fitness/expert-answers/heart-rate/faq-20057979

https://www.mayoclinic.org/tests-procedures/complete-blood-count/about/pac-20384919

Netflix Recommendations:

A User's Guide to Cheating Death (2017)

University of Alberta professor Timothy Allen Caulfield discusses how companies capitalize on people's eagerness to look and feel youthful with trendy wellness products, fad diets, cosmetic procedures, and more. Though Caulfield uses humor to expose marketing tactics aimed at keeping people young, this six-part documentary series is informative in diving into larger ethical concerns of the wellness and beauty industries.

October is Breast Cancer Awareness Month

This year to support Breast Cancer Awareness month, Local 234 will be selling new union long sleeve t-shirts, and donating all proceeds to Breast Cancer research. Stop by and get yours today!

Only $25.00

Safety Corner

This month's Safety Tip:

DON'T DO THIS!

Tri-County Electrical JATC Training News

(831) 633-3063

CPR/First Aid Certification Class

A **CPR/First Aid class** is scheduled for **Saturday, October 5th 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.

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, October 15th at 5:30pm**.

Foreman Development Series Class

Foreman class, taught by Instructor Stephen Slovacek, is scheduled for **Monday, October 14th 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.

Scissor/Boom Lift Certification Class

A **Scissor and Boom Certification class** is scheduled for **Saturday, October 19th from 9am-1pm**. Call Stacy at (831) 633-3063 to reserve your place. Class size is limited.

Forklift/Gradall Certification Class

A **Forklift and Gradall Certification class** is scheduled for **Saturday, November 2nd from 9am to 1pm**. Call Stacy at (831) 633-3063 to reserve your place. Class size is limited.

Congratulations on Completing Class

Foreman Development Series with Instructor Stephen Slovacek on 09/09/19:

John Agra, Dave Alonzo, and Steve Luiz

Significant Changes to 2017 NEC with Instructor David Martinez on 09/17/19:

Mark Hiura, Steve Luiz, Jim Shumaker, Brian Stanley, and Jonathan Stanley

CPR / First Aid with Instructor Merralinda Goddard on 09/07/19:

Juan Arguelles, Scott Benson, Will Clough, Kyle Evans, Stevan Gamez, Rigoberto Garcia, Joshua Haupt, Nick Karakas, Tyler Kendall, Sean Kent, Francisco Mundo, Luis Ortiz, Omar Padilla, Carlos Prado, Gilbert Sanchez, Francisco Villanueva, and Andrew Zavala

NFPA 70E with Instructor David Martinez on 09/14/19:

John Agra, Dave Alonzo, Stevan Gamez, John Greene, Steve Luiz, Francisco Mundo, Federico Ortega, Luis Ortiz, and Brian Stanley

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**

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

S&C Installer/Technician Upgrade Classes

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

Congratulation On Completing Class

The LMCC holds a quarterly gift card drawing. (2) $100 gifts cards are awarded each quarter for those taking JW upgrade classes. One gift card goes to the member with the most hours of class completed in the last quarter. The other gift card is awarded by lottery. Every four hours of completed classes will equal one entry in the lottery, with no limit. The member with most hours is ineligible for the lottery.

The winners for **Jul/Aug/Sep** were **Steve Luiz** for the most hours of training and **Al Randall** for the lottery. Congratulations! Each will receive a $100 gift card.

Milwaukee Apprentice Of The Month

The Apprentice of the Month program is sponsored by Milwaukee Tools. The goal is to encourage apprentice participation and reward a high performing student for achieving outstanding results both in the classroom and on the job.

For **October 2019** the JATC has chosen to recognize:

5th-year: Kyle Evans

as the Milwaukee Apprentice of the Month. The apprentice of the month will have a dedicated parking space at the Training Center and also receive a gift provided by Milwaukee.

IBEW & NECA

Special thank you to WATT Electric, Inc. for generously installing the scoreboard, at no cost, for the San Benito Baseball fields. Thank you to NECA for their contribution, and joining the IBEW, in making the donation of the scoreboard happen.

It is truly a great example of IBEW & NECA Working Together to further promote our industry in the local community.

Congratulations!

Congratulations go out to Mr. Mickel Reeves and Mrs. Jeanette Reeves on their recent nuptials.
Congratulations to Robert and Desiree Benton on the recent birth of their son, Tobias James Benton, born 9/2/2019.

Go Green with Our e-Edition!

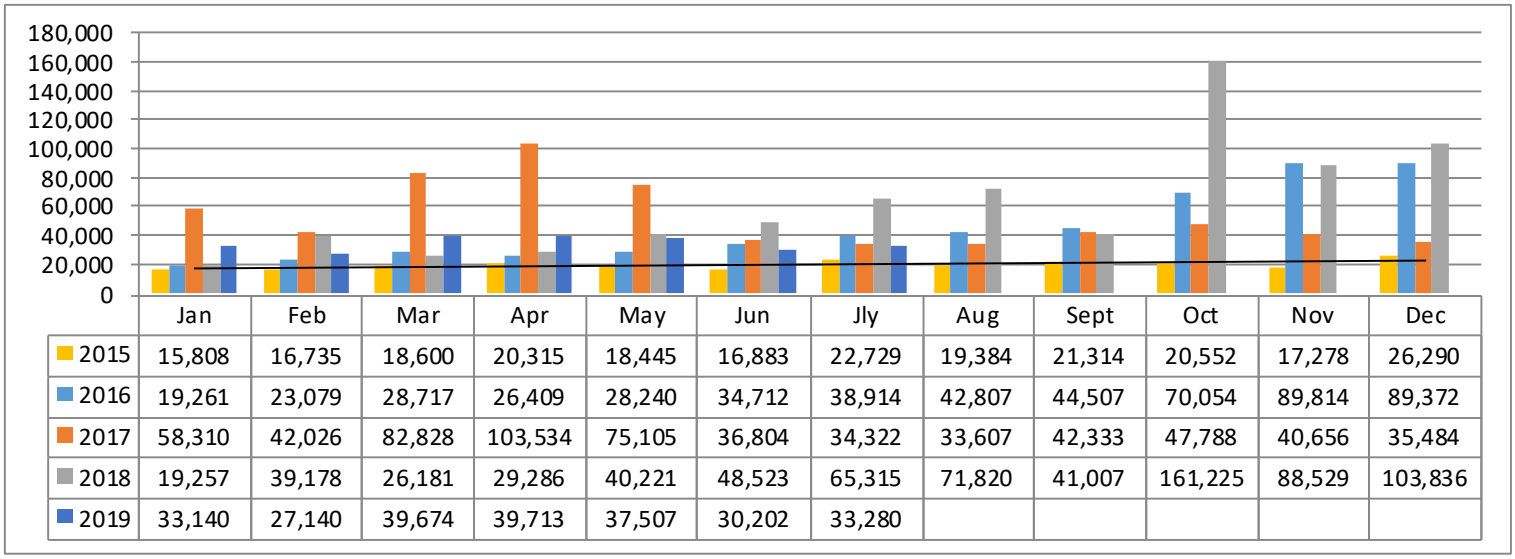
Sign up today to receive the newsletter in your email. Help reduce production costs and be "green" at the same time. Our homepage is located at **www.ibew234.org**. There is a link under Downloads, Newsletter to the subscribe form or call the Local 234.

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



	Jan	Feb	Mar	Apr	May	Jun	Jly	Aug	Sept	Oct	Nov	Dec
2015	15,808	16,735	18,600	20,315	18,445	16,883	22,729	19,384	21,314	20,552	17,278	26,290
2016	19,261	23,079	28,717	26,409	28,240	34,712	38,914	42,807	44,507	70,054	89,814	89,372
2017	58,310	42,026	82,828	103,534	75,105	36,804	34,322	33,607	42,333	47,788	40,656	35,484
2018	19,257	39,178	26,181	29,286	40,221	48,523	65,315	71,820	41,007	161,225	88,529	103,836
2019	33,140	27,140	39,674	39,713	37,507	30,202	33,280					

Happy October Birthdays!

Salvatore Abramonte
John R Battaglia
Jeffrey L Beers
Scott A Benson
Joel Berrueco
Michael S Bradley
Javier Contreras
Frank J Davi
Eugene Davis
Sergio Diaz
Rigoberto Garcia
Erik Guerrero
Michael Higuet

David J Karalius
Juan C Leon
John W Long
Jose Martinez
James D Mauras
Clarke H McCarty, Jr.
Philippe Miccoli
Juan Morales
Christopher Olsen
Lionardo Ortiz
Ryan P Porter
Derrik R Rendon
Louis J Rodriguez

William L Roome
Jack Russo
Anatoliy Savin
Jeff A Singer
Brad Lee Smith
Richard P Smith
Francisco C Sosa
Michael J Steel
Ramon L Torres, Jr
Erick D Tucker
David Vasquez
Edgar Velasquez
Moises Zuniga, Jr

This Month's Local 234 Winners!

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

Voluntary PAC (Political Action Committee):
Manuel Garcia won $5 and donated it back.

Apprentice Give-Away:
Carlos Prado won $23.40.

Give-Away Winners:
Patricio Ortiz won a Local 134 shirt.
Jacob Taylor won IBEW Local 234 No-Dog level.
Apolinar Moreno won a bottle opener.

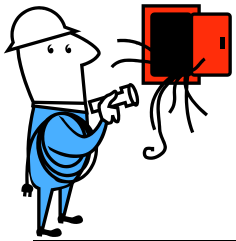
General membership meetings are the second Wednesday of each month. The next general membership meeting will be:

Wednesday, October 9th, 2019
@ 6:30 pm

Quote of the Month

"Autumn is a second spring where every leaf is a flower"

- Albert Camus



October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 CPR/First Aid @ 8am
6	7	8	9 Membership Meeting @ 6:30 pm	10	11	12
13	14 COLUMBUS DAY Foreman Development @ 5:30 pm	15 Significant Changes @ 5:30 pm	16	17	18	19 Scissor/Boom Lift @ 9:00 am
20	21	22	23 E-Board Meeting @ 6:00 pm	24	25	26
27	28 Foreman Development @ 5:30 pm	29	30	31 HALLOWEEN		

Click here for the online calendar or goto http://www.ibew234.org/calendar/

International Brotherhood of Electrical Workers Local 234

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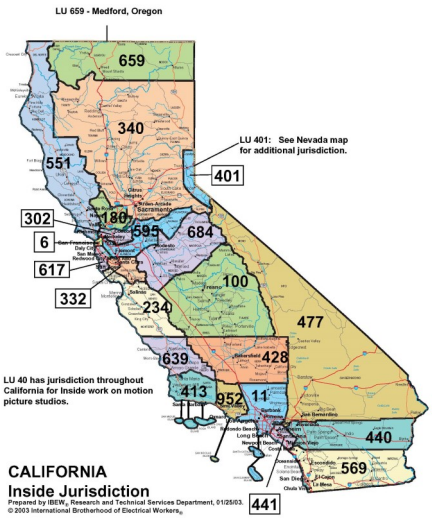
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