

Register For JATC Upgrade Classes, View Calendar Online

JATC Digital Update

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JATC upgrade classes are going digital! You no longer need to call in to register for the classes; instead you can register and view the upgrade class calendar online at the NorCal JATC website.

The online registration of upgrade classes is part of NorCal JATC's intent to make all registration web based by June of 2011.

After you register for upgrade classes online, you will receive a response via email when you have been added to the course. In the event that the course has reached its maximum, or needs to be cancelled, you will receive an email notification.

NorCal JATC posts upgrade classes to the calendar as they are scheduled. Please refer to this calendar for all upcoming upgrade classes and events.

Posted information includes the dates the classes are offered, a map to the location, and the ability to save the event to your own calendar. The online calendar will also provide information for OSHA 10 and Fire/Life Safety classes being offered this winter.

For any questions about the online training, please contact the JATC at info@norcal-jatc.com.



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

JATC
Northern California Sound & Communication
Joint Apprenticeship & Training Committee

ABOUT NORCAL JATC
JOIN OUR PROGRAM
INSTRUCTOR LOGIN
APPRENTICE LOGIN
INSTALLER / TECH LOGIN
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New Online Classes
Online classes are now available through the Statewide Electrical JATC. For more information [click here](#).

Contact Information
NorCal S&C JATC is requesting that all S&C members register their contact information with us including email addresses. This will allow us to electronically send important information quickly and efficiently. To register your contact information, click the button below.
Add Your Contact Information

Calendar/Schedule of Upgrade Classes
Upgrade classes are available for Installer/Technicians in good standing within their local. You can register for upgrade classes online or by calling NorCal at (408) 453-3101 at ex. 1823.
*Installer/Technicians are allowed to take upgrade classes at the training center of their choice.

NorCal S&C JATC Upgrades

Today	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	31	Nov 1	2	3	4	5	6
	8am 551 CPR						
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	5:30pm 332 VI	5:30pm 332 VI					



PHOTO COURTESY OF THE NORCAL JATC

JATC Modifies Two Prep Courses For Certification

The NorCal JATC is modifying the VDV and Fire/Life Safety Exams to reflect State of California updates.

The State of California is updating the VDV Exam to incorporate the 2008 NFPA 70 NEC. These changes are scheduled to take effect on January 1, 2011, as per the DAS web site. NorCal S&C JATC has modified its prep course to include these changes. This course is code based and has a high emphasis on navigating through the 2008 NEC.

The State is also updating the Fire/Life Safety Exam to reflect the 2008 NFPA 70NEC. These changes are also scheduled to take effect January 1, 2011. We are also modifying our prep course to accommodate these changes.



PHOTO COURTESY OF THE NORCAL JATC

JATC Outreach at the Stockton Career Fair

JATC Searches For The Best Apprentices!

The NorCAL Sound and Communication JATC is reaching out to find the brightest and best potential apprentices. As part of its outreach program, the Coordinator's Office recently attended six events to promote the training program and to encourage talented people with an interest in hands-on technology to apply to the Sound and Communication Apprenticeship Program. Some of the events attended, with lots of interest from participants, included:

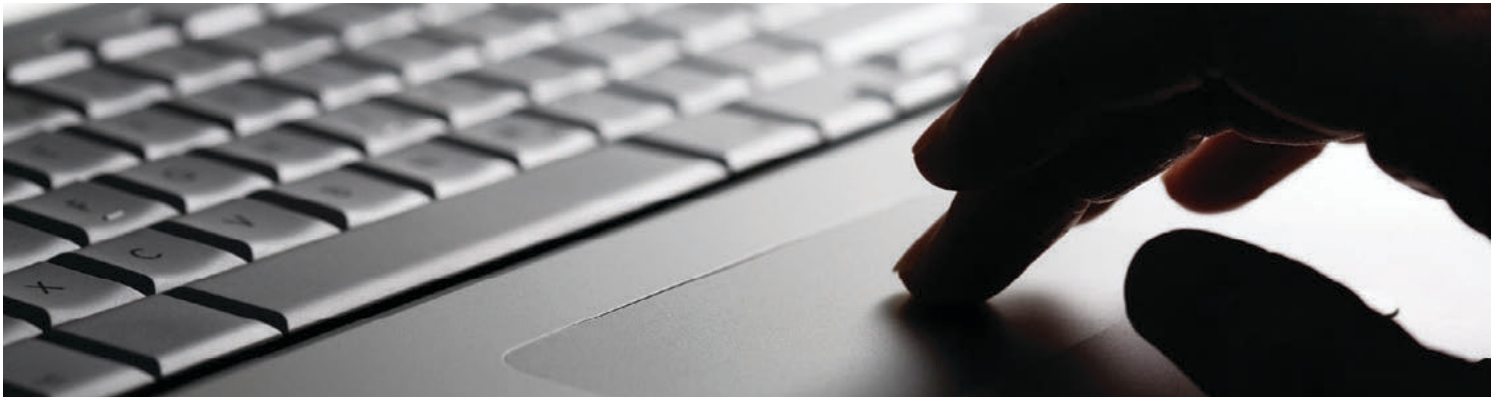


PHOTO COURTESY OF THE NORCAL JATC

JATC Demonstration at the South Bay Expo

**Hire A Vet Job Fair, Concord • Stockton Career Fair
South Bay Expo • San Joaquin/Stockton Exploration Resource Fair
Hire A Vet Job Fair, San Jose • San Benito High School**

Please let us know if there is a career fair we should attend or a high school we could visit!
Please email us at info@norcal-jatc.com.



NorCal JATC Website Now Links To Online Recertification Training

NorCal Sound and Communication JATC is providing a link to online recertification training on its website. To access the training, go to the Installer/Tech login portion of the site.

The training is offered through the Statewide Electrical JATC, which has partnered with an e-learning company, 360training.com, to post the online courses. These classes provide a means for receiving continuing education hours for the State of California recertification.

For any questions about the online training, please contact the JATC at info@norcal-jatc.com.

New Hands-On Nurse Call Trainers

The NorCal S&C JATC is continuing to upgrade its hands-on trainers and lab equipment.

The JATC has built new hands-on trainers for the lab portion of the nurse call class. The trainer mimics a typical hospital room. Each trainer has a patient station, code blue, staff assist, emergency pull cord and auxiliary alarm input stations, along with a dome light. The trainers are designed to stack on top of each other for better storage.



Nurse Call Trainers Mimic a Typical Hospital Room.

PHOTO COURTESY OF THE NORCAL JATC

CCTV Lab Equipment Now Available

The JATC has also purchased new CCTV lab equipment. The new equipment allows every two students to connect a high resolution analog camera, infrared bullet camera and an IP dome camera with pan/tilt/zoom to a hybrid DVR. Instructors in the CCTV lab show students how to use analog cameras with coax and BNC connectors and demonstrate the use of digital cameras via internet protocol over data cable. Each student also works with a DVR during the lab.

Stay Informed!

What You Need to Know...

Non-Union Contractors Lead Efforts To Ban California Project Labor Agreements

Project Labor Agreements in California are under attack! The Agreements are used by many California city councils, county boards and school districts to insure that quality contractors are used in the building of projects like schools and prisons.

In November, San Diego voters, by a margin of 75.8%, approved a ban on project labor agreements in the San Diego County Charter. The ballot question was voted onto the ballot by a 4-1 vote of the San Diego Board of Supervisors.



PHOTO COURTESY OF YOUNG COMMUNICATIONS

Non-union building groups have been pushing local governments to enact the ban since the San Diego Unified School District adopted the agreements and awarded more than \$2 billion in construction projects in 2009.

San Diego County already has a county ordinance that bans Project Labor Agreements. With the enactment of Proposition A on November 2nd, that ban becomes a part of the county charter.

Voters in Oceanside and Chula Vista have also recently approved similar bans.

According to a recent story in the *New York Times*, non-union contractors, spearheaded by the Associated Builders and Contractors, plan to push for similar bans across the state and eventually the nation.

Building owners and other proponents know that the agreements help insure that quality projects are completed on time and on budget.

The project labor agreements make good sense, according to a number of experts.

Dale Belman, a professor of industrial relations at Michigan State University, said it made sense to use project labor agreements because many corporations have embraced them. He has been a co-author of several studies concluding that the agreements do not raise construction costs or decrease the number of bidders.

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.

Help Us Go Digital! NorCal JATC Needs Your Info For Its Email Database



Would you like to receive information on upgrade classes, certification updates and other important issues by email? If so, please complete your contact information form online at the NorCal JATC web site. To access the form, go to www.norcal-jatc.com and then click on Installer/Technician. Apprentices may also provide contact information.

The JATC's goal is to become completely electronic by June, 2011. If you don't have an email address, you can obtain one free through Gmail, Yahoo!, or Hotmail.

Rosendin Electric's Safety Program Sets A Model For Innovation

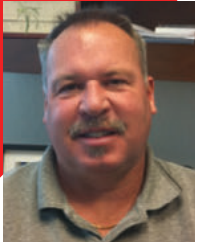


PHOTO COURTESY OF ROSENDIN ELECTRIC

Marty Rouse,
Vice President of Safety
CSP, CHST

We recently spoke with Marty Rouse, Vice President of Safety CSP, CHST for Rosendin Electric to discuss the company's safety program.

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

A: At Rosendin Electric, we look at safety as an important value of our company and our workers. The key to creating a safety culture within an organization is to give ownership to everyone. If they have ownership of it, they are part of creating it, and that gives them a voice that is heard. This leads to accountability. Accountability, ownership and communication are the keys to really having a safety culture that affects everyone from the top CEO on down. We look at safety within Rosendin as part of the evolution of construction itself. We stress safety as an important corporate value to our new recruits. We compare it to efforts they would make to keep their family safe. Establishing safety practices at the workplace is just as important.

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

A: One of the things that has helped our employees see the value of safety is a video that we show during our new hire orientation. The video is of one of our division managers, who was seriously burned in an arch flash fire while he was at another company, before he joined Rosendin Electric. On the video, he tells how he was involved in the fire, how he ended up in the burn unit, and how that impacted his family and his livelihood. Every new employee who starts to work for Rosendin Electric sees that video. It really drives that message home.

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

A: Keeping people safe is the right thing to do, but in reality, it is also good business. For our clients, we talk about our I 3 Free program, which is shorthand for injury, incident and impact free. We stress that when we work at their facility we are not going to cause an impact that results in loss of productivity. We are also providing a safe environment for their employees. Our customers really relate to this message.

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

A: We consider ourselves to be a leader in safety practice. We make videos in-house with Rosendin employees showing safe practices. We have our own 70E training video. We are getting ready to have a safety training room online. We have a team of 29 safety engineers who provide training to all our employees.

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

A: All of our safety engineers stay informed about news alerts and new safety regulations, and are linked together so that they can discuss and reinforce these messages with our managers and our employees quickly. We have a centralized database with all training records. We have an Apprentice Portfolio that monitors the kind of safety training an apprentice has had, and allows us to see in which areas the apprentice may need additional training.

For more information about the Rosendin Electric Safety Program, contact Marty Rouse at mrouse@rosendin.com or by calling 360.464.7814.



PHOTO COURTESY OF YOUNG COMMUNICATIONS



PHOTO COURTESY OF INTREPID ELECTRONIC SYSTEMS

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.pacificcare.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

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Health And Welfare Plan Update

A 10 Step Guide to Saving Money On Prescriptions

Prescription medications can put a strain on your wallet. These 10 strategies can help to lower your bill while at the pharmacy counter.

1. When your doctor initiates a new drug regimen, ask him or her if there is a generic drug in the same class which will deliver the same results.
2. Remember that drug samples left by prescription manufacturers at your doctor's office are usually only for expensive medicines. Expect to pay big bucks each subsequent month.
3. If your doctor has you on a prescription to which there is no generic equivalent, ask the doctor for samples and check out the manufacturer's website to see if coupons or co-pay assistance programs exist.
4. Ask your pharmacist to schedule a time when he or she can sit down with you and go over the medications you are currently taking. The pharmacist will be able to make suggestions regarding your medication therapy.
5. If you are taking a medication which is non-formulary, either go online to the Plan's Pharmacy Benefit Manager, RESTAT (www.restat.com) or call RESTAT customer service at: 1-800-248-1062 to find out what is. Then ask your doctor if the switch makes sense.
6. Ask your doctor or pharmacist about splitting pills. Some medications can't be split, but on those that can, a \$2 pill splitter will generate a 50% reduction in your costs per month.
7. Remember that older drugs may be just as good as new ones. Doctors, like everyone else, are prone to utilizing a product that is marketed as being new and improved, but sometimes the older medication might work just as well at a lower cost.
8. For the treatment of indigestion or allergies, ask your doctor or pharmacist about less expensive over-the-counter (OTC) preparations which have recently been reclassified from being available by prescription only. For example, Prilosec OTC is very similar to Nexium and Claritin or Zyrtec are very similar to Allegra and Clarinex.
9. Pay little attention to "direct to consumer" medication commercials on television. These ads only highlight newer more expensive drugs. If you see a commercial that peaks your interest, ask your pharmacist if there are any other less expensive medications that work the same way or treat the same condition.
10. If you are taking a maintenance medication, consider using the health and welfare plan's mail order provider. You will be charged the mail order copayment (2.5 times) for a 90-day supply which is much less than the retail pharmacy copayment for a 30-day supply.



Remember! You are your own best advocate!

norcalvdv.org

VOICE
DATA
VIDEO

SOUND AND
COMMUNICATIONS
of Northern California