

IBEW Local 405

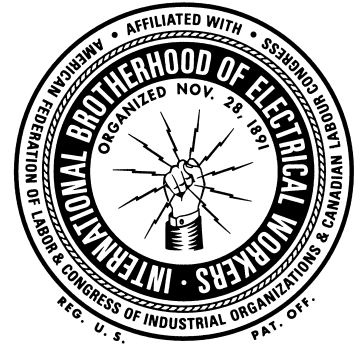
Cedar Rapids/Iowa City

Volume 20, Issue 8

August 2020

News & Information

Bill Hanes, Business Manager



As we move into the fall season, there has been an increase in the number of members and their families who have tested positive for COVID 19. We need to know when this happens so we can track the impact on the membership and try to negotiate a way to make any significant progress on mitigation. Please contact the Hall if you have tested positive or if your jobsite has been affected by the virus.

At the June General Meeting, the membership approved a budget to make improvements at the Hall. We have added a monitor at both main entries and electric strikes on the doors so we can make sure the members are allowed in, but can control entry from the general public. There will be a secure drop box installed by the front parking lot entry so those members who can't get to the Hall during normal hours can drop off paperwork or pay dues after hours or on the weekend. We are also going to make improvements to the front and back parking lots. We will be removing the asphalt and replacing it with concrete.

The political season is here, but it sure looks different than it has been in the past. No one is door knocking this year due to COVID 19. There has been a big increase in mail contact and phone calls as well as a lot of early commercials on cable. The Iowa IBEW Conference met on July 10th to discuss the status of both state and federal candidates. It was decided to endorse all Democratic candidates for Iowa House and Iowa Senate seats. It is very clear that the Republican party has no interest in helping working Iowans.

On the Federal level, the Conference has endorsed Abby Finkenauer for 1st District, Rita Hart in the 2nd, Cindy Axne in the 3rd and JD Scholten in the 4th. They also endorsed Theresa Greenfield for US Senate.

Most of you know that the IBEW International made an early endorsement of Joe Biden. This caused a lot of concern and anger amongst a lot of our members. We are now five months down the road and former Vice President Biden is going to be the Democratic candidate against the occupant currently in the White House. I have seen posts and heard members talk about either voting 3rd party or writing Senator Sanders in on their ballot. If enough members do this, we will end up with four more years of Trump, which will be a total disaster for Unions and working people in this country. We need to learn the lesson from four years ago. If we split our vote, we lose. I am asking that every member cast their vote for Joe Biden in November. I know there were a lot of members who supported Sanders, Warren or Harris, but we need to come together now and make sure that we get rid of the Union hating incompetent occupant that is currently in the White House and all of those Republican Senators who are protecting him at the cost of our safety and well-being.

August 2020

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

CPR/First Aid Classes

Nichole is now able to teach CPR/First Aid Classes in a new format called “Blended Learning”. The lecture portion of the classes are now done online and the hands on portion will be done on a one-on-one basis by appointment only. CDC guidelines on social distancing will be followed and CDC/American Red Cross Guidelines will be followed as far as increased sanitization of training equipment. If you are interested in taking a Blended Learning CPR/First Aid Class, call Nichole at (319) 396-8241, and she will get you set up in a class and set a time to do your hands on portion.

Retirees Social Club

The IBEW Local 405 Retirees Social Club will be having their regularly scheduled luncheon in August. The Retirees Social Club always meets every third Thursday of the month for their monthly Retirees Luncheon, unless otherwise noted.

In August, they will be meeting at Union Station Sports Bar & Grill, located at 1724 16th Ave SW in Cedar Rapids.

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.

New Members

Congratulations to Steven Komers, Michael McMeins and Kimber Willenborg on becoming new members on July 15, 2020.

Delinquent Members

The following members are delinquent in their dues as of *July 23, 2020*:

Noah Adams, Chad Andersen, George Baldonado, Stephen Canty, Troy Davis, Jeramie Ellefson, Robert Golden, Douglas Grimsman, Kevin Kipp, Mitchell Mckusick, Darrell Miller, Michael Negro, Beau Nelson, Brian Peyton, Nolan Roberts, Jeffery Steffensmeier, Chase Stinger, & Mark Tully.

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

Milliman:

(866) 767-1212

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 23, 2020

A&B Electric

Bruce Heiken

Acme Electric

Michael Dittmar

Ross Donaldson

Ross First

Steven Hauschild

Alexander Kruser

Scott Leichty

Rich Lindemann

Lowell Meier

Baker Electric

Scott Clark

Baker Group

Beau Tiernan

BIS Industrial

Ben Douthart

Shane Smutz

CI3

Michael Hollan

Terry Hootman

ESCO Electric

Timothy Barger

Matthew Boyle

Bradley Clemensen

Jim Hiles

Aaron Pealer

Michael Rinholen

James Sanders

Paul Theisen

Anthony Wagner

Gerard Electric

Lamel Brandon

Derek Dunkin

Joseph Pecoraro

Daniel Purkeypile

James Reel

Darrell Spencer

Hawkeye Electric

Todd Catlett

Michael Ellingson

Travis Harre

Cavin Kelly

Alan Rutan

Trevor Sholes

Martin Van Erdewyk

Austin Wake

Sean Wilson

Justice Electric

Josh Abrams

Kyle Durgin

Robby Spencer

J.W Koehler

Martin Barva

Munson Electric

Jason Watson

Nelson Electric

Caleb Cummings

Richard Jeray

Cole Kurtenbach

Dean Pospisil

Brandon Price

Lawrence Routt

Dan Tyne

Paulson Electric

Matthew Biewen

Blake Colton

Wayne Holtzman

Corey Starry

Timothy Van Erdewyk

PEC

John Shea

Tech Solutions

Mike Ammeter

Robert Sumner

Trey Electric

Brock Aldershof

Dan Davis

Nick Harriott

Tri-City Electric

Justin McVay

Todd Paulsen

Josh Plett

Carl Stahle

Aaron Vulich

Out of Work

Steve Barske

Michael Dominick

Jeff Donohue

Chad Ehret

Mark Fehlberg

James Gerard

Anthony Graper

Lance Handel

Douglas LeMaster

David Longoria

Jason Meyers

Jeffrey Mills

Paul Myers

Ryan Roth

Frank Shannon

George Stewart

Kevin Urquidez

Dustin Wehrle

Kevin Wood

Thinking Logically Through Your Emotions

Thinking logically in today's world can seem virtually impossible amidst feelings of anger, anxiety or sadness evoked by news headlines or social media. It is often difficult to become aware of and think through these feelings before saying or doing anything irrational. However, it is important in both personal and professional situations to develop the ability to think rationally, even when your emotions are telling you otherwise. The following are some tips to help you recognize the difference between emotional and rational thought.

Pause and Breathe

Recognize that what you feel is a response to your own thoughts about what is happening to you, or around you. While your initial understanding of something may be correct, there are times when you may have misheard or misunderstood. It is important to pause and give yourself time to understand a situation before reacting.

Remove yourself from the situation

Sometimes anger or anxiety can be so overwhelming that you aren't able to pause and breathe to think rationally about what is happening. While your feelings may be justified, it is important to recognize that this is the proper time to remove yourself from the situation. By removing yourself, you can take time to evaluate your emotional response and think through the circumstances. Determine if there are other ways to view what is happening, if you are making any assumptions or if you may have misread the situation.

Avoid "Child Logic"

Child logic is emotional thinking disguised by flawed logic. An example of this is when we expect perfection from ourselves, even though part of being human means we are not perfect. "Failure" or the inability to live up to our expectation of perfection can cause extreme anger, shame or hopelessness. It's important to remember to have realistic expectations for yourself and the people around you. While you may still experience some disappointment or sadness, being realistic expectations for yourself and the people around you. While you may still experience some disappointment or sadness, being realistic keeps your from feeling unnecessary levels of these emotions.

Respond Logically

Take time to think through each of your potential responses and understand their possible consequences. Evaluate how those consequences will bring you closer or further from your end goal. Determine if it is beneficial to project your anger in a more constructive manner or let go of it altogether. Calculate your response accordingly.

For more help with working through your emotions, contact Mercy EAP at (319) 398-6694.

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

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**Non-Profit Organization
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Cedar Rapids, Iowa**

