

IBEW Local 405

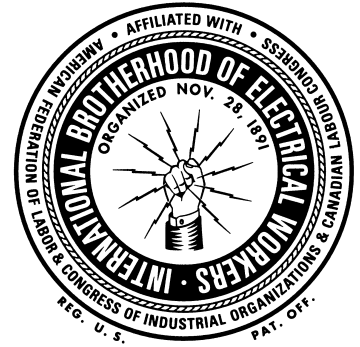
Cedar Rapids/Iowa City

Volume 19, Issue 6

June 2019

News & Information

Bill Hanes, Business Manager



With the General Election still 18 months away, it appears as though many members have chosen their candidates. I see posts and talk to members who are “Bernie or no one” and those who scream that “Bernie isn’t a Democrat”. I have talked to those who tell me that Biden is too old or who supports anti-union legislation and those who tell me that Biden is a “regular guy”, a “Union Guy”. I hear that Elizabeth Warren is our only chance to save the country and that Mayor Pete is “far and away the most intelligent candidate” in the race. I can go on and on about the things that I see and hear, but what bothers me is what I am NOT hearing.

What I am not hearing is “I support this candidate, but I will support any Democrat who comes out of the Primaries, because we can’t afford to have four more years of the current administration.” The 2020 election will be close and if Labor splits or decides to either stay at home or vote for a third-party candidate, you will see four more years of what we are experiencing now. And yes, I have members who tell me that Trump is the best thing that has ever happened to this country.

I encourage everyone to go listen to all of the candidates that you have the opportunity to see. Even if you are a Bernie, Biden, Warren or Harris supporter now, only one candidate will be on the ballot next November, so you should try to hear them all.

We can’t forget that there is a Senate race in Iowa too. If the Senate stays under control of Mitch “the turtle” McConnell, it won’t matter if we do elect a Democratic President and maintain control of the House of Representatives, McConnell will obstruct any progressive legislation that comes out of the House, just like he did under President Obama. As of this time, there are no announced candidates to take on Joni Ernst, but she needs to go.

Second District Congressman, Dave Loebsack announced that he will not run for another term in 2020. Dave has been a good friend of this Local and will be missed. This will set up a highly contested race in the 2nd District and there will be no shortage of Republicans that will try for the seat. In the 1st District there are grumblings of another Blum run to unseat first term Abbey Finkenauer. Iowa Rep. Ashley Hinson has filed for the 1st District seat as well. In the 3rd District, David Young has already announced that he will have a rematch with Cindy Axne for that seat.

This election cycle will be close. There are no safe seats at the State or Federal levels. Every seat will be hard fought, expensive and if we allow them to be, they will be divisive. Let’s not let this happen to Labor and definitely not to Local 405.

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	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 Meeting 4:30 pm	27	28 Kernels Baseball Night	29
30						

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 16 in attendance.

New Members

Congratulations to Mauricio Vega and Trevor Wehling for becoming Members of IBEW Local 405 on May 15, 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 *May 24*, 2019:

**Michael Arthurs,
Joshua Betts, Lamel Brandon,
Scott Clark, Gavin Cronin, Travis Harre, David Ruhs,
Tom Schultz, Robby Spencer,
Jeffery Steffensmeier, &
Kirk Wilson.**

The Local is hosting seating for a game at the Cedar Rapids Kernels on June 28th. This is a Friday night game and we will have the Miller Mezzanine at the Veterans Memorial Stadium. Tickets will include admission, food and drinks for the game. Children 5 and under are free, all others require tickets. The cost of each ticket will be \$10.00. RSVP through the Hall. These tickets will be first come first serve and are limited to family members.

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 May 24, 2019

Acme Electric

Michael Bamsey
Spencer Blair
Brandon Domeyer
Jacob Durgin
Ross First

BIS Industrial

Eric Kapayou

ESCO Electric

Trevor Bowen
Philip Hershey
Darius Howard
Nolan Roberts
Ryan Roth
Lance Towns

Gerard Electric

John Allen
Joseph Pecoraro
Darrell Spencer

Hawkeye Electric

Todd Catlett
Trevor Denman
James Sturgeon

Justice Electric

Josh Abrams
Ronald Miller
Scott Schwab

Paulson Electric

Matthew Biewen
Blake Colton
James Goldbeck

Tech Solutions

Cole Kurtenbach
Robert Sumner

Streff Electric

Kenneth Davis
Ryan Hanes

Trey Electric

Joshua Kerslake
Deacon Luedeman
Chase Stinger

Tri-City Electric

Steve Barske
John McCrane
Leslie Todd
Kenneth Tomkins
Adam Turnis

Out of Work

Jeffery Bauer
Mitchell Bowden
Jerry Daugherty
Harlan Demean
Michael Dominick
John Dooley
James Farmer
Anthony Green
Brian Henning
Joseph Jess
Corey Marx
Alex McRoy
Lucas Paige
Chad Slattery
Trevor Tharp
Rick Young

Employee Burnout: Signs and How to Help

A company's most valuable asset is its employees. Employee burnout is a very real and hurtful issue for both organizations and individuals.

In order to reduce or prevent employee burnout, you first need to know how to spot it.

Signs of employee burnout:

- Employees seeming isolated and distant - if an employee is avoiding others and just seems off, it could be from burnout
- Increased absenteeism can be common if the employee is experiencing work overload
- Disengagement or lack of interest in work duties
- Increased complaints and cynicism as burnout can increase frustrations and willingness to lash out about them.

Ways to help:

- Open communication is key. Start a conversation to see if there are issues or circumstances causing the changes.
- Talk through projects to figure out what items could wait or what items could possibly be done by someone else.
- Make sure all employees have defined roles and that they understand expectations. Being on the same page in terms of roles and expectations can alleviate stress.

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

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