

IBEW Local 405

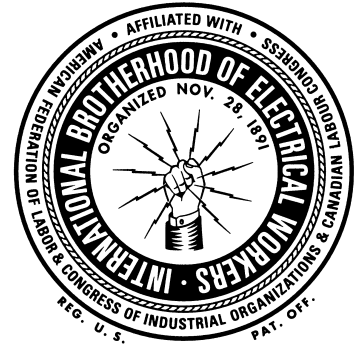
Cedar Rapids/Iowa City

Volume 19, Issue 4

April 2019

News & Information

Bill Hanes, Business Manager



The Iowa City Unit meeting has been moved to a 4:30 pm start in April. This is a trial start time that will be in place for three months. The April meeting will be a smoker and will be held at the Iowa City office, located at 105 Iowa Avenue, Suite 230.

The April General meeting will also be a smoker. Meetings are held at 1211 Wiley Blvd SW and start at 6:00 pm.

There was a great turnout at the SAPADAPASO parade this year. This in spite of the fact that our trailer was stolen from the JATC lot a week before the parade. We have filed a police report, but are not expecting to see the trailer again. I would like to thank Josh Schlimmer for allowing us to use his trailer for our float and the RENEW Committee for setting the float up. In spite of all the efforts, Local 405 did not win an award this year, thereby breaking our string of one.

There will be an OSHA class on April 1st and 4th for those of you who need a card or just want a refresher. In addition, we are scheduling First Aid/CPR Classes at this time. If you are interested in this training, call the Hall at (319) 396-8241 to sign up.

There is a bill in the Iowa Legislature that will establish a fee for privately owned solar production. There have been commercials on the television every day promoting the fairness of the bill. While there may be some truth to the claim that some solar producers do not pay their share of the infrastructure cost, this legislation puts a huge burden on homeowners. The bill is being supported by the IBEW State Conference, but Local 405 is not endorsing the bill as it is currently written.

There have been a number of bills this year that are not friendly to Labor and Iowa workers. We have been able to put pressure on Legislators to amend the worst part of these bills, but they continue to assault workers on unemployment and Workers Compensation issues. This year they have also attempted to weaken apprenticeship rules regarding on-site supervision. The agenda has not changed in Des Moines.

I would like to personally thank all the members who took the time to volunteer at Indian Creek Nature Center for their Maple Syrup Festival. The sausage kings, Jimmy Jensen, Adam McDonough and Kevin Urquidez for cooking all the sausage on Sunday, and Aaron Foster, his daughter Alayna, Kevin Moore, Nichole Clark and John Lane for grilling pancakes.

April 2019

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

Delinquent Members

The following members are delinquent in their dues as of March 22, 2019:

Troy Davis, Tom Schultz and Jordan Weber.

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, until further notice. Last month they had 12 in attendance.

New Members

Congratulations to Michael Finley, Kevin Kipp, Jeremy Lampe, Miranda Lewis and Devin Quinn for becoming Members of IBEW Local 405 on March 20, 2019.

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.

JATC Training Center News

Mike Carson-Training Director

Please visit www.crejatc.org to register for classes available at the JATC training center; there are 6 classes currently available thru the end of May; 3 of which are Saturday classes.

Go to <https://iowaelectrical.gov> to check on your completed classes. If you've never visited this site before, you'll need to create a new account. This is the same website you'll use at the end of 2019 to renew your JW License.

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 March 22, 2019

Acme Electric

Michael Bamsey
Jacob Durgin
John Ross
Michael Spading
Charles Wolf

Baker Electric

Scott Clark

BIS Industrial

Douglas LeMaster

ESCO Electric

Frank Barnes
Adam Burns
Nolan Roberts
Dean Webster

Gerard Electric

Jerry Gerard
Billy Murphy
Darrell Spencer

Hawkeye Electric

Michael Arthurs
Jared Donaldson
Anthony Green
Travis Harre
Kirby Kesterson
Kenneth Tomkins
Kirk Wilson

Justice Electric

Kyle Durgin
Jesse Hubble
Ronald Miller

Nelson Electric

Jeffery Steffensmeier

Paulson Electric

Blake Colton
Steve Kluesner
Brian Peyton

Premier Electric

Gerald Mittan

Trey Electric

Tim Jones
Jordan Lester

Tri-City Electric

Michael Dittmar
David Kass
Carl Stahle
Aaron Vulich
Aaron Wier

Out of Work

George Baldonado
Joshua Betts
Mitchell Bowden
Lamel Brandon
Gavin Cronin
Harlan Demean
Adam Green
Kevin Groves
Joseph Jess
Alex McRoy
Matthew Michael
Dana Pasker
Joseph Robinson
Ryan Roth
David Ruhs
Chad Slattery
George Stewart

Mercy EAP Newsletter:

Tips for Staying Healthy at Work

Many of us spend a significant amount of time at work, so fostering healthy habits at your place of employment is important. Here are some simple tips for improving your workplace health:

Getting there safely

No matter how short your commute – wear your seatbelt. Distracted driving is a major cause of traffic collisions. Don't text, apply makeup, eat, etc. while driving. If you ride a bike or motorcycle to work, wear a helmet.

Avoid sitting for long periods

Sitting for long periods is unhealthy for your circulation and overall health. Put reminders on your calendar to get out of your chair and walk for a quick break.

Stretch

Using a computer or keyboard all day can cause long-term issues for your wrists and shoulders. "It is important to avoid prolonged static postures while sitting at your desk or work station," said Dr. Jeffrey Westpheling, Occupational Health provider at MercyCare Prairie Creek. "Just stopping and stretching for several seconds can be enough to prevent soreness."

Ergonomics

Properly fitted chairs, mice and keyboards can help avoid unhealthy positions. Keep frequently used items within a few feet of your primary work position. Be sure to glance around every so often to avoid eye strain.

Safety

Know your company's emergency plans in case of fire, severe weather or other disasters. Know how to call for help, the locations of fire extinguishers and designated escape routes. If your job requires you to use personal protective equipment (safety glasses, hearing protection, safety shoes, etc.), be sure to wear it properly and consistently. Help avoid food-borne illnesses by washing your hands before eating and preparing food.

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

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