



# MAC LEADER

## January, 2021

### MAC News



### Renewal Time for 2021 MAC Membership

Dues invoices are being prepared for renewal of your MAC Membership for 2021.

We hope you will retain your Middle Atlantic Council PDCA membership and we encourage you to take full advantage of that membership. Your benefits include two council-level meetings a year – this year's spring/summer meeting is in the planning phase, and the fall conference is planned to take place the first week of November in the Norfolk/Virginia Beach area. Details will be sent about those meetings as they become available. If you have some suggestions for seminar topics at our November Conference, please respond to: [cathie.macpdca@gmail.com](mailto:cathie.macpdca@gmail.com)

In addition to the two meetings, which will afford you valuable networking opportunities with your contractor colleagues, MAC publishes this monthly e-newsletter, the MAC Leader, and distributes a valuable Safety Program via email: The Tuesday Tailgate Topics. These weekly issues cover an important safety topic in both English and Spanish. This benefit alone is worth many times more than your yearly dues.

1. You can pay your dues directly from the invoice through Quickbooks. This is probably the easiest, quickest way to pay.
2. You can pay through the MAC PDCA website: [www.macpdca.org](http://www.macpdca.org). Go to the website, click on the Membership button and drop down to Apply/Renew Membership. Click on that and you can renew your membership with a credit card.
3. Or you can send a check for your dues to the address listed on the invoice: MAC PDCA, 62 W. Main Street, Maple Shade, NJ 08052

We hope you will continue your membership in the Middle Atlantic Council PDCA and we hope to see you at one of our functions in the near future.

## MAC Views

### Decorative Painting Techniques by Dean Sickler

Dean Sickler is a Past MAC PDCA president and expert on decorative painting and techniques, color perception, and architectural finishing. Dean is currently a Commercial Education Specialist at Golden Paintworks and as such has developed some videos demonstrating techniques in metallic paint, Venetian Plaster, and a series of others.

Dean has graciously shared a couple in his video series. **This month's topics are as follows:**

The first one is all about metallic paint: <https://vimeo.com/415486442>

This next video is a demonstration on how to use a trowel to apply texture: <https://vimeo.com/483289816>

*If the links don't open, you can copy and paste them.*

We hope you enjoy the videos and that they are useful in your business.

**Thanks to those who have shared some of their experiences and projects with us; we'd still like to hear from more of you. Likewise, if you come across an article you think would be interesting to our readers, please send that as well.**

Send us an email ([macpdca@cox.net](mailto:macpdca@cox.net)) and let us know how you're spending your time. We will share your stories with your fellow members.

## CHAPTER NEWS

*If you would like to put your chapter meeting announcements or your company or chapter charity events in this newsletter, please send the information to Anita Dallas ([adallas@cox.net](mailto:adallas@cox.net)) by the 20<sup>th</sup> of the month before the event.*

*We have many MAC Members at large who don't have a chapter in their immediate vicinity and who may want to participate in a chapter event. Putting your chapter upcoming meetings/events in this e-newsletter lets them know what is happening around the council. I'm sure your chapter would welcome MAC members from other areas at*

*your events. Making sure to send me your upcoming event information in a timely manner will help keep all our MAC members informed of educational events throughout the region.*

## **PRAYER REQUESTS:**

We ask that you keep all of our members, their families, and employees in your prayers for their health and welfare.

Many in our MAC Family struggle with health issues on a daily basis. Please let us know of anyone needing particular prayers at this time.

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## **FEATURED ARTICLE**

### **The 7 types of rest that every person needs**

By Sandra Dalton-Smith MD

**Have you ever tried to fix an ongoing lack of energy by getting more sleep — only to do so and *still* feel exhausted?**

If that's you, here's the secret: Sleep and rest are not the same thing, although many of us incorrectly confuse the two.

We go through life thinking we've rested because we have gotten enough sleep — but in reality we are missing out on the other types of rest we desperately need. The result is a culture of high-achieving, high-producing, chronically tired and chronically burned-out individuals. We're suffering from a rest deficit because we don't understand the true power of rest.

Rest should equal restoration in seven key areas of your life.

**The first type of rest we need is physical rest, which can be passive or active.** Passive physical rest includes sleeping and napping, while active physical rest means restorative activities such as yoga, stretching and massage therapy that help improve the body's circulation and flexibility.

**The second type of rest is mental rest.** Do you know that coworker who starts work every day with a huge cup of coffee? He's often irritable and forgetful, and he has a difficult time concentrating on his work. When he lies down at night to sleep, he frequently struggles to turn off his brain as conversations from the day fill his thoughts. And despite sleeping seven to eight hours, he wakes up feeling as if he never went to bed. He has a mental rest deficit.

The good news is you don't have to quit your job or go on vacation to fix this. Schedule short breaks to occur every two hours throughout your workday; these breaks can remind you to slow down. You might also keep a notepad by the bed to jot down any nagging thoughts that would keep you awake.

**The third type of rest we need is sensory rest.** Bright lights, computer screens, background noise and multiple conversations — whether they're in an office or on Zoom calls — can cause our senses to feel overwhelmed. This can be countered by doing something as simple as closing your eyes for a minute in the middle of the day, as well as by intentionally unplugging from electronics at the end of every day. Intentional moments of sensory deprivation can begin to undo the damage inflicted by the over-stimulating world.

**The fourth type of rest is creative rest.** This type of rest is especially important for anyone who must solve problems or brainstorm new ideas. Creative rest reawakens the awe and wonder inside each of us. Do you recall the first time you saw the Grand Canyon, the ocean or a waterfall? Allowing yourself to take in the beauty of the outdoors — even if it's at a local park or in your backyard — provides you with creative rest.

But creative rest isn't simply about appreciating nature; it also includes enjoying the arts. Turn your workspace into a place of inspiration by displaying images of places you love and works of art that speak to you. You can't spend 40 hours a week staring at blank or jumbled surroundings and expect to feel passionate about anything, much less come up with innovative ideas.

Now let's take a look at another individual — the friend whom everyone thinks is the nicest person they've ever met. It's the person everyone depends on, the one you'd call if you needed a favor because even if they don't want to do it, you know they'll give you a reluctant “yes” rather than a truthful “no”. But when this person is alone, they feel unappreciated and like others are taking advantage of them.

**This person requires emotional rest, which means having the time and space to freely express your feelings and cut back on people pleasing.** Emotional rest also requires the courage to be authentic. An emotionally rested person can answer the question “How are you today?” with a truthful “I'm not okay” — and then go on to share some hard things that otherwise go unsaid.

**If you're in need of emotional rest, you probably have a social rest deficit too.** This occurs when we fail to differentiate between those relationships that revive us from those relationships that exhaust us. To experience more social rest, surround yourself with positive and supportive people. Even if your interactions have to occur virtually, you can choose to engage more fully in them by turning on your camera and focusing on who you're speaking to.

**The final type of rest is spiritual rest, which is the ability to connect beyond the physical and mental and feel a deep sense of belonging, love, acceptance and purpose.** To receive this, engage in something greater than yourself and add prayer, meditation or community involvement to your daily routine.

As you can see, sleep alone can't restore us to the point we feel rested. So it's time for us to begin focusing on getting the right type of rest we need.

*Editor's note: Fatigue can also be associated with numerous health problems, so please get checked out by your physician if it persists.*

**Quote: “By working faithfully eight hours a day, you may eventually get to be boss and work twelve hours a day.”** Robert Frost

**Stay safe, healthy, and keep in touch!**

**Anita Dallas**