

# THE PLUG



ELECTRICAL  
TRAINING ALLIANCE  
OF SILICON VALLEY



# THE PLUG

October 2024

ETASV'S NEWSLETTER

Vol 2 Issue 2

## A Word from the Training Director

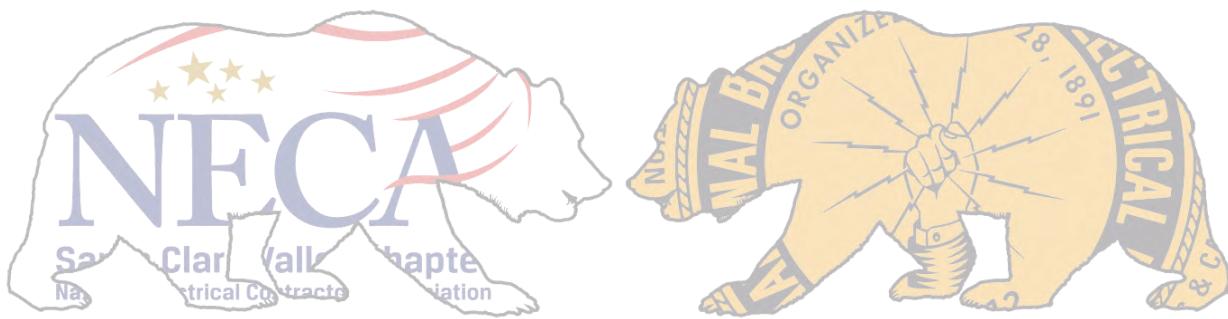


I often reminisce about the times I had working with the tools. Every day when I got home, I felt a deep sense of accomplishment knowing that I had put in a hard day's work. Those accomplishments could be affirmed by seeing the work my coworkers and I had done. Everything from underground raceways, slab on ground raceways, wall rough, ceiling rough, electrical room build, device trim, and the most satisfying of all, turning on the power and lights! Electrical construction work is difficult but extremely rewarding. My journeyman would always tell me, "Kid, we have the best god%#@# jobs in the world." He was 100% correct. No other skilled trade or position requires the same amount of physical and mental conditioning an electrician needs to do their job every day.

Being Training Director does not afford the same affirmations of working as an electrician in the field. Often, gratification, for tasks performed, is not seen for weeks or even months down the road. With that being said, we are now seeing real tangible changes with curriculum delivery as well as hands-on applications, relevant to field conditions. That is the goal of the ETASV, to provide practical and relevant training to all apprentices that come through our program. My personal goal is to leave the training center better than when I got here. I hope that everyone is buying into the notion that the staff and I bring that work ethic to the training center every day.

Be safe and have fun out there, we have the best god%#@# job in the world!!!!

-Albert Lancaster



### ETASV Mission Statement

"At the Electrical Training alliance of Silicon Valley, our mission is to provide first-class training and shape individuals to become competent, professional, and hardworking experts in the electrical construction industry. We are dedicated to serving the IBEW Local 332, and NECA Santa Clara Valley Chapter by instilling the knowledge, skills, and values necessary to excel in this field."

*Editor in Chief - Albert Lancaster | Managing Editor - Marissa Souza*

*Journalists/Columnists/Photographers - Michael Barrios, Miguel Lustre, Patrick Bynes, and Brian Moffat*

# *A Word From The Apprentice Coordinator*

A Mea Culpa is a prayer confession from the Catholic Church. The literal translation from Latin is “through my fault.”

In today's speech it's the equivalent of saying “my bad.”

In my duties as your Coordinator, I make mistakes. Most of them aren't worth mentioning because no one's perfect and life goes on. However sometimes the error is so large that it needs to be corrected. Such is the case in this month's column. We've recently made two big mistakes that except for mass quantities of melatonin, would keep me up at night.

In last month's newsletter was a story about our June graduation ceremony. I misidentified the winner of the Outstanding Residential Apprentice. The actual, correct winner of the Outstanding Residential Apprentice for 2024 is Zahira Elmansoumi. In 30 employee evaluations from MDE and Redwood Electric (both notoriously tough graders) she had an average score of 85.9%. In 6 semesters of school Zahira's grade average was 96.42%. During her 3 Year Apprenticeship she performed 164 community service hours and was awarded the prestigious Southwire Community Service Award. Zahira passed her California State Certification exam 7 months before graduation. So, our congratulations (and apologies) to Zahira!!! We are proud to call you a Sister!!

On to the second mea culpa...

In March the ETASV held our Inaugural 5th Year Skills Tournament. The tourney attracted 14 contestants in a day-long, 7-event competition. The Tournament was created to raise the standards and expectations for our Apprentices. It dovetails with the new End of Semester Hands-on Evaluations (ESHOEs) to ensure that our Apprentices have the skills and knowledge necessary to excel in our industry. The winner of the Skills Competition goes on to represent our local in the Western States Electrical Skills Contest. Clearly the event and its winner are a big deal. As most of you know the 2024 winner is Jesus Gomez-Garcia. Along with the winners of the Outstanding Apprentice Awards, the winner of the Skills Tournament is the highest honor an Apprentice can attain. But somehow his victory in the competition wasn't mentioned during the graduation ceremony. (Doh!) So... Jesus, please accept our Congratulations (and apologies) on your great victory!!! We are proud to call you a Brother!!!



# Meet an Instructor

## RODNEY TURCO



### **What are you currently teaching?**

I am currently teaching a journeyman Code class where I focus on equipping IBEW members with the necessary skills to pass the State certification exam. The class covers a comprehensive range of topics, including test-taking strategies, effective navigation of the Code, and the fundamental calculations that are essential for understanding and applying the Code, not only on an exam but in real-world situations. Before taking on the role of teaching journeyman Code classes, I spent seven years teaching 4th-year apprenticeship classes.

### **What made you decide to get into teaching?**

I have always had a passion for sharing knowledge, even if it's just a small piece of what I know. Additionally, I've never hesitated to speak in public, as I find great satisfaction in engaging with others and contributing to their understanding. My journey into instructing at the ETASV began unexpectedly during an apprenticeship graduation ceremony for a friend. It was there that I reconnected with Javier Casillas, who at the time was a general foreman and 4th-year instructor. Javier saw potential in me and encouraged me to apply for an instructor position.

### **What do you do for work outside of teaching?**

In my current role as a supervisor for electrical inspections with the City of San José's Building Division, I continue to apply the same passion for teaching and guiding others. My responsibilities include ensuring that electrical work within my area of responsibility meets minimum Code compliance. I find that my teaching experience enhances my ability to lead, as it allows me to mentor and develop the skills of the inspectors I supervise, fostering a culture of continuous learning and excellence within our team.

### **What is your favorite part about teaching? What is your philosophy when it comes to teaching?**

Throughout my life, I have faced challenges with learning, which has given me a deep understanding of the difficulties others may encounter in their own educational journeys. This personal experience has fueled my passion for empowering individuals who struggle with learning, helping them realize their potential and become the best versions of themselves. My belief is simple: if I can do it, so can you. In my teaching approach, I focus on deconstructing complex information into its most essential elements, making it accessible and applicable to real-life situations. I strive to present material in a way that is not only understandable but also practical, ensuring that what we cover in the classroom translates directly to the challenges faced on the job.

### **Any advice you would like to share with apprentices or maybe other journeymen?**

I believe that continuous learning is key to personal and professional growth, especially in the electrical trade. By taking the initiative to research tasks you perform on the job, you not only enhance your own knowledge and skills but also contribute to the overall strength and reputation of IBEW Local 332. This investment in personal and professional growth will truly make us leaders in the industry.

# SPARKY'S Spotlight



## **What made you interested in joining an IBEW Apprenticeship?**

I think the biggest motivation was my husband. He pushed me to pursue the IBEW apprenticeship. I was working at a manufacturing company, Western Digital, doing 12-hour night shifts at minimum 5 days a week. I didn't see a future there and felt like I was at a point where I needed to make a decision and pursue a career. My husband was also applying to the apprenticeship and pushed me to set my fears and second guessing aside and turn in an application with him. The idea of what life could be like with a great career, thrilling job, and all that the future could bring moved me to apply to the apprenticeship.

## **What is something exciting you have learned so far in your Apprenticeship?**

One of the most exciting things I've learned so far in the apprenticeship is the ability to do more than I think I'm capable of. The thrill of nailing a difficult offset on the first try or being able to complete a task with little to no questions is moving. Nothing is more rewarding than finishing a project faster than expected.

## **What is the most challenging thing about being an Apprentice at the ETASV?**

The most challenging thing about being an apprentice in my experience is juggling work and learning at school. Trying to align what I learn in class to what I am doing at work can sometimes not correlate which for myself is difficult since I am a visual learner and seeing diagrams or examples in our textbooks can really settle an idea in my mind for me.

## **Jacqueline Colmer 5th Year Inside**

### **What is your favorite union event? (picnic, baseball, clay shooting, etc)**

My favorite union event without a doubt is the picnic. Nothing boosts my happiness more than a good steak, good drinks, and free stuff hehe. Also winning a couple of coolers makes me biased but definitely a great time, great vibe, especially with my future family getting started.

### **What do you like to do outside of work and school?**

Does it make me sound like a lazy person if I say I love to rot? I look forward to nothing more than to lay and binge watch documentaries or watch my favorite movies like White Chicks, Norbit, and the Wrong Missy if I want to throw in a little certified game. I do love to attend concerts with my husband and friends. The occasional game night always leaves me sore the next day from laughing so hard.

### **Do you have a long commute? If so, how do you get through the long drive?**

I'd have to say, there's nothing more that keeps me on the edge of my seat than a good true crime podcast. I have a couple of podcasts on rotation for my commute ranging from true crime, ghost stories, to some comedy. However, if I had a long night the night prior, and haven't gone to the grocery store to stock up on Celsius, the only thing that will get me through the drive is blasting some Taylor Swift and some r&b's. (Huge swiftie)

# Meet an ETASV Staff Member

## HOW LONG HAVE YOU WORKED AT THE ETASV?

About 5 1/2 years.

## WHAT IS YOUR ROLE HERE?

Originally hired to scribe for the monthly Committee meetings, which I still do. The role morphed to be of help anywhere I can be, which is good cause there is always something cookin' here at the training center. A few duties I perform here are to coordinate any hosted events for our auditorium or industry rooms, to get any new instructors an ETASV email and laptop set up, or to administer aptitude testing for our applicants (some of you may have heard my sick Dad jokes at that time). In a nutshell, my role is to assist the office manager, Director, Coordinator and anyone else on our team.

## WHAT DO YOU LIKE BEST ABOUT WORKING AT THE ETASV?

Best part would be the admin ladies; not only are they the backbone of the ETASV, but they fill my heart up each day. Forever grateful for the sisterhood and support system in learning the ways of this training center machine.

## WHAT IS YOUR FAVORITE THING ABOUT YOUR JOB?

Every day is different, which is awesome! Also, learning about the trade has been fascinating; almost every week I catch a new word/lingo or phrase from the field. Meeting people through this job has been a blessing and very rewarding. Made some lifelong friendships through this job!



MARILYN ROSA

## WHAT'S YOUR FAVORITE TIME OF THE YEAR AND WHY?

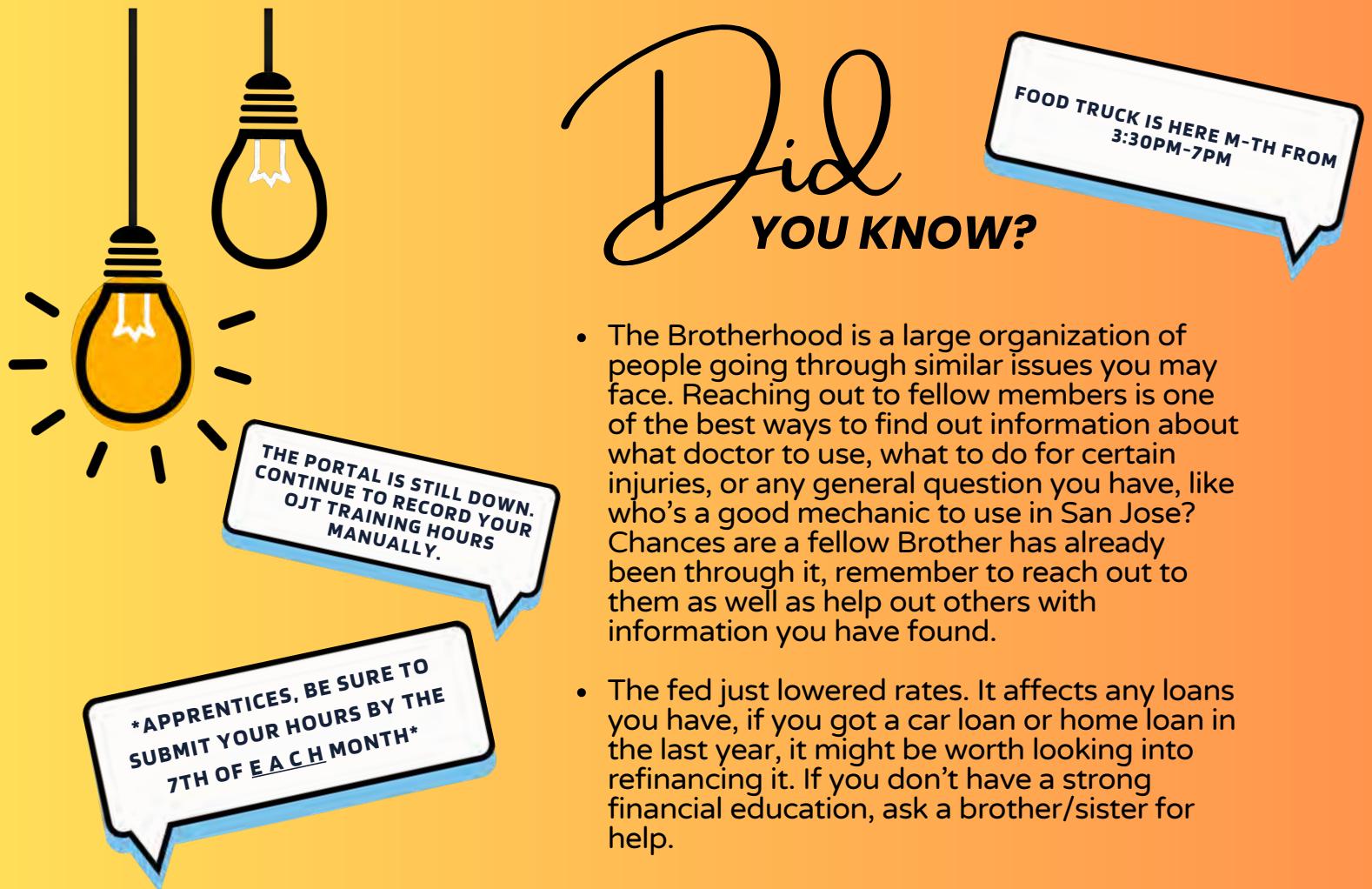
This is a tie for me. Summer is perfect cause its primetime to soak up the sun, enjoy the outdoors, and BBQ to your heart's content. I also love the fall because it kicks off the holiday season, and who doesn't love the tree leaves changing color?

## WHAT ARE YOUR HOBBIES OUTSIDE OF WORK?

Spending time with family, seeing movies, catching standup comedy shows, and taking beach trips. I have started a new cooking challenge for myself to try and make a new recipe at least once every week. A goal of mine is to give a whirl at a standup open mic by next year.

## TOP 3 FAVORITE MOVIES OF ALL TIME?

If I had to scootch the question to which top 3 movies that I love so much that I quote them a bunch- it would be Friday, Billy Madison, and National Lampoon's Christmas Vacation.



1. YOU MUST HAVE COMPLETED THE SEMESTER
2. REQUIRED HOURS NEED TO BE SUBMITTED AND APPROVED
3. CPR/FIRST AID AND SEXUAL HARASSMENT PREVENTION NEED TO BE UP TO DATE
4. EMAIL - [ADVANCEMENTREQUESTS@ETASV.ORG](mailto:ADVANCEMENTREQUESTS@ETASV.ORG)

# SAFETY CORNER

## ERGONOMICS FOR ELECTRICAL WORKERS



### ERGONOMICS IN THE WORK PLACE:

- In electrical work, hazards exist in many forms. Ergonomic hazards include musculoskeletal disorders (MSDs) caused by repetitive motions, contact stress from poorly designed tools, and poor lifting and handling practices. Slip & fall hazards are frequently present due to the high places and rough ground that electricians must navigate. With many of you starting your careers we wanted to provide you with some tips to ensure proper ergonomics are practiced.



- From material handling & prefabrication to wire pulling & trenching, electrical contractors & their crews tackle a wide variety of physically demanding tasks daily. OSHA has reported through statistics that ergonomic injuries account for the top reason for workman's compensation claims & these injuries resulted in musculoskeletal disorders (MSDs). Implementing proper ergonomics in your daily tasks improve comfort, relieve stress, and increase productivity. It also substantially reduces the threat of injury.

# SAFETY CORNER

## ERGONOMICS FOR ELECTRICAL WORKERS

***Support and rehabilitation programs for electrical workers play a crucial role in maintaining a healthy and productive workforce.***

- Physical rehabilitation is indeed a key component of support programs for workers.
- It encompasses a range of treatments designed to address the specific injuries & physical strains common in the trade.
- Physiotherapy, a primary element of physical rehabilitation, plays a crucial role in helping workers recover from injuries such as fractures, muscle strains and joint problems.
- The goal is to not just treat the injury but to equip workers with the knowledge & skills to maintain their physical well-being in the long term.
- Other remedies for injuries include but are not limited to Mental health counseling sessions, chiropractic care & Acupuncture treatment.
- Please Note: Consult a medical professional prior to seeking any of these additional remedies.

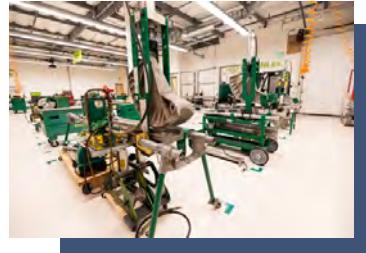
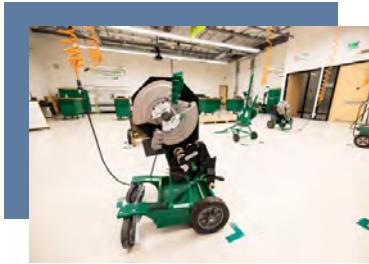
### ***Best ergonomic practices to utilize in your daily tasks:***

- Keep in mind that lifting loads in excess of 50lbs puts you at increased risk for injury. If the object you need to lift weighs over 50lbs team lifting is the smartest route to take.
- Don't allow just one shoulder/arm or hand to bear the brunt of a load. Any of these lifting postures can place uneven stress on your spine.
- During wire pulls, cut down on friction and reduce the amount of force needed for the job by lubricating wires & cables as they enter the conduit.
- If you are elevated to pull wire, use platform ladders which unlike regular ladders allow you to turn in the direction of the work while pulling so that ergonomic posture can be maintained.
- Prevent joint strain that comes with frequent bending by storing tools and supplies on height appropriate surfaces.
- Choose tools that are as lightweight as possible, and come with padded, slip resistant handles made of rubber or soft plastic.
- Wear the correct size gloves, work gloves can be excellent at improving grip & protecting hands from abrasion & contact stress.

# ETASV

## ELECTRIC & HYDRAULIC CONDUIT BENDING

### Instructor : *LUCY VALENCIA*



### **TECHNICAL ADVANCED ELECTRIC/HYDRAULIC BENDERS :**

- An *ELECTRIC BENDER* is a tool that bends pipes or conduit using rollers to apply pressure.
- A *HYDRAULIC BENDER* is a device that uses hydraulic pressure to bend various metal pipes to specific angles.
- These benders are faster than hand-operated benders, and can make precise bends in seconds. They can also be programmed to make the same bends repeatedly, and can calculate layout measurements before work begins.
- Electricians use *ELECTRIC* and *HYDRAULIC BENDERS* to bend various types of electrical conduit for a variety of projects on jobsites within the electrical industry.

### **COURSE DESCRIPTIONS :**

- *Lab 1* : Covers safety and setup of the sidewinders and table benders, followed by safety and set up demos by Instructor : **LUCY VALENCIA**.
- *Lab 2* : Covers how to chart benders, layout bends followed by hands on practice.
- *Lab 3* : Advanced math calculations, hands on practice and final test ensuring safety and knowledge retention from previous labs.
- ALL of Instructor **VALENCIA'S LABS** are held here at *ETASV RENOWNED FACILITY!*

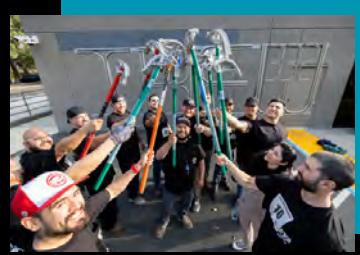
- Describe your current position here at ETASV: I teach the *Advanced Conduit Bending Labs* for the *ELECTRIC* and *HYDRAULIC* table benders, for 4th and 5th year apprentices as well as JW upgrades.
- Describe your Pipe Bending Lab Course Curriculum: For the apprentices, I host 3 labs per guest class. JW upgrade classes are based on the same curriculum but those are normally held over 2 Saturday classes.
- Why are these skills important for apprentices to learn? Bending large conduit is becoming a lost art. Apprentices may not see these machines out in the field or have the opportunity to learn how to use them in our fast-paced projects. I hope to teach them a foundation to build on so they can become successful in their careers, as well as increasing our value collectively as a local.
- Briefly describe your current positions in the Electrical Industry: I am an Inside Wireman currently working for Pfeiffer Electric, and new to teaching classes at the ETASV. I have received a lot of instruction and support along the years in this trade and I really want to "pay it forward" by sharing my knowledge with anyone who'd like to learn the craft.



# ETASV

## ADVANCED CONDUIT BENDING

Instructor : **MICHAEL RODRIGUEZ**



### ADVANCED

#### HAND BENDING CONDUIT LABS :

- A **HAND BENDER** is used to bend rigid conduit and electrical metallic tubing (EMT) up to  $1\frac{1}{4}$ " in diameter. **HAND BENDERS** have degree scales and bending indicators to help with the bending process.
- **HAND BENDERS** can be used to bend pipes such as EMT, IMC, and Rigid pipe
- Electricians use **HAND BENDERS** to bend and shape electrical conduit and pipe to fit in specific locations. **HAND BENDERS** are used by electricians on a daily basis in the industry.
- The most common pipe bend angles electricians use are 30, 45, 60, and 90 degrees. Each angle serves specific purposes.

### COURSE DESCRIPTIONS :

- Chart Benders, use of Shrink and Gain
- Box Offsets, Rolling Offsets
- Parrel Offsets, Parrel Kicks
- 90s, Back - Back 90s and Kicked 90s
- Rigid Conduit Cutting, Threading/Bending
- Trigonometric Equations

Instructor : **MICHAEL RODRIGUEZ**

*Advanced Conduit Bending Labs* are held in the  
**ETASV RENOWNED CONDUIT LAB.**

Courses are taught to IBEW 332 apprentices on  
a weekly basis, and also instructed in a detailed  
5 week Saturday course.

- Describe your current position here at ETASV: I teach conduit fabrication classes for apprentices and JW upgrades based on the use of hand benders as well as cutting, threading and installing rigid conduit.
- Describe your Pipe Bending Lab Course Curriculum: My courses are focused on instructing the fundamentals of conduit bending. During my courses we utilize the ETASV renowned Conduit Lab. Students will have the opportunity to be very hands on with benders in various situations with in the **ETASV CONDUIT LABS**.
- Why are these skills important for apprentices to learn? Having these skills will help to increase your productivity and decrease wasted materials and overall make you a more efficient conduit bender. I hope to give students a foundation to build on so they can become successful in their careers, as well as increasing our value collectively as a local.
- Briefly describe your current position in the Electrical Industry: I am a 16 year IBEW 332 member. I am a third generation electrician following in my father and grandfather's footsteps. I am currently working for McGrath Electric as a Journeyman Wireman.





ETASU ANNUAL

# TRUNK OR TREAT



SATURDAY OCTOBER 26

| 5 PM - 9 PM



Please join us, wear your best costume, and enjoy a night of Halloween fun.

1873 BABER LANE  
MILPITAS CA, 96025

# ACTIVITIES INCLUDE:

PUMPKIN PAINTING &  
KIDS FACE PAINTING



PUMPKIN CARVING COMPETITION

\*PRIZES AWARDED FOR TOP 3 BEST  
CARVED PUMPKINS \*



TRUNK OR TREAT

DECORATIONS/DISPLAY CONTEST

\*PRIZES AWARDED FOR TOP 3 BEST  
SPOOKY TRUNKS\*



COOKIE DECORATING,  
CAKE WALK, AND  
COSTUME PARADE



**ASKING  
HELP  
IS OK**

FOR

FOR MENTAL HEALTH  
AND SUBSTANCE USE

## FIND HELP

988 SUICIDE & CRISIS LINE

CALL or TEXT 988 or [988LIFELIN.org](http://988LIFELIN.org)

VETERANS CRISIS LINE

DIAL 988 (PRESS 1) TEXT 838255

DISASTER DISTRESS HELPLINE

CALL or TEXT 1-800-985-5990

SAMHSA'S NATIONAL HELPLINE

1-800-662-HELP (4357)

[FindTreatment.gov](http://FindTreatment.gov)

[FindSupport.gov](http://FindSupport.gov)

[samhsa.gov//find-help](http://samhsa.gov//find-help)



# RESOURCES



- Your medical insurance provides mental health benefits.
- All Apprentices are students at Foothill College. Here is a link to their Mental Health Resources:  
<https://foothill.edu/mentalhealthwellness/mentalhealth.html>
- For Inside Wiremen, we have an “Employee Assistance Program (EAP) that provides free services to those with substance and alcohol abuse, addiction and dependency problems: <https://www.beatiteap.com/>

- Better Help is not directly covered under our health plans, but it can be paid with using our UAS HRA Card. The site matches you with a licensed therapist based on your criteria (gender, faith, LGBTQ, age, race). Your therapy sessions can be via phone or video. You will qualify for a discount code to reduce the cost of your sessions and your licensed therapist who will review your case and contact you. Weekly sessions are 30-45 minutes long. If you find that you are not compatible with the therapist, you are assigned you can request a different therapist. Sessions are \$90/week you will qualify for a discount and the payments are covered by our HSA card. <https://www.betterhelp.com/>

Disclaimer: The information contained in this newsletter is provided for general educational purposes only and is not intended to diagnose, treat, cure, or prevent any health condition. Please consult a qualified health care professional to diagnose your health condition and prevent self-diagnosis. We do not dispense medical advice or prescribe or diagnose illness.

# MENT 2 HELP CORNER



# Mental Wellness

## ***What is Mental Wellness & How to Maintain it!***

Some might define “mental wellness” as a state of consistent happiness. It is definitely more than that. The human body, brain & your lifestyle must perform a complicated dance that makes room for many emotions.

The key to mental wellness is, instead of staying consistently happy, pass through these many life events & emotions with a sense of equilibrium.

***Common symptoms can be early signs of an issue regarding your mental wellness:***

- Eating or sleeping too much to too little.
  - Pulling away from people & usual activities.
  - Feeling helpless or hopeless.
  - Experiencing severe mood swings.

# *Mental Wellness Tips:*

- Stay in contact with friends & family.
  - Develop coping skills that are right for you.
  - Find ways to keep a positive outlook.
  - Incorporate physical exercise into your routine.
  - Volunteering or helping others.
  - Allow yourself to seek professional help if you need it.

## **Mental Wellness:**

Is a state of well being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community. Notice how this definition says nothing about happiness. Its also not defined as the absence of mental illness. Rather, mental wellness means you are able to adequately cope with the stresses life throws at you, whether that be as simple as a work project or as complicated as a breakup.

If you or a loved one experience any of the aforementioned symptoms, we here at the ETASV want to provide you with some different ways to assist with improving your mental wellness. Don't allow anyone or anything to take your peace away.

\*APPRENTICES, BE SURE TO  
SUBMIT YOUR HOURS BY THE  
7TH OF EACH MONTH\*

**HAVE QUESTIONS  
ABOUT YOUR  
ELIGIBILITY, HOURS, OR  
HRA QUESTIONS?  
PLEASE FIND THE  
FOLLOWING CONTACT  
INFO.**



United  
Administrative  
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FOOD TRUCK IS HERE M-TH FROM  
3:30PM-7PM

The 3M logo is prominently displayed in large red letters on a white wall in the background of a workshop.