

# Monterey Bay CA Chapter, NECA



National Electrical Contractors Association

# **April, 2025**

# INSIDE THIS EDITION:

Politico Update
NECA NOW and WIN
Registration Open

Health Care Corner – Shoulders

**JATC Course Completions** 

Classes Offered through JATC

Real ID and Federal Construction Jobs

LU #234 Availability List Calendar of Events



# TO BENEFIT ... PARTICIPATE!

#### **POLITICO UPDATE**



Action Items to Support SB 61:

1. Grassroots Advocacy We all NECA urge contractors to visit our grassroots advocacv page and send a pre-drafted email to their elected officials Governor Newsom. urging them to support SB 61. Please remind all of you contractor members to take action TODAY and voice their support for SB 61 BY **CLICKING HERE** 

To expand our outreach, please also encourage other union contractor associations and contractors within your network to participate by sharing our grassroots action center: → www.unioncontractorvoice.com

2. Local Outreach to State
Assembly and Senate
Representatives
Beyond our grassroots
efforts, we encourage NECA
Chapters to engage directly
with their state

representatives' district offices to advocate for SB 61. Many chapters have established strong relationships with California legislative representatives, and we want to leverage those connections.

 Find your state representative here: <a href="https://findyourrep.legislature.ca.gov/">https://findyourrep.legislature.ca.gov/</a>

We recommend: Requesting a meeting with district office. the Bringing a contractor who can effectively explain the of SB importance 61. Concluding the meeting by formally requesting legislator's support. Leaving behind the attached SB 61 factsheet for reference.

> If the district staff has any questions that cannot be answered during the meeting, they can be directed to me—my email is included on the factsheet.

Background: SB 61 – Fair Retention Reform for Private Construction

P.O. Box 2175, Salinas, CA 93902 Phone: (831) 236-1393 E-mail: JLChamplin@gmail.com On behalf of the National Electrical Contractors Association (NECA), Senator Dave Cortese (D-San Jose, CA) has introduced SB 61, a bill to establish a 5% cap on retention for private construction contracts California. This measure alians private project retention practices with the successful 5% cap already in public place for works, helping to alleviate financial cash-flow strain and challenges faced bv contractors statewide.

#### <u>Understanding Retention &</u> the Need for Reform

Retention, or retainage, is a standard industry practice where a portion of progress payments—typically 10% on private projects—is withheld until project completion. However, excessive withholding creates financial hardships, particularly subcontractors and businesses that operate on tight margins. By capping retention at 5%, SB 61 will provide much-needed relief and promote a fair and sustainable construction environment.

SB 61 levels the playing field for contractors—especially small emerging and businesses—by addressing cash flow challenges that hinder growth and iob creation. By reducing financial unnecessary

obstacles, SB 61 will help contractors remain financially stable and continue delivering high-quality work.

#### Key Benefits of SB 61

- Improved Cash
   Flow Contractors
   can maintain a
   healthier financial
   position, ensuring
   timely payments for
   taxes, worker
   benefits, and future
   investments.
- Reduced Financial Strain – Lower retention requirements decrease reliance on high-interest credit lines, reducing overall project costs.
- Fairness &
   Predictability A
   standardized retention
   policy fosters
   consistency, helping
   contractors better
   manage financial
   resources.



### NECA NOW 2025 AND WIN REGISTRATION OPEN

<u>NECA</u> <u>Now</u> offers a dynamic platform for leadership and personal development featuring

presentations from renowned experts. Attendees can explore a diverse range of current topics including recruitment, culture, change management, and personal development. The event provides also valuable opportunities to network, build meaningful connections and gain insights from industry peers.

<u>Dates</u>: April 7 – 9, 2025 <u>Location</u>: Hollywood, FL

This conference is ideal for individuals in diverse roles across NECA member companies and chapters who are eager to enhance their leadership and communication skills, both personally and professionally. A schedule of events can be found here

The Women in NECA (WIN) Leadership Conference is dedicated to empowering in the electrical women industry. construction Designed as a space for connection. growth, inspiration, this conference provides unparalleled peerto-peer networking opportunities for women navigating а traditionally male-dominated field.

<u>Dates</u>: April 6 - 7, 2025 <u>Location</u>: Hollywood, FL

Participants will engage in dynamic workshops and impactful general sessions that tackle critical topics such as power dynamics, effective negotiation strategies, and leadership development. Attendees will equipped leave practical tools, actionable insights, and an expanded professional network thrive in their careers.

The Women in NECA
Leadership Conference
requires separate
registration. Attendees who
participate in Women in
NECA and NECA Now will
receive a refund for the WIN
registration fee once they
have scanned into both
meetings.

Please contact Jerri at the chapter office to register.

#### NECA BOOK GOES LIVE!

# HEALTH CARE CORNER

# Preventing Shoulder Injuries

Shoulder injuries amongst electricians can lead to lost work time and the possibility of needing

shoulder surgery. Below are some practical suggestions to help prevent shoulder injuries and improve overall shoulder health:

Ergonomics and Work Environment:

- ✓ Optimize Workspace: As much as possible, organize your workspace to minimize unnecessary reaching and awkward postures.
- ✓ Use Ergonomic Tools: Use tools designed for the job, to help reduce strain and repetitive motions.
- Maintain Good Posture: Good posture during work maintains spinal and body alignment which helps prevent injury.
- ✓ Proper Lifting Techniques: Keep Loads Close: When lifting, keep the load close to your body to reduce strain on your shoulders.
- ✓ Use Legs: Engage your legs and core when lifting, rather than relying solely on your back and shoulders.
- ✓ Avoid Overhead Lifting: Minimize lifting heavy objects overhead; if necessary, use a lifting aid or ask for help.
- ✓ Regular Breaks and Movement:

- ✓ Take Frequent Breaks: Avoid prolonged periods of repetitive motions by taking regular breaks to stretch and move around.
- ✓ Stretching: Incorporate shoulder stretches into your daily routine, both before and after work, to improve flexibility and reduce stiffness. See this link: 4 stretches to keep your shoulders in shape Harvard Health
- ✓ Targeted Exercises:
  Strengthen Rotator
  Cuff: Focus on exercises
  that target the rotator cuff
  muscles, such as lateral
  raises, external rotations,
  and scapular
  retractions. See the link
  below:

2024-rotator-cuff-andshoulder-conditioningprogram.pdf

- Warm up: Prior to work warm your body up with stretches and easy movements.
- Stay Hydrated: Hydrate: Drink plenty of water to keep your muscles and joints lubricated.
- Consult a
  Professional: If you
  have concerns about
  shoulder pain or injury,
  consult a doctor or
  physical therapist for
  personalized advice
  and exercises.

/ If you need assistance finding a doctor, please reach out to me. As a reminder the Health & Welfare plan covers physical therapy. chiropractic care, and acupuncture. lf you would like more information on these sources of care, contact me:

Anita Alvarez RN, PHN, Nurse Health Advocate Electrical Workers Health and Welfare Trust, IBEW Local 234 831-741-8677



#### UPCOMING CLASSES OFFERED THROUGH THE JATC

Please note that if you reserve a space and do not show up for class, you will be responsible for paying for the class.

#### **CPR/FIRST AID**

The next class will be held May 3, 2025. Please contact Domaris to sign up.

Instructor Merralinda Goddard will be teaching on the basics of First Aid and CPR. Contact Damaris in the JATC office to sign up at (831) 633-3063.

Please note that class size is limited and sign-up is required. This is NOT a dropin class. (Also note that if you reserve a space and do not show up for class, you will be responsible for paying for the class.)

### CONFINED SPACE AWARENESS TRAINING

April 26, 2025 8am-4:30pm (30 min break for lunch – lunch NOT provided)

Sign-up is required – not a drop-in class

#### **OSHA 10**

If you are interested in taking an online OSHA 10 course, please contact Damaris at the JATC office (831) 633-3063 during office hours Monday – Friday, 12pm-5pm to sign up. If you are interested in taking our online OSHA 10 course, we will be taking sign-ups between now and January 31st. All who sign up will be

required to complete the course no later than February 28th. Online access codes will be available and emailed after the first of the new year – along with further class completion instructions.

PLEASE NOTE THAT ALL CLASSES REQUIRE REGISTRATION PRIOR TO THE CLASS. PLEASE CONTACT DAMARIS IN THE JATC OFFICE TO SIGN UP (831) 633-3063



CLASS COMPLETIONS None



#### APPRENTICE APPLICATION INFORMATION

The Tri-County Electrical JATC is accepting applications on a year-round basis. **OUR PROCEDURES HAVE CHANGED!!!** Please note that we will only accept online applications and applicants need only follow the directions obtained in our website to apply. For more information regarding the process, please click in the following link: JATC INFORMATION



NECA Now is a dynamic event for leadership and personal growth, offering expert talks on recruitment, culture, and more. Network, connect, and learn from industry leaders! This conference boasts four distinct tracks that delve into talent acquisition, development, culture, and change management, all while enjoying the warm sunshine and beaches. Lead, Learn, and Relax by the Beach

#### JATC INSTRUCTORS NEEDED!

The JATC is seeking instructors for apprenticeship and journeyman training courses on an ongoing basis. If you or someone that you know is interested in teaching – even to substitute or teach journeyman upgrade classes, or if you have a specialty that you would like to assist in for one night, please contact Stacy at the JATC office for more information. Your help in teaching our future generations is always greatly appreciated.

#### **AVAILABILITY LIST UPDATE**

On the Inside Out-of-Work List, there are 86 on Book 1, 180 on Book 2, 41 on Book 3 and 0 on Book 4. There are 3 Book 1, 4 on Book 2, 0 on Book 3 and 0 on Book 4 for Sound & Comm. There are 0 CE's on Book 1 and 0 on Book 2, 87 CW's on Book 1 and 0 CW's on Book 2 and 0 on Book 0 available. There are no Inside apprentices available for work at this time. If you are interested in hiring a new apprentice in the near future, please contact Stacy at the JATC office to let her know your future needs.



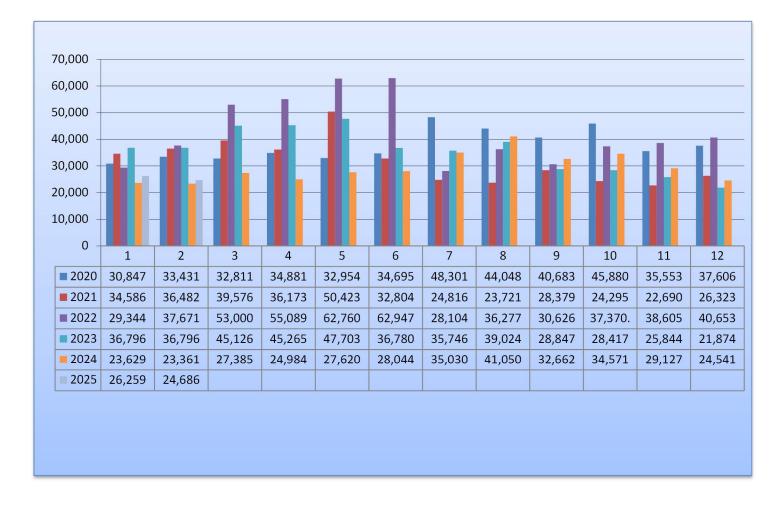
# The NECA Show

presented by the National Electrical Contractors Association

McCormick Place Convention Center September 12–15, 2025

#1 Event for Power, Light, Controls, Energy, Information & Communications Technology







#### **REAL ID and Federal Construction**

On May 7, 2025, the long awaited enactment of the REAL ID Act of 2005 will be in place, requiring any individual that boards a domestic flight or enters a Federal facility to be compliant.

NECA contractors should be vigilant to their employee's ability to comply with the Act as it could directly impact workforce mobility and jobsite access. Starting on that date, individuals will need a REAL ID-compliant driver's license or another acceptable form of identification (like a passport) to board domestic flights or enter certain federal facilities, including some military bases and government buildings where NECA contractors may perform work. If employees, subcontractors, or project partners are turned away due to non-compliant IDs, it could cause delays, missed deadlines, or access issues on federally funded jobs.

REAL ID resources are available through the <u>US Department of Homeland Security</u> website. Being proactive now helps ensure crews are ready and projects stay on track.

This material is for informational purposes only. The material is general and is not intended to be legal advice. It should not be relied upon or used without consulting a lawyer to consider your specific circumstances, possible changes to applicable laws, applicable CBAs, prime contracts, subcontracts, rules and regulations and other legal issues. Receipt of this material does not establish an attorney-client relationship.

Labor Relations Bulletin NECA • 1201 Pennsylvania Ave. NW, Suite 1200 • Washington, DC 20004



#### April 6-7, 2025

Women in NECA (WIN) Hollywood, FL

#### April 7-9, 2025

NECA Now Hollywood, FL

#### April 27-30, 2025

NECA Legislative Conference Washington DC

#### May 16, 2025

Tri-County JATC Graduation
Del Monte Hyatt
RSVP Required

#### May 19-21, 2025

Safety Professionals Conference Des Moines, IA

#### June 4-7, 2025

Academy of Electrical Contractors Meeting Isle of Palms, SC

#### May 19-21, 2025

Safety Professionals

#### July 28 - August 1, 2025

National Training Institute Ann Arbor, MI

#### August 13-16, 2025

District 9 Meeting Turtle Bay, HI

#### **September 12-15, 2025**

NECA Convention Chicago, IL