

IBEW Local 405

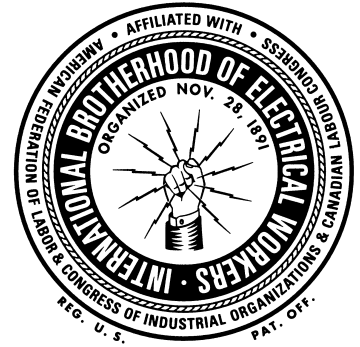
Cedar Rapids/Iowa City

Volume 19, Issue 10

October 2019

News & Information

Bill Hanes, Business Manager



As we roll into fall, the number of opportunities to meet Presidential candidates is on the rise. There is rarely a day that goes by that one of the candidates is not in the Local 405 jurisdiction. Take the time to meet with these candidates and listen to what they are saying. It is important to know what each of them stands for because only one of them will be on the ballot next year.

I want to thank all the volunteers who helped out at the Annual Hawkeye Labor Council Labor Day Picnic. As always, we had a great turnout of members to help out on the grills. It was a testament to the involvement of this membership, that with all the people inside the building at Hawkeye Downs, each of the Presidential candidates took the time to come and talk specifically to Local 405. I had conversation with a number of them and they were all told by our local elected "If you want to win, you need to talk to IBEW".

I attended the IBEW Membership Development Conference in August. It was reported that for the 5th year in a row, the overall membership of the IBEW has grown. The "A" Membership has more members than at any time in the IBEW's history and is the largest branch of the International.

The quiet period has ended for the transfer of administration from Wells Fargo to Milliman. You will be receiving your postcards soon that will tell you how to set up your account on-line. The card will also have information regarding the classes that are being held at the Local 405 Union Hall. The classes will be held on Monday, September 30th and Monday, October 7th. The classes begin at 6:00 pm and you must RSVP to attend.

The Hawkeye Labor Council and the Cedar Rapids/Iowa City Building Trades Council are having a Union Night with the Cedar Rapids Roughriders. It will be on Friday, October 11th, puck drop is at 7:05 pm. Discount tickets for all Union members can be purchased at the Roughriders Box Office or at www.roughridershockey.com using the code "UNION". If you are interested, get your seats while they are still available.

In addition to the Roughriders, the HLC is having a pancake breakfast, benefitting United Way of Eastern Iowa. This will be held on October 5th at the Plumbers and Pipefitters Local 125 Training Facility, located at 5101 J Street SW. The breakfast runs from 7:00 am to 11:00 am.

October 2019

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

Invitations for the Christmas Parties will be arriving in your mailbox very soon. We are really shaking things up this year and we expect to have a fun adult Holiday party on December 14th that members across all generations will enjoy. With that being said, we understand that it can be difficult to make plans, especially around the Holidays, but we need to know how many to expect for the party, so everything can run as smoothly as possible. So please let us know as soon as you know that you will be attending and as always, if you have any questions, feel free to give us a call or send an email to nclark@ibew405.org.

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 18 in attendance.

New Members

Congratulations to Martin Barva for becoming a new member on September 18, 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 *September 20, 2019*:

**Michael Bamsey, Jeffery Bauer,
Brennan Budak, John Dooley,
Chad Ehret, Corey Marx,
Darren Sanborn, Chase Stinger &
Leslie Todd.**

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:

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 September 20, 2019

A&B Electric

Roger Steichen

Acme Electric

Chad Slattery

Baker Electric

Scott Clark

CI3

Troy Davis

ESCO Electric

Philip Hershey

Adam Hopp

Travis Schulte

Gerard Electric

Jeff Donohue

Derek Dunkin

Billy Murphy

Darrell Spencer

Hawkeye Electric

Rick Blood

Michael Dominick

Tim Janda

Andrew Johnson

Jessie Ries

Dan Tyne

Martin Van Erdewyk

Jordon Weber

Justice Electric

Josh Abrams

Kevin Kipp

Ronald Miller

Robby Spencer

Nelson Electric

Jeffery Steffensmeier

Paulson Electric

James Goldbeck

Premier Electric

Gerald Mittan

Ryan Roth

SE Electric

Nathan Beyrle

Tech Solutions

Perry Knapp

Trey Electric

Todd Kelly

Chilon Wibstad

Tri-City Electric

Robert Golden

Michael Hollan

Carl Stahle

Jeffery Steege

Aaron Vulich

Aaron Wier

Out of Work

Cory Barta

Mitchell Bowden

Stephen Canty

Harlan Demean

Anthony Green

Brian Henning

Cole Kurtenbach

Douglas LeMaster

Lucas Paige

Dana Pasker

Frank Shannon

George Stewart

Timothy Vrchticky

4 Tips for Better Mornings



In an ideal world, you would wake up feeling refreshed and ready to rise every day. The start to your morning affects the rest of the day; if you find yourself hitting snooze one too many times, it may be time to reevaluate your morning routine. Give yourself the opportunity to start your day with ease and confidence by utilizing the tips below.

Prep the Night Before

Taking 30 minutes to pack your lunch, iron your outfit and program your coffee pot the night before makes it easier to get going in the morning. Brainstorm what you'll need to get out the door and plan accordingly. Your future self will thank you.

Don't Hit the Snooze Button

It's tempting not to, but hitting snooze leaves you feeling more tired than if you just get up with your first alarm. The type of sleep received after snoozing is often fragmented and light, which can lead to feeling more tired when you do get out of bed.

Try Moving

Getting active in the mornings has multiple benefits that you feel throughout the whole day. Working out increases endorphins and productivity, boosts metabolism, and helps you sleep better at night. Find what feels good to you – whether that's hitting the gym, walking your dog or morning stretches – and observe the difference.

Give Yourself More Time

You never know what may come up in the morning. A sick child or spilled cereal can derail you from getting out the door. Allowing a buffer of about 30 minutes will keep you on schedule when life happens. Also, consider using the extra time for yourself. Read the paper, sip your coffee, meditate, journal or take your dog for a walk. Think about activities you would like to try and incorporate them into your mornings.

Routines can alleviate the stress of the morning rush and set you up for the whole day. But, what works for one person may not work for someone else, so find what helps you feel ready to take on the day. Try it for a couple weeks and adjust as necessary. Once you have your routine down, you won't mind that morning alarm.

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

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**Non-Profit Organization
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Cedar Rapids, Iowa**

