

IBEW Local 405

Cedar Rapids/Iowa City

Volume 18, Issue 11

November 2018

News & Information

Bill Hanes, Business Manager



Elections are here. By the time you receive this we will be down to a couple of days before election day. Your future and the future of trade unions in Iowa are in your hands. There is no doubt that if the Republicans retain control of the Iowa Legislature or of both chambers of the US Congress that the assault on your rights as a Union member will continue and in fact will intensify.

On the national level they are already telling you that your Social Security and Medicare are the cause of our debt problems and must be cut to save the country. The debt and deficit have nothing to do with the massive tax giveaways that the Republicans gave to the millionaires and billionaires in this country. You no longer hear them talk about how their tax "reforms" will stimulate the economy and via higher wages and more high paying jobs will actually reduce the deficit and cause the debt to shrink. That was BEFORE they passed the budget busting cuts...now it is your retirement benefits that are causing the deficit. We have to change one of the Chambers to stop this all out assault on the working class. You need to vote. You need to get your family to vote. You need to get your friends to vote. We have Union friendly candidates in all of our Congressional Districts. In CD 1 we have Abby Finkenauer. In CD 2 we have Dave Loeb sack. In CD 3 we have Cindy Axne and in CD 4 we have J.D. Schotten. It is time to send Union endorsed candidates to Congress.

In Iowa we have the opportunity to elect our supporters to every statewide office. From Fred Hubbell for Governor all the way down the ballot we have people who will support Unions and all Iowa workers. We need to vote for Tom Miller for Attorney General, Deidre DeJear for Secretary of State, Rob Sand for Auditor and Tim Gannon for Secretary of Agriculture.

It is time for a clean sweep in Des Moines and we can do it if you take the time, make the commitment and vote.

Locally we have a lot of friends running for office. I encourage you to vote for all of the Democrats on the ballot this year. From the Iowa Senate and House, right down through your County Supervisors, we need to vote for the Democrats on the ballot. In Linn County, Stacy Walker, Brent Olson and Ben Rogers are the labor endorsed candidates. In Johnson County, Janelle Rettig is the labor candidate on the ballot. These are good friends of Local 405 and they all deserve your support and your vote.

We are getting to the end of this cycle. If you haven't volunteered and done some door knocking, it is not too late to help. We will have literature drops and phone banks running out of Local 405 right up until November 6th. All indications are that many of these races are too close to call. This means that they are within reach of the candidates that turn out the most voters. It is up to you to make it happen. No one else can vote for you and no one else is responsible for your vote. Only you. Now is the time to support the endorsed candidates and more important to support Local 405 and all of its current and future members.

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 RENEW Meeting 6:30 pm	2	3
4	5	6 Election Day	7	8	9	10
11	12	13	14 E-Board Meeting 5:00 pm	15	16	17 Pinning Banquet
18	19	20	21 General Meeting 6:00 pm	22 Thanksgiving Day (Holiday)	23 (Holiday)	24
25	26	27	28 Iowa City Meeting 5:30 pm	29	30	

Delinquent Members

The following members are delinquent in their dues as of October 22, 2018:

Michael Bamsey, Trevor Denman, Alex McRoy, & Jeremy Oberreuter.

2019 Dues Increase

Beginning January 1, 2019, the International portion of dues will be going up \$1.00 per month. Dues will be \$39.00 per month, \$117.00 per quarter, \$234.00 for six months, \$468.00 for the year. If you pay dues online, make sure you are paying 2019 dues starting in January, if you pay 2018 dues for 2019, your payment will be refunded and you will receive a letter of explanation.

Retirees Social Club

The IBEW Local 405 Retirees Social Club always meets every third Thursday of the month for their monthly Retirees Luncheon. They will be meeting at Union Station Sports Bar & Grill, located at 1724 16th Ave SW in Cedar Rapids until further notice. Last month there was 12 in attendance.

JATC Training Center News

Mike Carson-Training Director

The JATC wishes to extend our thanks to Administrative Assistant Linda Devries for her 18 years of employment at our training center and her service to the JATC staff, and all of our Apprentices and Journeymen. Linda has been a great asset to our industry, and we wish her well as she relocates to the Bismarck, ND area.

Please welcome our new Administrative Assistant Darla Kromminga.

Several JW CEU classes scheduled thru December are full, so please remember to notify the JATC office 24-hours in advance if you cannot attend a class you are registered for.

New Members

Congratulations to Robert Sumner and Mark Tully for becoming Members of IBEW Local 405 on October 17, 2018.

E-Newsletter

The Hall now offers the monthly newsletter in electronic format. If you would like to receive the newsletter via e-mail instead of in the mail, please e-mail Nichole at the Hall at nclark@ibew405.org.

Important Contact Info...

IBEW Local 405:

Cedar Rapids Office Phone: (319) 396-8241
Cedar Rapids Office Fax: (319) 396-3083
E-mail to Resign: ibew405@ibew405.org
Website: www.ibew405.org

Cedar Rapids JATC:

Main Phone: (319) 654-9238
Website: www.crejatc.org

Wells Fargo:

Rhonda McCombs: (319) 286-1831

Mercy EAP:

(319) 398-6694

Auxiant:

Main Phone: (319) 398-3283
Main Fax: (319) 866-9889

Vanessa: Ext. 1221 For:
Union Services, HRA or
Prescription Safety Glasses

Erica: Ext. 1208 For:
COBRA Coverage

Jacey: Ext. 1220 For:
Short Term Disability

Express Scripts:
Prescription Coverage:
(855) 849-6653

Wellmark:
Customer Service: (800) 524-9242
Group #: 56700 (Alliance Select)

Delta Dental of Iowa
(800) 544-0718
Group #: 92485

EyeMed Vision Care
(866) 800-5457

Members in Arrears

As of October 22, 2018

Acme Electric

Ross Donaldson
Lowell Meier
Roger Steichen

Baker Electric

Scott Clark
Paul Myers

CI3

Troy Davis

ESCO Electric

Jeff Donohue
Aaron Pealer
Ryan Roth
Kenneth Tomkins

Gerard Electric

Derek Dunkin
Darrell Spencer

Hawkeye Electric

Michael Arthurs
Jesse Bond
Mark Gallagher
Zachary Mizaur
Trevor Sholes
James Sturgeon
Damon Weems

Justice Electric

Kyle Durgin
Robby Spencer
Jeff Wright

Munson Electric

Cole Kurtenbach
Leslie Todd

Nelson Electric

Kyle Howald
Scott Long
Jeffery Steffensmeier

Premier Electric

Gerald Mittan

SE Electric

Randy Gibbs

Trey Electric

Dan Davis
Jordan Lester

Tri-City Electric

Joshua Render

Out of Work

Jeffery Bauer
Harlan Demean
John Dooley
Brandon Durgin
Mark Eaton
Jacob First
Joseph Jess
Vladimir Kazberouk
Douglas Lemaster
Steve Morrow
Michael Rinholen
Chad Slattery
Trevor Tharp

The Benefits of Yoga

The American Psychological Association annual stress study reports that 12 % of people reported using yoga as a form of stress relief over the past year. There are yoga stretches that fit every body type and fitness level. There is a type of yoga that can fit into your life, schedule, fitness level and may help reduce anxiety and improve your mood, lower your stress level and giving you more “me” time. You can even do it at your desk or in your office.

According to the *Yoga Journal*, yoga can help create new thought patterns, feel self-love, and return to the present moment when your mind wanders off into a fearful future. Yoga can decrease stress hormones like cortisol and adrenaline, helping the body relax, which in turn may help you to cope with feelings such as stress, anxiety and depression. It also can increase awareness of body cues that may help you address those sooner, thus staving off the more intense feelings.

One easy and affordable way to incorporate yoga into your day can be found on Youtube. There are videos that you can follow in the comfort of your own home or office. These start with simple poses that anyone can do. And perhaps once you are comfortable, finding a class in the area would be a great next step. Here a just a few to give a try-

Yoga for Depression with Adriene

<https://www.youtube.com/watch?v=Sxddnugwu-8>

Yoga for Anxiety and Stress

https://www.youtube.com/watch?v=hJbRpHZr_d0

Yoga for Anxiety- Yoga with Adriene

<https://www.youtube.com/watch?v=bJJWArRfKa0>

Yoga for Winter Blues-Yoga for Depression

<https://www.youtube.com/watch?v=7z6nRakUcWs>

Yoga for Stress, Anxiety, & Depression-Relaxing Beginners Yoga Flow

<https://www.youtube.com/watch?v=iXKrq7YryhU>

If you are struggling with stress, anxiety, work/life balance or any other mental or emotional health concern Mercy EAP is here to help.

Counseling services are available for all ages including families, individuals and couples at eight convenient MercyCare clinic locations.

To make an appointment call (319) 398-6694.

www.mercycare.org/eap



Mercy Employee Assistance Program
1340 Blairs Ferry Rd., Suite A
Hiawatha, IA
(319) 398-6694
www.mercycare.org/eap

**IBEW Local 405
1211 Wiley Blvd, SW
Cedar Rapids, IA 52404**

Return Service Requested

**Non-Profit Organization
U.S. Postage PAID
Permit Number 229
Cedar Rapids, Iowa**

