

IBEW LOCAL 43

on the move

February 2020 Newsletter

See the digital newsletter at: www.ibew43.org/currentnewsletter.html

Union Meeting Schedule

Tuesday - March 3, 2020

Bylaw Vote

Tuesday - April 7, 2020

General Agenda

Peers Assisting Peers

~ Emotional Wellbeing Seminar ~

Our Business Manager, Al Marzullo, has set up this very important and informative seminar with representatives from Workplace Communication, Inc., Cigna, MVP, UMR, ENI and Sheila Fitzmaurice, Local 43 Fund Manager.

Date: February 19, 2020

Time: 5-7 PM

Location: CNY Electrical Training Alliance Center (Training Center)
4566 Waterhouse Road
Clay, NY 13041

Some Items of discussion will be:

Co-Worker Behavior

Health Insurance

Assistance Programs

Peer Assistance

Holistic Methodologies

Group Discussions

Behaviors at Work

If you would like to attend, please call the union office at 315-422-0435 to RSVP before Thursday, February 13, 2020.

Open to all members and family members

Quarterly Dues Payment

Increase Effective January 1, 2020

The Delegates to the 39th IBEW International Convention approved amendments to Article IX of the *IBEW Constitution*. Accordingly, effective January 1, 2020, there will be a per capita increase of \$1.00/month or \$3.00/quarter for all members. The following rates will apply for dues payments covering January 2020 thru December 2020:

“A” Members -- \$118.50 per quarter

Breakdown – Per Capita \$60.00/month

Pension Fund \$57.00/month

Basic Dues \$ 1.50/month

“BA” Members -- \$20.00 Per Capita a month plus working assessment

You can pay either:

1 quarter (3 months) \$118.50

½ year (6 months) \$237.00

¾ year (9 months) \$355.50

Full year (12 months) \$474.00

According to the IBEW Local 43 By-Laws dues are to be paid quarterly in advance

●1st Qtr. owed January ●2nd Qtr. owed April

●3rd Qtr. owed July ●4th Qtr. owed October

Veterans Committee

Brothers and Sisters, we are looking for new recruits for the Veterans Committee. If you are a veteran and are not already a member of the committee, please call the union office with your name, phone number, email address and branch of service.



The Retirees' Club

Next Meeting: February 19th @ 10:00 a.m.—Free coffee & donuts

Agenda: General Agenda

Our Retirees' Meetings are a great way to stay in touch!

All retirees, wives and retirees' widows are welcome. Please join us!

Scholarship Program

The IBEW Local 43 Scholarship Fund was established to assist in meeting the costs of college. It is intended for eligible members, their spouses and/or dependent children (as defined by the IRS for federal income tax purposes) who will be pursuing full-time study at an accredited two or four-year college or university.

An application request is the first step in the process. Application Request Cards for the 2020-2021 academic year were mailed on or about **January 3, 2020** to all eligible members at the member's address on file with IBEW Local 43. In this case, an eligible member is defined as an "A" member with five (5) or more years of continuous good standing with IBEW Local 43 immediately prior to May of the same year. Eligible members who do not receive an application request card by **January 20, 2020**, should contact the Union office at 315-422-0435.

Anyone wishing to be considered eligible for an award for the next academic year (including renewals) **MUST** submit a completed Application Request Card to the Scholarship office postmarked prior to March 1, 2020. No applications will be released without the timely submission of an Application Request Card supplied by the IBEW Local 43 Scholarship office. Please be diligent. Requests received with a post-mark on or after the deadline date of March 1st will not be honored. *Note: Families with multiple eligible students wishing to apply may submit up to three (3) names on one (1) card.*

More information, such as a summary of the application process, timeline, and official rules, can be found at

www.ibew43.org/scholarship

St. Patrick's Day Parades

Downtown Syracuse—Saturday, March 14th @ 12 pm

Downtown Utica—Saturday, March 14th @ 10 am

**All members and families—please join one of our IBEW
Local 43 groups as we walk in these Parades and celebrate
St. Patrick's Day**

Contact the union office to sign up

(Local 43 members, who walk in the parade, will receive a Local 43 Traffic Light Hoodie to wear!)



2020 Utica Heart Walk

DATE: Saturday, March 7, 2020

LOCATION: Utica College, 1600
Burrstone Road, Utica,



2020 Syracuse Heart Walk

DATE: Sunday, April 19, 2020

LOCATION: SRC Arena & Events Center @Onondaga Community College

TIME: 10am Doors Open / 11:30am Opening Ceremony / 12:00 Walk Begins

Join a Local 43 team in 3 easy steps:

1) Go to the following websites:

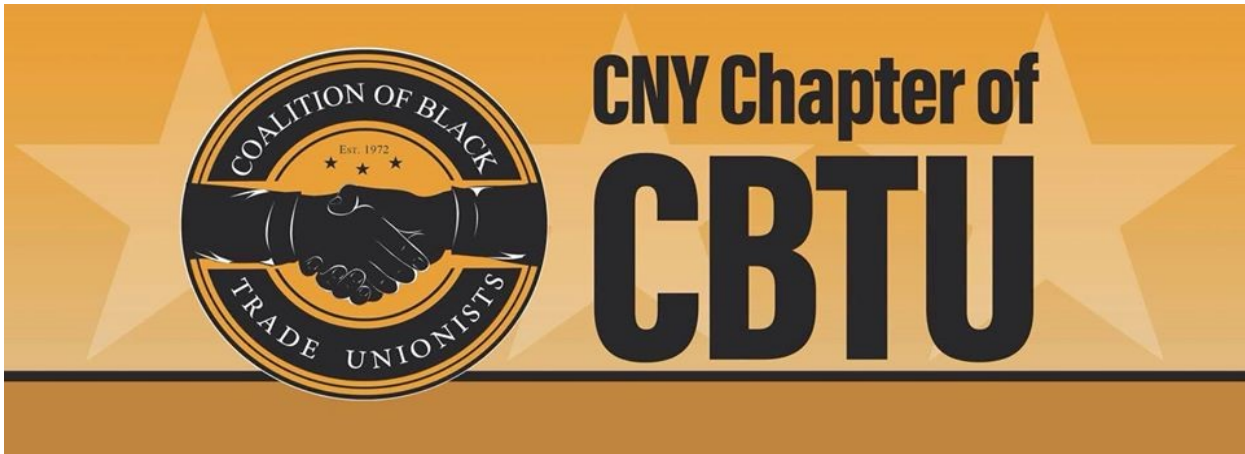
www.uticaheartrunwalk.org

www.2020SyracuseHeartWalk.org

2) Click the "Register" link

3) Click the "Join a Team" link and follow the prompts to register

Join walkers from across our community as they step out to have fun, get inspired & support a meaningful cause.



The CNY Area Labor Federation AFL-CIO are reviving the Syracuse Chapter of the Coalition of Black Trade Unionists. Meetings are held the **third Tuesday of the month**. New meeting location is 450 W. Kirkpatrick St. 2nd floor. Syracuse, N.Y. 13204
 Open to ALL union members.

For more information contact King Davis @ 315-415-9954 or kdavis14@twcny.rr.com



SYRACUSE CRUNCH & UTICA COMETS HOCKEY TICKETS



Through the donations of members who contribute to the Brotherhood Fund, we've purchased 8 tickets to each Crunch home game in Syracuse and 6 tickets to each Comets home game in Utica. If you are interested in attending any of these games this 2019-2020 season, please call or stop in to the union office to reserve your seats.

- Tickets can only be reserved two (2) weeks prior to the beginning of any particular month
- Tickets are to be used by Union members and their families ONLY
- Maximum: Up to 4 tickets per game / 1 game per member per season



IBEW Local 43 RENEW Volunteer's



Volunteers **NEEDED** to help out Habitat for Humanity

Date: Saturday, February 8th **OR** Saturday, February 22nd

Time: 9 am to 2 pm

Place: 603 Hixon Avenue, Syracuse, NY

This is a chance to give back to our community and to a great cause! Some of the work needed will be outside, so please dress accordingly. We hope you will be able to attend.

RSVP at the union office - 315-422-0435.



With direct deposit you can put money in your Vacation Club account every time you get paid—automatically!

Visit your local AmeriCU Financial Center or open an Account online at www.americu.org

Questions? Contact your Member Partner Advisor, Gail Rizzo-Spika at 800-388-2000 ext. 6241

REMINDER!!!

NEW Effective April 2nd you can now pay dues on-line...

PAY ONLINE

Pay your dues 24/7/365

Check it out click here

Note: PayPal is our payment processor but you do NOT need a PayPal account to pay on-line

Local 43, On The Move...

NEW Effective March 5th you can now bid jobs on-line...

BID ONLINE

You can bid on jobs daily from 5p-9a & all day Sat & Sun

bid now click here

Note: The phone bidding system is still available at: 315-671-0095 5p-9a

Local 43, On The Move...

We are really trying to make an effort to Go Green. Please consider switching to the digital newsletter. Email Chris at cgraf@ibew43.org and let her know you would like to switch; We appreciate your participation!



Group Email /Group Text

In an effort to communicate with our membership better, we have been utilizing a group email service and a group text service to keep every member up-to-date on Local 43 news and events. If you have not been receiving these emails and/or texts, please send Chris an email at cgraf@ibew43.org

News from the Electrical Training Alliance Center: 315-546-0221

SPRING COURSES AVAILABLE

- **Motor Control—Starts 2/24—Meeting on Mondays & Tuesdays—\$98.00**
- **Fire Alarm—Starts 2/26—Meeting on Wednesdays—\$177.00**
- **Code Calculations—Starts 2/26—Meeting on Wednesdays—\$80.00**

To enroll in courses above please go to:

www.cnyeta.org > SHOP > agree > Secondary Courses > choose course and make payment via checkout

Free, Confidential Counseling Services provided by Mental Health Professionals are available either in-person or over the phone. We encourage you and your eligible family members to take advantage of this benefit whenever you feel that life is getting too stressful. **Call 1-800-EAP-CALL** for assistance. Our Member ID is: 93793410 Our Group ID is: 8413

Reminder to all Journeymen In our current contract - Section 2.19 Tool List - it states "In addition, **Journeymen shall be responsible to have verifiable 'OSHA-10' training and CPR certified training.**" Please call the Training Center (315-546-0221) to see when the next scheduled classes are if you need either of these training sessions.

Listed below are some jobs our members have recently worked on:

Due to our organizing efforts, some of Local 43's Successes in the construction field -

Apartment Remodel –Warren St	\$ 7-8 million	O'Reilly's Auto Supply-Fulton	\$ 800,000
New Compass FCU0-Fulton	\$ 1.3 million	Steet Ponte Car Dealership	\$1.5-2,000,000
Dollar General-Sylvan Beach	\$ 250,000	Taco Bell Utica Remodel	\$ 300-500,000
Dunkin Donuts-Park St., Syr.	\$ 400,000	New Hartford Urgent Care	\$ 750-800,000

Please patronize these businesses in support of Local 43 and Union labor -

4 Seasons Car Wash-Syracuse	Red Sun Fire Roasting Co.-Oswego	Rescue Mission—Camillus
Strong Hearts Café-Syracuse	Helping Hounds-Syracuse	Blink Fitness—Western Lights
Port City Café-Oswego	Wendy's-Utica	

6 WELLNESS TIPS FOR THE NEW DECADE

It's a new year — heck, it's a new decade. That means a fresh start and an opportunity to start something new, to make a change and to live a better life. To help you get started, here are some wellness tips and tricks to embrace as you begin 2020.



Get eight hours of sleep every night.

This may seem like an impossible goal for many of you right now, but if you prioritize your sleep and make time for it, you will get the vital rest your body needs to take on another day. If you start each day with a full night's rest, you will be more alert and your work will be significantly more productive and effective.

Drink more water.

Water is the cure for all: Not only is it vital for the regulation of bodily functions, but it also helps out in non-essential realms, reducing the chance of a hangover. But the average adult only drinks about 60% of the water they need on a daily basis. This year, let's change that — try to drink 75% of your body weight in ounces of water. Drink a glass of water when you wake up and before you go to sleep. Maybe buy a big reusable water bottle and make a promise to yourself that you will drink at least 4 bottles' worth each day.

Get moving.

Rather than the typical "make sure you get 10,000 steps a day" tip that is often hard to track and difficult to achieve when you need to be studying all day, try to take a short walk every hour or two in between studying. This will get your heart beating and blood flowing throughout the body, while also giving you some time to clear your head and take a short study break.

Take time to reflect.

Set 10 minutes aside everyday to reflect on your day, your week, even your life. You can meditate, journal or simply just lie in bed and think for a bit. This is an important practice for your mental health, as it will give you time to process your thoughts and feelings, track your own growth and gain a better understanding of yourself.

Get your protein in.

Eating enough protein is extremely important for several aspects of physical health. Protein is a necessary component of every cell in your body, so it is important that you are eating enough of this macro nutrient everyday. No matter your dietary preferences, it can be easy to include a sizable amount of protein in each meal — protein is abundant in foods like eggs, turkey, chicken, ground beef, nuts, lentils, tempeh and tofu.

Set goals for yourself.

As you embark on this new year, set three challenging yet attainable goals for yourself. This will allow for growth and improvement over this year. Make sure your goals are specific and realistic for the timespan of a year. For example, rather than saying you want to gain muscle this year, set a specific goal of being able to lift 20 pounds heavier in December than you could in January. Or maybe your goal is to spend less time on social media; make use of the screen time feature on your phone to track your progress and make sure your number is going down. Some other goal ideas are being more environmentally conscious, keeping your room clean, reading more books for fun, learning how to play the ukulele or even running a marathon. Whatever your goals are, hold yourself accountable and promise yourself that you will do everything in your power to achieve them. It is going to be challenging, but if you work hard, you will get to where you want to be.

The key to success with these tips and tricks is to create a routine for yourself and embed these habits into your everyday life. It takes 21 days to break a habit, but 40 days to create a new one. And if you try to implement these habits into your routine for the next 40 days, you may be well on your way to living a healthier, happier life. Good luck!

**You'll never get bored
when you try something new. There's really no limit to
what you can do."**

- Dr. Seuss

A New Year, New You Book Recommendation

The Life Changing Magic of Tidying Up

by
Marie Kondo

*Could cleaning out your closet really change your
life for the better? This
#1 New York Times best-selling book
by Marie Kondo says yes! Kondo takes
readers step by step through her
successful KonMari Method for cleaning up their
life and their stress, urging them to only keep the
things that "spark joy."*

January is National Oatmeal Month

Celebrate with this 5-minute Healthy Oatmeal Recipe



INGREDIENTS:

- 1 cup rolled oats
- 2 cup unsweetened almond milk
- 1 medium banana, mashed
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- pinch of salt

DIRECTIONS:

- Combine all ingredients into a small saucepan and turn heat to medium/high.
- Bring to a boil. Then, turn heat down to low/ medium and continually stir for around 3-5 minutes as the oatmeal cooks and thickens.
- Once oatmeal is at desired consistency, remove from heat and serve immediately.