

IBEW Local 405

Cedar Rapids/Iowa City

Volume 19, Issue 5

May 2019

News & Information

Bill Hanes, Business Manager



The Retirement Seminar will be held on May 23rd. It will be held at the Hall and will begin at 5:30 pm. You may bring a guest to the seminar, but everyone who plans to attend must RSVP prior to May 16th. Call the Hall at 396-8241 to register.

At the April General Meeting, the membership voted to sponsor five teams for the Hawkeye Labor Council Annual Golf Tournament. The tournament will be held on August 17th at the Wildcat Golf Course in Shellsburg. This is a shotgun start and will begin at noon. If you are interested in entering a team, call the Hall and sign up. Teams will be filled on a first come first served basis. The deadline to register is August 9th.

The Local also voted to sponsor a table for the Hawkeye Labor Council Annual Steak Fry. The Steak Fry will be held on July 20th at IBEW Local 405 and will run from 5:00 to 9:00 pm. If you are interested in attending you need to call the Hall and RSVP. This event will be filled on a first come first served basis. The deadline to RSVP is July 12th.

We have a vendor who is selling 100% American made hoodies. Every component is from the USA. The cotton is milled in North Carolina, the hoodies are made in Maine and everything right down to the tags are manufactured in the USA. These are high quality and heavy duty sweatshirts. The Hoodies will come both as pullovers and zip-up. There are both heavyweight and lightweight. There are also quarter-zip and pullovers. There is a picture of the style on the Locals Facebook page or you can look at them on the manufacturer's website. The company is called American Roots. The price breakdown is as follows:

Heavyweight, full-zip will cost \$98.00

Heavyweight, pullover will cost \$88.00

Lightweight, pullover will cost \$78.00

Lightweight, full-zip will cost \$88.00

Quarter zip, pullover will cost \$88.00

We are taking orders for these items and will place an order in mid-May. The sizes run small so you would want to order one size up from your normal selection. We are not asking for any pre-payments, just a commitment to purchase if you put in an order. To order a hoodie, call the Hall and give your name, the number of items and your choice of color. The hoodies will be manufactured this summer and we expect them to be delivered in August or September.

May 2019

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

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.

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 14 in attendance.

New Members

Congratulations to Ryan Corkery, Danielle Hamilton, Matthew Hermsen, Ethan Leyden, Eric Long, David Longoria, Trevor Plett, Jeffery Scott, Chase Stinger and Jeff Wright for becoming Members of IBEW Local 405 on April 17, 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 *April 22, 2019*:

Michael Arthurs,
Michael Bamsey,
Joshua Betts, Scott Clark,
Gavin Cronin, Kevin Groves,
Timothy Jones,
Kirby Kesterson, David Ruhs,
Tom Schultz, Robby Spencer,
Jeffery Steffensmeier, &
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
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, HRA or
Prescription Safety Glasses

Erica: Ext. 1208 For:
COBRA Coverage

Jacey: Ext. 1220 For:
Short Term Disability

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

EyeMed Vision Care
(866) 800-5457

Members in Arrears

As of March 22, 2019

Acme Electric

Dustin Clark
Ross Donaldson
Jacob Durgin
Lowell Meier

BIS Industrial

Stephen Canty
Douglas LeMaster

ESCO Electric

Matthew Boyle
Nolan Roberts
Eric Steffen

Gerard Electric

John Allen
Darrell Spencer

Hawkeye Electric

Chad Andersen
Travis Harre
Cavin Kelly

Justice Electric

Josh Abrams
Kyle Durgin
Jordon Weber

Munson Electric

Michael Feltman
Benjamin Spoor
Drake Vanous

Nelson Electric

Seth Scott

Paulson Electric

Richard Jeray
Corey Starry

Premier Electric

Gerald Mittan

SE Electric

Randy Gibbs

Streff Electric

Kenneth Davis

Trey Electric

Dan Davis
Joshua Kerslake

Tri-City Electric

Steve Barske
Michael Hollan
John McCrane
Joshua Render
Leslie Todd
Aaron Wier

Out of Work

George Baldonado
Lamel Brandon
Jerry Daugherty
Harlan Demean
Michael Dominick
John Dooley
Anthony Greene
Brian Henning
Joseph Jess
Robyn McCauley
Alex McRoy
Dana Pasker
George Stewart
Trevor Tharp
Ryan Winter
Rick Young

Four ways to “spring clean” your health

De-Clutter your medicine cabinet

When you're feeling ill, the last thing you want to do is fumble through an unorganized medicine cabinet only to find expired bottles. Take a few minutes and go through your cabinet. The best place to store most over-the-counter items is in a cool, dry place. Avoid storing them in a bathroom, if possible. Check expiration dates on all items so you can replace any medicines that are expired. Some items may start to smell when they reach expiration. If there are prescriptions or over-the-counter medicines that are expired or you no longer need them, stop by any local drop-off points you can use for free, safe disposal.

Get outside

Now that the weather is getting warmer and the daylight lasts longer, make it a point to get outside. Walking is good for your cardiovascular system, burns calories and it's free! A little fresh air and sunshine can also lower your stress and improve your mood. Instead of meeting a friend for a meal, meet them for a walk. Walking on your own? Enjoy the chirping birds or bring some music while you walk. Schedule your walks and workouts on your calendar so you are less likely to miss them.

Schedule screenings and doctor appointments ahead of time

Regular check-ups help reveal potential health problems sooner and reinforce healthy behaviors, so it is important to get these appointments on your calendar. If you haven't seen a primary care physician in the past year or more, you should schedule an annual physical as soon as possible. These appointments will also help keep you up-to-date on age-appropriate screenings and immunizations, and many insurances cover annual physicals. If you are in need of a primary care physician, please call our Find a Doc line at (319) 369-4444.

Allergy-proof your house

Dust mites are most commonly found in bedrooms, so wash blankets and linens often to help combat indoor allergies. Wipe smooth surfaces, like ceiling fans and baseboards, with a cloth to remove built-up dust. Don't forget to replace your furnace filters as well.

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

Return Service Requested

**Non-Profit Organization
U.S. Postage PAID
Permit Number 229
Cedar Rapids, Iowa**

