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Coming Events

- ▶ Sarnia Section ISA Show
February 23, Holiday Inn
- ▶ Sarnia ISA Golf Tournament
June 11, 1999

President's Address

Well, as you can see we have taken that giant step and moved ahead with our new Sarnia ISA Directory. This is the new format for our Annunciator. As a section newsletter we expect it will become more informal and less regimented but contain more section and district information. Our goal is to keep you, the member, informed. Please let me know if we have succeeded or if we have missed the target.

I want to take this time to thank all of you who made our first dinner meeting a success. We had 48 members, 10 non-members and 8 students. Our guest speaker, Bob Newell, Honeywell's Year 2000 Global Program Manager, gave us an excellent view of what we should be prepared for as the year 2000 approaches and rolls over. We better not take anything for granted.

Kevin Smith, our VON representative, came to thank us for our donation for the bladder manager. I hope that none of us will ever need to use it, however

I'm certain it would be an appreciated use of modern technology, if we ever do.

Mike Grey introduced our student competition team for Houston. Unfortunately, it was an excellent trip but we met stiff competition in our first round and didn't fair so well.

Jeff Talbot presented the budget, Randy Dennie let us know where our directory had progressed to and Kalpen reminded us of our "Fiber Optic Technology" seminar, coming up on November 18, 1998. Still looking for attendees. Brian Smith will continue to send out e-Mail notices for the dinners and Jennifer is working on our member anniversary pins.

Well that will be it for this letter. Any comments or concerns, please contact any one of your executive. See you at the next dinner meeting.

Thank you,
Mike Murray

Coming Soon!

The new directory is going to press at the end of November for distribution in December.

The New Annunciator Format

The format has changed to reduce expenses. The logo will be kept the same but the size has been changed to 4 to 8 pages of 8 1/2 x 11. Mailing costs are expected to be 45¢ to 60¢ each. No advertising will be included but we are always looking for good technical papers to include.



The Comprehensive Guide for the Measurement and Control Market

- Products
- Specifications
- Manufacturers
- Sales
- Representatives
- Services
- Technical Handbook

SARNIA SECTION
ISA Directory of 1999 

ISA is the international society for measurement and control®



Don't Postpone Tackling Chronic Procrastination

There's no time like the present to try some simple strategies that can help you change unproductive behaviour.

BY LAURA FOWLIE
For the Financial POST

If your favourite mantra is "tomorrow is another day," you're not alone. Procrastination is often pinpointed as one of the major impediments to productivity for business, because many people are prone to such behaviour.

"Everybody procrastinates about something and I always tell people not to feel too guilty about it because it's a natural human tendency to want to avoid tasks they find distasteful," says time management consultant Harold Taylor.

What's important is to recognize you are putting something off and try to change that behaviour, he says.

The ability to start and stick with a task to completion is essentially a function of self-discipline and organization – skills often instilled in the most organized people as youngsters. Many people never learn these attributes, however, because few demands are made of them before they become adults.

"Some of the best, or worst, habits are formed early in life," says Sheryl Miller, a Toronto-based psychologist and career counsellor. "When we're young, our responsibilities are less demanding and we can get through school without being very motivated or organized.

"It's when we get out in the real work world when we have to work more in teams and have less opportunity to get projects done on our own that (not being self-disciplined) really gets magnified."

There are thousands of rationalizations for putting off until tomorrow what can be done today, but very rarely do people admit to the few root causes of habitual delay.

One of the most common reasons for not starting or finishing a task is a fear of failure. If you are afraid of what your boss or co-workers will think of the result, you can protect your self-esteem by never getting to that point, and therefore, procrastinating.

Similarly, perfectionists often have a hard time getting things done, not because they are worried about what others think but they are apprehensive about satisfying their lofty standards. In their case, the work is never really complete.

'Stay focused on the next step – not on the whole project – or you'll scare yourself'



DINNER MEETING NOTICE

Monday, November 30

SARNIA GOLF & CURLING CLUB

500 Errol Road West, Sarnia • Phone: (519) 336-2201

Cocktails 6:00 p.m. Dinner 7:00 p.m.

All Guests are Welcome!

Guest Speaker...

Fluke Pat Stewart "UNDERSTANDING SPECIFICATIONS"

M ▶ E ▶ N ▶ U

French Beef Soup
Pickerel, Vegetable Medley, Baked Potato
Chocolate Pear Torte

** For special dietary needs contact Hilda White at the Sarnia Golf and Curling Club 48 hours prior to meeting date.*

NOTE: Kindly book before deadline indication.

Please phone in your reservation by Thursday, November 26th, 1998

to either Gayle at Provincial Controls... 336-7301

or Maureen at Willer Engineering... 336-3006

MEMBERS \$10 ▶ GUESTS \$15

NOTE: ALL Members and guest are requested to reserve in advance. Please oblige... we need your support to plan your evening!



Sarnia Section Donation

Sarnia Section purchased a portable bladder monitor for The Victorian Order of Nurses. This is an ultra sonic, liquid level device used to measure the bladder volume.

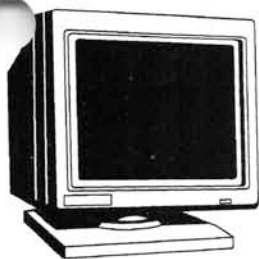
This is a good example of how industrial instrumentation has been adapted to increase both the comfort of the patient and the efficiency of the VON nurse on her home visits.



From left to right: Vonda Denboer, Nursing Program Manager, Marnie Prost, VON Nurse & Mike Murray, Sarnia Section President.



WEB MASTER REPORT



Dinner meeting notices were sent by e-Mail or fax on September 21, 1998 for the September 28th meeting. Positive feedback was received regarding the e-Mail notice. No negative feedback was received.

ISA Info Link

Received ISA Info Link newsletter. This newsletter is to provide information about how sections can make the best use of its website. The introduction of ISA Online Personal is also included. Future topics include: benefits of Sections using ISA to host its website, how to maintain a Section e-Mail list, templates available for websites, how to use FTP to update webpages and how leaders will receive information quicker and easier through ISA Online Personal.



MEMBERSHIP COMMITTEE REPORT

Glen has developed a working membership database which is will be used for determining the tenure of individual members. Discussion is still ongoing as to what increments will be used (1yr, 5yr, 10yr, 15yr, 20yr, etc.) when the pins will be given

out (beginning of each calendar year [January Meeting], each Dinner Meeting, end of each season Dinner Meeting [May Meeting]), and how to get current without overlooking people.



STUDENT REPORT

On behalf of the other team and myself that competed in the ISA Expo 98 Student Competition we would like to say thank you for the financial support we received from the ISA Samia Section. The team had an excellent time in Houston and at ISA Expo 98, none of us will forget the experience. Seeing ISA Expo 98 revealed to us the enormity and diversity of the instrumentation and control field. It was exciting to see all the different vendors and the new technology that is emerging into the marketplace.

Once again, thank you for your continued support of the Lambton College ISA Student Section.

Sincerely,

*Ed Millenaar
Larry McKorkle
Chad Konings
Lisa Charlebois
Floyd Monteiro*



Other times, procrastinators may not realize they are totally overwhelmed by the size of a project and confused about where to begin – so they don't. Having a poor sense of time and being unable to evaluate how long it will take to complete a task intensify the problem. But perhaps the most natural reason to not "just do it" is that you don't like it.

If you recognize you have the tendency to procrastinate, several strategies can be used to attack the problem. Unfortunately, what won't work is simply vowing not to procrastinate any more.

"Changing behaviour only seems to take place in relation to a certain task or activity," Taylor says.

"So if you want to stop putting off a particular assignment until the day before it's due, you have to make a habit of it. And it usually takes 21 days to for a habit. But you'll still procrastinate in other areas."

Some of the strategies that work include:

- Getting to work. Those who fear failure should make a deal with themselves to spend at least five minutes working on a project, says Miller. Those five minutes quite often lead to more time once you've passed the beginning point and once you get into it, you might find it's not that difficult to continue. Some experts also suggest starting with the easiest part of the project. Finishing one segment often inspires people to proceed with the more difficult elements.

- Take baby steps. "Breaking a large task down into little steps really helps to start something that may seem overwhelming," Miller says. "Start with one small part and throughout the project ask yourself what the next step is. Stay focused on the next step – not on the whole project – or you'll scare yourself."

- Set early deadlines. A strategy that works equally well for those who have a poor sense of time or for perfectionists, is setting early deadlines for yourself, a day or two ahead of the final deadline. By finishing early you will have more opportunities to go back and spiff up your presentation before your boss sees it.

- Make a list. Some of the most organized people use a "to do" list as a reminder of the tasks that need doing. Crossing items off the list is a motivating tool that shows you how much you can accomplish if you put your mind to it. Also, it won't let you conveniently forget about undesirable jobs.

- Reward yourself. Bonus and incentive programs are not becoming popular with employers without reason. Positive reinforcement – the act of rewarding a behaviour – is a proved psychological method to increase the frequency of that behaviour.

- Make it interesting. To quote Mary Poppins, "in every job that must be done there is an element of fun." Finding the fun is the tricky part, but if you can somehow make boring, routine tasks more pleasurable you're more than likely to complete them.



Position	Incumbent	Phone	Fax	E-Mail
President	Mike Murray	383-1709	339-0481	mmurray@suncor.com
Vice-President	Randy Dennie	337-8252 ext. 5871	339-7723 (W) 542-0179 (H)	rdenn@xcelco.on.ca
Past President / Section Delegate	Andy Tucker	383-3704	383-8285	andytucker@ontario.honeywell.com
Treasurer	Jeff Talbot	344-5271	344-8334	talbot@tubetechltd.com
Assistant Treasurer	Brian Patterson	337-7591	336-0997	bpatterson@peacock.ca
Executive Assistant	Mike Spearman	344-1339	344-3824	m.spearman@wika.ca
Newsletter Chairman	Bob Devine	332-2300	332-6640	bod.devine@frco.com
Newsletter Assistant	Rob Thrift	336-0201	336-0209	thrir@snc-lavalin.com
Web Master	Brian Smith	332-1212 ext.7920	339-7305	btsmith@xcelco.on.ca
Program Chairman	Ian Shouldice	383-8044	336-5153	shouldie@ebtech.net
Program Assistant	Jim Dinkel	869-8558	869-2957	dinkeljh@ebtech.net
Honours & Awards Chairman	Aldo DeSantis	344-4300	344-0042	aldo@controvalve.com
Honours & Awards Assistant	Guy Salt	344-4300	344-0042	gsalt@controvalve.com
Membership Chairman	Jennifer Southcombe	337-2301 ext. 480	383-1736	jsouthcombe@suncor.com
Membership Assistant	Glen Williamson	481-3202	481-3336	williaga@novachem.com
Student Section Liaison	Mike Grey	542-7751 ext.308	542-6667	mike.grey@lambton.on.ca
Standards and Practices Chairman	Don Murch	431-1916	431-1127	murch@ebtech.net
Standards and Practices Assistant	Umesh Patel	337-2301 ext.292	383-3678	upatel@suncor.com
Education Chairman	Kalpen Vachharajani	332-1717	332-8715	vachhara@paton.org
ISA Show Committee Chairman	Wayne Wilkins	331-1063	344-7765 (Temp.)	wilkins@ebtech.net
Golf Tournament Chairman	Gary Coles	541-2360	541-2394	mvfsar@xcelco.on.ca

MEMBERSHIP FORM

INSTRUMENT SOCIETY OF AMERICA

This form may be used by any interested person wanting to join ISA or ISA International, including students. For assistance contact ISA Member & Customer Service at (919) 549-8411.

Please type or use block letters. Sign and date below, in Section 3.

1 Name _____ Male Female Birthdate _____
 Company Name _____ Division/Works _____
 Position/Title _____
 Check here if you are a full-time student and complete the following: School _____ Year of Graduation _____
 Mailing Address: Home Work NOTE: Student member applicant, please list permanent home address.
 Street Address / P.O. Box _____ Mail Stop _____
 City _____ Country _____
 State / Province _____ Postal Code _____ Fax _____ Telex _____
 Telephone (include area code or country/city code) _____
 Have you ever been a member of ISA? Yes No Previous years of membership _____
 Assign me to the _____ section or the section closest to my home address.
 Highest Education Degree Earned High School Associate Bachelor Master Doctorate
 Are you a registered professional engineer? Yes No State / Country Registered _____
 From time to time we may make our mailing list available to companies whose products or services may interest you, please check this box. We will respect your wishes.

2 NOTE: Sections 2, 3 and 5 must be completed for processing.
 Check your primary job function:
 A: General or Corporate Management
 B: Control Systems Engineering
 C: Design Engineering
 D: Production Engineering
 E: Plant Engineering or Maintenance
 F: Software Engineering
 G: Plant Information Systems
 H: Systems Integration
 I: Measurement, Testing, Quality or Standards
 J: Research and Development
 K: Technical or Engineering Support
 L: Operations
 M: Purchasing or Procurement
 N: Education or Training
 O: Marketing or Sales
 P: Other: Describe: _____
 What is the primary end product manufactured or service performed at your company location? _____

3 Check here if no manufacturing is done at this location.
 Signature _____
 Date _____

4 DIVISION ENROLLMENT - Also email me at \$5.00 each in the Divisions checked below. To join Divisions you must also enroll as a regular or student member.
Automation & Technology Divisions
 (A) Analysis (U) Test Measurement
 (C) Robotics & Expert Systems (M) Automatic Control Systems
 (E) Computer Technology (N) Telemetry & Communications
 (H) Open Systems Interconnection (P) Electro-optics
 (I) Process Measurement & Control (W) Management
Industries & Sciences Divisions
 (B) Aerospace Industries* (R) Food & Pharmaceutical Industries*
 (F) Mining & Metals (T) Textile Industry
 (G) Chemical and Petroleum Industries* (U) Automotive & Vehicular
 (K) Construction & Design* (X) Water & Wastewater Industries
 (L) Pub. & Paper Industry* (Y) Glass & Ceramics Industries
 (O) Power Industry* (Z) Marketing & Sales*
 *Students are entitled to one free membership each in the Automation & Technology and Industries & Sciences Divisions.
 Please choose and mark only the asterisked selections.

5 Dues Payment Information
 Please select the level of membership for which applying:
 Regular Member \$65 US (Tax Deductible) \$ _____
 Student Member \$9 US (Limited Benefits) \$ _____
 Division Membership \$5 US each \$ _____
 Industrial Computing Society Membership (reg. \$55) \$30 - must be an ISA Member \$ _____
 TOTAL AMOUNT DUE \$ _____
 Annual ISA dues include a subscription to INTECH, for which a non-deductible allocation of \$6.00 is made for regular members and \$3.50 for student members.
 NOTE: The following are acceptable for remitting dues payment. Please indicate the method used. Make cheques payable to Instrument Society of America in US Currency only. If paying with international funds, see special note below.
 Check Money Order Eurocard MasterCard Visa
 American Express Eurocard MasterCard Visa
 Account# _____ Expiry Date _____
Special Note Regarding Transfer of International Funds
 Credit Card Payment is preferred; checks with proper MICR bank encoding must be drawn on your bank's correspondent NY or other US bank. Amount payable to ISA must include any bank or other processing charges.
 Wire Transfer - Add \$5.00 US for processing. Send to ISA Account #119094, Central Carolina Bank, AB053100465. Transfer must show applicant's name and address.
 UNESCO Coupons Money Order - Add \$5.00 US for processing.
 Mail completed form and payment to:
 Instrument Society of America
 Member & Customer Services
 P.O. Box 3561
 Durham, North Carolina 27702
 USA
 If paying by credit card, fax to: (919) 549-8288