



International Brotherhood of Electrical Workers Local 234

IBEW Local 234 Newsletter

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

September 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, 15 on Book 2, 10 on Book 3, and 3 on Book 4. There is 1 on Book 1 for Sound & Comm, 0 on Book 2, 0 on Book 3, and 1 on book 4. There are 0 on CW Book 1 and 2 on CW Book 2. There are 4 Inside apprentice on the out-of-work list.

I would like to thank those members who gave up their Saturday to participate in Local 234's Construction Steward training held on August 14th. The interest you showed, questions you

asked, and overall participation in the class gives me great hope for the future of Local 234. A big thank you goes out to International Representative, Tracy Prezeau, for passing on her knowledge, experience, and unique sense of humor to our members. There was never a dull moment. I would also like to thank our former Business Manager and International Representative, Ken Scherpinski, for his insight and participation in our training class.

By now all of you should have received your ballots in the mail for the Recall of Governor Newsom. I ask that you vote **NO** and return your ballot as soon as possible. Whatever your political views are, please vote based upon the needs of your family and your wallet. The Governor has been a friend to the IBEW during this pandemic. We asked and he deemed construction workers essential when others were telling him not to do so. The leading opposition candidate is an anti-union, anti-vaccine talk show radio host that spews lies and dangerous rhetoric across the airways everyday. He would roll back all of the progress we've fought so hard for, undermining and weakening worker protections. This is not the leadership our State needs. Please protect your Local Union and **VOTE NO On THE ANTI-UNION RECALL** by September 14th!

On August 23, 2021 the U.S Food and Drug Administration approved the Pfizer COVID-19 Vaccine for use for individuals 16 years of age and older. For those of you who have been hesitant to get the COVID-19 vaccine I ask that you reconsider. The FDA's approval means the vaccine has met the rigorous and high scientific standards for safety, effectiveness, and manufacturing quality. This vaccine approval is a milestone as we continue to battle this pandemic. Please get vaccinated, practice social distancing, and wear your mask to protect yourselves and those around you.

Last month the Health & Welfare Plan sent letters to all members concerning the failed negotiations between Anthem Blue Cross and Dignity Health Services. Their agreement ended on July 15, 2021 and all claims made after that date were not considered PPO or in-network claims. I am pleased to inform you that a new agreement has been made and it is retroactively effective July 15, 2021. This means any care provided by Dignity Health Services over the last month will be considered in-network. A new letter informing members of this agreement will be sent later this month.

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 the last week of September. Please contact the Hall or Lamont for more information.

Labor day is Monday **September 6, 2021** and is a holiday for Inside, Sound and Communications, and CECWs. No work should be performed on Labor Day except in case of emergency. Friday, **September 3, 2021** is a Floating Holiday for Inside and CECWs.

"The labor movement is people. Our unions have brought millions of men and women together, made them members one of another, and given them common tools for common goals. Their goals are goals for all America – and their enemies are the enemies for progress. The two cannot be separated." – John F. Kennedy

Happy Labor Day!

Prevention With Little Steps by Rasha Ania



WHAT is inflammation?

Inflammation occurs when the tissues of the body are damaged by things such as bacteria, trauma, toxins, or various other irritants. These damaged cells then release chemicals that make the blood vessels leak fluid into the body’s tissues and swelling occurs.

The manifesting characteristics of inflammation are redness, heat, pain, and often loss of function. Acute inflammation, caused by injury, sickness, or even allergies, is generally short-lived and thus typically has only a brief impact on healthy activities. When linked to disease, however, inflammation can become chronic.

Cell: 831-731-0460

rasha@ibew234.org

Ultimately, chronic inflammation, left unaddressed, can have a significant impact on overall health and well-being. We will take a closer look at who inflammation generally affects, why exercise is important, and how the right kind of exercise can confront and reduce the inflammatory pain to keep us moving toward our BEST health.

Exercise promotes the circulation of the body which helps metabolism, digestion, and other functions of the body. Although inflammation can inhibit certain movements, being able to reduce inflammation is essential. Be sure to check with your doctor to ensure that Exercise can be tolerated in the safest way possible.

Also please remember:

Health Savings Account

(For Medical Expenses only: otherwise employee will have to reimburse unauthorized expense or unauthorized expenses will be deducted from the employees’ earnings. Any acts of appeals must be validated by proof that expense is medical- in the form of itemized receipts).

If you do receive a letter from the H&W Trust regarding a purchase made with you Benny Card please make sure you send in that itemized receipt otherwise your Benny Card will be in suspension.

Please call us at the office with any questions. 831-633-2311

Annual IBEW Local 234 Picnic / BBQ

Our annual picnic for this year has been canceled.

We have made the difficult decision to cancel the event again this year. Those members who will be receiving service award pins in 2020 will receive them through the mail.

We hope all of our brothers and sisters out there are safe and healthy.

We look forward to celebrating in 2022!



The 2021 IBEW Photo Contest is here!

So grab those cameras and get to it

Click here for application and more information:

www.ibew.org/photocontest/

Thinking of Retiring?

In the next few newsletters we will be focusing on some key points to remember as you get closer to retirement.

Installment I : Eligibility for H&W Coverage

Eligibility for H&W for Retired Employees

Age 62 or Older:

- You must have had continuous coverage for the last 96 months or
- Have contributed to H&W for at least 180 months out of the last 216 months.
- You must also have continuous coverage for the 12 months immediately proceeding the date of retirement. Cobra / self-payments will count towards the calculation of months covered.

Age 55 – 62:

- Must meet the same requirements as stated above
- Must be 55 years old
- Must timely pay the Early Retiree rate to the Trust Fund each month

Classification

Monthly Self Payment

Early Retiree \$1,149.00

Retiree Age 62-64, Non-Medicare

Retiree – Single \$356.00
 Retiree & Spouse – Spouse Medicare \$475.00
 Retiree & Spouse – Spouse Non-Medicare \$713.00
 Retiree & Spouse – Spouse Non-Medicare + Non-Medicare Child \$1,069.00
 Retiree & Spouse – Spouse Non-Medicare + Medicare Child \$832.00

Retiree Age 65+, Medicare

Retiree – Single \$119.00
 Retiree & Spouse – Spouse Medicare \$238.00
 Retiree & Spouse – Spouse Non-Medicare \$475.00

Disabled Retiree Under Age 64, Medicare

Retiree – Single \$119.00
 Retiree & Spouse – Spouse Medicare \$238.00
 Retiree & Spouse – Spouse Non-Medicare \$475.00

Surviving Spouse – Medicare \$119.00
 Surviving Spouse – Non-Medicare \$792.00

Core COBRA – Medical & RX \$1,299.00
 Core Plus COBRA – Medical, RX, Dental & Vision \$1,414.00

The rates are subject to change from time to time

Tri-County Electrical JATC Training News

(831) 741-9069

ALL upgrade classes have gone back to 100% in-person learning at the training center

2017 NEC Significant Changes Class

Instructor David Martinez has scheduled a **Significant Changes** class for **Tuesday, September 21st from 5:30—8:30 pm**. This is a once a month class but depending on demand and attendance, a second date may be added.

Contact Stacy at stacy@tricityjetc.org to reserve your place.

CPR/First Aid Certification Class

A **CPR/First Aid class** is scheduled for **Saturday, October 9th** from **8am—1pm**. Instructor Merralinda Goddard will be teaching the basics of First Aid and CPR.

Contact Stacy with the JATC at (831) 741-9069 to sign up and reserve your space.

If you reserve a space and do not show up for class, you will be responsible for paying for the class.

Limited space available—sign up soon!

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

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) 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.

Welcome 1st Years!

Congratulations and welcome to the JATC Apprenticeship Program:

Joaquin Argueta, Miguel Mexicano, Antonio Navarrete, Francisco Rodriguez, and Andrew Vasconcellos.

Good Luck!

Congratulations on Completing Class

Significant Changes to the 2017 NEC

Chad Vargas and Ralph Yniguez

CPR / First Aid Training

Juan Arguelles, Joaquin Argueta, James Brown, Will Clough, Gilbert Contreras, Mohammed Garaan, Rigo Garcia, Jaime Hernandez, Miguel Mexicano, Jack Russo, Chad Vargas, Andrew Vasconcellos, David Vasquez, and Andrew Zavala

Stewards Training

Lamont Adams, Michael Mangrum, John Agra, Israel Andrade, Jaime Hernandez, Adam Cortes, Philippe Miccoli, Joe Lehnert, Ulises Mendoza, Ken Scherpinski, Jeff Beers, Carlos Prado, Tom Bauer, and Sabyn Cupples.

Electrical Exam Prep

JADE Learning offers the most comprehensive online master and journeyman electrical exam prep. Practice tests feature over 600 state-specific questions that are formulated like the real exam. Our exam prep will help you increase your test-taking speed, navigate the National Electrical Code, and identify strengths and weaknesses.

[Learn More!](#)

New Member Life Events

We love to share our members accomplishments! Please email or call Natasha at **831-633-2311** or **natasha@ibew234.org** with your good news. Marriages, Births, or other exciting news, so we can share it in our monthly newsletter!

Check out our Social Media

The latest news, photos, and fun!



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

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



Members only Online Access to Pay Dues

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

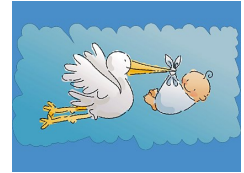
Apple Store: <https://goo.gl/GxYXtk>

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

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

Congratulations

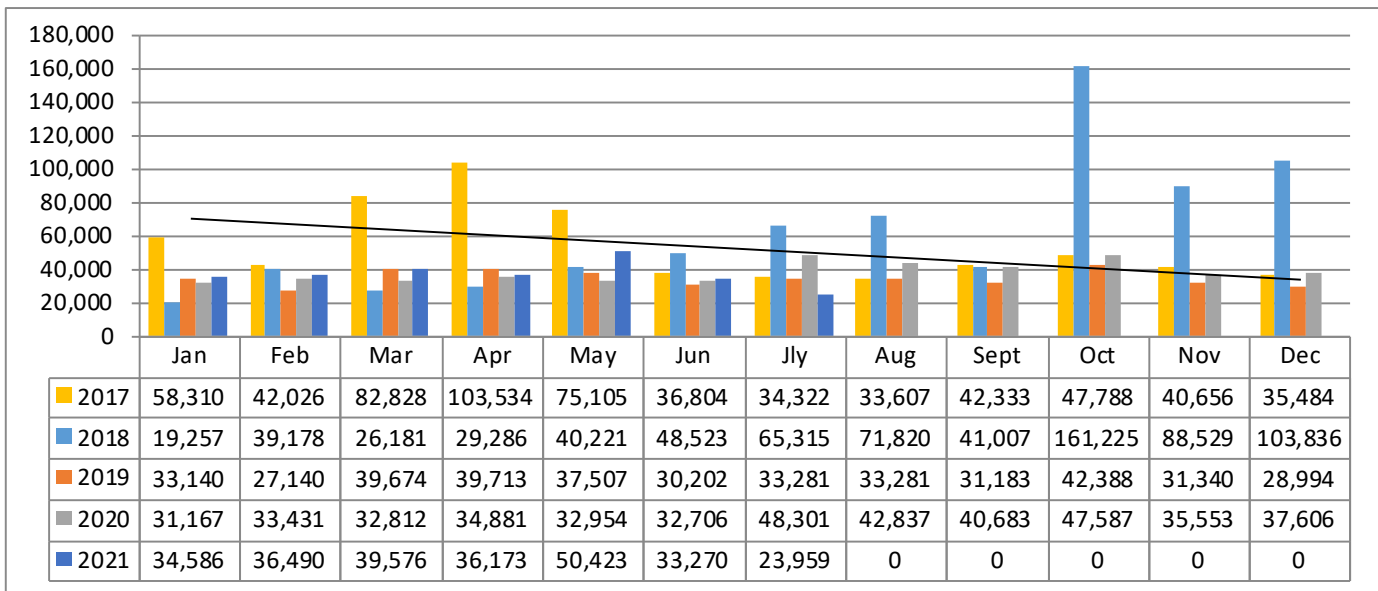
Congratulations to Alan "AJ" Todd and Cheyanne Vollin on the birth of their baby girl: Jaxyn Rhett Todd born on 8/11/2021. Welcome to the world Jaxyn.



Member Accomplishments

Congrats to member James F Stanchfield who completed Spinnaker Sailing School and earned an ASA Certified Sailor certificate. He recently sailed solo on the rough San Francisco Bay. Way to go!

Monthly Hours Report



Happy September Birthdays!

John Agra
Brandon Alvarez
Jeffrey Atkins
Christopher Ayala
Matt Battaglia
Pablo Camacho
Susan Carter
Antonio Castro
Ronald Dyck
Richard Edwards
Ismael Estrada
Randall Evans
David Fisher
Steve Flores
Chris Franklin
Andrew Hartmann
Glenn Herrera
Bronson Huerta
Wayne Huston

Elizabeth Johnson
Nicholas Karakas
Johnnie La Mascus
Victor Lopez
Ruben Lozano
Steven Luiz
Benjamin Madrigal
Manuel Madrigal
Daniel Martinez
David Martinez
Sam Martinez
Adrian Mendoza
Jesus Montano
Armando Munoz
Norman Navalta
Anthony Pacheco
Chase Palmer
Roberto Perez

Bobby Page
Enrique Ramos
Robert Rovella
Brian Sabado
Gary Schumacher
Bryan Scott
Carlito Scott
Stephen Slovacek
Michael Stone
Jacob Taylor
Tom Thomas
Kevin Trinh
Berardo Trujillo
Steven Trybom
Lawrence Tuckness
Juan Vargas
Daniel Walford
Andrew Zavala
Ronald Zych



This Month's Local 234 Winners!

Voluntary PAC (Political Action Committee): Mike Ihnot
 Won \$5.00

Apprentice Give-Away: \$23.40—Darian Rosbach

Give-Away Winners:

Darian Rosbach won an IBEW Local 252 t-shirt
 Michael Gruber won an IBEW trailer hitch cover
 Edgar Velasquez won an IBEW 25' measuring tape
 Darian Rosbach won (2) tickets to SJ Earthquakes donated by James Stanchfield

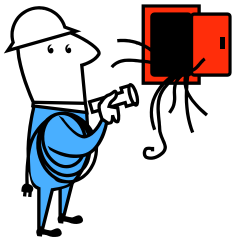
Quote of the Month

“It was the worst day we have ever seen, but it brought out the best in all of us.”

—Senator **John Kerry** regarding September 11th

General membership meetings are the second Wednesday of each month. The next general membership meeting has been scheduled on Wednesday, September 8th at 6:30 PM

Face masks are required for entry into building



September 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 FLOATING HOLIDAY	4
5	6 LABOR DAY! 	7	8 General Body Meeting @ 6:30PM	9	10	11 Never Forget
12	13	14	15 H&W Trust meeting @ 4:00 PM	16	17	18
19	20	21 JATC Meeting @ 4:00PM Significant Changes @ 5:30 PM	22 Executive Board Meeting @ 6:00PM	23	24	25
26	27	28	29	30		



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NONPROFIT ORGANIZATION
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Job line

Tri-County Electrical JATC

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RETURN SERVICE REQUESTED

