



International Brotherhood of Electrical Workers Local 234

IBEW Local 234 Newsletter

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

February 2020

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
Trudi Teller
Ryan Porter
Executive Board

Business Manager's Report by Lamont Adams

Sisters and Brothers,

On the Inside out-of-work list we have 21 on Book 1, 27 on Book 2, 18 on Book 3, and 7 on Book 4. There is 1 on Book 1 for Sound & Comm, 0 on Book 2, 1 on Book 3, and 1 on book 4. There are 0 on CW Book 1 and 5 on CW Book 2. There are 4 Inside apprentices on the out-of-work list.

At the last General Membership meeting, the body voted to select **October 10, 2020** to be the date of our Annual picnic. It will be held at the Buckeye Area of

For your taxes for 2019, the standard deduction for each filing status increased dramatically, meaning far more families will claim the standard deduction rather than choose to itemize. The new standard deductions are:

- \$12,400 for single filers
- \$24,800 for joint filers
- \$12,400 for married filing separately
- \$18,650 for heads of households

The Child Tax Credit offers up to \$2,000 per qualifying dependent child 16 or younger at the end of the calendar year. A \$500 credit is available for dependents who do not get the \$2,000 credit.

The state and local tax deduction (SALT) is now limited to \$10,000 per return (\$5,000 if you are married filing separately). That means you can deduct state and local taxes, including property tax, up to \$10,000 on their return.

Hiring of Registered Nurse Means the Old Nurse Line is Terminated.

The Plan has hired Rasha Anig, a Registered Nurse, to act as the Plan's Patient Advocate for you and your family. You are encouraged to communicate with Rasha if you have questions or concerns. The hope is that with her assistance, along with your physician, that you can make good medical decisions that will result in lower costs for you and the Plan. Nurse Rasha Anig, MSN BSN RN contact information is as follows: email - rasha@ibew234.org; phone - (831) 731-0460; or by fax at (831) 508-9969. As a result, the Nurse Line offered through Anthem Blue Cross is no longer applicable and new Blue Cross ID cards will be sent to all members.

It's 2020 and time for the United States Census. Article 1 Section 2 of the U.S Constitution mandates that the population is counted every 10 years. The Census results help determine how billions of dollars in federal funding flow into states and communities each year. The results also determine how many seats in Congress each state gets. Please make sure you, your family, and your friends are counted. There is a loss of \$20,000 over 10 years per every individual not counted.

Toro County Park on Highway 68 in Salinas. We hope you and your family will be able to join us.

We will be celebrating Local 234's 50th Anniversary celebration on **Saturday, February 29, 2020**. The event will be held at the Monterey Bay Aquarium from 6:00 pm to 10:30 pm. By now you should have received a RSVP in the mail. Active and Retired members are limited to 2 tickets at \$50 each. Additional tickets can be purchased at the full price of \$175. Please RSVP by returning the response cards you received in the mail by **February 14, 2020**. You can also RSVP at www.ibew234.org/50thanniversary. I am looking forward to seeing you all there to help us celebrate our half century of prosperity and resilience, and to honor our members, both past and present.

The IRS has issued the 2020 optional standard mileage rates used to calculate the deductible costs of operating an automobile for business, charitable, medical, or moving purpose. Beginning January 1st, 2020, the standard mileage rates for the use of a vehicle is \$0.58 per mile. Also effective January 1st, 2020, the minimum wage in California is \$12.00 per hour for employers with fewer than 26 employees, and \$13.00 per hour for employers with more than 26.



Prevention With Little Steps by Rasha Aniang

Making Healthy Choices Your New Normal

According to the American Journal of Public Health, “the prevalence of healthy lifestyles across the United States remains very low.”

Most people don’t set out determined to be unhealthy. We all understand that eating healthy and exercising are good things. So, where’s the disconnect? Why is there a large gap between intention and actual behavior?

If you wake up tomorrow morning and proclaim that you intend to eat 10 servings of fruits and vegetables today, what do you think the chances are that you will actually change your normal behavior and do that?

Research shows about 21% follow through on their intentions when it comes to diet changes. Let’s explore four key strategies proven to help bridge the gap between intentions and behavior, and, ultimately, make your normal lifestyle a healthy one!

1. Weigh the Pros and Cons of Change

We may say that we desire to eat healthier, but is it worth it? For someone to truly make a behavior change, the “pros” of change must outweigh the “cons.” Researchers who study behavior change refer to the process of weighing the pros and cons of changing behavior as “decisional balance.”

The decision to make a change is based upon the weight given to the pros (advantages of changing behavior) and the cons (negative aspects of changing behavior; i.e., obstacles to change).

Example:

Changing to a healthy plant-based diet:

PROS	CONS
I would have more energy to play with my kids	I would have to meal plan versus eating Fast Food
I could lose weight and my clothes will fit better	I would have to pack my lunch each day
I may not need my blood pressure medication	I would have to learn how to cook vegetables
I would be a healthy role model for my kids	My kids may complain if I stop buying junk food
I could go on a trip that requires walking a lot	
I would be practicing good bodily stewardship	

So, go ahead! Grab a sheet of paper and a pen and make your own pros and cons list. Are the costs of making a change worth it?

2. Intrinsic Motivation

Motivation is the general desire or willingness of someone to do something. There are two specific driving forces of motivation:

Extrinsic Motivation, which is other determined- coming from outside: “My doctor wants me to walk every morning,” for example.

Intrinsic Motivation, which is self-determined - coming from within: “I want to walk every morning because I enjoy it and I feel better when I do,” for example.

People are much more likely to stay motivated and achieve their goals when they are intrinsically motivated to change. Your goals should be self-determined, tied to your personal values, and part of your own wellness vision.

What motivates you to make healthy behavior changes? Health wise, where would you like to be six months from today?

Look for more strategies in the months to come!

Local 234 Endorsements

March 3, 2020 Election

February 2020

Monterey County Board of Supervisors, District 1
Monterey County Board of Supervisors, District 4
Monterey County Board of Supervisors, District 5

Santa Cruz County Board of Supervisors, District 1
Santa Cruz County Board of Supervisors, District 2
Santa Cruz County Board of Supervisors, District 1
Santa Cruz Councilmembers Chris Krohn and Drew Glover

San Benito County Board of Supervisors, District 1
San Benito County Board of Supervisors, District 2
San Benito County Board of Supervisors, District 5

Replacement Candidates if Recalls Occur
City of Carmel-by-the-Sea Sales Tax
City of Monterey Sales Tax
Aromas-San Juan Unified School District Bond
Cabrillo Community College Bond
San Lorenzo Valley Unified School District Bond
Santa Cruz City Schools Parcel Taxes
Soquel Elementary School District Parcel Tax
City of Santa Cruz creating trustee areas for school board
City of Watsonville Public Safety Sales Tax renewal
City of Scotts Valley Sales Tax

State Assembly District 29
State Assembly District 30
State Senate District 17
Congressional District 18
Congressional District 20
California Proposition 13 on March Ballot

Luis Alejo
Wendy Root Askew
Mary Adams

John Leopold
Zach Friend
Bruce McPherson
NO on the Recalls

Mark Medina
Wayne Norton
Jaime De La Cruz

Katherine Beiers & Tim Fitzmaurice
YES on Measure C
YES on Measure G
YES on Measure M
YES on Measure R
YES on Measure S
YES on Measures T & U
YES on Measure V
YES on Measure X
YES on Measure Y
YES on Measure Z

Mark Stone
Robert Rivas
John Laird
Anna Eshoo
Jimmy Panetta
YES



Tri-County Electrical JATC Training News

(831) 633-3063

CPR/First Aid Certification Class



A **CPR/First Aid class** is scheduled for **Saturday, February 1st from 8am-1pm**. Instructor Merralinda Goddard will be teaching the basics of First Aid and CPR. Call JATC 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.

Foreman Development Series Class

Foreman class, taught by Instructor Stephen Slovacek, is scheduled for **Monday, February 3rd from 5:30-8:30pm and Monday, February 24th 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! The next class is scheduled for **Tuesday, February 18th from 5:30pm—8:30 pm**

You are welcome to attend one class or as many as you like in this series. This is a (3) three hour class.

Congratulations on Completing Class

Significant Changes on 1/21/2020

Ulises Mendoza, Jim Shumaker, and Brian Stanley

OSHA 30 on 1/25/2020

Josh Murray, Alberto Rangel, and James Stanchfield

Foreman Development Series on 1/27/2020

Hector Camacho, Arturo Gonzales, John Greene, Kasey Jeska, Enrique Lara, Manuel Ramos, Josh Stockton, TJ Tatroe, and Juan 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 **February 2020** the JATC has chosen to recognize:

3rd-year: Jacob Taylor

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

February 2020

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.

Christopher Burditt Memorial Scholarship

IBEW Local 234, in partnership with the Burditt Family, is offering **three (3) \$1,000** scholarships to high school graduates – one each in Monterey, Santa Cruz, and San Benito County, who will graduate during the current school year and who meet all qualifying criteria.

To apply, a student must have at least one present or past union member, **of any affiliation**, in his or her immediate family and type an essay of approximately **500 words** on **one** of the following topics:

- What is the International Brotherhood of Electrical Workers and what has it done to enhance organized labor?
- Why is the organized labor movement important in the United States today?
- How has the union movement played a key role in the life and well-being of my family member who **is or was** in a union?

Essays must be typed and mailed with a completed Application Form to:

Christopher Burditt Memorial Scholarship Essay Contest
10300 Merritt Street
Castroville, CA 95012

Entries must be **received by Friday, March 20, 2020**. IBEW Local 234 will judge essays for content, clarity, and originality. Proof that application requirements are fulfilled, including graduation, will be required, as will proof that the winner enrolls in a university, college, junior college, or other institution of higher learning in the summer or fall of **2020**. No essays will be returned. IBEW Local 234 is not responsible for any entries that are not received or are damaged before being received.

The announcement and application form are available for download on our website www.ibew234.org. Please share with any interested students.

IBEW Founders' Scholarship

The IBEW Founders' Scholarship honors the dedicated wiremen and linemen who, on November 28, 1891, organized the International Brotherhood of Electrical Workers. Each year the officers of the IBEW are pleased to offer its working members scholarships on a competitive basis. It is hoped that the awards will not only contribute to the personal development of our members but also steward the electrical industry that our founders envisioned. This award is for \$200 per semester credit hour at any accredited college or university toward an associate's, bachelor's or postgraduate degree in a field that will further the electrical industry overall (as determined by the Founders' Scholarship Administrator). The maximum distribution is \$24,000 per person over a period not to exceed eight years.

The application and rules are available at goo.gl/ZXdST. Applications must be postmarked prior to **May 1st**.

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.

Local 234's 50th Anniversary

We are celebrating our **50th Anniversary with a Gala Event** at the **Monterey Bay Aquarium** on **Saturday, February 29th 2020**. The evening's festivities will include cocktails, a strolling dinner, and entertainment. This evening is about you, our members, and honoring your commitment to IBEW Local 234.

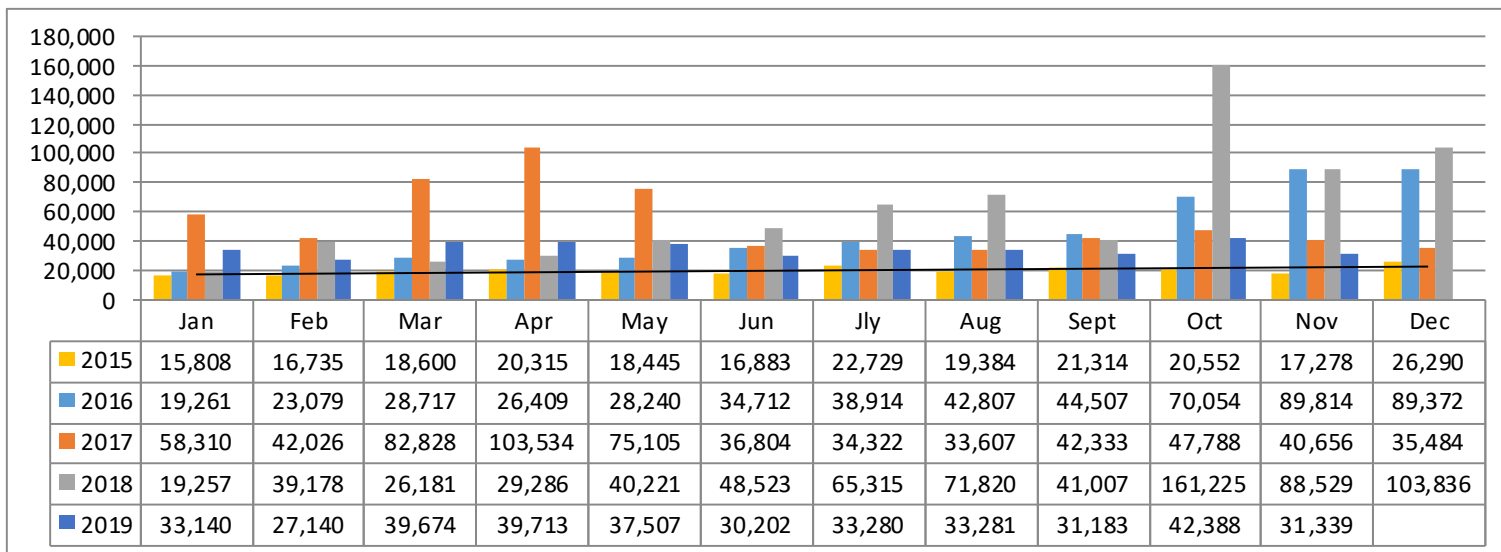
There is also a special room block at nearby hotels for that night.

We hope to see all of you there!

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.

Monthly Hours Report



Happy February Birthdays!

Javod Barnes
James Brown
Stanley Chen
Jeffrey Fichter
Tiah Fields
Ira Franklin
Erik Fritz
Mohammed Garaan
Florencio Garcia
Ivan Garcia Ponce
Michael Gibbs
Richard Giovannoni
Jonathan Goddard
Anthony Grandelli

BJ Heading
William Jackson
Rick Keaton
Paul Laoretti
Eric Mendez
Jorge Mendoza
Ulises Mendoza
Alan Minami
William Moore
Andrew Murray
Joshua Murray
Michael Nickals
Jared Palmer

Steve Rios
Paul Rivas
Gerard Rogers
Keith Rudd
Robert Scardina
Erik Schappert
Carlos Souza
William Stadtmiller
Theodor Teman
Per Trondhjem
Heber Tuazon
Derek Webster
Yolanda White



This Month's Local 234 Winners!

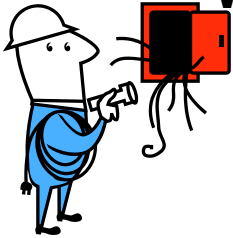
The winners from the **January** union meeting.
Voluntary PAC (Political Action Committee):
 Mike Ihnot won \$9.00.

Apprentice Give-Away:
 Jeff Beers won \$23.40.

Give-Away Winners:
 Jonathan Marquez won an IBEW knife.
 Ronnie Lance won an IBEW Tervis mug.
 Jaime Hernandez won an IBEW money clip.
 Cody Mahler won an IBEW 234 polo.
 Carlos Prado won (2) tickets to the anniversary event.
 Jacob Taylor won (2) tickets to the anniversary event.

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

Wednesday, February 12th, 2020
@ 6:30 pm



Quote of the Month

*"The February
 sunshine
 steeps your
 boughs and
 tints the buds
 and swells the
 leaves within."*
 ~William Bryant

February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 CPR/First Aid Class @ 8:00 am
2	3 Foreman Development Class @ 5:30 pm	4	5	6 Nurse Rasha at the Hall @ 12:00 pm	7	8 Aptitude Testing
9	10	11	12 Membership Meeting @ 6:30 pm	13	14 Valentine's Day	15
16	17 HOLIDAY Presidents Day	18 JATC @ 4:00 pm Significant Changes Class @ 5:30 pm	19	20	21	22
23 End of Pay Period	24 Foreman Development Class @ 5:30 pm	25	26 Executive Board @ 6:00 pm	27	28	29 Anniversary Gala @ 6:00 pm



International Brotherhood of Electrical Workers Local 234



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

IBEW Local 234

10300 Merritt Street
Castroville, CA 95012
www.ibew234.org
(800) 499-4239
(831) 633-2311
(831) 633-0570 fax
thehall@ibew234.org
(831) 633-JOBS (5627)
Jobline

Tri-County Electrical JATC

www.tricountyjatc.org
(831) 633-3063
(831) 633-3068 fax
info@tricountyjatc.org

RETURN SERVICE REQUESTED

