



International Brotherhood of Electrical Workers Local 234

IBEW Local 234 Newsletter

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

November 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 18 on Book 1, 4 on Book 2, 10 on Book 3, and 3 on Book 4. There is 0 on Book 1 for Sound & Comm, 1 on Book 2, 2 on Book 3, and 1 on book 4. There are 4 on CW Book 1 and 8 on CW Book 2. There are 4 Inside apprentices on the out-of-work list.

Our JATC is holding interviews for recent applicants that passed the Aptitude test. We had interviews on October 26th and the next round is

scheduled for November 12th.

I am pleased to announce that Paul Gutierrez has been appointed to the role of Assistant Business Manager, effective October 28, 2019. In the expanded role, Paul will assist in overseeing the day to day operations of the Local's business, including all matters that pertain to our Local's agreements, contracts, grievances, working conditions, and labor issues. Please contact him with any issues you may have at 831-633-2311, 831-594-0860, or paulg@ibew234.org.

Part of Local 234's efforts to organize includes participating in local school career fairs. We have several scheduled for the 2019-2020 school year. I am looking for volunteers to assist with presentations on our apprenticeship. Please contact me at 831-731-0927 if you are interested in helping out.

A wage allocation was held at the October 9th general membership meeting. The members present, after much discussion, voted to allocate \$0.50 to the benny card, \$0.50 to pension, and \$2.25 to wages. The \$0.50 for the benny card will be reflected in the total contribution to Health & Welfare but will be strictly dedicated to each individual's benny card. The raise goes into effect on December 23, 2019.

Monday, November 11, 2019 is Veteran's Day and is a holiday for Inside and CE/CW's, not for Sound & Communications.

Thursday, November 28th and Friday, November 29th are holidays for the Inside, Sound & Communication, and CE/CW's. Happy Thanksgiving to you and your family.

Thursday, November 28th is not only Thanksgiving Day, but is also the 128th Anniversary of the founding of the IBEW. The National Brotherhood of Electrical Workers was founded on November 28, 1891. The objectives then are still relevant today:

To organize all workers in the entire electrical industry in the United States and Canada, including all those in public utilities and electrical manufacturing, into local unions,

To promote reasonable methods of work,
To cultivate feelings of friendship among those of our industry,

To settle all disputes between employers and employees by arbitration (if possible)

To assist each other in sickness or distress,

To secure employment,

To reduce the hours of daily labor,

To secure adequate pay for our work,

To seek a higher and higher standard of living,

To seek security for the individual,

And by legal and proper means to elevate the moral, intellectual and social conditions of our members, their families and dependents, in the interest of a higher standard of citizenship.

I have some great news for our members. Local 234 has successfully purchased 10298 Tembladero Street, a 2-acre lot behind the Hall. This marks a new milestone for our local and the beginning of a new chapter.

Assemblymember Mark Stone's Annual Labor Breakfast will be held at the Union Hall on **Thursday, November 7th, 2019 beginning at 7:30 am**. The burrito breakfast truck will be here. Please feel free to stop by and say hello.

Prevention With Little Steps by Rasha Aniaq



Illness Management with devices

Along with wearables and apps to track fitness, nutrition, and sleep, more advanced health technology is making its way into the consumer market as well. This technology is making it easier than ever to track and manage everything from colds to chronic diseases.

While staying healthy and preventing disease is an optimal goal, we all get sick now and then. In our third blog in the series, we'll focus on managing your symptoms to recover faster with tech tools.

Flu & Fever

If fevers are so common in your house that you have trouble remembering who had a fever last, Withings Thermo may be a good addition to your medicine cabinet.

Thermo measures temperature then provides instant feedback letting you know if the temperature is elevated based on the age of the patient. It also sends the data to the app on your phone where you can see temperature trends, track symptoms, as well as medications to determine if treatment is working.

With its temporal sensor, it is a quick, non-invasive, and sanitary way to detect changes in temperature. It's so easy, caretakers can even take their own temperature if needed! If a trip to the doctor is necessary, let your mind keep track of other things and simply send a complete history to your doctor with the associated app.

Blood Pressure Tracking

If blood pressure tracking is recommended by your doctor you may find it difficult to do regularly or remember your readings accurately. The FDA has recently approved Omron's HeartGuide™, which is a blood pressure monitor in a watch. With the inflatable cuff integrated into the band, you can check your blood pressure anywhere you go!

The companion app for your smartphone allows you to track trends in your blood pressure. Possibly the most powerful aspect of this wearable is the ability to identify correlations between your blood pressure and lifestyle factors such as activity and sleep.

If on-the-go blood pressure monitoring is more than you need then Withings BPM Connect may suit your requirements better. This clinically validated wireless blood pressure monitor allows you to easily track blood pressure at home. With the smartphone app, you can then quickly share your results with your doctor.

The wireless cuff makes it easy to use at home and its small, sleek design makes it packable for those who travel frequently. The app also provides feedback on your readings based on recommendations from the American Heart Association. These recommendations and sharing readings with your doctor can lead to better blood pressure management, reducing the risk of complications related to high blood pressure.

We will have the conclusion in next month's newsletter. Stay tuned.

I will be at the hall the first Thursday of each month from 1:00 pm—6:00 pm, This month it will be on the 7th of November. I will be able to talk with you about any concerns and questions you may have. Come by and say hello!

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.

November 2019

Are You Registered to Vote? Go to 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

IBEW Local 234 Political Action Committee

The **IBEW Local 234 Political Action Committee (PAC)** operates to enhance our ability to participate in the political process which has an affect on our members, the electrical and construction industry, and our communities. The goal is to support candidates and measures that help our cause and better our families and communities. **Members who do not wish to have their dues money directed to the PAC may opt out of contributing money by notifying the IBEW Local 234 PAC in writing or by phoning the Hall at (831) 633-2311.** Opt-outs will remain in effect until revoked by the member.

Currently the PAC contribution rate is **\$2 per member per month.**

Safety Corner

This month's Safety Tip: Avoiding Electrocutation

- 1) Inspect your tools, power cords, and all electrical fittings for excessive wear or damage every time you use them. Repair or replace any damaged tool right away.
- 2) Keep cords out of the way by taping them to the floors or the wall. Do not use nails or staples, as they can damage the cord and cause shock or fire hazards.
- 3) Only use equipment rated for the wattage or amperage you are working with.
- 4) Always use the **right size of fuse**. A larger fuse can cause an excessive current and may start a fire.
- 5) Always use wooden or fiberglass ladders, or some other non-conductive material.

Working with Electricity is one of the most hazardous occupations. Electricity always tries to find the quickest route to a ground. Humans are great conductors. If you come into contact with a wire of faulty power tool while grounded, the electrical current will pass right through your body. This causes a serious, sometimes fatal shock.

Tri-County Electrical JATC Training News

(831) 633-3063



CPR/First Aid Certification Class

A **CPR/First Aid class** is scheduled for **Saturday, November 16th 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.

*Please note: October CPR/First Aid class was very small. If we do not have at least 9 people signed up for the class in November, it will be cancelled.

*If you reserve a space and do not show up for class, you will be responsible for paying for the class.

2017 NEC Significant Changes Class

CANCELLED: The **November class has been cancelled**. The class will resume in December.

Foreman Development Series Class

Foreman class, taught by Instructor Stephen Slovacek, is scheduled for **Monday, November 4th 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.

Congratulations on Completing Class

Foreman Development Series with Instructor Stephen Slovacek on 10/14/19:

Dave Alonzo, Chris Olsen, Jacob Taylor, and Brian Stanley

Foreman Development Series with Instructor Stephen Slovacek on 10/28/19:

Dave Alonzo, Chris Olsen, Jacob Taylor, and Brian Stanley

CPR / First Aid with Instructor Merralinda Goddard on 10/05/19:

Amauri Arista, Bryan Craddock, Jaime Hernandez, Jonathon Marquez, Jose Munoz, and Juan Rodriguez

Scissor / Boom Lift on 10/19/19:

Dave Alonzo, Bryan Craddock, Gary Gabriel, Ivan Garcia, Ashley Gibson, Michael Julian, Andres Laureano, Steve Luiz, Joseph Sakoda, Brian Stanley, Jack Russo, and Stevan Gamez



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

S&C Installer/Technician Upgrade Classes

November 2019

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 \(www.norcal-jatc.com\)](http://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.

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 **November 2019** the JATC has chosen to recognize:

5th-year: Bryan Craddock

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.



California State Certification Renewals

Have you recently renewed your Electrician Certification? Do you know when your certification expires? Notify the Hall of your new expiration date and certification number. Also, pick up any forms you need at the Hall or request copies of Class Completion Certificates to provide proof of education. If you are renewing your Electrician Certification prior to your certification expiring, you will need to have 2,000 hours of work in the industry in the past three years and have completed 32 hours of continuing education from an approved educational provider, like the JATC. You will then need to submit your [Renewal Application](#) with proof of your 32 hours and payment of \$100. As always, call the Hall or call Stacy with the Training Center if you have any questions.

Financial Literacy for Construction Workers

Do you have a budget? Having a budget is a good idea and can lead to financial well-being. When planning a budget you should pay your expenses first, set aside money for savings, pay down any debt, and set money aside for fun. What expenses do you have? Both fixed and variable. What surprises can you plan for? An unexpected car repair is an example. What's your weekly income? Have you reviewed your paycheck recently for accuracy and deductions? Your income should exceed your expenses otherwise you'll end up in debt. A great way to save is to have money automatically deducted from your account and put into a savings account. When it's automatically deducted, it makes it super easy and you don't risk the temptation of spending the money on something else. When saving a good rule of thumb is to set aside 3-6 months of your income. This is a great rule for those of us in construction, which tends to be cyclical in nature. Saving is difficult and challenging for most people. If you can start saving as little as \$10 a week, that can add up over time.

Do you use credit cards? How much is your balance on each card? Do you pay off the amount each month in order to avoid interest and fees? If not you might consider NOT using a credit card. Credit cards can be convenient but can lead to easy spending. Even the little things, like a cup of coffee each day, can add up over time. Avoid credit cards that charge an annual fee.

When was the last time you checked your credit score? A FICO score can be between 300 and 850. Higher than 690 is what you should aim for. The number one factor in having a good credit score is paying your bills on-time.

Congratulations!

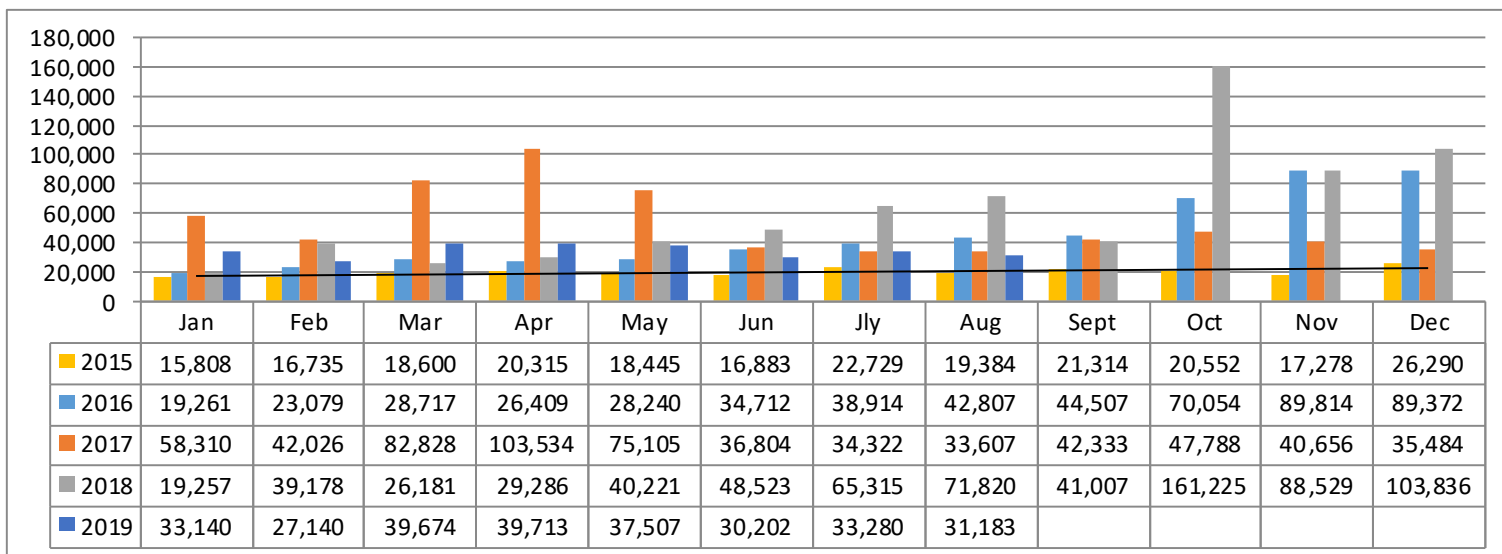
Congratulations to Cory and Shayla Hoffman on the birth of their son, Finn Clark Hoffman, born August 4, 2019

Congratulations to Giovanni and Lupe Lopez on the birth of their baby girl, Gianna Lopez, born October 5, 2019

Congratulations to Mr. Kevin Rategan and Mrs. Mary Rategan on their recent nuptials, October 20, 2019

**Note: Correction: Our recent congratulations to Robert Benton for the birth of a son was incorrect. Scott Benson and wife Desiree are the proud parents of Tobias James Benson, born September 21st!

Monthly Hours Report



Happy November Birthdays!

Alberto Aguilera
Silvia Bell
Kaimana Bright
Jack Brumit
Miguel Bustos
Manuel Cadena
Hector Camacho
Iris Corbert
John Craft
Sabyn Cupples
Alma Fuentes
Kermit Gayman
Jose Gomez
Arturo Gonzales
Kenneth Gorny
Lance Grant

William Hughes
Patrick Humpal
Anthony Kalstrom
Jose Lara
Andres Laureano
Joseph Lockshaw
Francisco Lopez
Gladys Lucero
Kapena Magallan
Stefan Marceron
Raul Marin
Jaime Martinez
Tim Mayo
William Nunes

Joseph Olaeta
Daniel Ortigoza
Richard Phillips
Sergio Ramirez
Matthew Rivas
Charles Ruiz
Brian Sansom
Michael Smith
James Stanchfield
Matt Steinmetz
Tanarri Stocker
Ronald Swim
Alan Todd
Rebecca Trescott



This Month's Local 234 Winners!

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

Voluntary PAC (Political Action Committee):

Manuel Garcia won \$5 and donated it back.

Apprentice Give-Away:

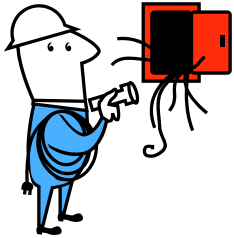
Carlos Prado won \$23.40.

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, November 13th, 2019
@ 6:30 pm



November 2019

Quote of the Month

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

- Albert
Camus

November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Forklift/Gradall 9:00 am
3	4 Foreman Development Class 5:30 pm	5	6	7 Mark Stone Labor Breakfast 7:30 am	8	9
10	11 HOLIDAY VETERAN'S DAY	12	13 Membership Meeting 6:30 pm	14	15	16 CPR/First Aid 8:00 am
17	18	19 Significant Changes Class 5:30 pm	20	21	22	23
24	25	26	27 Executive Board Meeting 6:00 pm	28 HOLIDAY THANKSGIVING	29 HOLIDAY	30



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RETURN SERVICE REQUESTED

