

LOCAL UNION 160, IBEW
2909 Anthony Lane
St. Anthony, MN 55418

NON PROFIT
U.S. POSTAGE PAID
TWIN CITIES, MN
PERMIT NO. 4274



NEWSLETTER - 179TH EDITION

MARCH/APRIL 2016

OFFICERS

Robert J. Boogren - Business Mgr/Financial Secretary
Alan P. Rademacher - President
Michael J. Ringstad - Vice President
Barbara L. Oakes - Recording Secretary
Dan A. McConnell - Treasurer

EXECUTIVE BOARD

Darrin L. Helget
Kevin J. Kaeter
Scott E. Knight
Mark A. Ring
James M. Tobin

OFFICE STAFF

Daniel J. Kieffer - Business Representative
Charles R. Sable - Business Representative
Jon D. Michels - Business Representative
Kurt W. Zimmerman - Business Representative
Thomas D. Cassidy - Business Representative
Martin A. Carey - Business Representative
Eric W. Spielmann - Business Representative
Kevin J. Peterson - Membership Development Rep.
Rose M. Eiden - Bookkeeper
Shari L. Johnson - Office Manager
Jenny L. Olson - Receptionist, Referrals
Stacy L. Helget - Secretary

General Membership Meetings

Retirement Club

The next meeting dates are March 23rd, and April 27th. All retirees are welcomed to join for just a mere \$15.00 per year.

Our Next Union Meetings Will Be Held:

- Minneapolis:** April 7 & May 5, 2016
6:30 p.m. - St. Anthony Union Hall
2909 Anthony Lane
- Becker:** April 20 & May 19, 2016
7:30 p.m. - 12423 Pine St
Becker Union Hall
- Mo Valley:** April 26, 2016 - 7:30 p.m.
St. Anthony - Union Hall
May 20, 2016- 7:30 p.m.
Grand Rapids Union Hall
300 SE 17th St, Grand Rapids



Local 160 Phone Ext.

- | |
|-------------------|
| Jenny - Ext. 101 |
| Rose - Ext. 103 |
| Shari - Ext. 104 |
| Tom C. - Ext. 106 |
| Dan - Ext. 205 |
| Jon - Ext. 125 |
- Stacy - Ext. 102
Kurt - Ext. 105
Charlie- Ext. 108
Bob - Ext. 109
Kevin - Ext. 126

Minneapolis Tel # (612) 781-3126
Minneapolis' Fax # (612) 781-4225

Jon Michels, Grand Rapids
Tel. # (218) 326-0533
Fax # (218) 326-0534

Becker Office Numbers
Marty C.- (763) 262-1197
Eric S.- (763) 262-1198
Kurt Z. - (763) 262-1189
Fax # (763) 262-1168

Local Union 160 web site - www.ibew160.org

IMPORTANT NOTICE

There are two (2) types of membership with the IBEW. An 'A' membership and 'BA' membership.

The 'A' membership has a small pension and death benefit whereas the 'BA' does not. The 'A' membership is at this time \$16.00 more per month in dues. That \$16.00 goes towards the pension and death benefit.

If you are interested in becoming an 'A' member, or have questions about the benefits, please feel free to contact me at (612) 781-3126.

Thanks.
Rose

IMPORTANT DATE CHANGE

2016's 33rd Annual Pig Roast date has changed due to the International Convention being held the week of September 19, 2016.

So please mark your calendars: September 29, 2016 will be Local Union 160's Annual Pig Roast.

Scholarship Applications Deadline Is April 30th, 2016.

If you have any questions about the scholarships, please contact Jenny at (612) 781-3126.

From the Editor

Rose M Eiden

The information contained in this newsletter has been obtained from sources believed to be reliable, & the editor has exercised reasonable care to assure its accuracy. However, the Local Union does not guarantee that contents of the publication are correct, & statements attributed to other sources do not necessarily reflect the opinion of Local Union #160.

Relay Exam

The Relay Test Committee will be convening relatively soon. If you are interested in getting a head start in studying, Local 160 has the set of 5 DVD's that you can get either by coming in or calling the hall and we can mail them out to you.

No date has been set as of this publishing.

A Word or Two From Your Business Manager/Financial Secretary

It is with great sadness to report to those who have not heard that on February 13, 2016, Brother Jim Brereton passed away after a courageous battle with cancer. Jim was a dedicated IBEW Local Union 160 brother for 30+ years, who served as a union steward for many of those years and also was an elected Executive Board member for 9 years. Jim was always the first one to volunteer for any union functions, such as marching in the Grand Old Days, bowled in the Labor Bowl, volunteered his time to numerous union causes both through Local 160 and to other Local's. You always saw Jim with a smile on his face and he'd be the first one to step up and help others when they needed it. Our thoughts and prayers go out to his wife Tracey and daughters Lexi and Raena and to his extended family. You will be missed Jim.

A word of caution for all our members who have employer provided computers and cell phones. Only use them for work related matters. In this new era of Big Brother (it seems George Orwell was right), employers can spend a few hundred dollars and get a program that will not only give the location of the device but also monitor phone conversations, record and store any pictures, text messages and passwords for email. **DO NOT** put yourself at risk.

Local Union 160 held it's annual Stewards Training on Saturday, March 5, 2016. Approximately 60 stewards from all over Local 160's represented groups were in attendance. Speakers included Joe Herbulock, Todd and Rob Gadtke from Gadtke Law Firm P.A., who discussed Workers' Compensation issues such as time frames for filing a claim, and how PTSD can entitle a person to certain benefits. From Miller-O'Brien-Jensen's office Tim Louris and Emily Marshall spoke about the role of a steward, the importance of taking good notes when involved with any investigation with the employer and also reminded everyone that Weingarten Rights must be asked for. Finally, Mike Follse from Grey Fox Financial, talked to members about the importance of investing for the future. He gave tips on how to plan for retirement. After everyone spoke lunch was served. Below are some pictures of the day.

Finally, the weather is getting nice, so please keep an eye out for children and motorcycles. Have a safe and healthy spring.

Fraternally,

Robert J. Boogren



WORKERS MEMORIAL DAY

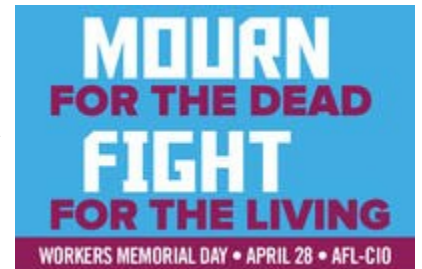


On **April 28**, the unions of the AFL-CIO observe Workers Memorial Day to remember those who have suffered and died on the job and to renew the fight for safe jobs. This year we will come together to call for work in this country that is safe and healthy and pays fair wages. We will celebrate the victories won by working people and commit to fighting until all workers have safe jobs and the freedom to form unions without the threat of retaliation.

The Occupational Safety and Health Act and Mine Safety and Health Act promise workers the right to a safe job. Unions and our allies have fought hard to make that promise a reality—winning protections that have made jobs safer, saved hundreds of thousands of lives and prevented million of workplace injuries and illnesses.

But our work is not done. Many job hazards are unregulated and uncontrolled. Some employers cut corners and violate the law, putting workers in serious danger and costing lives. Workers who report job hazards or job injuries are fired or disciplined. Employers contract out dangerous work to try to avoid responsibility. As a result, each year thousands of workers are killed and millions more injured or diseased because of their jobs.

Business groups have launched an all-out assault on working people, seeking to roll back existing protections and rights, and to block new safeguards. We have fought back, joining with worker centers, local activists and other partners to defend and advance these hard-won gains. We have worked to win a stronger coal dust standard for miners and a new rule to protect workers from deadly silica dust, which soon will be finalized, along with stronger anti-retaliation protections for workers who report job injuries.



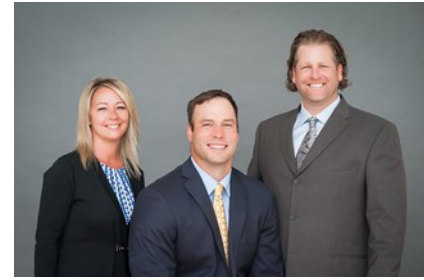
DECADES OF STRUGGLE by working people and their unions have improved working conditions and made jobs safer. But business groups have launched an all-out assault on working people, seeking to turn back the clock and block all progress. We must push forward and continue our fight to:

- ◆ defend safety and health protections and workers' rights from industry attacks;
- ◆ win new workplace standards for silica, combustible dust and infectious diseases;
- ◆ prohibit employer policies and practices that discourage reporting of workplace injuries;
- ◆ increase attention to the safety and health of Latino and immigrant workers who are at much greater risk of death and injury;
- ◆ pass the Protecting America's Workers Act to provide OSHA protection for the millions of workers without it, stronger criminal and civil penalties for companies that seriously violate job safety laws, and improved anti-retaliation protections for workers who raise job safety concerns;
- ◆ ensure workers' right to have a voice on the job, and to freely chose to form a union without employer interference or intimidations; and
- ◆ demand higher wages for workers through mobilizing, organizing, collective bargaining and legislative action.

For more information and/or material visit the AFL-CIO website <http://www.aflcio.org/issues/Job-Safety/WorkersMemorialDay>.



'We Are Your Retirement Team'



Attention IBEW 160 Members

ANNOUNCING THREE UPCOMING SEMINARS AT YOUR LOCAL 160 HALL

Starting at 6pm * Refreshments Provided * Spouses Encouraged to Attend

Each night we will be discussing the following:

INFORMATION ON PENSION AND GATT RATE IMPLICATIONS

INCOME PLANNING FOR RETIREMENT

And a special topic each night as follows:

TUESDAY, MARCH 29TH - LONG TERM CARE PLANNING

Guest Speaker: Lee Post

THURSDAY, MARCH 31ST - SOCIAL SECURITY PLANNING

Guest Speaker: Ernie Flemming

THURSDAY, APRIL 14TH - ESTATE PLANNING

Guest Speaker: Ed Matthews

To Reserve Your Spot for 1 or More Seminars - Call Our Office - Space is LIMITED

Office: 651-447-2235 and visit our website www.uadvisors.com

Securities offered through LPL Financial. Member FINRA/SIPC

Investment Advice Offered through Great Valley Advisor Group, a registered investment advisor
IBEW 160, Union Advisors, Great Valley Advisor Group, and LPL Financial are all separate entities

Motor Vehicle Deaths Increase by Largest Percent in 50 Years

Preliminary estimates show 8% increase in 2015 than in 2014; substantial changes in some states.

Itasca, IL - Preliminary estimates from the National Safety Council indicate motor vehicle deaths were 8% higher in 2015 than they were in 2014 - The largest year-over-year percent increase in 50 years. The Council estimates 38,300 people were killed on U.S. roads, and 4.4 million were seriously injured[i], meaning 2015 likely was the deadliest driving year since 2008.

Over the last year at the state level, the NSC estimates Oregon (27%), Georgia (22%), Florida (18%), and South Carolina (16%) all experienced increases in fatalities, while only 13 states showed improvement. Among them, New Mexico (-20%), Kansas (-7%) and New Jersey (-2%) experienced substantial decreases.

“These numbers are serving notice: Americans take their safety on the roadways for granted,” said Deborah A.P. Hersman, NSC president and CEO. “Driving a car is one of the riskiest activities any of us undertake in spite of decades of vehicle design improvements and traffic safety advancements. Engage your defensive skills and stay alert so we can reverse this trend in 2016.”

The estimate is subject to slight increases or decreases as data mature. NSC has issued annual traffic fatality estimates since 1921. Over the last three years, preliminary estimates have fallen within 1% of final counts.

While many factors likely contributed to the fatality increase, a stronger economy and lower unemployment rates are likely at the core of the trend. Average gas prices were 28% lower in 2015 than in 2014 and are projected to continue dropping this year,[ii] making driving more affordable for many Americans. The U.S. Department of Transportation estimates a 3.5% increase in the number of miles driven in 2015 compared to 2014[iii].

To help ensure safety, Council recommends drivers:

- ◆ Make sure every passenger buckles up on every trip.
- ◆ Designate an alcohol - and drug-free driver or arrange alternate transportation.
- ◆ Get plenty of sleep and take regular breaks to avoid fatigue.
- ◆ Never use a cell phone behind the wheel, even hands-free.
- ◆ Stay engaged in teens’ driving habits, as teens are three times as likely to crash as more experienced drivers.
- ◆ Learn about your vehicle’s safety systems and how to use them. *My Car Does What* (<https://mycardoeswhat.org/>) can help drivers understand features such as adaptive cruise control, blind spot warning systems and backup cameras.

About the National Safety Council

Founded in 1913 and chartered by Congress, the National Safety Council, nsc.org (<http://nsc.org/>), is a non profit organization whose mission is to save lives by preventing injuries and deaths at work, in homes and communities, and on the road through leadership, research, education and advocacy. NSC advances this mission by partnering with businesses, government agencies, elected officials and the public in areas where we can make the most impact - distracted driving, teen driving, workplace safety, prescription drug overdoses and Safe Communities.

[i] The National Safety Council defines “serious injuries” as those requiring medical attention

[ii] According to Energy Information Administration

[iii] According to U.S. Department of Transportation, Traffic Volume Trends through November, 2015

Mark June as [National Safety Month](#)



Concerned about Upcoming Contract Negotiations?

Get Prepared with a Complimentary Retirement Plan!!

The Advisors at Union Retirement Alliance are experts in Retirement Planning and have a Comprehensive understanding of your available pension options.

Get assistance with the following Retirement Topics:

- * Pension Options: Annuity vs. Lump Sum
- * 401k Investment Options: Get Investment Allocation Advice for Today's Environment
- * Complimentary Retirement Planning for IBEW Local 160 Members
- * IBEW Local 160 Retirement Process for all Pension Types

Get Answers to the Following Questions:

- * How would my Retirement look today vs. later?
- * When is the optimal time for me to retire and how do I maximize my Benefits?
- * How do I submit for my Retirement Benefits? What is the Process?
- * When should I take Social Security and How?
- * What Health Care Plan is Best for me in Retirement?

Contact Mark Reichow at Union Retirement Alliance with Questions or to schedule a Complimentary Face to Face Meeting.

Phone: 612-239-4371 Email: mark.reichow@lpl.com

Securities offered through LPL Financial Member FINRA/SIPC

IBEW on the Supreme Court's Blocking of EPA Carbon Regulations

International Brotherhood of Electrical Workers President Lonnie R. Stephenson issued the following statement regarding the Supreme Court's decision to halt the implementation of the Environmental Protection Agency's new regulations on carbon emissions.

“The Supreme Court made the right decision in freezing the implementation of the EPA’s Clean Power Plan. We have said from the beginning that the agency shouldn’t be involved in formulating energy policy, but that is exactly what it’s been doing under these hastily thought out regulations on power plants and carbon emissions.

“The problem of human-made climate change is real, but these rules would have unnecessarily disrupted our power grid and cost thousands of good jobs - two things our economy can’t afford. All while having a minimal impact on global carbon emissions, while putting the reliability of our electrical supply at great risk.

“That is why we joined with 27 states, several utilities and two other labor unions in challenging the regulations.

“The job of formulating energy policy belongs to Congress and Congress alone. As a nation, we desperately need leaders from both parties to step up to the plate and craft a balanced but comprehensive plan to combat global warming, increase the production of non-carbon emitting power sources like wind, solar and nuclear and increase grid reliability.

“As a union representing more than 700,000 energy professionals across North America, we stand ready to work with elected officials, industry leaders and regulatory agencies to make it happen.”

LOCAL 160 WELCOMES NEW MEMBERS

Francisco Arroyo	Christian Bakken
Christopher Beck	Brent Beckers
Matthew Carr	Evan Dahl
Joseph Epping	Joseph Fetzek
Tim Fietek	Casey Glaser
Tony Hayes	Brad Heller
Keith Herzog	Casey Hess
Bobby Isaacson	Bethany Jarvix
Jorge Julio Rocho	Ryan Krause
Brandon Kuechle	Anne LaPlante
Benjiman Lehman	Jeremiah Lueth
Juan Morales	Robert Plamer
Michael Peterson	Joseph Petterson
Jeremy Pierson	Jordan Riehm
Phillip Scherf	Dillon Stachowicz
Alexander Szarke	Paul Voss
Robert Wollenburg	

Membership Count = 3127



CONGRATULATIONS TO THE FOLLOWING BROTHERS AND SISTERS ON THEIR RETIREMENT.

Timothy Forsythe - Xcel Energy
John Knapp - Xcel Energy
Jerome Lufsky - Mo Valley
Fritz Peterson - Meeker Coop
Randy Peterson - Xcel Energy
Scott Spencer - City of Lake Crystal
Anthony Van Eps - Willmar Municipal



**HAPPY EASTER
AND
HAPPY SPRING**



GET WELL WISHES WERE SENT TO THE

FOLLOWING MEMBERS:



Howard Brinkman - MN Valley Elec
Paul Dyson - Xcel Energy
Nordean Hartle - Steele Waseca
Dan Nelson - Wright Hennepin
Brian Sell - Wright Hennepin



IN MEMORIAM

We are deeply saddened by the loss of our Brothers. Our deepest sympathy goes out to their families & friends.

Jim Brereton - Retired Xcel Energy - Died 2/13/16
Daniel Crandall - Retired Mo Valley - Died 2/2016
Ira Schafer - Retired NSP - Died 2/18/16



THE BENEFITS OF BURYING THE HATCHET

Letting go of a grudge can improve your health. A recent study asked 71 people to mentally relive hurtful memories, to think of specific instances when they felt betrayed, insulted, or lied to by romantic partners, family members, or friends. Next, the participants were asked to add two alternative endings to the memory, one in which they harbored a grudge and one in which they forgave the offender. Researchers then measured their vital statistics.

The study found that when participants visualized holding a grudge their heart rates and blood pressures were two times higher than when they conjured up feelings of forgiveness. They also tended to sweat more and feel more hostile and out of control.

Sustained anger and hostility are known risk factors for heart disease and reduced immunity, so letting go of a grudge could have dramatic and fast-acting health benefits. But how do you stop harboring bad feelings toward another person? Here are some suggestions.

- ◆ **Empathize.** Try to understand the factors that influenced the other person's behavior, and put yourself in those circumstances. And remember, there are probably times when you have hurt someone.
- ◆ **Stop expecting the person to change the past.** Even if they wanted to, they cannot take back the hurtful act. Also, don't wait for reconciliation before you forgive. Take responsibility for healing yourself
- ◆ **Replace bitterness with a positive feeling.** Find some way to wish the other person well, even if it means just hoping he or she learns to control his or her temper for better health.

Adapted from Prevention