

Green Health and Dry Needling



**Michael Gartner, Family Nurse Practitioner
at the Dry Needling Pain Clinic**

Working outside in the elements of all weather conditions in Shipyards and Construction is physically grueling work, it can result in daily strains, sprains, tendonitis, soft muscle tears and worse, which often sends workers to their doctor's offices and medical clinics, much of the time, being prescribed some opioid derivative to help take their mind off their pain.

But we know Opioids have an insidious lingering addictive effect: the worker heals, and the prescription ends, and the injury returns. At some point, the doctor will refuse to prescribe more opioids, and the worker turns to self-medicate with alcohol, other drugs, and possibly some street-opioid to manage that pain.

Dry Needling in physical therapy involves inserting extremely thin needles through the skin into areas of the muscle known as myofascial trigger points. It's used to ease muscle pain caused by knots or irritation, improve range of motion, function, and muscle firing, and decrease pain.

The Construction Industry Rehabilitation Plan of British Columbia have found another way. The provincial government agreed to fund the Dry Needling Clinic to help the construction industry on Vancouver Island without the brick and mortar.

The Vancouver Island Construction Unions brainstormed and considered under-utilized medical clinics on the Island and the group approached the Provincial government and the Vancouver Island Health Authority with the idea to utilize some of that space for this innovative and alternate approach to prescribed opioids, along with our Green Health initiative bringing Counselling services for construction workers on Vancouver Island as well.

The Dry Needling Pain Clinic started operating from the IBEW Local 230 Victoria business office without charge as an initial service for our members. As of the middle of December, the clinicians have moved into their Langford location at St. Anthony's Clinic on Goldstream Ave. Joining the Counsellors providing the Green Health initiative.

If you are suffering with chronic pain or need in-person counseling services, **give CIRP a call at 604-521-8611 for more information or to book an appointment.**

I had our Local 230 staff take a Stress Management Course. Similar to the membership, our staff have their work and home pressures, as they struggle to balance that in their day-to-day lives, and it's important to them and our membership that they find that balance. We followed that up with a Stress Management Class for the members held at the Training Centre, on Saturday November 7th. This class was full, with a wait list, showing me it's clearly needed. This course brought by our Green Health initiative through Western JETS and the Construction Industry Rehabilitation Plan will continue to be provided to the members throughout 2025. If you are struggling with work and/or pressures at home, please sign up to take this course to help you manage your stress.

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Member's Dues Auto-Deposit

To send dues payment via e-Transfer, email dues@ibew230.org

Nonworking dues rate as of January 1st, 2025 :

"A" Members = \$57/month
"BA" Members = \$33/month

News and Notes

Unit Meetings are back and held in-person. Please check our Facebook page for updates!

Business Hours

Main Office: 8:00am - 5:00pm

Training Centre: 8:00am - 5:00pm

Upcoming Training

| | |
|----------------------------------|----------|
| 8 Feb Conduit Level 1 | Nanaimo |
| 9 Feb Conduit Level 3 (rigid) | Nanaimo |
| 21 Mar Conduit Level 1 | Victoria |
| 22 Mar Conduit Level 3 (rigid) | Victoria |
| 25-26 Apr Fire Alarm | Nanaimo |
| 30 May - 1 Jun Fibre Optic | Nanaimo |

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Business Manager's Report



Phil Venoit
Business Manager/Financial Secretary

We had Brother Jim Watson come back to the Island to instruct two days of Code of Excellence (COE), as well as one day of Mental Health Awareness training. These were held in Parksville with good attendance. At the same time, we had Local 230 Organizers Mangat, Kiernan, and Alexander teach their first Construction Organizing (COMET) classes. Our work picture and culture are distinct and different from most locals across North America. So, our Organizers will continue teaching this class to the members who want to be able to work non-union. International Education Specialist, Brother Watson will be returning to Victoria to instruct the same group of courses (Code of Excellence, COMET, and Mental Health Awareness), on February 27th, 28th, and March 1st. If you are interested in any of these, please email communications@ibew230.org or call the office at 250-388-7374 ext. 8 to register.

We met with Member of Parliament Laurel Collins to discuss a number of longer-term goals like a Transportation plan for the Island Railway, Partnerships for Green Energy, Affordable Housing, and more urgently, the federal government's plan to repeal the Apprenticeship Incentive and Completion Grants coming this March 31st, 2025. Laurel met with the Federal NDP Team, and they put a statement together endorsing my call to stop this detrimental change to Canada's Red Seal Apprentices, beyond that they also endorsed my ask to increase the untaxed portion of bursaries to \$1,000 per school year. She introduced these two apprentice supports in the House of Commons on November 21st, but with Government Prorogued and a federal election likely right after, these important apprentice supports will continue to move towards their sunset end date of March 31st.

Our latest round of bargaining concerning the Job Ready Dispatch Program resulted in the Contractors agreeing to increase the funding to twenty-five cents per hour (none of this comes out of our members wages), which will provide us with the initial necessary funding to run the program. With that in mind, I've re-organized our office staff's tasks, beginning January 1st, to prepare for this year's introduction of Construction Safety Training.

Cory will be responsible for putting together the scheduling and performing the Job Ready Dispatch Safety Training for the membership. Rob will take on the responsibility of Dispatching our members to work. Kale will now be responsible for the members working at the City of Victoria and in health care at the Royal Jubilee Hospital, in addition to continuing to represent the members at Victoria Shipyard, the Fleet Maintenance Facility, and the Airport Screeners. Kale will also assist Shane with the Motor Winders, as those Winding Shops are tied to the hip of the marine industry. Shane will be taking all construction phone inquiries for the Island and will convey to the Business Manager any important issues needing my attention.

I will be heading negotiations for the City of Victoria, and I will likely appoint Kale to the Hospital bargaining committee, as the burden of bargaining falls primarily on the HEU, HSA and BC GEU as the three largest worker components in BC's Health Care. These negotiations are a great environment to learn the technical aspects of bargaining in the public sector.

Like any restructuring, it will take each of them time to come up to speed on the nuances of their jobs. Please be patient with them and helpful through this period.

Some of you may have noticed a new Electrical Contractor driving around on Vancouver Island. Smith & Long is an electrical commercial/institutional and service contractor from Toronto who decided to open up shop in British Columbia beginning with a Nanaimo office. This "Long" standing IBEW contractor will hopefully become a fixture on the Island.

Finally, this is looking to be an across-the-board busy year for residential and institutional construction, the marine industry has some possible projected work coming as well, and many of our industrial members are waiting patiently for an announcement on further LNG work, we would be happy to assist our sister locals 213 and/or 993 in BC to help build.

Our current construction collective agreement runs until May 1, 2026, however last round

2025 CASH DRAW FOR \$100
IBEW CANADA \$20,000 Per Ticket

2025 Early Bird Draw

THIS YEAR
TWO cash prizes of
\$2,500
May 21, 2025 at the
Glen Abbey Golf Club
in Oakville, ON



Grand Prize of \$20,000

Draw for the \$20,000 and two \$5,000 prizes will take place as soon as all tickets are sold, or at the IBEW All Canada Progress Meeting in Calgary, Alberta on August 13, 2025.

Must be an I.B.E.W. Member to Purchase and Win Tickets \$100 each | Only 500 tickets to be sold
Winning Tickets go back in for the next draw.

For tickets, please contact your Local Union, your International Representative, or the IBEW First District office at 905-564-5441 or by email at IVPD_01@ibew.org

Proceeds to assist in funding of the First District International Representatives reception at the IBEW International Convention in 2026.

the BC Labour Relations Board decided the construction industry needed to start one year early so as, the bargaining process would not run after the May 1st (2023) date. Therefore, in anticipation, this same time frame may become a fixture in our bargaining process, I'm asking members to please email me any proposals you believe important to be included in the next upcoming round at:

Phil@ibew230.org

I don't need 1,000 emails saying "wages", I understand the importance of a good wage increase, I've almost doubled our construction members' wages over the last twenty years. But, if there is something you strongly believe important to include, I would urge you to send me your thoughts.

In Solidarity,
Phil...



New Signatory Contractor, Smith & Long Service Van

It's RRSP Tax Savings Time!



Make additional deposits to your RRSP on or before the **March 3, 2025** deadline.

Put extra money in your RRSP by the deadline to *pay less tax* on your 2024 income tax return.

It's as easy as 1, 2, 3 ...

- 1 Decide on the amount you want to put in your RRSP.
- 2 Sign in to you Manulife secure site, or the Manulife Mobile app.
- 3 Go to **My Account > Make a lump-sum contribution.**

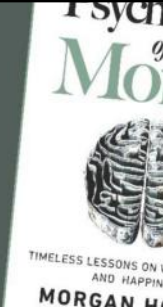
Mailing and online availability dates for RRSP contribution receipts from Manulife are as follows. You may receive up to 2 RRSP contribution receipts this year.

| Description | Format | Date Available |
|---|-------------------|---|
| Mar-Dec 2024 RRSP contributions to RRSP policy number 20005188 | Mailed and online | Online—January 20, 2025 Mailing—February 4, 2025 |
| First 60 days of 2025 RRSP contributions to RRSP policy number 20005188 | Mailed and online | Online—March 14, 2025 Mailing—March 25, 2025 |

"A Quote from our Favourite Book About Money"

Money's greatest intrinsic value —and this can't be overstated— is its ability to give you control over your time.

The Psychology of Money
Morgan Housel



To learn more about how to make an extra deposit to your RRSP, scan the QR code below:



Questions?



Your RPP contributions show on the T4 you get from your employer. You will not get a contribution receipt from Manulife for your RPP contributions.

If you have any questions about the amount contributed to your RRSP or RPP by your employer, please contact DA Townley at 1-800-663-1356 or email pensions2@datownley.com

Retired Members of 2024

Robin Arsenault 35-year member
Don Gulliver 31-year member
Gerry Lavis 14-year member
Fred Martin 58-year member
Eric Mayer 44-year member
Lorne Mitchell 36-year member

Don Mulzet 30-year member
Eric Nygaard 43-year member
Shane Prowse 36-year member
Randal Shaw 43-year member
Patrick Sobel 44-year member
Gabe Tremblay 17-year member

Guy Walker 29-year member
Timothy Waddell 31-year member
Walter Paravicini 42-year member



In Memory of

With sadness and fond memories, we said goodbye to 12 members in 2024. They will be deeply missed and forever in our thoughts.

Orville Boyd 58-year member
James Brookall 68-year member
Derek Brouard 70-year member
Robert Buzzard 36-year member

Keith Coppinger 46-year member
Donald Hastings 62-year member
Wayne Heather 4-year member
Brad Owen 28-year member

Russell Smith 48-year member
Patrick Stothard 69-year member
Barry Townsend 44-year member
Craig Wadsworth 56-year member

Congratulations to our new Red Seal Electricians!



Top Left: Nicollas F., Morgan H., Roger E.
Middle Left: Antonio W., Christopher R., Jordan K.
Bottom Left: Chae F., Killian M., Conor O.