

# Official Journal of the International Brotherhood of Electrical Workers

Local 234 Salinas, CA. February, 2024 Edition



## Navigating The Path of Progress

Dear Members,

As we step into the month of February, I can't help but reflect on the incredible journey we've embarked on together. It's been just over a month since we settled into our new home at 747 El Camino Real, and I'm proud to say that all systems are not just a go, but thriving.

This year, as we look ahead to 2024, our unwavering commitment to IBEW Local 234 and our shared goals remains at the forefront of our thoughts and actions. It's not just about the short-term achievements; it's about putting our plans into action and working collaboratively to solidify our objectives.

I want to extend my heartfelt congratulations to each and every member of our Local for your unwavering support. Together, we're building the foundation for a future where our aspirations become reality, and where we achieve our goals with pride and determination.

So, let's embrace the opportunities and challenges that lie ahead with open hearts and unwavering dedication. Together, as a united and resolute force, there's no limit to what we can achieve. Here's to a remarkable journey in 2024 and beyond. Thank you for being an integral part of this incredible Union.

In Solidarity,

*Paul G*

Business Manager

IBEW Local 234

(831) 594-0860



### INSIDE THIS ISSUE

- Navigating The Path of Progress.....	1
- The Health Corner.....	2
- A Call To Action.....	2
-This Months' Birthdays.....	3
-Master Electrical Contracting: The Recap.....	3
- Monthly Hours Report.....	4
- Calendar and Schedule.....	4
- Important Vote: Sale of 10300 Merritt St.....	4

### SPECIAL POINTS OF INTEREST

- BM Report
- L.U. 234 Government Affairs: A Call To Action
- Electrical Contractor Recap
- Important Vote: Sale of 10300 Merritt St.

## THE HEALTH CORNER

### February is National Heart Month



National Heart Month is about taking care of our heart. Heart issues and problems can begin in our thirties. One of the biggest factors affecting our heart is our blood pressure. High blood pressure, also called hypertension, can lead to heart disease, stroke, long term disability, and death.

Keep your heart healthy by practicing the following healthy living habits:

#### **Get Annual Health Exam:**

If you do not have a doctor, I can help you. Please contact me.

**Eat a Healthy Diet:** Eat lots of fresh fruit and vegetables. Decrease salt and saturated fat intake. Check out the [DASH \(Dietary Approaches to Stop Hypertension\) eating plan](#), a proven healthy diet plan.

#### **Maintain Healthy Weight:**

If you know your weight and height, you can [calculate your BMI at CDC's Assessing Your Weight website](#). Or talk with your doctor.

#### **Be Physically Active:**

Adults should get 30 minutes a day of mod-intense exercise, like a brisk walk or bicycling. Visit the [website for CDC's Division of Nutrition, Physical Activity, and Obesity](#) for more tips.

**Do Not Smoke:** If you do smoke, quitting will lower your risk for heart disease. Check-out these resources for help: [How to Quit Smoking | Quit Smoking | Tips From Former Smokers | CDC](#)

#### **Limit How Much Alcohol**

**You Drink:** The recommendation for men is no more than two alcoholic drinks per day, and women no more than one alcoholic drink per day. For help check out: [Rethinking Drinking | NIAAA \(nih.gov\)](#)

**Get Enough Sleep:** Adults need an average of 7 hours of sleep each night. Visit [CDC's Sleep and Sleep Disorders website](#) for resources on how to get better sleep.

As always, please reach out to me for help, support and coaching, and resources. Be well.

Anita Alvarez, RN, PHN  
Nurse Health Advocate  
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## A Call To Action from IBEW 234 Government Affairs—Ron Chesshire

### Upcoming Elections and Your Future

Local 234 Members, this Primary Election has been moved from its traditional date in June to March 5<sup>th</sup>. It has been done before and had been done to make the results in California relevant. All too often the results in June have no impact on who the Presidential candidates were going to be in the General Election, so they moved it up.

This year is important for us locally because it is local elections, which determine local



office holders, who make decisions affecting our work locally. There are 3 crucial elections in our jurisdiction which are of special importance because only 2 candidates are running, and whoever wins in March is the winner and does not have to go to a runoff in the General Election in November.

A past California Legislator once said, **“Money is the Mother’s Milk of Politics”** and we are sure you are all familiar with the old adage, **“Those with the Gold make the Rules”**. The point here is, as working people we cannot leave the outcome of elections to those who are more financially capable than us and expect them to treat us fairly.

Unions have always participated in elections. There was a time when Union members and their families would meet at the Hall

and actively engage in the day-to-day work of the various campaigns for those candidates they supported. During that time in history Unions gained political power and many of the laws that benefited working people were passed. Unfortunately, over time the will and ability to participate has dwindled and along with it, the power of Unions.

At local 234 we are turning the page on how things are and are working to make things better. We are reaching out to you, the members, asking for you to consider three (3) things: **1)** Register to vote if you already haven’t. Registering ensures your right to vote. You cannot vote if you are not registered. **2)** Give up one (1) Saturday morning this year to participate in the election process by doing a precinct walk for one of the candidates the Local is supporting. Helping a candidate in this manner is worth its weight in gold. **3)** Vote in the elections this year. Don’t ever think your vote doesn’t count. Many elections, especially local community ones, are won by small margins.

The Local has endorsed candidates and is giving donations to their campaigns but we assure you that their opponents are also receiving donations from their supporters. The rubber meets the road on the streets and that is where we need to be, helping those candidates we endorsed. Our power cannot be matched if we give of ourselves and invest that one morning in someone who will support us.

Look for IBEW Local 234 endorsements in your newsletter and a call for participation in your Calendar.



## Master Electrical Contracting: Empowering Our Members...The Recap

In the spirit of growth and empowerment, IBEW Local 234 recently hosted an exceptional Electrical Contracting Course led by the experienced and knowledgeable Matt Kolbinsky. We were thrilled to see over 20 enthusiastic participants, which speaks volumes about the dedication of our Members to enhancing their skills and expanding their horizons.



This course was not just about acquiring technical know how, it was about fostering future electrical contractors from within our own ranks. We firmly believe that by investing in our Members, we are strengthening not only their careers but also the Union as a whole.

I want to extend my heartfelt thanks to each participant who

dedicated their time and effort to this endeavor. Your commitment is truly commendable. Additionally, I'd like to express my gratitude to Matt Kolbinsky for his invaluable guidance and to David Mauro, Business Representative from IBEW Local 617, for joining us and offering his insights.

As we continue to settle into our new Union Hall at 747 El Camino Real, let this course be a reminder of the remarkable opportunities and growth that await our Members. We're looking forward to more exciting developments on this journey, and we encourage all our members to stay engaged and keep reaching for new heights.

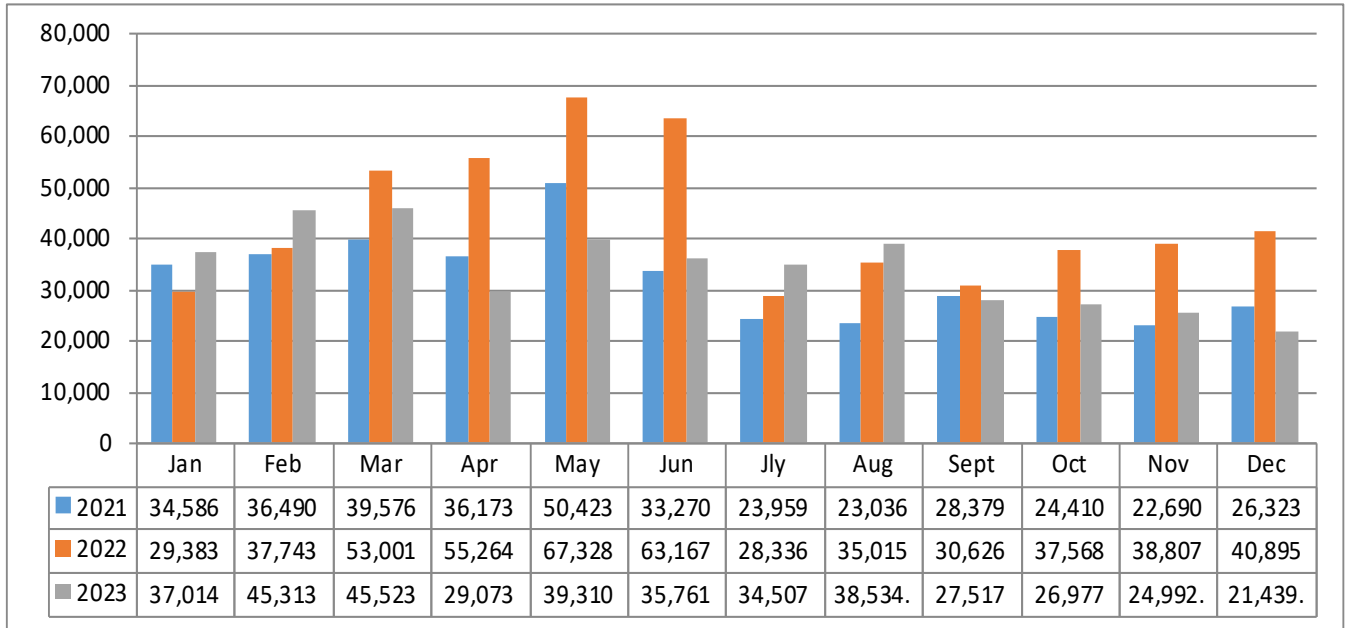
*Stay tuned for more empowering initiatives and opportunities to come. Together, we are building a brighter future for IBEW Local 234.*



## Happy February Birthdays!

James E Brown  
Travis A Chiapella  
Erik J Fritz  
Mohammed A Garaan  
Ivan J Garcia Ponce  
Daniel J Gilbertson  
Jonathan Goddard  
Anthony C Grandelli  
Rick Keaton  
Paul Laoretti  
Michael A Magana  
Jorge O Mendoza  
Ulises L Mendoza  
Alan Minami  
Joshua J Murray  
Michael Nickals  
Jared A Palmer  
Steve R Rios  
Paul M Rivas  
Keith Rudd  
Erik W Schappert  
Carlos Souza  
Heber L Tuazon  
Ricardo Vasquez  
Derek Webster

## Monthly Hours Report



## Monthly Calendar: February 2024

<div> <div>&lt;</div> <div>FEBRUARY 2024</div> <div>&gt;</div> </div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				First Day of Black History Month		
				Apprenticeship Classes (2nd, 3rd, 5th Years)		
4	5	6	7	8	9	10
	Apprenticeship Classes (1st, 4th Years)	Apprenticeship Classes (2nd, 3rd, 5th Years)	Apprenticeship Classes (1st, 4th Years)	Apprenticeship Classes (2nd, 3rd, 5th Years)		
11	12	13	14	15	16	17
	Apprenticeship Classes (1st, 4th Years)	Apprenticeship Classes (2nd, 3rd, 5th Years)	Valentine's Day	Apprenticeship Classes (2nd, 3rd, 5th Years)		
			Apprenticeship Classes (1st, 4th Years)			
			General Body Meeting			
18	19	20	21	22	23	24
	HOLIDAY- President's Day	JATC Meeting	Apprenticeship Classes (1st, 4th Years)	Apprenticeship Classes (2nd, 3rd, 5th Years)		
	Presidents' Day	Apprenticeship Classes (2nd, 3rd, 5th Years)				
25	26	27	28	29		
End of Pay Period	Apprenticeship Classes (1st, 4th Years)	Apprenticeship Classes (2nd, 3rd, 5th Years)	Apprenticeship Classes (1st, 4th Years)	Apprenticeship Classes (2nd, 3rd, 5th Years)		
			Executive Board Meeting			



### **Important Vote: Sale of 10300 Merritt St**

We have an important vote on the horizon. During our March 13th General Body meeting, we will decide on the sale of our property at 10300 Merritt St. to the Joint Apprenticeship Training Committee (JATC).

This decision represents a crucial step forward for both parties. By selling this property, we are providing the JATC with a solid foundation to continue their positive impact on the generations of future electricians. This means an improved training facility, state-of-the-art resources, and a brighter future for those who will follow in our footsteps.

Your vote is essential. Let's embrace this opportunity to shape our future and pave the way for better training and opportunities for future generations

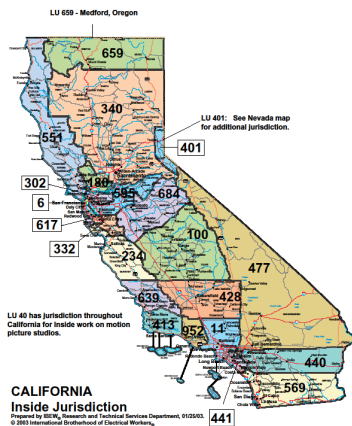
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 (831) 633-2311  
 Email: thehall@ibew234.org  
 (831) 633-JOBS  
 (5627)Job line

Tri-County Electrical JATC  
 www.tricountyjatc.org  
 info@tricountyjatc.org

#### IBEW OBJECTIVES

The objects of the International Brotherhood of Electrical Workers are:

- ♦ To organize all workers in the entire electrical industry in the United States and Canada, including all those in public utilities and electrical manufacturing, into local unions
- ♦ To cultivate feelings of friendship among those of our industry
- ♦ To settle all disputes between employer and employees by arbitration ( if possible )
- ♦ To assist each other in sickness and distress
- ♦ To secure employment
- ♦ To reduce the hours of daily labor
- ♦ To secure adequate pay for our work
- ♦ To seek a higher and higher standard of living
- ♦ And by legal and proper means to elevate the moral, intellectual and social conditions of our members, their families and dependents, in the interest of a higher standard of citizenship.



#### In the Office

**Paul Gutierrez**  
 Business Manager/  
 Financial Secretary

**Jorge Suarez**  
 CAO/Assistant  
 Business Manager

**Ron Chesshire**  
 Government Affairs

**Rosie Bowers**  
 Office Administrator

#### Local 234 Officers

**Andy Hartmann**  
 President

**Jonathon Marquez**  
 Vice President

**Enrique Ramos**  
 Treasurer

**Stephen Slovacek**  
 Recording Secretary

**Jeff Beers**  
**Nick Jackson**  
**Nicholas Prelgovisk**  
**Jorge Suarez**  
 Executive Board



#### NONPROFIT ORGANIZATION

IBEW LOCAL 234  
 U.S. POSTAGE PAID  
 CASTROVILLE, CA  
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