

"Own" The Change Process Doing Your Part By Jim Mathis, The Reinvention Pro

*"Sometimes if you want to see a change for the better,
you have to take things into your own hands."*

-Clint Eastwood

Spinal Change

Earlier this year, I had spinal surgery. I had a degenerative condition that pinched my spinal cord that was getting progressively worse. I would lose feeling in my legs, had fallen twice and broke a leg and foot in an unexpected loss of control.

After visiting several doctors, I was directed to a surgeon who said he could repair my condition. He exuded confidence and won me over. Surgery was scheduled and MRI and X-rays were taken in preparation.

The doctor warned me that immediately after surgery, I would lose feeling and the ability to control one leg for a few weeks. He said this is to be expected. He also told me that I would be unable to step without a walker for several weeks. If I obeyed him and the home therapy staff, I would be back up in better shape than before the procedure. I felt that the long-term results would be worth the immediate pain and discomfort.

As predicted, after surgery I was unable to move one leg. It felt like it weighed 1,000 pounds! I couldn't control the muscles at all. I remember the nurses asking me how I felt. When I told them that I couldn't feel or move that leg, they would "freak out" and tell me to report it to the doctor.

I smiled and said, "He knows; he told me this would happen." I guess he didn't tell them, too.

The surgeon reassured me on his first visit that day that this was perfectly expected. Then he said, "Okay. I've done my job. Now you have to do yours." I knew he meant to follow all directions and do my therapy.

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2019-2020

**RECRUITMENT
CHALLENGE**

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**AREA
HAPPENINGS**

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INCLUDES

MEMBER

RECRUITMENT

CHALLENGE

RUNNING TOTALS!



Mechanical Member:
Central Heating & Air Conditioning Service, Inc. Columbia

Central Heating and Air Conditioning Service, was founded by Melvin H. Davis in 1966 with the mission to provide quality service and solutions at honest and fair prices. This motto *“Quality Service Since 1966”* is displayed on vehicles’ today. We hold an Unlimited A/C-5, Ht-5 classification, which allows us to provide mechanical services and solutions across all spectrums’ in the commercial, Industrial, institutional and residential markets in the midlands and surrounding area. While we were formed on service, our construction department excels at quality installation solutions for design build, or the plan and spec markets, from custom homes to new schools and office buildings.

As a long time member of the Mechanical Contractors Association of South Carolina, Central Heating and Air Conditioning Service, Inc. appreciates the MCASC services, resources and its People. As we grow and expand our services, we will rely heavily on the association.

Buddy Davis, President
Central Heating and
Air Conditioning Service, Inc.
 P.O. Box 4293
 Columbia, S.C. 29240
“Quality Service Since 1966”



Visit our website: www.centralhvacservic.com for more information on our services.

~ **NOVEMBER BIRTHDAYS** ~

Randall Owens	11/1	Walkup Electric Construction	
Lee Richardson	11/1	Atlantic Electric Company	
Cathy Richardson	11/3	Atlantic Electric Company	Wife of Joe
Lewis Caswell	11/5	W. O. Blackstone & Co., Inc.	
Kristi Soderlund	11/8	Elliott Davis LLC	Wife of Todd
Jonathan Watts	11/8	Ferguson Enterprises, Inc.	
Taylor Brewer	11/10	Easley Mechanical Services, Inc.	
Rusty Smith	11/10	Johnson Controls, Inc.	
Liz Kelly	11/14	H. R. Allen, Inc	Wife of Billy
Karen Linden	11/15	Central Controls, Inc.	Wife of Albert
Albert Linden	11/23	Central Controls, Inc.	
Jim Brewer	11/25	Easley Mechanical Services, Inc.	
Randy Jones	11/25	The Chapman Company	
David Gregg	11/26	Honorary Life Member	
Nancy Hitchcock	11/26	C. R. Hipp Construction, Inc.	Wife of Al
Brenda Gibbs	11/27	Bear Mechanical Services, LLC	Wife of Fred
Michael Hunter	11/28	Ferguson Enterprises, Inc.	
Sandra DeAntonio	11/29	Honorary Life Member	Wife of Raymond

~ **Happy Birthday Members!** ~

We Would Like To Announce Your Birthday Too!

If you would like to be listed, please call 803-772-7834 or Email Rachel@mcasc.com

“Tool Box Talks” - Safety Tip
SEVEN COMMON ACCIDENT CAUSES

Consider this statistic: 80 out of every 100 accidents are the fault of the person involved in the incident. Unsafe Acts cause four times as many accidents & injuries as unsafe conditions.

Accidents occur for many reasons. In most industries people tend to look for "things" to blame when an accident happens, because it's easier than looking for "root causes," such as those listed below. Consider the underlying accident causes described. Have you been guilty of any of these attitudes or behaviors? If so, you may have not been injured-but next time you may not be so lucky.

Taking Shortcuts: Every day we make decisions we hope will make the job faster and more efficient. But do time savers ever risk your own safety, or that of other crew members? Short cuts that reduce your safety on the job are not shortcuts, but an increased chance for injury. **Being Over Confident:** Confidence is a good thing. Overconfidence is too much of a good thing. "It'll never happen to me" is an attitude that can lead to improper procedures, tools, or methods in your work. Any of these can lead to an injury. **Starting a Task with Incomplete Instructions:** To do the job safely and right the first time you need complete information. Have you ever seen a worker sent to do a job, having been given only a part of the job's instructions? Don't be shy about asking for explanations about work procedures and safety precautions. It isn't dumb to ask questions; it's dumb not to. **Poor Housekeeping:** When clients, managers or safety professionals walk through your work site, housekeeping is an accurate indicator of everyone's attitude about quality, production and safety. Poor housekeeping creates hazards of all types. A well maintained area sets a standard for others to follow. Good housekeeping involves both pride and safety. **Ignoring Safety Procedures:** Purposely failing to observe safety procedures can endanger you and your co-workers. You are being paid to follow the company safety policies-not to make your own rules. Being "casual" about safety can lead to a casualty! **Mental Distractions from Work:** Having a bad day at home and worrying about it at work is a hazardous combination. Dropping your 'mental' guard can pull your focus away from safe work procedures. You can also be distracted when you're busy working and a friend comes by to talk while you are trying to work. Don't become a statistic because you took your eyes off the machine "just for a minute." **Failure to Pre-Plan the Work:** There is a lot of talk today about Job Hazard Analysis. JHA's are an effective way to figure out the smartest ways to work safely and effectively. Being hasty in starting a task, or not thinking through the process can put you in harms way. Instead, *Plan Your Work and then Work Your Plan!*

“It is better to be careful 100 times than to get killed once.” (Mark Twain)

Thinking of You

- Mrs. Janet French - Wife of Steve - Triad Mech.
- Mr. Craig Brady - Triad Mechanical
- Mr. Art Brewer - Easley Mechanical
- Mrs. Phyllis Epting - SAMCO
- Mr. Robert Goff - SIFCO Mechanical
- Mr. Bill Self - Self's Heating and Air
- Mr. Tim Whitehurst - Husband of Leslie - JMP Co
- Mr. David Gregg - Honorary Life Member

Anniversaries

Mr. & Mrs. Carroll Heyward, Jr. 11/19

Condolences

Mr. & Mrs. Tim Whitehurst and Family
 James M Pleasants, Co.
 On the loss their Son
 Justin Michael Whitehurst
 Atlantic Electric, LLC and Employees
 On the loss of Mr. Paul Welborn
 Mr. Mark Adams & Family
 Ferguson Enterprises
 On the loss of his Father
 David Ronald “Ron” Adams



2019-2020 RECRUITMENT CHALLENGE!!

Effective NOW through May 31st, 2020!

ALL MEMBERS ARE ELIGIBLE TO COMPETE FOR A CHANCE TO WIN:



TWO COMPLIMENTARY



Registrations to the 2020 Summer Convention!

We are counting on you to break out your networking boots and inform prospective members about the benefits of being part of the Mechanical Contractors Association of South Carolina!

We look forward to welcoming our new members and as a reminder; here are some of the benefits we continue to provide:

- an ongoing effort to offer free training opportunities for both professional & craft personnel
(Participation in our training program means "WE pay YOU to be a member!")
- a proactive political/legislative agenda
- current business/technical information & support
- a joint industry collaboration to improve relative business practices
- development of industry related career opportunities & work force development
- networking opportunities

Help us to continue to enhance the future of the construction industry in South Carolina!



MCASC TRAINING REGISTRATION



TAKE ADVANTAGE OF YOUR MEMBERSHIP!
 Funding for ALL training is provided by MCASC!

Name: _____ **Company:** _____
Address: _____ **Phone:** _____ **FAX:** _____
City: _____ **STATE:** _____ **ZIP:** _____ **Email Address:** _____

<p style="text-align: center;">COMPLETE AND EMAIL OR FAX TO MCASC</p> <p>TELEPHONE #: 803-772-7834 FAX #: 803-731-0390 EMAIL: mflowers@mcasc.com WEBSITE: www.mcasc.com</p>	<p style="text-align: center;">REQUIREMENTS FOR CLASS SIZE:</p> <p style="text-align: center;">Minimum Of 10 People & Maximum Of 25 People. Locations & Times Are Subject To Change</p>
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~ALL AREAS~	Midlands Area	Pee Dee Area
<p><input type="checkbox"/> Plumbing: Journeyman Exam Preparation Course By: Bill Ramsey November 15 8:00 AM – 5:00 PM (Books Not Included)</p> <p style="text-align: center;"><u>Location:</u> Contractor’s Seminars, Inc. 125 Contractors Way, Ste. D Ridgeway, SC 29130</p>	<p><input type="checkbox"/> OSHA 30 Hr. 4 Day Class November 21 - 22 & December 5 - 6 8:00 AM - 5:00 PM <u>Location:</u> England Training Center 1350 Bush River Road Columbia, SC 29210</p> <p><input type="checkbox"/> CPR/First-Aid/AED & Bloodborne Pathogens 5 Hour Class December 13 (8:00 AM - 1:00 PM) <u>Location:</u> England Training Center 1350 Bush River Road Columbia, SC 29210</p>	<p><input type="checkbox"/> CPR/First-Aid/AED & Bloodborne Pathogens 5 Hour Class October 24 (8:00 AM - 1:00 PM) <u>Location:</u> Staybridge Suites 150 Westpark Drive Florence, SC 29501</p> <p><input type="checkbox"/> CPR/First-Aid/AED & Bloodborne Pathogens 5 Hour Class October 31 (8:00 AM - 1:00 PM) <u>Location:</u> Staybridge Suites 150 Westpark Drive Florence, SC 29501</p>
<p><u>Piedmont Area</u></p>	<p><input type="checkbox"/> Best Practices For Grooving Pipe & Fitting Grooved Pipe Date: TBD (9:00 AM – 12:00 PM) <u>Location:</u> W. B. Guimarin & Co. 1124 Bluff Industrial Blvd. Columbia, SC 29201</p>	<p><input type="checkbox"/> CPR/First-Aid/AED & Bloodborne Pathogens 5 Hour Class November 14 (12:00 PM - 5:00 PM) <u>Location:</u> Hampton Inn 420 Marina Drive Georgetown, SC 29440</p>
<p><input type="checkbox"/> OSHA 10 Hr. 1 ½ Day Class October 31 & November 1 8:00 AM - 5:00 PM & 8:00 AM - 12:00 PM <u>Location:</u> Hayes & Lunsford Elec. 2048 Gibbs Shoals Road Greer, SC 29650</p>	<p style="text-align: center;">Building Codes December 20</p> <p style="text-align: center;">9:00 AM - 12:00 PM <input type="checkbox"/> (Plbg., Mech. & Gas)</p> <p style="text-align: center;">1:00 PM - 4:00 PM <input type="checkbox"/> (Electrical)</p> <p style="text-align: right;"><u>Location:</u> England Training Center 1350 Bush River Road Columbia, SC 29210</p>	

ATTENDEE NAMES MUST APPEAR AS ON DRIVERS LICENSE & WILL BE CHECKED PER OSHA
(PLEASE USE ONE (1) FORM PER COURSE)



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<u>~ALL AREAS~</u>	<u>Coastal Area</u>	<u>Coastal Area</u>
<p><input type="checkbox"/> Plumbing: Journeyman Exam Preparation Course By: Bill Ramsey November 15 8:00 AM – 5:00 PM <i>(Books Not Included)</i></p> <p style="text-align: center;">Location: Contractor’s Seminars, Inc. 125 Contractors Way, Ste. D Ridgeway, SC 29130</p>	<p><input type="checkbox"/> CPR/First-Aid/AED & Bloodborne Pathogens 5 Hour Class November 1 (8:00 AM - 1:00 PM)</p> <p style="text-align: center;">Location: CECA Training Center 2230 Technical Pkwy. N. Charleston, SC 29406</p>	<p><input type="checkbox"/> OSHA 10 Hr. 1 ½ Day Class November 7 & 8 8:00 AM - 5:00 PM & 8:00 AM - 12:00 PM</p> <p style="text-align: center;">Location: CECA Training Center 2230 Technical Pkwy. N. Charleston, SC 29406</p>
<p><input type="checkbox"/> Introduction to EMT Conduit Bending November 15 (8:00 AM – 12:00 PM) (Requires at least 3 months experience with little conduit bending experience) Students will learn the Theory of Bending Conduit, hands on lab bending conduit, Box off set, 90’s & back to back 90’s</p>	<p style="text-align: center;"><i>Attendees must bring a tape measure and a torpedo level.</i></p> <p style="text-align: center;">Location: Atlantic Electric Training Room 7351 Industry Drive, Unit 3 N. Charleston, SC 29418 Instructed By: Richard McConnell</p>	<p><input type="checkbox"/> Leading Today’s Workforce (For Field Supervisors) By: Stan Turner November 22 (9:00 AM - 12:00 PM)</p> <p style="text-align: center;">Location: CECA Training Center 2230 Technical Pkwy. N. Charleston, SC 29406</p>
<p><input type="checkbox"/> Advanced EMT Conduit Bending & Theory December 6 (8:00 AM – 12:00 PM) (Requires experience in conduit bending & capable of bending box offsets & 90 degree bends.) Students will learn 3 & 4 point saddles & other advanced bends. Timed Test at end.</p>	<p style="text-align: center;"><i>Attendees must bring a tape measure and a torpedo level.</i></p> <p style="text-align: center;">Location: Atlantic Electric Training Room 7351 Industry Drive, Unit 3 N. Charleston, SC 29418 Instructed By: Richard McConnell</p>	<p>Building Codes December 13</p> <p>9:00 AM - 12:00 PM <input type="checkbox"/> (Plbg., Mech. & Gas)</p> <p>1:00 PM - 4:00 PM <input type="checkbox"/> (Electrical)</p> <p style="text-align: center;">Location: CECA Training Center 2230 Technical Pkwy. N. Charleston, SC 29406</p>
<p><input type="checkbox"/> Best Practices For Grooving Pipe & Fitting Grooved Pipe Date: TBD (9:00 AM – 12:00 PM)</p>	<p style="text-align: center;">Location: Cullum Mechanical 3325 Pacific Avenue Charleston, SC 29418</p>	

ATTENDEE NAMES MUST APPEAR AS ON DRIVERS LICENSE & WILL BE CHECKED PER OSHA

(PLEASE USE ONE (1) FORM PER COURSE)

(Continued from page 1)

What I Learned

1. Things would get worse before they got better. I was aware that there would be pain and discomfort. I knew that I would need assistance doing several tasks. The rule after this type of surgery is: No “BLT” (Bending, Lifting or Twisting) until further instructions. I fell once when getting out of the car the day I came home from the hospital. Fortunately, two neighbors were there with my wife to lift me up and get me inside.

When change comes, conditions will get worse BEFORE they get better. You experience discomfort. You can't fall back into your comfort zone. You may feel like it is an uphill battle, but if you keep the focus on your goal during change, you can bear with the discomforts.

Jim Mathis

12472 Lake Underhill Road, #322

Orlando, FL 32828 USA

www.jimmathis.com

info@jimmathis.com

Phone Number:

1-407-369-7842



~ Welcome New Members ~

<u>PIEDMONT</u>	<u>MIDLANDS</u>	<u>PEE DEE</u>	<u>COASTAL</u>
	UNITED RENTALS	PIPELINE SERVICES, INC.	
		CRAIG'S PLUMBING	

~ AREA HAPPENINGS ~

~AREAS~



Recruitment Challenge

PIEDMONT

MIDLANDS

PEE DEE

COASTAL

Total Recruited: 0

New Member Recruited:
United Rentals
Recruited By:
Will Fudger

Total Recruited: 1


New Members
Recruited:
Pipeline Services, Inc.
& Craig's Plumbing
Recruited By:
Duwayne Jacobs

Total Recruited: 2

Total Recruited: 0



Training and Legislative Events




14th Annual Piedmont Clays For Education Sporting Clays Event

Friday,
May 1, 2020
The Clinton House
Plantation, Clinton



11th Annual Midlands Nine at Night Scholarship Golf Tournament

Thursday,
April 2, 2020
Charwood Country Club,
West Columbia



13th Annual Pee Dee Blast Sporting Clays Event

Friday,
September 18, 2020
Back Woods Quail Club,
Georgetown



12th Annual Charleston Slam Fishing Tournament

Friday-Saturday
May 15 - 16, 2020
Graybar Electric Co.
WO Thomas, Jr. Boat
Landing



Upcoming Area Meetings

Tues., Nov. 19, 2019 @ 6:00 PM
Location: Local Cue
30 Orchard Park Dr.,
Ste. 7, Greenville

Sponsored By:
James M. Pleasants Co.

Topic: "General Contractors - Subguard, What You Need To Know"

Speakers: Al Johnson with McGriff Insurance Services & Terry Mullaney with The Mullaney Agency

Thurs., Nov. 7, 2019 @ 6:00 PM
2210 Westmoreland Lane,
West Columbia

Hosted By:
Central Controls, Inc.

Topic: "Central SC Economic Development Update"

Speaker: Mike Briggs, President & CEO, Central SC Alliance

Thurs., Jan. 9, 2019 @ 6:30 PM
Jack's Barn
2293 Syracuse Community Rd.,
Darlington

Hosted by:
City Plumbing Co.

Topic: TBA

Speakers: TBA

Tues., Nov. 19, 2019 @ 6:00 PM
25096 Clements Ferry Road,
Charleston

Hosted by:
Murray Supply Co.

Topic: "NAWIC Who We Are & What We Do"

Speaker: Janet Bates with NAWIC & C. F. Evans



Pee Dee Thanksgiving & Christmas Celebration

Friday,
November 22, 2019
Home of Tommy & Terry Walkup

See Invitation For Details

Coastal Christmas Party

Joint with ASHRAE

Thursday,
December 5, 2019
Gold Bug Island,
Mt. Pleasant

Associate Member:
Carolina Cutting & Coring, LLC Columbia

Carolina Cutting and Coring, LLC is a concrete cutting/demolition company located in West Columbia, SC. With 15 years in the business; Ty Surginer along with his wife, Daniella started CC&C in April of 2018. CC&C was started with the simple goal of being the best. We strive to be competitive, reliable and safe. Since our incorporation we've built an extensive customer base with a very creditable reputation completing over 500 projects. All of our operators are 10-hour OSHA trained and our superintendents are 30-hour OSHA trained.

Utilizing the most advanced and up to date equipment, we specialize in multiple areas of concrete cutting:

- Core Drilling – (Any size diameter can be drilled at desired depth)
- Wall Sawing - (remote controlled wall saws to cut precise openings. For depths up to 24" from one side, the wall saw is ideal for flush cuts)
- Slab Sawing – (precision cuts in steel-reinforced concrete, pre-cast concrete, asphalt and stone. Inside cutting can also be accomplished without dust and dangerous fumes)

From the most complex and large-scale construction projects to the smallest of repair jobs, the CC&C team is fueled by a commitment to excellence and willing to go the extra mile to make sure our clients are completely satisfied with our work.

Contact: Ty Surginer Phone: 803-638-3254 Email: sales@carolinacuttingsc.com

Website: www.carolinacuttingsc.com
 Professional, Competitive & Reliable



Congratulations to our next Associate & Mechanical Members who will be highlighted in the upcoming issue of "The Tool Box":
 MECA, Columbia, SC - Engineering Member
 Comeback, Myrtle Beach SC - Associate Member

~ INSPIRATION ~

When you improve a little each day, eventually big things occur.

When you improve conditioning a little each day, eventually you have a big improvement in conditioning.

Not tomorrow, not the next day, but eventually a big gain is made.

Don't look for the big, quick improvement.

Seek the small improvement one day at a time.

That's the only way it happens - and when it happens, it lasts.

John Wooden



P.O. Box 384, 29202
 1504 Morninghill Drive
 Columbia, SC 29210
 Phone: (803) 772-7834
 Fax: (803) 731-0390
 E-mail: mflowers@mcasc.com
 www.mcasc.com

***Serving mechanical contractors in
 South Carolina since 1912.***

MCASC Executive Board & Staff

Edward Gibbs, President
 Mike Richardson, Vice-President
 Randall Owens, Treasurer
 Bob Miller, Secretary
 Vaughn Padgett, Associate President
 Mona Flowers, Managing Director

Update Your Outlook

Let us know if we need to update your Outlook or if you know someone who does!

**Mechanicals make it happen -
 Be part of the best!**



MCASC Vision Statement

The Mechanical Contractors Association of South Carolina (MCASC) will be the leading construction association in South Carolina for specialty contractors and suppliers in the electrical, mechanical (HVAC), and plumbing fields by serving its membership, the industry, and the Community in a vibrant and harmonious fashion.

MCASC Mission Statement

The Mechanical Contractors Association of South Carolina (MCASC) will provide its membership with:

- current business/technical information and support
 - a proactive political/legislative agenda
- a joint industry collaboration to improve relative business practices
- an ongoing effort to offer training opportunities for both professional and craft personnel
 - educational scholarships for deserving students
 - the development of industry related career opportunities

The Association's objective for this mission is to enhance the future of the Construction Industry in South Carolina.