



# SURGE

July, 2005 • Published for the members of IBEW Local 18 and their families



## BUSINESS MANAGER'S REPORT

# Local 18 and Department of Water & Power Reach Agreement on New Five Year Pact

By Brian D'Arcy  
Business Manager, Local 18

I am very pleased to report that after extensive discussions, IBEW Local 18 and the Los Angeles Department of Water & Power have reached an agreement on a new *five-year* contract. By now, you have received the ratification ballot.

I congratulate the members of our Union Negotiating Committee (please see all the names on page 2). Our efforts have produced an excellent contract, one that will greatly benefit every Local 18 member and family. It looks like our "No Contract, No Work" t-shirts were effective!

Here are the highlights of the proposed 2005-2010 wage and fringe-benefit package:

Term: five years, beginning October 1, 2005, and ending September 30, 2010

- Effective *October 1, 2005*, salary ranges shall be increased by a percentage equal to the percentage increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers, in the average U.S. city, as measured from August, 2004 to August, 2005. If the CPI increases less than—or equal to—3.25%, our salary ranges will increase by the same rate; if the CPI increases by 6% or more, our salary ranges will also increase by 6%.

- Effective *October 1, 2006*, salary ranges shall be increased by a percentage equal to the percentage increase in the CPI, as measured from August, 2005 to August 2006. If the CPI increases less than—or equal to—3.25%, our salary ranges will increase by the same rate; if the CPI increases by 6% or more, our salary ranges will also increase by 6%.

- Effective *October 1, 2007*, salary ranges shall be increased by a percentage equal to the percentage increase in the CPI, as measured from August, 2006 to August 2007. If the CPI increases less than—or equal to—3.25%, our salary ranges will increase by the same rate; if the CPI increases by 6% or more, our salary ranges will also increase by 6%.

- Effective *October 1, 2008*, salary ranges shall be increased by a percentage equal to the percentage increase in the CPI, as measured from August, 2007 to August 2008. If the CPI increases less than—or equal to—3.25%, our salary ranges will increase by the same rate; if the CPI increases by 6% or more, our salary ranges will also increase by 6%.

- Effective *October 1, 2009*, salary ranges shall be increased by a percentage equal to the percentage increase in the CPI, as measured from August, 2008 to August 2009. If the CPI increases less than—or equal to—3.25%, our salary ranges will increase by the same rate; if the CPI increases by 6% or more, our salary ranges will also increase by 6%.

The Memorandum Of Understanding (MOU) may be re-opened for consideration of wages only in the *fourth* and *fifth* year, upon mutual consent.

- 50/30 terminates on September 30, 2005. However, subject to the adoption of a Plan agreement by the Retirement Plan Board of Administration, any employee who is fully eligible for the 50/30 retirement option as of *September 30, 2005*, may exercise the option until *January 1, 2006*, provided that they:

- 1) have filed by *November 1, 2005* for retirement on or before *January 1, 2006*

- 2) are separated from employment *no later than December 31, 2005* (benefits accrued through the last pay period in 2005)

- Employees exercising the 50/30 retirement option between *September 30, 2005* and *January 1, 2006* may use vacation, accumulated overtime, or floating holidays during such period.

- Meet-and-confer will continue concerning technical adjustments to the Retirement Plan that may be necessitated by discontinuance of the 50/30.

Language: all other current MOU language remains in place.



continued on page 2

**Thanks to Our 2005 General Bargaining Committee!**

Philip Anninos	Nancy Fullingim
Walter Ramirez	Ulysses Aquino
Robert Gonzalez	Ralph Ronda
James Barham	Janet Guerro
Lorena Rosas	Clark Bertram
Thomas Holmes	Victoria Rose
John Blondeel-Timmerman	David Huff
Keith Saddler	Romeo Bravo
Steve Ivanick	Ellen Schneider
Kevin Brydon	Michael Jackson
Reuben Sepulveda	Carlos Cadena
Chesley Kelly	Dennis Skelton
Eugene Canzano	Lynette Lee
Nance Walker-Bonnelli	Woo Chung
Jesse Mercado	Billie Washington
Clifford Damron	John Miller
Phillip Williams	David Donovan
Emmanuel Olympia	Val Fernandez
Bradford Packer	Deborah Ferrer
Jon Pokorski	

*Well done, everyone!*

• • •

**Local 18 Congratulates Brother Martin Ludlow  
As He Replaces Miguel Contreras at County Fed**

On July 18, Los Angeles City Councilman Martin Ludlow, a long-time labor leader and proven friend of Local 18, was unanimously elected the next Secretary-Treasurer of the Los Angeles County Federation of Labor. Brother Ludlow replaces Miguel Contreras, the Fed's long-serving and effective head, who passed away unexpectedly on May 6, at age 52.

I am pleased to report that our Union played a *significant* role in securing support for Brother Ludlow. We helped put together the coalition that ultimately prevailed during the Federation's deliberations. On June 7, Brother Ludlow emerged as the choice of almost every member union, and he was formally elected on the 18th. We look forward to a continuing, mutually productive relationship with Brother Ludlow at the County Federation of Labor.

**A DYNAMIC, FIERY, OUTSPOKEN LABOR LEADER**

Like Mayor Antonio Villaraigosa, Martin Ludlow is not only a *strong friend* of organized labor and the agenda we fight for, he is *from* the labor movement. Following years of service to the late, pro-union Congressman, Julian Dixon, Brother Ludlow was involved in numerous voter-registration drives. He then was an organizer and officer for one of the large unions that represents County healthcare workers. Brother Ludlow then worked for then-Assemblyman and Speaker Antonio Villaraigosa in Sacramento.

Brother Ludlow was elected to the 10th District seat of the Los Angeles City Council in 2003—with our help—where he compiled a progressive voting record. He never forgot his pro-union background, his commitment to the

needs of his district, and his loyalty to unions, working people and families. Brother Ludlow will be a strong voice for organized labor and our agenda. He will use his abilities, experience and strong personality to continue the effective political and union-organizing work spearheaded by the late Brother Contreras.

**THE POLITICS OF APPOINTMENTS**

Brother Ludlow's election to the Fed position opens up a *second* vacancy on the Los Angeles City Council. The first one, of course, is in the 14th District, where voters will decide who will replace Mayor Villaraigosa. Both elections are set for November 8. We will keep a sharp eye on both of these races, and work with the best candidates—people who will continue to support our agenda.

*IBEW Local 18 joins the rest of organized labor throughout Los Angeles County in welcoming Brother Martin Ludlow as the new head of the Los Angeles County Federation of Labor. I look forward to working closely and productively with him and his staff on a broad range of issues of mutual interest and importance.*

In unity,

**Three Long-Time Local 18  
Members Honored At  
May 26 Pin Ceremony**



**Left to right: Vicente Leon (50 years of service); W. R. Hooper (65 years of service), and Ronald Clift (55 years of service) pose after receiving their pins and celebrating a total of 170 years of IBEW membership and loyalty!**

# From the Trenches: Reports from your Business Reps

## Unit 1 – Electric Distribution

By Barry Poole

The contractor doing pole change-outs lost its contract with the Los Angeles Department of Water and Power. Currently, there are *no* overhead line contractors on LADWP property.

## Unit 2 – Electric Station Operators

By Bill Lewis

◆ In a new wrinkle to the hiring of a class of trainees, the combining of the civil service lists has raised some questions. Management is looking into the validity of the complaints, and as of now, has *not* determined if any improprieties took place. We will keep you posted on this sensitive subject.

◆ The most recent issue that has arisen is the movement of the Field Trainers to the Training Center Payroll. These positions are special assignments and, as such, fall under the Joint Labor-Management process. We have met to develop the guidelines for filling the Field Trainer positions, and have drafted a comprehensive document that allows retention of your bid and bid rights. Training is an important process, and all parties wish to have the most qualified individuals conducting this valuable service.

## Unit 3 – Testers

By Bill Lewis

The training committee has completed its work on preparing draft Duties Description Records (DDR's), Class Specifications, and the outline of the course curriculum. This information, along with a recommendation from the committee to adopt the training program, has been forwarded to the Joint Resolution Board for consideration. I thank all committee members for their diligent and hard work.

## Unit 4 – General Construction

By Martin Marrufo

◆ General Construction is a relatively new section of the DWP, and in the last five years there have been some pretty dramatic changes concerning the work force. The change from an exempt work force to a *civil service* work force has been an extreme culture change that has created some challenges related to job scopes and DDR's.

◆ Due to outdated DDR language, Pipe Fitters are *not* currently allowed to weld. We also have issues regarding longevity pay for new crafts that did not exist in civil service. Structural Steel Fabricators are undergoing DDR changes and training that will allow them to weld on *their own* work. Asbestos workers have been hired as civil service employees. These issues and many others are being addressed, but the process is very drawn out.

◆ The leadership at local 18 has worked diligently to bring the old PD&C into the civil service world. It is our responsibility to see to it that the work done in the past is carried, with dignity, into the future. Please keep in mind that the hope and goals we have are not only for our own betterment today, they also are for future generations.

## Unit 6 – Stores

By Shawn McCloud

The General Manager has put out a bulletin about *not* splitting orders. Although many of you have told me that splitting orders is a common practice, and that is how you have been trained, *this bulletin is directing you not to continue that practice any longer*. Although this may cause a slowdown in your ordering and receiving processes, you must let your customers know that you are following the GM's directive. If, for some reason, your supervisors tell you *not* to follow the GM's bulletin, *then get it in writing and do what they say* (do not be insubordinate), and call me immediately so that I can file a grievance.

## Unit 8 – Clerical

By Shawn McCloud, Lilly Calvache & GERALYN Washington-Tatum

◆ The Unit 8 meeting was held at 9:00 a.m., Saturday, July 23, at the Union Hall. There will be *no* August unit meeting. We will resume our monthly unit meetings at 6:00 p.m., Tuesday, September 13, at the Union Hall.

## Annual Clerical Road Trip

Your Clerical Business Reps. made the annual visit to the Owens Valley locations, meeting at 5:30 p.m., on June 28, in the Bishop Office. We provided updates on clerical issues and held a question-and-answer session. Look for

pictures from this meeting in the August *Surge*!

◆ The Half-Time/Full-Time Transition Committee (formerly the Conversion Committee) has decided to meet every two weeks in order to complete the agreement that will allow transition from half-time to full-time. A *reminder*: currently, CSR is the only eligible classification for this process. Details are still being negotiated, however, and we will keep you informed on the next steps, as they are completed.

## Clerical in the District

Your Business Rep., Shawn McCloud, is making her rounds to visit the various district locations. So far, several meetings have been conducted in order to address Article 33 and staffing issues.

## Unit 8/18 – Clerical Supervisory

By GERALYN Washington-Tatum

In your MOU, under Article 9.1(e) (6), there are stated provisions for the use of accumulated overtime as compensation, either monetarily or with time off. If you are having a problem getting supervisory approval to use your accumulated time off, please contact your Business Rep. with information regarding that denial.

## Unit 9 – Generation

By Gus Corona

As we have been discussing at our unit meetings, the Department has decided *not* to hire another class of Steam Plant Assistants (SPAs). Unfortunately, this decision will have an affect on some of the current SPAs. Those SPAs who have completed their rotation through the training matrix may *not* have a choice of which discipline they prefer; they may now have to be sent back to operations in order to meet the operating needs of the Department. Just as it was on the verge of recovering from *not* hiring in years past, the Department has once again taken the shortsighted view, and dealt both the training program and its generating facilities a *major* setback. We will continue to block any and all contracts that have anything to do with work Local 18 members can perform, and we will continue to make the proper staffing of the plants a key issue at the In-Basin Joint Labor-Management Committee.

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### Unit 14 – Transportation

By Bill Lewis

The Fleet Operations Joint Labor-Management Committee (JLMC) is currently gathering information from existing apprentice programs in order to help develop our own. The idea of developing an in-house training program has met with both optimism and concern. Like most things, "the devil is in the details", and we need to flush them out. The JLMC has decided to proceed and see if it can develop something that will be acceptable to everyone. We anticipate a lengthy process; we will need everybody's input to develop a superior program. Please keep attending your unit meetings and bringing your training concerns and desires forward in order to have them addressed as we develop a program.

### Unit 15/20 - Pasadena

By Barry Poole

We met on June 3 concerning cost sharing for the 2% at 55. Since that meeting, we have not heard back from Don Becker regarding further negotiations. IBEW Local 18 members still are *not* required to assume any of the additional costs associated with these negotiations.

### Unit 17 – Field Groups

By Nancy Romero

◆ Attention SCFRs: implementation of the Mobile Data Dispatch System for Field Investigations is *on hold* until further notice. We are not sure when the Department will be ready and able to move forward with this project.

◆ Attention all CFRs: we have opened up monthly discussions with the Dispatchers. Any issues of concern from either Field Services Reps, Field Collectors or Dispatchers should be forwarded to any Joint Labor-Management Committee member. We are trying to ease the concerns that have been raised most recently. Our first topic concerned timely, courteous and professional responses to requests from Field Reps and Dispatchers via phone, text messages and radio. I encourage all of you to be aware of how you communicate with each other at all times. We hope that these open

discussions will help resolve issues, and clearly delineate roles and responsibilities for both the Field Reps and the Dispatchers.

◆ Congratulations to Jose Perez, Valley CFR, on his successful bid for Dispatcher for the Field Service/Field Collection Unit! As expected, the Dispatcher Section was moved to the AOB. Anyone who has expressed an interest in becoming a Back-up Dispatcher should contact the Valley FS/FCU Supervisor and let her know if you wish to remain on the Back-up Dispatcher list. We are attempting to reach an agreement on how Dispatchers and Back-up Dispatchers training will be done.

◆ Management has held initial conversations with us about adding two additional Assistant Commercial Field Supervisor positions, one for Metro Field Services and one for Valley Field Services. These positions are expected to be filled once the list for SCFR is established.

◆ Management has also discussed the possibility of adding an additional Commercial Field Supervisor's position for the San Pedro Field Office. As of now, this position has not been allocated.

◆ Additional Commercial Field Supervisor positions may become available as retirements and other Special Assignments are filled.

◆ Attention CFRs and SCFRs: a request has been made that both the CFR Bid Plan and the SCFR Bid Plan be revisited. We have initiated the process concerning opening up both the bid plans for discussion. Two bid plan committees will be formed. I will keep you informed through the usual communication channels as this process moves forward.

◆ Attention all CFRs who have had the new JOTTO Mounts installed in their department vehicles: if you are having any trouble with them, contact your supervisor right away. It has come to our attention that, because of truck vibrations, the mounts are loosening and are becoming a problem when you are driving. It is recommended that the JOTTO Desk be secured tightly while driving, in order to reduce the chance of it swerving into you in case of an accident.

### Unit 19B – Shops

By Martin Marrufo

◆ Now that the Shops Bid Plan is close to being implemented, we need to discuss our AOTL lists. There will be problems and corrections made along the way, but you must be diligent, and discuss your concerns with your Shop Stewards, committee members, or supervisors. The Shops AOTL Committee will meet in the near future to address the issues that will be associated with the bid plan.

◆ It continues to be quite a challenge to understand the variety of work done at Shops. Each classification and work location has unique safety and training issues that need to be addressed. Management has made a commitment to strengthen the Worker Safety Group (WSG) tours and training. This has been an ongoing issue at Shops.

◆ Jim Barham and Jim Van Sickle at the Joint Safety Institute have been working to develop a WSG program that is both efficient and accessible to our membership. Our responsibility is to utilize this program to its full potential. We will call on you to be part of this process. Please contact me if you wish to be involved.

### Unit 25 – Landscape

By Nancy Romero

◆ Congratulations to all of you who have now passed probation in your new classification.

◆ We continue to work with management to secure the Fire Retardant jackets that were mentioned during the previous All Hands meeting in the Spring. We hope that we will be able to obtain them soon.

### Unit 26 – Custodial

By Nancy Romero

◆ An additional 15 new emergency Custodial Services Attendants were hired in June to work at the outside facilities. They will be joining the 26 brothers and sisters who were also hired as emergency CSAs in May.

◆ I remind all CSAs that with the hiring of additional CSA personnel, overtime is expected to *decrease*. Management's only contractual obligation to CSAs regarding overtime is to offer you 10% hours worth of over-

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time. This means that you can work the minimum of 10% overtime every pay period—which totals four hours. According to our MOU, overtime assignments must be offered to whomever normally performs the work. *Permanent CSAs* will first be offered overtime assignments. Any additional overtime will be distributed to the emergency and limited CSAs.

◆ Attention all CSAs at JFB: we need to ensure your participation at all upcoming unit meetings. Please make every effort to attend your unit meetings on the *third Thursday* of the month, at the Union Hall.

### Unit 28 – Reprographics

By Lilly Calvache

It's finally here! A Joint Labor-Management Committee (JLMC) has been established for Reprographics and Print Shop employees. Our first meeting was held on July 7. All of the committee members look forward to addressing unit concerns and goals. I will keep you informed about this JLMC.

### Unit 31 – Professional

By Leslie Abbott

◆ We have achieved an *enormous* victory in the effort to improve working conditions for Chemists and Lab Techs at the Environmental Lab in Main Street! For years, the lab has been overcrowded and dangerous for worker health and safety. Management has been at a stand-still on how to deal with various planning, economic, and internal political issues—so lab improvements were repeatedly put on the back burner.

Local 18 got very involved in advocating workplace improvements this Spring. We met with members, managers and the safety staff of the Water System, and also secured the involvement of the Joint Safety Institute (JSI) and DWP Corporate Safety. We utilized logic, access, leverage and pressure—and it worked! The Environmental Lab is now being significantly expanded, upgraded and re-configured. This will benefit both the employees in that workplace and the Department, as a whole, which relies heavily on this in-house resource for testing. *Thanks to everyone who helped make it happen!* What a success!

◆ Pro Unit meetings are held at

5:30 p.m., on the *first Wednesday* of the month, at the Union Hall. Parent Body (General Local 18 membership) meetings are held at 6:00 p.m., on the *fourth Thursday* of the month, at the Union Hall. *Please join us!*

### Unit 32 – Technical

By Kerry McCorkle

◆ I hope to continue the training component in our unit meetings. I am always happy to hear suggestions about what you want to learn. Please contact me or your Shop Stewards to provide ideas.

### Unit 33 – Administrative

By Shawn McCloud

I am pleased to be taking over the affairs and direction of the Administrative Unit, replacing Business Rep. Kerry McCorkle. I look forward to meeting all of you, and learning about your goals and issues. Please make every effort to attend your unit meetings, which are held at 5:30 p.m., on the *third Wednesday* of the month, at the Union Hall.

### Unit 34 – Supervisory Professional

By Kerry McCorkle

◆ The IBEW Local 18/Joint Training Institute Engineering Focus Group has met twice to identify, prioritize and discuss issues, as well as debate potential solutions regarding Engineering Training. We are continuing the process of preparing recommendations to be made to management regarding this training

◆ There is a dedicated core of brothers and sisters who attend and participate in our monthly unit meetings. You also have a dedicated group of officers who are doing a fine job of leading the unit. I always want to see more of you attend our meetings. *Please come and join us, and get involved.* Several unit members are already involved in Joint Labor Management Committees. Your voice is being heard as you actively participate in Local 18 matters.

### Unit 35 – Supervisory Technical

By Leslie Abbott

Super Tech Unit meetings are held at 5:30 p.m., on the *third Wednesday* of the month, at the Union Hall. Parent Body (General Local 18 member-

ship) meetings are held at 6:00 p.m., on the *fourth Thursday* of the month, at the Union Hall. *Please join us!*

### Unit 50 – Burbank

By Barry Poole

◆ We are discussing wages during current contract negotiations. Our last meeting was on June 30. At that meeting, we made additional proposals concerning active and retiree health care costs.

◆ The Burbank Employees' Retired Medical Trust met on Monday, July 11 in order to negotiate contributions to the trust. Please plan on attending your unit meetings to keep updated on these very important issues.

### Unit 55 – Communications

By Nancy Romero

◆ A draft for your approval regarding the Training Coordinator's position for the Telecomm Section has been circulated, and several members have expressed their interest in this position. I sincerely hope that we finalize this process soon, and select our new Training Coordinator for the Telecomm Section of the ITSBU.

◆ I want all of you to know that we have closely reviewed details of the project that aims to install 600-700 new video surveillance cameras throughout Department facilities in the next two years. After careful review, we have determined that the Telecomm Section of the ITSBU has been given the appropriate work on this project, and that the Electrical Mechanics are working within the scope of their DDR when they are installing the actual camera equipment. I also want to dispel rumors that Electrical Craft Helpers and Electrical Repairers are performing specific work on this project. As of now, *neither* of these two classifications are currently involved in installing this equipment. If anyone has information to the contrary, please provide a Joint Labor-Management Committee member with the specific details immediately.

### Unit 60 – Waterworks Mechanics

By Ken Delgado

◆ The Bid Plan Committee has scheduled weekly meetings in order to begin work on the Waterworks Me-

*continued on page 6*

chanics' Bid Plan. At our last unit meeting, we discussed the possibility of trying to implement this bid plan as a *system-wide* plan. The reason is that concerns have been raised about *not* being able to bid from the Metro or Valley locations to the Northern and Southern Aqueduct locations. Currently, the committee's main focus is producing a draft that will help get this off the ground.

◆ Those of you who are interested, should attend your unit meetings, because whoever *does* attend regularly will make the decisions for the *entire unit*! Whole-unit negotiations will take place very soon; this is another good reason

why you should attend. I look forward to seeing you at our next meeting!

### **Unit 63 – Underground Construction**

*By Barry Poole*

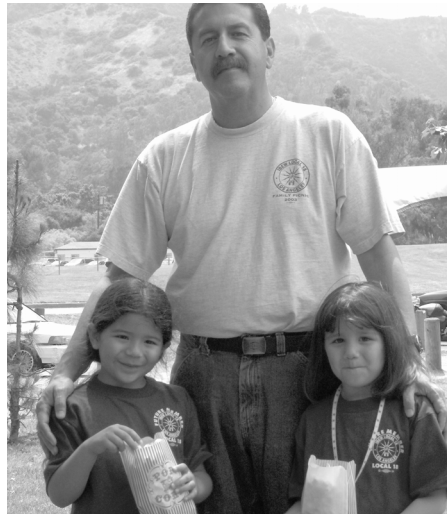
Congratulations to the Underground Distribution Construction Mechanics and the Senior Underground Distribution Construction Mechanics on receiving your inequity payments! This was a very long and difficult negotiations process. Thanks to all who were involved, and also to Local 18 Business Manager Brian D'Arcy, for bringing this issue to a successful conclusion.

### **Unit 65 – County**

*By Bill Lewis*

The current COLA language, in conjunction with rising inflation, makes the prospect of any contract extension *unacceptable* at this time. In addition, the districts are asking for cost-sharing for medical premiums. If that happens, we would effectively be allowing the camel's nose into the tent. This issue has proved to be divisive, and is designed to benefit a few people at the cost of the majority. We are always willing to discuss this issue; however, the extension and attack on medical premiums are *too much of a risk to take at this time*.

## **Local 18's Annual Picnic at Griffith Park Was a Fun-Filled Success**





# Keeping the Heat Under Control This Summer



Without a doubt, IBEW Local 18 members are intimately familiar with the challenges of working in extreme heat—especially in Southern California summers and in desert-type areas where the heat is unrelenting. I am sure many members can remember a time when they became overheated, either on the job, or while involved in recreational activities with family members like picnics or ball-games.

*Heat waves can kill.* According to the National Oceanic and Atmospheric Administration (NOAA), heat kills by “taxing the human body beyond its abilities.” Heat disorders are related to the body’s inability to shed heat by circulatory changes and sweating, or a chemical (salt) imbalance caused by too much sweating. When heat gain exceeds the level the body can remove, or when the body cannot compensate for fluids and salt lost through perspiration, the temperature of the body’s inner core begins to rise, and that may cause a heat-related illness.

The NOAA web site notes, “Ranging in severity, heat disorders share one common feature: the individual has over-exposed or over-exercised for his age and physical condition in the existing thermal environment.” Studies show that the severity of heat disorders tends to increase with age. Heat cramps in a 17-year-old may be heat exhaustion in a 40-year-old, and heat stroke in a person over age 60.

Indeed, in a normal year, says NOAA, about 175 Americans succumb to the demands of summer heat. The organization says that in the 40-year period from 1936 through 1975, nearly 20,000 people were killed in the United States by the effects of heat and solar radiation. In the disastrous heat wave of 1980, more than 1,250 people died. And these are *direct* deaths. There may be countless others with chronic diseases whose deaths were *accelerated* by the heat.

Heat stroke is the most serious heat-related illness. The Centers for Disease Control (CDC) explain that this condition occurs when the body becomes unable to control its temperature. Body temperature may rise to 106 degrees Fahrenheit or higher within 10-15 minutes. As mentioned earlier, heat stroke can cause death or permanent disability if emergency treatment is not provided.

The CDC says the warning signs of heat stroke vary, but may include the following:

- An extremely high body temperature (above 103 degrees Fahrenheit)
- Red, hot and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

The CDC suggests that if someone experiences any of these warning signs of heat stroke, he or she should get emergency help *immediately*. You can help the victim by:

- Getting the victim to a shady area.
- Cooling the victim rapidly, using whatever methods you can. For example, you can immerse the victim in a tub of cool water; place the person in a cool shower; spray the victim with cool water from a garden hose; sponge the person with cool water, or if the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously.
- Monitoring body temperature and continuing cooling efforts until the body temperature drops to 101 to 102 degrees Fahrenheit.
- Avoid giving the victim alcohol to drink.

A milder form of a heat-related illness is heat exhaustion, which can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. The CDC says that those most prone to heat exhaustion are elderly people, those with high blood pressure, and those working or exercising in a hot environment—like Local 18 members during the summer. The warning signs of heat exhaustion

include heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting and fainting.

To cool the body during heat exhaustion—if at all possible—drink cool, nonalcoholic beverages, rest, take a cool shower, bath or sponge bath, seek an air-conditioned environment and wear lightweight clothing.

How do you *prevent* heat stroke? The CDC has some suggestions:

- Drink more *nonalcoholic* fluids during the summer months, regardless of your activity level. *Don't* wait until you are thirsty to drink.
- Avoid liquids that contain caffeine, alcohol or large amounts of sugar—these actually cause you to lose more body fluid.
- Stay indoors, and if at all possible, stay in an air-conditioned place.
- When you are off duty, wear lightweight, light-colored, loose-fitting clothing.
- Cut down on exercise outside. And if you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour.
- Try to rest often in shady areas.
- And do not forget your sunscreen.

Local 18 members and their families should make it a point to do what they can to prevent heat stroke and heat exhaustion this summer. It looks like it is going to be a hot one!

...

Through your Blue Cross CaliforniaCare HMO plan and Power CareAdvocate PPO plan, you and your family have access to the finest doctors and one of the most extensive networks in the state. With CaliforniaCare, you can build a relationship with your own network doctor with almost all benefits, including doctor visits, hospitalization, well baby care, surgery, eye and hearing exams, at little or no out-of-pocket cost. With the Power CareAdvocate PPO plan, you have the freedom to choose medical services from within Blue Cross' expansive PPO provider network, or from a non-PPO provider.

# Local 18, IBEW



## Shop Stewards' Injured Worker Fund Golf Tournament

**When:** October 10, 2005

Shotgun start 11:00am

**Where:** DeBell Golf Course, Burbank

**Cost:** Entry fee \$105 per person

(includes green fees, golf cart and dinner)

Look for a registration form in the next Surge.

**For more information contact Local 18 at 213-387-8274**

**Local Union 18, IBEW**  
4189 West 2nd Street  
Los Angeles, CA 90004

**Phone:** (213) 387-8274  
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**Website:** [ibewlocal18.com](http://ibewlocal18.com)

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