

IBEW Local 405

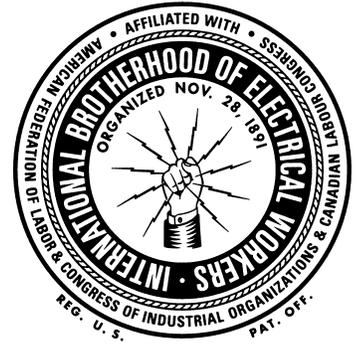
Cedar Rapids/Iowa City

Volume 19, Issue 12

December 2019

News & Information

Bill Hanes, Business Manager



There was discussion during, and after, the November General Meeting regarding an incident that may have taken place during the golf outing this year. The Golf Course has informed the committee that there was damage done to golf cart #35 and that three garbage cans were destroyed during the outing. They are asking the Local to pay for all of this damage. I have not paid the bill for damages, because I have seen no evidence that any of our members were the cause.

If you were in golf cart #35 and it was in good condition when you returned it, please let us know so we can relay that information to the golf course. If you were in #35 and it wasn't driving right when you took it out, let us know. If you were in #35 and were jumping creeks and doing donuts on the course, please let the golf course know that it was you and the check is in the mail.

If you golfed this year and know of any vandalism that took place at Wild Cat Golf Course I would appreciate any information that would shed light on this claim. If indeed it was one of our members it would be appropriate for them to contact the golf course directly to make good on any damages that may have been caused by their accident. I am not interested in any names, only that the damage is paid for by the responsible party/parties.

I do not believe that our members were the only golfers on the course that day, so unless someone comes forward, I will inform the course that the Local will not pay for the damages that they are claiming we did, unless they can show suitable proof that we were the cause.

If we have proof that we were the cause of the damage and no one comes forward, we will pay for the damages, but it would make me wonder who would do this at the expense of all the other members and why we would ever do another golf outing.

December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 RENEW Meeting 6:30 pm	6	7 Local 405 Children's Christmas Party 1:00 pm-3:30 pm
8	9	10	11 E-Board Meeting 6:00 pm	12	13	14 Local 405 Adult Holiday Party
15	16	17	18 General Meeting 6:00 pm	19 Retirees Luncheon	20	21
22	23	24	25 *Holiday* Iowa City Meeting 4:30 pm <u>*Cancelled*</u>	26	27	28
29	30	31				

JATC Training Center News

Mike Carson-Training Director

We've concluded education classes for the 2017-2019 NEC Code cycle!

Some statistics regarding our CEU classes;

- 84 total classes
- 2,814 total seats available; 1,999 attendees; a 71% utilization rate for the 3-year cycle
- \$23,787 paid to instructors who taught classes

Thanks to the following individuals who taught classes; Jeb Novak, Greg Grant, Bill Meyer, Tom Hargreaves, Andy Kuehl, Steve Straub, Jon Fasselius, John Feltes and Brandon Schroeder.

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 Stephen Goodanew, Dallas Grant, Christopher Lauderdale, Nick Quinn for becoming new members on November 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.

Delinquent Members

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

Mitchell Bowden, Brennan Budak, Anthony Green, Brian Henning, Perry Knapp, Lucas Paige, Darren Sanborn, Jeffery Steffensmeier, Martin Van Erdewyk & Jordon Weber.

2020 Dues Increase

Many of you will pay your last quarter of 2019 dues this month, and soon, you will begin paying into 2020. Dues will go up \$1.00 to an even \$40.00 per month beginning January 1, 2020. You don't get a discount for paying before January, and the increase is already in our system, so if you do pay early you won't end up owing \$1.00 later. Just pay attention to which month you are paying for and when you are ready to pay for January: if paying by credit card, select 2020 dues; if paying by auto-bank draft, notify them of the change ahead of time. Otherwise, you can still mail us a check or stop by the office and pay by cash, check or credit card. If you pay 2019 dues for 2020, your short payment will be refunded and you will get a letter explaining the change in dues and the correct amount to pay.

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:

Tom Carrabine: (312) 499-5684

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 November 22, 2019

Acme Electric

Michael Bamsey
Brian Copeland
Ross First
John McCrane
Kenneth Tomkins

BIS Industrial

Shane Smutz

CI3

Troy Davis

ESCO Electric

Trevor Bowen

Gerard Electric

Tom Schultz
Darrell Spencer

Hawkeye Electric

Justin Ahlf
Chad Andersen
Todd Catlett
Joshua Dunnick
Anthony Graper
Kirk Wilson

Justice Electric

Kevin Kipp
Ronald Miller

Nelson Electric

Stephen Canty

Paulson Electric

Brian Peyton

Premier Electric

Gerald Mittan
Beau Tiernan

Trey Electric

Joshua Kerslake
Jordan Lester
David Longoria
Chase Stinger
Chilon Wibstad

Tri-City Electric

Richard Jeray
David Kass
Justin McVay
Adam Turnis

Out of Work

John Boyle
Jerry Daugherty
Dana Pasker
Michael Rinholen
George Stewart

Caffeine on Anxiety

Coffee, tea, soda, protein shakes, energy drinks - the list of beverages containing caffeine goes on and on. Caffeine helps keep us energized and alert, but there are also negatives to this popular stimulant. In particular, too much caffeine can lead to an increase in anxiety symptoms.

Anxiety is our body's reaction to situations we find threatening, and it provokes our "fight or flight" response. Caffeine mimics this response, making it possible to become anxious about situations that would not normally influence you. Furthermore, if an individual already suffers from anxiety or panic attacks, caffeine can make those symptoms worse. Here are some ways to note how caffeine affects you:

Keep track of caffeine intake. If you're unsure how much caffeine you're consuming throughout your day, start tracking it. Note when and how much you consume.

Record how caffeine makes you feel. Does a certain amount of caffeine make you feel more restless? Does the form of caffeine - whether it's a soda, coffee or chocolate, for example - make a difference in how you feel? Symptoms of caffeine consumption include:

- Nervousness
- Difficulty sleeping
- Increased heart rate
- Restlessness

Watch for caffeine withdrawal. If you regularly consume caffeine and stop suddenly, you can experience withdrawal symptoms, such as headaches, anxiety, fatigue, depressed mood, irritability and difficulty concentrating. Adjusting or monitoring your caffeine intake can provide useful information about what causes anxiety symptoms.

If you feel caffeine may be amplifying your anxiety, talk to your doctor about adjusting your overall consumption. Don't have a primary care provider? Call our Find a Doc line at (319) 369-4444.

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

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