



International Brotherhood of Electrical Workers Local 234

IBEW Local 234 Newsletter

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

March 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 18 on Book 1, 56 on Book 2, 18 on Book 3, and 7 on Book 4. There is 1 on Book 1 for Sound & Comm, 1 on Book 2, 3 on Book 3, and 1 on book 4. There are 1 on CW Book 1 and 6 on CW Book 2. There is 1 Inside apprentices on the out-of-work list.

On March 1, 1970 the members of Local 243 of Salinas and Local 1072 of Monterey united to become Local 234. Through the efforts of our 15 Charter members, providing a strong

foundation for future generations, we celebrate a half century of Local 234. It is only through the hard work of every Brother and Sister, and the encouragement of our industry partners, community and family along the way, that we have been able to grow into who we are today: a Brother—and Sisterhood that represents more than 500 highly skilled and trained electrical workers and a jurisdiction of 5,767 miles across Monterey, San Benito and Santa Cruz Counties. One that has helped shape our communities for decades, has become a leader in green and sustainable energy solutions, and has embarked on one of the largest-scale battery storage projects in the United States at the former Moss Landing Power Plant.

It is my honor to help lead this membership through such an exciting period of its history after being elected Business Manager last year. I consider us all very lucky to have the opportunities we share in an area as beautiful as this one we call home.

It was great to celebrate the past and present of our proud organization at the Monterey Bay Aquarium on February 29th. It was a night to remember. I cannot wait to see what the bright future has in store for our members, apprentices, and many more generations to come. I want to thank our International Vice-President John O'Rourke for attending our celebration. Thank you

to our International Representative and former Business Manager Ken Scherpinski for attending. I don't want to forget to thank Andy Hartmann who had the vision to embark on the gala planning. Thank you all that came out to celebrate the first 50 years of IBEW Local 234.

Paul, Sabyn, and I attended the CSAEW (California State Association of Electrical Workers), held February 24– 26, 2020. We are working hard along side the other California Locals to lobby our Legislators to continue to work on issues that are important to working people. We went to the offices of Senator Anna Caballero, Assembly member Robert Rivas, and Assembly member Mark Stone to talk about the issues that are important to the hard working members of Local 234. We want to ensure that the "New Green Economy" provides high wage Union jobs. Governor Gavin Newsom is putting the housing crisis on top of his list of priorities. International Vice President John O'Rourke is working with him and other industry leaders to move his efforts forward. I encourage everyone to participate in this great democracy. Exercise your rights and VOTE!

On Saturday April 4, 2020 we will be having a Stewards Training class with International Representative Tracy Prezeau from the IBEW Education Department. Our International Representative Ken Scherpinski will also be present. The duties of the steward are very important. A well trained steward can prevent problems from escalating and promote harmony between management and employees. A good steward will fairly and competently enforce the CBA (Collective Bargaining Agreement). Please contact the Hall if you wish to participate in this important training class.

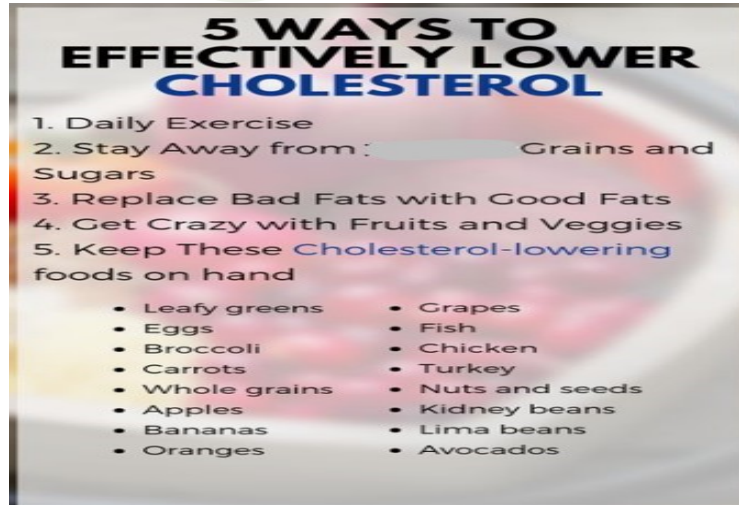
NECA and IBEW Local 234 were recognized in Habitat for Humanity Monterey Bay Newsletter for our continued partnership. Over the past 10 years, the Monterey Bay Chapter of NECA has partnered with the IBEW Local 234 and through the LMCC, has provided in-kind electrical materials and installation in many homes in the Tri-county.

Thank you to the JATC's Test Administrator, Terry (TJ) Tatroe. Brother Tatroe administered the JATC's Aptitude Test on Saturday, February 8th, 15th, and 22nd. Thank you also for our volunteer proctors Mike Ihnot, Enrique Ramos, Carlos Prado, Ricky Rodriguez, and Darien Rosbach.



Prevention With Little Steps by Rasha Aniaq

Heart disease has become the number one cause of death for both men and women in the United States. Some of the primary risk factors include unhealthy eating, sedentary lifestyles, and obesity. Instead of tempting your favorite person with treats that could increase their risk of heart disease, try some of these ideas to treat their heart well:



Similar to the previously mentioned challenges, caring for your loved one's heart shouldn't be just a single day of health, but rather a lifestyle of health. The most common risk factors for heart disease are related to our lifestyle. Thinking about heart health in March is a terrific opportunity to begin heart healthy habits. There are many ways we can significantly decrease our risk for heart disease through lifestyle changes.

As you may have guessed, your nutritional intake is one of the major ways you can reduce your risk of heart disease. All around the world, the populations with the lowest rates of heart disease follow a primarily plant-based eating pattern. While these eating patterns are diverse and reflect each culture, they all revolve around plant foods in many combinations, but particularly including legumes. Try incorporating beans, peas, or lentils in your Valentine's Day meals. Beans can even be a delicious part of a Valentine's dessert such as [these brownies](#).

Hydration is an additional dietary factor that is important for heart health. Dehydration increases stress on the heart by decreasing blood volume, forcing the heart to beat faster in an effort to compensate for the lower volume. Drinking plenty of water throughout the day helps manage blood pressure, reducing stress on the heart. If plain water becomes boring, try infusing your water with fruits and vegetables such as berries, cucumbers, or mint.

Another way to reduce your risk of heart disease is by having an active lifestyle. Yes, exercising! While many groan at the idea of exercising for the sake of exercise, it doesn't need to be that dull. Simply being more active throughout your day can reduce heart disease risk. Think about ways you could be a little more active during your waking hours.

Simple things like taking the stairs, parking further away from the store or your office, taking a walk instead of watching another TV episode, riding your bike instead of driving, or taking your kids to a park instead of playing video games. The ways to be more active while still accomplishing your to-do list are nearly endless.

Consider [using a wearable](#) or an app to tangibly track your activity. With these devices you can see your success, set goals to beat your personal bests, or earn in app badges!

Possibly a more interesting way to stay active is to play games or sports. An active lifestyle doesn't have to be monotonous; it can be fun as well as reduce heart disease risk. Join a local recreational league or [engage your family](#) or friends in sports on a regular basis. This type of activity is often more enjoyable for those that do not enjoy exercising simply because they are supposed to for their health.

Discuss your favorite ways to care for your heart with your loved ones and make a plan to keep your heart healthy all year long!

Local 234 Endorsements

March 3, 2020 Election

March 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, March 14th 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, March 9th from 5:30-8:30pm, Monday, March 16th from 5:30-8:30pm and Monday, March 23rd 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. Please reserve your space with the JATC —these classes are no longer drop-in. If they do not have enough participation per class, the class will be cancelled.

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, March 17th 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

Foreman Development Series on 2/3/2020

Arturo Gonzales, Kasey Jeska, Manuel Ramos, Josh Stockton, Hector Camacho, Juan Vargas, John Greene, TJ Tatroe, Bryon Borchard, and Lance Van Der Linden

Foreman Development Series on 2/24/2020

Arturo Gonzales, Manuel Ramos, Josh Stockton, Hector Camacho, Juan Vargas, Bryon Borchard, Lance Van Der Linden, and Jacob Taylor

Significant Changes on 2/28/2020

Mark Hiura and Jim Shumaker

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 **March 2020** the JATC has chosen to recognize:

4th-year: Enrique Ramos

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

March 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.

Our Condolences

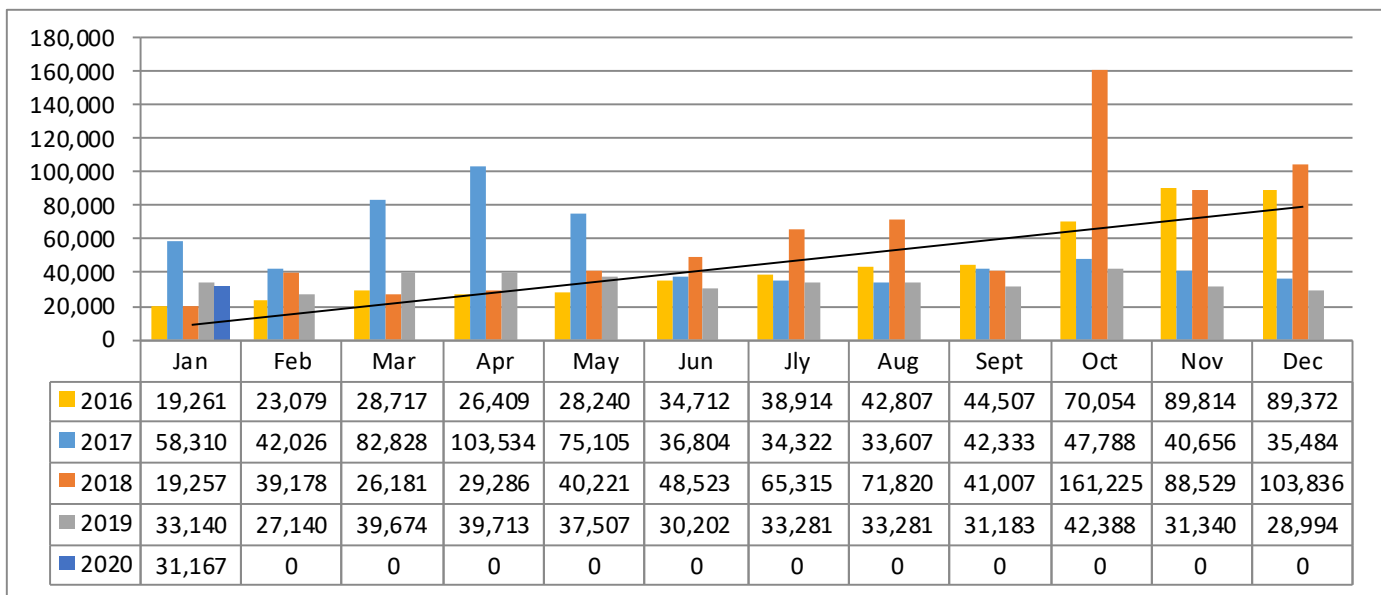
Brother Lawrence Mellick passed away on 2/10/2020. He was an IBEW member for 59 years. He was 80 years old. Our thoughts are with his family.

Brother Stephen Christensen passed away on 2/29/2020. He was an IBEW member for 24 years. He was 45 years old. Our thoughts are with his family .

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 March Birthdays!

Lyle Abraham Jr
Juan Arguelles
Stanley Arnbrister
William Beauchamp
Skyler Blean
Mark Breeding
Thomas Connors
Christopher Contreras
Patrick Cotter
James Crabtree
Anthony Davis
Willie Dietz
Erik Dybdahl
Robert Earl

Gilberto Espindola
Peggy Evans
Bryce Fuller
Leonard Gentry
Heath Guaracha
Robert Heitz
Kyle Hirayama
Michael Holcroft
Florentino Lozano
Leonard Lucero
Cody Mahler
Michael Martinez
Mark Maschmeyer
Alejandro Murguia

James Myers
Luiz Perez
Leslie Rains
Reginaldo Ramirez
Juan Rodriguez
Ruben Rodriguez
Ricardo Rubio
Hermilo Ruiz
Kenneth Scherpinski
Aaron Selbicky
Marvin Swaites
Manuel Valdez



This Month's Local 234 Winners!

The winners from the **February** union meeting.
Voluntary PAC (Political Action Committee):
 Ronnie Lance won \$9.00.

Apprentice Give-Away:
 Kevin Rategan won \$23.40.

Give-Away Winners:
 Kevin Rategan won an IBEW t-shirt.
 Cody Mahler won an IBEW Local 134 t-shirt.
 Jeff Beers won an IBEW Local 520 t-shirt and donated it to
 Jonathan Marquez.

March 2020

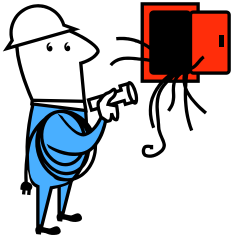
Quote of the Month

“Only those with
 tenacity can
 march forward
 in March”

— Ernest Agyemang
 Yeboah

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

Wednesday, March 11th, 2020
@ 6:30 pm



March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 Nurse Rasha at the Union Hall 12:00 pm	6	7
8 Daylight Savings	9 Foreman Development class @ 5:30 pm	10	11 Membership Meeting @ 6:30 pm Member Orientation 5:00	12	13	14 CPR/First Aid @8:00 am
15	16 Foreman Development class @ 5:30 pm	17 JATC Meeting @ 4:00 pm Significant Changes class @ 5:30 pm	18	19	20	21
22	23 Foreman Development class @ 5:30 pm	24	25 Executive Board Meeting @ 6:00 pm	26	27	28
29	30	31				



International Brotherhood of Electrical Workers Local 234



NONPROFIT ORGANIZATION
IBEW LOCAL 234
U.S. POSTAGE PAID
CASTROVILLE, CA
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Job line

Tri-County Electrical JATC

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RETURN SERVICE REQUESTED

