



CURRENTS

SAN DIEGO ELECTRICAL TRUSTS

Issue 50

September 2009

CLASS OF 2009 CONGRATULATIONS!

On June 12, 2009, the San Diego Electrical and Sound Technician Apprenticeship Graduation and Awards ceremony was held at the Hilton San Diego Resort on Mission Bay. Some 400 guests, including Assembly members Lori Saldaña (76th District), Marty Block (78th District) and Mary Salas (79th District); Community Representative Ricardo Flores representing Congresswoman Susan Davis; City of Chula Vista Council members Pamela Bensoussan and Steve Castañada; Xema Jacobson, Chief of Staff for Councilmember Marti Emerald; District Representative David Alvarez representing Senator Denise Moreno-Ducheny; Jim Duffy, Chief of Staff for Supervisor Ron Roberts; San Diego County Board of Education Board member Jerry Rindone and San Diego Unified School District Board of Education President Shelia Jackson, gathered this year to celebrate & honor the Training Center's 43 graduates, who

received their Journeyman credentials. Graduates were rewarded with their Palomar College Certificate of Completion, a certificate of Commendation from Assembly members Mary Salas & Joel Anderson and their Journeyman Certificates from the State of California, Department of Industrial Relations and U.S. Department of Labor, Office of Apprenticeship.

The evening was the night of recognition and excellence! The Outstanding Graduate award was given to Jose Miranda (5 Star Electric) who graduated with academic honors and excellent employer evaluations. He received \$100 from Dynaletric Company; \$100 from Fuller Electric, \$100 from P. Sheckler, a set of tools from Klein Tools and Milwaukee Electric and an engraved plaque memorializing his achievement. Mr. Miranda was also this year's recipient of the IBEW Local 569 Volunteer Award. Dynaletric Company graciously donated \$100 for the two

runners-up, Mark Birdsall (Neal Electric) and Mark Tabbert (Dynaletric Company). The following graduates were recognized for having perfect attendance throughout their apprenticeship: Mark Birdsall, Gregory Grobe, Lynn Minor, Ian Pistone, Chanh Quach and Dianna Rubalcava.

This year's graduation represented a milestone for San Diego Electrical Training Center (SDETC). Our graduates included four female journeymen, the highest number ever graduated in a single year in San Diego. Training Director Patrick Knighton also recognized students from a special, renewable energy leadership class that was created and taught by SDETC instructors at Mira Mesa High School, along with Advanced Placement Physics instructor, Chris Lawrence. San Diego Unified School District Board of

Continued inside—



WHAT'S INSIDE

TAKING YOUR MEDICATION SAFELY

ASTHMA

SECONDARY GROUP HEALTH COVERAGE

FLU VACCINATIONS

SPECIALTY MEDICATION RETAIL PICK-UP

HEALTH INFORMATION SOURCES

CLAIMS EXAMINER ASSIGNMENTS

Continued from cover

Education President, Shelia Jackson, was recognized for her innovative leadership that made this cooperative learning opportunity available. SDETC and SDUSD are working to reshape high school education through this ground-breaking collaboration.

Additional awards went to John Carrington (Baker Electric), this year's recipient of the Lifelong Learning Journeyman Training Award. Third year apprentice Corey Smith was this year's recipient of the \$1,000 Joint Apprenticeship & Training Committee (JATC) Scholarship. In addition, the JATC recognized two extraordinary individuals: Jack Childress (Baker Electric) who was nominated and selected by the entire apprenticeship student council as Journeyman Trainer of the Year. This award recognizes an IBEW Local 569 journeyman who has had a positive impact on training. Graduate James Stark (Southland Electric) received the Above and Beyond award for his selfless contribution to the apprenticeship education process.

Gary Karnopp, Area Consultant for the Division of Apprenticeship Standards, in addition to congratulating each graduate for their accomplishments, recognized the following individuals with a Certificate of Meritorious Service, for their continuous volunteer services as a JATC member: Donald Walters (10-years), Robert Keeeyes (10-years) and Al Shur (15-years).

Many thanks to the following contractors and associates for their donations of tools, gift cards and cash for the graduates: Advanced Electrical & Control Systems, Baker Electric, Inc., Beacon Electric Supply, Inc., Chula Vista Electric, Consolidated Electrical Distributors, Davies Electric Co. Inc., Dynalectric Company, Graybar, Fuller Electric, HMT Electric, Inc., IBEW Local 569, IBEW-NECA Labor Management Cooperation Committee (LMCC), Klein Tools, Milwaukee Electric Tools Corporation, Morrow Meadows Corporation, Neal Electric, Power Communication Systems, Rexel ESD, Saturn Electric, Southland Electric Inc. and Synergy Electric.

Congratulations to the 2009 graduates:

| | |
|--------------------|---------------------|
| Antolik, Michael** | Kobleur, Kannon* |
| Birdsall, Mark** | Knuth, Kenneth* |
| Brennan, Liam* | Lee, Ryan* |
| Buzbee, Timothy | Logan, John** |
| Chabner, Luke* | Martinez, Donald* |
| Collier, Joseph* | Minor, Lynn* |
| Crimmey, Joshua** | Miranda, Jose** |
| Degoursey, Ryan* | O'Reilly, Robert* |
| Dominguez, Robert* | Parnell, Joseph* |
| Duenas, Raleigh** | Pistone, Ian* |
| Ferrusca, Julio* | Poppert, Tobin* |
| Ford, Forrest** | Quach, Chanh** |
| Fox Mudge, Corey* | Romero, Donald* |
| Galvez, Nirvana | Rubalcava, Dianna** |
| George, Michael* | Rzesnowiecky, Sarah |
| Giannini, Michael* | Stark, James* |
| Gill, Nathan* | Tabbert, Mark** |
| Gomez, Victor* | Urrea, Guillermo* |
| Grobe, Gregory** | Vazquez, Gabriel* |
| Hernandez, Jose* | Wiesmann, Phillip |
| James, Gregory* | Wolfley, Joshua* |
| Johnson, Kirt* | |

*graduated with honors ** graduated with high honors

TAKING YOUR MEDICATION SAFELY

Understanding your medication is an important part of staying in charge of your health. The use of both prescription and over-the-counter medications requires careful attention. These tips can help you make the most of your medication:

Follow all of your doctor's instructions regarding your medication. Read and follow any directions or warnings on over-the-counter drugs.

Ask as many questions as you need to feel confident when you speak with your doctor or pharmacist. Make sure to tell him or her about allergies or any other health conditions.

Be sure your doctor knows about all medicines that you take. If you see more than one doctor, be sure they all know. Include over-the-counter items such as acetaminophen, laxatives, antihistamines, vitamins and herbal supplements.

At the pharmacy, check the label on the bottle or package. Were you given the correct medicine? Make sure that you can read the instructions easily. If not, ask the pharmacist for a label that's easier to read.

Keep track of your medication with a chart. List the name, how much to take, when to take it, the doctor who prescribed it and any special directions such as "Take with meals."

Use a pill "reminder" case that has compartments for each day of the week. These often are available in drugstores.

You may feel side effects when you start a new medication. Or, they can happen even after you have been taking it for a while. Seek emergency care if you develop difficulty breathing, wheezing, difficulty swallowing or other severe symptoms. For more minor symptoms, such as mild nausea or diarrhea, call your doctor before taking your next dose.

Don't stop taking your medication unless your doctor says to do so.

If you skip a dose, don't assume it's safe to double the next dose. Check with your doctor or pharmacist. Find out what to do before this happens. Then, add that information to your medication chart. Call your doctor if you mistakenly take an extra dose of medication. Or, you can call your pharmacist or the National Poison Control hotline at 1-800-222-1222.

Consult your doctor before taking any other medicine when taking a prescription medication. Some over-the counter drugs may interfere with prescription medications. Others may be safe to use. Don't ever guess. Find out for sure.

Remember, alcohol and medications don't mix.

If there is ever a question about taking any medications please contact the 24-hour Nurseline at 1-800-250-6181 or www.myoptumhealth.com.

ASTHMA

Asthma is a chronic inflammatory disease of the lungs. However, it can be managed. Learn to recognize and control the things that can trigger an asthma attack. Then, you can live life to the fullest.

Do You Have Asthma?

Look for these signs: Frequent colds or sinus infections, coughing that often is worse at night or early in the morning, whistling sound when breathing out, coughing during exercise, in cold air or around perfume, smoke or animals.

What Happens When an Asthma Attack Occurs?

People with asthma usually are sensitive to their environment. A variety of allergens or irritants may act as triggers. These triggers cause the airways in the lungs to become inflamed and produce excess mucus. Airways become narrow and airflow is restricted. Sometimes, the inflammation causes bronchial muscles around airways to spasm. This makes the airways even narrower. The results are wheezing, coughing and difficulty breathing.

Know the signs of a serious asthma attack. Call 9-1-1 or your local emergency number immediately if you're gasping for air or have extreme trouble breathing. You also may have a tight feeling in the chest.

Asthma Triggers and Irritants Are Everywhere

These are just some of the things that may cause asthma attacks: Pollen, mold or mildew; dust mites or cockroaches; foods or food preservatives, such as sulfites;

animal dander; tobacco smoke or wood smoke; pollutants; strong aromas, such as perfume, potpourri, paint or fried cooking; sprays, such as deodorants or hair spray; exercise or physical activity; cold air or a sudden change in temperature; and certain medications such as aspirin.

Tips for Controlling Triggers

Keep windows closed. use air-conditioning and air-cleaning devices, keep humidity no higher than 50 percent to discourage the growth of mold, dust and vacuum often, don't smoke! Keep tobacco smoke out of your home. Clean bathrooms and the basement to minimize mold, wash bedding in hot water to kill dust mites, get rid of decorative items that collect dust, and switch from carpeting to bare floors with washable rugs.

Also, remember to see your doctor regularly. Work on an "asthma action plan" with him or her. Then you'll know what to do if you have more symptoms. Talk with your doctor about ways to manage your asthma, including medications. **Controller** medicines help manage asthma overall. **Rescue** medicines are used during symptoms. Some of these are inhaled. Your doctor can show you how to use them properly. Also, ask about peak flow meters. These small, hand-held devices help you see if treatment is working by measuring the airflow from your lungs.

Remember, you can call NurseLine to speak to a registered nurse about asthma and many other health concerns 24 hours every day at 1-800-250-6181 or access their web site at www.myoptumhealth.com.

SECONDARY GROUP HEALTH COVERAGE

When one of our Plan A PPO participants or an eligible dependent is covered under more than one group health plan the Plan provides that the liability for their claims may be split between the various health plans in accordance with nationally recognized Coordination of Benefits Rules. The Purpose of these Rules is to ensure that between all group coverages no less than 100% of all eligible expenses are paid.

It is in the spirit of controlling costs to this Plan, and ultimately the amount of hourly contributions required to maintain comprehensive coverages, that careful attention is paid to determining the existence of other group coverages which would be primarily responsible for paying either a majority share of a claim or secondarily by picking up the balance of what the primary plan doesn't pay.

Problems do occur when secondary group coverage is not identified. As an example, a common situation that has surfaced lately is where a newborn child of a covered dependent is or has been covered by Medi-Cal and this was not disclosed to the Plan, recognizing that claims have already paid.

It is imperative that all Plan A participants understand that disclosing the existence of other group health plans is **required**. Failure to do so can result in both the Plan paying much more than it should have and the participant possibly becoming liable to reimburse the Trust for the amount that should not have been paid as the primary plan.

FLU VACCINATIONS

For the upcoming 2009/2010 Flu Season vaccinations should become available from October 1, 2009 through March 31, 2010.

The PPO Plan presently provides coverage for flu vaccinations to all Covered Persons. The Plan covers these

vaccinations at 100% of the maximum Blue Cross PPO allowance without application of a deductible.

In addition to receiving flu shots at PPO doctor's offices, medical clinics and health care facilities please note that they will also be available from PPO

providers through CVS MinuteClinics, CVS locations with vaccinating pharmacists and CVS/pharmacy locations with in-store flu clinics nationwide. For hours and participating CVS locations, please log onto www.cvs.com or call 1-888-FLU-SHOT.

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SAN DIEGO, CA. 92193 - 1219

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SPECIALTY MEDICATION RETAIL PICK-UP

It is now possible for Covered PPO participants to pick-up their specialty medications at local CVS pharmacies instead of through mail-order delivery to their physician's office, workplace or at home while having to have somebody present to sign for the shipment. This service is available at no additional cost.

However, the availability of local pick-up of the medication should not interrupt the relationship between the participant and the Caremark Specialty Pharmacy program which must still be contacted to make arrangements to ship the medication to a nearby CVS pick-up location.

This process has been established to help alleviate concerns as to the medication being ordered and then delivered on a timely basis, as well as having to arrange schedules around physician office hour constraints issues or home delivery as well as surrounding appropriate storage and temperature control.

For all specialty medication orders and questions please contact Caremark at 1-800-237-2767.

HEALTH INFORMATION SOURCES

Caremark - www.Caremark.com; Specialty medications - Caremark at 1-800-237-2767;

"NurseLine"- 24/7 access to Registered Nurses at 800-250-6181 or <http://healthresources.caremark.com/topic/specialty>; and for researching doctors and hospitals: www.healthgrades.com, www.leapfroggroup.org/, www.Calhospitalcompare.org or www.hospitalcompare.hhs.gov.

California Health Care Foundation supports www.CalHospitalCompare.org which combines ratings for quality of care, patient safety and patient experience in an effort to help consumers make informed choices.

CLAIMS EXAMINER ASSIGNMENTS

With respect to processing claims for Plan A PPO Plan participants please note the following revised alphabetical assignment within the Trust Office claims staff:

| | |
|----------|--------------------------------------|
| Jenny | A - F (plus all out of state claims) |
| Adrienne | G - O |
| Audrey | P - Z |