



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 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, 25 on Book 2, 14 on Book 3, and 4 on Book 4. There are 2 on Book 1 for Sound & Comm, 0 on Book 2, 0 on Book 3, and 0 on book 4. There are 0 on CW Book 1 and 2 on CW Book 2. There are 3 Inside apprentice on the out-of-work list.

I hope that you and your family are healthy and well. The month of March marks one year since the beginning of the COVID-19 pandemic. We have been on the job, as

essential workers, building and maintaining critical buildings and infrastructure. It's the work of IBEW Sisters and Brothers that keep our communications and power flowing. I hope that our sacrifices and hard work are rewarded when things return to normal. Please continue to wear your mask and practice social distancing to help maintain safety at our jobs.

Our President, Joe Biden, is proving to be a friend to Labor. For the first time in 50 years, the Department of Labor will be headed by a dues-paying, card carrying union member: Boston Mayor Marty Walsh. He has also selected one of our own to be a part of his team. International President, Lonnie Stephenson, has been chosen to sit on Biden's Climate Advisory Council. We congratulate President Stephenson and know he will make us proud.

President Biden also took action to protect working families by removing Peter Robb as National Labor Relations Board (NLRB) general council. Peter Robb is a union-busting lawyer by trade and has mounted attacks for more than three years on worker's rights to organize and engage in collective bargaining. His removal is just one step towards giving working people a fair shot again. Please take a look at President Biden's video by using this YouTube link: <https://youtu.be/QngYDkixP30>

We are proud that the world's largest battery energy storage system is being constructed in our backyard and by our members. This puts a huge spotlight on our community and Local 234. Let's remember the IBEW Code of Excellence:

Come to work on time, fit for duty, and ready to work.

Obey recognized customer and employer work rules.

Demonstrate zero tolerance for alcohol and substance abuse.

Exercise proper safety, health and sanitation practices.

Own up to "8 for 8"

Follow safe, reasonable and legitimate management directives.

Encourage respect for customer's rights and property, as well as for others on the job.

exercise the skills and abilities of the trade.

Care for tools and equipment provided by the employer.

Eliminate waste and other forms of property destruction, including graffiti.

Limit lunch and break times to allocated periods

Leave inappropriate behavior to those of lesser knowledge.

Employ the proper tool for the job and maintain personal tool responsibilities.

Not solicit funds or sell merchandise without the Business Manager's approval.

Curtail idle time or pursuit of personal business during work hours, including cell phone use.

Expel job disruptions and refuse to engage in slowdowns or activities designed to extend the job or create overtime or any other conduct that would cast the IBEW in bad light.

The month of March is Women's History Month, which grew out of a week long celebration of women's contributions to culture, history and society organized by the school district of Sonoma, California, in 1978. We recognize and thank all of the women in Local 234's family. Their continued contributions are immeasurable.

Happy Anniversary to Local 234. The Local turns 51 on March 1st. It was chartered on March 1, 1970.

Prevention With Little Steps by Rasha Aniaq



Happy New Lunar Year! A new start in orbit means hitting that reset button and re-energize. Use this energy to break free of old habits which have been detrimental to you in 2021 so far. Here are some tips to get you started.

Emotional health- 2020 was a heavy hitter to our emotional health. To many, it was a stressful year. However, it was a good year for self-reflection. Many were stressed due to loss, grief, and confinement from the shelter in place. The best counter agent to stress is coping mechanisms. A coping style is a typical manner of confronting a stressful situation and dealing with it. According to Endler, (1997), here are three basic coping styles: task-oriented, emotion-oriented, and avoidance-oriented. For further info please visit: <https://www.sciencedirect.com/topics/medicine-and-dentistry/coping-strategies>

Physical Health- Our backs are the most neglected parts of our body. It is the electric circuit to the functionality of our organs. Here are some simple exercises one can practice at the time we arise and before we go to bed.

Doing exercises to strengthen the lower back can help alleviate and prevent lower back pain. It can also strengthen the core, leg, and arm muscles.

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According to researchers, exercise also increases blood flow to the lower back area, which may reduce stiffness and speed up the healing process.

1. Bridges

Bridges work a person's gluteus maximus, which is the large muscle of the buttocks. People engage this muscle when they move their hips, particularly when they bend into a squat.

The gluteus maximus is one of the most important muscles in the body, and keeping it strong can help support the lower back.

To perform a bridge:

Lie on the ground and bend the knees, placing the feet flat on the floor hip-width apart.

Press the feet into the floor, keeping the arms by the sides.

Raise the buttocks off the ground until the body forms a straight line from the shoulders to the knees.

Squeeze the buttocks with the shoulders remaining on the floor.

Lower the buttocks to the ground and rest for a few seconds.

Repeat 15 times and then rest for 1 minute.

Do 3 sets of 15 repetitions.

2. Knee-to-chest stretches

Doing a knee-to-chest stretch can help elongate the lower back, relieving tension and pain.

To perform the knee-to-chest stretch:

Lie on the back on the floor.

Bend the knees, keeping both feet flat on the floor.

Use both hands to pull one knee in toward the chest.

Hold the knee against the chest for 5 seconds, keeping the abdominals tight and pressing the spine into the floor.

Return to the starting position.

Repeat with the opposite leg.

Repeat with each leg 2-3 times twice a day.

3. Lower back rotational stretches

The lower back rotational stretch can help relieve tension in the lower back and trunk. It also gently works the core muscles to improve stability.

To perform the lower back rotational stretch:

Lie back on the floor with bent knees and feet flat on the ground.

Keeping the shoulders firmly on the floor, gently roll both bent knees over to one side.

Hold the position for 5-10 seconds.

Return to the starting position.

Gently roll the bent knees over to the opposite side, hold, and then return to the starting position.

Repeat 2-3 times on each side twice a day.

Spiritual Health- Faith can take us beyond our capabilities. Whether it is being still and concentrating on breath, hymns, or prayer. Having faith according to researchers can speed up the healing process from within. For more info please visit: <https://www.amazon.com/Healing-Within-Life-Changing-Spiritual-Healthy/dp/1942125186>

Find joy, send good intentions, and march back to your optimal self.

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 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.

Volunteer to Help Build Your Community

Habitat for Humanity Santa Cruz County is starting it's 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.

Tri-County Electrical JATC Training News

(831) 633-3063

2017 NEC Significant Changes Class and CPR / First Aid

Significant Changes to the 2017 NEC: March 16, 2021 5:30pm-8:30pm with instructor David Martinez

CPR/ First Aid:

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 io March 27th 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@tricountyjatc.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

2/16/2021:

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

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.

Monthly Re-Sign (Form E): You can submit form E to do your monthly resign after the 10th of each month.

<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

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

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!

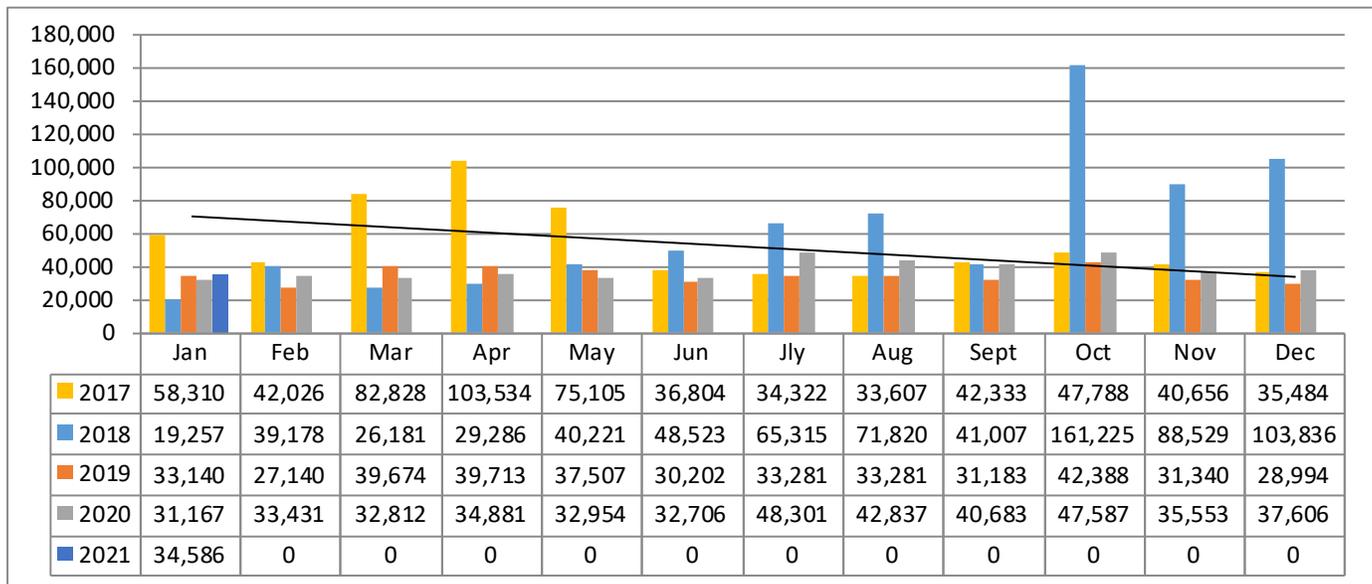
The Hall now is able to ship merchandise. Shipping costs vary from \$11.00 up to \$25.00. Feel free to contact the union hall office at 831-633-2311 to inquire about purchasing your merchandise over the phone.

Congratulations:

Our congratulations to Jacob and Laura Taylor on the birth of their son, David C. Taylor, born January 21, 2021



Monthly Hours Report



Happy March Birthdays!

Lyle Abraham, Jr.
Uriel Alvarado-Solorio, Jr.
Juan Arguelles-Hernandez
William Beauchamp
Skyler Blean
Mark Breeding
Thomas Connors
Patrick Cotter
James Crabtree
Anthony Davis
Willie Dietz

Erik Dybdahl
Gilberto Espindola
Peggy Evans
Bryce Fuller
Heath Guaracha
Robert Heitz
Kyle Hirayama
Michael Holcroft
Florentino Lozano
Cody Mahler
Michael Martinez

Mark Maschmeyer
Alejandro Murguia
Alfredo Nicolosi
Reginaldo Ramirez
Juan Rodriguez
Ruben Rodriguez
Ricardo Rubio
Hermilo Ruiz
Kenneth Scherpinski
Aaron Selbicky
Manuel Valdez



This Month's Local 234 Winners!

There was no General Membership meeting in February.

Voluntary PAC (Political Action Committee):

Apprentice Give-Away: Skyler Blean
3rd Year won \$23.40

Give-Away Winners: N/A

Milwaukee Student of the month for March: Gilberto Contreras —2nd Year

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

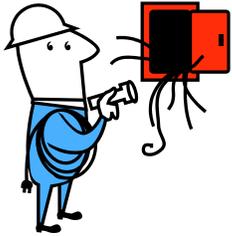
March 2021

Quote of the Month

“May the road rise up to meet you.

May the wind be always at your back...”

~Irish Blessing



March 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 Daylight Savings Time begins	15	16 St. Urho's Day	17 St. Patrick's Day 	18	19	20 SPRING
21	22	23	24 Executive Board Meeting @ 6:00 PM	25	26	27
28						



International Brotherhood of Electrical Workers Local 234



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

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(831) 633-2311
(831) 633-0570 fax
thehall@ibew234.org
(831) 633-JOBS (5627)
Job line

Tri-County Electrical JATC

www.tricountyjatc.org
info@tricountyjatc.org

RETURN SERVICE REQUESTED

