



NorCal Sound & Communication JATC Holds First Completion Ceremony For Its Apprentices

For the first time, all 73 Northern California Sound and Communication apprentices received their certificates of completion together at the 2022 Apprentice Completion Ceremony, at the Claremont Hotel & Spa in Berkeley, CA on Saturday, October 1, 2022 at 4 p.m. The event was semi-formal, with assigned seating.

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



Terry Monroe, Training Director



Michael Sheriff, Special Projects Supervisor



David Nelson, Retired IBEW Local 595 Sound and Communications Rep.

NorCal Sound & Communication JATC Held Its Inaugural Completion Ceremony For Its Apprentices

“This is a really big deal for us,” said Terry Monroe, Director of the Northern California Sound and Communication JATC. “It is gigantic for all our apprentices to have their own completion ceremony. Our students have been asking for this for years.”

“Historically the Sound and Communication apprentices have had their recognition combined with the Local Inside Wire Person’s completion ceremonies,” Monroe added. “The completion ceremonies have historically happened at the local level. This is the first time that the Sound and Communication apprentices can attend their own regional ceremony.”

“They’ve wanted to graduate with all of their classmates; they wanted to see a regional ceremony for all the S&C students together on the same night.”

In keeping with the historic nature of the event, there was a full schedule for the completion ceremony. The event began with a check-in and no-host social at 4 p.m., followed by dinner at 5 p.m. The completion ceremony, with photos, awards, and guest speakers began at 7p.m. and the evening was topped off with dancing at 8 p.m.

The guest speakers of the evening were Pat McMurray – NorCal Trustee and NECA employer, and David Nelson – Retired IBEW Local 595 S&C Rep..

Terry Monroe was the Master of Ceremonies during the completion ceremony. That event honored several apprentices who were named as an Outstanding Apprentice in respective Local areas. The completion ceremony also honored the apprentice that has Perfect Attendance. Each apprentice who graduates received a personalized hoodie with the IBEW logo and NECA badging.

After the completion ceremony, attendees were able to dance to music from a dj. Photographers were present throughout the event to take candid shots.



Pat McMurray, NorCal Trustee, NECA Employer



Gerardo Garcia, Local 595



Leyth Ertas, 2022 Apprentice Class Speaker (Local 617)

Congratulations NorCal Sound & Communication 2022 Graduates!



IBEW Local 6

*L to R: Jaime Arriola, Randy Finch, Peter Huynh, Jimmy Lopez Herrera, Stephen Lucchese, Edgar Ortiz De La Torres, Paul Wong. Not Pictured: Terrance McDaniels, Yesenia Trujillo.
Back: Michael Santo, Training Coordinator*



IBEW Local 551 and IBEW Local 340

L to R: Jeremiah Patterson (Local 551), Joseph Le (Local 340), Tyler Kaercher (Local 340), James Catlin (Local 340). Back: Michael Santo, Training Coordinator



IBEW Local 234, IBEW Local 180 and IBEW Local 302

*L to R: Jason Lawrence (Local 234), Miguel Javier Garnica (Local 180), James Baraja (Local 302), Charles Dardia (Local 302), Alejandro Castro (Local 302). Not Pictured: Mark Gipner (Local 302).
Back: Michael Santo, Training Coordinator*



IBEW Local 595

*L to R: Andrew Murphey, Nicholas Karp, Alan Haight, Gerardo Garcia. Not Pictured: David Chhoeun, Todd Dumas, Diego Giordano, Jim Mondragon Jr., Joshua Perez, Donato Taa.
Back: Michael Santo, Training Coordinator*



IBEW Local 332

Standing, L to R: Isaac Moctezuma, Shawn Oliveira, Luis Pedraza, Eddierey Ramirez, Alfredo Ramirez, Joshua Sanchez, Monique Silva, Michael Santo, Training Coordinator. Sitting, L to R: Leilani Malone-Garza, Erik Lopez, Shaun Kim, Manuel Esparza-Aguayo, Andrew Diaz Gonzalez, Yung Chang, Viet Nguyen, Santos Calderon, Patricia Cabrales, Carlos Barraza. Not in picture: Ivan Aceves, Jason Betancourt, Bobbie Fracek, Robert Klingel, Freddy Lopez, Patrick McClenahan, Christopher Rathjen, Kenneth Rimando, Scott Tibi



IBEW Local 617

*L to R: John Parinas, Mario Martinez Vasquez, Brandon Lozada, Laura Bowman, Jordan Lam, Lloyd Consolacion, Leyth Ertas, Daniel Bertumen, Efrain Anzures.
Not Pictured: Jerad Baptista, Trung Dao, Steve Huynh.
Back: Michael Santo, Training Coordinator*



Brian Gaines, Instructor



(L) Brandon Lopez, Operations Supervisor
(R) Kevin Hackett, Systems Engineer



L to R: Andrea Perez, Bookkeeper, Sandy De La Rosa, Secretary,
Judith Amorim, Office Manager

The NorCal Sound and Communication JATC Apprenticeship Graduates 2022, include:

LOCAL 100

Colin Cavanaugh
Timothy Cisneros
Marcos Gonzalez
Christopher Harmon
Tyler Kessler

LOCAL 332

Ivan Aceves
Carlos Barraza
Jason Betancourt
Patricia Cabrales
Santos Calderon
Yung Chang
Andrew Diaz Gonzalez
Manuel Esparza-Aguayo
Bobbie Francek
Shoun Kim
Robert Klingel
Erik Lopez
Freddy Lopez
Leiloni Malone-Garza
Patrick McClenahan
Isaac Moctezuma
Viet Nguyen
Shawn Oliveira
Luis Pedraza
Alfredo Ramirez
Eddiey Ramirez
Christopher Rathjen
Kenneth Rimando
Joshua Sanchez
Monique Silva
Scott Tibi

LOCAL 180

Miguel J. Javier Garnica

LOCAL 234

Jason Lawrence

LOCAL 340

James Catlin
Shane Hayes
Tyler Kaercher
Joseph Le
Rory Nathan
Guy Robb
Sammy Villa

LOCAL 551

Mucio Lugo Guerrero
Jeremiah Patterson

LOCAL 6

Jaime Arriola
Randy Finch Jr.
Ivan Hu
Peter Huynh
Jimmy Lopez Herrera
Stephen Lucchese
Terrance McDaniels
Edgar Ortiz De La Torres
Yesenia Trujillo
Paul Wong

LOCAL 302

Alejandro Castro
Charles Dadnia
Mark Gipner
James Naraja

LOCAL 595

David Chhoeun
Todd Dumas
Gerardo Garcia
Diego Giordano
Alan Haight
Nicholas Karp
Jim Mondragon Jr.,
Andrew Murphey
Joshua Perez
Donato Taa

LOCAL 617

Efrain Anzures
Jerad Baptista
Daniel Bertumen
Laura Bowman
Lloyd Avenir Consolacion
Trung Dao
Leyth Ertas
Steve Huynh
Jordan Lam
Brandon Lozada
Mario Martinez Vasquez
John Parinas



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From Zero to Hero: Why Exercise Matters

***By Sue Saso, MPH, CPT, NBC-HWC
Health and Well-Being Coach, Certified Personal Trainer***

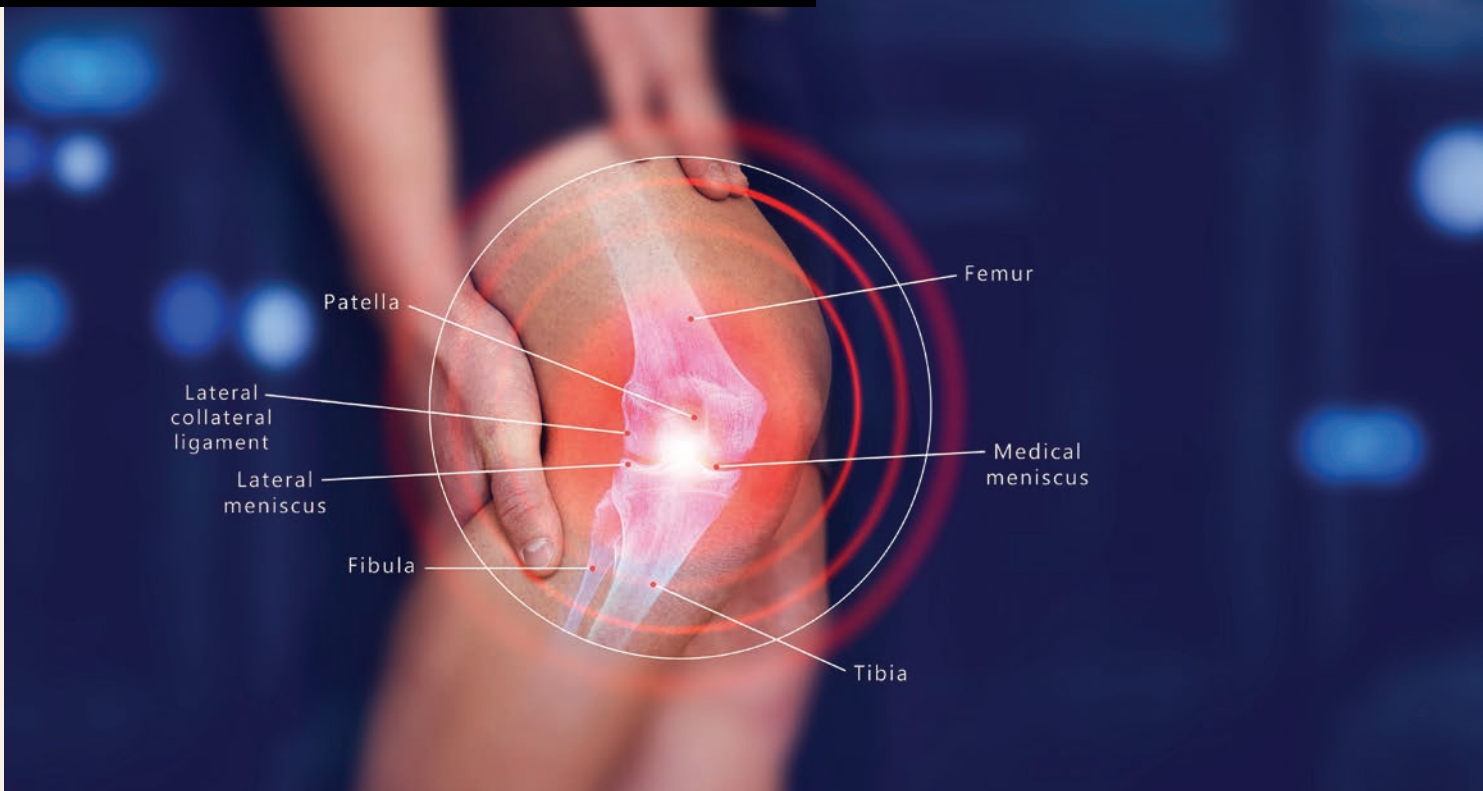
Have you heard? ANY amount of exercise is better than NOTHING! Yes, I mean anything! If you barely have time to exercise, or to read this blog, I'm here to tell you that 5 minutes is enough. Yes, 5 MINUTES of walking, biking, running, dancing, anything that elevates your heart rate, is always better than nothing. Research shows that just 5 minutes of moderate physical activity matters and may be beneficial to your health in many ways! It turns out that the special sauce to living longer is, drum roll please, exercise!²

How much exercise is enough?! The Physical Activity Guidelines for Americans from the CDC say what you probably already know: at least 150 minutes of moderate intensity exercise weekly (like brisk walking, cycling, or dancing), or at least 75 minutes/week of vigorous activity like running or sprinting, AND strength training exercises 2 times per week (like lifting weights, yoga, or heavy gardening). And don't forget to stretch!

Newsflash: most people aren't close to doing that much. According to Jama, only 20% of American adults and children are getting the exercise they need for optimal health. That's 264 million Americans missing the mark - yikes! There are some good reasons not to exercise, but there are many great reasons and benefits to move more. Here are some of them: it keeps your thinking mind sharp, it reduces your risk of developing type 2 diabetes and heart disease, it improves sleep, it lowers your risk for some cancers, boosts your mental health, and offers many more positive health benefits.

So, what's getting in our way? Lack of time, family obligations, long commutes, technology reducing our daily steps because we buy so many things from our desktop. There are many important things competing for our time. But the fact is, we don't move enough for our wellbeing and longevity.

Let's revisit the mantra that "something is better than nothing," because it's true! While the ideal goal is to build up to a routine of at least 30 minutes of physical activity per day (a minimum of 5 days per week), a commitment of 5 minutes of aerobic exercise is a great starting point. Like taking a walk during lunch time or after work! Once you've mastered that routine, try adding another 5 or 10 minutes. It may be a lot easier than you think, and before you know it, you will have worked your way up to the recommended 30 minutes per day. So why not give it a shot, and go from zero to hero? Your body and your mind will thank you!



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Help Your Knees Help You On The Job

From the BaySport Team

The knee is a relatively simple joint that does a complicated job--provides flexible mobility while bearing considerable weight. While walking down the street, our knees bear three to five times our body weight. When climbing stairs, that force can multiply to seven times our body weight.

That force is borne by compact structures of bone and cartilage, supported by muscles and ligaments. When the knee is overstressed in sports or in everyday activities, those structures can breakdown and knee injury can occur.

Call the BaySport office now at 650-593-2800 and schedule your FREE Injury Clinic Consultation at our Redwood Shores Clinic.

The Knee Joint 101

The knee joint is really two joints: the patella-femoral joint, where the large bone of the upper leg connects with the kneecap; and the tibia-femoral joint, where the upper leg barn hinges with the large bone of the lower leg.

These bones are held in place by a system of passive restraints, the fibrous ligaments that hold the joint in place. The joint is further supported by muscle tissue, a system of dynamic restraints. When conditioned and strengthened, these muscles apply forces that help hold the joint together.

The menisci are pads of cartilage that further stabilize the bones, and provide shock absorbency.



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Treatment Of Knee Injuries

There is, unfortunately, no quick cure for any knee injury. Physical therapy plays a key role in treating and rehabilitating the knee, but you and specifically, your attitude toward recovery can be the biggest factor in achieving a successful outcome.

Preventing Knee Injuries

Your knee's tolerance for stressful activities will decrease with age and loss of conditioning. So, stresses that would not have caused injury in the past could hurt your knee today. A decrease in your level of activity over time will also contribute to the vulnerability of your needs.

There are things you can do to help prevent injury so you can continue to enjoy sports and exercise. Pursuing an exercise program designed by your physical therapist, and applying some good common sense, can be your best protection from injury.

The first step in designing your exercise program is an evaluation by your physical therapist. He or she can identify your predisposing factors, those body traits that may make you more vulnerable to a knee injury.

Based on this assessment, your physical therapist can design a program that will help you gain your optimum levels of strength and conditioning.

How Physical Therapy Can Help You Maintain Healthy Knees

One way to think about your physical therapist role is as a coach, a caregiver and mentor to lead you through a course of action toward achieving your goals for your health, comfort, and lifestyle.

It's important to recognize that you, the patient, are the most important participant in the healing and prevention process. They are, after all, your knees. Whatever treatment you receive from others is just as important as the care you give them every day.

Whether you are currently suffering from a knee injury, or trying to avoid one, your physical therapist has the skills to help. It all starts with a careful evaluation.

Evaluation & Therapy: Physical therapy places great emphasis on this process. Your therapist will take the time to talk with you and perform a thorough physical evaluation to identify your knee condition or predisposing factors. At BaySport, we conduct a thorough evaluation known as an **Injury Clinic Consultation**. This consultation allows time for you to share your individual situation and potential concerns with the physical therapist, who then performs a physical evaluation. Evaluations are done at the Redwood shores clinic location and take about 20 minutes.

Depending on the outcome, your physical therapist may plan a treatment regimen suited to your individual condition so you can begin working to restore motion and muscular performance or they may refer you to a physician based on their findings.

The goal of physical therapy is to return you to normal life as soon as possible, with the skills you need to prevent reinjury. You probably won't need to visit your therapist again unless you have another injury or pain.



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Your Health And Welfare Trust Fund Important Phone Numbers

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

Plan Administrator - United Administrative Services
408-288-4400
Toll-Free 1-800-541-8059

Trust Self-Funded Medical And Dental Plan

Questions about claim payment, claim forms and benefit info:
408-288-4400
Toll-Free 1-800-541-8059

Anthem Blue Cross Medical PPO
www.anthem.com/ca
To locate a participating preferred provider physician, clinic, or hospital:
408-288-4400 or 1-800-541-8059
Refer to Group # 170016M001

Anthem Blue Cross Dental PPO
www.anthem.com/ca
To locate a participating preferred provider dentist:
408-288-4400 or 1-800-541-8059
Refer to Group # 170016M001

Kaiser Permanente
www.kaiserpermanente.org
Questions about benefit info and ID Cards:
Toll-Free 1-800-464-4000
Refer to Group # 919

Optum Health
www.OptumHealth.com
Questions about mental health and substance abuse benefits or the member assistance program:
Toll-Free 1-800-888-2998
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 1-800-877-7195

To order additional copies of The DATA contact
jfordley@hillzoog.com

**Do you want access to your pension account value?
Do you want to know how your retirement plan money is invested?
Do you want to learn about investment options under your plan?
Your retirement information is available to you 24 hours a day.**

I.B.E.W. District No. 9 Pension Plan

(A Defined Contribution Pension Plan with Participant Directed Investment Accounts)

To contact your Retirement Service Center via Internet:

The retirement service center website offers updates on your pension. You can view your daily account values, personalized rates of return, investment performance information, and rebalance your investment mix online.

- Go to www.principal.com
- Select Log In and choose Personal
- Enter your username and password

If you are a first-time user, follow the instructions to create an account.

To contact your Retirement Service Center via Telephone:

You can obtain the same information by telephone. The toll-free, interactive voice response system is available 24 hours a day, 7 days a week.

- Call 1-800-547-7754
- Enter or provide your date of birth when prompted
- Select the desired option
- Follow the prompts. Have your Social Security Number and PIN number ready
- If you need assistance, please enter "0" to speak to a retirement specialist. They will ask you for the Plan name and Contract Number which is:

PLAN NAME: IBEW District No. 9 Pension Plan

CONTRACT NUMBER: 354801

To contact a retirement specialist at the center:

If you have questions or need additional information about your investment options, you can speak with a retirement specialist at the center. A retirement specialist can provide information (not advice) about general retirement planning and investment education.

- Call 1-800-547-7754
- Enter or provide your date of birth when prompted
- Press "0" to speak to a retirement specialist. Have your Social Security Number ready
- The Client Contact Center is open Mon.-Fri., 7 am - 9 pm (Central Time)

Pension Account Member Services:

- 24/7 account access via internet and/or telephone
- View or hear your daily account values
- Obtain investment performance information
- Learn about investment options under the plan
- View or hear the latest investment news
- Transfer funds between investments
- Change where future contributions are invested
- Reinvest maturing funds
- Establish/change your PIN or username &/or password
- Rebalance your investment mix
- Calculate retirement needs

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of Northern California