



International Brotherhood of Electrical Workers Local 234

# IBEW Local 234 Newsletter

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

December 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.

Sound & Communications contract negotiations were settled November 12, 2019 by the CIR. The new 3 year contract is a win for labor. Effective **December 1, 2019**

the wage will increase by \$4.25 per hour. Effective **December 1, 2020** the wage will increase by \$4.00 per hour. Effective **December 1, 2021** the wage will increase by \$4.00 per hour. A wage allocation meeting was held on Saturday, November 23rd. The \$4.25 increase was voted to be allocated \$0.50 to Health & Welfare, \$0.75 to the pension, and \$3.00 to wages. However, because the wage increase was a CIR decision NEBF had to be included in the \$3.00 total. This translates to \$2.91 in wages and \$0.09 to NEBF. This increase goes into effect December 1st.

The Inside has a wage increase on **December 23rd** of \$3.25. The Inside membership voted to put \$0.50 to the benny card, \$0.50 to the pension, and \$2.25 on the wages. However, because the wage increase a CIR decision the NEBF has to be included in the \$2.25 total. This translated to \$2.17 in wages and \$0.07 to NEBF. The wage increase goes into effect on **Monday, December 23rd**. The future raise for the Inside agreement is \$3.25 on **December 28, 2020**.

This time of the year brings many changes. The days are shorter and the weather is beginning to cool down. Prepare for this cold weather. Make sure you have water proof boots and wear extra clothing to stay warm and dry on the job. At home check Carbon Monoxide and Smoke

detectors to keep your family safe. Check your windshield wipers and tires on your vehicle. Please remember to be safe and help others do the same.

The political season has already begun. We need to continue to fight for the rights of working people. Please pay attention to what your elected leaders do. We also need to work hard for the political leaders who fight hard for us. There are people in power working hard against the interest of hard working people and for their political donors.

At each meeting members can place their name in a box for an annual drawing at the December General Membership Meeting. The prize is \$234. You must be present to win. Last years winner was Michael Gruber. Will you be next? Attend our next General Body Meeting on **December 11th**.

We will be having a food drive for Second Harvest Food Bank. Please bring non perishable foods and money donations by the hall. Our apprentices are in competition for the food drive. The class with the largest donation will receive a pizza party.

I want to welcome aboard our newest Organizer, Sabyn Cupples. Sabyn has joined forces with Paul in Local 234's Organizing Department. Sabyn is off to a great start.

Christmas Eve, Tuesday, **December 24th** and Christmas, Wednesday, **December 25th** are Holidays for the Inside, S&C, and CECWs. New Year's Eve, Tuesday, **December 31st** is a Holiday for the Inside and CECW. It is not a Holiday for S&C. New Year's Day, Wednesday, **January 1, 2019** is a Holiday for the Inside, S&C, and CECWs.

I wish you and your family a Merry Christmas and a Happy New Year!





# Prevention With Little Steps by Rasha Aniang

## Diabetes Management

Continuous glucose monitoring (CGM) systems, used in conjunction with smart insulin pumps, can be life-changing for insulin-dependent diabetic patients. Smart insulin pumps gather data from your CGM and automatically adjust insulin dosing to prevent blood glucose highs and lows.

Research shows that these systems can reduce low blood glucose events by as much as 72%. Additionally, these smart systems can send alerts to mobile apps if blood glucose drops dangerously low, making them truly lifesaving technology!

iHealth® has developed a wireless glucose meter that connects with your phone to track blood glucose readings, allowing you to keep better track on the go, analyze trends, and share this information with your healthcare provider.

For those with diabetes, better blood glucose management can prevent short- and long-term complications of diabetes, including kidney disease or neuropathy.

Apps such as Sugar Sense and Glucose Buddy help track blood glucose levels and foods consumed, allowing for easy identification of glucose trends. Over time these apps can improve disease management by reducing symptoms. In addition, they can reduce the amount of time required to find foods that fit your dietary requirements.

## How to “CARB” with diabetes

### It's as easy as 1-2-3



# 1

#### How to read a food label for diabetes:

- Where are **carbs** on the food label?
- A “one carb” serving = 15 grams of total carbohydrate
- Keep **saturated fat** and **sodium** to 5% of the daily value or less
- Keep trans fat to 0 grams
- Good source of **fiber** = 10% or more of daily value

#### Nutrition Facts

Serving Size 1/4 cup (36g)  
Servings Per Container: 9

Amount per serving		% Daily Value
Calories 60	Calories from Fat 0	
<b>Total Fat</b> 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
<b>Cholesterol</b> 0mg		0%
<b>Sodium</b> 15mg		1%
<b>Total Carbohydrate</b> 22g		7%
Dietary Fiber 14g		56%
Sugars 1g		
<b>Protein</b> 7g		
Vitamin A 0%	Vitamin C 0%	
Calcium 4%	Iron 15%	

# 2

#### What is a “one carb” serving?

##### Follow the GRAINS:

- 1 slice of bread
- 1/2 bagel or bun
- 1/2 cup oatmeal
- 1 pancake
- 1/3 cup cooked pasta or rice

##### STARCHY VEGGIES:

- 1/2 cup starchy veg like peas, legumes or corn
- 1 cup winter squash
- 1 cup vegetable soup
- 1/2 baked potato

##### DAIRY:

- 1 cup skim milk or yogurt

##### FRUIT:

- 1 small piece
- 1/2 cup to 1 1/2 cups cubed fruit
- 1/2 cup canned fruit in juice
- 1/3 to 1/2 cup juice

\* Varies by type of fruit or juice



# 3

#### Build a diabetes healthy plate:

About 40 - 45 g of carbs per meal\* (without memorizing every food) - here's how:

- 1/4 the plate brown rice (1/2 cup) = 22 g carb
- 1/2 the plate with nonstarchy veg = 7 g carb
- 1/4 the plate lean protein plus fruit salsa 2 tablespoons = 2 g carb
- 1 cup yogurt or skim milk = 12 g carb

\* Average amount; you should ask your dietitian for the amount that is right for you.

## 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.

December 2019

## Are You Registered to Vote? Go to [goo.gl/XF1FBd](https://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](https://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: Ladder Safety

The best way to prevent accidents and injuries is always to use your equipment properly.

- ◆ Get the right ladder for the job.
- ◆ Always inspect the ladder for cracks or broken joints.
- ◆ Never put the ladder on top of something.
- ◆ Always lash or fasten tall ladders securely.
- ◆ Do not descend or climb with your back to the ladder.
- ◆ Never climb all the way to the top.
- ◆ Always keep your feet on the rungs.

# Tri-County Electrical JATC Training News

(831) 633-3063



## CPR/First Aid Certification Class

A **CPR/First Aid class** is scheduled for **Saturday, December 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.

\*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

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) three hour class.

The next class is scheduled for **Tuesday, December 17th at 5:30 pm**

## Congratulations on Completing Class

Forklift / GradAll on 11/2/2019:

Jeff Beers, Matthew Craddock, Richard Edwards, Mateo Flota, Gary Gabriel, Steven Gamez, Mohammed Garaan, Ashley Gibson, Jaime Hernandez, Michael Julian, Andres Laureano, Kevin Rategan Matt Rivas, Joe Sakoda, Brian Stanley, Michael Steel, Jorge Suarez, Juan Torres, and Chad Vargas.



## 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 **December 2019** the JATC has chosen to recognize:

**5th-year: Jonathon Marquez**

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



## 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)

## S&C Installer/Technician Upgrade Classes

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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](mailto:info@norcal-jatc.com) to obtain a password in order to register for classes.

## Inside Apprentices Ratios

According to the Inside Agreement, Section 5.12 each job site shall be allowed a ratio of two (2) apprentice(s) for every three (3) Journeyman Wiremen.

Number of Journeyman	Maximum Number of Apprentices
1 to 3	2
4 to 6	4

The ratio formula is:

$(\# \text{ of Journeymen}) / 3 = (\text{Answer rounded up to next whole number}) \times 2 = \# \text{ of Apprentices}$

Call the Hall if you are aware of a project where the ratios are not being followed.

## 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.

## Second Harvest Holiday Food Drive

The annual Holiday Food Drive for the Second Harvest Food Bank <http://www.thefoodbank.org/> is here again. We will have collection barrels at both the IBEW Hall and JATC office. If you can help out, food and money will be collected and then donated to the Second Harvest Food Bank on **Friday, December 20th**. The Second Harvest Food bank provides food to over 200 local agencies. They affect the lives and wellbeing of over 55,000 individuals each month. Do what you can to help.

## Get Paid to Take Classes

Our LMCC incentivizes members to take classes. Members have an opportunity to win two \$100 gift cards. Two gift cards are awarded quarterly. The first \$100 gift card is awarded to the member that satisfies the most hours of upgrade classes in the quarter (i.e., October, November, December). The second \$100 gift card is awarded via a give-away. For every four hours of training completed, members will receive an entry in the give-away; there is no limit to the number of entries. The person who is recognized with the most hours and wins the first \$100 gift card is not eligible for the give-away. Classes must be successfully completed for members to earn entries in the give-away.

In addition, the LMCC pays a \$125 stipend to all members that successfully complete either CALCTP, CALCTP-AT, or EVITP.

The Monterey Bay LMCC is providing all gift cards and stipends.

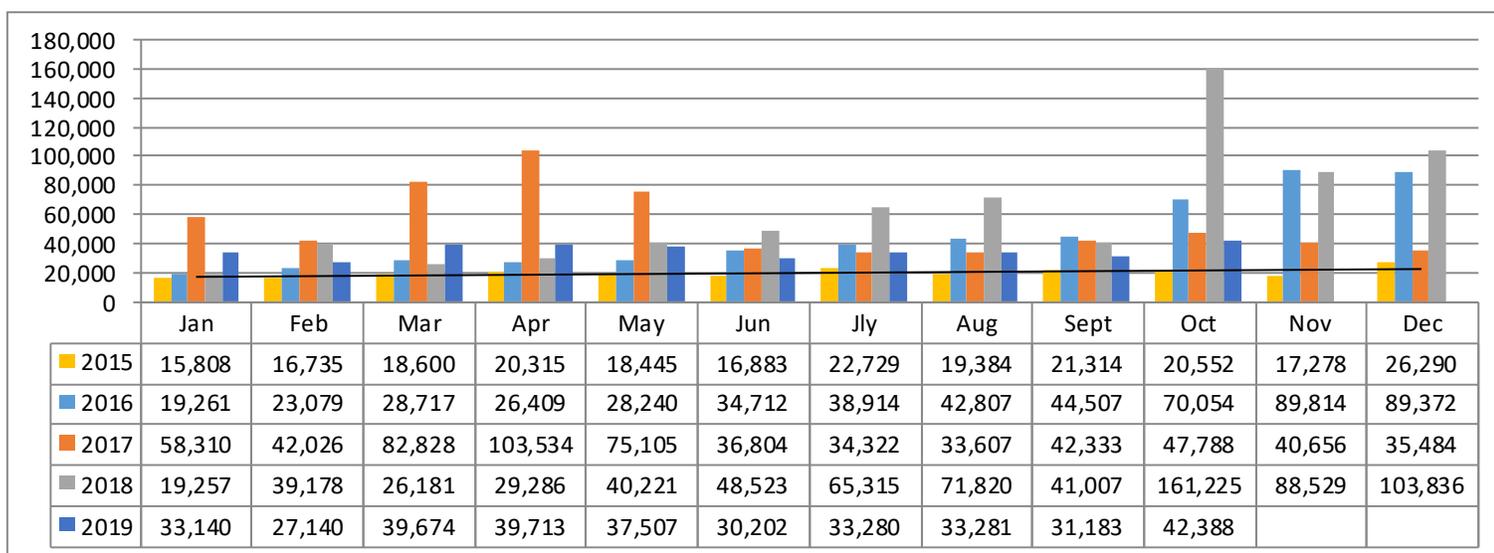
## Congratulations!

Congratulations to Gregory Van Deusen on his recent retirement from the IBEW! Thank you for your 39 years of service!

## 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](http://www.ibew234.org). There is a link under Downloads, Newsletter to the subscribe form or call the Local 234.

## Monthly Hours Report



## Happy December Birthdays!

Amauri Arista  
 John Barber  
 Francisco Barboza  
 Wallace Barnes  
 Julio Beltran  
 William Cannon  
 Sergio Castillo  
 Alex Clayton  
 Andrew Coker  
 Hap Dougherty, Jr  
 Thomas Durham  
 Dorman Evans  
 Arturo Garcia  
 Isaac Garcia  
 Craig Geis  
 Ashley Gibson  
 Joe Goulsby

Paul Gutierrez  
 Miguel Huerta Ponce  
 Charles Hughes  
 David Hurdle  
 Nicholas Jackson  
 Ron Keaton, Jr  
 James King  
 Victor Lepe  
 Luis Lopez  
 Nick Luczak  
 Anthony Moag  
 Donald Moore  
 Apolinar Moreno, Jr  
 Ryan Ochinero  
 Kevin Page  
 Austin Pless  
 John Quirk  
 Ricardo Ramirez Ruiz

Benny Reid  
 Gonzalo Rios  
 Brett Ritchie  
 John Roka  
 Charles Schlesinger  
 Patrick Selfridge  
 Justin Soto  
 Brian Stanley  
 Richard Stone  
 Terry Tatroe  
 Gabriel Torres  
 Tyson Towles  
 Randyn Trybom  
 Chad Vargas  
 Zachary Warner  
 Philip Zobel



# This Month's Local 234 Winners!

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

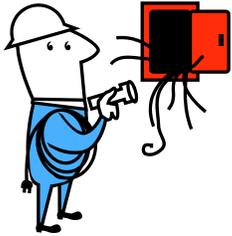
**Voluntary PAC (Political Action Committee):**  
Murray Temple won \$9.00 and donated \$5.00 back.

**Apprentice Give-Away:**  
Joe Sakoda won \$23.40.

**Give-Away Winners:**  
Joe Sakoda won an IBEW tape measure.  
Erik Schappert won an IBEW money clip.  
Kevin Rategan won an IBEW trailer hitch cover.

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

**Wednesday, December 11th, 2019  
@ 6:30 pm**



December 2019

## Quote of the Month

“Even the strongest blizzards start with a single snowflake”  
- Sara Raasch

# December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 Nurse Rasha at the Hall @ 1:00 –6:00 pm	6	7 CPR / First Aid @ 8:00 am
8	9	10	11 Membership Meeting @ 6:30 pm	12	13	14
15	16	17 JATC @ 4:30 pm  Significant Changes Class @ 5:30 pm	18	19 JATC Aptitude Test Deadline	20	21
22	23	24 HOLIDAY Christmas Eve	25 HOLIDAY Christmas	26	27	28
29	30	31 HOLIDAY New Year's Eve				



# International Brotherhood of Electrical Workers Local 234



NONPROFIT ORGANIZATION  
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CASTROVILLE, CA  
PERMIT NO. 410

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(831) 633-JOBS (5627)  
Jobline

### Tri-County Electrical JATC

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

**RETURN SERVICE REQUESTED**



# Happy Holidays!

