

IBEW Local 405

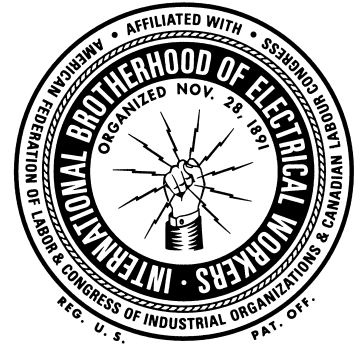
Cedar Rapids/Iowa City

Volume 19, Issue 7

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News & Information

Bill Hanes, Business Manager



There were concerns raised after the last General meeting about the accuracy of the arrears list that is shown at the meeting. I checked into it on Thursday morning and we found the issue and fixed it. Things can happen and payments may not get to us all the time. Dues are processed on a daily basis. If you pay by credit card, the Hall receives an email and those dues are processed the same morning they are received. If you pay by check, those dues are processed as the mail is delivered. We process approximately 6,500 dues receipts every year, so there will be times when a check is not delivered, an email doesn't show up or the transaction doesn't clear. If you pay your dues by mail or online, you should receive your receipt within 2-5 days, depending on where you live. If you don't receive your receipt in that time frame, please call us so we can make sure it was received and processed or if it hasn't been, we can look to see what happened. The arrears and delinquency lists are generated based on these daily transactions and that is what we publish. With that being said, I want to also call attention to the matter of 2020 dues. Beginning January 1, 2020, dues go up \$1.00 per month. Make sure you factor this into your payments when you pay by check or credit card. Dues for 2020 are available online now. Currently, dues for one month are \$39.00 and a quarter is \$117.00. In January, they will be \$40.00 per month, \$120.00 per quarter, \$240.00 per six months and \$480.00 for the entire year (January through December). If you have any questions about the dues increase or how to make a payment online, please call the Hall at (319) 396-8241.

I would like to thank the Local 405 RENEW group for hosting the Local 405 night at the ballpark. The game was well attended and they had a perfect evening for baseball. Hopefully they can do another game next season.

The Local 405 Golf Outing will be held on September 14th at the Wildcat Golf Course in Shellsburg. This will be a 9:00 am shotgun start. There is a \$20.00 per person sign-up fee and we will be limited to 18 teams. You can call the Hall to sign-up. But your team will not be official until we receive the fees.

August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 RENEW Meeting 6:30 pm	2	3
4	5	6	7	8	9	10
11	12	13	14 E-Board Meeting 5:00 pm	15 Retirees Luncheon	16	17
18	19	20	21 General Meeting 6:00 pm	22	23	24
25	26	27	28 Iowa City Meeting 4:30 pm	29	30	31

Positive Self-Talk and Mantras

We all have a set of messages that play over and over in our head. It can be questions, replaying a conversation in our head, preparing for something pepping yourself up or talking yourself down.

Negative self-talk can unknowingly increase your stress levels and it can stop you from searching for solutions. Shifting your mindset from negative to positive can reduce stress and anxiety. Try writing down the messages that pop into your head. Now try to come up with more positive phrases to override those negative ones. For example, shift from “You can’t do anything right” to “learning from mistakes helps me become a better person”, or Override “I can’t handle this” with “how can I handle this?”

Research shows that silently repeating a positive word or phrase produces powerful psychological changes. Mantras create and strengthen new positive neural pathways rather, than toxic. People utilize mantras to relax, or in times of stress or chaos. Some are simply one word such as “Breathe,” “Relax” or “Smile”. Others are phrases such as, “I am blessed” “You got this”, or “Everything will be alright.”

Mantras can be life-changing. The more we repeat them, the happier and calmer we feel.

For more help with self-talk, contact **Mercy EAP at (319) 398-6694.**

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 13 in attendance.

New Members

Congratulations to Ryan Brown and Keith Kaiser on becoming new members on June 26, 2019 and Chase Bryant and Billy Willingham on July 17, 2019.

JATC Training Center News

Mike Carson-Training Director

CEU classes are now available for this Fall.

Please visit www.crejatc.org to register for classes available at the JATC Training Center.

All licensed Journeyman Electricians' need a minimum of 18 CEU's by 12-31-2019. A minimum of 6-hours must be code related.

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.

Delinquent Members

The following members are delinquent in their dues as of July 19, 2019: **John Dooley, Jacob Durgin, Travis Harre, Alex McRoy & Tom Schultz.**

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 or HRA

Devin: Ext. 1208 For:
COBRA Coverage

Jacey: Ext. 1220 For:
Short Term Disability

Jordan: Ext. 1299 For:
Vision Claims &
Prescription Safety Glasses

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

Members in Arrears

As of July 19, 2019

A&B Electric

Bruce Heiken

Acme Electric

Michael Bamsey

Scott Clark

David Hartgrave

Steven Hauschild

James Henry

Casey Holst

Brian Wendling

Charlie Wolf

Baker Electric

Scott Clark

BIS Industrial

Stephen Canty

Don Golembiewski

CI3

Randy Buresh

Troy Davis

Terry Hootman

ESCO Electric

Trevor Bowen

Aaron Pealer

Travis Schulte

Gerard Electric

Billy Murphy

Daniel Purkeypile

Darrell Spencer

Hawkeye Electric

Rick Blood

Michael Dominick

Mark Gallagher

Tim Janda

Jeremy Lampe

John McCrane

Alan Rutan

Trevor Sholes

Martin Van Erdewyk

Jordan Weber

Justice Electric

Caleb Cummings

Michael Ellingson

Kevin Kipp

Ronald Miller

Munson Electric

David Ryan

Benjamin Spoor

Nelson Electric

Herbert Carson

Terry Slaughter

Jeffery Steffensmeier

Paulson Electric

Matthew Biewen

Corey Starry

Timothy Van Erdewyk

Premier Electric

Scott Kinrade

Ryan Roth

Timothy Ruhd

SE Electric

Roger Bowen

Randy Gibbs

Benjamin Vozenilek

Tech Solutions

Perry Knapp

Robert Sumner

Trey Electric

Brock Aldershof

Dan Davis

Jordan Lester

Chase Stinger

Tri-City Electric

Michael Dittmar

Trent Holub

Hunter Mann

Justin McVay

Paul Myers

Allan Todd

Kenneth Tomkins

Aaron Vulich

Out of Work

Jeffery Bauer

John Boyle

Brennan Budak

Chad Ehret

Anthony Green

Joseph Jess

Corey Marx

Marty McDowell

Darrell Miller

Steven Morrow

Eric Phillips

Brian Reynolds

Darren Sanborn

Frank Shannon

George Stewart

Timothy Vrchticky

Anthony Wagner

Dustin Wehrle

Ryan Winter

Local 405 Golf Outing

Come join us September 14th, 2019 for a 9 AM shotgun start at Wildcat golf course. Golf/cart, prizes, t-shirt and steak lunch are all included in this four-man best shot tournament. Players are responsible for a \$20 fee upon signing up. Dues must be paid at in order to register and golf. Individuals or groups are welcome to signup, if signing up individually you will be placed in a foursome prior to the tournament. The outing will be limited to 72 participants. To signup contact the Union Hall at 319-396-8241. Deadline for signup is September 6th. For questions regarding the outing contact Jimmy Jensen at 319-210-9000 or John Feltes at 319-431-1394.



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

Return Service Requested

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

