

# **IBEW Local 405**

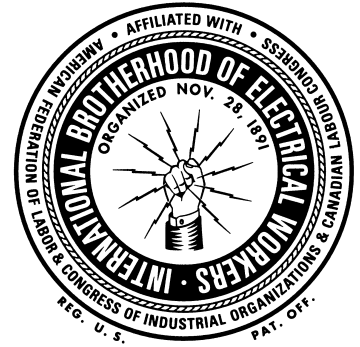
**Cedar Rapids/Iowa City**

*Volume 20, Issue 5*

*May 2020*

## ***News & Information***

*Bill Hanes, Business Manager*



While the State is in the process of opening businesses and public areas, the County Board of Health, in Linn and Johnson Counties are being much more cautious in their plans. We are seeing pools and parks remain closed and a number of social events cancelled. Freedom Festival and St. Jude's Sweet Corn Festival have already cancelled, as have the North Liberty Fun Days and the Iowa City Arts Fest. The Iowa City Jazz Fest has been moved online as have some local farmers markets. It is going to be a long summer for everyone. Our work seems to be holding steady and a number of plants have let our members back inside. There are a lot of new permits being taken out, but as we have seen, these jobs can go away as fast as they come.

The Hall will remain closed for the time being. As always, anyone can request an in-person meeting with any of the office staff and we will meet within social distancing guidelines any time.

The Executive Board took the following actions at the May Executive Board Meeting. After discussion, the following motions were approved:

1. Motion to put the June 1, 2020 raise on the check and to allocate it at a later date when we have a General Meeting
2. Motion to accept election changes as proposed. Nominations will be by mail, the ballots will be counted in August and new officers will be installed at the September General Meeting
3. Accepted the following retirements:
  1. Gary Hanes: PBF & NEBF
  2. Roger Kelsey: PBF & NEBF
  3. George Stewart: PBF & NEBF
4. Motion to accept Kyle Olson, 5th Year Apprentice into membership
5. Motion to accept Military Withdrawal Card for Adam Hopp
6. Motion to pay all bills that were presented
7. Motion to have the first meeting that we can hold, in compliance with Linn County Public Health Department, will be a smoker
8. The following deaths were reported:
  1. Mike Bamsey, 60-years old, 29-year member of IBEW Local 405
  2. Vaundon Williams, 56-years old, 6-year member of IBEW Local 405

# June 2020

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

## Retirees Social Club

The IBEW Local 405 Retirees Social Club has been cancelled for the month of June.

## 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](mailto:nclark@ibew405.org).

## 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, option 4, and she will get you set up in a class and set a time to do your hands on portion.

## Delinquent Members

The following members are delinquent in their dues as of *May 21, 2020*:

**Noah Adams,  
Jeramie Ellefson,  
Douglas Grimsman,  
Travis Harre, Brian Henning,  
Robyn McCauley, David Ruhs,  
Alan Rutan, Justin Schowalter,  
Chase Stinger, Robert Sumner,  
Adam Turnis, & Kirk Wilson.**

## 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](mailto:ibew405@ibew405.org)  
Website: [www.ibew405.org](http://www.ibew405.org)

### Cedar Rapids JATC:

Main Phone: (319) 654-9238  
Website: [www.crejatc.org](http://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 May 21, 2020

### **Acme Electric**

Marcus Beard  
Austin Bergom  
Michael Dittmar  
Lowell Meier  
Nick Stripling

### **Baker Group**

Elijah Kaine

### **BIS Industrial**

Douglas LeMaster

### **CI3**

Randy Buresh  
Troy Davis

### **ESCO Electric**

Adam Hopp  
Matthew Kramer  
Travis Schulte

### **Gerard Electric**

Lamel Brandon  
Derek Dunkin  
Jason Hildebrand  
Hunter Mann  
Billy Murphy  
Tom Schultz  
Darrell Spencer

### **Hawkeye Electric**

Chad Andersen  
Jesse Carson  
Todd Catlett  
Jacob Durgin  
Cavin Kelly  
Jeremy Lampe  
Jacob Rizzio  
Joshua Smith

### **Justice Electric**

Josh Abrams  
Richard Ainesworth  
Kevin Kipp  
Michael Lopata

### **Munson Electric**

Steven Spengler  
Benjamin Spoor

### **Nelson Electric**

Cole Kurtenbach  
Michael Negro  
Seth Scott  
Jeffery Steffensmeier  
Leslie Todd

### **Paulson Electric**

Charlie Babcock  
Brian Peyton

### **PEC**

Keith Kaiser

### **SE Electric**

Vince Mulnix

### **Trey Electric**

Dan Davis  
Jordan Lester  
Mitchell McKusick

### **Tri-City Electric**

Steve Barske  
Robert Golden  
Stephen Goodanew  
Nolan Roberts  
Aaron Wier

### **Out of Work**

George Baldonado  
Stephen Canty  
Jerry Daugherty  
Jeff Donohue  
Chad Ehret  
James Goldbeck  
Lance Handel  
Joshua Kerslake  
Johnathon Logue  
David Longoria  
Darrell Miller  
Steven Morrow  
Beau Nelson  
Nathaniel Robbins  
Mark Tully  
Kevin Urquidez

## **Social Interaction While Social Distancing**

Spending quality time with friends or loved ones is important for your mental and physical well-being, but in times like these, it can be hard to make that happen. Too much time on your own can make you feel lonely and out of touch, so it is important to make an effort to spend time with others. Social distancing has made interacting with loved ones difficult, but there are tools you can use to stay connected, even from the comfort of your own couch.

### **Benefits of Socialization**

- Better mental health – social interaction, even over the phone or via video chat, can improve your overall mood
- Promotes a sense of safety, belonging and security – a feeling we all need during this time of stress related to COVID-19

You may be working from home and interacting with your default work peer group and relationships at work are important, but communication with those outside work is important, too. Relationships with neighbors, the parents of your kids' friends or others that share common interests with you are good for your well-being. Take a second to evaluate the people you talk with and look for new ways to branch out if that circle doesn't go beyond colleagues. Reach out to an old friend or colleague on social media.

Technology has given us the ability to connect from a distance better than ever before. Applications such as Skype, Zoom and Facetime give users the ability to interact beyond just a phone call. Video chat with your family or friends; you can even schedule a video chat with a whole group.

Get creative; some individuals have taken video calls to the next level and used them to have game night! You can play games such as Scattergories, Family Feud or Bingo with a group in your video call.

Schedule time with friends on a regular basis to avoid loneliness. It doesn't have to be a full game night or virtual family get-together. It can be as simple as a 15-minute phone call with a good friend once or twice a week.

Feeling lonely or looking for ways to improve your social interaction during this time? Contact your EAP provider.

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

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**Non-Profit Organization  
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