



# June, 2025

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## 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..



## POLITICO ALERT

www.ElectricsOnline.com "Connecting you to California"  
1127 11<sup>th</sup> St, Suite 747 / Sacramento, CA 95834 / (916) 444-3770 / FAX (916) 442-6437

### Public Works Contractor Registration Now Open for FY 2025-26

The registration and renewal portal for Public Works Contractor Registration is now OPEN for the upcoming fiscal year beginning July 1, 2025. All contractors working on public works projects must renew or register before this date to remain in compliance and avoid any disruption in project eligibility.

#### Key Reminders:

- **Registration Fee:** \$400 per fiscal year (July 1 – June 30)
- **Early Registration:** Strongly encouraged—contractors may register up to 3 years in advance
- **Mandatory Starting June 23, 2025:** Contractors must resume submitting electronic certified payroll records (eCPRs) via DIR's online system

## TO BENEFIT ... PARTICIPATE!



**Register or renew here:** [DIR Public Works Portal](#)

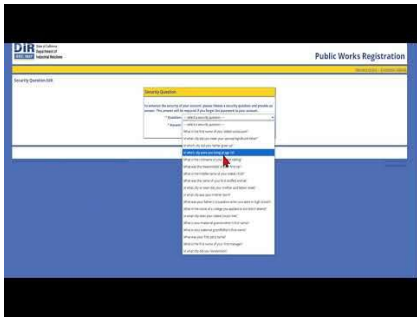
(Login/Register at top right of the page)

### Helpful Resources:

- [User Sign-Up Guide \(PDF\)](#)
- [Registration Video Walkthrough](#)
- [eCPR User Guide](#)
- [eCPR Video Tutorial](#)
- [Live DIR Workshops](#)

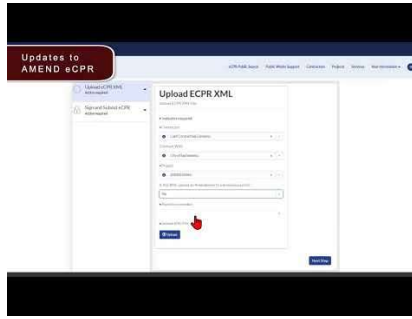
Attachments area

[Preview YouTube video Public Works - User Sign Up, Linking, and Contractor Registration](#)



[Public Works - User Sign Up, Linking, and Contractor Registration](#)

[Preview YouTube video Public Works LETF eCPR workshop](#)



[Public Works LETF eCPR workshop](#)

## ELECTRI UPDATE

### ELECTRI's Podcast Feature

Josh Bone discusses the upcoming KPI benchmarking website on Graybar's "Keepin' the Lights On" podcast.

- Where to listen: Listen via [Graybar](#), your favorite podcast platform or on [YouTube](#).

### New ELECTRI Research Releases

Two publications now available to help electrical contractors tackle industry challenges. Both studies are based on contractor interviews, real-world case studies, and practical tools to apply in your business today. We encourage you to review and share these resources with your members:

- Understanding, Identifying, and

Measuring Rework: Led by Hala Nassereddine, this report helps contractors identify rework causes and minimize future impacts. [Explore the full interactive report](#) »

- Artificial Intelligence Implementation Roadmap: A guide to integrating AI into electrical contracting workflows. [Read the full roadmap](#) »

## HEALTH CARE CORNER

**Alcohol: How much is too much? How it affects you, and tips to decrease use**

It is common and a large part of our culture to drink alcohol at social gatherings, and to wind down and de-stress at the days end. However, alcohol can negatively affect the body in many ways, especially when used excessively or over a long period. Here is a list of harmful effects and tips to decrease alcohol use:

1. Brain and Mental Health
  - Impairs brain function: Affects memory, judgment, coordination, and decision-making.
  - Increases risk of depression and anxiety:

Alcohol disrupts brain chemistry.

- Addiction and dependence: Alcohol is addictive, leading to alcohol use disorder

## 2. Heart and Cardiovascular System

- Raises blood pressure. Increases risk of heart disease and stroke
- Weakens the heart muscle, making it harder to pump blood.

## 3. Liver Damage

- The liver is responsible for breaking down alcohol, but too much can lead to:
- Fatty liver
- Alcoholic hepatitis
- Cirrhosis (irreversible liver scarring)
- Liver cancer

## 4. Digestive System/Nutrition

- Alcohol irritates the stomach lining, increasing risk of:
- Gastritis and ulcers
- Pancreatitis (inflammation of the pancreas, can be life-threatening)
- Malabsorption of nutrients
- Empty calories (7 calories per gram) and often lead to overeating.

## 5. Cancer Risk

- Alcohol increases the risk of several types of cancer:
- Mouth, throat, esophagus
- Liver

- Breast (even with moderate drinking)
- Colon and rectum

## 6. Weakened Immune System

- Reduces the ability to fight off infections.

## 7. Aging and Hormonal Effects

- Speeds up skin aging (dehydration and nutrient depletion)
- Can disrupt hormones, affecting fertility and sexual health

## 8. During Pregnancy

- Even small amounts can lead to Fetal Alcohol Spectrum Disorders (FASD), causing lifelong physical and cognitive issues in the baby.

## Safe Drinking Guidelines; (Based on CDC-Center for Disease Control)

- Men: Up to 2 standard drinks per day
- Women: Up to 1 standard drink per day
- (1 drink = 12 oz beer, 5 oz wine, or 1.5 oz spirits)

Note: These are general health guidelines, not necessarily for everyone (especially if pregnant, on medications, have a medical condition, or in recovery). Check with your doctor.

## Tips to Cut Back on Alcohol

- Set Clear Limits: Decide how many

drinks you'll have per week or occasion and stick to it.

- Track Your Drinking: Use an app or journal to log how much and how often you drink.
- Awareness is often the first step to cutting back.
- Choose Alcohol-Free Days: Aim for at least 2–3 alcohol-free days/week. Helps reset habits
- and gives your body a break.
- Change Your Environment
- Remove alcohol from your home or keep it out of sight.
- Avoid situations that trigger cravings (like certain social settings)
- Alternate with Non-Alcoholic Drinks: sparkling water, mocktails, tea, kombucha
- Drink Slower: Sip your drink overtime. Eat before or while drinking to slow absorption
- Find New Social Activities: Replace drinking-related activities with hobbies or exercise.

## **Seek Support if Needed**

- IBEW 234 Health and Welfare Plan
- Anthem covered services: Counseling

and/or  
outpatient/inpatient  
rehab programs

- SAMHSA (Substance Abuse and Mental Health Services Administration)
- 24/7 Helpline: 1-800-662-HELP (4357) Website
- Free, confidential help for substance use and mental health
- Alcoholics Anonymous (AA) Website
- Worldwide peer support group with 12-step approach
- Local meetings available online and in person
- SMART Recovery Website
- Science-based alternative to AA
- Focuses on self-empowerment, practical tools, and CBT

Please let me know if you have any questions, I am here to support you!

**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 soon!. Please contact Damaris 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 drop-in 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**

**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 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 31<sup>st</sup>. All who sign up will be required to complete the course no later than February 28<sup>th</sup>. 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.**

**Damaris will be in the JATC office thru June 30<sup>th</sup>. If you would like to sign up for classes, please call the JATC office at (831) 633-3063 during regular business hours: Monday – Thursday from 12pm – 5pm.**



## 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

CPR / First Aid

05/03/25

*Jeff Beers, Cristian Escamilla Hernandez, Darren Raats, Arturo Rodriguez Moraza, Carlos Souza, and Chad Vargas*

## CONGRATULATIONS GRADUATES!



We would like to take this opportunity to congratulate the recent graduates of the Tri-County JATC program! In alphabetical order - Roberto Alanis-Aguilar, Marco Arredondo, Robert Meloney, Alfredo Nicolosi, Frank Rodriguez, and Philip Villaneda are the class of 2025. Congratulations to these new Journeymen Wiremen!

## REGISTRATION IS NOW OPEN!!



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](mailto:jlchamplin@gmail.com)

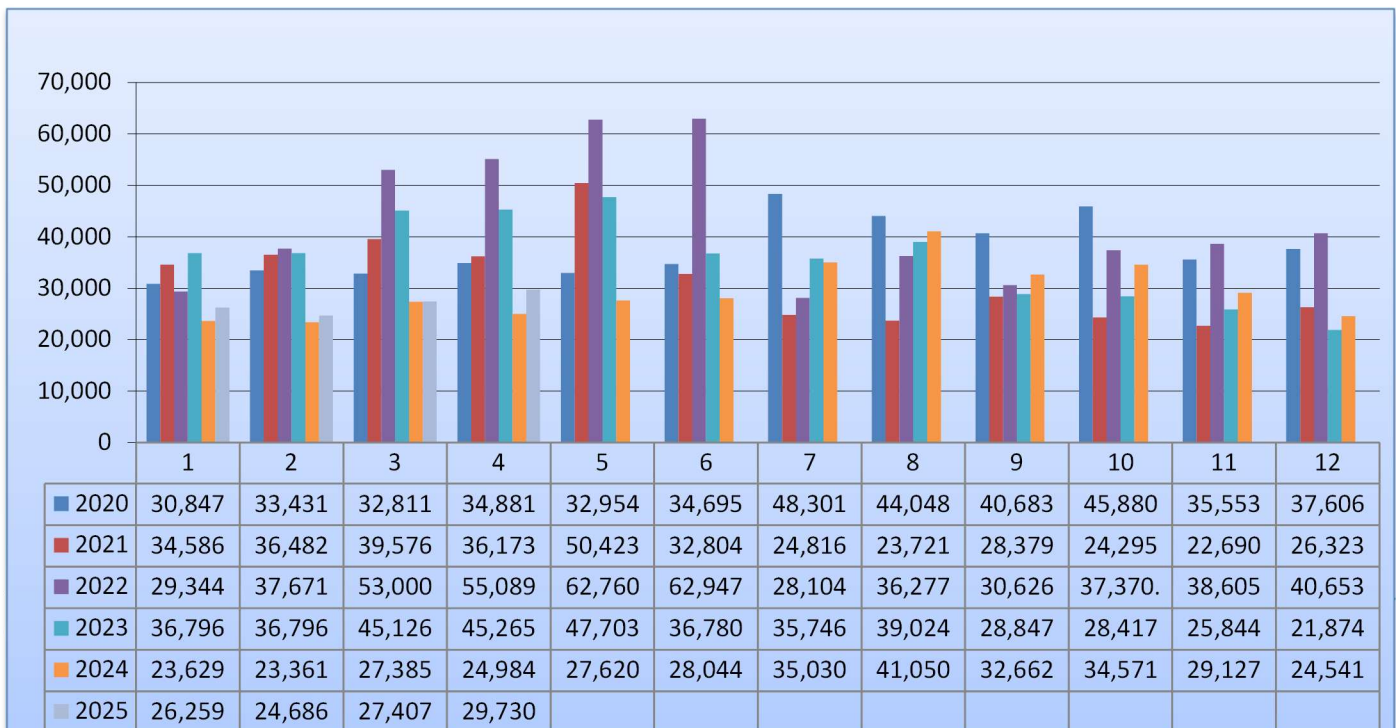
### JATC INSTRUCTORS NEEDED!

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 81 on Book 1, 201 on Book 2, 44 on Book 3 and 0 on Book 4. There are 5 Book 1, 5 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, 91 CW's on Book 1 and 0 CW's on Book 2 and 0 on Book 0 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

**June 4-7, 2025**

Academy of Electrical Contractors Meeting  
Isle of Palms, SC

**July 14 –16, 2025**

Electri Meeting  
Toranto, CA

**July 26 – 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

**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