



# Official Journal of the International Brotherhood of Electrical Workers

Local 234 Salinas, CA, January, 2025 Edition



## Leading the Charge into 2025

Dear Members and Families,

As we step into 2025, we embark on another chapter filled with opportunities to seize, and milestones to achieve. This year, let us embrace our shared vision of progress, solidarity, and excellence as we work together to build an even brighter future for IBEW Local 234.

Reflecting on the past year, we've laid the groundwork for incredible advancements. From the successful opening of our new Union hall at 747 El Camino Real, an increased number of apprenticeship opportunities, and increasing community recognition of the IBEW brand has kept our members employed and thriving. We have proven what's possible when we focus on clear goals and execute with precision. These accomplishments are not just achievements, they are stepping stones to even greater success.

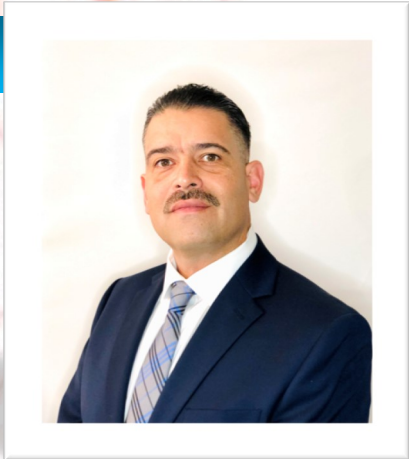
But we cannot rest on what we've already accomplished. True leadership is about constantly raising the bar, not only for ourselves but for the generations to come. As your Business Manager, I am committed to maintaining the momentum we've built by focusing on three pillars: growth, opportunity, and unity.

**Growth:** In 2025, we aim to expand our market share, strengthen our relationships with contractors, secure PLA's and pursue new projects that ensure steady employment for our members. We will continue to set the standard for skill, reliability, and professionalism, reminding everyone why IBEW Local 234 is second to none.

**Opportunity:** The strength of our Union is in the opportunities we create for our members. Whether it's our advocacy for fair wages and benefits, our great apprenticeship training program, or our community advocacy, we are committed to giving every member the tools they need to succeed and thrive.

**Unity:** Together, we are unstoppable. Our ability to stand united at Union meetings, job sites, and community events defines who we are and what we can accomplish. Let us continue to support one another, mentor the next generation, and show our communities the true power of solidarity.

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### SPECIAL POINTS OF INTEREST

- BM Report
- State Cert Class with Ricardo and Henry!
- JATC Advancements

Website:

<https://ibew234.org/>



## The Health Corner

### Protect your Back

Back pain is one of the most common reasons people seek medical help or miss work. Back pain ranges from a persistent dull ache to sudden sharp pain and has many causes. Sometimes it results from sprain, fracture, or accidental injuries. It can also stem from disease, medical condition or being overweight.

#### Tips to protect your back and prevent back pain:

##### Do muscle-strengthening and stretching exercises.

Experts now know that regular physical activity can help ease inflammation and muscle tension, which cause pain. Check out this link: [Back exercises in 15 minutes a day - Mayo Clinic](#)

- **Avoid heavy lifting;** if you do lift something heavy, bend your knees and keep your back straight. Let your legs do the lifting, not your back. Don't twist your body while lifting. If you can, push rather than pull heavy objects. Pushing is easier on the back.
- **Aim for a healthy weight;** being overweight can strain your back. Extra pounds, especially in your midsection, can make back pain worse by shifting your center of gravity and putting strain on your lower back.

**If you smoke, stop.** Smoking restricts the flow of nutrient-containing blood to spinal discs, so smokers are especially vulnerable to back pain.

**Start with your seat.** The best chair for preventing back pain is one with a straight back or low-back support. Keep your knees a bit higher than your hips while sitting. Take microbreaks from sitting in a chair, 30 min- one-hour intervals.

**Sleep well.** If you're prone to back pain, sleeping on your side with your knees pulled up slightly toward your chest is sometimes suggested, add a pillow between your knees. If you sleep on your back, put one pillow under your knees.

**Pay attention to your posture.** Check your posture by standing with your heels against a wall. Your calves, buttocks, shoulders, and the back of your head should touch the wall. You should be able to slip your hand behind the small of your back. Now, step forward and stand normally. If your posture changes, correct it right away.

As a reminder, seek medical attention if pain persists. Consider alternative therapies covered by the Health and Welfare plan, such as: physical therapy, chiropractic services, and acupuncture.

Please contact me with any health questions you may have. I am here to support you!

Be Well,

Anita Alvarez, RN, PHN  
Nurse/Health Advocate  
IBEW Local 234  
Work #: 831-741-8677

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As we march into 2025, let us set bold goals, hold ourselves accountable, and celebrate every victory along the way. The successes we achieve this year will echo for years to come, shaping the legacy of IBEW Local 234 for future generations.

Thank you for your hard work, your trust, and your commitment to the values that make us strong. Together, there's nothing we cannot accomplish.

Here's to a historic 2025 and the continued success of IBEW Local 234!

In Solidarity,

*Paul J*

### State Cert Prep Class

State Certification Prep Class: January 9th and 23d at 5:30 PM

We are thrilled to report the overwhelming success of the recent State Certification Preparation Class led by Henry Cortez and Ricardo Morales. With over 20 participants in attendance, the session was not only productive but also a great example of the drive and dedication within our Local 234 family. Thank you to everyone who joined us and contributed to such a collaborative learning environment.

Due to the strong interest and positive feedback, we're excited to announce the next class will take place on Thursday, January 9, from 5:30 PM to 7:30 PM at the Union hall. This class is open to everyone, including apprentices. Whether you're working toward your state certification or simply looking to enhance your knowledge, this is an excellent opportunity to learn and grow alongside your brothers and sisters.

To secure your spot, reach out to Henry at 831-731-0927. Don't miss this chance to take your skills to the next level and start 2025 with the tools to succeed.

We look forward to seeing you there!



## A Path to Success

Meeting California's mandated requirements for Skilled and Trained Workforce standard is critical for our members and contractors to work on public works projects. To ensure our members have access to these opportunities, IBEW Local 234, in collaboration with the Tri-County JATC, has established the Skilled and Trained Advanced Apprenticeship Program—a comprehensive pathway designed to prepare and qualify members for these specialized roles.

To apply for the Skilled and Trained Advanced Apprenticeship Program through the JATC, you must first meet the following qualifications:

1. Have a minimum of 10,000 hours of electrical experience.
2. Be state certified as an electrician.
3. Be a member in good standing with IBEW Local 234.

Once you meet these prerequisites, you may apply to participate in a structured six-month course through the JATC. This program will include at least 12 hours of focused instruction, designed to help you meet the specific requirements outlined by state law. Through this collaboration with the JATC, we are creating a streamlined path to ensure you remain competitive, compliant, and ready to take on Skilled and Trained Workforce jobs.

This program is yet another way we are ensuring that our members are equipped with the tools, training, and certifications to excel in their careers. By working together, IBEW Local 234 and the JATC are not only addressing industry requirements but also creating opportunities for you to thrive in your chosen profession.

If you meet the qualifications and are ready to take the next step, please contact the JATC for more information on how to apply. This is your chance to elevate your career, expand your opportunities, and help shape the future of Local 234.

## JATC NEWS

### CLASS COMPLETIONS – DEC

- CPR / First Aid held 12/14/24

Roberto Alanis, Gilberto Espindola, Andy Hartmann, Angel Lopez Magana, Ernie Magallan, Lee Harry Markowitz, Sam Martinez, Robert Meloney, Alfredo Nicolosi, Chris Olsen, Josiah Ramos, Jaime Urzua, and Philip Villaneda



### UPCOMING CLASSES in 2025

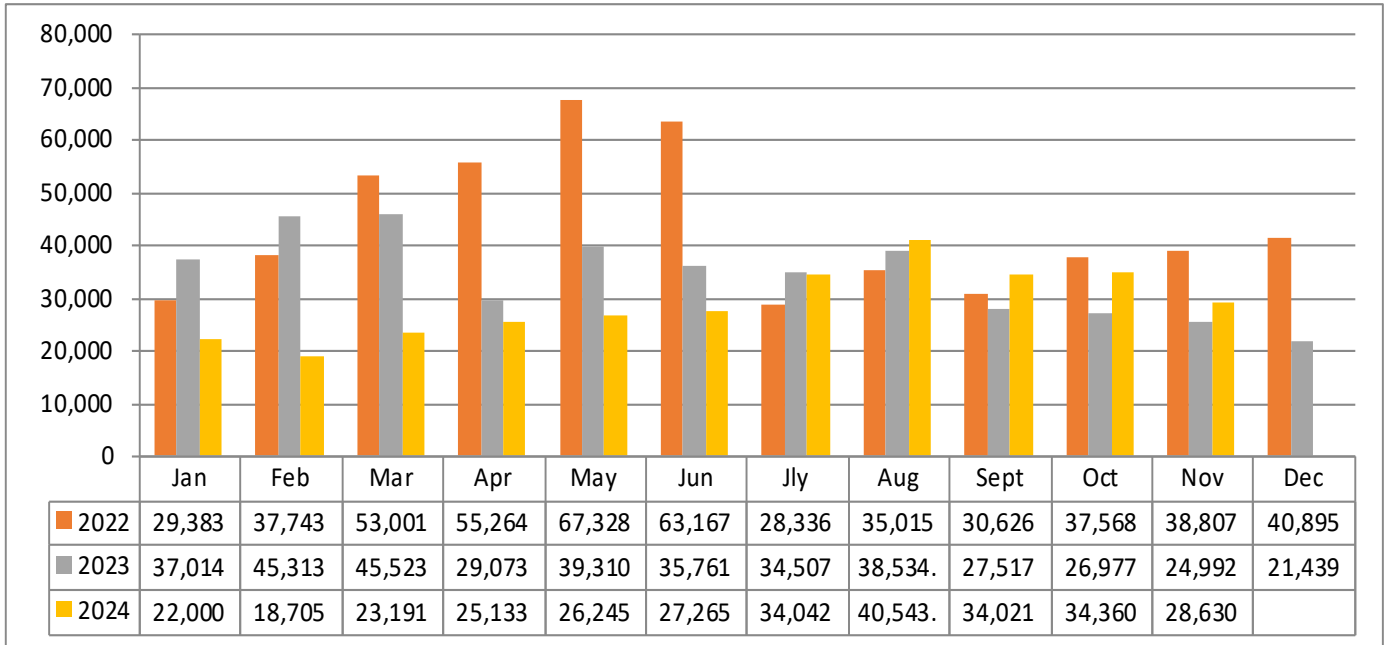
- CPR / First Aid  
to be held in February – exact date to be determined
- OSHA 10

If you are interested in taking our online OSHA 10 course, we will be taking sign-ups between now and January 31<sup>st</sup>. All who sign up will be required to complete the course no later than February 28<sup>th</sup>. Online access codes will be available and emailed after the first of the new year – along with further class completion instructions. Please contact Damaris in the JATC office between 12pm-5pm, Monday – Thursday, to get signed up.

## Happy January Birthdays!

Abraham L Adams, Jr.  
Rafael Castro, Jr  
Mark D Clough  
William L Clough  
Felix A Cortez  
Matthew A Craddock  
Ruth A Dean  
Scott Gaffney  
Manuel A Garcia  
Ralph Garcia  
Cristian M Gonzalez  
Robert B Greene  
Kirt T Hackett  
Gregory Hague  
Darrell Hickey  
Cory C Hoffman  
Valentin Ivanov  
Jesus M Jara  
Artemio Z Juarez  
Sean P Kent  
Michael A Kulich  
Jaime Lara  
Jose Leon  
Giovanni Lopez  
Julian Macias  
Ernest J Magallan  
Aiden P McNutt  
George Mellone  
Jose Moncada  
David A Morales  
Ernesto Morales  
Francisco Mundo, Jr  
Roberto Paz-Murillo  
Miguel A Prado  
Nicholas J Preglovisk  
Reynold Ramirez  
Manuel Ramos  
Joseph A Reyna  
Joao S Rodriguez  
Joseph C Rodriguez  
Bryan Ruiz-Herrera  
Maxwell L Schnittger  
Jorge Suarez  
Trudi Teller  
Jaime Urzua

# Monthly Hours Report



< <b>JANUARY 2025</b> >						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
			JATC Time Study (track admin hours) New Year's Day			
5	6	7	8	9	10	11
			General Body Meeting			
12	13	14	15	16	17	18
19	20	21	22	23	24	25
	Inauguration Day (regional holiday) Martin Luther King Jr. Day	JATC Meeting JATC Meeting	Executive Board Meeting			
26	27	28	29	30	31	
End of Pay Period						



## Historic Advancements in Training and Education

As we approach the anticipated closing of the sale of 10300 Merritt Street to the JATC, I want to take this moment to reflect on what this milestone means for our apprenticeship program and the future of Local 234. This sale is not just about transferring ownership; it's about building the foundation for a world-class training facility that will ensure our apprentices and journeymen are equipped with the knowledge and skills to thrive in an ever-changing industry.

A significant part of this vision has already come to life through the adoption of CML (Computer Moderated Learning) systems and hands-on labs, introduced for the first time in our Local's history. These innovative methods have transformed the educational experience, making it more interactive, modern, and effective. This shift would not have been possible without the dedication and adaptability of our instructors, who have risen to the occasion to implement these changes seamlessly.

I want to personally acknowledge and thank the instructors for their outstanding efforts in adopting these tools and integrating them into the curriculum. Their hard work ensures that our apprentices are not only meeting but exceeding the highest industry standards. I also want to recognize everyone who has supported this transition, from the JATC committee to the staff behind the scenes. It takes a collective effort to bring about such meaningful progress, and I am proud of what we've accomplished together.

This sale and the resulting build-out of a state-of-the-art training facility symbolize a commitment to growth, excellence, and opportunity for future generations of IBEW Local 234. While we take pride in this historic advancement, we must continue striving for even greater heights. Together, we are paving the way for a legacy that will benefit both our members and the communities we serve for years to come.

Thank you for your support and trust in these efforts. Stay tuned for more updates as we move closer to realizing this vision.



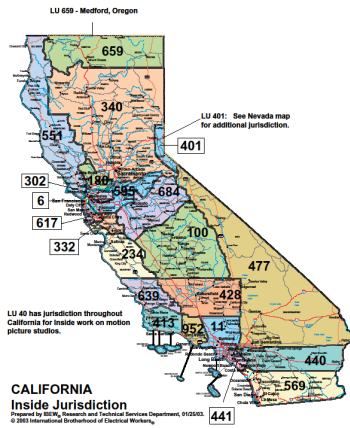
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 (831) 633-JOBS  
 (5627)Job line

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.



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

**In the Office**

**Paul Gutierrez**  
 Business Manager/  
 Financial Secretary

**Jorge Suarez**  
 CAO/Assistant  
 Business Manager

**Henry Cortez**  
 Organizer

**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