



# THE CORRIDOR

International Right of Way Association  
**Garden State Chapter 15** Issue No. 3 August 2006  
 Website: [WWW.IRWANJ.ORG](http://WWW.IRWANJ.ORG)

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Arrangements

2006 Meeting Schedule  
 Thursday, September 21  
 Thursday, November 9  
 Thursday, December 14

See Page 5 for details

## PRESIDENT'S MESSAGE:

RETIREMENT...it's just not what it used to be..... In my office I have seen several co-workers retire - only to be rehired as contracted employees. We've even celebrated a record-breaking "4" retirement luncheons for one of our engineers who kept coming back to work after he took the required "break" between each hiring. RETIREMENT....it no longer means relaxation and rest - being content to sit home and collect the pension you so richly deserve.

Unfortunately, negative changes in pension plans and benefits sometime force us to retire long before we're ready....so, although we may leave the employ of companies that we have spent the better part of our lives working for because financially it is the "right thing to do", we may find ourselves in the position of seeking employment elsewhere because we need to supplement our income or we really are not ready mentally to "retire". You may think that because of the nature of the work we do, the opportunities for employment are scarce. I would like to think the opposite.....The Right of Way Profession is so unique that we should all be very marketable when we decide to seek new employment. Few people have undergone the training we have or worked within the environments we have - developing various skills along the way. Several members of our Chapter have already found employment after "retirement" through contacts made within our own Chapter and I would think that the future would offer even more opportunities!

At our next meeting - try to branch out. Don't sit with your co-workers just because it's comfortable. Acquaint yourself with other members of the chapter - get to know them better - and find out about their employers. Are they hiring now? What are the possibilities for future employment? Take the time to acquaint yourselves with fellow Chapter members.....you may want to reach out to them in the future. If you are certain you will never leave your company, then share information about your company with others who may be interested. Let's not forget that one of the most important benefits of membership in the IRWA is networking - especially in today's work environment.

As you will see under the meeting details, September's meeting should be extremely interesting and beneficial to all of us. With title searches being an integral part of our profession, the opportunity to witness a speaker with the expertise of Bob Bishop can not be missed. Let's provide him with the audience he deserves! See you then.

Lorraine

## REGION 4 NEWS

The Fall Forum will be held in Rehoboth Beach, Delaware October 3<sup>rd</sup> thru 5<sup>th</sup>. Course #104 – Standards of Practice for the R/W Professional will be held on Tuesday, 10/3, with the business meeting taking place on Wednesday, 10/4, and education sessions (Course 104) on Thursday, 10/5. Registration information will be available at our next Chapter meeting – or feel free to contact Lorraine for additional information

Region 4 Newsletter [http://www.irwanj.org/REGION\\_4\\_NEWSLETTER\\_spring\\_06.htm](http://www.irwanj.org/REGION_4_NEWSLETTER_spring_06.htm)

**Call for Articles** Do you have an opinion? Is something new and different happening in your area of specialization? Do you feel an urge to share a better way to get the job done? If you said yes to any of these, you could be a contributor. You don't have to submit a full blown article, even an idea would be a great help in making this newsletter better. If you would like to contribute to the newsletter, [click here](#).

## Educational Opportunities

**Bill Perry is trying to set up courses that will be of interest to our members. If anyone is interested in an IRWA course, please let Bill know. ([bill.perry@williams.com](mailto:bill.perry@williams.com)).**

To see what courses IRWA has to offer, visit <http://www.irwanj.org/IRWACourseList.htm> To suggest a course or a possible course meeting location, use our [feedback and questions link](#)

## Condemnation Update

Since the Kelo decision, both Congress and the NJ Legislature have been busy trying to address the potential for condemnation abuse. Most of the congressional action has focused on eliminating funding for economic development projects that use condemnation. The proposals do include a potential change to the Uniform Relocation Act. In NJ, the laws seek to restrict the ability to use condemnation for economic development. One proposal would increase the amounts payable under State regulations for relocation benefits. It appears for the most part that these proposals attempt to leave more traditional uses of condemnation for direct public use alone. For additional details, visit [http://www.irwanj.org/Condemnation\\_Update.pdf](http://www.irwanj.org/Condemnation_Update.pdf)

## 2006 Annual Education Seminar

The seminar and annual Board of Director's meeting was held in Denver this year. The seminar was well attended and had a range of educational topics to choose from. The meeting was held at the Denver Adam's Mark which is located along the 16<sup>th</sup> Street Mall. The mall is an interesting pedestrian mall running for at least one mile. The mall is served by free alternative powered bus shuttles and intersects a number of light rail and one heavy rail lines. The hotel was a nice facility and overall the seminar ran very smoothly.

The annual Board of Director's meeting was held on the last day of the seminar. Most items on the agenda were passed by acclamation. A number of persons noted that the meeting moved along at a rather remarkable speed. There were two exceptions to the rule. There was some comment from the floor that suggested that the proposed dues increase was not necessary and that the budget had items that would easily be switched to cover the increase. Although there were some nay votes, the measure did pass. Active Members - \$185 Senior Members - \$200 Retired Members with Magazine - \$ 45 Retired Members without Magazine - \$ 25.

2006 Annual Education Seminar (continued)

All of the officers on the official slate were elected by acclamation with the exception of Ronn Carlentine. Nancy Halvorson, SR/WA and Ken Davis, SR/WA were nominated from the floor to challenge Ron. A substantial number of persons had approached the microphones and provided their testimony for their preferred candidate. This process was not only polite in that it focused only on the positives of each candidate, it was also moving in that a number of the speakers acknowledged the worthiness of the other candidates as well. At the conclusion of the open nomination period, a secret ballot was held. The consensus was that this would be a lengthy process because a 50% plus one majority is needed to win and with three candidates it seemed likely no one would be able to get a clear majority on the first ballot. To the surprise of at least a few, Ken Davis, SR/WA was elected on the first ballot. The vote was Davis: 95 votes, Halvorson: 25 votes and Carlentine: 53 votes.

Membership of the International Executive Committee was reduced from six regular members to five. This was done in recognition of the increased role of the Regional Chairs on the IEC. The new leadership structure is:

1. International President and Chair of the Board,
2. International President Elect
3. International Vice President/Treasurer
4. International Secretary
5. International Executive Committee Member-at-Large
6. International Executive Vice President, appointed by IEC President, subject to IEC approval.
7. A Region Chair for each region
8. A Region Vice Chair for each region
9. International General Counsel and Parliamentarian (herein General Counsel)

**2006 Book Drive:** Representatives from One Book: One Life received a donation of over 900 books and a check from Chapter 6 and expressed their appreciation to IRWA for the assistance in helping children devastated by the tsunami disaster in Asia. We hope that next year our chapter will be able to contribute more substantially to the book drive next year.

**2006 Charity Auction.** Each year donations are taken to support the Right of Way International Education Foundation. The auction is a fun event at the International Conference and supports a good cause. Many chapter contribute vacation packages, gifts related to the state the chapter is in, etc. Our Chapter contributed some nice jewelry to the 2006 charity auction, which was a great success. Donations from members of the chapter are greatly appreciated and can be set aside for next years event.

**Tips for keeping work and life in perspective**

- **Breathe deeply** - Have you ever noticed your breathing when you're feeling stressed or moving at warp speed? It's probably shallow and tight. Borrow a tip from professional athletes, and take a few slow, deep breaths to relax and collect yourself.
- **Take a walk** - "Take a hike" can be good advice. Not only does it help burn off nervous energy, but you can get some exercise and enjoy the scenery, which can help you think more clearly than you might if you're always tethered to your desk or buzzing about mindlessly.

**Tips** (continued)

- **Eat well** - Busy people can be chronic meal-skippers, or too frequently eat junk food on the run. Heavy foods, too many or too few calories, and inadequate nutrition can make you feel like you're short on fuel. Go for the veggies, fruits, grains and lean proteins - a nutritionist can provide advice and a list of nutritious, high-energy foods.
- **Drink water** - Most people don't drink enough water, and end up feeling dehydrated, tired, cranky and achy. Next time you feel dry or in need of a liquid "pick me up," go for the water bottle instead of coffee or soda. In fact, experts say that once you feel thirsty, you're already dehydrated, so drink up. An added bonus? Water helps flush toxins away.
- **Slow down** - "Type A" stands for anxious, not admirable. Don't worry; you don't have to plod along or come to a stand-still. By making sure your mind is actually where your body is, you'll feel (and appear) less scattered, think more clearly, and be more effective. Good time-management and delegation strategies can help avoid confused priorities and schedule-meltdowns.
- **Team up** - If you're a burned-out business owner, chances are good that there's at least one thing you're not very good at: letting other people help you get things done. Whether via delegating to employees, partnering with other firms or vendors, or simply networking for support and advice, sharing the load with other people can help avoid burnout.
- **Sleep well** - A good night's sleep isn't a luxury; it's a necessity for clear-thinking and mindful responsiveness (versus mindless reactivity). Aim to get a good night's rest by watching what you eat before you go to bed, turning off the television and computer, taking a few minutes to slow down and transition from "busy day" to "restful night," sipping some herbal tea and listening to soothing music.
- **Loosen up** - Tight muscles and narrow, critical thinking exacerbate stress and propel you toward burnout. One solution? Find ways to stretch both body and mind. Yoga or other gentle stretching loosens tight muscles, while similar "mind exercises" help lessen chronic perfectionism, judgmentalism and criticism.
- **Have fun** - Laughter is great medicine, so provide yourself with a basket of toys at the office, watch your favorite funny movies, play with your kids or animals, choose to be around people who make you laugh, or just laugh at yourself when you get overly serious or cranky. It's nearly impossible to wallow in your stress when you're enjoying a good belly laugh.
- **Get away** - Whether for an hour, a day, two weeks or a month, unleash yourself from your business and concentrate 100 percent on someone or something else. Don't eat lunch at your desk, don't call in or do work while on vacation or out for a "vision day," and don't spend your allotted rejuvenation time busying yourself with chores. Remember the old saying, "All work and no play makes Jack a very dull boy." Clean kennels at the pound, get a facial at the spa, see a movie in the middle of a workday afternoon, read a book, listen to music, take a hike in nature, or take a nap. Just recharge your battery.

**Final Thoughts** Stephanie Rankin contributed a neat web site that allows you to select a nice card to send to our men and women serving overseas. Whatever your view of these situations, our brave soldiers are fighting on behalf of each of us. This is a chance to show we care about them. <http://www.letsaythanks.com/>

Lorraine Gorman announced the birth of a new granddaughter - Gabriella Rose - born 7/19



