

2013

Oct/Nov/Dec

# NAPT Newsletter

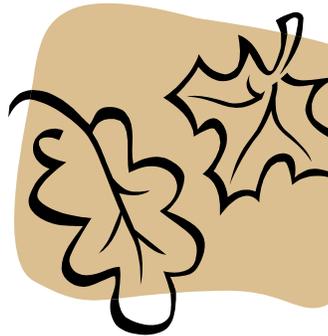
National Association for Proficiency Testing - (952)303-6126 [www.proficiency.org](http://www.proficiency.org)

## Special Interest Articles:

- 2014 MSC
- TA Thank You
- Helpful Tips

## Individual Highlights:

Fall is back	1
TA Thank You	1
Helpful Tips	2
Announcements	3
Quarterly Reduced	
ILC/PTs	3
Spotlight	4
About our	
organization	4



## FALL is back, time to make your plans to attend the 2014 Measurement Science Conference

NAPT is a proud supporter of the Measurement Science Conference. We are excited that the Measurement Science Conference will be held at the Long Beach Convention Center in Long Beach, California, March 12-14, 2014.

National Association for Proficiency Testing will be partnering with the Measurement Science Conference to bring a conference special. Participants will have the opportunity to conduct proficiency testing in as many as nine ILC/PTs with support and training with experts in the Metrology Community.

Look for more details on NAPT's website.

The nine tests include: Optical Comparator, Granite Surface Plate, CMM, Rockwell Hardness Tester, Scale, Balance, Pipette, Pressure and Torque Wrenches

## TECHNICAL ADVISORS, THANK YOU FOR ALL YOU DO FOR NAPT

NAPT would like to take this time to recognize and thank the following technical advisors that have been giving their time to assist NAPT and the Metrology Community.

Kevin Rust  
James Smith  
John Gabler  
Gary Meyer  
Corey Garbers  
Charles Ellis

NAPT appreciates all that you do.



## Helpful tips when feeling the stress to balance both Work and Home life.

Each year I find myself wondering where the time has gone.



I seem to find myself in the Holiday crunch come November and the balance act between professional and personal life gets a little more stressful. 31% of Employed adults in the United States say they have difficulties managing work and family responsibilities according to Statistic Brain.com (StatisticBrain.com, July 2013), but with a few helpful tips you can avoid feeling of stress of the balancing act.

**1. Breathe** - If you have a lot going on between your professional and personal life, take a second to breathe. A couple of deep breathes to relax your body can save you tons of heartache later. I would even encourage a brisk walk.

**2. Eat Healthy** - Avoid eating poorly. Fried foods can make you feel icky and sluggish later; drink plenty of water. You work hard all day replenish your body with plenty of water.

**3. Move about** - Get up and stretch your body every hour if you are a person that sits in front of a computer all day. Stepping away from your computer every once in a while can help you focus better on the task at hand.

**Top Causes of Stress in the U.S. (StatisticBrain.com, July 2013)**

**1. Job Pressure - Co-workers, Bosses, Work Overload**

**2. Money - Loss of job, Reduced retirement, Medical expenses**

**3. Health - Health Crisis, Terminal or Chronic illness**

**4. Relationships - Divorce, Death of Spouse, Arguments with friends, Loneliness**

**5. Poor Nutrition - Inadequate Nutrition, Caffeine, Processed Foods, Refined Sugars**

**6. Media Overload - TV, Radio, Internet, E-Mail, Social Networking**

**7. Sleep Deprivation - Inability to release adrenaline and other stress hormones**

**4. Make a check list** - Figure out what is a priority item compared to what can wait. Sometimes seeing it on paper can make planning how to get it all done a bite easier. Maybe you still need to pick an ILC/PT and get it scheduled, figure out what type of test needs to be completed and when you have to have it completed by. If you have a membership with NAPT remember that all ILC/PTs have to be scheduled before the end of the membership calendar year. If your membership renewal month is October you have until the end of September of the following year to schedule your ILC/PTs.

**5. Delegate when appropriate** - Do not try and do everything yourself. Ask for help or assistance to finish a task or two.

These five helpful tips should help you avoid the impact of a stressful balance of work and home life.

*\*\*\*Remember you can never finish something you have never started.\*\*\**

# Announcements



NAPT will be replacing the Height Gage HGTG-306 with the Height Gage-413

NAPT is still accepting requests to become a Technical Advisor for who NAPT can count on. Technical Advisors are experts in their field and are willing to donate some of their time to help others in the Metrology Community. If you are interested, please contact NAPT.

Maybe you want to donate an artifact to NAPT, go to [www.proficiency.org](http://www.proficiency.org) to learn more about how to donate an artifact.

Do you wish NAPT had that one ILC/PT? Let us know which new ILC/PT you'd like to see! If six participants request the same ILC/PT then NAPT can look at the possibility of adding it to distribution. Six participants need to wish for the same ILC/PT to make it a reality.

## Quarterly Reduced Priced PTs

Each quarter NAPT offers select proficiency tests at a reduced fee.

NAPT is offering nearly **50% off** the following PTs this quarter only:

***FORCE-601, 602, 603, 604***

***PRESSURE-203***

***PRT-510***

***RESISTANCE-201***

***RPS-102***

***VIBRATION-106, 206, 306***

*\*These artifacts are outside PTs purchased in a member's ILC/Package at the time of enrollment or renewal.*

*You need not be a member of NAPT to take advantage of these reduced prices!*

### [Sign Up Today!](#)

If you have questions, feel free to contact Karen at [karen@proficiency.org](mailto:karen@proficiency.org) or Bobbie at [bobbie@proficiency.org](mailto:bobbie@proficiency.org)

Phone: 952-303-6126 Fax: 305-425-5728

This is a \$275 savings!



**PRESSURE-203**  
photo featured

**National Association for Proficiency Testing**

901 Twelve Oaks Center Dr.,  
Suite 920  
Wayzata, MN 55391

PHONE:  
(952) 303-6126

FAX:  
(305) 425-5728

E-MAIL:  
[napt@proficiency.org](mailto:napt@proficiency.org)

We're on the Web!  
See us at:  
[www.proficiency.org](http://www.proficiency.org)

**SPOTLIGHT**

**Feedback**

NAPT needs your feedback. NAPT can only improve the quality of its customer service and its products when feedback is received.

If someone in your organization could take a moment and send feedback to NAPT on how we are doing, it would be greatly appreciated.

NAPT would like to have feedback on how well its customer service is doing.

What you think of the new online management application?

What areas could NAPT improve on?

Feel free to click on the link below to open NAPT's customer survey.

**Customer Survey**

***About Our Organization...***

NAPT is a non-profit membership association dedicated to the improvement of measurement quality.

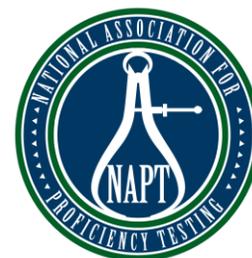
NAPT is incorporated as a 501 (c) (3) scientific and educational nonprofit organization.

**Mission**

**Our Mission** Our mission is to provide our customers with the best information, tools and service to help them improve measurement processes and results through participation in interlaboratory comparisons, proficiency testing and round robins.

**Our Quality Policy** NAPT provides our clients with an unbiased analysis of measurement processes to enhance awareness of their technical competence and data integrity.

**Our Objectives** NAPT's main objective is to support our mission by providing professional management and program administration, coordination, data processing and reporting for interlaboratory comparisons, proficiency testing, and round robins.



"...you have done a great job for us and we will continue using your company."

*Member Testimonial*

"The people are friendly and helpful. A good crew. Thank you so much."

"You guys are doing a good job, keep it up!"

*Member Testimonial*

"NAPT has been able provide our industry with the appropriate types of tests related to our scope of accreditation. We appreciate your organization! Thanks."

*Member Testimonial*