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New NorCal VDV Website Tools

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Benefits Update

Sign Up For Access To The NECA-IBEW Section of Your New NorCal VDV Website!

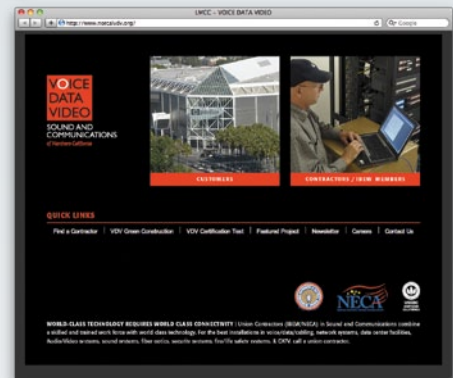
If you haven't registered already, now's the time to sign-up for access to the new NorCal VDV website (www.norcalvdv.org). In order to use password protected areas of the site, you need to register your username and password online. To enter the password protected area, click on the 'register now' button and complete the registration form.



Point your smartphone or QR Code Scanner here to go directly to the new NorCal VDV Website.

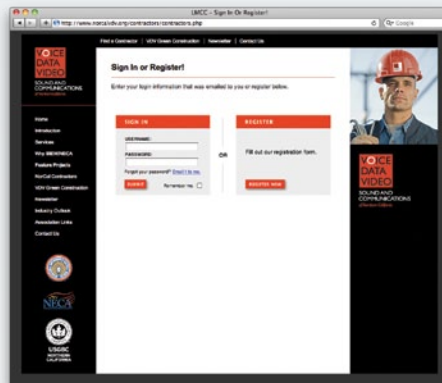
1

Go to <http://www.norcalvdv.org> and click on IBEW Members.



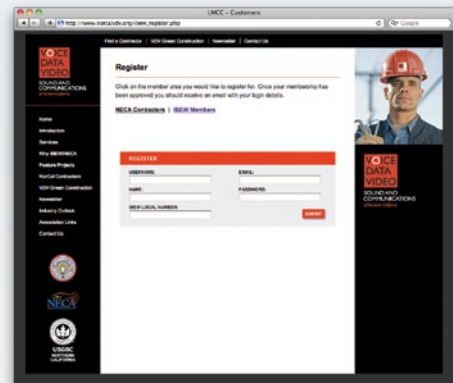
2

Click on "Register Now" to go to the registration page.



3

Fill out the form completely and click the "Submit" button.



You should receive an email with your login details when your account has been approved. We have listed some of the new features available to you on the following page.



A publication of the National Electrical Contractors Association and the International Brotherhood of Electrical Workers of Northern California.



Do You Have A New Mailing Address?

If you have recently moved, please notify your fringe benefit plan administrators of your new address. (NOTE: You will need to contact BOTH administrators individually.)

HEALTH & WELFARE PLAN

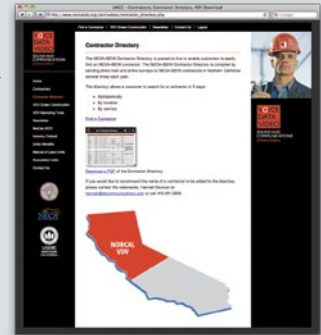
IBEW/NECA Sound & Communications
Health and Welfare Plan
P.O. Box 5057
San Jose, CA 95150-5057
Phone: (408) 288-4400
Toll-Free: 1-800-541-8059
Fax: (408) 288-4419

DEFINED CONTRIBUTION PENSION PLAN

IBEW District No. 9 Pension Plan
P.O. Box 1509
Portland, OR 97207-1509
Toll-Free Phone: 1-800-804-2385
Fax: (503) 221-1591

5 New Useful Tools Available On Your NorCal VDV Website

Download a PDF of the updated contractor directory, which lists over 230 IBEW contractors



View the new Green Directory, featuring VDV contractors who have completed sustainable projects

Download the VDV logo or the VDV Contractor Marketing packaging



Read the latest VOICE and DATA newsletters, or view the VOICE and DATA archives



Access links to all the IBEW Locals and NECA chapters in Northern California as well as other important associations



Let us know what you think of the new website by sending your emails to the contact us section! We want to hear your suggestions for changes and improvements.

For further information about the website, contact the webmaster, Hannah Davison, at Hannah@ahcommunications.com or 415.491.5908.



Register Online for Installer/Technician Upgrade Classes at NorCal JATC

You can now register online for several upgrade classes being offered from June-September by the NorCal Sound & Communication JATC. Classes are posted on the NorCal Upgrade Calendar, which can be found on the NorCal JATC website (www.norcal-jatc.com).

To register for classes, visit www.norcal-jatc.com, click on Installer/Tech Login and then select Calendar or Schedule of Classes. You can view the classes offered and register by clicking 'Click to Register'.

Apprentices/Installers/Technicians may sign up for any class at any location.

OFFERED IN JUNE

- **Certified Fiber Optic Technician**
(CFOT) 18 hours of VDV Continuing Education
- **Security/Access Systems**
12 hours of VDV Continuing Education

OFFERED IN JULY

- **Certified Fiber Optic Technician**
(CFOT) 18 hours of VDV Continuing Education
- **BICSI Fiber 2**
40 hours of VDV Continuing Education (A BICSI application needs to be sent to NorCal by 6/20/11)

OFFERED IN AUGUST

- **Advanced Fiber Optic Technician**
24 hours of VDV Continuing Education (Prerequisite: You must have a valid CFOT Certification to take this class)

OFFERED IN SEPTEMBER

- **OSHA-10 and OSHA-30**
10 or 30 hours of VDV & Fire/Life Safety Continuing Ed.
(For OSHA 10, only attend dates 1&2; for OSHA 30, attend all dates; for those that have taken the OSHA 10 class within the last 6 months with Chuck Vella, attend dates 3-6; during online registration, indicate OSHA 10, 30 or the continuation of a previous OSHA class)

In the future, all upgrade class announcements will be sent through email, not snail mail. If you haven't registered your email and other contact information so you can receive notifications of upgrade classes in a timely manner, please log onto www.norcal-jatc.com and click 'Installer/Tech Login'. Next, click on 'Add Your Contact Information' and register.

For more information about the upgrade classes, call NorCal JATC at 408.453.3101, ext. 1823, or email info@norcal-jatc.com.

Congratulations To Our 2011 Graduating Apprentices



Our industry thrives on a skilled, highly trained labor force and our apprentices are our future. It is with great pleasure that we list our Sound & Communication 2011 Apprentice Class Graduates.

Local 6: Donald Berger, Nicholas Cavallero, Michael Lombardo, Jason Ramierez, Eric Reid and Gustavo Vasquez

Local 302: Mathew Falk, Jamar Plummer and Jairo Ortega

Local 234: Igor Malyghin

Local 551: Adam Ausiello, Nicholas Buttke, Brian DiSano, John Foster, Ryan Galloway, Jacob Hall, Christian O'Brien and Jonathan Sousa

Local 617: Brian Dragges

Local 100: Dustin Farrah and Jason Guertin

Local 340: Richard Bell, Nicklesh Chand, Lino De La O, Richard Jackson, Pavel Leshchik, Robert Malm, Alexander Nizuk, Sanamjeet Nurprui, Naokkeo Phouaypha, Jeremy Stephens, Nhat Tran, Steven VanZandt and Brent Wootan

Local 332: Jeff Cargill, Faustine Cruz, Bryan Fox, Jared Haygood, David Inzunza, Jason Lara, Alejandro Marlow, Feliciano Perez, Michael Rocha, Alvaro Rosad-Sumale and Luis Rosado-Sumale

Local 595: Cristobal Acosta, Manuel Balelo, Tavo Collazo, Matt Givens, Martin Harless, Todd Lessa, Edin Romero, Andrew Spencer and Nikolas Stathis.

How to Download and Use the VDV Logo

The VDV brand is now available for use on your marketing and communications materials.

Visit www.norcalvdv.org and click on 'The VDV Brand' to download the logo. Your use of the VDV brand will help it grow in recognition and identify you as a qualified member of the Sound and Communications industry.

New CCTV Lab Is A Winner!

The new CCTV Lab at NorCal S&C JATC is seeing lots of action already. The lab is already in use for apprentice classes, as well as for CCTV Continuing Education classes that were held in May.



PHOTO COURTESY OF THE NORCAL JATC

Jared Haygood from IBEW Local 332 tries out some of the new equipment.



PHOTO COURTESY OF THE NORCAL JATC

Brent Wootan from IBEW Local 340 makes an adjustment to wiring in the CCTV Lab.

At Sprig Electric, Safety Is Part Of Ongoing Employee Training



PHOTO COURTESY OF SPRIG ELECTRIC

**David Toll,
Safety Director at
Sprig Electric.**

We recently spoke with David Toll, Safety Director for Sprig Electric, to discuss the company's safety program.

Q: How would you define the safety culture within your company?

A: Since Pepper Synder founded Sprig Electric in 1969, it has been geared toward the well being of the employees. So the safety program is looked at as having great importance, and is a big part of making sure that all employees have a safe place to work.

Q: How do you and your employees feel about safety and do you think they see the value?

A: Anyone who works for Sprig Electric sees the value and importance of a good Safety Program. We are all heavily involved in the planning, training and enforcement of our Safety Program. I believe it shows in our EMR and in the practices of our employees in the field and in the office.

Q: How do you think your customers view safety and do they see the value?

A: Having a good safety program eliminates the worry with your customers that they are going to have to deal with injury on the job. It helps them to know that you police yourself when it comes to safety. They know that they can bring anyone they want onsite and not have to worry about

safety issues. Our customers tell us that our Safety Program and the safety practices of our employees had a great influence on their decision to award us a contract.

Q: How is safety implemented or reinforced with your employees?

A: All of our crew leaders are OSHA 30, CPR and First-Aid trained, and the management staff who visit the sites are OSHA 10, CPR and First-Aid trained. I am continuously passing on any updates or changes to our safety program through our monthly foreman training meetings, and through our monthly safety updates. We have continuous site visits by me, as well as by our superintendents and project managers to monitor the safety of each site.

Q: What kind of background in safety training do you have personally?

A: I am OSHA 500 and 501 Certified and I am recertified every 4 years. I am a Certified CPR and First-Aid instructor through the American Heart Association and I am recertified every 2 years. I have nearly 30 years experience in many aspects of construction, and I have dedicated the last 7 years to Safety only. I am currently pursuing my CHSP; once this is complete I will get my masters degree in Occupational Health and Safety.

Q: Do you have any kind of training to keep your employees up to date on new standards or procedures?

A: We hold monthly training meetings on safety techniques. We discuss a variety of OSHA approved topics—everything from electrical safety to hazardous communications. We use PowerPoint and video in our presentations, as well as printed materials. In addition, everyone goes through a safety training at orientation. We are moving toward a computer based safety training at Sprig Electric, which will help supplement the training at monthly meetings. All training will then be available online 24 hours a day, 7 days a week for their convenience.

Q: Are there any other safety trainings that your employees have to go through to get updated on new Safety procedures?

A: All employees who lead a crew must have or obtain their OSHA 30 and CPR First-Aid certifications within the first 6 months of employment. All crew leaders are paired up with a veteran crew leader for the first 30 days of employment to become familiar with Sprig's safety policies and procedures.

For more information about the Sprig Electric Safety Program, contact David Toll at dtoll@sprigelectric.com or by calling 408.298.3134.

Your Trust Fund Important Phone Numbers

Questions about eligibility for coverage, premiums, reserve accounts, and info booklets, call:

United Administrative Services
408.288.4400
Toll-Free 800.748.6417

Trust Self-Funded Medical Plan Trust Dental Plan

Questions about claim payment, claim forms and benefit info:
408.288.4481
Toll-Free 800.541.8059

Anthem Blue Cross PPO

www.anthem.com.ca
To locate a participating preferred provider physician, clinic, or hospital:
408.288.4452 or 800.541.8059
Refer to Group # 170016M001

First Dental Health Dental PPO

www.firstdentalhealth.com
To locate a participating preferred provider dentist:
Toll-Free 800.334.7244

Kaiser Permanente

www.kaiserpermanente.org
Questions about benefit info and ID Cards:
Toll-Free 800.464.4000
Refer to Group # 919

PacificCare

www.pacificare.com
Questions about benefit info and ID Cards:
Toll-Free 800.624.8822
Refer to Group # 402457

PacificCare Behavioral Health

www.unitedbehavioralhealth.com
Questions about mental health benefits or the member assistance program: 800.888.2998
Group # 10000824-0001, 0002

Vision Service Plan

www.vsp.com
Questions about vision benefits and vision claims or to request a Vision Plan Provider Directory:
Toll-Free 800.877.7195

To order additional copies

of The DATA contact

hannah@ahcommunications.com

IBEW/NECA Sound & Communications Health And Welfare Plan

Featured Health And Welfare Plan Benefit - Vision With VSP

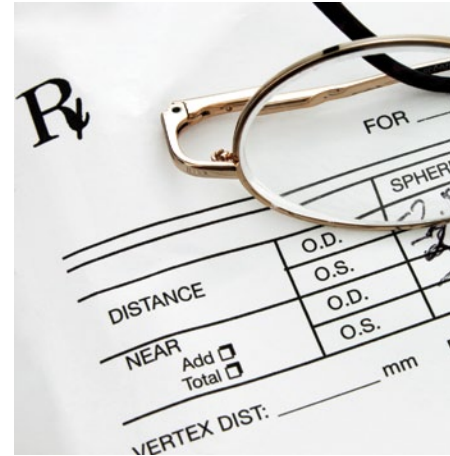
The IBEW/NECA Sound and Communications Health and Welfare Trust covers vision exams and pays a portion of the cost for prescription glasses or contact lenses.

Who is covered by VSP? All participants covered under the Trust's self-funded Medical PPO plan, the Kaiser HMO plan and the PacificCare HMO plan.

For new employees, vision benefits for you and your eligible dependents start when you are eligible under the Plan.

How To Obtain VSP Benefits

- To find a VSP network doctor:
 - Call 1-800-877-7195
 - Check the website: www.vsp.com
- Call the VSP network doctor and make an appointment. Identify yourself as a VSP Member.
- Pay the \$10 copayment for the exam and \$25 copayment for the prescription glasses or contacts to the VSP provider. If you order glasses and the cost exceeds the covered amount, you will have to pay the difference.



Non-VSP Provider Benefit

If you receive an eye exam or obtain prescription glasses or contacts from a licensed provider who is not part of the VSP provider network, you can apply for reimbursement. See the chart below for non-network reimbursement amounts. Call or check the VSP website for the Out-of-Network Reimbursement Claim Form and instructions.

	VSP Provider	Non-Network Reimbursement
WellVision Eye Exam <ul style="list-style-type: none"> 1 every 12 months 	\$10 copay	Up to \$45
Prescription Glasses <ul style="list-style-type: none"> Lenses New lenses every 24 months Frame New frame every 24 months <p style="text-align: center;">- OR -</p> Contact Lenses <ul style="list-style-type: none"> 1 set every 24 months instead of glasses (includes fittings) 	\$25 copay (Included in the \$25 copay for lenses) Frame covered up to \$120, plus a 20% discount on any out-of-pocket costs	Up to \$45 for single vision lenses; \$65 for lined bifocals, \$85 for lined trifocals Up to \$47 Up to \$105

This summary has been designed to give you a general overview of the Plan's Vision benefits effective January 1, 2011. It does not, however, attempt to explain all the details, provisions, limitations, restrictions and exclusions of the Plan's Vision benefits.

norcalvdv.org

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DATA
VIDEO**

SOUND AND COMMUNICATIONS
of Northern California