



Monterey Bay CA Chapter, NECA

National Electrical Contractors Association



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August, 2025

ADVANCED ESTIMATING OF ELECTRICAL CONSTRUCTION CLASS SCHEDULED

**Wednesday and Thursday
October 1-2, 2025**

**Breakfast Buffet 8:00 AM
Class Begins at 8:30 AM
Lunch 12:00 PM**

**Dinner 6:00 PM
on 10/1 at Giuseppe's**

**Location: Vespera Resort
147 Stimson Avenue |
Pismo Beach, CA | 93940**

\$250 per person for NECA Members but free to Monterey Members thanks to the Wendt Scholarship. Please contact Jerri to reserve your space and make hotel reservations. Space is very limited!



GOVERNOR NEWSOME SIGNS SB 61 – 5% Cap ON PRIVATE CONSTRUCTION RETENTION IS NOW STATE LAW!!

We are proud to announce that today, Governor Gavin Newsom signed SB 61 (Cortese) into law, NECA sponsored legislation that establishes a 5% cap on retention for private construction projects in California.

Effective January 1, 2026, the new law will apply to contracts for private works of improvement entered into on or after that date.

SB 61 represents a significant victory for contractors statewide, directly addressing the chronic cash flow challenges caused by excessive retention withholding on private construction. By aligning private sector retention practices with the

TO BENEFIT ... PARTICIPATE!



existing 5% cap on public works, this law brings greater financial stability and predictability to California's construction industry.

We extend our sincere appreciation to all the NECA contractors, Chapter Managers, and staff who supported this effort through grassroots advocacy, especially those who made the trip to Sacramento to meet with legislators and advocate for the bill's passage.

A special thank you goes to Senator Dave Cortese and his dedicated staff for their leadership and tireless commitment to advancing this critical reform.

HEALTH CARE CORNER CHOLESTEROL: THE GOOD, THE BAD AND THE LOWDOWN

Cholesterol is a fat-like substance found in every cell of your body. It is essential for building cell membranes, producing hormones (like estrogen and testosterone), making vitamin D, and stomach acids that help digest foods. Your liver makes most of the cholesterol you need, but it is also found in foods we eat like meat, eggs, and dairy. Despite its bad reputation, cholesterol is essential to your health—but balance is key.

Types of Cholesterol: The Good, the Bad, and Triglycerides

- HDL (High-Density Lipoprotein): "GOOD" cholesterol helps remove excess cholesterol from your blood vessels and takes it back to the liver for processing. We want high HDL levels.
- LDL (Low-Density Lipoprotein): "BAD" cholesterol—high levels can lead to plaque buildup in arteries, increasing the risk of heart disease and stroke. We want low LDL levels.
- Triglycerides: These are a type of fat (lipid) in your blood, often grouped with cholesterol during blood tests. High levels can also contribute to heart disease. We want low levels.

Why it matters: If your LDL is too high or HDL is too low, it can affect your arteries' ability to stay clear and flexible, making it harder for blood to flow freely. This can lead to conditions like atherosclerosis (hardening of the arteries), which can lead to heart disease, stroke, coronary artery disease, and kidney disease, to name a few.

Tests for Cholesterol: A blood test called a lipid panel, ordered by your doctor, will show the levels of your cholesterol. Your doctor will order this for you. This should be discussed at your annual health visit.

Below are guidelines for healthy cholesterol levels in adults:

- Total cholesterol: Should be under 200 mg/dL. Includes LDL, HDL, triglycerides
- LDL is the "bad" cholesterol: Ideally, levels should be below 100 mg/dL
- HDL is the "good" cholesterol: Ideal levels for men, 40 mg/dL, and for women, 50 mg/dL. Higher levels are better.
- Triglycerides: Best below 150 mg/dL.

Healthy habits to manage cholesterol:

- Eat more fiber-rich foods like oats, fruits, and veggies
- Eat more fish like- salmon, mackerel and sardines— increase the good HDL.
- Eat more protein rich food like beans, lentils, tofu, and nuts as an alternative to meats which can be high in the bad cholesterol (LDL).
- Choose healthy fats—think olive oil, nuts, and avocados— increase the good HDL
- Limit saturated and trans fats found in processed and fried foods, meats like bacon, sausage, beef
- Limit baked goods, pastries and snacks like chips and candy- high in fat, butter, and sugar, which aids in raising your cholesterol
- Limit full fat dairy products like- whole milk, cream, cheese and ice cream—can increase bad LDL
- Avoid smoking and limit alcohol (affects overall heart health).

- Stay active with regular exercise (A 15-20 min walk daily is exercise!)

Anita Alvarez RN, PHN
Nurse Health Advocate
Electrical Workers Health
and Welfare Trust
IBEW Local 234
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PUBLIC WORKS ONLINE SYSTEM UPDATE

The Public Works online system has now launched a system update with significant enhancements. Highlights of the latest platform enhancements include:

- **eCPR Search Tool**
- The eCPR search tool can be found [here](#).
- Users can search for legacy eCPRs from the previous system.
- Bulk exports – users can now export up to 20 eCPRs in one export.
- Users can filter out non-performance eCPRs from the search results.

- Users can search for key terms within the search results.
- **eCPR Confirmation Page**
- contractors can now print and save an eCPR confirmation page upon successful submission of their eCPRs.
- **New eCPR PDF Updates**
- The eCPR PDF is now displayed in portrait orientation.
- New eCPR Sequence Number displays on PDF identifying the order of the payroll submitted. Amendments will be displayed as a dash followed by amendment number.
- The apprentice period now displays on the eCPR PDF.
- Statement of Non-Performance PDF now displays and exports to PDF.
- Name of individual certifying eCPR now displays on eCPR PDF.
- **Manual eCPR Updates**
- A new “other” field now available for use in the deduction section.
- Fund/Admin, Savings, and Dues now displays within the deduction section.
- **XML eCPR Updates**

- Multiple registration paid periods now displays on contractor user dashboard. As a contractor who has paid for their registration for both the current fiscal year and a future fiscal year, the dashboard will now display all paid fiscal periods on screen.

The following ‘User Guides’ can be found here:

- [User PDF Guide](#)
- [User Video Guide](#)
- [eCPR User Guide](#)
- [eCPR User Video Guide](#)
- [PW Live Workshop](#)



ELECTRI UPDATE

Thank you to everyone who joined us in Toronto for the ELECTRI Summer Council Meeting—and to those who couldn’t attend, we’re glad to keep you in the loop. Whether you were in the room or not, there are several ways for you to stay involved and support ELECTRI’s ongoing work. We’ve attached the full meeting recap, including links to the presentation slides

for each day. Or you can download the recap from the [event page on our website](#).

Want to relive the experience or see what you missed? Check out the photos [here](#).

New Research Approved by the Council
At the meeting, the Council voted to fund three new research initiatives:

- *The Road Ahead*
- *A Financial Maturity Toolbox to Measure the Health of ECs and Their Projects*
- *Small Modular Reactor Roadmap for ECs*

NEXT STEPS

Get Involved: Join a Task Force

We invite you to help shape the direction of these projects. Volunteer to serve on a research task force: [Sign up here](#)

Lend Your Expertise: Participate in Surveys
ELECTRI needs contractor input to ensure our research is grounded in meaningful, real-world data. [Take the surveys](#)

Share Your Tools
PCA Researcher Deniz Besiktepe is developing resources to support onboarding and project planning. If you have sample onboarding guides or project

checklists, please send them to denizb@purdue.edu.

Learn How to Use the Industry Benchmarking Tool
We'll be hosting two webinars this week to help electrical contractors get started with the new Industry Benchmarking Tool.

- Tuesday, July 22nd at 12 PM ET - <https://us06web.zoom.us/j/83937897231>
- Thursday, July 24th at 3 PM ET <https://us06web.zoom.us/j/82709046400>

ELECTRI International Quick Links

[ELECTRI Meetings](#) [ELECTRI Research](#) [ELECTRI Coaching](#) [ELECTRI Council Room](#) [ELECTRI Sessions](#) [ELECTRI Research Engagement Hub](#) [ELECTRI PM Apprenticeship Program](#) [ELECTRI ConTech & Coffee/IT & Coffee](#) [ELECTRI Think Like A Leader](#) [ELECTRI AI Toolkit](#)

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 CANCELED DUE TO LAC OF SIGN-UPS

Saturday, August 2nd
8am-1pm

This is NOT a drop-in class. Sign-up is required.

Instructor Merralinda Goddard will be teaching on the basics of First Aid and CPR.

Please note that class size is limited and sign-up is required. (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

Cancelled due to lack of sign-ups. We hope to reschedule for sometime in the summer.
OSHA 10

If you are interested in taking an online OSHA 10 course, please contact Stacy at info@tricountyjatc.org to sign up.

PLEASE NOTE THAT ALL CLASSES REQUIRE REGISTRATION PRIOR TO THE CLASS.

Please contact Stacy at info@tricountyjatc.org to sign up for all classes.

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](#)

CLASS COMPLETIONS

None

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.

IT'S NOT TOO LATE TO REGISTER!!

A promotional banner for 'The NECA Show' presented by the National Electrical Contractors Association. On the left is a circular logo for 'NECA 2025 CHICAGO' with 'SEPTEMBER 12-15' at the bottom, featuring a stylized city skyline. The main text reads 'The NECA Show' in large black font, followed by 'presented by the National Electrical Contractors Association' in smaller orange text. Below that, it says 'McCormick Place Convention Center' and 'September 12-15, 2025'. At the bottom, it states '#1 Event for Power, Light, Controls, Energy, Information & Communications Technology' in orange. On the right side, there is a graphic of a stylized electrical circuit board with several small inset photos showing people working in various electrical settings.

NECA 2025 CHICAGO
SEPTEMBER 12-15

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*

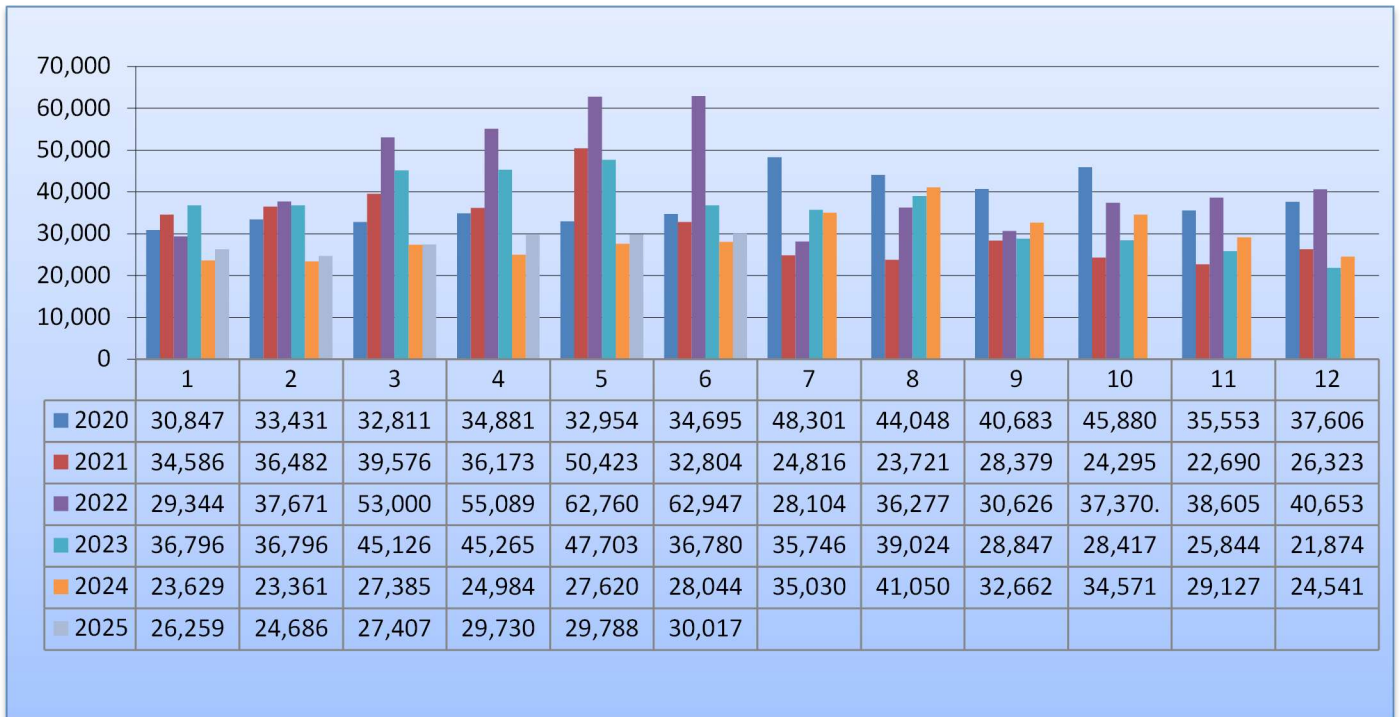
Our chapter has been assigned to the Marriott Marquis which is attached to the convention center. If you are interested in registering, please contact Jerri at jlchamplin@gmail.com



AVAILABILITY LIST UPDATE

On the Inside Out-of-Work List, there are 83 on Book 1, 200 on Book 2, 53 on Book 3 and 13 on Book 4. There are 5 Book 1, 6 on Book 2, 4 on Book 3 and 0 on Book 4 for Sound & Comm. There is 1 CE on Book 1 and 0 on Book 2, 103 CW1's and 12 CW2's available. ***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. No apprentices are currently available.***

INSIDE WORK HOUR HISTORY



UPCOMING EVENTS

July 26 – August 1, 2025

National Training Institute
Ann Arbor, MI

August 11, 2025

Board of Directors Meeting
Royal Hawaiian
Honolulu, HI

August 13-16, 2025

District 9 Meeting
Turtle Bay, HI

September 12-15, 2025

NECA Convention
Chicago, IL

October 3, 2025

Advanced Estimating Education Class
Vespera Resort
Pismo Beach, CA

November 17-19, 2025

etA Regional Conference
Las Vegas, NV

December 5, 2025

NECA Christmas Party
The Sardine Factory
By Invitation Only

January 21-23, 2026

Electri Meeting
Omni La Mansion del Rio
San Antonio, TX

February 18-20, 2026

Wine and Wisdom
Allegretto Resort, Paso Robles, CA