



The IEEE

December 1999
(VOL 47, NO. 4)

MONITOR

PUBLISHED BY THE NEW YORK SECTION OF THE INSTITUTE OF ELECTRICAL AND ELECTRONICS ENGINEERS

Tuesday, December 14, 1999

Building Fire Safety Systems

Sponsored by

Power Engineering Society and
Industry Applications Society
New York & Long Island Chapter

In Conjunction with

New York City Fire Department
Turner Construction

(See Back Page For Details)

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PERIODICAL
TIME SENSITIVE MATERIAL

Chairman's Column



State of the Section

A number of events have congealed simultaneously and are worthy of your attention. Our premier affair of the year: The Fellows Award Dinner Dance is taking shape and promises to be an extra ordinary happening. We have reserved the Greentree Country Club for this celebration. There is ample room for as many as can come. The Greek ownership and catering style supply a diversity of dishes, menu selections, deserts, which will satisfy the most discriminating palette. With an open bar throughout the evening there will be no lack of exuberation. There are local accommodations available at the Ramada Plaza for those who do not wish to drive after indulging in what will be a gastronomical delight. We have chosen to move the affair to an urban setting with abundant free parking to enhance your pleasure. I hope you'll find the setting relaxing and enjoyable. The day was changed to Saturday to allow enough time to dress and not feel rushed after a full day's work. We have selected a band of uncompromising musical talent for your dancing and listening pleasure. The Award presentation will be timed for breaks to avoid drawing from your gratification. As we put all the pieces together please feel free to contact Roch Cappelli, our Special Events Chair, with any requests. I hope to see you there with your friends and family.

The Triennial Sections Congress is an event that gives Section delegates (263 attending) a chance to compare notes, network, learn, and shape the course of the IEEE's future until the next congress. It was my pleasure to attend this event in Minneapolis as the primary delegate from the New York Section. Minneapolis is a very pretty city and the weather cooperated to provide the perfect setting. The event took place over the Columbus Day Weekend. Four days were spent going from seminar to seminar interspersed with Opening, Plenary, Keynote, and

Closing addresses. There were 582 delegates from 73 countries including – Australia, Bulgaria, Japan, even Uruguay and partners. I had a chance to hear the tribulations and concerns of IEEE members from across the globe and I find that they are not so different from our own. I went to this meeting with an agenda of items I wanted for our section:

- Establish a verified section email list.
- Halt the transfer of our section members without notification.
- Improve communication with the IEEE staff.
- Insure that IEEE mailing lists reflect our current roster.
- Allow L-31 forms to be transmitted electronically.
- Increase our membership

I am very pleased to report that these items were given the first and second highest priorities of some 40 items. You can view the outcome of the Sections Congress '99 on the web site setup specifically for this purpose: <http://www.ieee.org/sc99> I must say that I was surprised and pleased that I was able to bring back something positive as well as having a really enjoyable weekend. I had the opportunity to meet the IEEE staff from Piscataway, as they were our hosts. They enhanced and explained the various IEEE programs, which are significant in quality and quantity.

Very soon you will see a new typeface and a brighter look to the Monitor. Hal Ruchelman, our editor, has worked hard to design the new banner for the year 2000. This along with a heavier weight paper will greatly enhance our publication and make it more attractive to you are members and our most important asset. I hope too that we can attract advertisers. I believe that with a circulation of 6000+ among the engineering community in New York City we should be able to generate enough revenue to make the Monitor self-sufficient. I am considering seeking an agent who would be responsible for generating ads on a percentage basis. I believe this could be a major source of revenue for the section so that we could run additional programs and events for our membership. Please submit you suggestions and advice. You've seen one ad so far this year and I hope others are placed.

We have started off the year with many good programs and have more to come. We are working diligently to revitalize the Instrument & Measurement Chapter.

Michael A. Miller, Chairperson
New York Section

Joel Snyder Elected President-Elect

Gerard Alphonse Elected Region 1 Director-Elect

Listed below are the results of the 1999 IEEE annual election, as certified by the IEEE Tellers Committee on 4 November 1999. Please note that the results of this election are unofficial until the IEEE Board of Directors accepts the Report of the IEEE Tellers Committee at its meeting of 14 November 1999. In 1999, there were no Constitutional Amendments. The number of ballots mailed was 244,082. The number of valid ballots returned was 51,308. The rate of return was 21.02%.

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Region 7, 2000-2001 Mohamed El-Hawary

Region 8, 2000 Levent Onural
Region 9, 2000-2001 Hugh Rudnick
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National Engineers Week: "A Unique Opportunity"

WASHINGTON, November 5, 1999 -- What better way to kick off the 21st Century than a week devoted to turning ideas into reality? National Engineers Week, February 20-26 2000, is a coordinated effort by major companies, engineering societies, schools, and students to focus on the role of engineering and its importance to our quality of life.

For the 2000 program, National Engineers Week offers free planning kit, with tips for sponsoring local activities and events, including an impressive National Engineers Week 2000 Poster. This includes a description of the National Engineers Week program, including Discover "E" - which will send tens of thousands of engineers into the nation's schools - and a media guide.

New this year, the National Academy of Engineering will name the greatest engineering achievements of the last century, based on a yearlong survey of engineering societies.

For more information about National Engineers Week programs or for kits, see the National Engineers Week Web site at www.eweek.org.



The IEEE

MONITOR

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Vol. XLVII No. 4 December, 1999

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Professional Activities Information Page

This page dedicated to member professional activities information

New York Section PACE Calendar of Upcoming Events. The following are proposed Section activities. Dates and locations will be announced in future issues when they become available. Please plan to attend at a meeting or seminar.

December 8: General Meeting
January 12: General Meeting
March: Professional Awareness Seminar (Tentative)
April: Financial Seminar

If you have suggestions on areas of professional activities that interest you please contact me.

Peter Greco PACE Chairman
Tel.: 212-614-3357 Fax: 212-529 5237
email: p.j.greco@ieee.org

**IEEE – USA's
EMPLOYMENT ASSISTANCE
WEB SITE: <www.ieeeusa.org>**

The Employment Assistance Web Site brings together dozens of job-search resources in a single location. The site includes the following:

IEEE-USA's Listing Service:

This highly rated job listing service gives members free information on job openings in every region of the country. To obtain current job listing, set your web browser to www.ieeeusa.org/jobs.html.

Entry-Level Employment Assistance Site:

If you are an engineering graduate, recent graduate, of IEEE Student Member looking for

the first job this is one of the best places to begin your career. Special entry-level employment services include job listings, links to company sites and job-search tips and techniques:

<www.ieeeusa.org/EMPLOYMENT/entry.html>

IEE-USA's New Resume Referral Service:
Put your resume for maximum exposure! IEEE-USA in cooperation with Resume- Link has established a members-only Resume Referral Service which IEEE members may register, FREE of charge via web registration or by hard copy. Your resume will stay on file for six months (with an option to renew the listing up to a year). Make sure you check out this great new service to promote your credentials! For hard copy registration forms, contact Resume-Link at 614-923-0600 or <socmember@resume-link.com>.

EMPLOYMENT AND CAREER ENHANCEMENT PUBLICATIONS

The Engineers Guide to Lifelong Employability

This is a practical complete resource book on locating and obtaining good jobs throughout your career. Features over 200 pages of in-depth text that will allow you to master the engineering job search.

IEEE Members: \$19.95

Engineering Careers into the 21st Century

Offers strategies and insights for engineers working in today's dynamic professional environment **IEEE Members: \$20.00**

Calendar of Upcoming Events

December 1, 1999 (Wednesday) 8:30 AM

The Metropolitan Sections Activities Council (IEEE-METSAC)

"Wireless Datacommunications"

Con Edison, 19th floor Auditorium, 4 Irving Place, Manhattan, New York

For more information call Bert Lindberg at (212) 825-1527, e-mail: b.lindberg@ieee.org

December 8, 1999 (Wednesday) 1:00 PM

New York Section Executive Meeting

For more information call Bob Pellegrino at (212) 338-4004

December 14, 1999 (Tuesday) 5:30 PM

Power Engineering Society and Industry Applications Society

"Building Fire Safety Systems"

Turner Construction Company, Seventh Floor Training Room,
375 Hudson Street, New York, NY

For more information call Mark Reed at (212) 599-2211

January 12, 2000 (Wednesday) 1:00 PM

New York Section Executive Meeting

For more information call Bob Pellegrino at (212) 338-4004

February 12, 2000 (Saturday) 6:30 PM

New York Section - 2000 Fellow Awards Dinner Dance,

Greentree Country Club,

Davenport Neck, New Rochelle, New York

For information call Roch Cappelli at (718) 863-9085

Deadlines for information to be placed into future issues of *The Monitor*

February Issue	December 24, 1999
March Issue	January 21, 2000
April Issue	February 18, 2000
May Issue	March 24, 2000

BUILDING FIRE SAFETY SYSTEMS

On Tuesday, December 14, 1999, the New York Power Engineering Society and Industrial Applications Society, New York City Chapters, will host a presentation on "Building Fire Safety Systems", in association with the New York City Fire Department. The speaker for this presentation will be Supervising Inspector Chief Christopher Afuwah, Fire Alarm Inspection Unit, New York City Fire Department.

About the Talk:

The New York City Fire Department plays an important role in the review and approval of fire alarms, detection systems, warning signs, and other vital life safety improvements. Inspector Afuwah will discuss Building Fire Safety Systems, explain how to analyze a new building or alteration, and how to determine what fire safety systems are required. He will also discuss New York City Fire Department procedures used in examining, inspecting and approving these systems.

About the Speaker:

Mr. Afuwah is Supervising Inspector in the Fire Alarm Inspection Unit of the New York City Fire Department. He is an eleven year veteran of the Bureau of Fire Prevention, a graduate of City College, and has eighteen years of experience in the electric industry, specializing in fire protection and life safety systems.

Date: Tuesday, December 14, 1999

Time: Refreshments - 5:30 PM Meeting - 6:00 to 7:30 PM

**Location: Turner Construction Co.
Seventh Floor Training Room
375 Hudson Street, New York, NY
One Block West of Houston Street Subway Station, 1 & 9 (IRT)**

For Further Information, Contact The IEEE Technical Discussions Group (TDG):

Mark C. Reed - Member (212) 599-2211

MCreedPE@IEEE.org

ALL INVITED!



IEEE

THE INSTITUTE OF ELECTRICAL AND ELECTRONICS ENGINEERS, INC.

METSAC

Metropolitan Sections Activities Council

MEMBER SECTIONS: Long Island, New Jersey Coast, New York, North Jersey, and Princeton-Central Jersey

Reserve Wednesday, December 1, 1999 for a full-day seminar on

Wireless Datacommunications

Remote wireless access of e-mail, web sites, private and public databases, etc. — for **users** as well as **designers**. sponsored by IEEE METSAC, the IEEE Communications Society, the IEEE Computer Society and participating manufacturers, consultants and users.

Location: Auditorium, Consolidated Edison, 4 Irving Place, New York, NY (one block East of Union Square)

The seminar will have a morning panel session from 9:00 AM to 12:00 noon covering

Current and Future Technology of Wireless Datacommunications.

Topic	Speaker	Speaker's Title/Position	Speaker's Affiliation
Moderator	Joel B. Snyder	President, P.E.	Snyder Associates
(Wireless data systems)	TBA		Nokia
Third Generation Networks: Promises and Reality	Tom D. Kurata	Senior Manager, Sales Support	Omnipoint Technologies
Third Generation TDMA	Dr. Ted Darcie	Director, Communications Infrastructure	AT&T Labs
Third Generation Technologies	George Kannell	Design Engineer and NJIT Adj. Professor	Lucent Technologies

An afternoon panel session from 1:30 PM to 4:30 PM will cover

Applications of Wireless Datacommunications

Topic	Speaker	Speaker's Title/Position	Speaker's Affiliation
Moderator	Beth Gilbrech	Principal	Crescent Deviceware
(Systems worldwide)	Donna Campbell	Director	Ericsson CyberLab NY
(User aspects)	Joel Virey	Regional Manager	Goldmine Software
Wireless Data in the NYPD	Ted Dempsey	Lieutenant	NYPD

Speakers/Panelists from Bell Atlantic Mobile, Nortel, Qualcomm, Siemens, Sprint and others have also been invited.

Check our website at <http://www.ewh.ieee.org/r1/metsac> for the latest status. Speakers may be substituted. You can also call Bertil Lindberg at (212) 825-1527 or e-mail: b.lindberg@ieee.org.

FEE:	IEEE Members:	\$150:00
	Non-members:	\$195:00
	Life and Retired Members, and Students w/ID	\$45.00

REGISTRATION

Advanced registration is required.

You can register on-line at <http://www.ewh.ieee.org/r1/metsac> and charge the fee to a credit card

or complete and mail the following registration form to Bertil Lindberg, 3 Hanover Square Suite 10F, New York, NY 10004-2622

Registration for the METSAC seminar on **Wireless Datacommunications** on Wednesday, December 1, 1999.

Your name: IEEE member No.:

Your company:

Your mailing address:

.....

City: State:

Your telephone number: E-mail:

Bill my company: Purchase No.:

My check No. in the amount of \$..... Is enclosed

Charge the fee of \$..... To my credit card #..... That expires Signature

Call for Papers

Interdisciplinary Conference on Electrical, Electronics & Computer Engineering Education in the Third Millennium (ICEECE)

September 10-15, 2000
Davos, Switzerland

The Institute of Electrical and Electronics Engineers (IEEE) and the United Engineering Foundation (UEF) invite you to participate in an Interdisciplinary Conference on Electrical, Electronics & Computer Engineering Education in the Third Millennium. The Honorary Chair of this conference is IEEE2000 President, Bruce Eisenstein.

Conference Scope

The scope of the conference includes identification of both foreseeable and unforeseen challenges and problems that will impact future EE&C Engineering Education and proposal of agendas for finding solutions to these problems and challenges. By addressing all topics, ranging from technological to sociological through interdisciplinary means, this unique Conference will assuredly impact future Engineering Education.

Conference Theme

The general theme will include topics related to the following subjects:

- Setting the expected needs for Engineer's knowledge in the future workplace – by industry, information services and governmental agency leaders.
- Define and propose future EE&C Education requirements
- Develop and propose curriculum for the 3rd millennium
- Similarities and differences in EE Education between national educational systems
- Educational techniques, tools, and experiments
- Social implications of future Engineering Education
- Costs of future Engineering Education

The Conference will open with a Sunday afternoon welcome, dinner and reception and will continue through a Friday morning technical session. Plenary sessions are planned for each morning, with variable length presentations to provide the foundation for working group meetings and poster sessions. The afternoon scheduled free-form sessions are designed to ensure ample time for discussions and group work. Evening sessions will be devoted mainly to summaries and demonstrations.

Conference Tracks

The Conference tracks will include the following:

1. Curricula track – What constitutes the required curricula and what should be the requirements for a degree in Engineering
2. Assessment track – Assessment of outcomes, ABET 2000, accreditation and equivalency, etc.
3. Faculty track – Re-training faculty members, and teaching methods (face to face vs. distance learning, etc.)

Submission of Abstracts

Both oral and poster presentations are invited. Prospective authors of papers or poster presentations related to the topics of the Conference and Institutions interested in presenting results of activities in related fields are invited to submit an abstract. Abstracts should be submitted electronically following the information contained on the Foundation's web site (www.engfnd.org). All accepted papers will be peer-reviewed for publication in the conference proceedings which will be distributed to all conference participants..

Deadline for abstract:

31 January 2000

Notification and acceptance and of the type of presentation:

31 March 2000

Full papers required:

31 May 2000

For complete information, see: <http://www.engfnd.org/0ae.html>

The IEEE MONITOR

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The IEEE MONITOR is published monthly, except for June, July, and August and is distributed throughout the Metropolitan Area

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Thanks for your support and contribution.

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4 Irving Place
New York, New York 10003

Paul J. Sartori, Publicity Chair, IEEE
c/o Con Edison, room 1500
4 Irving Place
New York, New York 10003

PUBLISHER'S STATEMENT

The IEEE MONITOR is the official news publication of the New York Section of The Institute of Electrical and Electronics Engineers, Inc. The New York Section is comprised of the five boroughs of New York City (Brooklyn, Bronx, Manhattan, Queens and Staten Island) plus Rockland and Westchester Counties. The publication reports on events and activities of interest to the general membership composed of electrical and electronics engineers and computer scientists, presents topical feature material relevant to the engineering profession, and carries the monthly IEEE society chapter calendar of events as a service to its readers.

CIRCULATION

The IEEE MONITOR is distributed to all IEEE members in the New York Section plus additional subscribers. Monthly circulation as of September, 1996 is 6,100.

ISSUE AND CLOSING DATES

The IEEE MONITOR is published monthly except June, July and August. Advertising order deadline is the first of the month preceding issue date. Camera ready material is due on the 5th of the month preceding issue date.

MAILING INSTRUCTIONS

Address all correspondence concerning advertising to:

IEEE Monitor
24 Chamber Lane
Englishtown, N. J. 07726

DISPLAY ADVERTISING RATES

Display advertising space is available in full and fractional page sizes. To qualify for frequency discounts, advertiser must furnish publisher with a schedule of insertion dates. Schedule may be changed by notifying publisher prior to regular deadline date.

	1X	3X	5X	9X
Full Page	\$630	\$599	\$567	\$536
2/3 Page	490	470	441	417
1/2 Page	395	375	356	336
1/3 Page	280	266	252	238
1/4 Page	225	214	203	191
1/6 Page	165	157	149	140
Bus. Card	85	81	77	72
Col. Inch	35	33	32	30
Covers				
Back	755	717	680	642
Inside Back	695	660	626	591

Preprinted Inserts

Four pages: \$1,070, no frequency discount.

COMMISSIONS

15% commission allowed to all recognized ad agencies providing payment is received by due date. All ads invoiced on publication closing date. Full payment due 10 days after issue date. Rendering invoice to ad agency does not relieve advertiser in case agency default.

MECHANICAL SPECIFICATIONS

Size

Publication trim size 8 1/2" x 11"

Image size is 7 1/2" x 10"

Publication is black and white 3 column format.

Each column is 14 picas wide.

Color is NOT available at this time.

Full Page 7 - 1/2" x 10"

2/3 Page 4 - 3/4" x 10"

1/2 Page (horizontal) 7 - 1/2" x 5"

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1/3 Page (square) 4 - 3/4" x 5"

1/3 Page (vertical) 2 - 1/4" x 10"

1/4 Page 4 - 3/4" x 3 - 3/4"

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All advertising is subject to the publisher's approval. Advertisers and their advertising agencies assume all liability for all content including text, illustrations, sketches, labels, trademarks, etc., of all advertising submitted for publishing, and also assume responsibility for any claims arising therefrom made against the publisher.



IEEE Standards Association (IEEE-SA) As Year Two Comes to a Close

Members of IEEE's Technical Societies need to be kept current on the latest news from the IEEE-SA. We are coming to the end of our second year and are better positioned to assess the SA's accomplishments, unresolved issues, and future challenges.

When the IEEE-SA was launched, our promises to you included: 1) an election of the governing body, 2) expanded opportunities for standards development under the Standards Board, and 3) even further standardization opportunities outside of the Standards Board. How are we doing?

We've given IEEE-SA members a voice in the governance.

The first election of the President of the SA and the members-at-large of the IEEE-SA Board of Governors (IEEE-SA BOG) is underway. The election process was approved by the IEEE Board of Directors in November 1998. Members of the IEEE-SA can elect the members-at-large of the IEEE-SA BOG, and members of the IEEE-SA who are also IEEE members may elect the IEEE-SA President. The position of President-Elect was also created to allow for continuity of leadership.

Issues and challenges.

Some volunteer standards developers don't see the value of being part of a constituency with the above-mentioned electoral privileges. The goal of an election is to bring forward individuals with leadership abilities, industry involvement, and strong interest and experience in the standards activities of the Institute. The more vested the interest, the better are the results for the standards constituency.

IEEE standards developers have new voting options.

The IEEE Standards Board has approved entity and mixed balloting (e.g., corporate balloting and/or corporate with individual balloting, respectively) to add a new dimension and opportunity to the IEEE standards consensus process. It is important to remember that the IEEE-SA Bylaws include several new membership categories, such as company, government agency, and organization. Now, an IEEE committee can declare at the outset of its project (PAR) that it will proceed with a corporate-level ballot, a ballot including company representatives and individuals, or the traditional individual-based ballot. IEEE hosts a broad range of standards programs, coming from diverse industry sectors. IEEE's various industry groups require options for proceeding rather than a "one size fits all" policy.

Issues and challenges.

IEEE's standards developers cover a broad spectrum of industry types. What works for the power interests may not apply to the telecommunications groups or the design automation committees. Yet, we need to sensitize each sector to this fundamental fact, so that our participants experience the process options as a strength rather than a threat to the quality of the IEEE standards program.

A new organization has been formed that allows IEEE to provide a full range of standards services to its members and their industries.

Over the last several years, we have been keenly aware of the proliferation of industry groups that have formed for the purpose of developing industry standards and running related programs. These groups formed because they found that the IEEE was not able to respond adequately and quickly enough to the market demands of their technologies. We had to ask ourselves, Why shouldn't this work be done in the IEEE? These are IEEE technologies! And as a result the IEEE-SA developed the IEEE Industry Standards and Technology Organization (IEEE-ISTO), which was approved by the IEEE Board of Directors in November 1998 and launched on 1 January 1999.

The new organization's goals complement the activities of the IEEE-SA. The IEEE-ISTO provides a forum in which development processes and related activities can be tailored to the technology, market, and participants. It also offers support for industry-specific post-development activities, including marketing, certification, branding, and conformity assessment. The Medical Device Communications Industry Group was the first group to organize within the IEEE-ISTO. Two more groups have signed up for services, and several more are in the negotiation phase.

Together, the IEEE-SA and the IEEE-ISTO enable the IEEE to offer industry an unprecedented level of choice through a complete menu of standards activities and services.

Issues and challenges.

The IEEE ISTO must provide proof of concept that it can function as a supplier to the Societies and the Standards Board, not a competitor.

Our goals for this year have included an aggressive globalization program, new product and service opportunities, and increased communication and improved relationships with the IEEE Technical Societies. We will keep you informed through this newsletter and other media, and we welcome your thoughts and comments.

Judy Gorman
Managing Director
IEEE Standards



Greentree Country Club

Join Us for Fun and Entertainment at the Fellows Award Dinner Dance at the Greentree Country Club



Greentree Country Club

The 2000 IEEE Fellow Awards Dinner Dance Honoring the New York Section's Fellow and Region 1 Awardees will be held on Saturday evening, February 12, 2000. This year our dinner dance will be held in the beautiful **Greentree Country Club**, Davenport Neck, New Rochelle, New York, 914-636-8500, conveniently located near the New England Thruway and the Bronx River Parkway.

Festivities will begin at 6:30 P.M. with a sumptuous cocktail hour with a variety of eight hot d'oeuvres, assorted cheese, fruit, and grilled vegetable displays. You have a choice of appetizer including fresh fruit, pasta, or salad. For the main entrée you can choose between Filet Mignon, chicken, or fresh Norwegian salmon. Aside from assorted pastries, cordials, and liquors there will be dancing to live music. Black Tie Optional

Reservations for the affair may be made by completing the coupon below and forwarding it to Roch Cappelli at the address indicated no later than January 24, 2000. A special rate of \$ 75 per ticket is available for IEEE members.

The rate for non-IEEE members is \$ 150 per ticket.

Organizations wishing to be Industry Sponsors may obtain additional information and cost by contacting: Roch Cappelli at (718) 863-9085

MEMBER RATE RESERVATION FORM

Send to: Roch Cappelli, 2450 Glebe Avenue, Bronx, New York 10461
Phone: 718 863-9085



Please indicate selection:

Filet Mignon: _____ Chicken: _____ or Norwegian Salmon: _____

Name: _____ Company: _____

Address: _____

City: _____ State: _____ Zip: _____

IEEE Member #: _____ No. of Tickets @ \$ 75 _____

Amount Enclosed: \$ _____ Make Checks Payable to: IEEE, NY Section

From Under the Rock

The Need For Napping

This was probably not the best time -- 1:15 PM after a heavy lunch -- to write about the need for napping in the work place to increase productivity.

When I was a young Engineer one of my bosses, who was in his early sixties, after eating his luncheon sandwich would lean back in his swivel chair, stretch his legs on to a table top, place an open newspaper over his face, and visit the land of nod or using another euphemism, would stack Z's. Sleeping at the workplace has had such a bad connotation that we don't say the word "sleep" but tend to use the aforementioned euphemisms.

I remember as a young Engineer, after lunch, going to the company library four floors above my work location to find a quiet place to work. My normal work location was an open room with rows of desks accommodating about 50 Engineers. With phones ringing and the bustling of Engineers and technicians, the library was a better alternative for productive work. In the corner of the library was long passageway, at the end of which was window. I would open a card table under the window, slide over a folding chair and do my work. Because of the remote location I had no fear of napping from about 3:00 to 3:30 PM. I can still remember how refreshed and productive I was after taking a nap.

I didn't realize it then but what I had established was a nap room. Recently the New York Times featured an article in the "Workplace" section called "More Bosses Encourage Napping on Job." When I think about it I was just about 25 years ahead of my time. Being on the forefront is fairly common in my family. There is a family story of my great grandfather who in his early teens, developed a unique can opener, which is truly remarkable since the can was invented until years later. My napping in the late sixties would have been considered "goofing off" and in many companies today this same view prevails. However, there are enlightened organizations who see that the concept of my action, or should I say my inaction back in the sixties is of benefit to their employees

today. The benefit is both in productivity and morale. It seems rested workers get more done and complain less.

One of my favorite humorous comments about dozing is related to learning. It seems studies have proven you can learn the most when you are just about to fall asleep. In this twilight of sleep your mind is very receptive to store data. Because of this fact I try to remain half-asleep all day. My productivity may be somewhat be decreased but my knowledge base is certainly broadened. When I was younger I was aware of sleep studies where the subjects were paid to sleep. In those cases staying awake was considered goofing off.

According to the "Times" article the number of companies that permit napping on the job is rising. Of course it is not widely accepted to date but the advocates of workplace napping say that it is the wave of the future. As pointed out in the article, British Airways permits pilots on transoceanic flights to catch a few winks so they will be fresher for landing. Even the United States Army is permitting the use of naps where possible, but of course not on guard duty. It has been proven that sleeping guards are in effective. The Army sends sleep specialists to elite training grounds, to tell rising officers that the troops should "nap early and often". Wal-Mart Stores, which is the country's largest employer with 815,000 employees, have company lounges for employees to take quick rests during their scheduled breaks, but not to doze on the job.

Our attitude toward napping should change because of our awareness of natural body rhythms. It seems our ancestors were aware of the need for napping years ago where in many lands they have a siesta. Doctors today understand that drowsiness is part of the body's natural rhythm during the afternoon and is not just a response to a heavy lunch. Another factor is for the reason of drowsiness is that we are sleeping less at night than our ancestors. In 1900, adults averaged about 8 and 1/2 hours of sleep per night. Today adult Americans on week- day nights, average about 7 hours of sleep per night, which is about an hour less than researchers say that is required.



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BUILDING FIRE SAFETY SYSTEMS

The IEEE, in conjunction with the New York City Fire Department and Turner Construction, will be offering a presentation on Building Fire Safety Systems. The presentation will cover system requirements and procedures used by the NYC Fire Department in examining, inspecting, and approving these systems.

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Supervising Inspector
Fire Alarm Inspection Unit
NYC FIRE DEPARTMENT

Tuesday, December 14, 1999
Refreshments - 5:30 PM Meeting - 6:00 to 7:30 PM

Location
Turner Construction Company
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One Block West of Houston Street
Subway Station: 1 & 9 (IRT)

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