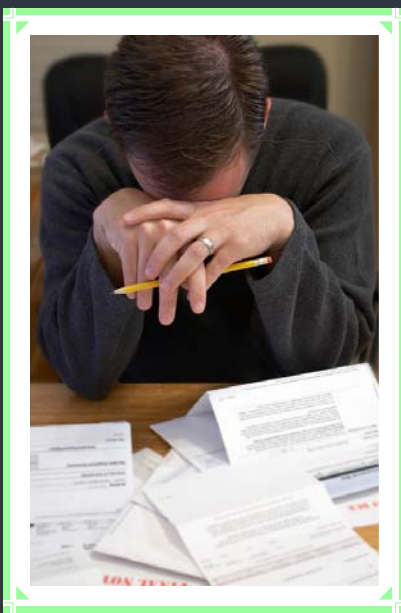
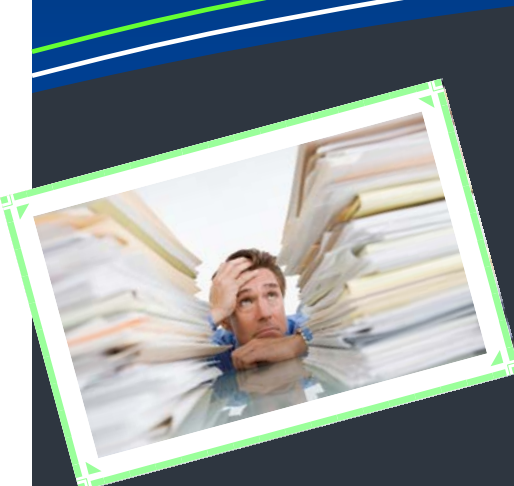


AM I A WORKAHOLIC OR JUST A HARD WORKER?

Submitted by Jean Roskams

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- ◆ You put in long hours on the job, sometimes sacrificing your personal life to meet career commitments.
- ◆ You stay connected with the office when you're not physically there, checking your BlackBerry or tapping out e-mails on your laptop.
- ◆ You think about work when you're in bed or in the shower.
- ◆ You are a multi-tasking King or Queen.
- ◆ You can't be on a phone conversation at your desk without screening through your emails.
- ◆ No matter how hard you try, you just can't turn off the work brain.

If you're taking the time to read through our IFMA newsletter instead of, say, perfecting Excel spread sheets, chances are you're not a true workaholic. If, on the other hand, you missed the article, but friends have e-mailed it to you or left it (anonymously) on your desk, you may want to take a couple minutes to figure out why they did.

A growing number of psychologists and life coaches who deal with workaholicism say that though the problem can be tenacious, it is one that you can, well, work on! Here are some tips to help you figure out whether you're a workaholic.

- ◆ Check the Workaholics Anonymous Web site (www.workaholics-anonymous.org) to help pin down your status.
- ◆ Determine whether over-attention to work is temporary or rooted in who you are.
- ◆ Assess your relationships with family -

Do you routinely get home after the kids are in bed? Miss important family events? Do you get impatient with family members because you have so much work to do?.

- ◆ Are you a perfectionist who thinks you're the only one who can do the job right?

It may turn out you are a bit of a workaholic after all. There are measures you can take to restore balance to your life -- if you're willing to step away.

- ◆ Slow down.
- ◆ Set boundaries. This requires practice -- turn off that blackberry and be mentally and physically present at home with loved ones. Pledge to make no work-related calls on weekends or after 9 p.m. Don't bring work home.
- ◆ Find a hobby -- read a book

And speaking of books, this is a quote from Dr. Richard Swenson from his book, *In Search of Balance*. . . . "Balance can direct us toward simplified lifestyles, anchored contentment, nourished relationships, reasonable expectations, and manageable work. Balance can model for us the pace of faith with its gentleness and goodwill. Balance can quip us with a gyroscope that stabilizes our orbit securely around our timeless priorities . . . and in the end, it is all about priorities."

What does your list of priorities look like? (Wow, another 45 emails just while I was working on this article . . . gotta go!)

Some comments based on an article by J. Huget



both student and staff offices throughout. The building embraces the beauty of the surrounding Fox River with several outdoor decks and patios.

Lawrence University received one of the state's most coveted construction honors last night (April 21, 2010) when The Daily Reporter and Wisconsin Builder magazine named the

We had the opportunity to tour the Warch Campus Center on the University of Lawrence Campus for our April Event. Greg Griffin was a most gracious host. Lunch was phenomenal—Bon Appétit is their cafeteria vendor. After lunch we were treated to a short presentation and a tour of the facility.

WARCH CAMPUS CENTER

Lawrence University

About the Warch Campus Center -

The Warch Campus Center is a 107,000 square foot eco-friendly dream. Designed, built, and operated in an environmentally responsible way, the building has something for everyone. Beautiful open spaces with high ceilings, amazing views, and natural stone, the facility can accommodate the smallest of gatherings or a university dinner of 500. Within the building are informal gathering spaces and more formal programming spaces.

There is dining on three of four levels and



Warch Campus Center "Best of Show" at the magazine's annual Top Projects awards ceremony in Pewaukee. One of 31 construction projects in the state selected to compete for the award, Wisconsin Builder's highest honor was a closely guarded secret until it was announced.



Thanks to Our Sponsors!

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MAY ANNIVERSARIES

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Jacque Boyle	5/16/05
Michael Danelski	5/22/98
Garry Dietrich	5/26/06
Julie Green	5/13/03
Russell Janeshek	5/24/04
John Machnik	5/17/05
Jean Roskams	5/08/02
Jefferey Tappen	5/26/99

Mission Statement

The Northeast Wisconsin IFMA Chapter is an Association of Facility Management Professionals with the common goal of advancing their profession and promoting individual career development through education, networking and information-sharing.

MEMBER FOCUS:

Dale Dorn



Brief History of Work Experience:

This is my 43rd year in the flooring industry (I started when I was 6). I worked in retail & light commercial, put in a few years at the wholesale level and devoted the past 20 years strictly to the commercial side of the business.

Family/Home Life:

My wife, Marilyn, and I have one son who is in the Navy. He is currently a weapons systems officer where he flies in the back seat of an F-18 Super Hornet off the carrier USS Abraham Lincoln. He married a lovely gal last September who already had three beautiful girls and she is now expecting her fourth child in December. We both have children from our previous marriages; Marilyn has two daughters and one grand son and I have two sons and 5 grandchildren. So now we have 9 grandchildren with one on the way.

Hobbies/Interests:

Grand children!!!!
I don't have time for golf.

Most Interesting Facility Related Problem or Solution:

Carpet replacement in an occupied office. We started this type of work over 15 years ago. I am still amazed at how the men can methodically work their way through the cubes and in a few hours the old carpet is

gone and the new carpet is there. It's not magic-but it seems like magic.

Any Unusual Happenings on the Job?

Recently we were working on a project at a hospital in Northeastern Wisconsin. There was a particularly complex area of the hospital where our expertise was requested. The project manager of Schleis Floor Covering along with the lead installer, the facilities manager and the head nurse and others were all in attendance. We could see why we were asked to convene. There did not seem to be a real easy way to lay out the carpet in a particular direction that would make sense. When the project manager said to the team, "I am not sure what direction we should install here", our lead installer, always up for a challenge, looked at the group and said, it appears you are suffering from 'Directile dysfunction'

Recently while working on a lift job, one of our more full figured installers was bent over when he heard someone say, "Ahem". The installer was on his knees doing what he does best. It was one of the employees of the facility he was working at that stopped to get his attention. She asked if he would be so kind as to pull his pants up. Apparently he was giving all who wished to stare in horror, the vertical smile. He was a bit embarrassed (his fellow installers were rolling on the floor in laughter) but managed to tell the young lady that what she had heard was correct...Schleis installers were as good as they were cracked up to be.

The thing you appreciate most about IFMA?

How belonging to IFMA inspires dedication to facility managers to provide a quality work environment for fellow employees and genuine desire to work together to solve problems.

Your idea of a Dream Vacation:

For my wife & me to spend time in Israel and to walk on the same soil as our Lord walked.

Upcoming Events (Click for more Info)

[WGBA—May Meeting](#)

Fox Valley & Green Bay Circle Group

Date/Time: May 5, 2010 4-5:30 p.m.

[The 19th Annual IFMA Wisconsin Tri-Chapter Symposium—Madison, WI](#)

Date/Time: May 12, 2010

[2010 IFMA Midwest Symposium - Rock the Foundation](#)

Hard Rock Hotel—Chicago

Date/Time: June 9, 2010 8-5:00 p.m.

[FMP](#)

Facility Management Professional Credential Training Session

Date/Time: June 24 & 25 (8:00 a.m.—5:00 p.m.)

[Northern Illinois University Outreach](#)

Is offering several IFMA courses during the next few months. NIU is a licensed provider of the IFMA programs. Please check the website for dates and times.

[The 3 WI IFMA Chapters are partnering to bring FMP Courses to Wisconsin](#)

A knowledge-based credential, the FMP is designed to accelerate an FM's transition into the profession and prepare for the demands of today's dynamic workplace. Please check the website for dates and times.



PROGRAM SCHEDULE

(Dates subject to change)

5/12 Tri-Chapter hosted by the Madison Chapter

6/22 Golf Outing

**July/
August:** Networking Event

Special Thanks to our Newsletter contributors:

**Melissa Schumacher,
Allsteel**

**Lynn Rickert-Steen,
Schneider National**

Elizabeth Darinski, BSI

2010 5.12.10 19th Annual IFMA Wisconsin Tri-Chapter Symposium

Wednesday May 12, 2010
Monona Terrace, Madison WI

This year's Tri-Chapter IFMA Symposium will be a full day of facilities programs and networking opportunities with other facilities professionals. Held at the beautiful Monona Terrace, the IFMA Madison chapter welcomes participants to this engaging symposium. Register early for first choice on session topics!



Save this date, **6/22/10**
for the IFMA golf outing
at Royal St. Patrick
More to come...



Know of an event or have information that our membership would appreciate?

Please send details to info@ifmanewisconsin.com to have your information posted on our website, or included in our newsletter.



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**Upcoming Events
(Click for more Info)**

May IFMA Meeting

What: The 19th Annual IFMA Wisconsin Tri-Chapter Symposium

When: Wednesday, May 12th

Where: Monona Terrace, Madison, WI



[Click to see the attached flyer/registration form for more details. --RSVP today!](#)

[Annual NE Wisconsin IFMA Golfer/Non-Golfer 9 Hole Scramble](#)

Date/Time: June 22, 2010 at Royal St. Patrick's Golf Links, Wrightstown, WI

Registration: begins at 11:30 Shotgun Start at 12:30.



Stay in Touch!

If you need to make a change to your contact information, please contact Elizabeth Darinski at membership@ifmanewisconsin.org



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