A blurred background image showing various electrical components, including a red push-button switch, a black power outlet, and several red and black wires connected to a white electrical panel. The panel has several yellow and orange labels on its circuit breakers.

THE PLUG



ELECTRICAL
TRAINING ALLIANCE
OF SILICON VALLEY



THE PLUG



A Word from the Training Director

Hello Everyone,

February has been a busy month, and March is shaping up to be as well. Work has picked up, necessitating the need for more apprentices. We currently have a new class of 20 1st year apprentices attending Boot Camp and 40 more in the queue to start Boot Camp by next month. Local 332 is leading the charge with work outlook in the coming years. We are surpassing all the surrounding locals, who have all slowed down due to federal funding cuts. We are extremely fortunate to be part of the work outlook in Santa Clara County, where we have a healthy combination of privately funded work in addition to “essential” federal funding for public infrastructure and utilities.



One of our employees, here at the school, was reading the national “Electrical Worker” newspaper and noticed an article written about the Los Angeles JATC. They referred to their JATC as the “Taj Mahal” of training centers. I took that as a direct challenge to elevate our training center and surpass all California JATC’s as the best Training center in the state and the country! We are now the highest paid electricians in the country. That means our training center needs to be held at the highest regard and provide the best training.

Every new issue of the plug we feature a new lab that has been created to meet that goal. Soon we will be featured in the national newsletter as the undisputed “Best” training center in the country. To showcase our “commitment to excellence” we are hosting our 2nd annual Skills Competition and Membership Open House. Hope to see you all there!

-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

As most of you are aware, next Saturday March 8th is the 2nd Annual ETASV Skills Tournament and Open House. Our Skills Tournament is a prelude to the Annual Western States Electrical Contest which is hosted by a different IBEW District 9 training center every year. The Western States Contest has been held yearly since the 1960s and our Skills Tournament is held partly to determine which graduating Apprentice will represent our local in that contest.

The Skills Tournament brings back memories of my time as an apprentice as I had the privilege of representing IBEW 332 in the 2007 Western States Competition. Another ETASV employee and Western States alumnus is our Facilities Manager Sergio Rosa (2014) and Instructor Francis Whiston (2017) with Cupertino Electric. Others who have had the recent honor of representing our local in the Western States are Jesus Gomez Garcia (2024) of Cupertino Electric, Matthew Baptista (2023) of Blocka Construction, and Michael Brotherton (2022) of Emcor/Mesa Energy Systems.

The Western States was on hiatus during Covid but the individuals who would have represented Local 332 were current ETASV Instructor Chris Paup (2021) of Cupertino Electric and Seth Landig (2020) of Cupertino Electric. In 2019, Residential and Inside Graduate Andrew Speights represented us at the event in Tacoma, Washington. Andrew is with Atlas-Pellizarri Electric. Daniel Grimaldo (2018) was our representative in Portland, Oregon and is with Blue Arc Electric. Scott Pfeiffer represented our local in 2016 and Elcor Superintendent Cory Palmer did so in 2015. Other excellent electricians who have held the banner for our local include Steve Savage (2013), Roger Brady (2012), Cupertino Electric's George Melendez (2010), and Archkey Sprig Superintendent John Hamner (2006).

It's not hard to notice that the list includes many exceptionally accomplished individuals. Virtually everyone mentioned above has ascended to a high position in our local.

So, when you attend the ETASV Skills Tournament next Saturday, be prepared to witness a competition between Local 332's next generation of great electricians.



-Robert Chon

MEET AN INSTRUCTOR

DAN CHOMA
4TH YEAR INSIDE



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

I am recovering from total knee replacement surgery on my left knee, but soon I will be looking to get back to work.

What made you want to become an instructor?

I always enjoyed helping the crew learn so, when I was asked to help with a journeyman upgrade class I was thrilled. Then covid hit, I volunteered to assist with apprentice classes, now I teach 4th year and love it!

What do you hope apprentices take out of your class, for their career or for the next year?

I hope they learn one new thing every class or at work and never stop being inquisitive. These 5 years are just a beginning, between the classroom and field you can rise to great heights in our field.

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

I felt I needed to learn and memorize everything in the code book. I tried and it drove me crazy.

What is your favorite part about teaching?

Watching students have an AH-HA moment and seeing in their eyes they achieved something, it truly makes me feel proud.

What is your philosophy when it comes to teaching?

I teach from the perspective of my learned experience. I go through the material then tie it into something I have done in the field or how they will see it in the field. I use pictures, videos, drawing or anything in my arsenal to help the students see what they are being taught has a real-life example.

What are your teaching goals?

To have as many students as possible have a long, prosperous, productive & satisfying career. So, when retirement happens, they can look back & feel they were part of the building of our country.

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

Never be satisfied, always strive for better, be conscientious about your work and perform the best job everyday with the tools, material, information, and manpower you are given.

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

Piloting a boat, navigating either the open ocean or inter coastal waterways. I would love to navigate the Mississippi river from New Orleans north then the Ohio river east and the Missouri river west.

SPARKY Spotlight

What motivated you to pursue the IBEW apprenticeship?

Before I joined the IBEW apprenticeship, I was in school at Mission College in the Fire Technology program with aspirations to become a firefighter. I was even interviewing with the City of Santa Clara Fire Department and had made it through to the third round of interviews while I was still in school completing my EMT courses. It was during the interview process that I really came to terms with my mental health not being in the best place to become a firefighter and the other fork in the road for me was always being a union electrician! I put in my application and got accepted not even 6 months after. The IBEW has always been on my mind because I knew how strong the union was after talking with my partner's dad who was a UA Local 393 plumber for a very long time. He always wanted me to get into the trades, and he always told me to be an electrician. I had done my research after high school about the IBEW and knew (somewhat) about the benefits of being a union electrician and knew that it was a career, not just a dead end job. In the end, it has turned out to be the best decision I have ever made!

A fun fact about yourself.

Ever since I was young, I've played multiple instruments. When I was growing up, it was either playing sports or playing music and not much in between! I've always had a hard time sitting still and always needed to move or take something apart and put it back together to figure out how it works, and with music, it's the best of both worlds.



Sarah Holmes

3rd YR Residential

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

The most challenging part for me is being back in night school! I love my sleep, and on Monday's and Wednesdays (and Tuesdays, Thursday's, and Saturday's when I decide to take multiple JW upgrade classes) are very long days. Being away from home for 12+ hours in the day is extremely exhausting, but I know what my end goal is and I can see the light at the end of the tunnel! The long days and being away from my loved ones so much throughout the week is tough, but extremely worth it!

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

Troubleshooting is the most exciting part of my apprenticeship so far! As weird as it may sound to some, being able to look at a circuit with the walls closed and be able to figure out where the problem is to make everything run smoothly makes me happy at the end of the day. I know a few people who don't enjoy troubleshooting, but it makes me actually sit and think about what the problem may be and it makes me use my brain more to pick apart the circuit without putting holes in a wall (unless that's needed!).



SAVE THE DATE

ETASV Graduation

FRIDAY JUNE 13TH, 2025

5001 Great America Pkwy
Santa Clara, CA 95051

If you would like to book a room for the night, the Hyatt Regency Santa Clara is connected to the Convention Center.

If you would like to volunteer please email rachele@etasv.org ASAP

More information coming soon!



Leah Van Emmerik

SCHOLARSHIP FOR EXCELLENCE

The LEAH VAN EMMERIK Scholarship for Excellence was established by The Van Emmerik Family in remembrance of their remarkable daughter Leah Van Emmerik.

The scholarships are awarded to Apprentices who are Parents that excel in the field and in the classroom. The Van Emmerik's plan to make this an annual award.

Here is a photo of Leah Van Emmerik's Father, Doug on December 18, 2024, at the ETASV, presenting the Leah Van Emmerik Scholarship for Excellence to Apprentices Jackie Martinez, Nicolas Rivera, and Jose Medina.

Leah is dearly missed here at the ETASV, the impact she left on us all will live on. Leah's scholarship will carry on her memory for years to come.



THE LATEST AT ETASV

ETASV CURRICULUM COORDINATOR

DANIEL TRUJILLO

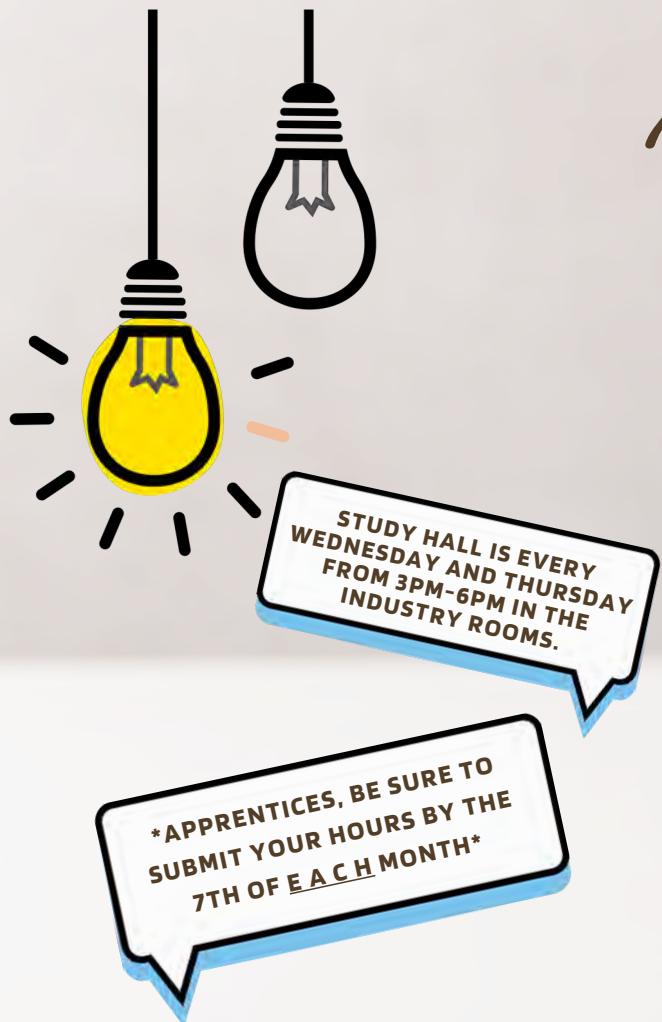


ETASV Curriculum Coordinator

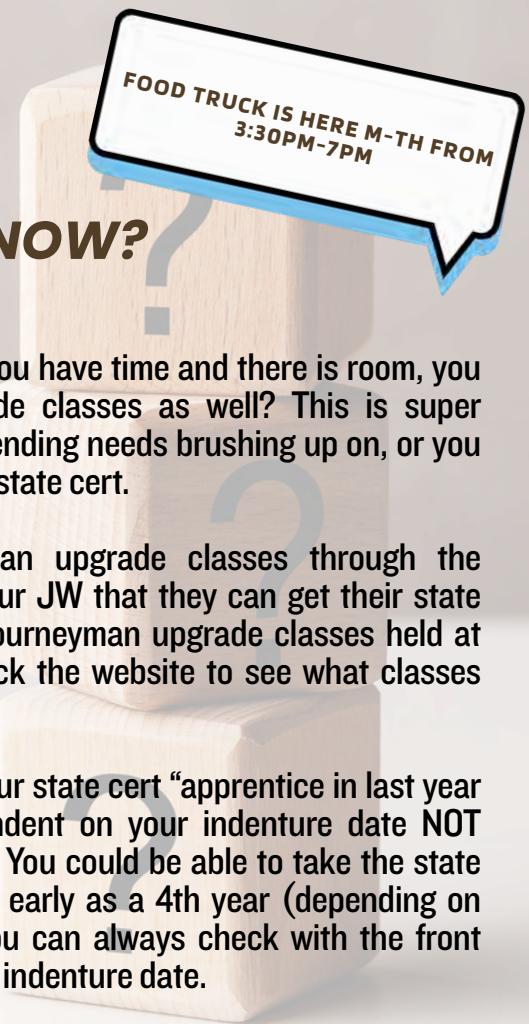
- The new Curriculum Coordinator position will help to improve and standardize all processes being implemented here at the training center.
- The Curriculum Coordinator will report directly to the Training Director with all data points received by the aforementioned bullet points.
- This is exciting new territory, allowing the training center to fully grow into its untapped potential.

Curriculum Coordinator Responsibilities:

- Curriculum standardization and development
- Classroom assessments and evaluations
- Facilitate and attend Team Lead meetings and instructor meetings
- Establish guidelines and best practices for curriculum delivery
- Establish standardized syllabus and course outline for all years (Inside and Residential)
- Help to align instructors teaching the same year of instruction/curriculum
- Develop activities and documentation associated with all ETASV Hands on Labs
- Collaborate with lead instructors and base instructors, providing guidance and support
- Provide Train the Trainer courses for hands on lab activities
- Provide Train the Trainer courses for all technology-based tools utilized in the classroom (Procore, BlueBeam, NFPA Link, ChatGPT, Exam View, Point Solutions, Canvas)



Did YOU KNOW?



- As an apprentice, if you have time and there is room, you can take JW upgrade classes as well? This is super helpful if your pipe bending needs brushing up on, or you are studying for your state cert.
- There are journeyman upgrade classes through the school online. Tell your JW that they can get their state cert hours through journeyman upgrade classes held at the ETASV. Just check the website to see what classes are available.
- When applying for your state cert “apprentice in last year of training” is dependent on your indenture date NOT what year you are in. You could be able to take the state certification exam as early as a 4th year (depending on when you got in). You can always check with the front office to find out your indenture date.

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

INTRODUCTION TO TEST INSTRUMENTS LAB

WHAT ARE DIGITAL MULTIMETERS?

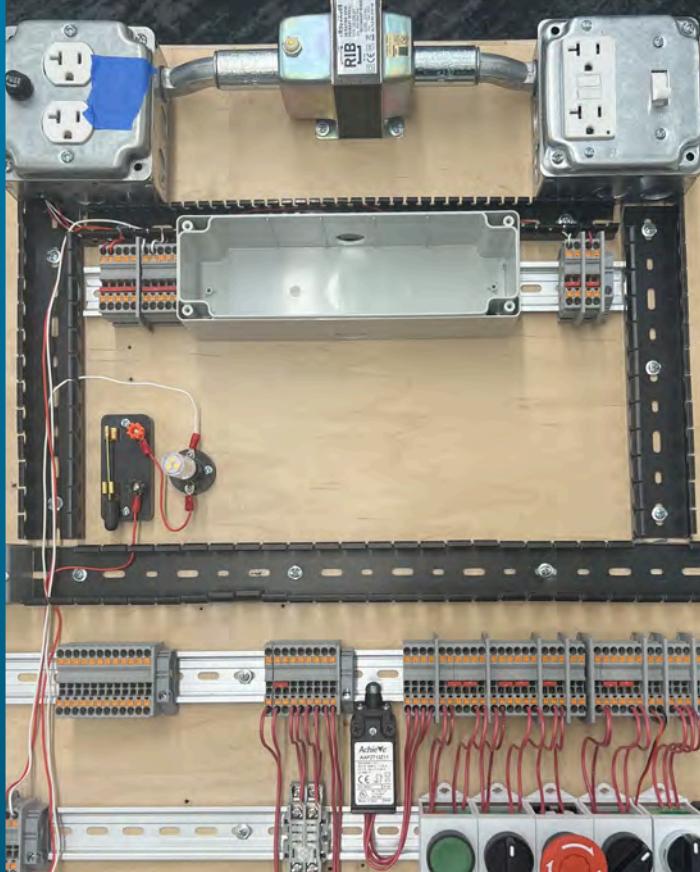
- A digital multimeter (DMM) is a versatile electronic device used to measure various electrical properties, including voltage, current, and resistance.
- Digital multimeters have replaced traditional analog meters and offer higher accuracy, reliability, and better handling of impedance.

WHY ARE DIGITAL MULTIMETERS IMPORTANT?

- Digital Multimeters are used to test electrical components and circuits for voltage, resistance, and continuity. This can be useful for troubleshooting and repairing electrical issues.
- Digital multimeters can be useful for troubleshooting and repairing electrical issues.

TEST INSTRUMENTS LAB OBJECTIVES:

- Develop confidence using a digital multimeter.
- Understand why we use multimeters.
- Use a multimeter to measure AC/DC volts, amps, ohms.
- Troubleshoot switches, relays,
- Determine the state of a set of contacts.
- Follow a schematic, terminate, test & power devices then document the reading.



WORKING SAFELY WITH DIGITAL MULTIMETERS

- To work safely with a digital multimeter, always ensure the circuit is de-energized before testing, check the meter's voltage rating, use the correct settings for the measurement type, inspect test leads for damage, use the "one-hand rule" when probing, and never touch the probes together while measuring voltage; always disconnect the test leads before opening the meter case or changing settings.

ETASV SAFETY PROTOCOLS:

- ETASV 2' X 2' boards have multiple safety precautions to ensure the safety of all our Apprentices. Powered by 120V, the first line of protection is a GFCI Receptacle, followed by a Single Pole Toggle Switch, the final protection is a RIB TR100VA001 stepping down from 120V to 24V SAFETY IST!!!



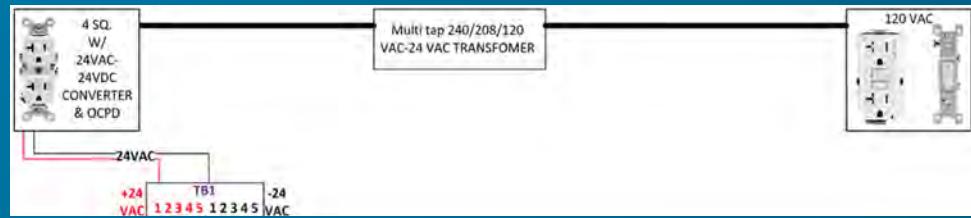
ELECTRICAL
TRAINING ALLIANCE
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DIAGRAMS UTILIZED FOR THESE SPECIFIC LABS:

Below are diagrams utilized by the ETASV Instructors to assist in the development and learning of the ETASV Apprentices during their Hands on Training.



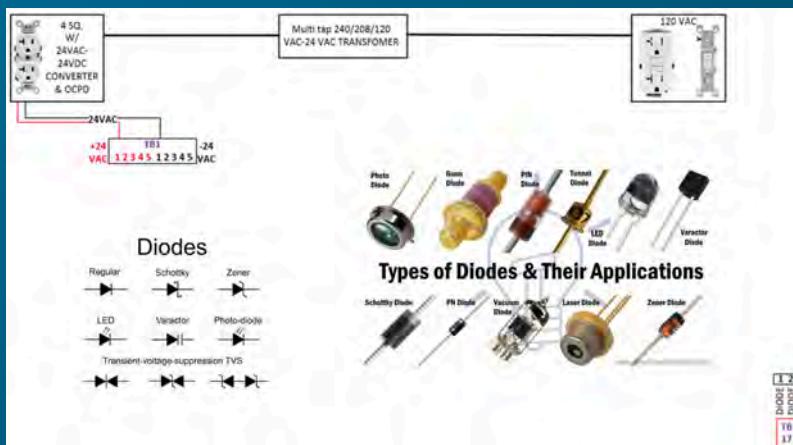
VOLTAGE MEASUREMENT



POTENTIOMETER



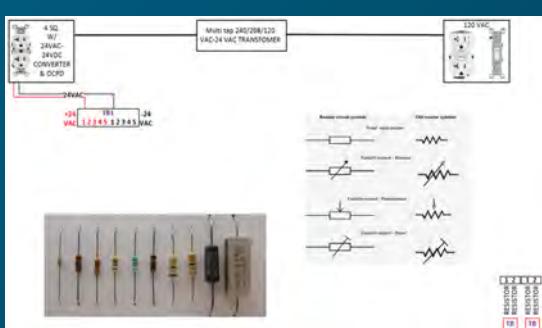
DIODES



2-POSITION SWITCH

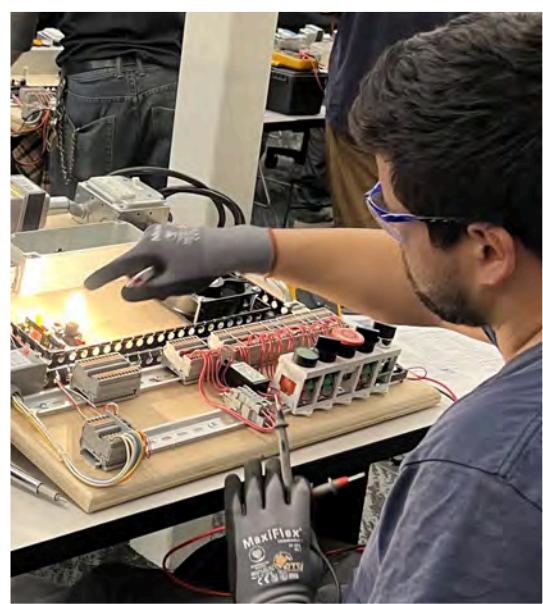


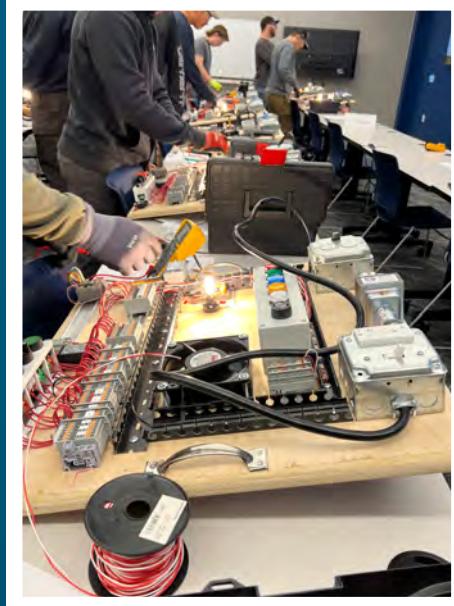
RESISTORS



3-position switch or Hand/Off/Auto







**GRADUATING CLASS OF
2024/2025**

**STATE CERTIFIED
INSIDE & RESIDENTIAL WIREMAN**

ETASV GOLD STANDARD OF EXCELLENCE

- THE PLUG WILL BE HIGHLIGHTING EACH MONTH THE UPDATED CA STATE CERTIFIED CURRENT APPRENTICESHIP CLASS BOTH INSIDE AND RESIDENTIAL PROGRAMS.
- TUNE INTO THE PLUG EACH MONTH TO SEE WHICH OF YOUR FELLOW APPRENTICES HAVE SUCCESSFULLY PASSED THE CA STATE CERTIFICATION EXAM.
- NEWLY STATE CERTIFIED APPRENTICE NAMES WILL BE HIGHLIGHTED IN **GOLD** SHOWCASING THEIR ACHIEVEMENT OF PASSING THE CA STATE CERTIFICATION.
- INSIDE WIREMAN ARE CURRENTLY AT 82% CERTIFIED
- RESIDENTIAL WIREMAN ARE CURRENTLY AT 86% CERTIFIED



5th Year Inside Wireman CA State Certified

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

3rd Year Residential Wireman CA State Certified

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

4th Year Inside Wireman CA State Certified

- Anthony Devencenzi
- Dominique Greco
- Jonathan Juarez

3rd Year Inside Wireman CA State Certified

- Nicholas Kroner



SAFETY CORNER

Fall Protection



FALL ARREST
vs
FALL RESTRAINT

Many jobsites are ramping up manpower, increasing demand working from various heights. This requires extra safety precautions to reduce the risk of injury to employees. The ETASV wanted to bring awareness on measures to protect employees from fall hazards. There are two options to choose from which include Fall Arrest Systems and Fall Restraint Systems.

What is the difference between Fall Arrest vs. Fall Restraint?

Fall Arrest System

A fall arrest is a type of fall protection system that serves the purpose of stopping a worker after a fall has already occurred. The components to a fall arrest system include an anchorage point, a body harness, and a self-retracting lifeline or safety lanyard connecting the harness to the anchorage point. If the worker falls while connected to a fall arrest system, the system works to stop them mid-fall before they can reach the ground below.



Fall Restraint System

Even though “fall restraint” sounds like another way to describe a fall arrest system, the two are very different. While a fall arrest system stops a worker mid-fall, a fall restraint system stops a worker from being able to fall in the first place. A fall restraint system stops workers from going past a certain point so they are unable to fall off the edge. The restraint system will contain the worker within a set work area, and they will be unable to accidentally or purposefully approach the edge.

SAFETY CORNER

Fall Protection



FALL PROTECTION SAFETY TIPS

Fall Protection DO's

- Pick an anchorage point that will support 5000 lbs. per worker (strong enough to support a pick up truck).
- Fall arrest systems should be rigged so employees can't free-fall more than 6 feet (or contact any lower level).
- Tie-off above your head. A six-foot person who ties off at the feet could free-fall as much as 12 feet.
- Place your anchorage directly above/behind your work area to avoid potential swing fall hazards.
- Use the shortest lanyard possible. The shorter the tie-off, the shorter the fall.
- Have anchorage points selected by a competent person.

✓ Inspect your equipment daily. ✓ Look for fraying ropes, cracks or other defects in hardware. ✓ Tag and remove defective equipment from service ✓ Make sure you are attached to a sound anchorage.



HIERARCHY OF FALL PROTECTION

- 1 ELIMINATE HAZARDS
- 2 PASSIVE FALL RESTRAINT
- 3 FALL RESTRAINT SYSTEMS
- 4 FALL ARREST SYSTEMS
- 5 CONTROLLED ACCESS ZONES

Another strategy to evaluate the use of fall protection methods is utilizing the **Hierarchy of Fall Protection**. This hierarchy of solutions (Level 1-5) should always be evaluated to determine which is the safest most effective process to use for hazard elimination. With level 1 being the most effective for worker protection removing the fall hazard itself.

MENT 2 HELP CORNER

When we live life, we will all most certainly will be confronted with uncertainty at times! Fear of the unknown is a source of considerable anxiety and stress for many!

The American Psychological Association reports that the biggest sources of stress for Americans are uncertainty about finances and health.

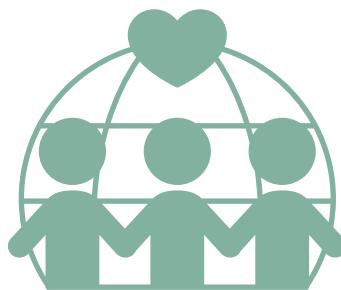


Fear of the unknown can come in many forms such as a change in relationship dynamics, an unexpected medical diagnosis, debt issues, or an unexpected family issue.

The fear of the unknown can be scary and full of potential threats to leading a healthy life. The ETASV wanted to offer some healthy ways to cope with the Fear of the Unknown.

MENT 2 HELP CORNER

- **Focus attention on the present moment** – When dealing with the unknown, it can be easy to fall into the “what if” cycle; What if I fail at something, what if I deal with a breakup? Worrying about the future or ruminating on the past, when you can change neither. This can exacerbate anxiety. Attention to what’s happening right now can help re-focus the mind and remind the brain it’s responding to anxious thoughts, rather than reality.
- **Use Distraction** – The spiral of worry tends to feed itself – the more we think about our worries, the more we worry. Breaking the cycle can help. Go for a walk, watch a movie, do some deep breathing, or listen to some good music. Redirecting the thoughts can help calm the nervous system.
- **Focus on the things you can control** – Fear of the unknown naturally makes us want to exert control. Often, we focus our efforts on things we can’t control others’ behavior, the stock market, medical conditions, traffic, and our feelings. Focusing on what you can control can help you manage your fear of the unknown. For example, you have control over your behavior, attending medical appointments, your budget, and how you react to your feelings.
- **Try taking a break from the news** – The media’s tendency to lead with stories of violence, destruction, and devastation can perpetuate the feeling that the world is chaotic and unsafe. Try listening to an audiobook, music or podcast during the morning commute.
- **Be gentle with yourself** – You may view others as more resilient in the face of uncertainty and feel inadequate about your ability to “roll with the punches.” The fact is that we all handle the unknown differently—and that’s ok! It’s important, to be honest with yourself and clear about what you need to effectively cope with the stress of the unknown. Consider communicating your feelings to trusted family and friends, who can help remind you of your strengths and abilities.



GOOD of the SCHOOL

ETASV SHIRT DESIGN CONTEST

CALLING ALL APPRENTICES!

The ETASV needs your help! Help create the next shirt design for school apparel. Submit your designs by the end of the semester, with the QR code below.

ETASV swag apparel is now available at
the front counter!
\$10 t-shirts and \$15 hats



**SCAN QR CODE
to ENTER**

CONTEST RULES:

- No vulgar or offensive imagery
- No vulgar or offensive verbiage
- No political images or verbiage
- No religious images or verbiage
- Positive representation for IBEW and NECA





ELECTRICAL
TRAINING ALLIANCE
OF SILICON VALLEY

Skills Tournament and Open House

WATCH THE UPCOMING GRADUATES
GO HEAD TO HEAD IN THE FIELD

Pipe Bending

Material Identification

Residential Wiring Motor Controls

Saturday March 8th, 2025

1873 Barber Lane | Milpitas | 9:30am

Food Trucks & D.J.



Register by
February 21st for
food ticket and
special gifts



ASKING FOR HELP IS OK



FIND HELP

988 SUICIDE & CRISIS LINE

CALL or TEXT 988 or 988LIFELIN.org

VETERANS CRISIS LINE

DIAL 988 (PRESS 1) TEXT 838255

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.

FOR MENTAL HEALTH
AND SUBSTANCE USE

SAMHSA'S NATIONAL HELPLINE

1-800-662-HELP (4357)

FindTreatment.gov

FindSupport.gov

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.

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

Residential Health & Welfare
Shandy Grace
408-288-4452
sgrace@uastpa.com

ibew332benefits.com



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Administrative
Services

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sstephenson@uastpa.com

Inside/Resi Pension Questions?
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All Inquires
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