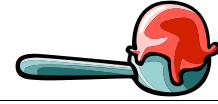




PIE à la mode



PIE's Finest News Source

Volume 5, Issue 2: Summer 2003

Summer Daze

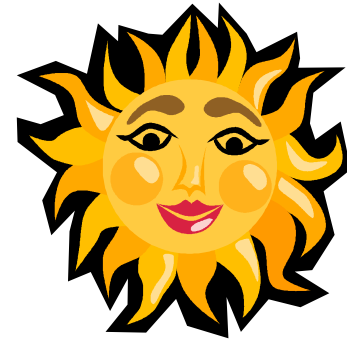
by Stephanie Kerkvliet

I struggled while thinking about what to write in this issue of *à la mode*. While there are new things happening at PIE, compared with past announcements, they seem at first glance rather tame and less worthy of front page news: Elizabeth, PIE Administrative Assistant and third coordinator has left PIE to hit the road in her new adventure as trucker; PIE recently hosted a gathering to honor graduates from Wisconsin Interpreter Training Programs; PIE's Deaf Advisory Board met in May to discuss recruitment and diversity at PIE; The majority of PIE's full time staff will attend the RID Conference in Chicago next month; Interpreters who work through PIE continue to provide excellent services on a daily basis maintaining excellent standards. Having listed these, and upon taking a second look, I find them to be especially newsworthy and well worth elaboration.

Losing a staff member is always a tragedy. It means upheaval on several levels not the least of which is customer service. Elizabeth was well liked and was an excellent employee. Having a vacancy in the coordinator position is causing additional work for remaining PIE coordinators Tracy and Laura. They are adjusting to being a two person team knowing that they will soon be re-adjusting to being a three person team again. While this is extra work and sometimes stressful, on the positive side it also opens the door to new opportunity. Tracy Vetter has stepped into the newly created position of lead coordinator. Tracy and former coordinator, Amy Fryman have had the opportunity to become part of an interview team in search of the new third coordinator. Hiring new people into the coordinator position is an opportunity for new growth, a fresh perspective, review, revision and re-emphasis of procedures and protocol. Commitment to excellence is heightened by the inevitability that training for this position takes the whole village. Input from everyone is valuable, relevant and in some way makes a difference.

ITP Graduates will transform the field of interpreting. Interpreting as a profession is constantly changing. Each new group of students graduates with ideas and strategies somewhat different from the group before them. Each group goes out to recreate the profession in one way or another by adding their own understanding of what it means to be a professional interpreter. PIE held a reception to honor the students in part because we know the dedication and hard work the grads put into the past two years (or so) of study. We also wanted to honor the interpreters they will yet become as well as the certain effect their education and future experiences will have on all of us. Their entrance into the field of interpreting will make a difference.

Recruitment and Diversity are important topics at PIE. Getting ideas from PIE's Deaf Advisory Board on these topics was helpful and much appreciated. PIE looks forward to acting on as many suggestions as possible. We are confident the actions suggested will make a positive difference.



The RID conference taking place in Chicago in July presents a dilemma to PIE. As the premier conference for Sign Language interpreters, naturally PIE's full and part time interpreters want to attend. More interpreters attending the conference mean fewer interpreters available to fill service needs. On the other hand, more interpreters attending the conference mean more interpreters taking advantage of cutting edge training and information in a rapidly progressing field. While this week of training will perhaps be more difficult to schedule, the benefits are certain. If the result is improved service, then the sacrifice of availability will, in the long run, make a valuable difference.

Finally, the fact that Interpreters who work through PIE continue to provide excellent services on a daily basis maintaining excellent standards, will always be worthwhile news. Those who work full time for PIE have put their energies into creating a company in which they can express their values and through which they can develop and utilize their talents in numerous ways. Those who work part time increase PIE's dimensions, broaden the talent pool and challenge the rest of us to wonder how to encourage broader and deeper commitment to PIE. It challenges us all to consider the question – how does working for PIE make a difference?

When you think about your own personal involvement with PIE, don't be tempted to modify your contribution with words like "just" or "only". Regardless of the amount of time you have devoted to PIE, I thank you for the quality and sincerity behind your contribution. With consistent cooperation, with every person doing his or her part, even ordinary efforts have an extraordinary effect. And that makes all the difference. ☺



For every interpreter and every person, safety should be a top priority. Let's pull together, and come up with some really good ideas for terps to think about, and PUT INTO PRACTICE! Please send interpreter specific safety tips (or any safety tips) to the *à la mode* editor at timumm@idcnet.com.

Taking Care of Your Back: We've all done it, interpreted for safety meetings where the topic was "How to Lift Safely." So, do we do it? Our back is vital, not only for lifting, but for everything we do. Just ask someone with a back injury how it feels when they sit, stand, and lie down. All of our activity and movement proceeds from our center, our trunk. Your trunk is supported by your back. So, here are those lifting dos and don'ts, this time just for you. This time, no need to interpret.

DO'S:

1. Asses the object to be lifted. Look at it, do a preliminary weight check, determine if it's an even load or unbalanced and awkward, make a decision about whether you can lift it on your own or not.
2. Asses the route you plan to follow. Where will you be carrying this object to? Is the route free of barriers? Are there steps? Doors?
3. Squat, bending your knees, not your back.
4. If it's a box, grab it at opposite corners.
5. Keep the load close to your body.
6. Lift using the strength in your legs, not your back. Remember, you should be moving from a squatting position to a standing position smoothly using your leg muscles to create the lift, NOT your back muscles. Move like an elevator, not a crane.
7. If you determine the object is too heavy for you to lift alone, GET HELP! There is no reason to sustain a permanent injury because your ego told you that you could handle it by yourself.

DON'TS:

1. Don't Bend at the waist. Even if you don't cause a major back injury *this* time, you are putting unnecessary strain on your back that could lead to a long term injury.
2. Don't assume that you can lift a heavy object by yourself. Always check the weight of the object before lifting.
3. Don't extend the load from your body. This shifts your center of balance, and puts greater strain on your back.
4. Don't assume that because an object is light you can forget about being safe. You can hurt your back by picking up a pencil from the floor wrong. Always use the correct procedure for picking up objects.

Finally, DO take preventative measures. Work out. Strengthen the muscles that support your trunk and back. Abdominal exercises such as crunches are great for providing muscular support to your back. Also, work out your back muscles. See www.spine-health.com, for more exercises. Better yet, talk to your doctor about how to strengthen your back, or join a health club and talk to a trainer.

Summer Safety: We're in the middle of summer which brings with it thoughts of the outdoors, fresh air, and plenty of sunshine. We've already had plenty of hot days, and will probably see more with lots of opportunities for outdoor activities. Just remember the dangers out there. While we love those sunny days, the sun emits cancer causing radiation. Take that sunlight in small doses, use sunscreen (SPF 15 or higher), cover up with loose clothing, and wear a hat. When using sunscreen, put it on thick. A liberal coating of SPF 15 will do you more good than a thin coating of SPF 45. Don't depend on the numbers alone.

Beware also of those wee beasties. You know, Wisconsin's *other* state bird, the mosquito. They used to be just a pest, but today, they carry diseases like West Nile Virus. Use bug spray or lotion that contains deet to reduce exposure to mosquito bites.

Heat exhaustion and heat stroke: These conditions occur when the body is unable to cool itself in the hot weather, and can be fatal. Take it easy while you're out there whether you are working or enjoying yourself. Enclosed with this newsletter is an OSHA publication on these issues.

Most of all, make the most of the rest of your summer. Rest and relaxation are very important to good health and to safety. The better you feel physically and mentally, the safer you will be. Enjoy the rest of your summer! ☺

DEADLINE FOR THE FALL 2003 *à la mode*

Articles, responses to the Q&A, letters to the editor, etc., are due to Tim, timumm@idcnet.com, by September 30th. Earlier is *always* welcome! Please see the Spring, 2003 newsletter for the current Q&A question.

**PIE Training & Development Program
Gets Help from PIE Deaf Advisory Board New Subcommittee**

After attending the first PIE Deaf Advisory Board meeting since they have been re-started in 2003, several members have volunteered to serve on a new Subcommittee to the PIE Training & Development Program. Special thanks and WELCOME to Liz Konkel, Amy June Rowley, and Patricia Brooks Hermann. The Deaf Advisory Board Subcommittee to the T & D program will have its first meeting in August. PIE staff members who will also be involved with this subcommittee are Linda Lonning, Training & Development Program Coordinator; Jason Pilarski, PIE Business Manager; and Stephanie Kerkvliet, President of PIE, Inc. More updates to follow as we define our work and cover some ground.

**PIE T & D and the Milwaukee Archdiocese Deaf/Hard of Hearing Ministry Co-sponsoring
Patrick Graybill, September 2003**

Mark your calendars and watch your mailbox:

Fri. Sept. 12th

EVENING -- Topic: Enhancing your interpretation work by incorporating dramatic (theatrical) techniques.

Sat., Sept. 13th

DAY -- Topic: Text analysis for interpreters interpreting passages from the bible.

EVENING Entertainment with Patrick Graybill:

More information to come.

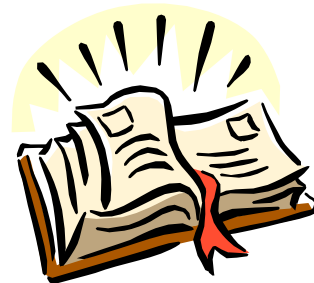
Sun., Sept. 14th

Celebrate Mass with Deacon Patrick Graybill

Location:

St. Matthias Church
9306 Beloit Rd., Milwaukee

A limited number of sleeping rooms will be available on-site.



Helpful Hints for Interpreters!

It's OK to respond to any job that you are available for, even if it's a late response. The job MAY still be available!

We appreciate you letting us know that you are unavailable for a period of time or the times that you are available. However, due to system constraints, you may still receive e-mails regarding jobs during the time that you are unavailable.

When receiving pages for a job that is for today or tomorrow, we would appreciate a response with a yes or no so we know that you have received the page.