



International Brotherhood of Electrical Workers Local 234

# IBEW Local 234 Newsletter

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

July 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 34 on Book 1, 23 on Book 2, 16 on Book 3, and 10 on Book 4. There are 2 on Book 1 for Sound & Comm, 5 on Book 2, 1 on Book 3, and 0 on book 4. There is 1 on CW Book 1 and 1 on CW Book 2. There are 3 Inside apprentice on the out-of-work list.

I know all of you have noticed the increase in traffic lately. On **June 15, 2021**, Governor Gavin Newsom terminated the executive orders that put in place the

community and represent Local 234. Diamond Technology Institute in Watsonville has a mentoring program that provides opportunities for adults to make a valuable difference in the lives of students. There are opportunities to participate in the upcoming school year career fairs. We continue to provide labor for Habitat for Humanity. You could also share you knowledge and help our JATC by becoming an instructor. Being a Union members requires community engagement and participation. If you have more ideas to share or would like to volunteer for any of our efforts please call the Hall at 831-633-2311.

There is an Aptitude Test scheduled for **Saturday, August 7, 2021** and **August 21, 2021** with our Test Administrator TJ Tatroe. The deadline to apply is **Friday July 2, 2021**. Applications to apply to the Inside or S&C apprenticeship can be found on the JATC website. Visit [tricityjtc.org](http://tricityjtc.org) for more details. Look for the Application Announcement.

Contact Lamont Adams (831-731-0927) or Stacy Rubalcava ([info@tricityjtc.org](mailto:info@tricityjtc.org)) at the JATC if you are able to volunteer for either a morning session, afternoon session, or both on **Saturday, August 7th** or **21st**. Three proctors are needed for each session.

In last months Newsletter I made an error in my announcement of the JATC 2021 graduates. Please help me congratulate graduating apprentice Luis Lopez also.

The fourth of July is a Holiday for the Inside, S&C, and CECWs. This year the Holiday falls on a Sunday and shall be observed Monday, **July 5, 2021**. Happy Fourth of July and Independence Day! Because the Holiday is on Monday our new Inside Agreement gives contractors until end of day Thursday to get you your paycheck.

**Stay at Home Order** and the **Blueprint for a Safer Economy**. The state will now only have limited restrictions related to mega-events and settings for children under 12. As the community opens back up, please remember to protect yourself and others. Get vaccinated and continue to take steps to manage your health and risk.

The Occupational Safety and Health Standards Board also voted to revise COVID-19 Prevention Emergency Temporary Standards. Employers are allowed to relax mask requirements for vaccinated members. Fully vaccinated members are allowed to be maskless indoors and mask requirements are lifted for all outdoors. Members who have not been vaccinated, or refuse to share their status, must continue to wear mask indoors. Many of the worker-protective features of the original ETS remain in place, including the requirement for exclusion pay, notification to the employees and the union of potential exposures, and requirements for responding to outbreaks.

*"For of those to whom much is given much is required"* J.F. Kennedy. If you have heard that line of wisdom, you know it means if we have been given things like talent, wealth, knowledge and time, it is expected that we use them to benefit others. For those members who feel this way there are opportunities to give back to our



# Prevention With Little Steps by Rasha Ania

## The Importance of Having a Primary Care Doctor



Cell: 831-731-0460

[rasha@ibew234.org](mailto:rasha@ibew234.org)

Primary care providers manage day-to-day health needs. A long-term relationship with a PCP keeps you healthier and lowers medical costs. A PCP can teach you ways to stay healthy, treat you when you're sick and help you get more advanced care when you need it. Finding the right PCP for you takes time but improves your well-being in the long run.

### What is a primary care provider?

A primary care provider (or PCP) is a healthcare professional who helps you manage your health. He or she is the first person you talk to when you have any medical problem that is not an emergency. PCPs are usually doctors, sometimes called primary care physicians. However, some nurses and physician assistants also provide primary care.

### What does a primary care provider do?

A primary care provider will have a long-term relationship with you, helping you stay healthy or get better when you're sick. Your PCP will be your partner, sharing the responsibility for your physical and mental health and wellbeing.

Primary care providers are also called general practitioners because they cover all types of everyday health concerns. Your PCP can answer questions about infections, chronic conditions, or medicines. With regular visits, such as annual health checkups, your PCP will get to know much about you:

- Your current health.
- Your medical history.
- Your family's medical history.
- Your treatment preferences and daily challenges.
- Your personality and lifestyle.

### What can a primary care provider do at checkups?

Everyday aspects of your history and lifestyle contribute to your overall health. A PCP will consider those factors and then:

- Teach you ways to make better decisions about your health to prevent disease. For example, your PCP can guide efforts to quit smoking, eat more nutritious foods or manage stress. Make sure your vaccines are up to date to prevent illnesses like the [flu](#).
- Suggest screening tests to detect problems before you even notice them (like a mammogram for breast cancer).
- Treat health problems that pop up (such as a rash or an infection).
- Help you manage long-term health problems (for instance, [diabetes](#), [high blood pressure](#) or [depression](#)).
- Find a medical specialist if you need one (like a knee surgeon or a heart doctor).

### How can a primary care provider help me?

Primary care physicians catch potential health problems early before they become severe. People who have a PCP spend less time in the hospital and less money on medical costs in the long run.

A PCP gives you complete care over your lifespan. He or she will also know when you need more advanced care, like a hospital procedure or a specialist.

# Prevention With Little Steps by Rasha Aniag

## Are there different kinds of primary care providers?

Many types of healthcare providers offer primary care. Different specialists are trained to see certain types of patients:

- **Family practitioners** (also known as family doctors) see patients of all ages, sometimes everyone in a family.
- **Pediatricians** care for children and teenagers.
- **Internists**, or internal medicine doctors, see only adults.
- **Geriatricians** care for older people.
- **Obstetricians** and **gynecologists** focus on women's health and pregnancy.
- **Nurse practitioners and physician assistants** also provide primary care. But they must serve as part of a team that includes a primary care physician, and the physician has overall responsibility for the patient.

## How do I choose a primary care provider?

When you are choosing a PCP, you may be able to schedule an interview to get to know the candidate. Ask questions that can help you decide if the person is a good fit for your personality, lifestyle and needs:

- What are your qualifications?
- Are you certified in primary care?
- Do you focus on disease prevention or treatment?
- Do you have a more conservative, or more aggressive, approach to treatment?
- How do you decide when a patient needs a specialist?
- How do you like to communicate (in person, on the phone, by email)?
- Whom would I talk to when you are on vacation?
- 

You also may want to consider the PCP's overall office setting and the staff at the PCP's office:

- What are the office hours?
- How long does it usually take to get an appointment?
- Does the office do lab tests onsite or nearby?
- Are the staff members friendly?
- Do staff members respond to calls quickly?

## Why should I have a primary care provider?

A PCP can help you stay healthy and can be the first to treat any health problems that arise. Make time to find a PCP who is a partner in your long-term care and have regular checkups.

A relationship with a PCP can help you detect and manage a wide range of health issues. A PCP can teach you how to lead a healthier lifestyle, provide needed medications, screen for disease and recommend specialists when you need them. Look for a PCP who fits your personality and needs.

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# Tri-County Electrical JATC Training News

(831) 741-9069

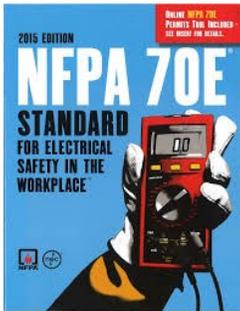
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## 2017 NEC Significant Changes Class

Instructor David Martinez has scheduled a **Significant Changes** class for **Tuesday, July 20th from 5:30—8:30 pm**. This is the beginning of a new series. This is a once a month class but depending on demand and attendance, a second date may be added.

**\*\*PLEASE NOTE:** we are returning to **in-person classes** ... there will be no zoom link provided. Masks are required if not vaccinated.

Contact Stacy at [stacy@tricityjetc.org](mailto:stacy@tricityjetc.org) to reserve your place.



## NFPA 70E

**NFPA 70E** on **Tuesday, July 27<sup>th</sup>** and **Thursday, July 29<sup>th</sup>** from **5:30pm – 8:30pm** with David Martinez

**\*\*you must attend both nights to get credit for the course.** Please contact Stacy with the JATC at (831) 741-9069 to sign up.

**\*\*PLEASE NOTE:** we are returning to **in-person classes** ... there will be no zoom link provided. Masks are required if not vaccinated.

## Part—Time Position Available

The JATC has an opening for a part-time Receptionist with light clerical duties. The hours will be Mondays through Thursdays, 12pm—5pm.

### REQUIRED SKILLS AND EXPERIENCE

- ◆ Excellent communication skills in person, on the phone, and in writing
- ◆ Competency in word processing, databases, and email (specifically Microsoft Office)
- ◆ Strong attention to details and ability to follow instructions
- ◆ Confidentiality
- ◆ Data management
- ◆ Capability of working independently or with little supervision
- ◆ Consistency, dependability, and punctuality

TITLE: Receptionist / Clerical  
COMPENSATION: Commensurate with experience  
ESTIMATED START: Immediately  
LOCATION: 10300 Merritt Street, in Castroville, CA

If you know anyone interested in the Receptionist position at the JATC, please have them submit a resume at:

[info@tricityjetc.org](mailto:info@tricityjetc.org)

## Instructors Needed

The JATC is still looking for instructors to teach an Inside apprenticeship class and Journeyman upgrade classes. If you are interested in sharing your experience and knowledge with the future of the IBEW, please contact Lamont Adams (831-731-0927) or Stacy Rubalcava ([info@tricityjetc.org](mailto:info@tricityjetc.org)) at the JATC. There are minimum qualifications requirements to be an instructor for the Community College system that need to be satisfied with Hartnell College.

## Congratulations on Completing Class

### **Significant Changes to the 2017 NEC** (June 2021)

Lloyd Eads, Juan Torres, and Ralph Yniguez

### **Scissor / Boom Lift Training** (June 19th)

Lamont Adams, Roberto Alanis-Aguilar, Matt Craddock, Richard Edwards, Mohammed Garaan, and Lloyd Eads

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)



The Tri-County Electrical JATC is a non-profit 501(c)3. Donations are tax-deductible.

## letsmakeaplan.org

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## 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



## Check out our Social Media

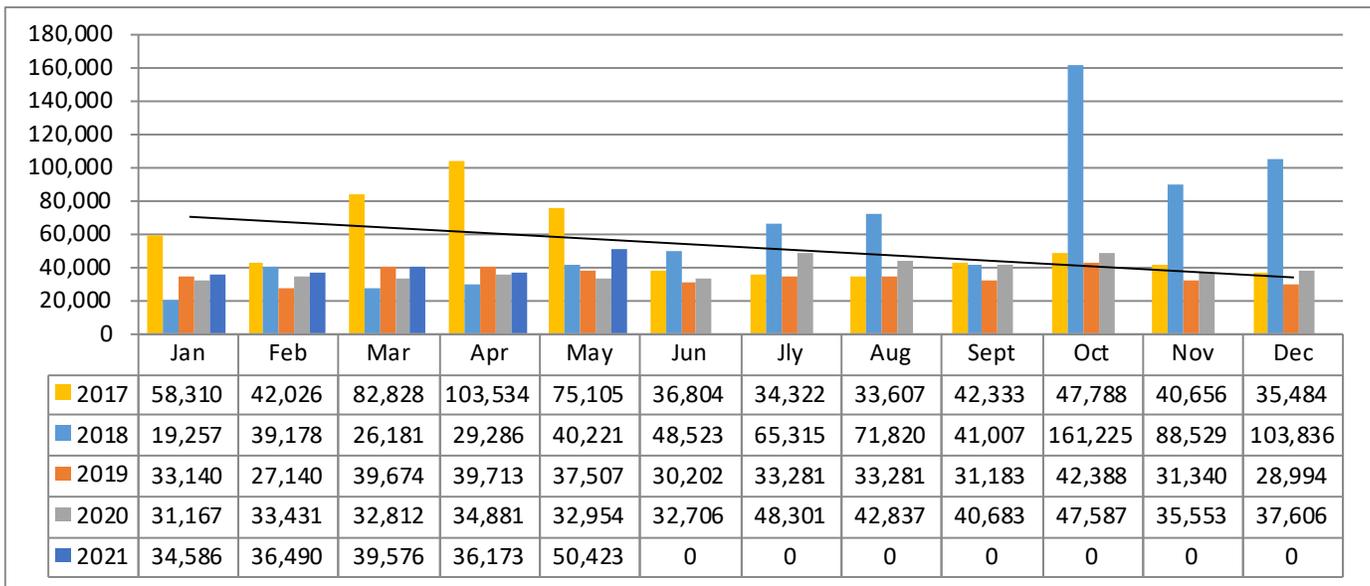


The latest news, photos, and fun!

<https://www.instagram.com/ibew234/?hl=en>

<https://www.tiktok.com/@ibew234>

## Monthly Hours Report



## Happy July Birthdays!

Johnny Baker  
Nicholas Castillo  
Bradley Conger  
Sean Connors  
L. Earl Davis  
Harry Deupser  
Seth Dietz  
Philip DiGirolamo  
Juan Dimas  
David Durbin  
Stevan Gamez  
Andrew Gaona  
Fred Geiger  
Michael Gruber  
Scott Harris  
Jaime Hernandez  
Randy Hill

Richard Hoerger  
Tonnie Humphrey  
James Hurtado Jr.  
Dennis Ihnot  
Stan Klasa  
Matthew Kulich  
Enrique Lara  
Greg Maggini  
Vincent Matyas  
Robert McClung  
Jose Melgarejo  
Arturo Melgoza  
Robert Meloney  
Mario Mladineo  
William Moua  
Adalberto Padilla  
Carlos Prado

Alberto Rangel  
Jose Recio Jr.  
Trey Replogle  
Michael Rippey  
Gabriel Rodriguez  
John Rodriquez  
Alexander San chez  
Adrian Silva  
David Silva  
Michael Stevenson  
John Stockton  
Raymond Sykes  
Murray Temple  
Ezequiel Torres  
Robert Valenzuela Jr.  
Carlos Vargas  
James Walker



# This Month's Local 234 Winners!

**Voluntary PAC (Political Action Committee): Carlos Prado** Won \$5.00

**Apprentice Give-Away: No Apprentice attended**

**Give-Away Winners:**

TJ Tatroe won a t-shirt from Local 24  
 James Stanchfield won a coffee mug  
 Carlos Prado won a deck of IBEW playing cards

General membership meetings are the second Wednesday of each month. The next general membership meeting has been scheduled on Wednesday, July 14th at 6:30 PM

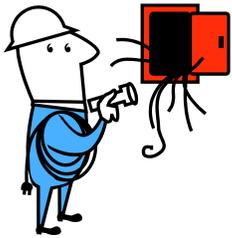
Face masks are required for non-vaccinated members

## Quote of the Month

"This nation will remain the land of the free only so long as it is the home of the brave."

~Elmer Davis

July 2021



# July 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 HOLIDAY Independence Day 	5 HOLIDAY OBSERVED	6	7	8	9	10
11	12	13	14 General Body MEETING @6:30 PM	15	16	17
18	19	20 JATC Meeting @ 4:00 PM Significant Changes @ 5:30 PM	21	22	23	24
25	26	27 NFPA 70E @5:30 PM	28 E-Board Meeting @6:00 PM	29 NFPA 70E @5:30 PM	30	31



# International Brotherhood of Electrical Workers Local 234



NONPROFIT ORGANIZATION  
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(831) 633-JOBS (5627)  
Job line

**Tri-County Electrical  
JATC**  
[www.tricountyjatc.org](http://www.tricountyjatc.org)  
[info@tricountyjatc.org](mailto:info@tricountyjatc.org)

**RETURN SERVICE REQUESTED**

