

# **IBEW Local 405**

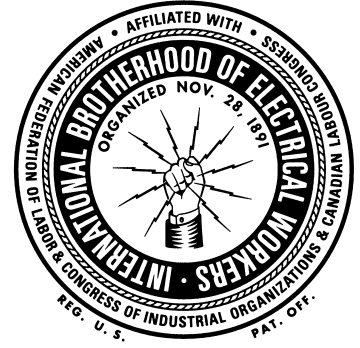
**Cedar Rapids/Iowa City**

*Volume 20, Issue 5*

*May 2020*

## ***News & Information***

*Bill Hanes, Business Manager*



As we continue to move through these unprecedented times, I hope that you and your families are safe. Some of our employers have been significantly impacted by the COVID-19 Virus, while others have seen no affect on their job sites or work loads. This translates directly on the impact that our membership is feeling. We have to keep in mind that the main concern and the main goal at this time is the health and safety of you and your family.

The Trustees have acted on the CARES Act. This will allow any participant in our pension fund to make a one time withdrawal of up to \$50,000.00 from their funds. There will be no penalties from the government for this withdrawal and the participant can claim the withdrawal over three years. You may repay the withdrawal, but are not required to do so. The impact that this will have on individuals will depend on their tax situation. You can have the forms sent to you by calling Vanessa at Auxiant at (319) 398-3283, ext. 1221.

There was an issue in April where some of our members received texts from Milliman. These looked suspicious so I reached out to Milliman to get a report. The initial report was that the texts were not legitimate and that Milliman was looking into the issue. These texts were not isolated to only Local 405 participants. Other Business Managers had reported the contacts as well. It was discovered to be a reporting issue at Milliman and everything was all right. There was no compromise of any members information . If you ever see suspicious activity like this, please report it directly to the Hall immediately so we can make sure that members information is secure and protected.

The Hall will continue to be closed until further notice. Prior to our jurisdiction becoming the COVID hot spot in the state, we set up a system in case we were affected. Nichole is processing retirements and death benefits as they come in and is assisting anyone who is planning to retire in the near future. She is processing all on-line dues payments and receipts daily from a remote computer and is processing all mail receipts at least twice a week. If you have an issue or just need to talk to anyone at the Hall, in person, call and anyone of us will set up an appointment, following the social distancing guidelines established by the CDC and Local DPH.

The Executive Board will continue to meet in months where there is no General Meeting to do the business of the Local Union. The Executive Board met in April and approved all standing bills and the following retirements and withdrawals:

- Ryan Hanes, 11-year Member of IBEW Local 405, Honorary Withdrawal
- Michael Sampson, 17-year Member of IBEW Local 405, Participating Withdrawal
- Brian Till, 41-year Member of IBEW Local 405, NEBF & PBF Retirements
- Carl Mike Sorenson, 15-year Member of IBEW Local 405, NEBF & PBF Retirements

I regret to report the deaths of Ted Sanger, 7-year Member of IBEW Local 405 and James Schneider, 53-year Member of IBEW Local 405.

***Continued...***

### **...Continued**

In spite of all that is going on around us, the day-to-day business keeps moving. Iowa will have primaries in June and I encourage everyone to take the time to vote. You should be receiving an absentee ballot request form in the mail. Please take the time to fill it out and return it to the County Auditor where you live. We have a Primary in June that will determine who is on the ballot in November, so it is important to be involved now. The Iowa Federation of Labor Executive Board held a video meeting and the Iowa Federation held its COPE Convention via Zoom, and have endorsed a number of Labor friendly candidates. They endorsed the following Federal Candidates:

- Iowa 1st Congressional District: Abby Finkenauer
- Iowa 2nd Congressional District: Rita Hart
- Iowa 3rd Congressional District: Cindy Axne
- Iowa 4th Congressional District: J.D. Scholten

For the Senate seat opposing our current Republican Senator, they have endorsed Theresa Greenfield. On the Local level the Hawkeye Labor Council and the Iowa Federation of Labor have endorsed all the Democratic incumbents in the House and Senate. We need to put Labor supporters in the majority in Des Moines.

We are trying to keep up with the changes as they occur and will try to continue to post links and documents on our website, [www.ibew405.org](http://www.ibew405.org), to keep everybody informed as best we can. If you feel there is other information that should be shared, call us or email us and we will try to make the necessary changes.

\*\*\*\*If you have been denied unemployment benefits because of your choice not to endanger your family by a potential exposure to COVID-19 or your unemployment claim has been contested by your employer, please contact the Hall so we can track the issues and try to find a way to resolve them.\*\*\*\*

### **JATC Training Center News**

*Mike Carson-Training Director*

The Iowa Electrical Examining Board has approved the CREJATC to hold online JW CEU classes. These classes have been temporarily approved through 12/31/2020. We have very specific criteria we must adhere to for these classes. Make certain you read the online requirements listed with the posted classes. If you cannot meet the requirements you should not register for the class. If the requirements are not adhered to for the entirety of the class, you will not be included on the class roster validated to the Examining Board. Go to the [crejatc.org](http://crejatc.org) website to see available online classes.

### **Delinquent Members**

The following members are delinquent in their dues as of *April 22, 2020*:

**Mark Gallagher, Travis Harre, Brian Henning, Robyn McCauley, John McCrane, Matthew Michel, Jeremy Oberreuter, James Reel, David Ruhs, Alan Rutan, Justin Schowalter, Robert Sumner, Adam Turnis & Kirk Wilson.**

# May 2020

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

## **Retirees Social Club**

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

## **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).

## **Mercy EAP**

This past week, I reached out to Mercy EAP to find out how they are coping with COVID-19 and patient visits. They are doing regular visits, but they are also doing Video Visits! Video Visits are a great way to limit exposure to yourself and health care workers, and still get the help you need. The process is pretty simple, especially after the initial set-up. First you will want to call Mercy EAP at (319) 398-6694 to set up an appointment, and let them know you want to have a video visit. They will probably tell you more about it then, but next you will need to download the Mercy MyChart App on your phone or tablet through the App Store or Google Play. Then you will need to call (319) 398-6161 and select option 1 to get a code to set up Video Visits. Once you are set up, you are good to go with Video Visits. And if you aren't super tech savvy, you can visit <https://www.mercycare.org/services/video-visit/> for step by step written instructions on how to use video visit, or they even have a YouTube video. So practice good self-care by using Mercy Video Visits. For more self-care tips, see the article on the next page.

## **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

## Six Types of Self-Care

In times of stress, personal needs can take a backseat to the tasks at hand. Although it may be difficult to find the time, it is important to check-in with yourself and practice self-care. When you hear 'self-care' you may picture spas and face masks, but self-care can take many forms. See the multiple ways you can incorporate self-care into your life.

**Emotional**- Connect, acknowledge and process the full range of emotions through creative expression. Common examples are journaling, playing music and painting.

**Practical**- Look for ways you can help make your life less stressful. Create a budget, organize your garage, take professional development courses, meet with a financial planner.

**Physical**- Focus on maintaining or improving your physical health. Get up from your desk to stretch, take daily walks, focus on cooking healthy meals. This could also mean choosing to rest instead of checking another item off the to-do list.

**Mental**- Keep the mind engaged and focused on something you enjoy. Read a book, play scrabble, complete a crossword puzzle.

**Social**- Build and grow your relationships. Taking time to meet with friends, call loved ones and keeping date night on the calendar.

**Spiritual**- Nurture your spirit that allows you to think beyond yourself. For some, this could be religious, such as going to church or praying, but it could also be meditating or hiking.

Often, self-care can fit into multiple categories. For example, a hike could be both physically and spiritually fulfilling. Take a few minutes to write a few examples of activities that cultivate joy and find time to do those things in times of stress.

Mercy EAP is designed to assist employees and their immediate families with problems that are affecting their job performance and/or their personal lives. The most frequent issues brought to EAP are: Marital issues, substance abuse, family problems, work-related stress management problems, depression, grief issues, coping with life changes, and anxiety. To make an appointment with Mercy EAP, call (319) 398-6694, or see the previous page for information on setting up a video visit.

# Members in Arrears

## As of April 22, 2020

### **Acme Electric**

Austin Bergom  
Brian Copeland  
Michael Dittmar  
Ross Donaldson  
Alexander Kruser  
Joseph Stewart

### **Baker Electric**

Scott Clark

### **Baker Group**

Elijah Kaine

### **CI3**

Randy Buresh  
Troy Davis  
Michel Hollan  
Travis Taylor

### **ESCO Electric**

Timothy Barger  
Lonny Beck  
Travis Schulte

### **Gerard Electric**

Lamel Brandon  
Derek Dunkin  
Jason Hildebrand  
Darrell Spencer

### **Hawkeye Electric**

Chad Andersen  
Jeremy Lampe  
Dylan Palmersheim  
Sean Wilson

### **Justice Electric**

Josh Abrams  
Kevin Kipp  
Michael Lopata  
Ronald Miller

### **JW Koehler Electric**

Martin Barva

### **Munson Electric**

Harlan Demean  
Michael Feltman  
Paul Myers  
Beau Nelson  
Steven Spengler  
Billy Willingham

### **Nelson Electric**

Michael Hepker  
Richard Jeray  
Cole Kurtenbach  
Michael Negro  
Marcus Opfer  
Jessie Ries  
Lawrence Routt  
Seth Scott  
Jeffery Steffensmeier

### **Paulson Electric**

Matthew Biewen  
Blake Colton  
Miranda Lewis  
Brian Peyton  
Corey Starry  
Timothy Van Erdewyk

### **Premier Electric**

Gerald Mittan

### **SE Electric**

Nathan Beyrle  
Randy Gibbs  
Benjamin Vozenilek

### **Streff Electric**

Kenneth Davis  
Ryan Hanes  
Kenneth Davis

### **Trey Electric**

Dan Davis  
Todd Kelly  
Mitchell Mckusick  
Chase Stinger

### **Tri-City Electric**

Steve Barske  
Robert Golden  
Nolan Roberts  
Carl Stahle

### **Out of Work**

Noah Adams  
George Baldonado  
Kenneth Burr  
Stephen Canty  
Jerry Daugherty  
Jeff Donohue  
Chad Ehret  
Jeramie Ellefson  
Mark Fehlberg  
James Goldbeck  
Anthony Graper  
Adam Green  
JoAnn Green  
Douglas Grimsman  
Lance Handel  
Joshua Kerslake  
Johnathon Logue  
Chad McBride  
Darrell Miller  
Steven Morrow  
Michael Olson  
Neal Pffifner  
Mark Tully  
Kevin Wood  
Terri Wullner

## Staying Well

Wellness generally focuses on eating right, exercising and getting quality sleep. During a pandemic like COVID-19, these focus areas are even more crucial, but social distancing can complicate things. Here are nine simple tips to stay well during this unprecedented time.

1. Clean your steering wheel. A study by Expedia revealed a whopping 44% of people don't clean common things like their steering wheel, phone and purse or wallet.
2. Go outside. Challenge yourself to get five walks/jogs in the next two weeks. Make a chart and stick to it.
3. Utilize freebies online. <https://watch.lesmillsondemand.com/at-home-workouts>
4. Eat better foods. Cut up veggies and eat them every day. Keep high protein, low carbohydrate snacks on hand like cottage cheese, celery & peanut butter, portioned nuts and cheese, hard boiled eggs, salmon, tuna, Greek yogurt and berries.
5. Drink 64 ounces of water per day. If you're exercising, shoot for 80 ounces.
6. Stay in touch. Call your parents, children, and friends weekly.
7. Read for 10 minutes a day.
8. Pick one area to declutter in your home. Write the goal down, give yourself a time-line and see it through.
9. Write three gratitude's every day. Start a journal or grab a notebook, it doesn't have to be fancy.

Start today.

Thank you to all who are playing their part during this time, you're truly incredible. We are in this together.

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

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