International Brotherhood of Electrical Workers Local Union # 405

Cedar Rapids / Iowa City | September 2026

Hawkeye Area Labor Council AFL-CIO Area Endorsements.

Linn County Attorney- Nick Maybanks
Linn County Supervisor D2- Sami Scheetz
Linn County Supervisor D1- Kirsten Running-Marquardt
Linn County Treasurer- Brent Oleson
Linn County Recorder- Carolyn Siebrecht
Governor- Rob Sand
Attorney General- Nate Willems
Secretary of State- Ryan Peterman
State Treasurer- John Norwood
State Auditor- Taylor Wettach
Secretary of Agriculture- Chris Jones
Black Hawk County Supervisor D4- Ritchie Kurtenbach
Johnson County Supervisor D1- Lisa Green-Douglass
Johnson County Supervisor D2- Jessica Andino
Johnson County Supervisor D4- Rod Sullivan
Johnson County Attorney- Rachel Zimmerman-Smith
Cerro Gordo County Supervisor D2- Cody Williams
Cerro Gordo County Attorney- Kaitlyn Kemna Ausborn
Congressional District 1- Christina Bohanan
Congressional District 2- Lindsay James
Congressional District 3- Sarah Trone Garriott
Congressional District 4- Dave Dawson

SD 31- Timi Brown Powers
SD 45- Janice Weiner
SD 29- Jim Vowels
HD 52- Mike Tupper
HD 54- Leila Ann Staton
SD 37- Molly Donahue
SD 39- Liz Bennett
HD 73- Elizabeth Wilson
HD 74- Eric Gjerde
HD 77- Jeff Cooling
HD 78- Angel Ramirez
HD 79- Tracy Ehlert
HD 80- Amy Wichtendahl
HD 84- Polly Denison
HD 55- Cynthia Oppedal Paschen
HD 57- Shawn Ellerbroek
HD 58- India May
HD 59- Jacob Welper
HD 60- Alexander Schmidt
HD 61- Vincent Collins
HD 62- Jerome Amos Jr.
HD 85- Amy Nielsen
HD 86- Dave Jacoby
HD 89- Elinor Levin
HD 90- Adam Zabner
HD 75- Drew Stensland
HD 76- Calvin Horn
HD 68- Scott Bodley
HD 67- Michael Coonrad
HD 92- Brittnay Erickson

SEPTEMBER 2026

SUN	MON	TUES	WED	THU	FRI	SAT
		1 RENEW Meeting	2	3 Iowa Women in Trades 6:30 pm	4	5
2	7 Labor Day (Holiday) RENEW Board Game Night 6:00 pm	8 RENEW Board Game Night 6:00 pm	9 E-Board Meeting 5:00 pm	10	11	12
13	14	15	16 General Meeting 6:00 pm	17 Retirees Luncheon	18	19
20	21	22	23 405 Women's Committee Meeting 4:30 pm	24	25	26
27	28	29	30			

Business Manager Report

Brothers and Sisters of L.U. 405,

I would like to start out this month's newsletter by wishing everyone a great Labor Day. This year, Labor Day falls on Monday, September 7th. We will be having our annual Labor Day Picnic at Hawkeye Downs in Cedar Rapids, from 11 am to 3 pm and in Iowa City at City Park Shelter #6 from 12 pm to 4 pm. IBEW 405 will be cooking at Hawkeye Downs and could use some volunteers, so if you are able, please come and help out. We will start cooking at 9 am. If you are not able or don't want to volunteer, come to either Cedar Rapids or Iowa City's celebration, meet your Brothers and Sisters in the labor movement, and have some free food. While you are there, listen to some people who are running for office and, most importantly, tell them what is important to you as a Union member on our holiday.

I am sure everyone with access to a television, phone, radio, or mailbox has noticed that the campaign season has ramped up and will not slow down until after the election is held on Tuesday, November 3rd. So how does one cut through all the disinformation and the wedge issue scare tactics? The first way is to look at someone's voting record if they've held an office before. Another good indicator is looking at legislation that they have sponsored. You could go to a forum or debate between candidates. Go to their campaign websites and see what they are running on and what plans they have for policy going forward, if they have any at all. If you are at an event, you can talk to them about the issues. These are all things that we do before making an endorsement. We are including the Hawkeye Area Labor Council endorsement list in this newsletter. These are the candidates that we believe will do what is right for the working-class people of Iowa because we have vetted them. Now we will need people to participate in door knocking, literature drops, and phone banking. If this sounds like something that you would be willing to do, call or stop by the Hall. Things will not change unless we participate in our democracy. If you do not believe this country or this state is going in the right direction, this is your call to action. I assure you that the labor movement will be putting in the work, but as we all know, we are more effective when we are all working together.

In Solidarity,

Matt Resor
Business Manager

CONTACT INFO

IBEW Local 405
Phone: (319) 396-8241
E-Mail to Resign:
ibew405@ibew405.org
Website: www.ibew405.org

Cedar Rapids JATC
Phone: (319) 398-3283
Website: www.crejatc.org

Auxiant
Phone: (319) 398-3283
Fax: (319) 866-9889
HRA E-Mail Submission:
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 August, we wrote 154 JW, 97 CE/CW, and 16 VDV Tech/Installer referrals.

Book 1: 19
Book 2: 7
Book 3: 2
Book 4: 2
VDV: 0
Resi: 0

Work remains steady heading into September, though moratoriums and changing public opinion could have impacts on new data center development outside of the current campuses. Staff have been attending public hearings to speak in support of data centers, power houses, and infrastructure projects to ensure these jobs continue. Don't be afraid to do the same thing.

I've taken the time to add a button to the bottom of the Job Calls page to help with the updated substance abuse policy. You can now find the list of approved testing locations and ScreenSafe's contact info by pressing on the "Drug Testing Locations" button. As always, if you have issues or questions, give me a call or contact Carmen at ScreenSafe.

In Solidarity,

London Morehouse
#7477713

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!

Women's Committee

Welcome to all of our first-year apprentices, and we hope the year is starting off well for all apprentices. If you have any questions or need help, be sure to reach out or bring it to our monthly meeting.

We are looking to host several events for the whole body. The first one/several financial classes (budgeting, credit score 101, preparing for a big purchase, etc) put on by CRBT. We have an interest form on the website. The other event is an 80s-themed murder mystery dinner. You don't have to understand references to participate or attend. We are looking to host this in late October/early November. The interest link for this is also on the website so we can start getting a budget together.

In Solidarity,
Amanda Cooling , 7477624

JATC Training Center News

The new school year is underway. There is one more day in the first week, and so far, so good. As I reported previously, the training center had to reconfigure the day-to-day scheduling of apprentices to accommodate the larger student body. As a result, there are portions of each year of the apprenticeship attending class each day of the week. If you have questions as to when the apprentices on your job site are scheduled to have class, contact me with a list of the apprentices on your site, and I will send you a class schedule.

Earlier this month, the Linn County Board of Supervisors approved the sale of the former Fillmore School to the Trust. This does not mean the sale is final; the approval only opened a 90-day window for engineers to look at the property to report back to the trustees on any major deficiencies in the structure, is it a feasible option or is it even a cost-effective option. The trustees did not want to spend the money to start that process until they knew whether the Board would even approve the sale. The engineers have been directed to report back to the trustees by October 1, so we will know more then.

Continuing education classes are being scheduled for the fall; at this time, there are two classes available, and more will be scheduled soon. Soon, there will be changes to the process of how members sign up for continuing education courses. Once the new process is better defined and we have a chance to beta test it, I will post directions on the website in place of the current pages used to register for classes.

This is necessary because the provider who maintains our current website is no longer going to provide maintenance and support. We are in the process of finding a new developer to overhaul the website, with one of the goals being to optimize it to provide a better experience when using mobile devices.

As a reminder, apprentice performance evaluations need to be filled out by the JW or Foreman providing supervision for the apprentice; evaluations are not permitted to be filled out by temporary workers, construction electricians, or other apprentices (including apprentices who have completed school but have not yet passed the state licensing exam). There have been several performance evaluations submitted over the past few months which were not completed by approved individuals.

In Solidarity,
Jebediah Novak
Training Director

MEMBERS IN ARREARS

AS OF SEPTEMBER 1, 2026

A & B Electric
Roger Steichen

Acme Electric
Marcial Carte
Olivia Croy
Brendan Drury
Elijah Kaine
Lowell Meier
Chase Platten
Joseph Stewart
Conner VanEpps

Baker Group
Jason Burroughs
Tristan Chown
Scott Fowler
Benjamin Knipfer
Lucas Mason
Michael McMeins
Angela Moffitt
David Nguyen
Jesse Ochoa
Justin Pitts
Colton Spicer

Basepoint
Allen Bruce
Donald Byerly
Jay Crabill
Troy Davis

Cupertino Electric
Derrick Conway
Dallas Grant
Froylan Lugos
Aidan Milford
Kyle Ramer
Alex Tampir

Durgin Electric
Trevor Denman

ESCO Electric
Brandon Albrecht
Marcus Cox
Mitchell Kesterson
Garrett Kubovec
Elijah Kupka
Mitchell Yett

Gerard Electric
Hunter Mann
Collin Musick

Hawkeye Electric
Andrew Avelar
Todd Catlett
Derek Dunkin
Samuel Fleager
Shanna Graves
Austin Hanover
Travis Johnson
Xander McGuin
Ian Monnahan
Todd Peterson

Justice Electric
Logan Mason
Thomas Vanek

Miller Electric
Robert Holden

Munson Electric
Clayton Carstensen
Michael Feltman
Miranda Lewis
Travis McMeekin

Nelson Electric
Jessica Peters
Michael Rinholen

NTI
Logan Allen
Aaron Kowalsky

Paulson Electric
Corey Starry

Premier Electric
Eric Colsch
Marisa Estelle

Streff Electric
Joe Slaton

Tech Solutions
Mike Ammeter

Trey Electric
Beau Nelson
Drew Richardson
Scott Steuhm

Tri-City Electric
David Carolan
Blake Colton
Noah Erickson
Ryan Fairchild
Stephen Goodanew
Will Hamilton
Lillian Iglehart
Onys Jeambat
Ceremy Joseph
Keith Kaiser
Carmen Klos
Jose Maldonado Vazquez
Nicholas McNew
Darrell Miller
Connar Moffitt
Dustin Novak
Frandie Pierre
Darwin Pulido
Timothy Ratchford
Brendan Richey
Nathaniel Robbins
Jeffery Steege
Travis Sturms
Matthew Walderbach
Jacob White
Sean Wilson
Nicholas Wilson-White
Garrett Wolverton

Out of Work
Ivan Bailey
Brett Balliet
Herbert Michael Carson
Matthew Heubrock
Jahmai Jones
Ryan Kramer
Eric Long
Matthew Petersen
Lucas Prokup
Vincent Rios
Spencer Roggentien
Josh Shea

Delinquent Members
Jeffrey Blount
Joshua Brown
Dan Davis
Quinton Gaul
Tyler Goettsch
Gerald Mittan
James Sinnott
Robert Sumner

EAP: Co-Regulation:
Advice For Coping With Our Children's-And Our Own-Big Emotions

Being a parent can be an incredibly rewarding experience. But it can also be challenging. When we're focused on nurturing and supporting our children, we can overlook the importance of our own mental health as parents. But the two are very much intertwined. And that's where co-regulation comes into it.

What is co-regulation?

Put simply, co-regulation means responding to someone else's emotional state. When a child is experiencing big emotions-for example, frustration, anger, what we sometimes call a 'meltdown'-the parent or carer can help by remaining calm themselves and, through this calmness, help the child to come down from their heightened emotional state.

It's easier said than done. In the heat of the moment, it's not always easy to stay calm, especially if it's not something we have practiced much before. We can get caught up in the child's big emotions, which can lead to us feeling that emotion too, whether that's anger, frustration, or a mixture of the two. Parent and child can both calm down, or parent and child can both become agitated and stressed.

Co-regulation works both ways. It's not just the child's emotions that influence the parent. If the parent is feeling stressed or angry, the child can pick up on this and adopt the same emotional state. So it's important for parents to understand that their emotional states can and do impact their children.

How to practice co-regulation?

1. **Breathe.** When we get stressed or upset (dysregulated), it's not just something that happens in the brain. Our physical bodies are affected too, as our heartbeat speeds up, our muscles tense, and our breathing becomes shallow. Taking deep breaths tells us we are safe and brings us back down.
2. **Repeat some simple lines to yourself.** Saying simple statements to ourselves like, "They're just a child, and they're behaving like a child"; "It doesn't matter what other people think"; "We're safe," can help bring us back into the moment and stop emotions from spiraling.

Practicing these techniques makes it easier to remember in the moment, but regulating ourselves in stressful moments is a skill that takes practice. Sometimes snapping or being short-tempered is normal. It's okay and doesn't mean you have failed.

Rupture and repair

Another helpful framework is the concept of rupture and repair, which recognizes that we all get things wrong at times.

When you feel you have reacted to your child or their emotions rather than co-regulating, it's worth acknowledging this and putting it into words for your child. "I lost my temper there; I'm sorry." It's a good lesson to show our children that no one is expected to be perfect; we all make mistakes at times, and we can take action to make things right. We are all human, and it's ok to get things wrong.

Modeling

Children are always watching us, and they will notice what we do, not just what we say. Behavior matters a lot, and our actions can undermine or reinforce our actions.

Every family looks different, and while these coregulation techniques are something that everyone can apply, it's important to remember that some of us face more demands and challenges than others.

People who have experienced trauma or those who have never seen co-regulation modeled for them are likely to find it more challenging. Likewise, parents whose children have additional needs may find it more demanding. We all face different levels of pressures and stress and we have different levels of skills and ablilities. But if people can understand the concept of co-regulation, it is simple to apyly and with pracitice, can e a greazt tool to support ourselves and our children.

IBEW Local 405
1211 Wiley Blvd SW
Cedar Rapids, Iowa 52404

Non-Profit Organization
U.S. Postage Paid
Permit Number 229
Cedar Rapids, Iowa

