

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 2021

## 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 16 on Book 1, 39 on Book 2, 10 on Book 3, and 6 on Book 4. There is 1 on Book 1 for Sound & Comm, 1 on Book 2, 1 on Book 3, and 0 on book 4. There are 2 on CW Book 1 and 3 on CW Book 2. There are 3 Inside apprentice on the out-of-work list.

COVID-19 has changed us in ways we could not have imagined. One year ago we were planning our 50th anniversary. We celebrated the great history and

sacrifices of the men and women who formed Local 234. Although many of our plans and way of life has changed, we remain a strong and united family.

I am happy to report that we achieved over 450,000 work hours for the Inside Agreement for 2020. This represents an increase of over 50,000 work hours from 2019. The essential work of our members continues in the face of this awful pandemic. It is our members that lead the way and ensure our jobsites remain safe and productive..

The IBEW Sound & Communications Health and Welfare Program has partnered with BaySport to provide wellness services to Sound & Communication members, retirees, and benefited family members over 18. The Wellness program has announced their "Healthy Lifestyle Challenge 2021." The focus of this program is to help participants incorporate new habits that lead to an overall healthier lifestyle and improve wellness. This program is designed for individuals interested in taking steps towards achieving and/or maintaining a healthy weight and improving overall health through new behaviors. This challenge is an excellent opportunity to get healthy and earn some money. The Healthy Lifestyle challenge is from February 7th through May 2nd. To register and for more information about the challenge, please contact Denise Brown at [denise.brown@baysport.com](mailto:denise.brown@baysport.com).

The latest federal COVID-19 relief measure passed in December 2020 did not include an extension of the "Emergency Paid Sick Leave Act." Employers are no longer required to provide up to 80 hour of paid sick and family leave under the Families First Coronavirus Relief Act (FFCRA). The new CAL/OSHA Covid-19 Emergency Temporary Standards (ETS) requires employers to "continue and maintain an employee's earnings, seniority, and all other employee rights and benefits." So if you are exposed to COVID-19 on the jobsite a contractor must continue to provide your pay and benefits while in quarantine.

The next Aptitude Test scheduled for February 20th and 27th has been postponed. The new more contagious strains of COVID-19 spreading across the country is a big concern of the JATC. Please ask those individuals interested in entering the apprenticeship to check the JATC website, [www.tricountyjatc.org](http://www.tricountyjatc.org) for updates. The JATC is also looking for new instructors. If you are interested in sharing your experience and knowledge with our present and future apprentices contact Lamont Adams at (831) 731-0927.

The three-year Inside Agreement is set to expire on **May 31, 2021**. Negotiations will be starting soon with the Monterey Bay California Chapter of NECA. If you have questions, suggestions, or concerns regarding negotiations, please contact me. A survey via Mailchimp e-mail will be coming to you soon.

Once again it's tax season. The Local will not be mailing out the Statement of Dues and Assessments paid in 2020 in a mass mailing. We are happy to mail or email your statement to you upon request. Please feel free to contact the Hall by telephone or email if you would like to receive your statement.

Remember to celebrate Valentine's day on Sunday, February 14th. **Monday, February 15th** is President's Day and is a **Holiday** for the Inside, S&C, and CECW's. Enjoy the three-day weekend.



# Prevention With Little Steps by Rasha Aniaq



Since the month of February is the month of Valentine’s Day and filled with hearts, let us focus on heart health.

The heart is like the engine in the car. It pumps fuel and nutrients to vital organs from Head to toe. It all starts with an electrical impulse at the AV node, which controls the rhythm of the heart. The AV node receives the automated signal from the brain, building the action potential. This is similar to how a wave swells up before it curls and crashes to shore.

The heart is also a symbol of emotional and physical health.

Committing to activities that make us feel good in our hearts is another way of exercising health.

Whether it is calling someone you haven't spoken to, or relieving stress by engaging in intense cardio, the heart plays an important part in our emotional, physical, and spiritual health.

Cell: 831-731-0460  
rasha@ibew234.org

**EAT RED** for American Heart Month

While red meat can increase your risk of cardiovascular disease, there are tons of red plant foods that'll keep your heart healthy!

	<b>Tart Cherries</b> NUTRIENT: Vitamin A	One cup of tart cherries has 39% of your daily vitamin A.
	<b>Tomatoes</b> NUTRIENT: Lycopene	Tomatoes are high in lycopene, a powerful antioxidant.
	<b>Red Lentils</b> NUTRIENT: Protein	Just one cup of red lentils has 18 grams of protein.
	<b>Beets</b> NUTRIENT: Betaine	Beets contain betaine, a compound seen to protect blood vessels from artery-clogging plaque.
	<b>Strawberries</b> NUTRIENT: Vitamin C	One cup of whole strawberries provides 141% of your vitamin C intake.
	<b>Kidney Beans</b> NUTRIENT: Fiber	You can get 44% of your daily amount of fiber with one cup of kidney beans.
	<b>Red Potatoes</b> NUTRIENTS: B-6 & Potassium	Get 30% of your daily B-6 and 46% potassium in a single, large red potato.

# Christopher Burditt Memorial Scholarship

February 2021

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 19, 2021**. 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 **2021**. 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.

## February Is Black History Month

Black History Month, or National African American History Month, is an annual celebration of achievements by black Americans and a time for recognizing the central role of African Americans in U.S. history. The effort to create the commemoration began in 1915. Harvard-trained historian Carter G. Woodson and the prominent minister Jesse E. Moorland founded the Association for the Study of Negro Life and History (ASNLH), an organization dedicated to researching and promoting achievements by black Americans and other peoples of African descent. Known today as the Association for the Study of African American Life and History (ASALH), the group sponsored a national Negro History week in 1926, choosing the second week of February to coincide with the birthdays of Abraham Lincoln and Frederick Douglas.

In the decades that followed, mayors of cities across the country began issuing yearly proclamations recognizing Negro History week. By the late 1960s Negro History Week had evolved into Black History Month on many college campuses. President Gerald Ford officially recognized Black History Month in 1976, calling upon the public to “seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history.”

## Volunteer to Help Build Your Community

Habitat for Humanity Santa Cruz County is starting its newest affordable housing project. Located at 2340 Harper Street in Santa Cruz's Live Oak neighborhood, Rodeo Creek Court will be 11 homes built as 5 two-story duplexes and one ADA-accessible single-story home. Our LMCC has sponsored John Craft of Craft Electric Company to install the electrical for the first home Habitat is building. If you are interested and available to volunteer anytime on Saturdays 8am-5pm contact Lamont Adams at (831) 731-0927.

## 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**.

If you would like to move from a paper newsletter to a digital one, please call the Local at 831-633-2311 and we would be happy to change it for you.

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# Tri-County Electrical JATC Training News

(831) 633-3063

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## 2017 NEC Significant Changes Class and CPR / First Aid

**Significant Changes to the 2017 NEC: February 9, 2021** 5:30pm-8:30pm with instructor David Martinez

**CPR/ First Aid: Please contact Stacy regarding information on March's CPR class**

Part 1- Online Coursework is to be completed first: link to online course provided by the instructor via email.

Part 2- In-Person Practical is to be held in March 2021: available only to those who complete the online coursework. You will receive an appointment time to attend your hands-on practical. Mask are required but not provided.

Please contact Stacy (JATC) to sign up for the online course at (831) 741-9069 or [stacy@tricityjetc.org](mailto:stacy@tricityjetc.org) Note that once you are signed up with a link to online course—the course is paid for. If you do not complete the course by the deadline, you will be billed for the cost of the course.

## Congratulations on Completing Class

**Significant Changes to the 2017 NEC**

**1/19/2021:**

Lloyd Eads, Jorge Mendoza, Ulises Mendoza, Jim Shumaker, Steve Gamez, Justin Anderson, Manuel Garcia, Randy Evans, Will Nunes, Juan Vargas, Ralph Yniguez, and James Stanchfield

**CPR/ First Aid:**

**1/9/2021:**

Lamont Adams, John Barber, Matt Craddock, Nick Jackson, David Martinez, Jose Melgarejo, Robert Meloney, Josh Murray, Maxwell Schnittger, Stephen Slovacek

## Members: New Forms Available

**We are excited to announce a new way to sign the books.**

Since the office is closed to the public due to Covid-19 we have created an easy and quick way to get back on the books if you have been laid off. The link below will bring you to the member forms page. Here you are able to fill out the Sign-In form (Form B) straight from your phone.

Other forms available are the Information Form (Form A): You may use this if you would like to update your profile: new address, new cell, new email, etc.

Member Upload (Form D): This area is for you to upload any new certifications you have received. Renewed State Certification, CPR, or any other certificate you have received.

<https://ibew234.org/member-forms/>

## COVID

### FAQ's on Coronavirus:

[https://www.cdc.gov/coronavirus/2019-ncov/faq.html?utm\\_source=leaderupdate&utm\\_medium=email&utm\\_campaign=04-09-20](https://www.cdc.gov/coronavirus/2019-ncov/faq.html?utm_source=leaderupdate&utm_medium=email&utm_campaign=04-09-20)

**AFL-CIO Coronavirus (COVID-19) Resource Page** The AFL-CIO has compiled a **Coronavirus (COVID-19) pandemic resource page** with valuable information and updates. In addition, please check out **your union's website** as they may have additional information and resources.

### Local 234 Health & Welfare Link

<https://www.ourbenefitoffice.com/IBEW234/Benefits/HealthcareDocuments.aspx>

### Protecting Your Mental Health and Grief Counseling During COVID-19

The **Peer-Run Warm Line (1-855-845-7415)** is a non-emergency resource for anyone in California seeking emotional support. They provide assistance via phone and webchat on a nondiscriminatory basis to anyone in need.

<https://211montereycounty.org/>

**State of California Updates** <https://covid19.ca.gov/>

**Free COVID-19 testing now underway on the Central Coast** All tests are by appointment only.

To make an appointment, call 1-888-634-1123  
or visit <https://lhi.care/covidtesting>.

**United States Department of Labor** This webpage provides information for workers and employers about the evolving coronavirus pandemic. The information includes links to interim guidance and other resources for preventing exposures to, and infection with, the novel coronavirus—officially named SARS-CoV-2, which causes the Coronavirus Disease 2019 (COVID-19).

<https://www.osha.gov/SLTC/covid-19/>

## 2020 Tax Statements

The Union Hall will not be mailing out the Statement of Dues and Assessments paid in 2020 in a mass mailing. We are happy to mail or e-mail your statement to you upon request.

Please feel free to contact Local 234 at :

(831) 633-2311

or via e-mail at: [thehall@ibew234.org](mailto:thehall@ibew234.org)

If you would like to receive your statement.

## Members only Online Access to Pay Dues

You may access your online profile at <https://m.gotomyunion.com>. Or download the **ISAQR** app at

**Apple Store:** <https://goo.gl/GxYXtk>

**Google Play:** <https://goo.gl/LqvSt7>

Please contact the office if you need your individual username and password again.  
831-633-2311

## New Merchandise

Curbside pick up is now available! Just call ahead to order and pay and then swing by to grab your new merchandise!

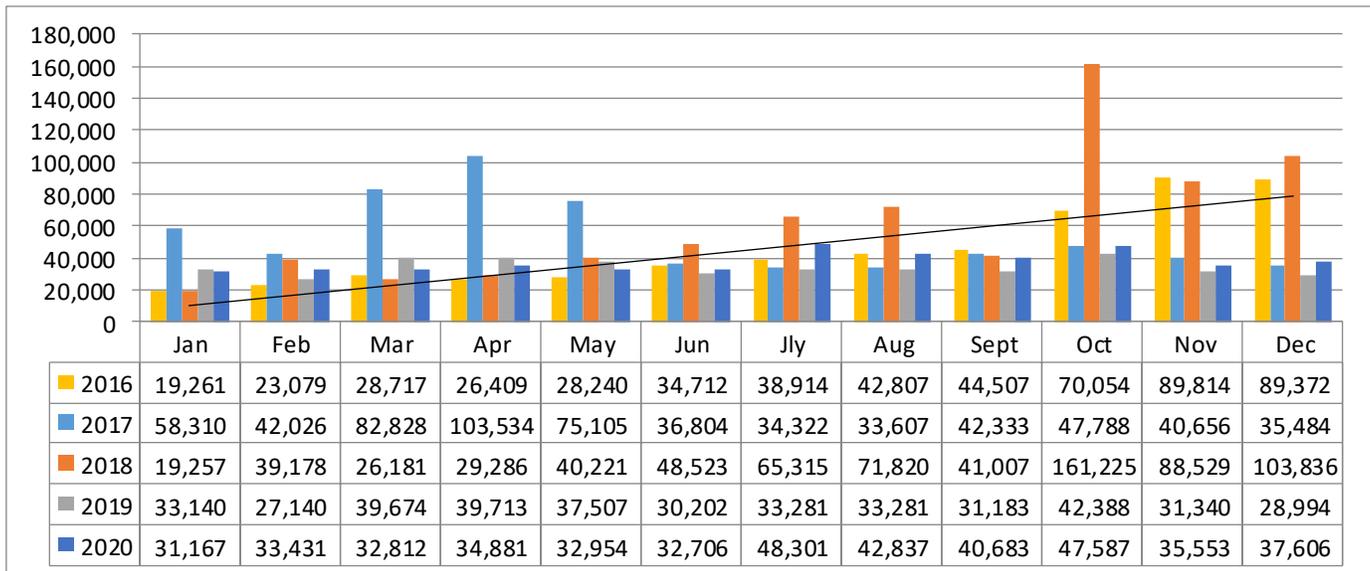
The Hall now is able to ship merchandise. Shipping costs vary from \$11.00 up to \$25.00. Feel free to contact the union hall office at 831-633-2311 to inquire about purchasing your merchandise over the phone.

## OUR CONDOLENCES:

**Jose Martinez** passed **January 14, 2021**. He was a 20 year member.

**Douglas Landis** passed on **January 30, 2021**. He was a 51 year member.

## Monthly Hours Report



## Happy February Birthdays!

James Brown  
Stanley Chen  
Jeffrey Fichter  
Ira Franklin  
Erik Fritz  
Mohammed Garaan  
Florencio Garcia  
Ivan Garcia Ponce  
Richard Giovannoni  
Jonathan Goddard  
Anthony Grandelli  
Bj Heading

Rick Keaton  
Paul Laoretti  
Jorge Mendoza  
Ulises Mendoza  
Alan Minami  
William Moore  
Kirk Morrison  
Andrew Murray  
Joshua Murray  
Michael Nickals  
Jared Palmer  
Richard Regier

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



# This Month's Local 234 Winners!

**There was no General Membership meeting in December.**

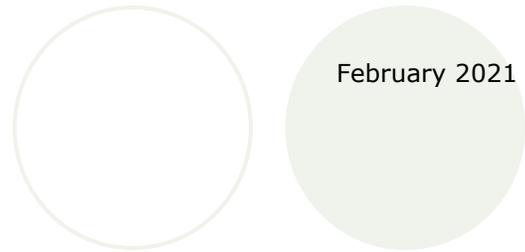
**Voluntary PAC (Political Action Committee):**

**Apprentice Give-Away: Michael Steel**  
3rd Year won \$23.40

**Give-Away Winners: N/A**

**Milwaukee Student of the month for February:  
Darien Rosbach—3rd Year**

General membership meetings are the second Wednesday of each month. The next general membership meeting has been canceled:

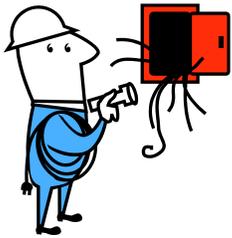


February 2021

## Quote of the Month

*“Change will not come if we wait for some other person or some other time. We are the ones we’ve been waiting for. We are the change that we seek”*

~Barack Obama



# February 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10 General Body Meeting @6:30 PM	11	12	13
14 Valentine's Day 	15 HOLIDAY President's Day	16	17	18	19	20
21	22	23	24 Executive Board Meeting @ 6:00 PM	25	26	27
28						



# International Brotherhood of Electrical Workers Local 234



NONPROFIT ORGANIZATION  
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CASTROVILLE, CA  
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Job line

**Tri-County Electrical  
JATC**  
[www.tricountyjatc.org](http://www.tricountyjatc.org)  
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**RETURN SERVICE REQUESTED**

