

Official Journal of the International Brotherhood of Electrical Workers

Local 234 Salinas, CA. April, 2024 Edition



Opportunity and Achievement

Dear Members,

As we step into the month of April, we find ourselves amidst a whirlwind of positive activity and new beginnings. At Local 234 we are embracing these changes wholeheartedly as we dive into our work with enthusiasm and determination.

One of the highlights of this month is the work picture that lies ahead. As the construction industry gears up for its busiest season, our Members are poised and ready to take on a multitude of projects. From large-scale installations to intricate maintenance work, our skilled workforce is able! Last Fridays call was filled by #74 on Book 1, with most calls going deep into the books.

In addition to the exciting prospects on the job front, April also brings the conclusion of our recent negotiations. After meaningful discussions and focused deliberations, we are pleased to announce that we have reached an extraordinary agreement on a new contract. This achievement is a testament to not only the hard work and dedication of our negotiating team, but also the shared interest in the Industry that we share with NECA.

As we reflect on the journey that has led us to this moment, we are reminded of the power of unity and collaboration. It is through our collective efforts that we have been able to secure a contract that not only meets the needs of our Members but also sets the stage for a brighter future.

As we move forward into April and beyond, let us continue to work together with determination and solidarity. Together, we will navigate the challenges and seize the opportunities that lie ahead, knowing that our strength lies in our unity.

Here's to a fruitful and successful April for all!

In Solidarity,

Paul G

Business Manager

IBEW Local 234

(831)594-0860



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SPECIAL POINTS OF INTEREST

- BM Report
- Scholarship
- Important Vote: Ratification of new contract

THE HEALTH CORNER

SLEEP APNEA: WHAT IS IT AND ARE YOU AT RISK?

Sleep apnea is a common condition in which your breathing stops and restarts many times while you sleep. This can prevent your body from getting enough oxygen. Sleep apnea creates insufficient sleep which has been linked to the development of a number of health complications and chronic diseases:

SLEEP APNEA COMPLICATIONS:

- Increase risk of vehicle or workplace accidents due to daytime fatigue
- Cardiovascular disease: High blood pressure or heart problems.
- Type 2 diabetes: Higher risk of insulin resistance
- Depression
- Obesity

WHAT ARE THE SYMPTOMS OF SLEEP APNEA?

- Snoring
 - Breathing that starts and stops during sleep
 - Waking up suddenly after gasping or choking
 - Fatigue or sleepiness during the day
 - Restlessness while sleeping, or regular nighttime awakenings
 - Dry mouth or sore throat when you wake up
 - Trouble concentrating, forgetfulness, or crankiness
 - Depression or anxiety
 - Constant need to go pee at night
 - Night sweats
- Headaches

How Doctors Diagnose Sleep Apnea

- Medical history
- Physical exam
- **Sleep Studies:** Your doctor may refer you to a sleep specialist or a center for a sleep study.

SLEEP APNEA HOME REMEDIES

- **Lose weight:** About half of people with sleep apnea are overweight
 - **Don't use alcohol and sleeping pills:** They decrease the muscle tone in the back of your throat
 - **Change sleep positions:** You may breathe more easily if you stay off your back
 - **Stop smoking:** Smoking increases swelling in the upper airway, making snoring and apnea worse
- Treat allergies.** Nasal allergies swell tissues in your airways making it harder to breathe

Sleep Apnea Medical Treatments

Continuous positive airway pressure (CPAP) machine: You wear a mask over your nose or mouth while you sleep. The mask is hooked up to a machine that delivers air flow into your nose

Automatic positive airway pressure (APAP): CPAP machine does not helpful

ORAL APPLIANCES: DENTAL DEVICES CAN HELP KEEP YOUR AIRWAY OPEN WHILE YOU SLEEP

Make an appt with your doctor if you are experiencing symptoms of sleep apnea.
Please reach out to me for any questions or assistance you may need.

Anita Alvarez, RN, PHN
Nurse Health Advocate for IBEW234
831-741-8677
anita@ibew234.org

Reminder: Christopher Burditt Memorial Scholarship Deadline Approaching

As the April 15 deadline for the Chris Burditt Memorial Scholarship approaches, we want to remind you to have your families submit their applications without delay. This scholarship, established in honor of the late Chris Burditt, aims to support the educational pursuits of students within our community.



The Chris Burditt Memorial Scholarship offers a valuable opportunity for students from Monterey, Santa Cruz, and South Benito counties to receive financial assistance as they continue their academic journeys. With a scholarship amount of \$1000 available to a student from each of these counties, the impact of this opportunity cannot be understated.

We encourage all eligible applicants to take advantage of this scholarship opportunity. Whether you are pursuing higher education at a college, university, this scholarship can provide valuable support to help your families achieve their academic goals.

Essay Contest

IBEW 234 is offering three \$1500 scholarships to high school graduates—one each in Monterey, Santa Cruz, and San Benito County, who will graduate during the current school year and who meet all qualifying criteria.

To apply, a student must have at least one present or past union member, of any affiliation, in his or her immediate family and type an essay of approximately **500 words** on one of the following topics:

- What is the International Brotherhood of Electrical Workers and what has it done to enhance organized labor?
- Why is the organized labor movement important in the U.S. today?
- How has the Union movement played a key role in the life and well-being of my family member who is or was in a Union?

Essays must be typed and sent with a completed Application Form to:

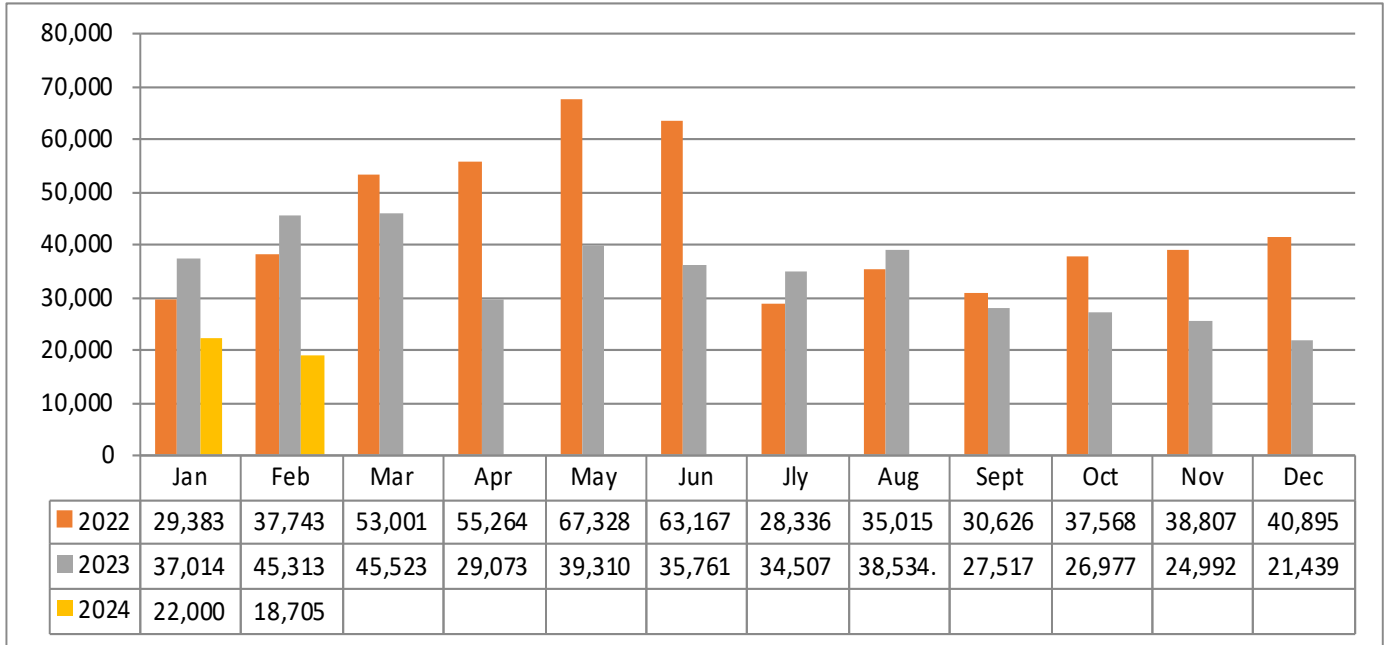
Christopher Burditt
Memorial Scholarship Essay Contest
C/O IBEW 234
747 El Camino Real
Salinas Ca, 93907
Or thehall@ibew234.org



Happy April Birthdays!

Dave C Alonzo
Adrien R Antosz
Joaquin Argueta
Thomas M Bauer
Frank Bigham
Louis R Bonds
Anthony J Brenkwitz
Leslie R Dollins
Alejandro Escobar
Gary C Gabriel, Jr.
Alex F Garibay
Jorge L Gonzalez
John I Greene, II
Mark Hiura
Manuel H Jaramillo
Glen E Johnson
Michael D Kunkle
Tramaine J Lamb
Lloyd V Marchant
Samuel V Mendoza
Joaquin A Mickel
Roldan A Morales
Matt J Munoz
James R Nichols
Patricio Ortiz
Evey Perez
Mickel D Reeves
Alan M Replogle
Michael K Rodda
Carlos Segura
Sean Shiraishi
James B Shumaker
Jonathan Stanley
Bryan R Tufts
Joe Velasquez, Jr.
Paul A Velasquez
Francisco Villanueva

Monthly Hours Report



Monthly Calendar: April 2024

<	APRIL 2024						>
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1	2	3	4	5	6	
	Easter Monday Apprenticeship Classes (1st, 4th Years)	Apprenticeship Classes (2nd, 3rd, 5th Years)	Apprenticeship Classes (1st, 4th Years)	Apprenticeship Classes (2nd, 3rd, 5th Years)			
7	8	9	10	11	12	13	
	Apprenticeship Classes (1st, 4th Years)	Apprenticeship Classes (2nd, 3rd, 5th Years)	Apprenticeship Classes (1st, 4th Years) General Body Meeting	Apprenticeship Classes (2nd, 3rd, 5th Years)			
14	15	16	17	18	19	20	
	Tax Day Apprenticeship Classes (1st, 4th Years)	JATC Meeting Apprenticeship Classes (2nd, 3rd, 5th Years)	Apprenticeship Classes (1st, 4th Years)	Apprenticeship Classes (2nd, 3rd, 5th Years)			
21	22	23	24	25	26	27	
	Apprenticeship Classes (1st, 4th Years)	Apprenticeship Classes (2nd, 3rd, 5th Years)	Apprenticeship Classes (1st, 4th Years) Executive Board Meeting	Apprenticeship Classes (2nd, 3rd, 5th Years)			
28	29	30					
End of Pay Period	Apprenticeship Classes (1st, 4th Years)	JATC Planning Session 4 pm Apprenticeship Classes (2nd, 3rd, 5th Years)					

Tri-County Electrical JATC Training News

CLASS COMPLETIONS:

CPR/First Aid held on 03/09/24

Tyler Kendall, Jason Lawrence, Miguel Mexicano, Arnulfo Monroy, Kevin Rategan, and Agustin Torres

UPCOMING CLASSES:

CPR / First Aid with Blood-Borne Pathogens

This class is scheduled for **Saturday, May 18th from 8am – 1pm**. Instructor, Merralinda Goddard, will be teaching the basics of First Aid and CPR. Contact Damaris in the JATC office at (831) 633-3063 to sign up.

**Please note that class size is limited and sign-up is required. This is NOT a drop-in class. Also note that if you reserve a space and do not show up for the class, you will be responsible for paying for the class.

Ratification Vote on New Contract—April 10th Meeting

We are pleased to invite you to participate in an important ratification vote on the Inside Agreements new contract negotiated on behalf of our Union. This significant vote will take place during our meeting on April 10.

Your voice and input are crucial in shaping the direction of our Union, and this ratification vote is an opportunity for every member to have a say in our collective future. The new contract represents the culmination of extensive negotiations aimed at securing the best possible terms and conditions for all of us.

We urge you to join us on April 10 and cast your vote. Your participation is vital in determining the outcome, and we value your contribution to this process.



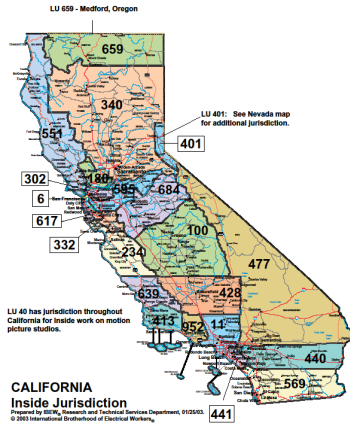
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 Email: thehall@ibew234.org
 (831) 633-JOBS
 (5627)Job line

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 o 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.



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 Business Manager/
 Financial Secretary

Jorge Suarez
 CAO/Assistant
 Business Manager

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 Government Affairs

Henry Cortez
 Organizer

Rosie Bowers
 Office Administrator

Local 234 Officers

Andy Hartmann
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 Vice President

Enrique Ramos
 Treasurer

Stephen Slovacek
 Recording Secretary

Jeff Beers
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