

Job satisfaction predicts life satisfaction

By Sandy Hershelman
JCHBA Executive Officer

A conversation I had the other day is still bugging me. I was sharing how I had given my kids, 19 and 24, each advice to find something they really love to do and then follow it as a career path. The guy cut me short, "No, they can't do that. There's no money in it. They should get jobs as (boring occupations that have nothing to do with my kids' interests). Then, in 20 years or so, they can follow their passion."

No! No! No! No! No! Inside I screamed. It's funny, though; his words hit me so very wrong and yet I chose not to challenge him. It was way too late in his life to try to change his mind. He reminded me of a much-loved older relative of mine. I could hear her say, "Oh, honey. . .those choices aren't for people like us. Only the rich can play that game."

I didn't choose to become a journalist because of the money; trust me, it wasn't the money. I loved to write. I was driven to write. Even as my career path has morphed, writing remains central to all that I do in promoting the JCHBA or marketing my business clients.

Are you doing something you love? Do you enjoy going to work? (At least most of the time. We all know that some days just suck.) Do you feel fulfilled? Does your career choice make you feel alive? Or do you feel trapped in a dead-end job that you hate? *Are you following your passion?*

I wonder how many people became whatever they are now because it was expected of them. I can't tell you how

many lawyers I keep running into who aren't practicing law.

Granted, circumstances often get in the way. Job's boring, but the money is good. Bills mount up; gotta pay 'em. Kids come along; they need fed.

My dad, on the other hand, was pretty content with his job as a fluid milk processing plant manager. "Basically, it wasn't that bad. I always figured I should be making \$200,000," he recalled. But those big bucks never came. He was raised with, "You get a good job. You stay with the same company forever. That's it."

Daddy did acknowledge that big, nasty four-letter word, "You always have the FEAR of doing something on your own."

Ah, fear. . . now there's a topic that'll fill a book. . .or two!

I stayed five years longer in a marriage than I had planned to, so I could build my writing career. As the mother of two small tots, I had to think of them first. Fear played a large part in my decision-making process at that time of my life. I hadn't yet discovered that I was indeed a cat: I'd land on my feet, no matter what life threw my way.

Writing this article, I've made peace with some of my ex's mindsets. Eternally a dreamer, he desperately hates his \$50 an hour (total benefit

package) union job. Without solid business skills, though, he never quite knew how to make a living, while following his passions. Consequently, he fights his pursuit of a happy life from all angles. And he's not alone. . .

Research in 2006, by a team of European economists at the University of Aberdeen, revealed that job satisfaction is the most critical factor for life satisfaction and well-being. A 2004 U.S. study for The Conference Board found that only 14% of Americans are very satisfied with their jobs. A lot of research links job satisfaction to mental health and a long life, as well as to domestic violence,

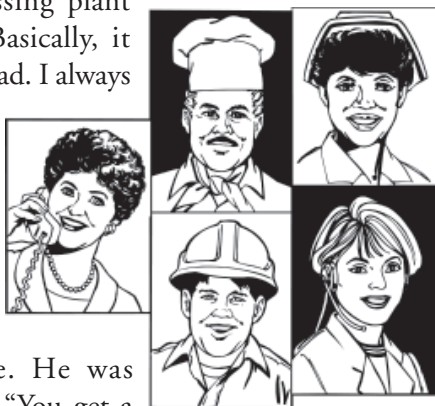
job performance and absenteeism. That's not a pretty picture.

Are you wasting a God-given talent by merely existing in the job you have now? Do you know what you'd like to do, but are confused about how it may fit into the workplace? Spend some time with a career counselor.

These marching orders aren't for everybody. You're 40, 50, 60 years old. You know, to a point, what you can and cannot do. But, are you willing to stretch your wings and at least think about changing your path in life?

Kids under 25, listen up! Mom's sticking to her guns: Find your passion . . .and then follow it through college and onto a career path.

Living a life full of wonder, amazement and contentment is so much more important than the balance in your checkbook. Do what you love; the money will follow.



Toy nominated as BIAW Associate of Year

Sandra Toy was recently nominated for the Building Industry Association of Washington's Associate of the Year award. The BIAW is the third largest state association in the country affiliated with the National Association of Home Builders. It has roughly 12,000 member companies employing about 375,000 people.

Sandra, a mortgage lender with Port Townsend's HomeStone Mortgage, is the vice president of the Jefferson County Home Builders Association and a state director of the BIAW. She is also involved in the Jefferson County Association of REALTORS®. She sponsors Soroptimist International of Port Townsend and East Jefferson County's "Do Your Dream" event,



Sandra Toy

encouraging women to reach higher.

For the past four years, Sandra has been instrumental in the success of the JCHBA golf tournament, not only by sponsoring it, but also spending the day as a volunteer. Centrum's and Soroptimists' golf tournaments can also depend on her sponsorships, as well as count on the non-golfer to be there on the day of the event.

In 2006, Sandra infused her energy into the JCHBA board, organizing committees and putting each director in charge of one. She has taken her new role of membership chair very seriously, holding monthly meetings at her office. She also on our Habitat for Humanity, Home Builders Care and JeffCo Home Show committees.

Lead with the heart; the mind will follow.

—Anji Sell

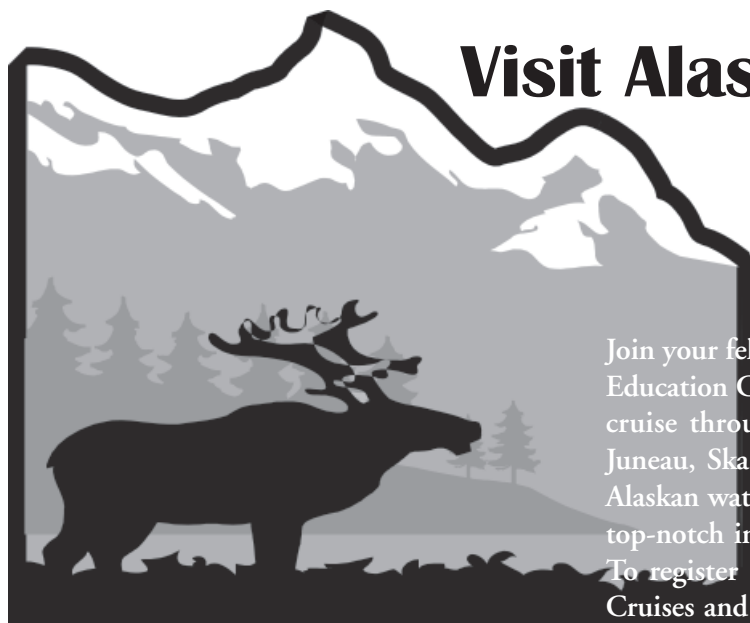
Yes, those words to live by are from Anji, the Edward Jones rep from Silverdale, who we had as a dinner speaker a year or so ago.

JCHBA EO chairs WA's EOC

JCHBA Executive Officer Sandy Hershelman was elected chairman of the Washington Executive Officers Council. She served as its 2006 vice-chair.

Since 2002, Sandy has been devoted to protecting the building trades in Jefferson County. She has worked on behalf of the JCHBA members to encourage affordable housing by being your eyes, ears, . . . and mouth. . . locally, as well as in state and national circles.

Sandy presented *Effective HBA Websites* at the 2006 National Association of Home Builders' EOC Seminar in Connecticut.



Visit Alaska. . .
the last great frontier

from \$849
(airfare, taxes & gratuity extra)

Join your fellow BIAW members September 9-16, for the 2007 BIAW Education Cruise. Sail aboard the remarkable *Sun Princess* for a 7-day cruise through the Inside Passage with ports-of-call in Ketchikan, Juneau, Skagway and Victoria, B.C. While cruising the crystal clear Alaskan waters, broaden your educational and business horizons with top-notch instructors and award-winning workshops and seminars. To register or for more information, call Heidi Workman at R&D Cruises and Tours at 800-988-9282.

Board installed

Building Industry Association of Washington President Daimon Doyle will install the JCHBA 2007 board at the Friday, Jan. 26 Beach Party.

Voted in for 2007, at the Oct. 23 annual meeting, were President Fred Kimball (*Kimball Woodworks*), Vice President Sandra Toy (*HomeStone Mortgage*), Treasurer Rick Gore (*Mountain Propane*) and Secretary Dan Dankert (*D&D Insulation*).

Board members for 2007 are Joy McFadden (*EastWest Mortgage Services*), Jim Groves (*Groves & Co.*), Rick Tollefson (*Tollefson Builders*) and Kevin Coker (*Coker DesignWorks*).

New member!

Richard "Dick" Broders
Broders, Inc.

360.797.7722

360.797.7133 (fax)

4503 Old Gardiner Road
Port Townsend, WA 98368

rbroders@olympen.com

www.porthadlock.com

Sponsored by Marianne Moe

Harold Moe Construction

Dick has been the JCHBA's voice on the Shoreline Policy Advisory Committee. We couldn't ask for a more knowledgeable representative! Welcome, Dick!

Donated to UGN? Call Liz

The Jan. 26 installation of officers (aka the Beach Party!) also marks the end of the 2006 Jefferson County Home Builders Association's United Good Neighbors' fundraiser. Liz Coker will be tallying up all of the pledges and donations from those of you who have committed to share some of your wealth with your neighbors in need. If you haven't already done so, make sure Liz knows of your affiliation with the JCHBA. Call Liz at 385.2739 or e-mail lizannecoker@msn.com.



Notice . . .

Built Green™ of Jefferson County will sign up charter memberships until Jan. 31. Take advantage of this special offer to help market your business. Once it's gone, it's gone. Contact 379.8784 or jchba@olympus.net.

Go green with Coker & Raab

Ann Raab (*Olympic Design Group*) and Kevin Coker (*Coker DesignWorks*) have prepared an ambitious schedule of sessions for Built Green of Jefferson County.

Port Townsend Community Center

Intro to Built Green certification	Feb. 7
Energy efficiency and rebates	Feb 14
JCHBA Built Green Network meeting	Feb. 21
Workshop with green professionals	Feb. 28

Tri-Area Community Center

Intro to Built Green certification	Feb. 8
Materials and suppliers	Feb. 15
Green for REALTORS® and homeowners	Feb. 22
Workshop in green landscape, design, energy and construction	March 1

All sessions are from 7 to 9 p.m.

Questions, call Kevin Coker at 385-2739



Jefferson County Home Builders Association

N O R T H W E S T



Committee Corner

Membership: Next meeting is 5:30 p.m., Wednesday, Feb. 7 at Sandra Toy's HomeStone Mortgage office. New committee members are always welcomed! Recruitment training coming in February. Call 379.6425 or e-mail stoy@homestone.com.

Home Builders Care: Our Friday, Jan. 26 installation party, featuring a Beach Party theme, will also be a UGN fundraiser and membership blitz. Want to help? Call Liz Coker at 385.2739 or e-mail lizannecoker@msn.com.

Home Show: JeffCo Home Show is May 3-4, 2008. Sponsor opportunities will be published soon. Interested in participating in, or in organizing the event? Call Joy McFadden at 301.2008 or e-mail jmcfadden@ewfsc.com. Next meeting is 1:30 p.m., Tuesday, Feb. 20.

JCHBA Officers

President: Fred Kimball
385.4915

Vice President: Sandra Toy
379.6425

Secretary: Dan Dankert
732.4976

Treasurer: Rick Gore
385.6883

Board Members:

Jim Groves

Kevin Coker Joy McFadden
Rick Tollefson

Executive Officer:

Sandy Hershelman
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Port Hadlock, WA 98339



BEACH PARTY!

No charge thanks to
generous sponsors!

FRIDAY, JAN. 26

6:30 P.M.

BEACH CLUB AT PORT LUDLOW



- ◆ Best Hawaiian Shirt Contest
- ◆ Limbo Competition
- ◆ Live Music, Food, Drink, FUN!
- ◆ Installation of JCHBA 2007 Board

Bring friends! Make new leads!
Success is all about who you know.

RSVP!!

Please RSVP (yes or no) to your Jan. 14
e-mail from hershelman@olympus.net.
Or call 385.1087 by Jan 20. Want to be
on the JCHBA e-mail list? Let us know!