



January 2026

INSIDE THIS EDITION:

Nic Bittle Program Sponsored by NLMCC

Holiday Toy Drive

Health Note Corner

New Dispatch Procedures – LU #234

JATC Course Completions

CA Chapters Resource Guide

Classes Offered through JATC

LU #234 Availability List

Calendar of Events



NIC BITTLE PROGRAM SPONSORED BY NLMCC

The NLMCC and our Local LMCC sponsored an event on Thursday, December 4th at the IBEW Local #234 hall with about 120 people in attendance. Nic Bittle presented “Be the Best: Building a Career in the Electrical Construction Industry”. Apprentices, journeymen, retirees and contractors shared a delicious barbecue followed by the program and toy drive. Our thanks to all who contributed to the evening! And a huge thanks to the NLMCC for their generous support!



**TO BENEFIT ...
PARTICIPATE!**



HOLIDAY TOY DRIVE A HUGE SUCCESS

Thank you to all that donated to our first toy drive! We gathered and donated over \$5,000 worth of toys to the KSBW Share Your Holiday campaign. The third year apprenticeship class won the competition between the different years of apprenticeship classes and earned a pizza party for their class. Congratulations!! We hope to make this an annual event sponsored by the LMCC.



HEALTH NOTE CORNER

Myofascial Pain Syndrome

Myofascial pain syndrome is a pain condition that involves muscles and the thin cover of tissue that holds muscles in place, called fascia. Pressure in these areas, called trigger points, causes pain and can be chronic.

Electricians are at risk for developing myofascial pain syndrome due to their work:

- ✓ Repetitive motion and strain: overhead work, bending, twisting, wiring, and gripping, create microscopic muscle tears.
- ✓ Poor posture: Awkward positions in tight spaces or overhead cause chronic muscle tension.
- ✓ Sustained muscle tension: holding tools for long periods and maintaining awkward body positions.
- ✓ Stress and fatigue: High stress environments and physical fatigue worsen muscle pain and tension.

Symptoms of myofascial pain syndrome may include:

- ✓ Deep, aching pain in a muscle: shoulders, back, neck, tension headaches, are most common.
- ✓ Pain doesn't go away or gets worse.
- ✓ A tender knot in a muscle.
- ✓ Trouble sleeping due to pain.
- ✓ A general feeling of being not well, called malaise and feeling tired.

Diagnosis: A health care provider may do an exam and use gentle pressure assessing for pain at trigger points. Certain ways of pressing on the trigger point can cause certain responses. Your healthcare provider can use other tests and procedures to rule out other causes of muscle pain.

Prevention: It is important to mitigate workplace situations that lead to this condition as much as possible. Reviewing proper ergonomics, taking breaks to release muscles, stretching during work, reducing stress.

Treatments Treatment typically include:

- ✓ Medicines: Pain relievers such as Advil or Motrin to prescription medications for pain relief.
- ✓ Antidepressants and muscle relaxants have shown to be helpful and may be prescribed.
- ✓ Therapy: A physical therapist can help relieve your pain, based on your symptoms, and help with better posture techniques.
- ✓ Procedures: Include Injections into trigger points, electronic nerve

stimulation (TENS), ultrasound, and acupuncture (which has proven to be highly effective).

- ✓ Lifestyle and home remedies: Exercise, relaxation techniques like deep breathing and meditation, healthy eating (fruits and vegetables), and getting enough sleep.

Please reach out to me if you need help finding a medical provider or have any health questions. Wishing you good health this Holiday Season!

Anita Alvarez RN, PHN
Nurse Health Advocate
Electrical Workers Health and Welfare Trust,
IBEW LU 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

- Saturday, February 7th from 8am-1pm
- Saturday, May 2nd from 8am-1pm
- Saturday, August 1st from 8am-1pm
- Saturday, November 7th from 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).

TRAINING ROUND ROBIN
Saturday, January 10th
8:30am-11:30am

We are offering a round robin training sponsored with the assistance of GrayBar featuring Milwaukee Tools, Fluke, Southwire and Burndy. Participants are encouraged to sign up by contacting Stacy at Stacy@tricountyjafc.org Journeymen will receive 3 hours of continuing education upon completion of the class. The class will be held at the Training Center in Castroville.

CONFINED SPACE AWARENESS TRAINING

Cancelled due to lack of sign-ups. We hope to reschedule for sometime soon. Please contact us if you have interest in attending!

OSHA 10

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

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

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

We are in the process of adding classes to our calendar. Please reach out if you have a request for a class that would be beneficial to your firm.



CLASS COMPLETIONS

CPR / First Aid
12/6/25

Rigoberto Garcia, Erik Guerrero, Robert Heitz, Carlos Prado, Luis Rodriguez, Ricardo Rubio, Jack Russo, and Matthew Solorzano

Leadership Training
12/4/25

Israel Andrade, John Barber, Jeff Beers, Ramon Cerna, Mark Clough, Anthony Davis, Rigoberto Garcia, Jonathan Goddard, John Greene II, Andy Hartmann, Jaime Hernandez, Sean Kent, Angel Lopez Magana, Pete Marsiguerra, David Martinez, Robert Meloney, Aaron Monroy, Jose Munoz, Josh Murray, Robert Paz, Carlos Prado, Nick Pregovisk, Steve Rios, Luis Rodriguez, Trudi Teller, and AJ Todd

Resource: Contract & Collections Guidebook



We are excited to share a new, free resource developed in partnership with all California NECA Chapters, the Electrical Contractors of California Trust (ECCT), and Sweeney Mason LLP called the Subcontractor Contract & Collections Guidebook.

This first of its kind guide helps electrical contractors navigate key subcontracting and payment issues, from change orders to retention laws. It's packed with practical tips, ready to use sample letters, and a clickable index for quick reference, all tailored to California's legal landscape.

[View the Guidebook Here](#)

<chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://files.constantcontact.com/11fb4b1e901/a0a6294f-f312-455f-9310-8db26cb225a5.pdf?rdr=true>

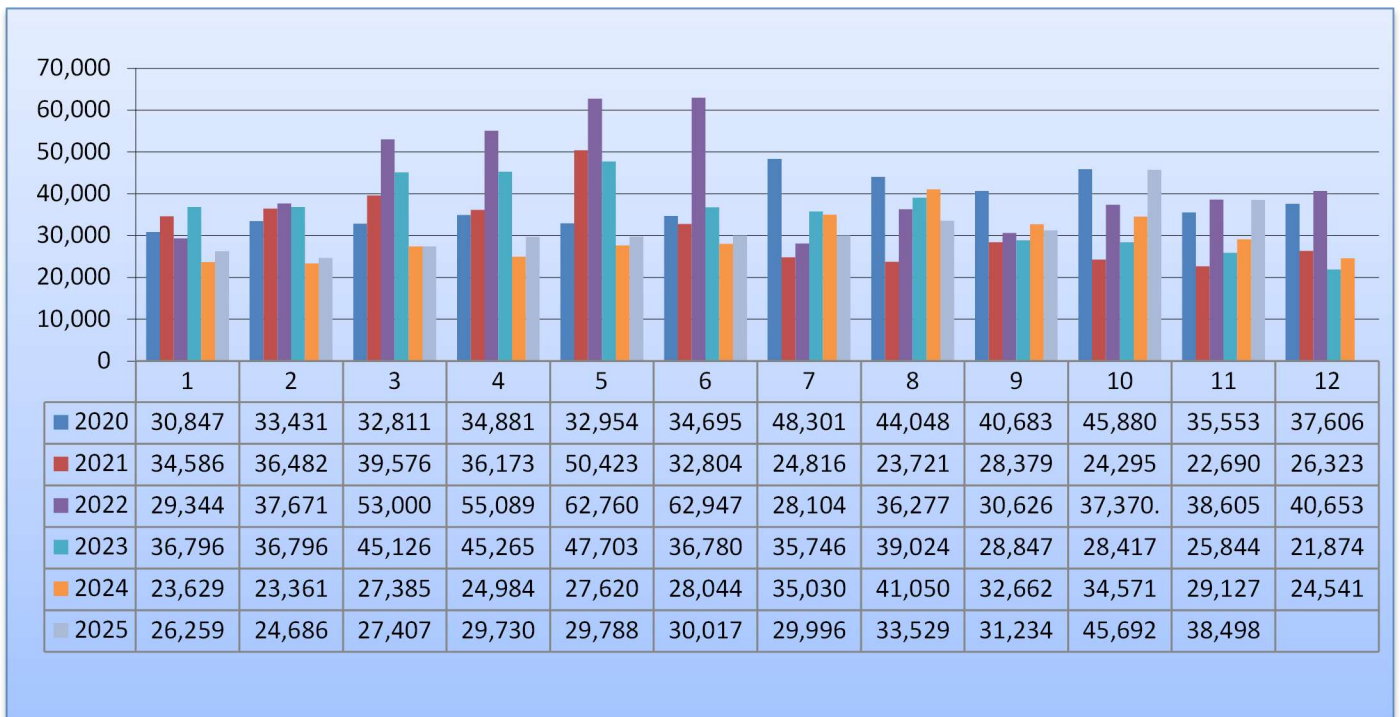


New Dispatch Procedures for Local #234 as of January 1st, 2026 Monthly Hours Report Jun Jly Aug Sept The new dispatch procedure has been implemented starting January 1st. The previous dispatch procedure received a couple of revisions which include: • Resign became a once a month occurrence. Members will have to resign between the 10th and 16th of every month to keep their place on the out-of-work books. • Reinstatement of the ding system. If a call goes unfilled that you were qualified to take, you will receive a ding. After 3 dings, you will be removed from the out-of-work books. This change has been made to reflect what is currently in our CBA. New dispatch procedure info sheets will be emailed to all members and everyone on the out-of-work books.

AVAILABILITY LIST UPDATE

On the Inside Out-of-Work List, there are 60 on Book 1, 93 on Book 2, 32 on Book 3 and 3 on Book 4. There are 2 Book 1, 6 on Book 2, 4 on Book 3 and 0 on Book 4 for Sound & Comm. There are no CE's on Book 1 and 0 on Book 2, 51 CW1's and 4 CW2's available. ***If you are interested in hiring an apprentice in the near future, please contact Stacy at the JATC office to let her know your future needs. One apprentice is currently available.***

INSIDE WORK HOUR HISTORY





January 10, 2026

Round Robin Training
8:30 am – 11:30 am
Castroville Training Center

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

April 11-12, 2026

District 6-9 Meeting
Atlanta, GA

April 13-15, 2026

NECA Emerge
Atlanta, GA

June 10-12, 2026

Academy Meeting
Anchorage, AK

July 15-18, 2026

Tri-District Meeting
Wailea, HI

October 4-7, 2026

125th Anniversary NECA Convention
Las Vegas, NV