

THE  
**PLUG** 

# THE PLUG



## A Word from the Training Director



Hello everyone,

It always amazes me how quickly the end of the school year creeps up. I think it attests to all the hard work everyone has put into this past year. The bar has been raised at our training center, and I'm glad to say our apprentices have met the challenges to meet that new standard. I always speak to "accountability".

**Student** accountability means to put forth the best effort possible and to abide by the rules, regulations, and standards set forth by the program.

**Instructor** accountability is to execute a clear, concise, and relevant course curriculum that inspires student engagement with the material presented.

**ETASV staff** accountability is to provide program structure and support on all levels, to all instructors, and to all students.

**ETASV Committee** accountability is to provide the framework for a thriving and successful apprenticeship program in our prestigious area here in Santa Clara County.

If we all remain accountable for our responsibilities here at the training center, there is no limit to the success and growth of our programs. That means better wages, better healthcare, better retirement, and better living standards for all our apprentices, and union members. It also means a strong and professionally trained workforce for our local signatory contractors to utilize for continued first class electrical service needs to customers across Santa Clara County. With contractors' success comes prosperity and success to all Local 332 members.

I have no doubt in my mind, the graduating class of 2025 will carry that "accountability" factor to their experiences outside of the apprenticeship. Congratulations to both the Inside and the Residential graduates of 2025. Endless possibilities await. The world is your oyster!!!

-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."

# A WORD FROM THE APPRENTICE COORDINATOR

Dear Brothers and Sisters,

The following words have been used so many times by others that they can't help but sound trite and cliched... but nevertheless...

I want all of you to know that it has been an honor and a privilege to serve you, over these past 8 years. I accepted this position in 2017 as a person who had already lived a fairly long time. For proof, I remember registering for the draft during the Vietnam War though by the time the war ended in 1975 I was still in high school. Point is I'm pretty old and when I was hired into this position, I thought that I was experienced and wise. Yet looking back, it's surprising and undeniable that my greatest personal growth has been during these last 8 years.



I've come to accept that I knew very little about life before my time as Apprentice Coordinator. It's one thing to understand ideas and concepts like brotherhood, compassion, patience and understanding and quite another thing to have received them and paid them forward. Only over the last 8 years have I come to fully appreciate such things as friendship, trust, and unconditional respect. Only over these last 8 years have I fully witnessed the wide range of human conditions, challenges and adversities that randomly visit us, some of these adversities not only considerable, but even profound.

In a community the size of ours, we are visited by no less than our own share of misfortunes. Seeing the suffering of others up close is illuminating to say the least. Seeing the strength of character of those who adversity has randomly picked changes a person. Witnessing how individuals face challenges greater than I have ever known has been a humbling education and I am a much more grateful and thankful person as a result. To be intimate with a person's journey, good and bad, is enriching.

Of course, I've paid witness to uncountable successes and triumphs. To see people come back from illnesses and the deaths of loved ones, to see people face their addictions and dependencies, and to see people overcome disabilities, is inspiring to say the least. I've seen many things and participated in some of them. There is no greater privilege than the opportunity to have even a slight positive effect on someone's life and I have enjoyed and benefitted from this opportunity more times than I deserve. At any moment over the years, we have been friends, siblings, colleagues, superiors, subordinates, teachers and students for each other. Particularly, as someone who grew up in a top-down, hierarchical household, I've been humbled and inspired to have learned so much from so many of my Apprentices, both in words and in deeds. While I look forward to my next position at the ETASV, I want to thank all of you for the greatest years of my life.

**With Gratitude,**

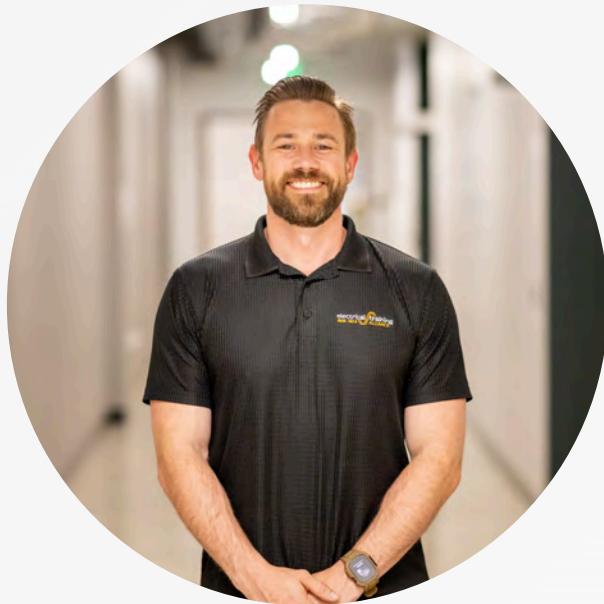
**Robert Chon**

# MEET AN INSTRUCTOR

## CHRIS PAUP

BLUEBEAM AND

5<sup>TH</sup> YR FOREMAN TECHNOLOGIES



### Tell us a little about yourself, where do you work outside of teaching?

I work for Cupertino Electric as a Foreman for our Public Infrastructure Division. I've been working at Cupertino for 6 years and have been really enjoying the challenge of Public Infrastructure and Industrial work.

### What made you want to become an instructor?

I saw that there was a need for the apprentices and the school itself to have instruction from a perspective of Advancing our expertise in emerging Construction Technologies. I was in a position to help fill that need, and I have never looked back. I started teaching in 2021 during Covid which was a challenge, but I had a fantastic 3<sup>rd</sup> year class who really rose to meet that challenge and make it a success.

### If you weren't an electrician, what would you be doing?

I would be a back country Park Ranger or a dog sled guide living in a remote area like the Alaskan Yukon or Northern Yellowstone.

### What did you struggle with during your time in the apprenticeship?

I think the biggest challenge was my 5<sup>th</sup> year being remote due to Covid and trying to get the hands-on experience in the Labs without the ability to be in any actual Labs

### What is your favorite part about teaching?

Being able to pass on knowledge and experience I have gained to try to make roles and responsibilities in the field less of a "sink or swim" event. Seeing the difference in knowledge and understanding of advanced concepts of Leadership, Planning and Technologies from the beginning of the semester compared to the end of the class is absolutely awesome to witness. Seeing your students be excited to finally learn something they have only been able to see or hear about in the field is so much fun.

### What is your philosophy when it comes to teaching?

Not only to teach your students everything you can, but to impress on them the importance of them doing the same to the next generation in the future. With every new day and every new task, we complete in the field, we elevate our experience and knowledge, but it doesn't do any of us any favors to keep that to ourselves and not pass it on whenever we can.

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

Never stop trying to learn. Our industry is rapidly evolving, and you are consistently faced with a choice, you can be stubborn, or you can be curious. Always choose the latter. The moment you stop being curious and trying to learn, is the moment you start falling behind.

# DEREK LOCSIN'S

## STATE CERTIFICATION SUCCESS STORY

Derek Locsin is a 5<sup>th</sup> year Inside Wireman who's path to passing the State Certification is an inspiration for those who will be approaching this milestone in the years to come. There is always hesitation and a bit of nerves going into the exam due to it's history of being a tough exam to pass. Derek knew that he may need to take the exam on more than one occasion. With the advise from his Instructor, he signed up for his initial attempt early in the 1st semester. There were external factors that contributed to his score of 58 on his first attempt, lack of sleep being one of them. Undeterred he immediately reapplied and took his second attempt 65 days later. Improving drastically Derek unfortunately came up 1 point shy of passing, scoring a 69. Derek considered all the factors that could help him achieve the best outcome. He took into consideration when he scheduled the test time; opting for a Saturday morning at 9am. He also filed for the extended test accommodation which allowed him 6 hours to complete the test, rather than the standard 4.5 hours. He also got proper sleep, focused on nutrition and had a positive attitude going into it. He had made all the right actions to set himself up for success.

For Derek, the third time was a charm. He passed the State Certification! He didn't let what was previously causing him to fail discourage him, he used those factors as tools for consideration. He set himself up to be as successful as possible.

These stories of perseverance are prime examples of success. The path may differ for everyone, but the goal is the same. Working with our Instructors, getting guidance on test preparation will greatly improve the outcome.

**Derek's advice for the next class, "Apply for the exam as early as possible, be well rested! Find what works for you and your study habits. Properly nourish yourself since the duration of the test is many hours. There are ways for everyone to succeed."**

# ETASV

## STATE CERTIFIED INSIDE & RESIDENTIAL WIREMAN

The ETASV took a new approach when they started the 2024/2025 school year. This year's emphasis was to encourage the 5<sup>th</sup> year Inside and 3<sup>rd</sup> year Residential apprentices to take the State Certification exam as early as possible in the beginning of the first semester. The strategy for this was that given ample time in the school year, the apprentices would have more opportunities to retake the exam if needed. This proved to be successful in passing what has been a notoriously hard exam. It was very common for individuals to need to retake the exam after their initial attempt and successfully pass. The ETASV is very proud of the graduating class who exceeded all expectation in the passing rate of the State Certification Exam. In the past two years, under Training Director Albert Lancaster's direction the pass rates of the exam have drastically increased year after year. This year being the highest yet. With hard work, determination and never giving up our apprentices are turning out State Certified in a new record rate. The ETASV is proud of all ETASV apprentices and all those who contributed to this success!

### GRADUATING STATE CERTIFIED PERCENTAGE

#### INSIDE



#### RESIDENTIAL



Newly State Certified apprentice names will be highlighted in **RED** showcasing their achievement of passing the CA State Certification.

## **5th Year Inside Wireman CA State Certified**

• Elias Aleman	• Marcus Gonzales	• Ashley Noriega
• Juan Alfaro	• Justin Graham	• Thaddeus Nunez
• Sean Altman	• Anthony Green	• Emmanuel Ornelas
• Keven Alvarenga	• Armando Guevara	• Anthony Ortiz
• Giovanni Barajas Valencia	• <b>Alfonse Gumaer</b>	• Jake Pauer
• Dustin Broussard	• Agustin Gutierrez	• <b>John Pereira</b>
• Matthew Burks	• Johnny Hernandez	• Christian Perez
• Julia Ceja-Alvarado	• QuangMinh Ho	• Jose Pichardo Figueroa
• Carlos Cervantes	• Cody Hutton	• Fernando Pino
• Sonia Cervantes Ordaz	• Brandon Jimenez Machuca	• Roberto Ramos
• <b>John Clow</b>	• Colby Jones	• David Recio
• Jacqueline Colmer	• Jacob Kaplan	• Aniceto Reyes
• Randall Cone	• Henry Kim	• Sergio Rico
• Joseph Cruz	• Andrew Lane	• Julian Rios
• Brian Dalla	• Alvin Llaneza	• Hector Ron
• Marcus Duran	• <b>Derek Locsin</b>	• Joey Sandoval
• Daniel Duran	• Alejandro Lopez	• Evan Smith
• Jackson Felker	• Edward Lopez	• Eric Souza
• Jonathan Ferreira	• <b>Julio Lopez</b>	• Nicholas Squatritto
• Edward Figueroa	• Patrick Mackenzie	• Stephen Stickells
• Esteban Fuentes	• Ricardo Maldonado	• Mark Townsend
• Michelle Galang	• Victor Martinez	• Raymundo Vallejo Serrano
• <b>Sean Gambill</b>	• <b>Wendel Mojica</b>	• Erik Vazquez
• Julian Garcia	• Carlos Matthew Morales	• Alejandro Venegas
• Michael Gomez	• Quinn Neto	• Ramonito Vitug
• Francisco Gomez	• <b>Dan Nguyen</b>	• Glenn White
• Michael Gonzales	• Nicholas Nguyen	• Nicholas Zamudio

## **3rd Year Residential Wireman CA State Certified**

• Aaron Badillo	• Zhan Huang	• Kristina Noland
• Armando Cardenas-Lopez	• Tyler Lerma	• Garrett Phelps
• Jacob Castrejon	• Alexis Lonbera	• Luis Pinon
• Ulisses Curiel	• Brandon Lopez	• <b>Daniel Lopez</b>
• Malik Earhart	• Adrian Martinez	• Andrew Rocha
• Edwyn Escobar	• Omar Martinez	• <b>Daniel Santos</b>
• Elva Espino	• Mark Michaud	• Jesse Seronio Jr
• Michael Gallegos	• Owen Nakagawa	• Justin Sizemore
• Lauro Gomez	• Justin Nelson	• <b>Fernando Valencia</b>
• Hans Hernandez	• Bryan Nguyen	

## **4th Year Inside Wireman CA State Certified**

• Anthony Devencenzi      • Dominique Greco      • Jonathan Juarez      • Carlos Medina

## **3rd Year Inside Wireman CA State Certified**

• Nicholas Kroner



# ETASV CABLE SPLICING CERTIFICATION

## WHAT IS CABLE SPLICING?

- Medium voltage cable splicing involves joining two medium voltage cables (typically between 1 kV and 35 kV) to create a reliable and long-lasting electrical connection. This process demands precision and specialized techniques due to the higher voltage levels and the need to manage electrical stress. Splices are designed to channel electrical stress from the cable into the splice and back into the cable, ensuring it can withstand surges and stresses without failing.



## IMPORTANCE OF CABLE SPLICING :

- Medium voltage cable splicing is crucial in electrical systems for ensuring reliable power transmission, minimizing losses, and maintaining safety standards. Proper splicing techniques are essential for creating durable and consistent connections between cable segments, preventing failures and ensuring the longevity of the power infrastructure.



## HOW DO WE LEARN ABOUT CABLE SPLICING?

- ETASV comprehensive program allows individuals to demonstrate their knowledge, skills, and abilities when splicing and terminating shielded electrical power cables. By completing both a knowledge (written) and a performance (practical) exam, competency of splicing will be recognized by the issuance of a certification card to the successful candidate in the specific category examined.



## ETASV CABLE SPLICING CERTIFICATION :

- Much has been written on the competency and the workmanship of individuals performing medium voltage cable splicing work. Industry supported programs that are developed and administered on a national basis, will go far in establishing levels of competency that meet the needs of industry and the public for safe and reliable delivery of electrical power.
- Certification will enable us to formally recognize those individuals that have successfully demonstrated an understanding of the knowledge, skills, and abilities of cable splicing.



## PERSONNEL CERTIFICATION PROGRAM :

The National Cable Splicing Certification Board (NCSCB) is developing and establishing a personnel certification and re-certification program for candidates who successfully demonstrate their knowledge, skills, and abilities in the field of splicing and terminating shielded electrical power cables.

- Electrical utilities
- Specialty electrical contractors
- Underground distribution
- Network maintenance
- Construction contractors
- Industrial facilities/installations

# ETASV CABLE SPLICING CERTIFICATION

## COURSE OVERVIEW:

### Fundamental Concepts

#### Voltage Ranges:

- Understanding the definition of medium voltage (typically 1kV to 35kV) and its place within the overall electrical system (low voltage and high voltage).

#### Components:

- Identifying and understanding the function of various components like switchgear, circuit breakers, transformers, cables, and protective devices.

### Operation and Maintenance

#### Switchgear Operations:

- Learning how to operate and maintain switchgear, including switching operations, troubleshooting faults, and performing preventive maintenance.

#### Circuit Breaker Maintenance:

- Understanding the construction, operation, and maintenance of circuit breakers, including testing and inspection procedures.

#### Cable Maintenance:

- Learning about different cable types, splicing techniques, termination methods, and cable testing procedures.

#### Medium Voltage Cable Types and Construction:

- Understanding the different types of MV cables, their components, and construction methods is crucial for proper splicing and termination.

#### Cable Preparation and Handling:

- Proper preparation techniques, including cable stripping, cleaning, and de-sheathing, are essential for ensuring a reliable splice.

#### Splicing Techniques:

- Participants learn various splicing methods, such as heat shrink, cold shrink, and taped splices, along with the appropriate tools and materials.

### Safety Practices

#### Lockout/Tagout Procedures:

- Implementing lockout/tagout procedures to safely de-energize and isolate equipment for maintenance.

#### PPE and Safety Equipment:

- Understanding the importance of personal protective equipment (PPE) and other safety equipment used when working with medium voltage equipment.

#### Safe Work Practices:

- Adhering to safety protocols and procedures for working on or near medium voltage equipment.

### Practical Skills

#### Hands-on Training:

- Participating in hands-on exercises and simulations to gain practical experience with medium voltage equipment.

#### Case Studies:

- Analyzing real-world case studies of medium voltage system failures and learning from them.

#### Testing and Commissioning:

- Learning how to test and commission medium voltage equipment, including documentation and reporting.

#### Termination Techniques:

- Different termination methods, including hand-taped, molded, and heat-shrink terminations, are covered, along with their applications and installation procedures.

#### Stress Control and External Leakage:

- Understanding stress control techniques and methods for preventing external leakage are crucial for ensuring the longevity and reliability of splices and terminations.

#### Testing and Diagnostics:

- Participants learn how to test splices and terminations using various methods, such as dielectric strength testing and fault location techniques, to ensure their integrity.



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**ETASV CABLE SPLICING INSTRUCTOR  
BRYAN GARCIA**



**ETASV CABLE SPLICING INSTRUCTOR  
RICHARD SIEBER**



# SPLICING INTERVIEW

## MARK FOSHEE

CABLE SPLICING STUDENT



**Tell us a little about yourself, and where did you hear about the splicing class?**

My name is Mark Foshee. I've been a union electrician for 10 years and prior to that I was a service maintenance /electrician at Stafford linear accelerator (SLAC). During my time spent at Stanford, I met quite a few medium voltage splicers who were working at Cupertino Electric, and I found the work interesting. I heard about the class from a journeyman working with me, who said an email went out about trying out for a medium voltage cable splicing class. I immediately remembered the guys from years earlier while working out at Stanford and figured I would give it a shot.

**What were you thinking were the pros and cons to joining the splicing class?**

The pros of getting into the class are the knowledge and the skill set that you walk away with after the classes are completed. It is second to none. This is not an entry level class. It was extremely competitive to get into the class. Approximately 100 people tried out for the class. Only 18 were accepted and we are currently at 14 students. I would have to say the cons are, the length of it. 18 months out of your life is quite a daunting task to go back to school after you have already gone through the apprenticeship for five years.

**What part of the class did you find most interesting?**

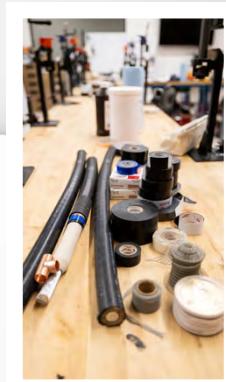
The theory and knowledge pertain to the safety of medium voltage. When you went through the apprenticeship, we only dealt with 600 Volts and below. Versus the 1000volts to 35KV that splicers commonly deal with.

**Was there a lot of hands-on work in the class?**

The class is almost all hands on, with tons of reps opening cables, diagnosing problems with cables, megger testing, IEEE standards in real world applications.

**What do you think was the biggest challenge of the class?**

My biggest challenge of the class was juggling life between school, work and three kids. It's tough to show up to school two nights a week for 18 months, missing the extracurricular activities with the kids.



# The ETASV Safety Corner

## Hand & Power Tool Safety

### Hand & Power Tools

With the summer break approaching we wanted to bring awareness to proper hand & power tool use out at the jobsites. Sometimes we overlook the hazards associated with the common tools that are used on a daily basis. However, these simple tools can be hazardous and have the potential for causing severe injuries when used or maintained improperly. The employer is responsible for the safe condition of tools and equipment used by employees, but "YOU" as the employee has the responsibility for properly using and maintaining the tools in use. It is understood that the use of tools such as power saws & drills can become a redundant task, but we all need to be reminded to stay focused on working safely.

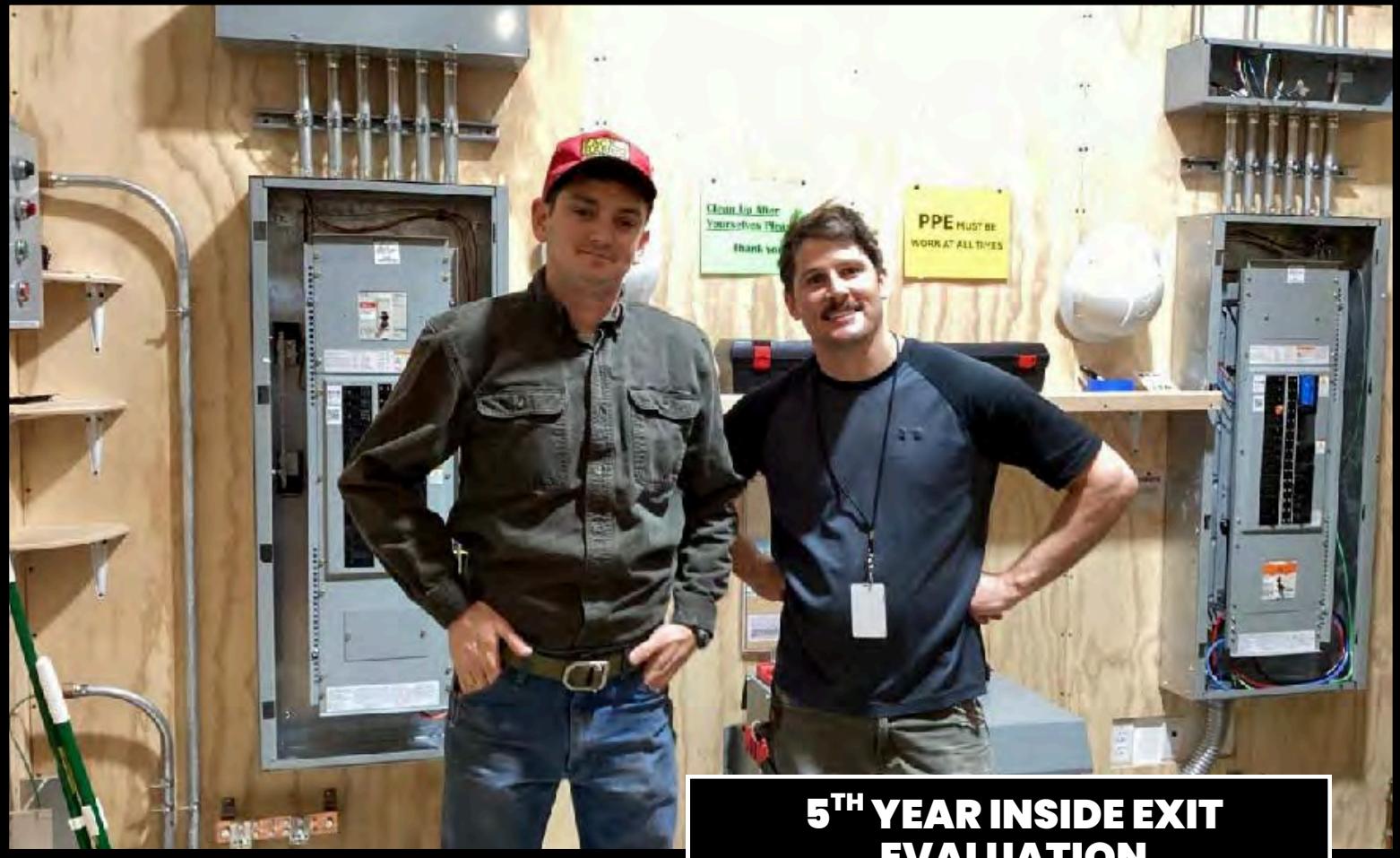
### Statistics

The leading cause of injuries in the construction industry is contact with piercing or cutting tools such as saws, nail guns, and drills. The most common injuries, according to OSHA, caused by power tools include electric shock, eye injuries, puncture wounds, crushing injuries, and amputations. Power tools attribute to about 960,000 injuries & 200 fatalities a year nationwide!

### Hand & Power Tool Safety Tips

- Ensure all operators are trained in the proper use of the tool.
- Use the right tool for the job & match the tool to the task.
- Examine all tools for damage before each use taking it out of service if damaged.
- Make sure all safety guards are in place & do not remove!
- Always wear the appropriate PPE such as safety glasses/gloves, hardhat & ear protection.
- Use tools the right way. (Cut away from the body when utilizing knives.)
- Maintain good body positioning & balance when using tools.
- Keep fingers away from saw blades when in use.
- Secure & Stabilize material in clamps or a vise for your safety when cutting.
- When picking up power tools never place fingers anywhere near trigger.
- Ensure the use of insulated tools when performing electrical work.
- Read the tool's instruction manual and follow use guidelines.
- Power tools should have a 3-prong grounded plug or be double-insulated.
- Store sharp tools properly when not in use with no cutting edges exposed.





## 5<sup>TH</sup> YEAR INSIDE EXIT EVALUATION



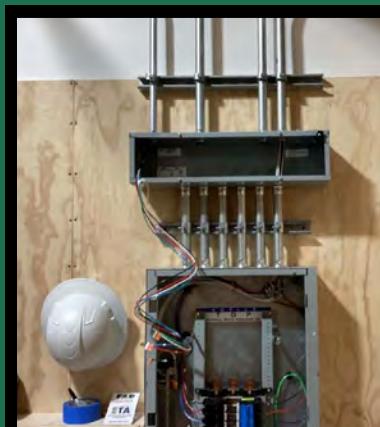
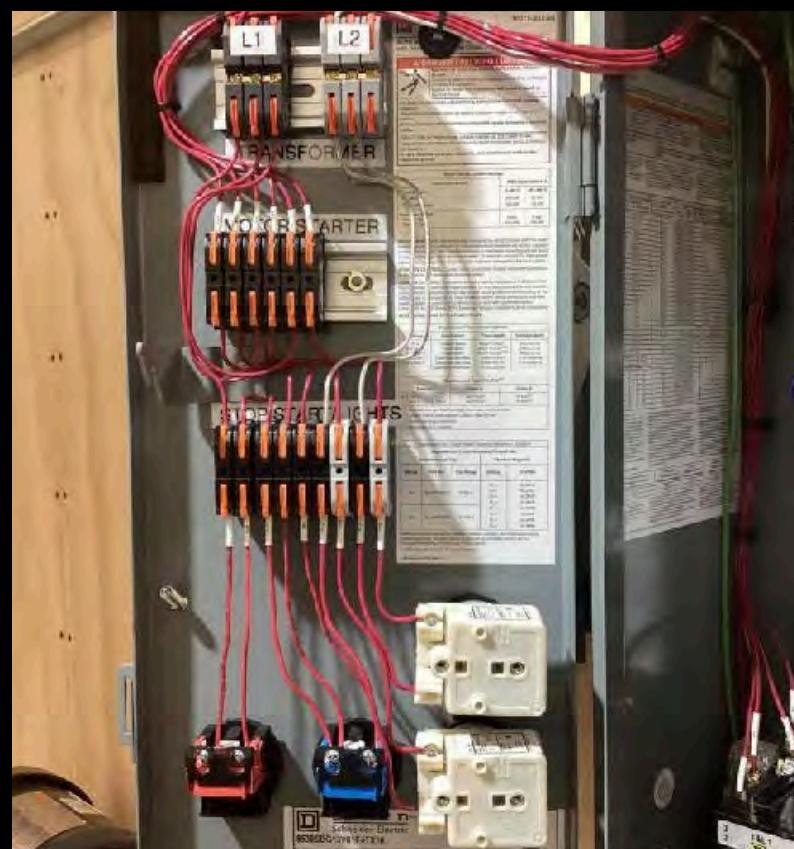
The ETASV rolled out a new aspect to apprentice training. An end of year hands on evaluation requiring apprentices to demonstrate relevant baseline skills needed to be a competent professional journeyman electrician.

Every 5<sup>th</sup> year inside student was required to be evaluated. The evaluation encompasses different aspects of our trade such as Lighting, Power, Fire Alarm, Motor Controls, Panel/XFMR makeup, blueprint competency, and light foreman abilities such as material takeoff and RFI submissions.

The total points possible for the evaluation is 200. There was one team that received a nearly perfect score and deserves to be recognized for their exceptional efforts.

Congratulations to **Stephen Stickells and Randall Cone**. Their efforts in the evaluation exemplify what it truly means to be an electrician in Local 332.

**Score - 199.5/200**



# **ETASV**

## **UPCOMING TRAINING**

### **THE ETASV NEW CLASSES BEING OFFERED OVER THE SUMMER**

**Lighting Controls Basics**- This hands-on course introduces the core concepts of modern lighting control systems using the industry standard Wattstopper platform. Students will gain a working understanding of system architecture, component functionality, and operational theory equipping them to meet the rising demands for energy code compliance & intelligent building design. This course is tailored for journeyman electricians.

**OSHPD/HCAI Awareness**- This course is designed to give students an understanding of how OSHPD (Office of Statewide Hospital Planning & Development)/HCAI (Department of Healthcare Access & Information) provides standards/oversight of new hospital building construction as it relates to Title 24 (California Building Standards Code). Which includes strict seismic compliance, guidelines for BIM to include hazard mitigation of new building sites.

**Lighting Controls Advanced**- This course is designed for journeyman & professionals seeking deeper expertise on the more complex aspects of the Wattstopper lighting control system. This course delves into the advanced topics such as integrating centralized & distributed system architectures, networking control components, and understanding how larger lighting control systems communicate across a facility.

**NFPA 70B Introduction**- This course is designed as an awareness class to give students a broad understanding of how NFPA 70B evolved from a **recommended practice** for electrical equipment maintenance to **a standard** for electrical equipment maintenance. Students will gain knowledge on essential maintenance intervals, condition based maintenance strategies, and best practices for ensuring OSHA/CALOSHA compliance & safety in electrical systems.



**REVIEW THE ETASV WEBSITE FOR CLASS DATES, NEW CLASSES & EXISTING UPCOMING CLASSES**

- California Solar Training & Certification (CALSTaC)
- Photovoltaic Systems
- NFPA 70E
- OSHA 30
- OSHA 10
- Instrumentation
- Motor Controls
- HVAC
- Fire Alarm Course
- Confined Space Training
- Bluebeam- Intro to Design & Fundamentals
- Pipe Bending- Hand Bending & Mechanical/Table Bending
- Fiber Optic Training
- Splicing
- Foreman Development Series
- Microsoft Office Course

**MARK YOUR CALENDAR!**



# ETASV BREAKING NEWS!

## PG&E APPLICANT INSTALLER PRE-QUALIFICATION REQUIREMENTS

**New rules are in effect (March 1<sup>st</sup>, 2025) regarding contractors installing PG&E facilities & all applicant installers must submit to being Pre-Qualified prior to working on “any” PG&E owned infrastructure.**

**Effective March 1, 2025**, all Applicants and/or their Contractors installing PG&E facilities (Applicant Installers) must be Pre-Qualified by PG&E in order to ensure the safety, quality and compliant installation of facilities to be owned and operated by PG&E. In addition, all applicant installers installing gas facilities must have programs and documentation in place to meet 49CFR Part 199 Subparts B and C of the Department of Transportation Pipeline and Hazardous Materials Safety Drug and Alcohol Testing.

**Why it matters:** to you Applicant Installers will no longer be able to install PG&E facilities without obtaining and maintaining PG&E's Pre-Qualification "Safety, Quality, and Conduct Assessment" (SQCA) in Onboard Learning Management System by Industrial Training Services (ITS). Prior to performing inspections on applicant-installed facilities, PG&E inspectors must validate that applicant installer personnel have completed PG&E's pre-qualification assessment by scanning the individuals ITS wallet Card (see job aid page 4 of this document)

**Key discussion points:** Each applicant installer contractor will be required to register and create an account with ITS (see job aid page 5 of this document) Each individual performing or documenting work to install PG&E facilities (laborers, operators, welders, fitters, field engineers, etc.) will be required to complete an individual SQCA, available starting 11/15/24. Each individual successfully completing the assessment will be issued an ITS Wallet Card with a QR code that can be scanned by PG&E inspectors using a smart phone device to view and validate the pre-qualification in the field. For individuals and homeowners installing PG&E facilities for which the applicant, installer, and customer are one in the same, please reach out to PG&EAApplicantInstallerPreQual@pge.com to obtain an ITS profile 12 weeks prior to pre-construction meeting (Note: applicant installers already maintaining OQs required for gas installations in ITS will be able to use their existing account and wallet cards by simply adding the SQCA to the student's profile) · Each Applicant installer installing gas facilities will also be required to register with National Compliance Monitoring System (NCMS) and submit documentation supporting a compliant drug and alcohol testing program for any individual performing an Operator Qualified (OQ) covered task. (see job aid page 6 of this document) You must register with ITS and complete the SQCA prior to being approved to register with NCMS (Note: NCMS is integrated with ITS to provide evidence of the individuals compliance with drug and alcohol testing on the ITS wallet card)

**STAY UP TO DATE WITH THE LATEST BREAKING NEWS IN THE ELECTRICAL INDUSTRY**



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CONGRATS GRADUATES!

# ETASV Graduation

FRIDAY JUNE 13TH, 2025

5001 Great America Pkwy  
Santa Clara, CA 95051

**ELIGIBLE FOR A  
RAISE?**

- 
- 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 - [advancementrequest@etasv.org](mailto:advancementrequest@etasv.org)**



# ETASV

*Photography*



# COMPETITION

Photography, the art, science, and practice of creating images by recording light on a surface.

Be **PROUD** of your installs on the jobsite!

Be **CREATIVE** submitting your photos.

Rather than taking another selfie...

The ETASV is calling upon all apprentices to become more involved in your own apprenticeship program.

Submit photos of work installs, creative construction/jobsite, favorite hobbies, ETASV Labs, and industry related images.

Submit your images to be featured in The PLUG newsletters to  
[marissa@etasv.org](mailto:marissa@etasv.org)



**ASKING  
FOR  
HELP  
IS OK**



## FIND HELP

988 SUICIDE & CRISIS LINE

VETERANS CRISIS LINE

DIAL 988 (PRESS 1) TEXT 838255

FOR MENTAL HEALTH  
AND SUBSTANCE USE

SAMHSA'S NATIONAL HELPLINE

1-800-662-HELP (4357)

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

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

Crisis Text Line—Text “Home” to 741-741

- Crisis Text Line is here for any crisis. A crisis counselor receives text and responds from a secure line to assist with your crisis.



# 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



## MENTAL HEALTH AWARENESS FOR SPRING



Spring is upon us, and a sense of renewal and rejuvenation comes with it. As the days get nicer and that temperature starts to climb, it's the perfect time to prioritize your health & well-being. We here at the ETASV wanted to assist you with embracing the spirit of the season to give yourself a fresh start!

We understand that spring time can bring a surge of anxiety for many such as the pressure to be productive, social, and "make the most" of the nice weather. It's crucial to recognize these challenges and offset them with healthy spring wellness ideas for a healthier, happier you!

*You Matter*

## MENTAL HEALTH WELLNESS IDEAS FOR SPRING

- Embrace Outdoor Activities- Getting active outdoors with the nice weather can greatly boost your mood & energy levels. Such as taking in a good hike or going for a bike ride.
- Spring Clean Your Health - Just as you do spring cleaning in your home you need to do the same for your health routine! Revamp your diet, fitness, and self-care routines to improve your well-being.
- Prioritize Your Sleep - As the days get longer, It's important to maintain a consistent sleep schedule to ensure you're getting enough rest. Aim for 7-9 hours of quality sleep each night to help your body recharge.
- Eat a Balanced Diet- If you want to spring-clean your diet ensure you include plenty of fruits, vegetables, and salads into your diet.
- Take Break From Social Media - An effective way to reduce stress & improve mental -well-being is taking a break from social media. A 3-7 day break can help lessen anxiety.
- Engage In Offline Activities- Spend time with friends or loved ones, listen to music, exercise, or pursue a new hobby that can reclaim your peace & aid in stress reduction.

Remember: A Healthy Outside starts from the Inside!!!



Have questions  
about your eligibility,  
hours, or HRA  
questions? Please  
find the following  
contact info.

**Inside Health & Welfare**  
Marlene Hernandez  
408-288-4433  
[mhernandez@uastpa.com](mailto:mhernandez@uastpa.com)

**Residential Health & Welfare**  
Shandy Grace  
408-288-4452  
[sgrace@uastpa.com](mailto:sgrace@uastpa.com)

[ibew332benefits.com](http://ibew332benefits.com)



United  
Administrative  
Services

**All inquiries**  
Sandy Stephenson  
408-288-4440  
[ssstephenson@uastpa.com](mailto:ssstephenson@uastpa.com)

**Inside/Resi Pension Questions?**  
Rachelle Manalo  
408-288-4559  
[rmanalo@uastpa.com](mailto:rmanalo@uastpa.com)

**All Inquires**  
Jo-Ann Rashid  
408-288-4493  
[jrashid@uastpa.com](mailto:jrashid@uastpa.com)

