



IBEW LOCAL 343 UNION NEWSLETTER 3RD QUARTER

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Dates to Remember:

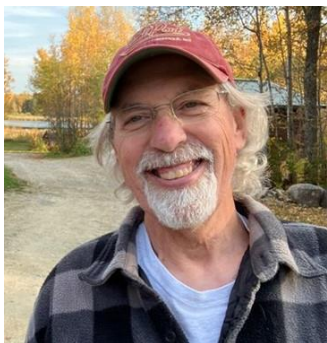
- 07/01/23:** 3rd Qtr Union Dues DUE
- 07/04/23:** Local 343 Offices CLOSED – Independence Day Holiday
- 07/12/23:** Union Meeting/ New Member Swear-In, Eagles Club, Owatonna
- 08/04/23:** FINAL DAY TO RSVP for PICNIC
- 08/09/23:** Union Meeting/ New Member Swear-In, Eagles Club, Owatonna
- 08/12/23:** SUMMER PICNIC at ROCHESTER HALL
- 09/04/23:** Local 343 Offices CLOSED – Labor Day
- *09/13/23:** Union Meeting/ New Member Swear-In, Local 343 Hall, Rochester
- 10/01/23:** 4th Qtr Union Dues DUE
- 10/11/23:** Union Meeting/ New Member Swear-In, Eagles Club, Owatonna,
*indicates ROCHESTER HALL

ALL Union Meetings will begin at 6 p.m.

Pension/Disability:

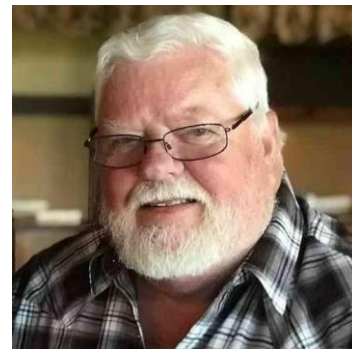
- Gerald J. Qualey** – Austin, MN – Member since 11/12/1998 – Pension 2/13/2023
- Gary S. Olson** – Albert Lea, MM – Member since 2/14/1991 – Pension 3/24/2023
- Scott R. Simonson** – Red Wing, MN – Member since 1/22/1979 – Pension 4/5/2023
- Dale T. Tate** – Dodge Center, MN – Member since 1/6/1982 – Pension 4/30/2023
- James J. Salsman** – Rochester, MM – Member since 12/10/1992 – Pension 5/16/2023
- Joseph D. Peterson** – Lanesboro, MN – Member since 1/9/1992 – Pension 5/31/2023
- Steven J. Glenna** – Lake City, MN – Member since 6/14/2018 – Pension 6/14/2023

We honor and dedicate this page to our fallen
Brothers and/or Sisters. Forever should they live
in our hearts and our memories.



Kevin A. Chirhart
Swatara, MN
Member since 9/8/1988
Passed away 4/22/2023

LEAN ON ME,
WHEN YOU'RE NOT STRONG
AND I'LL BE YOUR FRIEND
I'LL HELP YOU CARRY ON
FOR IT WON'T BE LONG
'TIL I'M GONNA NEED
SOMEBODY TO
LEAN ON



Robert J. Pollreis, Jr
Avon, MN
Member since 12/17/1969
Passed away 5/16/2023



Nicholas L. Eide
Hollandale, MN
Member since 12/11/2019
Passed away 5/18/2023



Eric G. Johnson
Austin, MN
Member since 12/09/1999
Passed away 6/6/2023



Scott D. Rennie
Pine Island, MN
Member since 9/01/1982
Passed away 6/15/2023

Business Manager Report

by Steve Cardell



Hello Brothers and Sisters,

It has been a crazy quarter to say the least. I attended the Construction Conference in April, and that conference is focused mainly on the state of the IBEW and the importance of organizing. I sit on several committees which consume several days each month with the after-meeting follow ups.

I was able to get four female volunteers to attend the Women's Conference and 6th District Membership Development Conference coming at the end of September. I want to thank you, sisters for your interest in the IBEW.

My staff and I interviewed 7 candidates for the compliance/organizer position. Again, I want to thank all that applied and your interest in policing prevailing wage and organizing.

Calls have been coming in slow, but I am optimistic about the upcoming work in our jurisdiction. Currently the contractors that I meet with regularly are busy, but not overly.

At this time, we are in the negotiations process and hopefully can get this done soon.

We are starting to get a lot of travelers calling about the Prairie Island Nuclear outage this fall.

I am still anticipating the large solar projects in the jurisdiction to get started third quarter this year. I know there are contractors putting together final numbers for them.

We all feel the pain of losing a member but losing EJ was very difficult as he and I talked monthly, if not more. I will miss his humor.

I want to let you know that there are resources available to you and your family in difficult times; we can't help if we don't know you are struggling. We all have to get over the tough construction worker attitude and seek the help needed.

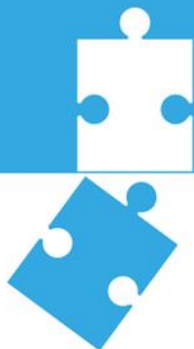
Summer picnic will be at the hall in Rochester this year. We found it very difficult to find a park in Rochester that allows you to reserve them.

Let the staff here know if you have any questions or concerns, we work for you!

Have a great summer and hope to see you all at the picnic and at monthly meetings.

In Solidarity, Steve Cardell

**When
something's
missing from
life or work,
we're here.**



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Short term, face-to-face or telehealth counseling sessions FREE to you and eligible family members to solve personal problems and workplace issues that affect your ability to work safely and effectively. Our counseling services are available no matter where you work or live.

All services
are confidential

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Rochester Rep Report by Bob Ernst

Hello Brothers and Sister,

On April 20-22 Steve Cardell, Mark Rutten and I attended the Construction Conference in Washington D.C. My experience at the conference was an extremely positive one. The classes that I went to were full of relatable information to use in my every day job situations. There are a lot of helpful people and information at these conferences.



We hosted a Building and Trades Construction meeting here at the Local 343 Hall. As part of the Building and Trades Construction council, I attended a welding competition at the RCTC Heintz Center. All the Trades set up booths with information to help students that are interested in working in the Trades. It worked perfectly to have all the Trades there to answer all the questions that the students had. I was able to get a lot of positive feedback from the students that attended the event. The Building and Trades council also decided to have a grill out event at the Owatonna school project. The purpose of the cookout was to help build up relationships at the job sight and promote the Union. We were able to feed around 170 workers at this event, and everything went really well.

I have been working on Prevailing Wage Survey reports. Naturally, all the reports are thrown at you in a two-month time slot, so the whole process can be very hectic.

I had a few conversations with Laketown Electric, Guaranteed Electric, and Ryan Electric out of St. Cloud, MN. The workflow has stayed steady. We are still seeing calls coming through the hall. I am also seeing quite a bit of work being bid. Some of the awarded projects are as listed:

Olmsted County Detention Center (Accord); New Fire Station in Kasson (BLK); Grand Meadow School (Fox); LeSuer School Project (Muskoka); SE RPU Duct Bank (Premier); Great River Flats Apartments in Lake City (Accord); MN Valley Lutheran Field House (Paul's); My Place School in Mankato (Paul's); Owatonna District Office & Maintenance Facility (McMartin); SMC Power Plant Chiller Addition (Egan); Baldwin Building Exam Room Remodel (Egan); Saint Mary's Main Dining Room Remodel (Adair); New Cub Foods in NW Rochester (Hunt).

With summer here, and vacations planned, I would like to take this opportunity to wish everyone safe travels and a good summer. I hope everybody has a great summer. Hope to see you all at the Picnic!!

In Solidarity, Bob Ernst

Organizing Department Report by Charlie Cardell



I hope everyone has had a safe and enjoyable spring and summer thus far. In the last few months, we have had many conversations with Nonunion workers and their employers. We have been able to bring a few over to us, if you see them on a job, please help make them feel welcome!

As we wait for and see the workload start to explode throughout our area, please be mindful that we must all do what we can to make sure we man our work. The last thing we want is to push work to the nonunion, due to the inability to successfully supply labor to the projects. In the last year we have been able to take work from them but can easily go the other way.

As the summer rolls on, I would expect that many of you will run into nonunion apprentices and journeymen that you know or have been acquainted with before at various social functions. I hope that if the talk turns to work, that you take the opportunity to explain that you are a proud Union member, and why you see the benefits of being a Union Electrician. In order for the nonunion to decide to join/not join the union, they must first be informed by real facts and not the garbage that we see or hear in the media about Unions.

Brothers and Sisters, be safe and enjoy your summer.

Charlie Cardell

Compliance Officer Report by Jeff Fields

Brothers and Sisters!!

I would like to introduce myself. My name is Jeff Fields, and I have been a member of Local 343 since 2006. I grew up in Rochester and graduated high school from John Marshall. I moved to Kasson in 2009 where I live with my wife and two boys.

My on-the-job training with Jim was invaluable, and I wish him the best on his next endeavor.

Since taking over this position, I have met with the Fair Contracting Foundation of Minnesota and filed my first complaint against a non-union contractor for not correctly following the Journeyworker to apprentice ratio. With over 50 prevailing wage jobs going in our jurisdiction at the moment, I am requesting and closely monitoring certified payroll reports for those jobs. With the state passing a 2.6-billion-dollar bonding bill there will be numerous prevailing wage jobs in our jurisdiction in the near future.

I am excited for this challenge and have learned a lot in the short time I've been here. Please do not hesitate to reach out to me if you have any questions or see something that doesn't look right. I can be reached by email at Jeff@ibewlocal343.org, or you can give me a call at 507-951-8267.

In Solidarity, Jeff Fields



Western MN Rep Report by Mark Rutten

Brothers and Sisters:

Summer is in full swing. Hot & smoky. School job calls are starting to come in along with other jobs that were waiting for the spring thaw.

This last quarter has been very interesting with the political side of our industry. I was out in Washington DC in April with Steve & Bob at the IBEW Construction & Maintenance Conference. The atmosphere of the conference was zeroed in on the Biden Administration Bills which include Infrastructure Investment and Jobs Act, Chips and Science Act, and Inflation Reduction Act, to name a few of the big ones; all totaling well over \$2 Trillion. The work that this will generate will benefit the IBEW greatly, with work on solar & wind, EV chargers, battery and chip manufacturing plants, and infrastructure. To read and learn more about this check out June addition of The Electrical Worker.



Closer to home our labor friendly Minnesota Legislators passed a \$72 Billion statewide bonding bill Mankato wastewater treatment plant (WWTP), MSU Armstrong Hall, St. Peter Regional Treatment Center, to name a few high-profile projects in the western area of Local 343.

The upcoming work is looking good for the area. Some school referendums that passed in the area include Lamberton, Tracy, Gibbon-Fairfax-Winthrop (GFW), Redwood Falls, LeSueur-Henderson K-5, Mr. Car Wash, Valvoline Quick Lube, Mayo Clinic Waseca, Mn. Valley Lutheran H.S. New Ulm, KAMP Automation Owatonna.

We, as a local, **have** to get the message out to all of our members that there is an abundance of help to our members and their families in hardships by tapping into your annuity for healthcare and late mortgage payments. Also, if you or someone that you know is struggling with depression or suicidal thoughts, drugs, and alcohol, contact TEAM for help. TEAM 1-800-379-1292, or go to their website <http://www.team-mn.com/>

Reminder that retired members meet the 2nd Wednesday of the month at Happy Chef in Mankato at 10am. Stop by the Mankato Training Center anytime. Or call (507) 995-4880.

See you at the Union Picnic Aug. 12th at the Rochester Hall.

In Solidarity, Mark Rutten

RETIREMENT QUESTIONS? – answers here, by Bonnie Hinkle

FAQ

Q) How far in advance of my retirement date should I start the NEBF and IBEW Pension Applications?

A) Approximately four (4) months. This way the pension should be in place at the time of the member's retirement.

NEBF Pension Application: (if married) After receiving the NEBF Application, NEBF will respond to the member with a document the member will need to complete as to whether the member wants a spousal benefit on the pension. There are two options for the spousal benefit: 50% of what the member will receive or 75% of what the member will receive. The dollar amounts options are indicated on the form. Of course, the member will receive a reduced pension if a spousal benefit is chosen.

IBEW Pension Application: After the member has completed the IBEW Pension Application, it needs to be mailed to the Local 343 Hall to be placed on the agenda for the upcoming General Membership Meeting where it is read at the meeting. It is then signed by the Business Manager/Financial Secretary stating that it was read at the meeting. It is then mailed to the IBEW International Office in Washington, DC. This pension also has a spousal benefit option, but this option needs to be chosen at the time of completing the application. It is 50% of what the member receives, and the member pension amount will be reduced per month if this option is chosen.



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“A” MEMBERS – IBEW DEATH BENEFIT

An “A” member after six (6) months of continuous and active good standing will have a death benefit in the amount of \$6,250.00 or accidental death benefit in the amount of \$12,500.00. However, no death benefit shall be payable upon the death of a non-retired “A” member if such member was more than two (2) months in arrears in dues payments, unless it can be demonstrated that the arrearage was not the fault of the member, in which case the death benefit will be reduced by the amount of the arrearage.

If an “A” member dies after retirement, the death benefit amount will be the \$6,250.00, less the pension payments made to the member, but the benefit will never be less than \$3,000.00. The accidental part of the death benefit goes away after an “A” member's retirement.

Beneficiaries: “A” members may name a beneficiary or beneficiaries to receive the death benefit. If the member fails to name a beneficiary or the beneficiary is deceased or unable to accept the benefit, the death benefit shall be payable to the following individual(s), in the indicated order of priority: 1) member's spouse; 2) member's children; 3) member's parents; and 4) member's estate.

*For more information or to obtain a Beneficiary Designation Form, please contact
Bonnie Hinkle at the Local 343 Union Hall 507-282-7081, ext 112.*

Have you ever wondered how many good work years (credits) you have for NEBF?

You can go to the NEBF website and register to see where you currently are. *Please note that the NEBF can be approximately three to four months behind in entering data because of the delay in the information getting to it.*

Go to nebf.com (you will see NEBF and NEAP) **click on NEBF**. On the NEBF home page on the right side you will see **Online Benefits**. Click on Online Benefits and register.

If you have any questions on how to obtain the documents, contact Bonnie Hinkle at the IBEW Local 343 Hall. Phone 507-282-7081 ext. 112 or email at bonnie@ibewlocal343.org

Farewell from Jim

Brothers and Sisters!!

I hope your 2023 has been treating you well.

If you haven't heard, and by the time you read this, I have left Local 343 to pursue other opportunities. I want to thank all Brothers and Sisters for the knowledge you've shared with me, the information you have provided and the camaraderie we have enjoyed. It has been an honor and a pleasure to work with all of you!

I wish all of you the best in the future and hope to see you around. God Bless!

In Solidarity,
Jim Backus



Retirement: "It's Surreal"

Dan Goodew began his electrical career as an apprentice working in Winona, MN for Bauer Electric. He attended apprenticeship class in La Crosse, WI. Prior to 1979, the Winona area was represented by the neighboring Wisconsin local. The jurisdiction that would become 343 was represented by Local 949. Local 343 was chartered April 1st, 1979.

Dan's father, Ray, now retired, was an IBEW journeyman who also taught apprenticeship night school. By chance or by fate, Dan was asked to substitute for Ray while he was recovering from knee surgery. Substitute teaching would transition into full-time instructing. Dan has been an apprenticeship instructor for 22 years. He has set the career paths for literally thousands of apprentices to become knowledgeable IBEW wiremen. Apprenticeship training has evolved from night classes in rented rooms spread across the jurisdiction to full-time day schools at training centers in Mankato and Rochester.

Congratulations, Dan. We wish you a happy retirement. Your turkey fan mounts will leave with you. The exercise machine in your office will now be a coat/hat rack for another instructor. What will become of the wooden, green-painted, wheeled podium? Hand-me-downs with some history usually stick around.

Don't support communism. Buy Made In The USA.

Tom Small P.S.

A New Chapter Begins for Dan Goodew



IBEW brothers and sisters,

The time has arrived for me to put away my “At-A-Glance” planner, empty my desk, clean out my office and turn in my keys to begin a new chapter in my life. It’s with a smile on my face and a tear in my eye that this new chapter begins.

More than twenty years ago, I was asked to substitute teach my dad’s class while he was recovering from his knee surgery and the following year my part time teaching career began. I started out teaching in the night program in Albert Lea for my first year and then I was able to come to Rochester on my second year. I taught in the night program for several years and then in 2009, the program became a full-time day school and I was hired as the first day school instructor.

Teaching all five years was challenging, but a lot of fun. There was national curriculum to cover, labs to develop, and schedules to figure out. But the greatest challenge for me, having so many apprentices each year, was and continues to be knowing everyone’s names. When I run into some of them when I’m out and about, not at the Training Center, I recognize their faces, but many times, their names escape me. In the classroom, I have their name cards to help me out. And if a journeyman stops by to say Hi after taking care of some personal business at the hall, I have the ladies upfront to help me out.

The best part of this career is interacting with the apprentices every day. I absolutely love the moments when we’ve been talking about a subject or I’m explaining one of our lab assignments and the “light comes on” and the apprentice understands. I’ve also enjoyed watching the program grow throughout the years. We’ve gone from one instructor teaching in Rochester with all of the apprentices coming to the Training Center, to three full-time instructors and programs in Rochester and Mankato.

I want to thank the JATC for giving me the opportunity to be a full-time electrical instructor, the amazing staff that I work with every day, the Training Directors that have supported me throughout the years, and Local 343 and our NECA contractors for providing all of the apprentices for our program. I also want to thank the apprentices for coming to class prepared, their positive attitudes in the classroom, and for allowing me to interact with them each day....as well as a rousing game of IBEW.

I hope to see all of you around at various IBEW events...be sure to say Hi and tell me your name.



Dan Goodew

Dan, you will be missed!

Introducing/Welcoming - Brandon Benson (Instructor)



My name is Brandon Benson, I live down in the Albert Lea area. I moved to an acreage 3 years ago, with my wife Cassi and 3 kids who are Emma 12, Benjamin 10, and Elizabeth 5. We keep busy chasing chicken, raising pork, and chopping wood. I was a member of the Local from 2005 to 2008. In 2008 I left the trade to pursue my college degree. I accomplished that and have a bachelor's degree in business administration with a concentration in Finance from Liberty University in 2015. I decided that I missed the trade and got back into the Local in 2017. I have had my JW since 2017 and recently got my Master's in 2022.

I have always enjoyed the classroom setting as a student and always thought that I could be a good fit as an instructor. I always enjoy learning new things. I found that one of the most enjoyable parts of being a Journeyworker was watching the apprentices grow and learn. When the opportunity to blend my love for the classroom setting with training apprentices arose, I knew it would be a good fit for me and for the JATC.

I look forward to training apprentices throughout their apprenticeship. I hope that I can be a resource for the apprentices, and I can help better prepare them to be quality Journeyworkers. I aim to use my experience and knowledge to be an asset to teach apprentices during their time in our program. I want to see the students leave the classroom in a position to succeed in their career. My expectation is for this move to be beneficial for the apprentices, the JATC, and for myself. I'm excited to learn this new position and to become the best Instructor I can be.

On my days off I can often be found enjoying one of my kids' sporting events, camping, or golfing. I also enjoy eating smores around the campfire and watching the sunset.

Introducing/Welcoming - T. Justin Sauer (Instructor)

Hello Brothers and Sisters!

My name is Justin Sauer. I am a Wisconsin native, growing up in the Madison area and graduating from Monona Grove High School in 1999. I have lived in Minnesota for 18 years and have been a resident of Owatonna for the last 11 years. I am an avid Badger and Packer fan. In my free time I enjoy fishing, going to the movies and spending time with my kids.

I have been a member of Local 343 since July 2015. During that time, I've had the opportunity to work for a handful of contractors and meet a lot of great brothers and sisters. I also had the honor of working as the Mankato area Business Rep under the previous administration and I am currently the Recording Secretary for the Local. I am beyond excited to tackle new challenges as an instructor.

Since starting in April, it has been great to catch up with the apprentices I have worked with before and meet the ones I haven't. I am taking full advantage of the time I get to spend with Dan before his retirement. The training I have gotten from him, and Casey has been invaluable.

The void left by losing someone with the amount of knowledge and enthusiasm that Dan is taking with him will be tough to fill.

In Solidarity, Justin Sauer



June 14th Retiree Luncheon at the Rochester Union Hall



Upcoming Work

3rd Quarter 2023 Newsletter * July – September*

Rochester area

Discovery Square 2 - Parsons
 Veteran's Memorial Museum - Planning
 Oronoco WWTF - Killmer (IBEW)
 Kellen research building - Hunt
 RPU Marion Road sub-station - On hold
 Olmsted County Courthouse Annex Steam project - Hunt
 John Marshall High School IAQ Remodel - Egan
 Tunnel project for Jacobsen Building - Hunt
 Mayo Proton Beam Addition - Bidding
 41st Street Apartments - Accord
 Macken Funeral Reception Hall - Accord
 Ambulance bay - BLK
 Olmstead medical center MRI and HVAC - Hunt
 Byron solar project (200 mw) Early 2023 - Planning
 F&M Community Bank - Accord
 SOROC Apartments buildings 4,5 - Accord
 Byron School - McMartin
 Northern Heights apartments - accord
 Spring Valley Chevrolet - McMartin
 Kellen Research bld. Temp Control - Paape
 Northfield Spring Creek 2 apartments - accord
 Target Remodel - Muska
 Catholic Diocese of Rochester - Accord
 New Cub Foods - Hunt
 Napleton M-B service center - Accord
 Christ Lutheran Church Ministry Zumbrota - Accord

Austin

Hormel - Egan
 Blooming Prairie School Additions - Bid Fall '22
 Austin WWTF - Fox

Albert Lea

Mayo Hospital - \$15M remodel planned
 New Water Tower - Albert Lea Electric
 Subway - Albert Lea Electric

Red Wing/Lake City

3M expansion/on hold
 National Eagle center expansion Wabasha - Key Electric
 Great River Flats - Accord
 Underwood Terrace Apartments - Accord

Winona Area

YMCA ongoing Key Electric
 Houston WWTF - Killmer
 Childrens Library Renovation - planning
 WSU projects on going - P&T Key Bauer
 Electro Tech all working small projects
 Winona Co Jail- Key Electric
 Caledonia WWTF - Key Electric
 Traffic Management System Winona - Egan
 CHS control upgrades - Egan
 Mabel/Canton School Remodel - Schammel
 WSU Metering project - Premier
 Jefferson Elementary School - P&T
 Washington/Koscisko School - Key Electric
 Hokah Well - Key Electric

Owatonna/ Waseca

Owatonna New High School - (non-IBEW)
 Owatonna New High School - Site Lighting
 BLK, Low Voltage Muska
 Climate by Design - Collins Electric
 Owatonna Wastewater Treatment Facility - Killmer Electric
 Mayo Clinic Waseca Expansion - Premier
 Kamp Automation - Planning
 West Lake Meadows Apt. - Planning
 New Life Comm. Church - Planning
 Owatonna District Office & Maintenance Facilities - McMartin Electric

Mankato

CHS Mankato - Egan
 Hospital Projects - Master & BLK Electric
 MSU Small Projects- Master
 Mayo Clinic Bed Towers - Parsons
 Lincoln Community Center - BLK Electric
 Mankato Area Public Schools Early Learning Center - BLK Electric
 Sinclair Flats - (non-IBEW)
 Old Shopko Repurpose - Muska
 HWY 14 Nicollet to New Ulm - River City Electric
 Solar Projects - (non-IBEW)
 St. Clair School - (non-IBEW)
 Candlewood Suites - Planning
 MSU Armstrong Hall - Planning
 Mankato City Center Hotel Renovation - Planning
 Tourtellotte Park - (non-IBEW)
 Burton Apt. - Planning
 Axis Lofts - Planning
 Volk Transfer - BLK
 Gordini Warehouse/Distribution - Planning
 Mr. Carwash - BLK
 Valvoline Quick Lube - BLK
 Mankato WWTP - Planning

Upcoming Work 3rd Quarter 2023 Newsletter * July – September*

St. Peter/Le Sueur

Cambria - Planning
 St. Peter Fire Station - (non-IBEW)
 Le Sueur K-5 School - Muska
 Hometown Bio-Energy - Parsons
 Le Sueur High School Remodel - Planning
 St Peter Regional Hospital - Planning

New Ulm/Redwood Falls

3M - Hunt
 Kraft Projects - Parsons
 Jackpot Junction Casino - Paul's Electric
 Springfield Public Schools Addition - Paul's Electric
 Redwood Falls Apartments - Muska
 Redwood Falls Kwik Trip - JT Electric
 Mn Valley Lutheran High School Addition - Paul's Electric

Fairmont/Amboy/Medelia

Ethanol Plant Work - Master Electric
 Sherburn Wastewater Treatment Plant - O'Conner Electric
 Martin County Public Safety and Justice Center - Planning
 Fairmont Community Center - Planning
 WWTF Amboy - O'Connor
 Syngenta Seeds Amboy - BLK
 Medelia Hospital - Planning

Marshall

Lyon County Jail Upgrades - Muska
 Lakeview Public Schools - (non-IBEW)
 Marshall Public Schools CTE Building - (non-IBEW)
 Kwik Trip - JT Electric

Renville/Olivia/Winthrop

Solar Projects - (Non-IBEW)
 Beet Plant Expansion Phase II - Planning
 Heartland Corn Products Ethanol - Planning

Windom/ Jackson/St James

Windom High School Upgrade - Ron's Electric (non-union)
 Lakefield WWTF - Schammel Electric
 Madelia Health Clinic - Bidding



TWENTY YEARS!!

Bonnie Hinkle has been with the Local 343 Office for 20 Years, and President, Sean Sannes and Business Manager, Steve Cardell surprised her with a plaque at the Awards Banquet in April acknowledging her hard working and dedication to the Local over the last 20 years.

CONGRATULATIONS,
 Bonnie!



“A MINUTE WITH MIKE” - SCMNJATC Training Director, Mike Bambrick

Dear Brothers and Sisters,

We’ve barely gotten the summer started, and by the time you read this we’re going to be approaching the midway point of summer 2023. Where does the time go!?!?

We recently wrapped up the 2022-2023 school year, and we had six of this year’s apprentices leave the building on their last day of class as new electrical Journeyworkers. Congratulations to all of you that are starting the next chapter of your careers, and good luck to each of you with your future endeavors!

Along with those new Journeyworkers, we have already hired several new apprentices that you’ve probably already seen starting to show up on jobsites throughout our jurisdiction. The early returns I’m getting from the brothers and sisters working in the field with them are that they seem to be getting off on the right foot. Please remember what it’s like to be in their positions. Starting out a new career is both exciting and scary at the same time. I’m sure if we all thought back to the beginning of our careers, each of us could identify a couple of people that we tooled up with early on that were instrumental in helping us feel comfortable with our new line of work, and a couple of people that possibly made us think twice about what we were doing. As you start having interactions with the new apprentices this summer, please take a second to ask yourselves how your current apprentice will think back on their time with you. My hope is that everyone chooses to be the former rather than the latter to this new group of electrical workers.

I want to take a minute as I wrap this up to give a shout out to a long-time member of the JATC staff that will be retiring over the summer. Dan Goodew has been an instructor with the SCMN JATC for nearly a quarter century. Personally, I’m still struggling to fathom what this program will look like without him involved, and I’m sure that a good portion of our membership feels the same way. Dan started out as a part-time night school instructor, and when the program made the switch to day school, he became a full-time instructor and helped lead the way as we got used to the format. Dan has been instrumental in the development and success for countless apprentices and JW members over the years, and to say the new instructors have big shoes to fill would be a massive understatement. Dan has agreed to help out with a few of our JW continuing education classes, so you may still see him around, but his regular upbeat attitude, smiles, and fantasy football talk is surely going to be missed by everyone that regularly crossed paths with him. Good Luck Dan! You’ve certainly earned it.

Here's to a safe and productive summer for all our members, and I hope to see everyone at the picnic in Rochester on August 12th!

3rd Quarter 2023 SCMJATC NEWSLETTER

CONGRATULATIONS to our newest graduates:

Trace Anderson, Cody Carlson, Devin Everett, Marcus Freeman-Lee, Dustin Greenwaldt, John Lawler, Kurt Loverink, Walker Miller, Charles Nagle, Joshua Newman, Wade Risler, Brody Shaw, John Tate, Milo Weckwerth, Joshua Wood

NEC CLASSES 2023 CODE

PURCHASING CODE BOOKS

2023 NEC Softcover Code Books are available for \$93.71

2023 NEC Spiralbound Code Books are available for \$130.05

2023 NEC Handbooks are available for \$170.20

2023 NEC Code Book Tabs are available for \$20.40

Contact Mike to schedule a time to pick one up.

Upcoming Classes

WHEN: JUNE 24-25 – 8:00 AM – 5:00 PM Daily

INSTRUCTOR: Dan Goodew

WHERE: Rochester – IBEW Local 343 Union Hall, 9 80th St. SE

WHEN: AUGUST 19-20 – 8:00 AM – 5:00 PM Daily

INSTRUCTOR: Cari Helberg

WHERE: Mankato – IBEW Local 343, 816 South Bend Ave

I'm working on lining up dates with instructors through the rest of 2023. Please check ibewlocal343.org or scmnjatc.org for updates or contact Mike Bambrick for more information.

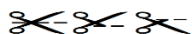
NEC 2023-1 Changes for Chapters 1-2&3, SATURDAY is an 8 HOUR CLASS good for ceu's in MN-(8 Code), WI-(8 Code), N.D.-(8 Code),(IOWA-(9 Code) 9 hr class)

NEC 2023-2 Changes for Chapters 4-5-6-7&8, SUNDAY is an 8 HOUR CLASS good for ceu's in MN-(8 Code), WI-(8 Code), N.D.-(8 Code),(IOWA-(9 Code) 9 hr class)

No partial credit of classes is granted, you must attend the entire approved class to receive credit.

THESE CODE CLASSES ARE GOOD FOR 16 CEU HOURS IN MN, WI & ND. IA IS GOOD FOR 18 CEU HOURS

You can register for classes by visiting our website ibewlocal343.org/education/journeyman-training-classes/ or by contacting MIKE BAMBRICK at mbambrick@scmnjatc.org or by calling 507-529-7721.



IBEW Local Union 343

UNION DUES - 2023

CLIP & SAVE

DUE DATES.....DUES AMOUNTS.....PROCESSING FEES.....I.O. REINSTATEMENT FEES..... AUTOMATIC DUES WITHDRAWAL PLAN..... PAYMENT METHODS

- **Union Dues DUE DATES:**

Union Dues are due the 1st of each (beginning quarter) month:

1st Quarter = January 1st

2nd Quarter = April 1st

3rd Quarter = July 1st

4th Quarter = October 1st

- **Union Dues AMOUNTS:**

"A" Members:	Per quarter (3 months)	135.00
	Semi-Annually (6 months):	270.00
	Yearly (12 months):	540.00

"BA" Members:	Per quarter (3 months)	72.00
	Semi-Annually (6 months):	144.00
	Yearly (12 months):	288.00

- **Processing Fees:**

Dues are to be paid (at least) Quarterly in advance. If your dues are not paid by the 10th of the designated month, there is a \$20.00 Processing Fee added to your account (monthly) until your Dues are paid.

- **I.O. Reinstatement Fees:**

If your dues are still in arrears after three (3) months, there is an I.O. Reinstatement Fee added to your account:

\$30.00 for "A" Members

\$3.00 for "BA" Members

Local Union Processing Fees added to your account as well

- **Insufficient Funds Charge: Per the Executive Board Policy (revised 10-17-11)**

Each member writing a check with insufficient funds to Local 343 shall be charged **\$30.00 fee**. After writing a check with insufficient funds to Local 343 all future payments, for a one year period, shall be made by cash, money order or credit.

- **Methods of PAYMENT:**

- 1) Cash – In person only
- 2) Check (**Be sure to include Member's full name**)
- 3) Money Order (**Be sure to include Member's full name**)
- 4) Visa, MasterCard, American Express or Discover Card–In Person, or On-Line (NO Telephone payments!)
- 5) Automatic Dues Withdrawal from your Vacation/Holiday check:
 - "A" members have the option of having their Dues Automatically withdrawn from their Vacation/Holiday checks!
 - *Call the Hall (Colleen) for complete details and a form.
- 6) Drop Box (not Pick up Box!)– Located next to Front Door at Union Hall (Rochester only)



2023

IBEW LOCAL 343 Calendar

January

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February

S	M	T	W	T	F	S
			1	2	3	4
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

March

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

May

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	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

June

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

July

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

August

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		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September

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					1	2
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November

S	M	T	W	T	F	S
			1	2	3	4
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December

S	M	T	W	T	F	S
					1	2
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

- Union Meetings

- Membership Dues are DUE

- Awards Banquet - Mankato

- Re-Sign (JIWs) 10th - 16th

= HOLIDAYS - Local 343 offices are CLOSED: May 29th - Memorial Day; July 4th - Independence Day; September 4th - Labor Day; November 23rd - Thanksgiving; December 25th - Christmas Day

= PROVISIONAL HOLIDAYS- Local 343 offices are CLOSED: April 7th - Good Friday; November 11th - Veteran's Day; November 24th - Day after Thanksgiving;

= PROVISIONAL HOLIDAY FOR LADIES IN THE OFFICE (THEY WILL BE OFF THESE DAYS - OFFICE WILL BE RUN BY THE UNION REPS - PLAN ACCORDINGLY)

CONGRATULATIONS TO THE
SPARKY FISHING OPENER WINNERS FOR 2023

Brothers and Sisters had a wonderful day on the Mississippi River
June 10th for our annual fishing tournament.
Thanks everyone for coming out!

WINNERS	FISH	WEIGHT
Mitch Jerowski	Bass	3.0 lbs.
Chad McBride	Pan Fish	9 oz.
Mitch Jerowski	Walley	3.13 lbs.
Mitch Jerowski	Rough Fish	7.1 lbs.
Mitch Jerowski	Northern	5.5 lbs.



We would also like
to thank the
following sponsors:

- IBEW 343 HALL
- DSG
- VIKING ELECTRIC
- GRAYBAR
- VAN METER







2023 Awards Banquet Pictures

if you would like a copy of any of the award pictures, please call the hall



Exam Board Swear-In: April Meeting



We are publishing this picture of Brother Eric Johnson as a tribute to him. Eric became a member of our Exam Board at the April 2023 meeting and was a proud Union Member for a little over 23 years.

Sadly, Eric ended his life in June.

If ever you are feeling like you can't handle the day-to-day situations in life, please reach out to someone. Reach out to US.

We CARE. We cared about Eric, and we care about YOU!

Welcome New Members!!!

May
Swear-In



June
Swear-In



What is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make choices.

Mental health is important at every stage of life, from childhood and adolescence through adulthood. Over the course of your life, if you experience [mental health problems](#), your thinking, mood, and behavior could be affected.

Mental Health Conditions

Mental illnesses are disorders, ranging from mild to severe, that affect a person's thinking, mood, and/or behavior. According to the National Institute of Mental Health, nearly one-in-five adults live with a mental illness.

Many factors contribute to mental health conditions, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as [trauma](#) or abuse
- Family history of mental health problems

Some mental health topics include:

- [Antisocial personality disorder](#)
- [Anxiety disorders](#) (including generalized anxiety, panic disorders, obsessive-compulsive disorder (OCD), phobias, and social anxiety)
- [Attention-deficit hyperactivity disorder \(ADHD\)](#)
- [Bipolar disorder](#)
- [Borderline Personality Disorder \(BPD\)](#)
- [Depression](#)
- [Eating disorders](#) (including Anorexia Nervosa, binge eating Disorder, and Bulimia Nervosa)
- [Post-traumatic Stress Disorder \(PTSD\)](#)
- [Schizophrenia](#)
- [Seasonal affective disorder \(SAD\)](#)
- [Self-harm](#)
- [Suicide and suicidal behavior](#)

A Serious Mental Illness (SMI) is a mental illness that interferes with a person's life and ability to function. Despite common misperceptions, having an SMI is not a choice, a weakness, or a character flaw. It is not something that just "passes" or can be "snapped out of" with willpower.

Early Warning Signs & Symptoms

Not sure if you or someone you know is living with mental health problems? Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters

- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school

Do you think someone you know may have a mental health problem? [Talking about mental health](#) can be difficult. Learn about common [mental health myths and facts](#) and read about ways to help you get the conversation started.

Tips for Living Well with a Mental Health Condition

Having a mental health condition can make it a struggle to work, keep up with school, stick to a regular schedule, have healthy relationships, socialize, maintain hygiene, and more.

However, with early and consistent treatment—often a combination of medication and psychotherapy—it is possible to manage these conditions, overcome challenges, and lead a meaningful, productive life.

Today, there are new tools, evidence-based treatments, and social support systems that help people feel better and pursue their goals. Some of these tips, tools and strategies include:

- **Stick to a treatment plan.** Even if you feel better, don't stop going to therapy or taking medication without a doctor's guidance. Work with a doctor to safely adjust doses or medication if needed to continue a treatment plan.
- **Keep your primary care physician updated.** Primary care physicians are an important part of long-term management, even if you also see a psychiatrist.
- **Learn about the condition.** Being educated can help you stick to your treatment plan. Education can also help your loved ones be more supportive and compassionate.
- **Practice good self-care.** Control stress with activities such as meditation or tai-chi; eat healthy and exercise; and get enough sleep.
- **Reach out to family and friends.** Maintaining relationships with others is important. In times of crisis or rough spells, reach out to them for support and help.
- **Develop coping skills.** Establishing healthy [coping skills](#) can help people deal with stress easier.
- **Get enough sleep.** Good sleep improves your brain performance, mood and overall health. Consistently poor sleep is associated with anxiety, depression, and other mental health conditions.

Need Help?

- If you or someone you know is struggling or in crisis, help is available. Call or text [988](tel:988) or chat [988lifeline.org](https://www.988lifeline.org)
- To learn how to get support for mental health, drug, and alcohol issues, visit [FindSupport.gov](https://www.findsupport.gov).
- To locate treatment facilities or providers, visit [FindTreatment.gov](https://www.findtreatment.gov) or call SAMHSA's National Helpline at [800-662-HELP \(4357\)](tel:800-662-HELP).



Suicide Awareness and Prevention

Every day, approximately 130 Americans die by suicide. It is estimated that 25% of the population is battling depression on any given day, and yet only half seek treatment. The CDC reports that builders' and construction industries are especially vulnerable to depression, substance abuse and suicide.

If you or someone you know is struggling with depression or suicidal thoughts, there is help. Your company has partnered with TEAM to provide information and resources on depression and suicide.

Know the Warning Signs

- Talking about wanting to die
- Talking about hopelessness, purposelessness
- Alcohol or drug abuse
- Disrupted sleep
- Withdrawing from friends, family, colleagues
- Showing rage or talking about seeking revenge; increased conflict at work
- Extreme mood swings

Know the Risk Factors

- Untreated depression
- Substance use disorders
- History of trauma or abuse
- Physical illness or chronic pain
- Recent job loss, relationship loss
- Easy access to lethal means
- Lack of social support, isolation
- Fear or stigma asking for help
- Previous suicide attempts
- Family history of suicide
- Local clusters of suicides
- Exposure to others who have died by suicide

How to Help a Depressed or Suicidal Person

It's OK to talk about it. Asking someone about depression or suicidal thoughts will NOT worsen their symptoms. A compassionate conversation with someone struggling with depression or suicidal thoughts can reduce the risk of suicide.

Reduce risk of harm. If you are aware of someone who is struggling with suicidal thoughts, remove lethal means from their environment. Ensure firearms, pills or other methods of suicide are not accessible.

Connect them to resources. The safest place for an actively suicidal person is the nearest Emergency Room. For a depressed person who is struggling with suicidal thoughts, encourage them to call TEAM or their primary care doctor for mental health resources.

Take care of yourself. Caring for a suicidal person can take an emotional toll. Lean on professional resources around you, including your work supervisors. Pay attention to your own mental health and create boundaries for yourself as needed.

Grief in the Aftermath of a Suicide

Whatever you are feeling, it is normal. It is normal to feel shock, guilt, fear, anger and more in the aftermath of a suicide. Talk to trusted people around you, or reach out to your doctor, therapist or to TEAM for additional support in processing the loss.

Mental Health Resources

National Suicide Prevention Hotline, 1-800-273-8255: Trained crisis counselors are available 24/7 to talk through how your problems are impacting you and how to help. This service is FREE.

Crisis Text Line: Text HOME to 741741 for FREE, 24/7 crisis support via text message.

TEAM, Wellness at Work, 1-800-634-7710: TEAM is your Employee Assistance Program. TEAM is staffed by trained counselors who can talk to you about your stress, grief, depression or suicidal thoughts and provide help. TEAM services are included in your membership benefits.

Start with TEAM

Are you unsure of what you are feeling? Start with TEAM. TEAM is part of your membership benefits. TEAM services are provided to you and your household at no additional cost to you. TEAM's trained counselors can help you assess for symptoms and plan next steps. Often the first signs of declining mental health are increased irritability or anger, increased substance use and trouble sleeping.



France Place: 3601 Minnesota Drive - Suite 400 | Edina, MN 55435

651.642.0182 | 800.634.7710 | StartwithTEAM.com

Challenge Coins are now available for sale at the hall!

\$13.00 each (silver or gold)



Scan the QR code
for the rules of the
challenge coin.



I.B.E.W. - N.E.C.A. ELECTRICAL TRAINING

Contact Us:



Michael Bambrick Jr – Training Director
Phone – 507-529-7721 Fax – 507-361-2291
Cell – 507-513-9090 mbambrick@scmnjatc.org

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Julie Strike – Apprenticeship Administrator
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jstrike@scmnjatc.org

I.B.E.W. LOCAL 343 ELECTRICAL WORKERS

CONTACT US:

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Charlie Cardell - Organizer 507-951-5456
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Jeff Fields - Compliance Officer 507-951-8267
jeff@ibewlocal343.org

Bonnie Hinkle - Pensions/Financials 507-282-7081 ext 112
bonnie@ibewlocal343.org

Brooke Bly - Administrative Assistant 507-282-7081 ext 117
brooke@ibewlocal343.org

Colleen Marks - Membership/Referral 507-282-7081 ext 222
colleen@ibewlocal343.org



IBEW LOCAL 343

UNION APPRECIATION

PICNIC

Note the

time change!

Saturday August 12, 2023

11:00 a.m. to 7:00 p.m.



Local 343 Union Hall (first time ever)

9 80th Street SE – Rochester, MN

See Map on Next Page

Activities include: Baking Contest, Sno Cone/Photo

NEW this year!

Booth/Bungee Run, 18' Slide, Moonwalk house

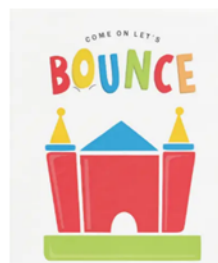
Live Music by Lost Faculties (4 p.m. – 7 p.m.)

**8TH ANNUAL
IBEW LOCAL
343 BAKING
CONTEST!**

**BRING IN A
BATCH OF
YOUR
FAVORITE
HOMEMADE
COOKIES OR
BARS FOR A
CHANCE TO
WIN THE TITLE
OF BEST
BAKER!**

**JUDGING WILL
TAKE PLACE
DURING PICNIC
- PRIZES
AWARDED FOR
BEST BARS &
COOKIES!!**

**Best
Baker**



Lunch served from 11:30 p.m. to 1:30 p.m.

Drawings at 2:30 p.m.

Members and Retirees must be present to win door prize.

Please submit RSVP by Friday, August 4, 2023.



**BRING A NON-
PERISHABLE.
FOOD ITEM TO
BE DONATED
TO:
ROCHESTER
AREA FOOD
SHELF**

Summer Picnic RSVP – Due by Friday, August 4, 2023

RSVP Options:

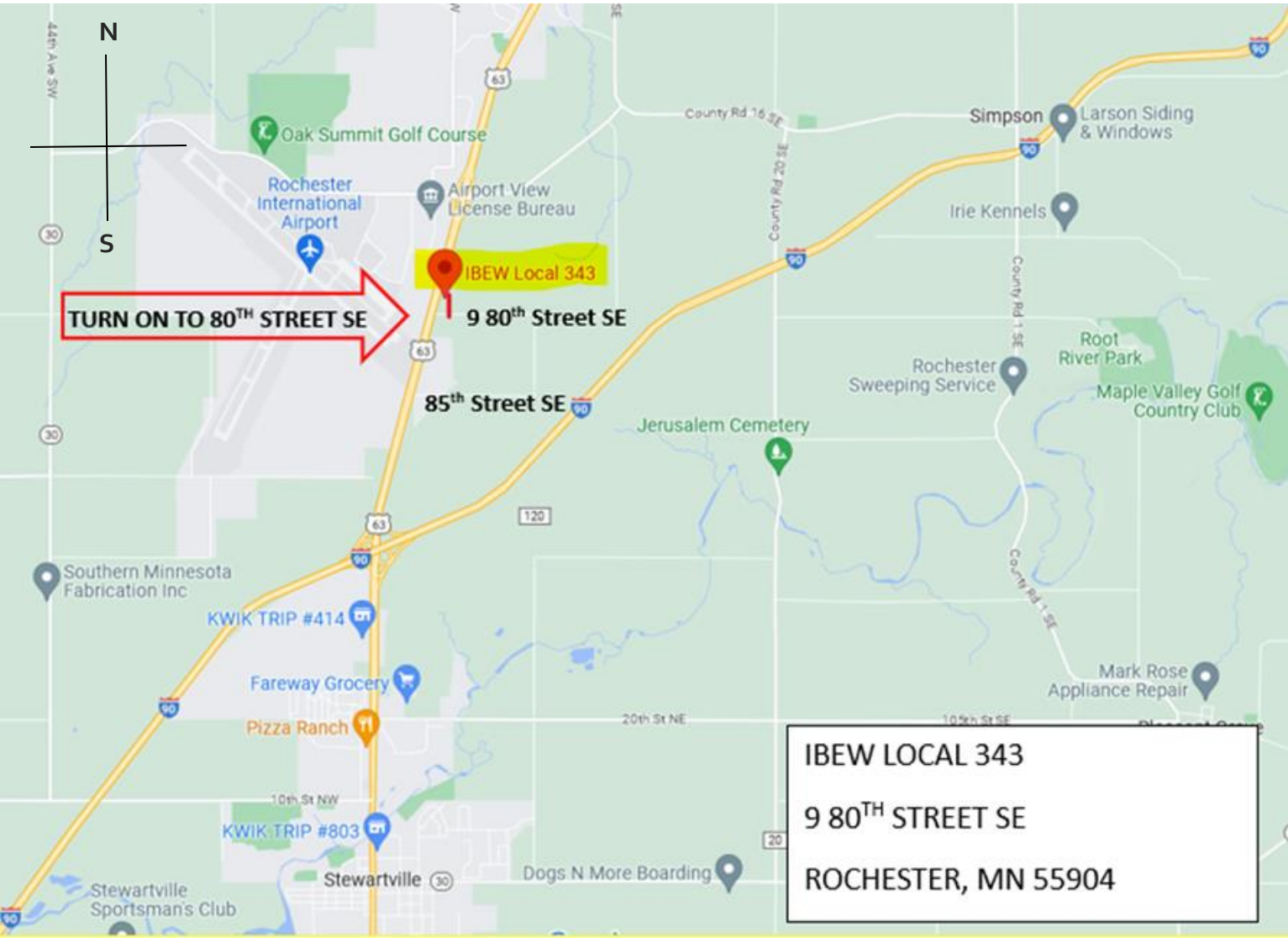
***Online: www.ibewlocal343.org *Mail: 9 80th St. SE Rochester, MN 55904**

***Drop off at Rochester Union Hall *Fax: (507) 282-1562 (No Phone RSVP's please)**

Member or Retirees Name (only): _____

This event is open to Members and Retirees and their immediate families only please.

Number of Adults: _____ Number of Children: _____



GROUNDWIRE

IBEW Local 343 Newsletter

9 80th Street SE
Rochester, MN 55904

OPEN YOUR MAIL!!

RSVP by August 4th!

Enclosed!

Summer Picnic Invitation