



# CURRENTS

SAN DIEGO ELECTRICAL TRUSTS

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## CONGRATULATIONS TO THE INSIDE WIREMAN & SOUND TECHNICIAN CLASS OF 2014

On June 13, 2014, the San Diego Electrical and Sound Technician Apprenticeship Graduation and Awards ceremony was held at the Hilton San Diego Bayfront.

Over 350 guests gathered this year to celebrate & honor the Training Center's 39 graduates, who received their Journeyman credentials. Graduates were rewarded with their Palomar College Certificate of Completion, Certificates of Recognition from Assembly Speaker

Toni Atkins, State Assembly Members Brian Jones, Shirley Weber and Lorena Gonzalez; and San Diego Mayor Kevin Faulconer. In addition to the family, friends and union contractors who attended the festivities, guests included State Assembly Member Shirley Weber, Division of Apprenticeship Standards Consultant Rhiannon Rogers, City of Chula Vista Councilmember Mary Salas, Palomar College Dean of Career, Technical and Extended Education, Southwestern College Governing Board Members Nora Vargas and Humberto Peraza Jr., San Diego Community College District Board Member Peter Zschiesche and from Contractor News and Views Mike and Sandy Caples.

The evening was the night of recognition and excellence for the graduates! To start off the festivities, opening flag ceremony was presented by the Naval Base San



Photo courtesy of Regala Photography

Diego Honor Guard; followed by the Pledge of Allegiance lead by Jeremy Graham, Sound program student council representative.

The Outstanding Inside Wireman and Sound Technician graduates were awarded to Brian Haskell (Chula Vista Electric) and Vernell Clark (Morrow Meadows Corporation), respectively. Both graduated with academic honors, perfect attendance and excellent employer evaluations. Each received \$200 from Dynalectric Company, set of tools from Klein Tools, \$250 Home Depot gift card from HMT Electric, drill sets from Milwaukee Electric Tool Corporation and HMT Electric and an engraved plaque memorializing their achievement. Christopher Day (HMT Electric) and Kyle Palmer (Morrow Meadows Corporation) were the runner-ups for Outstanding Inside

Wireman graduate. They each received \$100 and a drill set from Milwaukee Electric Tool Corporation. All four graduates also graduated with academic honors, perfect attendance and excellent employer evaluations.

The following graduates were recognized for having perfect attendance throughout their apprenticeship: Norman Bennett, Fernando Bribiesca, Jason Brown, Olegario Bueno, Vernell Clark, Christopher Day, Brian Haskell, Anthony

Lovins, Rick Muro, Kyle Palmer, Geoffrey Perley III, Carlos Vazquez Rodriguez and Eric Wilfonger. Each received multi-meters

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from Milwaukee Electric Tool Corporation and cash.

Additional awards went to Graham Culp, who was this year's recipient of the Lifelong Learning Journeyman Training Award; second year Inside Wireman apprentice Dustin Amelotte (Dynalectric Company) was this year's recipient of the \$1,000 Apprenticeship Scholarship. Additional recognitions went to Inside Wireman graduate Christopher Day, who was presented with a Certificate of Appreciation plaque for serving as Student Council President; graduates Vernell Clark and Brian Haskell both received this year's IBEW Local 569 Service/Volunteer Award for their selfless contribution to the industry.

This year, a special award called "Excellence in Work Performance" was presented to one of our graduating apprentices. This award had never been given before and was based on apprentice jobsite evaluations. A jobsite evaluation is a field assessment of an apprentice's performance on the job by the contractor, and among other things, it evaluates ability, effort, quality, safety, punctuality,

and attitude. Benjamin Thiessen, a sound technician graduate, received the award with evaluations that averaged over 99%. Here are some of the comments that his supervisors made about him: "Always punctual"; "has a positive attitude 100% of the time"; "he continues to impress us with his work ethic and consistent quality of work"; "he is an asset to our shop and to the union"; "he always goes the extra mile to get things done and NEVER complains about it." At our training center, we remind our apprentices of the legacy that is given to them: "YOU are the IBEW. YOU set the STANDARD for ALL other electrical workers." During his apprenticeship, Benjamin set the standard for all us. Congratulations to him for a job well done.

The Division of Apprenticeship Standards, in addition to congratulating each graduate for their accomplishments, recognized for their continuous volunteer services to the apprenticeship programs Sound Technician JATC member Jack Finneran with a Certificate of Meritorious Service (5-years' service) and a Certificate of Merit to Cas Wesolowski for serving 11-years on the Electrical JATC.

## CONGRATULATIONS TO THE 2014 GRADUATES

### Sound Technician Program

Norman Bennett	Juan Rodriguez
Aliso Moriarty	Matthew Meyer
Benjamin Thiessen	Chris Somaru
Vernell Clark	

### Inside Wireman Program

Jason Bowler	Matthew Lopez
Thomas Hernandez	Rinzalea Steward
Kyle Palmer	Joshua Craig
Fernando Bribiesca	Anthony Lovins
Ashton Ivey	Carlos Vazquez Rodriguez
Geoffrey Perley III	Christopher Day
Jason Brown	Joshua Middleton
Gregory Kursave	Eric Wilfinger
Christopher Prsha	Daniel Gonzales
Olegario Bueno	Isaac Mirelez
David Lacombe	Richard Winfield
Raoul Quindoy	Joseph Gonzales
David Carel	Nicholas Moran
Steven LaPierre	Christopher Yoder
Jesse Simmers	Brian Haskell
Richard Castillo	Rick Muro

## ONLINE MEDICAL OFFICE VISITS COMING OCTOBER 1, 2014

Effective October 1, 2014 Plan A PPO participants will be able to utilize online medical office visits through Anthem Blue Cross. The only cost to a Covered Person for this office visit will be a \$10 co-payment which must be paid by debit/credit card at the time the online visit is conducted. However, if the participant is not identified in the Anthem system as being covered under the PPO Plan at the time of service then the full \$49 fee must be paid by debit/credit card. In the event coverage for that month is later established there will be a refund of \$39 from the Plan.

As a reminder, use of this program and CVS Minute Clinics represent a convenient option for seeking medical advice and possible issuance of a prescription instead of going to an urgent care facility or a hospital emergency room for what may be a routine medical issue. However, if ever it is determined that a higher level of care is necessary for the patient the online physician or Minute Clinic practitioner will advise the patient as to where treatment should be sought and there will be no charge for the visitation.

IMPORTANT - In the absence of an obvious emergency ( i.e. heart attack, seizure, very high temperature, severe injury, loss of consciousness, etc.) use of an urgent care facility is preferable to that of a hospital emergency room. In fact, some urgent care facilities are located on the same property as, or may be very close to, a hospital emergency room.

It is also very important to be aware that when using a hospital emergency room or an urgent care facility there may be deductible and co-insurance responsibility to the patient, especially in the emergency room as the Plan's reimbursement schedule is only 50% if the patient is **not** admitted to the hospital directly from the emergency room. Therefore, if a simple online office visit or Minute Clinic visitation will provide the level of care necessary the financial exposure to the participant will be considerably less.

If there is ever a question as to use of PPO service providers please contact the Trust Office (x-702).

## MEMBERS ASSISTANCE PROGRAM ("MAP") FREE MOBILE APPS PILOT PROGRAM

Through the MAP it is now possible to access two FREE mobile apps:

1. "myStrength.com" is a free online wellness portal pilot program available 24/7, which is referred to as a "health club for your mind" through which one may access a personalized home page. It is possible to read articles, watch videos and try eLearning programs. MyStrength is available for Android and iPhones

To sign up go to [www.mylifevalues.com](http://www.mylifevalues.com) and sign up for the myStrength program under My Benefits. Use your My Life Values username as the access code and then complete a user profile. For assistance call 1-800-342-8111 or access [www.mylifevalues.com](http://www.mylifevalues.com). Login: san diego electrical trust. Password: map.

# THE FAST-START GRADUATION WAS A SUCCESS!

The FAST-START Graduation was a success; all apprentices have a job assignment.

The contractors and labor gathered together to congratulate the apprentices on the start of their electrical career. The mood was upbeat and positive as the apprentices gave a short description of what they liked best about their FAST-START training. Talks were given by the following NECA-Local 569 members: The contractors were represented by Della Cole, Audio Associates, Sam Cain, and Amy Robershaw of Chula Vista Electric; the union was represented by Johnny Simpson, Nick Segura, Jeremy Abrams, and Andrew McKercher. The school was represented by Patrick Knighton, Bert Richardson, Ken Collier, and Timothy Moylan. Rhiannon Rogers from the Division of Apprenticeship Standards also talked to the group.

Thanks to the Sound Technician JATC Board, the school staff, the union, and the contractors for all their help in giving these students this high quality training.



Top row: Patrick Knighton, Ken Collier, Nick Segura, Ken Lavigne, Della Cole, Andrew McKercher, Johnny Simpson, Jeremy Abrams, Sam Cain, Amy Robershaw, Tim Moylan. First row: FAST-START graduates Garret Camp, Adam Hasvold, Rajali Walker, Mathew Overlund, Paul Navarro, Cristina Marquez, Carlos Avelar

## WHAT IS FAST-START?

It is a seven-week, five-days a week, eight-hours a day, rigorous training program. This program is designed so that an apprentice is not just given a job, but will keep the job by showing that they are valuable, highly skilled employees for their company.

The training program starts off with physical training, to make sure the worker knows that their body is a part of their required tool list. It has to be kept in good shape and ready to go at all times. The easiest

way to become valuable to a company is to keep moving all day and become known as a "worker". This class is followed by structured cabling, fiber optics, construction class, and safety and basic electricity. We are also including five classes on fire alarms systems this semester.

These students will work hard to finely hone their skills to become the best union members and NECA contractor employees possible.

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## CONTRACTOR ASSIGNMENTS

Carlos Avelar, Chula Vista Electric

Paul Navarro, Chula Vista Electric

Cristina Marquez, Audio Associates

Adam Hasvold, Audio Associates

Matthew Overlund, HMT Electric

Rajali Walker, Baker Electric

Garret Camp, World Bridge Communications

## WELLNESS COMMITTEE PARTICIPATES AT ANNUAL PICNIC

The Wellness Committee, consisting of Local Union 569 members and/or spouses, participated at the Local 569's annual picnic held on June 21, 2014 at Santee Lakes. Aside from committee volunteers, also present at the Wellness Committee table area were a representative from Best Doctors and two wellness coaches from Healthy Adventures Foundation who spoke with many participants and spouses about their various programs and personal questions of interest. A pilot program for Health Coaching was also being offered through the Health & Welfare Trust in which 16 participants or spouses signed up.

The wellness coaches also performed body-age testing. The body-age testing was conducted between 10:00 am and 1:00 pm and was available to both members and

spouses. The turnout was phenomenal as the wellness coaches tested nonstop for the full three hours. A total of 49 members or spouses were tested over this time period. There were a total of 28 males and 21 females that ranged in age from 19 to 90 years old. Blood pressure results showed that approximately 60% of participants were above recommended levels.

Of even greater significance was that almost 70% of participants tested had readings that were above the recommended levels for their body mass index including over 40% who were considered obese or morbidly obese. These measurements often predict future health related issues that can be identified and/or prevented by simply utilizing the "Routine Physical Examination Benefit" available under the PPO Plan via

Sharp Rees-Stealy or through Kaiser for HMO members. For PPO Plan participants, take this first step to getting healthy today by calling 858-616-8411 and speak to Carmen about scheduling your physical exam. Through Sharp Rees-Stealy, the cost of the routine physical is covered at 100% so there are no out-of-pocket expenses.

We wish to thank Best Doctors, Delta Dental and Vision Service Plan for their generous giveaways and raffle items. We also would like to congratulate the winners of the kayaking trip, biking trip, hiking tour, and the rock climbing!

If anyone is interested in joining the Wellness Committee please contact Matt Morfoot, Assistant Administrative Manager, at the Trust Office (x-355).



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## **ROUTINE WELL-WOMEN'S EXAM - SEXUALLY TRANSMITTED DISEASE ("STD") TESTING**

Under the PPO plan female participants should be aware that as part of a routine well-women's exam, or even a routine office visit, many physicians are conducting STD tests. It is extremely important to be aware that under the PPO plan a routine well-women's exam is permitted only once per year.

With respect to STD testing, participants should be aware of the fact that there are a good number of STD tests that are not covered under the Plan. Therefore, to best protect themselves it is imperative that female participants be familiar with what tests are being ordered by a physician and confirm they are all eligible to be covered by the Plan before submitting to the test. Otherwise, there could be unexpected financial exposure to the extent one or more tests are not covered by the Plan.

When in doubt, please contact your claims examiner at the Trust Office (x-702).

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### **THE FOLLOWING CERTIFICATIONS ARE ACHIEVED BY THE FAST-START CLASSES:**

- FOA Premises Cabling Technician
- FOA Fiber Optic Certification
- OSHA 10 hour Construction Safety Training
- First Aid/CPR/AED
- Hilti Powered Actuated Tools
- Firestopping Systems
- State-approved anti-harassment training
- Exothermic welding

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2. "Aetna Resources For Living" is a mobile app available on iPhone and Android smart phones providing immediate access to pointers such as: how to manage stress, improve your mood, or learn lifestyle management and self-help tips. Search for "Aetna Resources For Living" in the Apple App Store or the Google Play Store to install the app. <http://www.mylifevalues.com>.

## **HEALTH INFORMATION SOURCES**

**Best Doctors** - 1-866-904-0910 or [www.bestdoctors.com](http://www.bestdoctors.com);

**Caremark** - [www.Caremark.com](http://www.Caremark.com); Specialty medications - CVS/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](http://www.healthgrades.com), [www.leapfroggroup.org/](http://www.leapfroggroup.org/);

[www.Calhospitalcompare.org](http://www.Calhospitalcompare.org);

[www.hospitalcompare.hhs.gov](http://www.hospitalcompare.hhs.gov);

<http://www.npdb-hipdb.hrsa.gov/>

**National Practitioner Data Bank/Healthcare Integrity and Protection Data Bank** may be used to verify information on a healthcare provider; and <http://www.medbd.ca.gov/lookup.html>

**Medical Board of California for physician licensing. The California Health Care Foundation** supports <http://www.calqualitycare.org/> which combines ratings for quality of care, patient safety and patient experience in an effort to help consumers make informed choices.