



International Brotherhood of Electrical Workers Local 234

# IBEW Local 234 Newsletter

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

June 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 31 on Book 1, 36 on Book 2, 10 on Book 3, and 8 on Book 4. There is 1 on Book 1 for Sound & Comm, 2 on Book 2, 1 on Book 3, and 0 on book 4. There is 0 on CW Book 1 and 1 on CW Book 2. There is 1 Inside apprentice on the out-of-work list.

The 40th IBEW International Convention has been postponed to **May 9, 2022**, through **May 13, 2022**, in Chicago, Illinois. Due to the COVID-19 pandemic and

everyone to get vaccinated so we can get to *Herd Immunity* and limit the risk of infection passing through our community.

The BennyCard is a great benefit for our Inside members, however, it can be frustrating when it doesn't work as expected. Some pharmacies and/or stores you shop at may not accept your BennyCard. If your BennyCard isn't accepted at the time of purchase, you can still be reimbursed for eligible healthcare expenses. Visit [www.ibew234benefits.org](http://www.ibew234benefits.org) to download a claim form, then submit the claim along with your itemized receipt to the Fund Office for reimbursement. You can also visit [my.wexhealthcard.com](http://my.wexhealthcard.com) to log in to your account, check your balance and see a list of merchants in your area. Remember to save all of the receipts you get from using your BennyCard in case of an IRS audit. Also, respond to all correspondence you receive from BeneSys about the use of your card. This will prevent you from having issues with your card when you need it the most.

The JATC has decided to once again cancel the 2021 Apprenticeship graduation ceremony. The venue that is normally use for the ceremony could not be secured due to COVID-19 restrictions. Our apprentices have worked and studied hard over the past five years to become highly skilled and knowledgeable electricians. For this accomplishment they deserve to be congratulated. The 2020 and 2021 graduating classes will be invited to celebrate with the 2022 graduating class at their ceremony next year. To recognize the 2021 graduates I have decided to have a barbeque for them in the parking lot of the Hall on Saturday **June 12, 2021**. Congratulations to your Local 234 2021 apprentice graduates: Matthew Craddock, Richard Edwards, Alejandro Escobar, Nicholas Jackson, Artemio Juarez, Javier Martinez, Zachary Moore, Reginaldo Ramirez, Enrique Ramos, Kevin Rategan, Ricky Rodriguez, Justin Soto, and Michael Steel.

The LMCC is sponsoring the Habitat for Humanity Rodeo Creek Court project on Harper street in Santa Cruz. We will be needing electricians to volunteer from **June 28th** through **July 2nd**. Please contact the Hall or Lamont for more information.

**Happy Father's Day!**

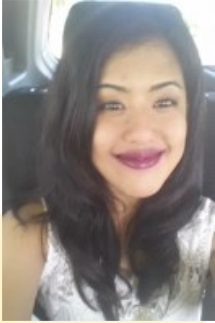


acting pursuant to newly amended Article XXVII of the *IBEW Constitution*, the International Executive Council, the International Secretary-Treasurer, and the International President adopted a resolution making temporary changes to the IBEW Constitution to enable the International Convention to be moved to **May 9, 2022**. The amendments to Article XXVII of the IBEW Constitution was voted upon and approved by all local unions in March 2021. The full text of the resolution will appear in the June edition of *The Electrical Worker*.

Local 234 is featured on the front page of the June edition of *The Electrical Worker*. Over the past year our members have installed nearly 100,000 batteries that can power nearly two hundred fifty thousand houses for up to 4 hours. Moss Landing has become the largest grid-scale storage facility in the world, at 400 megawatts of battery storage. With plans to install more storage at the Moss Landing facility, this title should remain in place for some time. Thank you to all of the members who worked safely through this pandemic to make this project a success.

Th California Department of Public Health has indicated that Monterey and San Benito Counties will join Santa Cruz County by moving into the least restrictive yellow tier this week. This is great news and we welcome some return to normal outdoor and indoor activities. We will continue to hold our General Body Meetings as long as this trend continues in Monterey County. I encourage

## Prevention With Little Steps by Rasha Ania



### Tips on Getting REM Sleep

According to Healthy Natural Magazine, A few tips to help you sleep better in the night can help reduce the stress of worry that often comes with being sleepless at night. Get more sleep each night. If you find yourself falling asleep earlier or later than usual, it might be time to consider getting more sleep. The good news is that even if you are not getting enough sleep each night, you are not likely to get any more sleep either.

Sleep easier at night by getting exercise. Even a short walk in the late morning will help calibrate your internal body clock and will help you fall asleep easier at night. Also, make sure your bedroom is dark, quiet, and well ventilated. Put white noise machines in your bedroom and use blinds or shades to keep out sunlight. You want to give yourself the best chance to fall asleep in the first place.

Use aromatherapy to help sleep better at night by relaxing the mind and body. Lavender and eucalyptus are both natural, non-habit forming oils that are used for aromatherapy purposes. Aromatherapy oils are also helpful for other reasons, including relieving stress and tension.

Try changing your sleeping habits. Some people like to sleep in groups while others prefer to sleep alone. Whatever your sleeping habits, finding the most effective way to go to bed is essential for an effective sleep routine.

To learn how to sleep better at night, you should also learn about sleeping positions. Sleep positions are very important. If you are trying to get to sleep on your back, you should make sure that your knees are slightly bent and your spine straight. If you are having trouble getting to sleep at night, you should try sleeping on your side.

To improve your ability to sleep better at night, you should also practice deep breathing exercises and relaxation techniques. There are many different breathing exercises that will help you relax. Learn and practice these exercises. at least three times each day.

There are also relaxation techniques such as yoga that will help you relax. You should know how to perform relaxation techniques and the steps to do them.

To sleep better at night, you need to focus on relaxation and to get to sleep. You should also avoid taking in caffeine and alcohol before you go to sleep.

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

## May was Mental Health Month

Since 1949, Mental Health America and our affiliates across the country have observed *May is Mental Health Month* by reaching out to millions of people through the media, local events, and screenings. We invite other organizations to join us in spreading the word that mental health is something everyone should care about by using the [May is Mental Health Month](#) toolkit materials and conducting awareness activities.

The COVID-19 pandemic has had a profound impact on the mental health of people of all ages. Now, more than ever, it is critical to reduce the stigma around mental health struggles, because that stigma often prevents individuals from seeking help.

**In 2021, we will continue with our theme of *Tools 2 Thrive*, providing practical tools that everyone can use to improve their mental health and increase their resiliency regardless of their personal situation.**

Our toolkit includes sample materials for communications and social media as well as printable handouts on the following topics:

- **Adapting after trauma and stress**
- **Dealing with anger and frustration**
- **Getting out of thinking traps**
- **Processing big changes**
- **Taking time for yourself**



# VNA Drive-In Movie Night

**VNA Celebrates its 70th Anniversary with a Drive-In Movie Night at the Monterey County Fairgrounds & Event Center.**

Date and time  
Sat, June 26, 2021  
4:30 PM – 7:00 PM PDT

<https://www.eventbrite.com/e/drive-in-movie-night-celebrating-vnas-70th-anniversary-tickets-150130318825>

Monterey County Fairgrounds  
2004 Fairground Road  
Monterey, CA 93940

Celebrate with us Saturday, June 26th for a special presentation of VNA through the decades and a screening of "50 First Dates." Program begins at 4:30p.m. Movie begins at 5:00p.m.

**Cost is \$100 per vehicle** inclusive of one vehicle with as many attendees as you like per vehicle and one snack pack. Space is limited to 60 vehicles.



## Union Plus Savings

### Car Rentals



**Great Trips Start with Great Deals**

Union members – **save up to 35%** off car rental base rates\* for your summer road trip. Book early to avoid the travel rush!

<https://www.unionplus.org/benefits/travel/car-rental>

## Check out our Social Media

**The latest news, photos, and fun!**



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

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



## Rancho Cielo Youth Campus Event

### 2021 Local Beef. Local Bernardus Dinner—June 5, 2021 at 5:30 PM

This will be a multi-course meal with wine pairings - prepared by Chef Estevan "EJ" Jimenez and Rancho Cielo Drummond Culinary Academy Students. Corral de Tierra Cattle Company Grass-finished beef and Award-winning Bernardus Wines.

\$125 per person plus tax (\$134.68 total) This is an exclusive dinner with only 50 seats available.

<https://www.ranchocieloyc.org/BeefDinner2021>



# Tri-County Electrical JATC Training News

(831) 633-3063

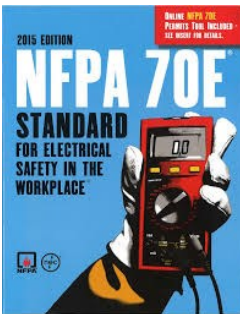
## 2017 NEC Significant Changes Class

Instructor David Martinez has scheduled a **Significant Changes** class for **Tuesday, June 15th 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 and social distancing will be enforced.

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

## NFPA 70E



**NFPA 70E** on **Monday, June 7<sup>th</sup>** and **Thursday, June 10<sup>th</sup>** from **5:30pm – 8:30pm** with David Martinez

**\*\*you must attend both nights to get credit for the course.** The class will be conducted via Zoom. Please contact Stacy with the JATC at (831) 741-9069 to sign up. The instructor will email you a link to the Zoom meeting a day or two prior to the class date.

## CPR/First Aid Certification Class

Part 1: **Online coursework** to be completed first. After you've called to sign up, a link to the online course will be provided by the instructor via email. **\*\*Please note that once you have been issued a link to the class you must complete the online course. If the course is not completed prior to the in-person practical, you will be responsible for the cost of the course.**

Part 2: **In-Person Practical** is scheduled for **Saturday, June 26<sup>th</sup>** and is available ONLY to those who complete the online coursework. Once you've complete the online coursework, you will receive an appointment time to attend the hands-on practical.

**\*\*The online course must be completed by noon on Friday, June 25<sup>th</sup>** in order for you to receive an appointment time. Anyone without an appointment will not be permitted to take the hands-on practical. Masks are required but not provided.

Contact Stacy with the JATC at (831) 741-9069 to sign up or for more information on the course



## Scissor/Boom Lift Certification Class



CalRisk will provide a **Scissor & Boom Lift Training** class in the JATC parking lot on **Saturday, June 19th** at 8:00 AM.

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

## 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.

## Part–Time Position Availa-

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)

## Congratulations on Completing Class

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

Lloyd Eads, Stevan Gamez, Randy Evans, Will Nunes, Ralph Yniguez, Brian Stanley, Jonathan Stanley, Kyle Tuck, and Erik Schappert

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

Lloyd Eads, Jim Shumaker, Randy Evans, Ralph Yniguez, Brian Stanley, Jonathan Stanley, and Erik Schappert

### **Forklift / GradAll Training** May 22<sup>nd</sup>

Roberto Alanis-Aguilar, Amauri Arista, Marco Arredondo, Joel Berruenco, Michael Brown, Lloyd Eads, John Greene, Andres Laureano, Angel Lopez-Magana, Robert Meloney, Jorge Mendoza, Edgar Velasquez, and Philip Villaneda

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.



## 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

## Condolences

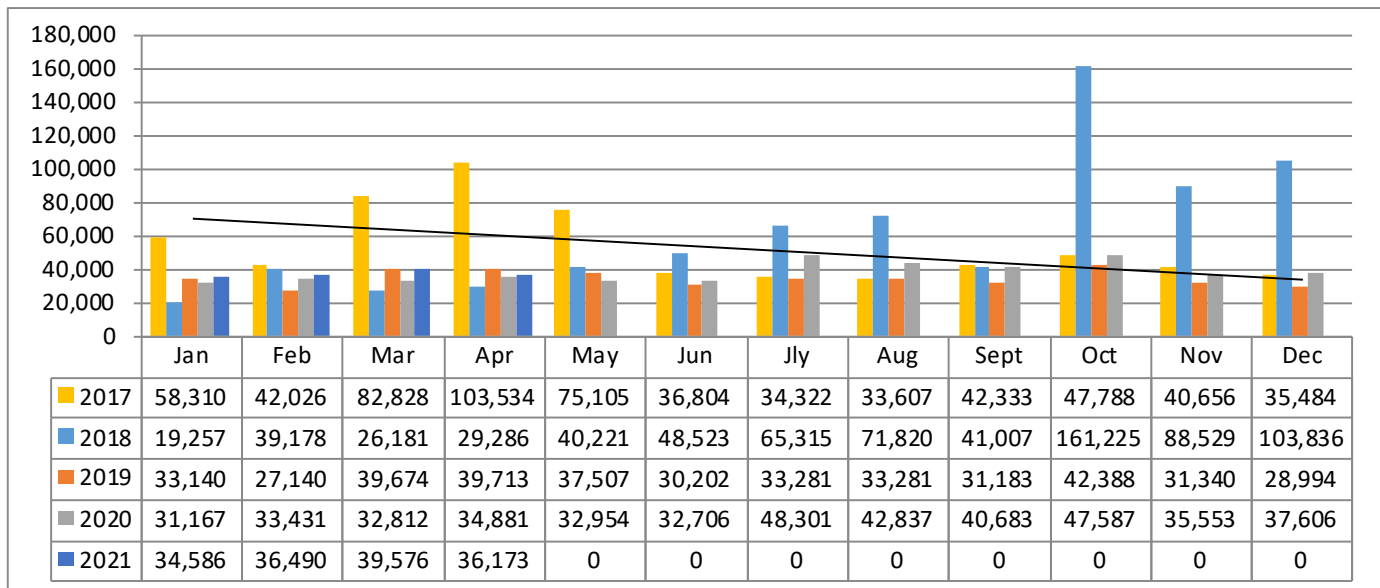
Robert Earl passed away on May 18, 2021. He was a 51 year IBEW member.

We stand in solidarity with the VTA workers and our condolences to the families of the fallen: Abdolvahab Alaghmandan 63, Adrian Ballera 29, Alex Ward Fritch 49, Jose DeJesus Herrendez III 35, Lars Kepler Lane 63, Michael Joseph Rudometkin 40, Paul Megia 42, Toptedee Singh 36, and Timothy Romo 49.

## Welcome

We are happy to welcome new Inside members: Adrian Silva, Diego Juarez, and Jaime Jimenez. They were initiated in at the May General Body meeting.

## Monthly Hours Report



## Happy June Birthdays!

John Aguilar  
Michael Alexiou  
Robert Alustiza  
Noe Arana  
John Balducci  
James Bennett  
Jeremy Bigman  
Bryon Borchard  
Edward Bowles  
Michael Brown  
Frank Chavez  
Robert Cole  
Henry Cortez II  
Robert Cosio  
Alex Costes, Jr.  
Bryan Craddock  
Tyler Daly  
Alphons De Vos  
Ronald DeMateo

Randall Dike  
Joseph Dimaggio  
Mark Dybdahl  
Cynthia Dzendzel  
Guillermo Estrada  
Kyle Evans  
Jeff Flippin  
Andrew Gattis  
Richard Greenlaw  
Randall Harris  
Donald Hughes  
Michael Julian  
Daniel Lujan  
Michael Mangrum  
Pete Marsiguerra  
Javier Martinez  
Raymond Martinez  
Siegfried Matt

Gary Mccarthy  
Paul Miller, Jr  
Carlos Moncada  
Juan Palacios  
Aladdin Preston  
Frank Rodriguez  
Robert Rollins  
William Rust  
Edgar Sanchez  
Jason Sanders  
James F Stanchfield  
Chris Swim  
Juan Torres  
Randall Tracey  
Lance Van Der Linden  
Gregory Van Deusen  
Philip Villaneda, Jr  
Michael Zrodlo



# This Month's Local 234 Winners!

**Voluntary PAC (Political Action Committee): Andy Hartmann** Won \$5.00 and donated it back

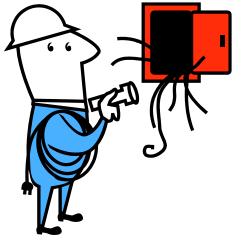
**Apprentice Give-Away: Andrew Zavala**  
2nd Year won \$23.40

**Give-Away Winners:**

Andy Hartmann won a t-shirt from Local 520  
Andres Laureano won an IBEW license plate frame  
Adrian Silva won an IBEW money clip

General membership meetings are the second Wednesday of each month. The next general membership meeting has been scheduled on Wednesday, June 12th at 6:30 PM

Face masks are required and social distancing will be enforced



June 2021

## Quote of the Month

*“If you fell down yesterday, Stand up today”*

**-H. G. Wells**

# June 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 NFPA 70E @5:30 PM  LMCC Meeting @ 5:00 PM	8	9 General Body MEETING @6:30 PM	10 NFPA 70E @ 5:30 PM	11	12
13	14	15 JATC Meeting @ 4:00 PM Significant Changes @ 5:30 PM	16	17	18	19 Scissor / Boom Lift class @ 8:00 AM
20 Father's Day	21	22	23 Executive Board MEETING @6:00 PM	24	25	26 CPR Practical @ 8:00 AM
27	28 Habitat for Humanity @ 8:00 AM	29 Habitat for Humanity @ 8:00 AM	30 Habitat for Humanity @ 8:00 AM	Habitat for Humanity @ 8:00 AM	Habitat for Humanity @ 8:00 AM	



# International Brotherhood of Electrical Workers Local 234



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

### IBEW Local 234

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(800) 499-4239  
(831) 633-2311  
(831) 633-0570 fax  
[thehall@ibew234.org](mailto:thehall@ibew234.org)  
(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**

