



Are You Ready for Golf?

As hard as it is to believe, the Northeastern Illinois Chapter, NECA will be having its fifth Annual Golf outing Tuesday, August 3, 2004. That's half a decade my friends of good food, great golf, and even better times! This year promises to be even better than last year! We heard your suggestions, and ran with them. The event this year will again be held at the sensational Cantigny Park on Tuesday, August 3, 2004. Should you have any questions about the event or would like more information, please contact Bruce Creen or Brian Sullivan at the Chapter office.



Circuit BREAKING News

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MEI ALERT!

Look for information regarding upcoming MEI courses sponsored by our Chapter in the fall of 2004 and 2005 season. From Advanced Construction Law to Estimating Courses for all Levels, we've got your interests in mind. If you would like to see a course come into our Chapter area, contact Brian Sullivan at the Chapter office.

NECA CircuitBREAKING News

Summer 2004

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Calendar of Events

August 3, 2004

Cantigny Golf
27 West 270 Mack Road
Wheaton, Illinois

October 16-19, 2004

National Electrical
Contractor's Association's
103rd Annual Convention
Los Angeles, California

FREE File Download Available - State Electrical Regulations

NECA's Guide to State Electrical Codes is currently available to NECA members free as a downloadable PDF file. The 49-page document summarizes information about electrical codes, code enforcement, permit fees and contractor/electrician licensing in every state and the District of Columbia. It includes contact names and telephone numbers for State agencies in each area that regulate electrical construction. To obtain your free file, simply log onto www.neca-neis.org. Click publications, then State Electrical Regulations.

NECA Convention

Lights, Camera, ACTION...

Prepare yourself for NECA 2004 in Los Angeles!

The Northeastern Illinois Chapter, NECA invites you to come to the "New" Los Angeles and experience all that this intriguing city has to offer. You will be pleasantly surprised by the electrifying changes in the "City of Angels". Join us to experience the world-class hotels, a state-of-the-art convention center, and a variety of restaurants certain to please every palette, along with never ending entertainment options.



There is more than one reason why LA has been dubbed the "City of the Stars" and we hope that you will be there to add your footprint in NECA's own walk of fame. Join your friends and colleagues for a stellar performance October 16-19, 2004. We are going to be staying at the Westin Bonaventure in the heart of downtown LA. For you film buffs, the Bonaventure's dazzling appearance hasn't gone unnoticed by Hollywood. The hotel has been featured in a number of motion picture epics. You may have seen this gorgeous glass building in the classic 1982 sci-fi epic "*Blade Runner*," (starring **Harrison Ford**), 1983's helicopter flick "*Blue Thunder*" (with **Roy Schieder**), the 1995 virtual reality suspense film "*Strange Days*" (with **Ralph Fiennes** and **Julliette Lewis**), the 1988 Oscar-winning drama "*Rain Man*," (with **Dustin Hoffman** and **Tom Cruise**), the 1995 romantic comedy "*Forget Paris*" (with **Billy Crystal** and **Debra Winger**), or any number of other movies and TV shows.

One of the world's most exciting cities, Los Angeles is always on the cutting edge. LA is a trendsetter in fashion, culture, food, and, of course, show business. Los Angeles revels in its many worlds within a city and you will want to take full advantage of them all...the list is endless...so many things to do and so many places to explore.

Through its many faces, Los Angeles will offer NECA an intriguingly varied convention experience complete with fun for the entire group.

The Northeastern Illinois Chapter, NECA and Los Angeles look forward to welcoming you and making you a star to be remembered in October 2004.

President's Corner

By Elroy Kadlec, President of Northeastern Illinois Chapter, NECA



Elroy Kadlec, President of
Northeastern Illinois Chapter, NECA

National Electrical Installation Standards Blaze a Path to Higher Performance Quality

The National Electrical Installation Standards (NEIS®) (developed by NECA in partnership with other industry organizations) are the first performance standards for electrical construction. They go far beyond the basic safety requirements of the National Electrical Code. In fact, they clearly define what is meant by installing products and systems in a "neat and workmanlike" manner.

The NEIS® give professional specifiers a convenient way to specify high-quality construction methods. They are approved by American National Standards Institute (ANSI) and organized as technical manuals that provide practical guidance for all sectors of the electrical construction industry. *NEIS®* are an excellent communications tool for facilitating communications among various members of the construction team. Some specific benefits are:

- Referencing the National Electrical Installation Standards is easily done and reduces time spent writing project specifications.
- *NEIS®* clearly define necessary performance requirements to reduce the possibility of misunderstandings among engineers, electrical contractors and facility owners/managers.
- All *NEIS®* are written to guide electrical installers by providing detailed installation procedures. This level of detail may help reduce potential liability.

Brooke Stauffer, Director of Installation Standards at the National Headquarters of NECA, stated that "with *NEIS®*, the electrical installation you design not only meets code—it meets the shared expectations of everyone involved. What I like is that customers get a top-quality job. The *NEIS®* allow you and your firm enjoy a reputation for long-term reliability."

All of the *NEIS®* are submitted for approval by the American National Standards Institute (ANSI). Referencing *NEIS®* saves spec-writing time for Consulting Engineers, and provides unprecedented control over workmanship and long-term performance. As an enforceable part of the contract documents, *NEIS®* significantly reduce misunderstandings among engineers, electrical contractors, owners, and facility managers.

The ANSI-approved *NEIS®* are organized as a series of installation manuals for electrical systems and products. For added convenience, the *NEIS®* are now available on CD-ROMs. This format offers improved convenience and functionality for consulting engineers, electrical contractors, plant/facility managers, inspectors and others—all the building professionals who depend on *NEIS®* as authoritative technical references that define the best ways to install and maintain electrical products and systems.

I have been affiliated with NECA for many years and am currently the President of the Northeastern Illinois Chapter, NECA. I have found that NECA offers a wide range of products and educational services to make my life easier. It is my assertion that the *National Electrical Installation Standards (NEIS®)* are an essential tool for running a successful business.

For more information about the *NEIS®*, contact Bruce Creen or Brian Sullivan at the Northeastern Illinois Chapter, NECA at 630-876-5360. You may also check out information on NECA National's Website at www.necanet.org.

“The National Electrical Installation Standards are an essential tool for running a successful business.”

In this issue of the Northeastern Illinois Chapter, NECA newsletter we are highlighting Elgin, IL. This once hinterland farm community is now becoming a thriving town of industry in the massive suburban sprawl.

Featured this month is the Elgin Museum. It is housed in an 1856 landmark building known as Old Main that was once part of the Elgin Academy. It is listed in the National Register of Historic Places. Through permanent and changing exhibits, the museum brings to life Elgin's rich heritage. Permanent exhibits include Elgin National Watch Company, the E. Maude and Carl Parlasca Native American Collection, and Elgin Road Race memorabilia. The Museum is open to the public. Admission is \$2.00 for adults, \$1.00 for students and senior citizens.



Member Corner Medical Watch - Eye on Stress

What is stress?

All of our lives are fast paced. It seems, increasingly, that time, careers, personal life, even the day-to-day obligations are becoming more intense.

According to a bioethics research study recently conducted and surmised on Georgetown University's Website, stress is a complex, dynamic process of interaction between a person and his or her life. It is the way we react physically, mentally, and emotionally to the various conditions, changes, and demands of life. Stress can be:

- Acute (immediate), which can be a one-time incident that usually comes and goes quickly. Its effect on us can last from minutes or hours to days or weeks. Examples of acute stress include narrowly avoiding an automobile crash, or a violent incident with someone.
- Chronic (long-term), which can be caused by a continuing string of stressful incidences, or an ongoing situation. Examples of chronic stress include a difficult job environment, caring for someone with a chronic disease, or a state of loneliness.

What causes stress?

Stress results from the tension and *anxiety* caused by:

- A number of specific irritating events throughout a time period, such as a traffic jam on the way to an appointment, an argument with a customer or boss, a bad lunch, and so on.
- General conditions in your life, such as poor physical health, lack of a support system, emotional problems, loneliness, depression, and unsatisfactory living and work situations.
- Life cycle transitions and developmental stages, such as getting married or decreased physical abilities. When other stress occurs within one of these, it increases the cumulative stress level.
- Conflicts with your belief system, such as placing a high value on family life but not having the family life you want.

What does stress do to me?

People react differently to stress. How you react depends on your strategies for coping with stress, your previous experience with stress, your genetic makeup, and your level of social support and how you view your social support. The greatest factor, however, is how you perceive stress and control its outcome. What is stressful to one person may not affect another.

Stress affects you in both its acute and chronic forms:

- In acute stress, the body responds to a perceived threat. Your body releases chemicals that increase your heart rate and breathing and provide a burst of energy. This is known as the *stress response* or the fight-or-flight response.
- In chronic stress, the response of the body depends on the severity and duration of the stress and how you respond. The cardiovascular system, the *nervous system*, and the *immune system* may be affected. Chronic stress plays a role in many health problems, including *coronary artery disease*, *diabetes*, and *asthma*.

How do I evaluate my stress level?

We all experience stress differently; what causes stress for one person may cause little or no stress for someone else. How you evaluate stress depends on the nature of the event, your personality, how you perceive it, how much control you feel you have, your resources, your social support, and other events occurring in your life at the time.

When evaluating stress, consider:

- Stress because of life cycle transitions, developmental stages, and changes you are experiencing.
- Stress because of your job, family, or personal life.
- Stress because of a lack of time to do what you want.
- The severity, duration, and intensity of the signs of stress.
- How well you cope with stress, including how you perceive it, how much control you feel you have, and your social support.

Tracking stressful events and noting your reaction and coping strategies (a stress journal) are other ways to discover what is causing you stress and how much you may feel.