



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 2022

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 20 on Book 1, 135 on Book 2, 4 on Book 3, and 1 on Book 4. There is 0 on Book 1 for Sound & Comm, 2 on Book 2, 0 on Book 3, and 0 on book 4. There is 0 on CW Book 1 and 4 on CW Book 2. There is 0 Inside apprentices on the out-of-work list.

The 40th International Convention of the IBEW was held on May 9, 2022, through May 13, 2022 in Chicago, Illinois with the theme "Lighting the Path to

the Middle Class." There were 1,750 delegates from 539 local unions present at the convention, representing a total membership of 605,535. The was an IBEW day of service where delegates cleared debris from acres of South Side parkland and beach. The Reach out and Engage Next-gen Electrical Workers (RENEW/NextGen) caucus saw hundreds of young members of the IBEW come together to share ideas and best practices for getting young workers more involved in their locals. Their Women's Caucus, Electrical Workers Minority Caucus, and Government Affairs Caucus were all a success and everyone left with a shared vision for a more diverse and equitable IBEW.

Lonnie Stephenson, Kenneth Cooper and Christopher Erikson were all re-elected to the offices of International President, International Secretary-Treasurer and International Executive Chairman, respectively. Illinois Governor J. B. Pritzker, Chicago Mayor Lori Lightfoot, Canadian Prime Minister Justin Trudeau, and AFL-CIO President Liz Shuler were among the many guest speakers at the convention. But, for the first time in the history, a sitting president addressed an IBEW convention. On Wednesday, May 11, 2022, President Joe Biden gave a historic speech and electrified the convention floor. The President has been a champion for Unions and is supporting infrastructure projects that will employ IBEW members far into the future. He said "The

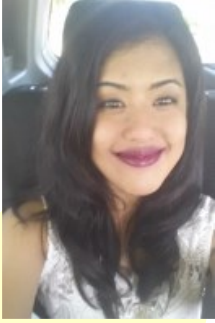
only reason I'm standing here now as president of the United States is because the IBEW came on with me early....Union provide, in one word, democracy."

Nominations for officers of Local 234 were held on Wednesday, May 11th at the general body meeting. Andy Hartmann was nominated for President, Jonathon Marquez was nominated for Vice President, Stephen Slovacek and James Stanchfield were nominated for Recording Secretary, Paul Gutierrez, Rick Keaton, and Lamont Adams were nominated for Financial Secretary/Business Manager and Delegate to the International Convention, Enrique Ramos was nominated for Treasurer, Jorge Suarez, Nick Prelgovisk, John Agra, Nick Jackson, Bronson Huerta, and Max Schnittger were nominated for the (4) positions of the Executive Board, AJ Todd, TJ Tatroe, Michael Julian, Jeff Beers, Luis Rodriguez, and Nick Luczak were nominated for the (5) positions of the Examining Board, Jaime Hernandez, Jacob Taylor, AJ Todd, and John Greene were nominated for delegate to the International Convention, Johnathon Marquez, Angel Lopez-Magana, Michael Julian, Robert Meloney, Juan Arguelles, and Amauri Arista were nominated for Alternate Delegate to the International Convention. Your ballot may not reflect all of these candidates as some may have been found to be ineligible to run for office. Al Randall was appointed to be Election Judge. The ballot counting will be held at 10:30am on June 25, 2022 at the Hall. Ballots will be mailed to all members in good standing at least (15) days prior to the election. All ballots must be mailed back by close of business day on June 24, 2022. Postage will be affixed to the return envelopes for your convenience.

Graduation was held on Friday May 20th at the Monterey Tides Hotel in Monterey for the 2020, 2021, and 2022 classes. **Scott Benson, Tyler Daly, Gilberto Espindola, Ashley Gibson, Joshua Haupt, Jaime Hernandez, Aaron Maxwell, Bryan Scott, Jacob Taylor, Matt Craddock, Artemio Juarez, Javier Martinez, and Jeff Beers** were all recognized for having perfect attendance for all five years.

Happy Father's Day!

Prevention With Little Steps by Rasha Aniağ



Cell: 831-731-0460

rasha@ibew234.org

With the condition of the world and the war, this summer can be more stressful for most. The best counter agent to stress are 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.

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.

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>

OFFICIAL NOTICE - ELECTION JUDGE

To all members of IBEW Local 234:

After the nominations of officers for this Local, which happened May 11, 2022, at the General Body Meeting, I verified all candidate’s eligibility. Those who qualified will be on the ballot for this year’s elections.

Members who are more than three, but less than six months in arrears, may restore their status as good standing members and eligible voters by paying dues prior to election day. Dues must be paid and recorded by end of business day, **Friday, June 24, 2022.**

If anyone is not happy with my decision, please contact the 9th District office at 415-398-2202.

Fraternally yours,
Albert Randall
Election Judge

IBEW 234 Benefits Quick Reference Guide

Health & Welfare

For Inside Wireman: Contact Benesys, the Local 234 benefits administrator | www.ibew234benefits.org
408-588-3753 or 877-885-3753

Eligibility questions / new cards ask for **Eligibility Department**
Claims / Benny Card questions ask for **Member Services Department**

For Sound & Communications: Contact UAS (United Administrative Services) www.uastpa.com
408-288-4440 or 800-748-6417

Pension & Retirement

Ninth District Pension Plan: Administered by—Joseph H. Herrle & Associates, Inc.
503-221-1395 or 800-804-2385

NEBF (National Electrical Benefit Fund) www.nebf.com
301-556-4300

IBEW (Pension Benefit Fund): www.ibew.org
202-728-6206

Tri-County Electrical JATC Training News

(831) 741-9069

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

CPR/First Aid Certification Class



A **CPR/First Aid class** is scheduled for **Saturday, June 11th** from **8am—1pm**. Instructor Merralinda Goddard will be teaching the basics of First Aid and CPR.

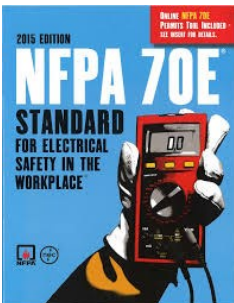
Contact Ytzel with the JATC at (831) 633-3063 to sign up and reserve your space.

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!

2017 NEC Significant Changes Class

Instructor David Martinez will be leading the way through the Significant Changes of the 2017 National Electrical Code. Drop on in! You are welcome to attend one class or as many as you like in the series. This is a (3) three hour class. The next class is scheduled for **Tuesday, June 21st** at 5:30 PM



NFPA 70E

NFPA 70E on **Saturday, June 18th** from **8:00 am – 2:00pm** with David Martinez

Limited Space! Please contact Itzel with the JATC at (831) 633-3063 to sign up.

Congratulations on Completing Class

Significant Changes to the 2017 NEC, May 17th: Andres Laureano, Steven Luiz, Manuel Madrigal, and Jonathan Stanley

Proctors Needed

The next Aptitude Test is scheduled for **Saturday, August 13th, 2022 at 9:00 AM & 2:00 PM**

Volunteers are needed to proctor the Aptitude Test with our Test Administrator TJ Tatroe. Anyone interested in volunteering should contact Stacy at (831) 741-9069.

June 7th CA Primary Election Voter Guide

Voter Registration: Check whether you are registered at: voterstatus.sos.ca.gov

Register through May 23, 2022 at: registertovote.ca.gov



Federal

U.S. Senate

Alex Padilla

U.S. House of Representatives, District 19

Jimmy Panetta

U.S House of Representatives, District 18

Zoe Lofgren

California State

California Governor

Gavin Newsom

California Lt. Governor

Eleni Kounalakis

California Secretary of State

Shirley Weber

California Controller

Malia Cohen

California Treasurer

Fiona Ma

California Attorney General

Rob Bonta

California Insurance Commissioner

Ricardo Lara

California Superintendent of Public Instruction

Tony K. Thurmond

California Board of Equalization

Michaelo Alioto-Pier & Sally Lieber

California State Assembly, District 28

Gail Pellerin

California State Assembly, District 29

Robert Rivas

California State Assembly, District 30

Jon Wizard

California State Senate, District 14

Anna Caballero

Local

Monterey County Sheriff

Tina Nieto

Monterey County Board of Supervisors, District 2

Regina Gage

Santa Cruz County Board of Supervisors, District 3

Justin Cummings

Santa Cruz County Board of Supervisors, District 4

Felipe Hernandez

San Benito County Board of Supervisors, District 3

Mindy Sotelo

Hollister City Council

Delores Morales

Measure A—Pacific Grove City Sales Tax

YES

Measure B—Santa Cruz Co Transient Occupancy Tax

YES

Measure D— Santa Cruz Co Greenway Initiative

NO

Measure E—Santa Cruz City Charter Amendment

NO

Measure F—Santa Cruz City Sales Tax

YES

Other Key Links:

CA election/vote info hub:

www.sos.ca.gov/elections

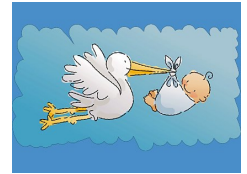
Track your ballot (pre-election):

California.ballottrax.net/voter

Find your polling place, election office, or drop box

sos.ca.gov/elections/polling-place

Congratulations!

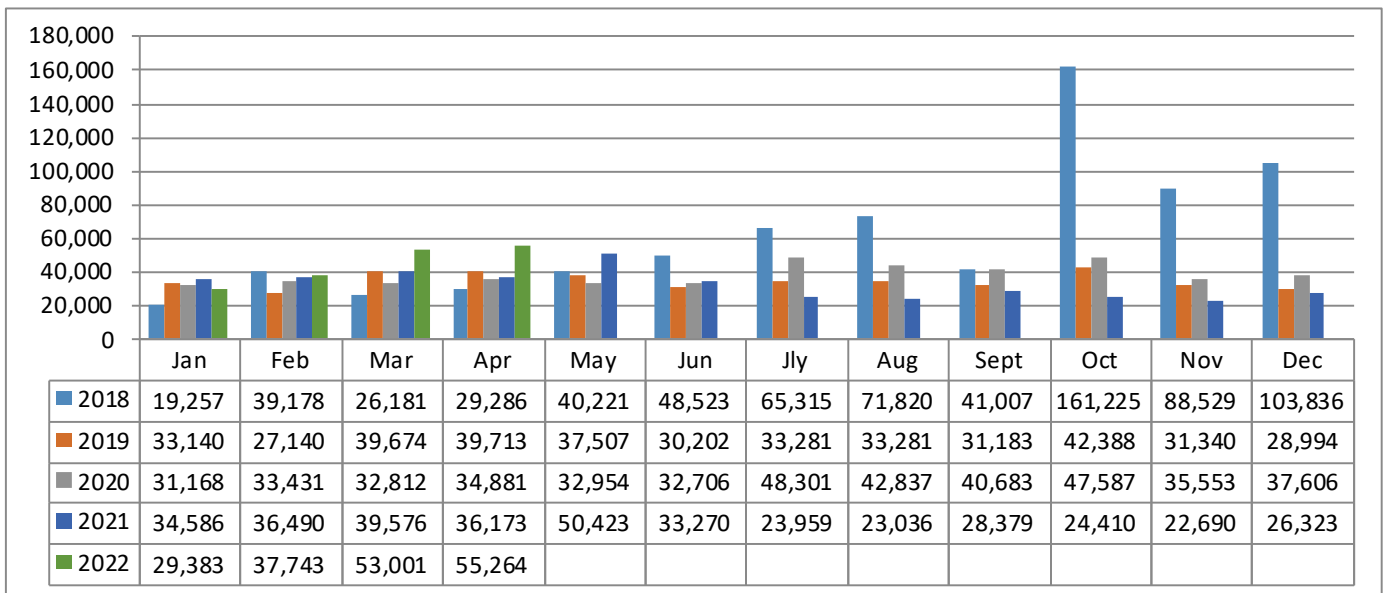


Congratulations to member Joaquin Correa-Mickel and wife Jade on the birth of their son, Jaxon! Jaxon was welcomed into the world on April 29th!

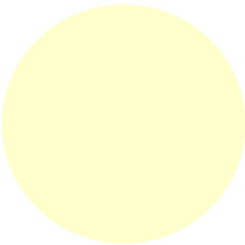
Congratulations to member Artemio Juarez and wife Celina on the birth of their twin baby girls, Melani and Zari! Melani and Zari were welcomed into the world on 3/31/2022!

Congratulations to member Joel Berrueco and wife Kenia on the birth of their son, Levi Joel Berrueco-Leyva! Levi was welcomed into the world on May 30th at 1:20 AM

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 DeVos

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
James F Stanchfield
Chris Swim
Juan Torres
Randall Tracey
Lance VanDerLinden
Gregory Van Deusen
Philip Villaneda, Jr
Michael Zrodlo

This Month's Local 234 Winners!

June 2022

Voluntary PAC (Political Action Committee): John Agra
 Won \$5.00

Apprentice Give-Away: \$23.40—Angel Lopez-Magana

Give-Away Winners:

AJ Todd won an IBEW auto tag frame
 Jonathan Marquez won an IBEW trailer hitch
 Jaime Hernandez won an IBEW Tervis mug
 Allister Sorrells won an IBEW 234 shirt

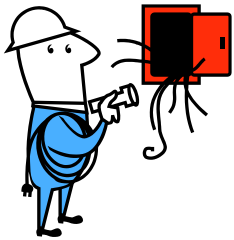
Quote of the Month

“You only live once, but if you do it right, once is enough.”

— Mae West

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

Face masks are required for entry into building



June 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7 Election Day	8 General Body Meeting @ 6:30 PM	9	10	11 CPR/First Aid 8:00AM
12	13	14	15	16	17	18 NFPA 70E Class 8:00 AM
19 Father's Day	20	21 JATC Meeting @ 4:00PM Significant Changes @ 5:30PM	22 E-Board Meeting @ 6:00PM	23	24	25 Local 234 Election
26	27	28	29	30		



International Brotherhood of Electrical Workers Local 234



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

IBEW Local 234

10300 Merritt Street
Castroville, CA 95012
www.ibew234.org
(800) 499-4239
(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



HAPPY FATHER'S DAY

