



International Brotherhood of Electrical Workers Local Union # 405

CEDAR RAPIDS / IOWA CITY

MARCH 2026

This Month in Labor History: The Great Postal Strike of 1970

“The strike that stunned the country,” read the headline in *Time* magazine.

Maybe *Time* was stunned. But 200,000 postal workers had a different view. For them, the Great Postal Strike of 1970 was the moment they were “standing 10 feet tall instead of groveling in the dust,” as a Manhattan letter carrier put it. They got fed up, joined together, and transformed both the Postal Service and their own lives forever.

Postal Workers were part of eight separate craft unions, including the National Association of Letter Carriers (NALC). But they (like all other federal employees) were denied the freedom to bargain collectively over wages. And like all federal employees, they were forbidden to even advocate for the right to strike

By 1970, full-time employees started out at \$6,176 (\$34,641 in 2010 dollars). After 21 years of hard work, they averaged only \$8,442 (\$47,351 in 2010 dollars). It was a struggle just to survive on these wages, especially in big cities.

After years of debating but not acting on raising the pay of postal workers, Congress finally acted - sort of. In March, 1970, the Senate Post Office Committee reported a bill that would give postal workers a 5.4 percent pay increase, which was less than the rate of inflation. But then came word that Congress wouldn't even act on that bill for three or four weeks.

Postal workers contrasted their treatment with the 41 percent salary hike Congress had given itself just the year before. They were furious.

The delay by Congress was the last straw. On March 17th, New York City letter carriers voted to defy the law and go on strike. Clerks and other postal workers refused to cross their picket lines. Then, the wildcat strike suddenly spread across the country. By the following week, 200,000 postal workers from New England to California had walked off the job. *Time* called it the largest walkout ever against the Federal government.

President Richard Nixon vowed to crush the postal workers. “We have the means to deliver the mail,” he claimed. It was a hollow claim. He dispatched 23,000 United States Armed Forces personnel to New York City to process the mail, but without proper training, there was no way they could do the job.

Meanwhile, courts were busy serving injunctions and imposing fines against union leaders.

Finally the Post Office Department figured out it needed postal workers.

It went into serious bargaining with the postal unions. Within one day, they reached a preliminary agreement and the postal workers went back on the job. After a final agreement was hammered out a month later, the postal workers won a 6 percent wage increase - and that summer, President Nixon signed the Postal Reorganization Act that gave the postal workers an additional 8-percent raise.

They won another big victory. Under the newly reorganized Postal Service, postal workers now had rights they never had before. They could bargain collectively for wages, benefits and working conditions. And while they were still prohibited from striking, they achieved a binding arbitration process for resolving contract disputes.

The following year, five of the eight postal unions joined together in the American Postal Workers Union (APWU). The APWU, along with the Letter Carriers and the National Postal Mail Handlers Union, the APWU would become part one of the most successful public-sector union movements in American History.

MARCH 2026

SUN	MON	TUES	WED	THU	FRI	SAT
1	2 RENEW Board Game Night 6:00 pm	3 RENEW Meeting	4	5 Iowa Women in Trades 6:30 pm	6	7
8	9	10 RENEW Board Game Night 6:00 pm	11 E-Board Meeting 5:00 pm	12	13	14
15	16	17 RENEW Board Game Night 6:00 pm	18 General Meeting 6:00 pm	19	20 Local 405 Pinning Banquet 5:00 pm	21
22	23	24	25 405 Women's Committee Meeting 6:00 pm	26	27	28
29 ICNC Maple Syrup Festival 6:30 am	30	31				

Business Manager Report

Sisters and Brothers of IBEW L.U. 405,

I am sure everyone has heard the phrase “elections have consequences” or “this is the most important election of your life” or my personal favorite, “we get the government that we voted for”. The reason that these sayings persist is because they are all true to some degree. I am reminded of these cliches every time I read a bill that is being proposed in our Iowa Legislature, or when I am down at the Capitol Lobbying politicians on behalf of IBEW Members. We have some good people in the Capitol, but they need more labor-friendly colleagues. We will continue to fight off bills that try and water down or get rid of our electrical licensing. We will continue to fight off bills that try and strip away building codes. We will continue to fight off bills that will take your tax money and give it to the wealthy, but what I really want to do is be able to push some pro-worker legislation across the finish line. For that to happen, we all need to hold our current legislators accountable, and then we need to get informed about what candidates in the upcoming election share our values. Once we have identified our pro-worker candidates, we need to get out there and support them. If we want to make progress, it will take all of us to get involved. I know it seems early, but we have some very important races that will decide which way our state and country go this upcoming November. We cannot afford to sit this one out. If you are unsure how to get active in your community, contact us at the Hall, and we will find what best works for you.

Now, I would like to take a moment to thank all of our Stewards around the Local. No matter if you are on a large job or small job, your contribution to this Local is appreciated. These Stewards do not get paid anything extra for the leadership role that they take on. It can be a very stressful job trying to ensure that everyone on the job has a voice in their workplace and that their concerns are addressed. So, if you happen to be on one of our jobsites with a Steward, say thank you and help them out when you can.

I would like to put a quick reminder out there about a couple upcoming events. Those of you who are receiving a service pin or retirement watch should have received an invitation in the mail. Our annual Pinning Party is on March 20th, at the IBEW 405 Union Hall. Social hour at 5:00 pm and dinner is at 6:30 pm, with the pins and watches ceremony after dinner. We hope everyone can attend.

Another upcoming event is the Maple Syrup Festival. We have volunteered to cook pancakes and sausages on Sundays for quite a few years now. This year’s event will be on Sunday, March 29th, with volunteers showing up at 6:30 am. Food will be served from 8:00 am to 12:30 pm at the Indian Creek Nature Center. We always have a great time giving back, and I’m sure this year will be no different.

In Solidarity,

Matt Resor
Business Manager

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405hra@auxiant.com

Tina: Ext. 1208 For:

COBRA Coverage

Rachel: Ext. 6970 For:

Short-Term Disability

Jordan: Ext. 1299 For:

Vision Claims & Safety Glasses

Bill: Ext. 1363 For:

All other questions

Covenant EAP:

(833) 434-1335

Group Code: EAPIBEW22

Milliman:

(866) 767-1212

Wellmark

Health/Prescriptions:

Customer Service:

(800) 524-9242

Group #: 56700

Bob Gilmore: Union Liaison

gilmorer2@wellmark.com

Delta Dental of Iowa

(800) 544-0718

Group #: 1-35517-1

REFERRAL AGENT REPORT

In February, we wrote 98 JW, 31 CE/CW, and 3 VDV referrals.

Book 1: 35

Book 2: 16

Book 3: 0

Book 4: 0

VDV: 0

Resi: 0

The work outlook remains strong, but that doesn't mean you shouldn't continue to learn and prepare for the future. The nuke circuit has a high demand for workers with instrumentation certs. Manufacturers require special training to install and warranty equipment. Customers and contractors alike are requiring OSHA 10/30 and first aid. When an opportunity presents itself to increase your skill set; don't wait, take it. Quality education, training, and specialized certifications help keep the IBEW competitive and in demand.

In Solidarity,

London Morehouse

#7477713

Women's Committee

For any new members or people traveling to our Local, you are welcome to join us on the 4th Wednesday of each month at 4:30 pm. The March meeting will be mostly socializing and stuffing bags for our 11th District Women's Training. We are always looking for volunteers to help and new ideas for upcoming events.

We are going into a high-energy season for our Local! As we move into the spring and summer, we have several critical events that require your voice and participation.

2026 Local Officer Elections

The strength of the IBEW lies in its democratic foundation. We will be holding our nominations and elections for all Local leadership positions.

- **May Meeting: Nominations-** Candidates will be nominated for Local offices. To be eligible to run or nominate, please ensure you are in good standing.
- **June Meeting: Elections-** This is your opportunity to cast your vote and determine the direction of our Local for the next term.

11th District Progress Meeting-Cedar Rapids

We are honored to announce that our Local will be hosting the **11th District Progress Meeting!** We look forward to welcoming delegates from **Missouri, Nebraska, North Dakota, and South Dakota** to Cedar Rapids. These meetings are vital for coordinating our efforts across the district, discussing the "Code of Excellence," and ensuring our trade remains the gold standard in the electrical industry.

New to the Process?

Whether you are a seasoned "A" Member or a first-year apprentice, we know the terminology and procedures of the IBEW Constitution and Bylaws can be a lot to take in.

- *What exactly is a Progress Meeting? How do nominations work on the floor? What are the duties of the Executive Board*

We are happy to explain any of these terms or processes. Our goal is an informed, active membership. If you have questions, please reach out to the Hall or speak with a Steward on-site.

Why this works for the IBEW:

- **District Accuracy:** I identified this as the **11th District** (which covers the states mentioned above).
- **The "Good Standing" Reminder:** In IBEW elections, being "in good standing" (dues paid up) is a constitutional requirement to participate, so it's a helpful nudge to include.
- **Code of Excellence:** Mentioning this reinforces the IBEW's specific brand of professionalism.
- **Brotherhood/Sisterhood:** Uses the traditional greeting and tone.

In Solidarity,
Amanda Cooling
7477624

VDV Spotlight: Your Skills, Your Voice, Your Local

To our Voice Data Video (VDV) Technicians: You are the experts behind the 11th District's digital infrastructure. From massive data center builds, to the complex security systems across Iowa, Missouri, and the Dakotas, your specialized skills are the future of the IBEW. However, a strong union requires more than just a special skill-it requires active participation.

Stay Certified, Stay Competitive: The BICSI Edge

In our branch, your BICSI credentials are your passport to the best jobs. We know the 11th District Progress Meeting will focus heavily on maintaining the "Gold Standard" of labor.

Recertification is Key: Don't let your Installer or Technician credentials lapse. A current BICSI certification isn't just a requirement for local jobs; it's proof of your professionalism.

CEC Opportunities: Our JATC is working to offer Continuing Education Credits (CECs). If you need a refresh or are nearing your renewal date, contact the JATC now, so we can help you stay current.

In Solidarity,

Amanda Cooling, 7477624

JATC, Training Center News

The staff at the training center has been getting up to speed with changes to the 2026 National Electrical Code. The training center is planning on beginning to offer CEU classes for this cycle, beginning in April. In addition, there will be an OSHA 10-hour class offered in March, and beginning in April, anyone who completed the OSHA 10-hour class in the last six months will have the opportunity to take the additional 20-hours of training necessary to obtain a 30-hour course. To qualify to take the additional 20-hours, the original 10-hour class needs to have been taken at the training center with our instructors.

There have been inquiries about replacement OSHA cards recently. If you lose your card, a replacement can be requested if the class was taken at the training center in the last three years. If the original class was taken more than 3 years ago, OSHA will not issue a replacement, which will require an individual to complete the class again. The cost for a replacement card is \$15.00, which can be paid at the time the replacement card is picked up from the training center.

There will be a First Aid/CPR scheduled in late March/early April. This course will also appear on the website once a date is finalized.

We have had issues as we have started to conduct First Aid/CPR training in-house regarding issuing completion cards. We believe we have gotten the final hurdles out of the way, so anyone who has taken the class will be getting their cards soon.

With the current work picture in the Local, we are fortunate enough to assist some of the surrounding Locals in keeping their apprentices busy over the winter. Be sure to reach out to them and let them know about local events such as the meetings and Brotherhood night.

Retiree's Social Club

The Retirees meet every third Thursday at 11:30 am for lunch at the Union Station. These lunches are a great way to meet new friends and to re-unite with some old friends that you may have lost contact with since retiring. Stop by the Union Station this month and enjoy some memories!

MEMBERS IN ARREARS

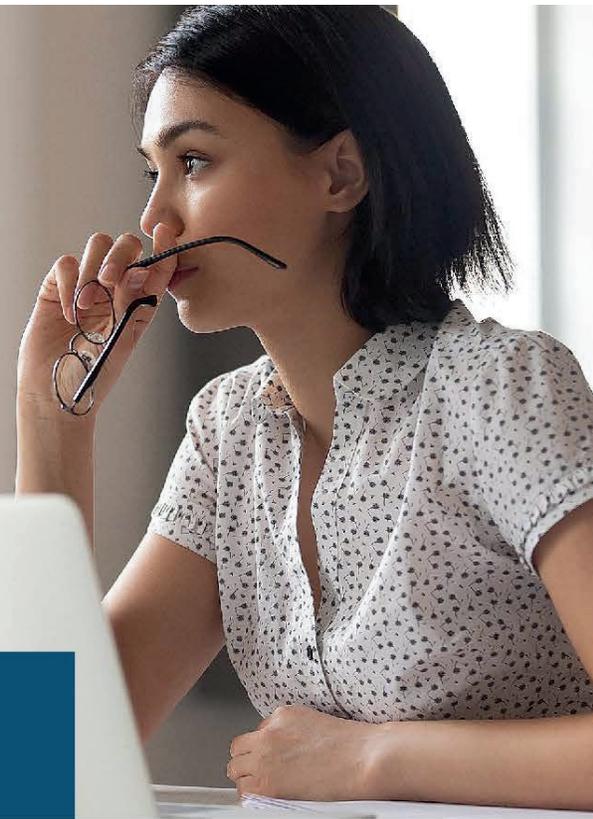
AS OF MARCH 3, 2026

Acme Electric Brayden Bennett-Casali Chris Clime Blake Colton Brian Copeland Tyler Cullen Drew Glenn Arthur Johnson Elijah Kaine Lucas Long Brian Parsons Timothy Ratchford Jazmine Reynolds Blake Scheer Troy Tarpy Matt Wenger	ESCO Electric Dustin Dickerson Jeremy Hedlund Mitchell Kesterson Brianna Self Garrett D. Smith Eric Sweeney Gerard Electric Jeffrey Blount Hunter Mann Shayn Mason Andrew Waite Hawkeye Electric Calvin Beavers Jeffrey Christian Michael Dittmar Derek Dunkin Kirby Kesterson Christopher McKinney Ian Monnahan Joshua Peters Dane Preisser Daniel Radig James Sinnott Jeremy Urquhart Nathaniel Wojchowski	Premier Electric Gerald Mittan Paul Myers Ruyle Mechanical Mitchell Mckusick Jeffery Steffensmeier SE Electric Benjamin Vozenilek Tech Solutions Mike Ammeter Tyler Goettsch Tyler Steinwand Trey Electric Beau Nelson Drew Richardson Tri-City Electric Jonathan Auld Arlen Berner Joshua Brown David Carolan Jay Crabill Ross Donaldson Tretton Duffie Will Hamilton Jeffery Hicks Katelynn Howell Ceremy Joseph Keith Kaiser William Kimbro Carmen Klos Steven Komers Kenna Kramer Robert Oppenheimer Darwin Pulido Nathaniel Robbins Brennan Schulze Colton Spicer Jeffery Steege Travis Sturms Robert Sumner Joshua Taylor	Tri-City Electric Derek Trainor Dan Tyne Danielle Voelker Kevin Wendt Jacob White Mitchell Yett Out of Work Marcus Beard Jayden Casey Jerry Daugherty Jacob First Joann Greene Robert Lewis David Lindemann Johnathon Logue Aidan Novak Adam Olsem Todd Paulsen Kenneth Templeton Aaron Vulich Daniel Whitehall Kyle Whittaker Delinquent Members Michael Amling Kristian Anderson Lonny Beck Michael Brinkman Adam Burns James Butler Jason Cirves Justis Dengler Mark Diehl Jacob Fulton Trey Gallagher Ley'Money Grisby-Flowers Nateson Joseph-Guillaume Kevin Kipp Billy Murphy David Ruhs
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EMPLOYEE ASSISTANCE PROGRAM

Confidential Support for a Stronger, Healthier You



IT'S OKAY TO ASK FOR HELP.

Your EAP provides a variety of resources for you and your immediate family. These EAP benefits are **NO COST** to you, **CONFIDENTIAL**, and available 24/7/365.

WE CAN HELP WITH:

- Depression
- Anxiety
- Stress
- Burnout
- Life Changes
- Grief
- Trauma
- Self-Esteem
- Addictive Behaviors
- Problems at Work
- Work-Life Balance
- Troubled Teens Child
- Eating Disorders
- Relationship Challenges
- Co-Parenting
- **And More...**

Lifestyle EAP Benefit Summary

Virtual or In-person Counseling

Conveniently access EAP sessions virtually or at a location near you.

24/7/365 Support

Call us whenever you have an issue or concern. Our experienced team is here to support you any time you need us.

Downloadable Worksheet Toolkits

Access a growing list of self-guided worksheets on a variety of different topics.

Virtual or Phone Life Coaching

Meet with a life coach and receive advice on matters such as goal setting, overcoming obstacles, and other areas of personal development.

Interactive Self-Help Courses

Access a growing media library of self-help courses on a variety of different topics.

Nutrition & Fitness

Access unique fitness programming, nutrition guidance, recipes, and much more

Financial

Receive financial coaching, access online tools, plus many other financial resources

Legal

Receive attorney and/or mediation consultation, ID theft support, and several additional legal resources

Additional Benefits

Monthly e-newsletters; self-assessments; expedited scheduling; trending stories, news, and research; a host of additional wellness content from our team of experts; and more.

CREATE YOUR ACCOUNT TODAY!
VISIT CovenantWorkplaceSolutions.com



Employee Assistance Program (EAP) Member Portal IBEW

Steps to Creating Your Account

1. Goto: www.CovenantWorkplaceSolutions.com
2. Click "LOGIN" at the top right of the home page.
3. Click the link that says, "Create One," at the bottom.
4. Fill out your first and last name, email address, create a password, enter your phone number, and company code.
 - Your private company code: **EAPIBEW22**
(For employee and family members within the immediate household)
5. Click "REGISTER"

Congratulations! Your account is now created!

When accessing the self-help course media library (found in the Self-Help Resources section), Use coupon code **EAPIBEW22 to waive all fees.*

**DON'T FORGET TO INVITE IMMEDIATE FAMILY MEMBERS
WITHIN THE HOUSEHOLD TO SET UP THEIR ACCOUNTS**

For a more in-depth video tutorial, go to:
https://www.youtube.com/watch?v=Dr_EfEWmIJs

Call or email the Covenant Workplace Solutions team for any questions or concerns regarding your account.

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