

IBEW Local 405

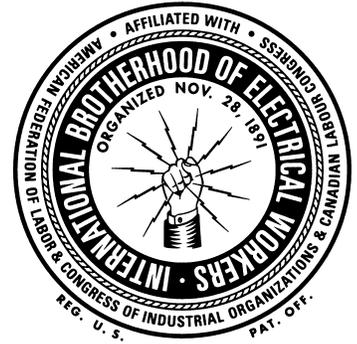
Cedar Rapids/Iowa City

Volume 19, Issue 11

November 2019

News & Information

Bill Hanes, Business Manager



The invitations to the Adult and Children's Christmas Parties were mailed a couple of weeks ago. Along with the invitations was an Information page with info regarding changes to this year's adult party. Included on this page is parking information, hotel accommodations, the RSVP deadline and HACAP Donations. I want to briefly touch on two of those subjects now. The RSVP deadline is Wednesday, November 27th. It seems early, but it is the latest we could push it because the caterer needs to order food ahead of time for our meals and Veterans Memorial Coliseum needs to make sure to have enough staff available to set-up tables and chairs and behind the scenes things the Friday before our event. It is the holidays for everyone, including their staff, so they need to work around that schedule as well. The other item I wanted to discuss is the HACAP Food Donations. As you know, typically we ask for non-perishable food donations, but this year we are asking for a monetary donation instead. There is no set amount we are asking for, just whatever you feel is the right amount to give based on your budget and feelings toward donating to needy families in the corridor. We will be accepting cash and checks and we will also have a credit card reader on site. Once again, nobody will be judged based on how much they give or don't give.

VDV Contract negotiations are complete. We had a fair offer, which went back to the VDV Unit Members for a vote on October 30th. The timeliness of the meeting did not allow for the results to be published in this issue of the newsletter.

There will be an allocation meeting of the Iowa City Inside Agreement on Wednesday, November 6th at 4:30 pm at the Iowa City Office.

I attended the International Foundation of Employee Benefits Convention in October. There were a number of classes that dealt with opioids and opioid addictions. While talking to other Trustees it became apparent that many construction Locals, of all crafts, are being hit with opioid issues. In a number of Health & Welfare funds, the top seven drugs, by cost, are opioids or drugs to help break opioid addiction

If you have someone in your family, or know a co-worker or even yourself that is affected by opioid issues, please refer them to the IBEW Local 405 Employees Assistance Program for help and confidential counseling for this issue. It is a very tough addiction to get past and can sometimes require additional medication to get over. You are not helping a Brother or Sister or family member by helping them hide any addiction. Help and Hope can be found at Mercy EAP by calling (319) 398-6694, it's never too late.

November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6 Iowa City Allocation Meeting 4:30 pm	7 RENEW Meeting 6:30 pm	8	9
10	11 Veterans Day (Holiday except VDV Unit)	12	13 E-Board Meeting 6:00 pm	14	15	16
17	18	19	20 General Meeting 6:00 pm	21 Retirees Luncheon	22	23
24	25	26	27 Iowa City Meeting 4:30 pm *Adult Party RSVP deadline*	28 Thanksgiving (Holiday for all)	29 Day After Thanksgiving (Holiday except VDV Unit)	30

Thanksgiving Riddle:

Where do Turkeys go to dance?

Find the answer on the bottom of the arrears list page

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 Kameron Cain, Michael Gifford, Elijah Kaine, Lawrence Routt, Andrew Schneider and Joshua Smith for becoming a new member on October 16, 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 *October 23, 2019*:

Jeffery Bauer, Brennan Budak, Chad Ehret, Anthony Green, Perry Knapp, Corey Marx, Ryan Roth, Darren Sanborn, Jeffery Steffensmeier, Martin Van Erdewyk, Tim Vrchoticky, Aaron Vulich & 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:

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Cedar Rapids Office Fax: (319) 396-3083
E-mail to Resign: ibew405@ibew405.org
Website: www.ibew405.org

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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 October 23, 2019

A&B Electric

Roger Steichen

Acme Electric

Michael Bamsey

Austin Bergom

CI3

Randy Buresh

ESCO Electric

Lonny Beck

Trevor Bowen

Matthew Boyle

Ryan Edwards

Galen Lantermans

Gerard Electric

Jeff Donohue

Derek Dunkin

Darrell Spencer

Hawkeye Electric

Justin Ahlf

Chad Andersen

Richard Blood

Anthony Graper

Beau Nelson

Dan Tyne

Kirk Wilson

Justice Electric

Josh Abrams

Kevin Kipp

Ronald Miller

Robby Spencer

Paulson Electric

Blake Colton

Brian Peyton

Premier Electric

Gerald Mittan

Beau Tiernan

SE Electric

Nathan Beyrle

Randy Gibbs

Benjamin Vozenilek

Tech Solutions

Robert Sumner

Trey Electric

Dan Davis

Joshua Kerslake

Chilon Wibstad

Tri-City Electric

Steve Barske

Caleb Cummings

Trent Holub

Richard Jeray

Josh Plett

Jeffery Steege

Kevin Urquidez

Out of Work

Mitchell Bowden

Stephen Canty

Jerry Daugherty

Mark Fehlberg

Brian Henning

Cole Kurtenbach

Douglas LeMaster

Marty Mcdowell

Steven Morrow

Lucas Paige

Dana Pasker

Michael Rinholen

George Stewart

Ryan Winter

Social Media & Children

The world of constant connection through social media presents unique challenges to parenting. For example, what do you do when your 12-year old signs up for Instagram or when your 10-year old wants a Facebook account?

Social media usage raises a variety of issues, most important of which are the safety of young users and any potential effects it may have on their mental health. No matter when parents decide to allow children to use social media, it's important to talk with them and be involved - rather than allowing them to brave it alone.

Safety

There are a lot of safety concerns that go along with the use of social media. Many current users on networks like Facebook or Twitter learned how to use these tools as adults - when they already understood the threats that exist on the World Wide Web. For instance, two such threats are requests from strangers to connect and tracking or sharing a location through social media.

Consider for a moment how many fake or alarming Facebook messages, Instagram follower requests, Twitter follower requests, etc. That you receive on a daily basis. Inexperienced children may not always view these requests as unsafe, so it's important to educate them on how to identify these as a safety concern and what to do if they see one. Parents can also take the time to help kids protect themselves by making their accounts private or setting them as "unsearchable".

There is also the issue of location sharing or GPS tracking. Be aware of how a GPS location is shared, as well as how and where your child's location might be accessible. Children and adolescents should understand that there are potential threats to their safety from the use of these tools.

Mental Health

Our ability to manage incoming content is limited. Additionally, posts, ads and photos often contain content that may not be suitable for children and/or adolescents. Parents who are considering allowing children to engage in social media should take this concern seriously; remember, some things cannot be "unseen".

Social media is simply everyone's highlight reel. Research suggests the faux reality of perfection portrayed on social media can have a negative effect on body image, stress and self-esteem, and can also be correlated with deeper issues, such as depression and anxiety. Close communication about social media usage and content is important to understand how it affects your child. It's vital that young social media users understand that social media is not reality; it is not a place to go if they need help with emotional, social, spiritual or intellectual needs.

If you need help determining how to navigate these challenges, talk with other parents going through the same thing. It will be good to voice your feelings and also to know that you are not the only one going through this. Your EAP provider is also available if you need additional support.

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

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