



## March 2026

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### WINE AND WISDOM 2026

Thank you to all that attended this year's Wine and Wisdom! We had a great time and had some excellent speakers that shared a wealth of information with our members.

A special thank you to the following speakers: District Nine Vice President Fred Neubauer, NECA CFO Traci Walker, NECA CIO Marco Giambarandino, Field Representatives Samantha Dugan and David Manderson, etA Managing Director Greg Greiner, Electric Representatives Jessica Cardenas and Toby Mitchell, Premier Partners: Mike Carroll (Graybar), John McCracken (United Rentals), Zac Chierici, Gabriel King and Michael Winstead (Milwaukee), Kristy Phillips (Southwire), Larry Johnson, Mike Weiler and David Bejarano (ABB) and John Hughes (Union Data Systems).

Click here to view the Photo Gallery:

<https://yvonnegoll.zenfolio.com/necahawaii>

**TO BENEFIT ...  
PARTICIPATE!**

## MARCH EDUCATION CLASS SCHEDULED

### Managerial Strategies for Improving Project Level Cash Flow and Payment Terms

We are pleased to announce that we have secured another great class to be held in Pismo Beach -- Managerial Strategies for Improving Cash Flow. This class is based on an Electri study (attached) that was recently completed and comes highly recommended. Because the class is limited to 16 participants, we have 2 offerings. You may choose from Thursday, March 5th in the afternoon from 12 to 5 or Friday, March 6th from 8 to 1. Breakfast will be provided before the Friday morning class at 7:30 am.

As in the past, everyone is invited to join us for a family style Italian dinner at Giuseppi's -- always a hit! A room block has been secured at Vespera in Pismo Beach. In order to reserve your spot, please click on the link below. We will have a rooming list to register you for your room and confirmation numbers will be sent upon receipt. Please remember that our members have no registration fee since we received the Wendt Scholarship again this year and you are welcome to use your education credits toward the cost of your rooms.

This class is designed for Division Managers and Project Managers but those involved in finance have also found it useful.

**Interested in registering: Please  
click on the following link:**

[https://docs.google.com/forms/d/1jwzWtxO8dwUASZl1eYVo5x3\\_ndeFObYu8ZVkuqEq6ls/edit?usp=sharing\\_eil\\_se\\_dm&ts=697a87d0](https://docs.google.com/forms/d/1jwzWtxO8dwUASZl1eYVo5x3_ndeFObYu8ZVkuqEq6ls/edit?usp=sharing_eil_se_dm&ts=697a87d0)

**We hope you will join us! Only a few spots  
left for Friday. Thursday is sold out!**

## HEALTH NOTE CORNER Breaking Down BMI

BMI (body mass index) is a simple calculation that takes your weight and height into account to estimate your body fat percentage. Healthcare professionals use this screening tool to categorize individuals into different weight ranges from underweight to obese.

Why is it important?

Knowing your BMI can play a crucial role in maintaining a healthy lifestyle and preventing chronic diseases such as heart disease, arthritis, Type 2 diabetes, hypertension & certain cancers.

The higher your BMI, the more likely you are to develop these diseases.

BMI ranges:

For most adults, an ideal BMI is between 18.5 – 24.9. If you're BMI is:

- ✓ below 18.5 – you're in the underweight range.
- ✓ between 18.5 and 24.9 – you're in the healthy weight range.
- ✓ between 25 and 29.9 – you're in the overweight range.
- ✓ above 30 - you're in the obese range.
- ✓ To find out your BMI, you can click this link: [calculate your BMI here](#)

Another measurement to determine a healthy weight (good for body builders and seniors) is to measure your waist circumference.

- ✓ For men, an unhealthy waist circumference is greater than 40 inches.
- ✓ For women, an unhealthy waist circumference is greater than 35 inches.

By understanding your BMI you can make informed decisions about your health. Just making minor changes in diet, exercise, and

lifestyle, can make a significant difference in your overall health, longevity, and wellbeing.

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

## LABOR RELATIONS: DOL OPINION FLSA2026-2 AND REGULAR RATE OF PAY

On January 5, 2026, the U.S. Department of Labor's Wage and Hour Division (WHD) issued FLSA2026-2, an opinion letter addressing whether certain bonus payments may be excluded from the "regular rate of pay" under Section 7(e) of the Fair Labor Standards Act (FLSA) for purposes of calculating overtime premiums. The WHD concluded that, under the specific facts presented, the employer must include bonus payments in the regular rate of pay and cannot treat them as excluded discretionary bonuses. Read more in this [NECA Labor Bulletin](#).



## MILWAUKEE APPRENTICE OF THE MONTH

- February: Hugo Lopez, 1<sup>st</sup> Year Apprentice
- March: Isaak Castro, 1<sup>st</sup> Year Apprentice





## 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, May 2<sup>nd</sup> from 8am-1pm
- Saturday, August 1<sup>st</sup> from 8am-1pm
- Saturday, November 7<sup>th</sup> 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).

### NFPA 70-E

**Saturday, March 7th  
8:00am-2:00pm**

David Martinez will be the instructor for this class. This class is NOT a drop-in class – sign-up required. Participants are encouraged to sign up by contacting Stacy at [Stacy@tricountyjatc.org](mailto:Stacy@tricountyjatc.org). Journeymen will receive 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@tricountyjatc.org](mailto:info@tricountyjatc.org) to sign up.

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

**Please contact Stacy at [info@tricountyjatc.org](mailto:info@tricountyjatc.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**  
**FEBRUARY 7, 2026**

Joaquin Argueta, Anthony Brenkwitz, Jimmy Collins, Israel Corona, Felix A. Cortez, Mohammed Garaan, Phillip Garcia, Adali Gonzalez, Cristian Gonzalez, Jasper Gonzalez, Christian Lopez, David H. Martinez, Omar Melgoza, Miguel Mexicano, Jose Munoz, Matt Munoz, Jake Myhre, Roberto Paz-Murillo, Miguel Prado, Ivan Ramirez, Michael Rodda, Allister Sorrells, Andrew Vasconcellos, Derek Webster

**PLEASE NOTE:** There is not currently a receptionist at the JATC office. To sign up for classes, please email Stacy at [info@tricountyjatc.org](mailto:info@tricountyjatc.org) or call (831) 741-9069.



**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 25 on Book 1, 21 on Book 2, 15 on Book 3 and 2 on Book 4. There are 2 Book 1, 1 on Book 2, 2 on Book 3 and 0 on Book 4 for Sound & Comm. There are no CE's on Book 1 and 1 on Book 2, 4 CW1's and no 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. No apprentices are currently available.***

## INSIDE WORK HOUR HISTORY



**NECA EMERGE 2026**  
**A Specialty Work & Emerging Opportunities Conference**  
**April 13-15, 2026**  
**Marriott Marquis | Atlanta, GA**



This groundbreaking conference consolidates specialized contractor areas and key business trends, streamlining efficiency and travel for NECA contractors and stakeholders.

NECA EMERGE unites several industry-favorite meetings—including Service & Maintenance and Business Development, and limited energy and systems integration disciplines—merging them into one power-packed three-day conference.

Tracks include: Business Development, Emerging Opportunities, Limited Energy & Systems Integration, Service & Maintenance, and Prefabrication. Get ready for a NECA event like no other and emerge prepared to take on new opportunities!

**NECA 2026 LAS VEGAS**

**OCTOBER 4 - 7, 2026**  
**Mandalay Bay Beach**



# MARCH

**March 5-6, 2026**

Managerial Strategies for Improving Project Level Cash Flow  
Vespera Resort  
Pismo Beach, CA

**April 13-15, 2026**

NECA Emerge  
Atlanta, GA

**April 23, 2026**

General Membership Meeting  
Meet the IBEW #234 Leadership  
Tarpy's Roadhouse  
Cocktails 5 pm  
Dinner 5 pm

**June 10-12, 2026**

Academy Meeting  
Anchorage, AK

**July 15-18, 2026**

Tri-District Meeting  
Wailea, HI

**October 4-7, 2026**

125<sup>th</sup> Anniversary NECA Convention  
Las Vegas, NV