

THE WORKAHOLIC BEACON

The official journal of the Workaholics International Network, Inc.



The Workaholic Beacon

Beacon(bee-kon). A light used as a signal or warning. v. to give light to; to guide; to shine as a beacon. We help workaholics see the light. We spotlight these marvelous hard workers. We're a ray of light on an often dark subject. Our beam is shining on a balanced lifestyle, and we're showing the way through humor, counsel, reminders and the encouragement of healthy dialogue among all those affected.

That's our choice - for now. Like something better, send it in and if selected you will get \$100 worth of Boutique items.

Share Your Thoughts

We just started an e-group for those who want to share thoughts. Send an e-mail to the group and get their responses back. Be among the first at www.egroups.com/groups/workaholicsnetwork.

The Workaholic Beacon

Published monthly for members of the Workaholics Int'l Network

President, Ed Manley, CW
Marketing, Judith Manley, CW
2609 Surfwood Drive
Las Vegas, NV 89128

Phone & Fax:

(888) 888-8020

Web Site: www.workaholic.org

E-Mail: win@workaholic.org

Advertising Rates:

\$50/issue - 1/4 pg. b&w

\$25/issue - Bus. Card size

Request quote for other sizes.

GET A LIFE - LET US HELP YOU

by Ed "Dr. Workaholic" Manley, CW

Well, here we are, finally, the first issue of The Workaholic Beacon. Thanks to all those thousands who completed surveys recently, our staff assistants are super busy with data entry, new products, and postal services. These are exciting times.



Those of us in the family of WIN, including our staff and members, are creating a place, perhaps the only place, where Workaholics can feel proud of our hard work, our accomplishments, the opportunities we have created for others, and yes, where we can recognize that we really seriously do need to "get a life" and seek help in pushing us to do that. WIN will be one of those pushing our members to "a life."

We see workaholics as the people who make the world go-round. Watch tv, read articles, attend seminars – you will hear over and over by those who are making a difference in your life and mine, "yes, I am a Workaholic." There is pride in their voice when they say that. Hard work is something most of us were taught as kids was a key to success, and yet surf the web for "workaholic" and look at their recommended reading, and you are in for a drab, foreboding lecture on the evils of hard work and which will equate you to an alcoholic. We're not buying it!

So we're here to acknowledge that we work too hard, and that creates opportunity while at the same time causing problems. We want to help members to maximize the opportunities and minimize the problems. We want to be the chicken soup for hard work, so maybe people won't need penicillin. We want to show people how to include family in their life; how to save time in their day; how to prioritize life's choices. We offer tangible acknowledgements of your hard work and gentle reminders to "go home," with our creative line of workaholic collectibles.

WHAT IS A WORKAHOLIC?

Our definition is more practical than scientific. Probably if you are involved in work related activities more than 60 hours a week on a regular basis you could be a workaholic. We have some fun questions to help you decide, but it's a self diagnosis. We think there's good and bad in everything and we choose to celebrate the good in workaholics. What occupations tend to spawn workaholics? It seems to us that jobs that create constant work which can't be put off create the most workaholics - like doctors, lawyers, computer geeks, stockbrokers, senior executive positions in most sectors, press, and in general well educated people from the competitive universities. What do you think?

IS IT GOOD TO BE A WORKAHOLIC?

That depends. The "average" workaholic, as we would describe one, works too hard, relaxes too little, but does have other interests and a bit of a life. On balance, we would say it is good. Can good turn to bad? Absolutely! There are excesses in just about every endeavor, and for some they work so much that they lose their family, their job, and their life. It can be debilitating and destructive, just as drinking too much, doing drugs, and other self-destructive behaviors. These folks need serious help and you can click here to go to some sites that deal with the clinical side of working too hard. We're for folks that just work too much.

POTPOURI

Comments From the Mailbag

From Russia With Love, lots, lots; Australia, Moldova Republic, Ukraine and of course Canada and the U.S., comments are pouring in. **THANK YOU to everyone and especially to those recommending the site to friends.** Here's a few out of the thousands:

*What a great idea to form an alliance of people who believe they work hard. Maybe after your test they don't feel so much like the "workaholic." Your site was a chance of pace, comic relief if you will. If we are not ourselves workaholics, then we are probably related to one.

Randy S.

*I liked the bright colors and separation of areas of topics on your page. It was easy to look for my interest and find what I want to know. **Teresa F.**

*Really like your site, it is very refreshing first thing in the morning and very bright to look at. Thanks for the neat site. **Pauline H.**

*Your site was innovative and interesting. **Binny F.**

*Love the golf shirt - the yellow is sharp & my husband looks great - **Judy H.**

*I like the colors and the products are a hoot. I can think of a lot of people that could use the survival kit. **DeLynn M.**

*Your site helped me tremendously with your ideas and tips. **Cindy Z.**

*I really loved the advice. **Lisa R.**

*This site is great, I love the advice and the humor on it. **Sherrie M.**

*The clock gets the most comments, they stare for a while and realize - no hands. Mousepad is great, they can't steal it with your name on it. **Debbie S.**

*Wonderfully refreshing - **Mary C.**

*This is perfect for the workaholic.

There are many of them where I work - **Barbara E.**

*I found the gifts wonderful and enjoyed the smile they gave me - **Mary A.**

I love it, you have some excellent ideas - **Elizabeth F.**

*What a fun idea - **Chris L.**

*Could appeal to people who work outside an office more - **Kathleen D.**

*Loved "just for grins" - need that after the day I had at work - **Kathy B.**

Eating at Your Desk?

The role of eating at the desk in this longest economic expansion in U.S. history is underrecognized. A whole lot of people with mouths full of food are in the office booking sales, boosting production and launching companies.

"As rising production demands force people to eat at their desks, we're seeing more and more cockroach, mice and ant problems in cubicles," says Pat McDaniel, operations manager for International Extermination Co. in Chicago.

As many as half of office workers regularly take no lunch hour or use it for other purposes, studies show. And the blurring distinction between offices and lunchrooms is evident in the popularity of a new line of office chairs from industry giant Steelcase Inc. which, like airline seats, feature tray tables.

Computer makers are fielding cries for help, too. For soda-induced keyboard failure, Gateway Inc. offers this advice: "Take the keyboard into the shower. Give it a good going over with warm water. Let it sit upside down for two weeks. **There's a slight possibility it will work again.**"

But fighting desktop feeding is probably useless. **If anything, the trend is growing stronger,** thanks to the high-tech industry. In its quest to attract and retain employees, it is offering a new perk: the all-you-can-eat workplace. This benefit allows employees to order all the grub they want from online grocers such as Peapod Inc., and the employer picks up the bill. "We're spending \$14,000 to \$15,000 a month on groceries, and some people are eating four meals a day at the office," says Doug Grimsted, chief executive of software maker Geneer Corp., near Chicago.

Helliker, Kevin, "There Is a Price to Be Paid For Eating at Your Desk." The Wall Street Journal.

Survival Kit



Certified Workaholic

"Burning the Candle At Both Ends"

THE DOCTOR IS IN

The Best of Dear Doctor Workaholic



Dear Dr. Workaholic:

I am married to a workaholic and he is driving me crazy with his extreme behavior. It is doing a lot of damage to us emotionally and to him physically but he will not listen and he does not think he has a problem but BELIEVE me he does. What can I do to help him or get him help before he destroys everything around him. Please point me in the right direction. Desperate wife!

Dear Desperate:

People can be busy for a large number of reasons - boredom with their present life, spouse, job, to name just a few. Some people run away from those problems to alcohol, some to drugs, and some to work - one might argue that work is the better of the three.

I believe there are two kinds of people who can appear to be workaholics. There are those who are "Successaholics" and they are kept busy pushing for the programs they are involved in to be successful. Once they are on a path to success and things are fine, they can relax and go back to a more normal lifestyle. The other kind are the pure Workaholics, and they will be at

work even if they are accomplishing nothing - they just have a compulsion to be there. Where you fit in to those scenarios depends on which one you think your husband is. If success is the goal, and there is a time frame in mind, then you need to get a life of your own in the interim and let him do his thing. If work is the goal, then you have some serious work ahead of you, which could include determining if you will ever be a part of this person's life. How you make that happen is through love, humor and standing up for yourself. Whatever you do, do it with love and humor, and whatever you do, don't allow yourself to be anyone's doormat, to be used only when needed. Perhaps a Workaholics mug and Mousepad would be subtle reminders that maybe he is. Once "accused" one cannot help but think about it as one toils at midnight. "Yes I Am" is our theme, and maybe this will help his realization. Hard work is a badge of honor to many, so let him have his badge. Acknowledge appreciation for the work, but offer suggestions for fun breaks from that routine which will peak his interest and become more of a momentary obsession than work. Obvi-

ously, if we offered him a choice of working or going to the zoo and picking up \$100 bills, he'd go to the zoo. Give me a choice of working or sitting watching TV, I'm at work. So ask me to take you to a fun movie you've been wanting to see.



Billy Ray Cyrus' song called "Busy Man," the theme song for WIN, has one line that says he never saw a grave marker with an inscription, "I wish I had spent more time at work." Play that for him. Throw into conversations notices of young people who died tragically leaving little kids they never got to know. If someone says they got divorced, or they suffer because their Dad never spent time with them as a kid, get your husband into those conversations. Repetition is the best teacher and the more ways you can find to lovingly suggest that working all that hard is NOT the best medicine for a successful life, maybe it will sink in. Good luck to both of you and thanks for caring enough for your husband & your relationship to seek help.

The Doctor Prescribes

Workaholics like me have lots of stuff - they are the hardest people to buy gifts for, they've got it all. So, **what would "float their boat?"**

- ◆ A beautiful yellow with blue trim and WIN logo golf shirt
- ◆ A Survival Kit for a Workaholic - Membership makes for the ultimate gift.
- ◆ "Fuel Tank for a Workaholic"
- ◆ A clock that has only a second hand - no minute nor hour hand - how's that for a conversation piece on their desk?

These + more - <http://www.workaholic.org/workaholicboutique.htm>

You Should Know

It should be understood by all who join this Association that the designation of Workaholic is intended in good fun and is not a statement of fact, since no one connected to WIN has the credentials necessary to render a clinical determination regarding its members, nor to provide "textbook" advice.

Rather, "workaholic" is defined by us as those who provide a self-assessment based on the questions listed in the application for certification and membership. You know who you are, so why should we tell you.

Doctor Workaholic is a "stage name." Although Ed was a Navy medic and called "Doc" in his earlier life, the advice provided here is based on "street" knowledge, and not medical training. Some serious Workaholics require clinical evaluation and support, and this is not the place for that. p.s. Dr. Laura isn't a clinical doctor either - smile!

LEARN AND GROW

To Coin a Phrase

In George Washington's days, there were no cameras. One's image was either sculpted or painted. Some paintings of George Washington showed him standing behind a desk with one arm behind his back while others showed both legs and both arms. Prices charged by painters were not based on how many people were to be painted, but by how many limbs were to be painted. Arms and legs are "limbs" therefore painting them would cost the buyer more. Hence the expression, "Okay, but it'll cost you an arm and a leg."

At taverns, pubs and bars, people drank from pint and quart sized containers. A bar maid's job was to keep the drinks coming. She had to pay close attention and remember who was drinking in "pints" and who was drinking in "quarts". Hence the term, "minding your own P's" and "Q's."

Early politicians required feedback from the public to determine what was considered important to the people. Since there were no telephones, tv's or radios, the politicians sent their assistants to local taverns, pubs and bars who were told to "go sip some ale" and listen to people's conversations and political concerns. Many assistants were dispatched at different times..."you go sip here" and "you go sip there." The two words "go sip" were eventually combined when referring to the local opinion and thus we have the term, "gossip."

In the late 1700's many houses consisted of a large room with only one chair. Commonly, a long wide board was folded down

from the wall and used for dining. The "head of the household" always sat in the chair while everyone else ate sitting on the floor. Once in a while an invited guest would be offered to sit in this chair during a meal whom was almost always a man. To sit in the chair meant you were important and in charge. Sitting in the chair, one was called the "chair man of the board." Today we use the expression/title "Chairman of the Board."

Needless to say, personal hygiene left much room for improvement. As a result, many women and men had developed acne scars by adulthood. The women would spread bee's wax over their facial skin to smooth out their complexions. When they were speaking to each other, if a woman began to stare at another woman's face she was told "mind your own bee's wax." Should the woman smile, the wax would crack, hence the term "crack a smile." If they sat too close to the fire, the wax would melt and therefore the expression "losing face."

Ladies wore corsets which would lace up in the front. A tightly tied lace was worn by a proper and dignified lady as in "straight laced."

There was a tax levied when purchasing playing cards but only charged on the "ace of spades". To avoid paying the tax, people would purchase only 51 cards. Since most games require 52 cards, these people were thought to be stupid or dumb because they weren't, "playing with a full deck."

What If There Were A Place?

What if there were a place where hard working people were treated with pride - and advice came in the form of fun, gentle reminders & advice. Is there a place where we can leave the heavy discussions to other web sites, have fun and yes, help people to "get



a life?" **Yes there is, and you've found it, the Workaholics International Network (WIN)!**

Now, for a unique gift, you and those you care for can participate! Excellent and fun items to ID you as a hard

worker & Certified Workaholic! **\$89 Lifetime!**

A Survival Kit for a Workaholic incl.:

- ◆ Certificate, Gold Frame & Lapel Pin
- ◆ Lifetime membership
- * Clock with no hands (It's always time to work)
- * Butt Protector (Working your butt off)
- ◆ Mousepad ("Certified Workaholic")
- * Waving hand on base (Goodnight all)
- ◆ Free chiropractic treatment (Broke your back)
- * Midnight Oil (You're burning it, don't run out)
- * Grindstone Protection Cream (For your nose)
- ◆ Finger Cot (Working your fingers to the bone)
- ◆ Thyme (What you need more of)
- * Fuel Tank for a Workaholic (Coffee mug)
- * Picture Frame (If Found, Notify Family)
- ◆ Luggage Tag (Certified Workaholic)
- * Display Case
- * Round Tuit (You're going to when you get a....)
- * Basic Survival Kit contains these items only

Boutique Items - The Ultimate Gift

- | | |
|---|----------------------|
| Basic Survival Kit - \$69 | Golf Shirt - \$32 |
| Membership Only - \$39 | T-Shirt - \$13 |
| Mousepad ("Mice & Workaholics-Always Busy")-\$9 | |
| Baseball Cap - \$12 | Butt Protector - \$6 |
| Clock with no hands - \$17 | Waving Hand - \$15 |
| Coffee Mug "Fuel Tank" - \$8 | |

Note - all items are plus P&H

To Order: www.workaholic.org

Chapters Forming

**You can form a Chapter in your area!
No rules, self-forming, no added cost!**

**Want to network with fellow
workaholics to chat, get away from
work, share ideas - start a Chapter!
Contact The Doctor for details!**