



International Brotherhood of Electrical Workers Local 234

# IBEW LOCAL 234 NEWSLETTER

April 2026

## Local 234 Officers:

Jose Munoz  
**Business Manager/Financial  
Secretary**

Andy Hartmann  
**President**

Alan Todd  
**Vice President**

John Greene  
**Treasurer**

Enrique Ramos  
**Recording Secretary**

Jeff Beers  
Carlos Prado  
Chris Olsen  
Robert Meloney  
**Executive Board**

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

## Business Manager's Report

### Brothers and Sisters of Local 234,

#### What is your union, and why are we here?

Our union exists to support and protect every member. Being part of IBEW Local 234 means more than just a job it's about community, safety, growth, and solidarity. Here's what your union does for you:

- **Protecting workers' rights** – Ensuring fair wages, safe working conditions, and proper benefits for all members.
- **Providing training and apprenticeship programs** – Helping electricians learn new skills, stay up to code, and advance their careers.
- **Negotiating contracts** – Making sure employers honor agreements on pay, hours, overtime, and benefits.
- **Offering community and support** – Connecting members, sharing resources, and representing you in workplace disputes.
- **Advocating for workers** – Fighting for policies that benefit members, from labor laws to energy regulations and safety standards, amplifying our voices in local and national decision-making.
- **Promoting health and safety** – From proper equipment to safety training, the union ensures that every member can work in a secure environment.
- **Building professional networks** – Opportunities to mentor apprentices, share knowledge, and grow with fellow electricians.

Being active in your union means participating in meetings, attending trainings, voting in elections, and supporting your brothers and sisters. Together, we are stronger. Together, we ensure a safe, fair, and prosperous future for every electrician in Local 234. Please feel free to come and talk to any of us in this office remember, **we work for you!**

The International Office has mandated that all members complete the **P.A.L. class** before the end of this year. P.A.L. stands for **Politics, Activism, and Livelihood**. This program empowers members to engage politically and to support or challenge policies and politicians that impact our union and our livelihoods.

We're proud to share that this class is taught by our own agents, **Trudi Teller** and **John Barber**, who bring firsthand experience and insight to the program. Our next class is scheduled for **Monday, May 11, 2025, from 5:30 PM to 7:00 PM**. RSVP today to secure your spot.

Keep your skills sharp and up to the highest standards our work depends on your expertise. Take full advantage of the classes offered through our JATC to grow your knowledge, learn new techniques, and stay ahead in the trade.

*"In closing, always remember that IBEW Local 234 is your union. Make every effort to get involved, attend meetings, and help promote our mission!"*

In solidarity,  
**José Muñoz**  
Business Manager, IBEW Local 234  
D731689

## **Carpal Tunnel Syndrome: Prevention and Treatment**

**Carpal Tunnel Syndrome (CTS):** Is one of the most frequent musculoskeletal disorders among electricians. It results from the compression of the median nerve in the wrist, often caused by repetitive motions like twisting wire, regular use of hand tools, or holding vibrating power tools.

### **Symptoms of Carpal Tunnel Syndrome include:**

- Numbness, pain, burning, or tingling in the wrist or fingers, except for the little finger.
- These sensations may get worse when you use your hands or grip a tool.
- Your hands, fingers, and wrists may feel weaker than normal, causing you to drop things. Actions like opening a jar or holding a fork may be hard to do.
- You may experience temporary relief when you shake out your hands.

### **Primary Risk Factors**

- Repetitive Motion: Continuous tasks like pulling cable, installing conduits, and twisting wire connectors.
- Awkward Postures: Working in cramped or overhead spaces often requires hands and wrists to be in non-neutral, stressful positions.
- High Force: Using significant manual force to operate hand tools or pull heavy-gauge wire.
- Vibration: Frequent use of power drills and reciprocating saws.
- Certain health conditions can contribute to the development of carpal tunnel syndrome. These include obesity, diabetes, rheumatoid arthritis, and hypothyroidism.

### **How Can You Prevent Carpal Tunnel?**

- If you work with vibrating tools, wear gel-padded gloves to absorb the vibrations.
- Select tools with padded, non-slip grips and designs that reduce need for excessive wrist bending.
- If possible, change activities for a few minutes each hour so your muscles don't get stiff.
- Relax your grip on hand tools and also while driving. Most people use more force than necessary when they perform these or similar tasks.
- Take regular breaks to stretch hands and wrists. Click here for exercises: [Worried About Carpal Tunnel? Try 3 Simple Stretches - YouTube](#)
- Keep your hands warm. Cold keeps your muscles stiff, so wear gloves or adjust the room temperature.

## **How to treat Carpel Tunnel Syndrome**

### **At Home Treatments:**

- Ice: Apply cold packs for 10–15 minutes several times a day to reduce swelling.
- Rest: Limit the activities that trigger pain, like heavy gripping or repetitive twisting.
- Night Splinting: Wearing a wrist brace at night is often the first and most effective step. It keeps your wrist in a neutral position, preventing the "curling" that happens during sleep and compresses the nerve.
- Medication: Over-the-counter nonsteroidal anti-inflammatory drugs (**NSAIDs**) like ibuprofen can help manage pain and inflammation in the short term.

### **Medical Treatments**

- Physical or Occupational Therapy: Therapist can teach you nerve gliding exercises (which help the nerve slide through the carpal tunnel) and strengthening routines for your forearm.
- Acupuncture: Reduces inflammation, increase blood flow to alleviate nerve compression.
- Corticosteroid Injections: If symptoms persist, a doctor may inject a steroid into the carpal tunnel to quickly reduce inflammation. Relief can last up to six months.
- Surgery (Carpal Tunnel Release): In severe cases where conservative treatments fail or nerve damage is present, a surgeon may cut the ligament to permanently relieve pressure on the nerve.

**Please reach out to me if you have any health-related questions or concerns:**

Anita Alvarez, RN, PHN

Nurse/Member Health Advocate

Electrical Workers Health and Welfare Trust

Fund

IBEW Local 234

Work #: 831-741-8677

# April is Autism Awareness Month

Autism Awareness Month is observed every **April** to promote understanding and acceptance of autism. It begins with **World Autism Awareness Day on April 2**, where people worldwide participate in activities to spread awareness and show support for the autism community.

Autism, or autism spectrum disorder (ASD), refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication. According to the Centers for Disease Control, autism affects an estimated [1 in 31 children](#) and [1 in 45 adults](#) in the United States today.

Autism looks different for everyone, and each person with autism has a distinct set of strengths and challenges. Some autistic people can speak, while others are nonverbal or minimally verbal and communicate in other ways. Some have intellectual disabilities, while some do not. Some require significant support in their daily lives, while others need less support and, in some cases, live entirely independently.



## Annual Membership Appreciation Picnic



The Annual BBQ Picnic has been booked for October 10th, 2026. Same time and same great fun, new location. Join us for the inaugural Picnic at the Hall, we will be hosting this year's picnic at the Hall located at 747 El Camino Real in Salinas. More details will be released when we are closer to the event. Make sure to be there to enjoy some good food and much more!



## Retired Member Don Hughes

Our own John Barber recently spent time visiting longtime member Donald Hughes. At 95 years old, Don has been part of IBEW 234 for an incredible 72 years—a true testament to his dedication and loyalty. Over the years, he has served IBEW 234 in important roles, including Recording Secretary and Job Steward. His longevity and the special place IBEW 234 holds in his heart are what continue to keep him motivated.

Don, we truly appreciate your dedication and pride. We are grateful to have a member like you. Even today, Don is still organizing and promoting the union way of life, it's truly in his blood.

# Tri-County Electrical JATC Training News

(831) 633-3063

## UPCOMING CLASSES:

CPR / First Aid with instructor, Merralinda Goddard  
Saturday, May 2, 2026 from 8am-1pm



**PLEASE NOTE:** Currently, there is no receptionist at the JATC office. To sign up for classes, please email Stacy at [info@tricountyjatc.org](mailto:info@tricountyjatc.org) or call (831) 741-9069.

## Milwaukee Apprentice of the Month

Jake Myhre, 3<sup>rd</sup> year apprentice

## CLASS COMPLETIONS:

NFPA 70E held on 03/07/26

Amauri Arista, Phillip Garcia, John Greene, Javier Martinez, Aaron Monroy, Benjamin Morales, Chris Olsen, Michael Rodda, Luis Rodriguez, Allister Sorrells, Jonathan Stanley, and Adrian Vargas

## Upcoming Training:

**PAL Training (Politics, Activism, Livelihood)** with instructors, John Barber and Trudi Teller  
Monday, May 11th from 5:30pm– 7pm. Light snacks will be provided. This training must be completed by ALL members by the end of 2026 per the International Office of the IBEW. To sign up for this training, contact John Barber at [JBarber@ibew234.org](mailto:JBarber@ibew234.org) or call (831)321-2640

**New Member Orientation** with instructors, John Barber and Trudi Teller  
Saturday April 25th from 9am– 10:30am. This presentation will be a great opportunity to learn valuable information. Apprentices looking for more information are welcome. Spouses are also welcome. This orientation class is mandatory for ALL new members. To sign up for the orientation please contact the Hall at [thehall@ibew234.org](mailto:thehall@ibew234.org) or call (831)633-2311.

**\*Both of these classes will be held at the Hall located at  
747 El Camino Real Salinas, CA**

## Don't Forget to Pay Your Dues

Reminder to keep your dues current or paid ahead. Basic dues are your responsibility and must be paid thru the current month. You can pay dues online, in person, or by calling the office at (831)633-2311. The first day of your 4th month of non-payment you will be considered in arrears and will need to pay thru the current month plus a \$33 reinstatement fee. The first day of your 7th month of non-payment you will be dropped from membership and your employer will be notified that you are no longer a member of the IBEW.

## Christopher Burditt Memorial Scholarship

IBEW Local 234, in partnership with the Burditt Family, is offering **three (3) \$1,500.00** 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 the 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 submit an essay of approximately **500 words** on one of the following topics:

1. What is the International Brotherhood of Electrical Workers and what has it done to enhance organized labor?
2. Why is the organized labor movement important in the United States today?
3. 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 mailed with a completed Application Form To:**

**Chris Burditt Scholarship**  
**C/O IBEW Local 234**  
**747 El Camino Real N**  
**Salinas, CA 93907**



Entries must be **received by May 22, 2026**. IBEW Local 234 will judge essays for content, clarity, and originality. Proof that application requirements are fulfilled, including graduation, will be required, as will proof that the winner enrolls in a university, college, junior college, or other institution of higher learning in the summer or fall of **2026**. No essays will be returned. IBEW Local 234 is not responsible for any entries that are not received or are damaged before being received.

Please share this with any interested students!

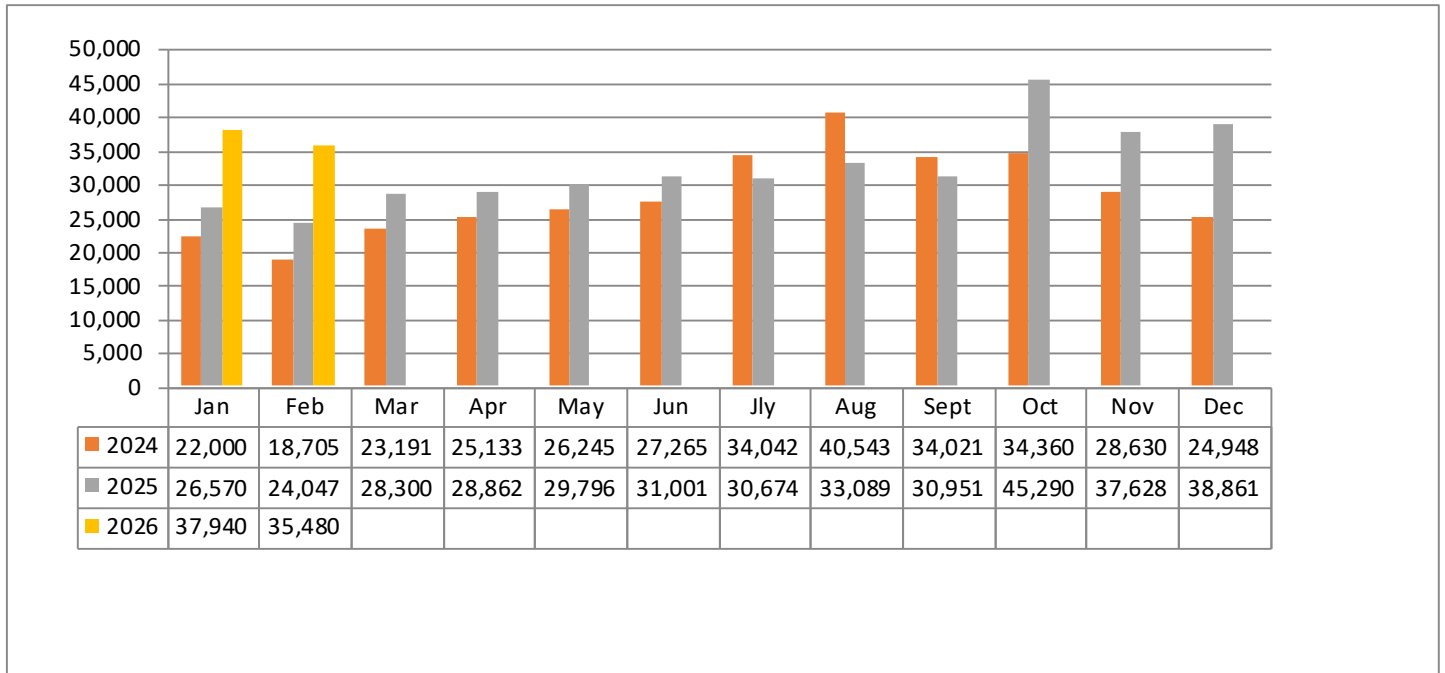
The announcement and application form are available to download on our website:

[IBEW 234 Christopher Burditt Memorial Scholarship Essay Contest](#)

## **New Local 234 Merch Available**



## Monthly Hours Report



## Happy April Birthdays!

- Dave Alonzo
- Adrian Andrade
- Adrien Antosz
- Joaquin Argueta
- Frank Bigham
- Louis Bonds
- Anthony Brenkwitz
- Carlitos Cortez
- Bob Dollins
- Alejandro Escobar
- Gary Gabriel
- Alex Garibay
- Jorge Gonzalez
- John Greene II

- Troy Grier
- Mark Hiura
- Manuel Jaramillo
- Glen Johnson
- Tramaine Lamb
- Lloyd Marchant
- Michael Martinez
- Joaquin Mickel
- Damian Morales
- Roldan Morales
- Matt Munoz
- James Nichols
- Patricio Ortiz
- Mickel Reeves
- Alan Replogle

- Michael Rodda
- Alexander Ruelas
- Carlos Segura
- Jonathan Serrato
- Sean Shiraishi
- James Shumaker
- Jonathan Stanley
- Kyle Tuck
- Bryan Tufts
- Adrian Vargas
- Joe Velasquez
- Paul Velasquez
- Francisco Villanueva
- Tanner Whitworth

# This Month's Local 234 Winners!

April 2026

## Give-Away Winners:

Allister Sorrells won the \$11 COPE and donated \$5 back  
 Heath Guaracha won an IBEW coupon and donated it to  
 Adrian Vargas  
 Chris Olsen won an IBEW cup  
 Luis Rodriguez won an IBEW coupon  
 Javier Contreras won an IBEW trailer hitch

General membership meetings are the second Wednesday of each month. The next general membership meeting has been scheduled on Wednesday, April 8th at 6:00 PM



# April 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5 Easter	6	7	8 General Body Meeting @ 6:00PM	9	10	11
12	13	14 JATC Board Meeting @ 6:00PM	15	16	17	18
19	20	21	22 E- Board Meeting @ 6:00PM	23	24	25
26	27	28	29	30		



# International Brotherhood of Electrical Workers Local 234



## IBEW Local 234

747 EL Camino Real  
Salinas, CA 93907  
[www.ibew234.org](http://www.ibew234.org)

(831) 633-2311

[thehall@ibew234.org](mailto:thehall@ibew234.org)  
(831) 633-JOBS (5627)  
Job line

## Tri-County Electrical JATC

[www.tricountyjatc.org](http://www.tricountyjatc.org)  
[info@tricountyjatc.org](mailto:info@tricountyjatc.org)

**RETURN SERVICE REQUESTED**

