

The Tool Box

Serving the Electrical, HVAC & Plumbing Industries Since 1912

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How to Exercise Your Brain for Mental Fitness



Holding the belief that the brain is fixed and not capable of growth, hampers many people. A fixed mindset, according to Carol Dweck, the well-known Stanford psychologist, holds people back. Successful people are not set apart because of intelligence, talent, or education. The way they approach life's challenges, their mindset, sets them apart.

The mind is the switchboard that directs thinking and action. Your mind gives the directive, and your brain executes the command. They work hand in glove.

There is great news here! Based on neuroplasticity, well-used pathways in the brain (ruts in layman's terms) can be changed. New pathways can be created well into adulthood. We can develop mental fitness.

People who have a death grip on a belief, for instance, can adopt a new belief when new facts are discovered. A project leader in a company I worked with believed firmly that her beloved project must be offered every year. The audience steadily decreased as fewer people signed up for the event. The number of resources to provide the offering did not justify the return on the effort and on the expense. When confronted by her boss, she was adamant about keeping the project. Her rationale: "But it means so much to the ones who are there." With an emotional attachment to her pet project, she demonstrates a fixed mindset that hampers innovation to create new events to attract a bigger audience.

Uncover the Cost of a Fixed Mindset

When you rely solely on familiar thinking patterns, life is harder than it needs to be. The usual way of processing a situation often leads to seeing intractable circumstances. This approach drains you emotionally and mentally.

Creativity suffers because most of your effort goes to solving a problem. Anxiety and creativity cannot exist in the same mental space.

Facing a disagreement with someone triggers ways to blame someone or a situation. A lose/lose viewpoint assumes it is 100% right and or 100% wrong.

You lose sight of what really counts in the end. For example, reaching a goal may pale in comparison to nurturing a relationship.

Personal as well as professional relationships suffer because compassion takes a backseat to getting what you want at all costs.

The Root Cause of Poor Mental Fitness

We have subscribed to the notion that life happens to us and there is little we can do to transform everything into an opportunity. Another false belief is that by a certain age, your brain is developed, and you can do nothing to change it.



ology for Mental Fitness is an example of the power of factor analysis to get to the root cause so you can identify your saboteurs.

2. Recognize them when they show up.

You can rest assured that any negative feeling indicates your saboteurs have taken over your mind as they are accustomed to doing. These negative feelings are the well-worn mental pathways that are familiar but not helpful in developing mental fitness.

3. Acknowledge the negative feeling as a signal.

The negative feelings such as anger, resentment, jealousy, fear, revenge tell you that you are living on the left side of your brain where negative feelings dominate. Would you keep your hand on a hot stove that signals you with pain? Of course not, this is a sign that something needs to be addressed.

4. Be willing to look for the gift in any challenge.

Even the most painful situation has a gift embedded in it. If the event evokes deep pain, the gift or opportunity may take time to see. Depending upon how invested you are in seeing it from the painful viewpoint, it might take days, weeks or even longer to see the gift. A willingness to release it makes finding the gift or opportunity much easier. It is never too late to find the gift.

5. Develop the mental muscle to shift your mind to your positive inner resources.

With the simple technique to command your mind to focus solely on a physical sensation such as touch, sound, or sight, you are training your mind to engage a different part of your brain. With a mere investment of 2 minutes at intervals throughout the day, you can change your brain in as little as 21 days and MRIs prove this. The power of compassion, curiosity, innovation, exploration and activation exist on the right side of the brain.

6. Enjoy the ability to do more with less effort.

Without the mental clutter of energy draining negative thoughts, you focus clearly on the most important action to take now. “Jedi focus” creates the biggest return for the least effort. This is ease and flow.

7. Understand it takes time and consistent effort to develop mental fitness.

Embarking on the journey to improve your physical fitness takes time. Expecting to lift 30 lb. weights at the beginning, for example, sets unrealistic expectations. Over time with consistent practice, you become stronger, and you see results. Mental Fitness improves with consistent effort over time so that you recover faster from the setbacks you experience.

8. Be willing to release familiar, old ways of thinking.

Does it feel familiar to believe that the only way you can get the results you want is to control others? When you have a strong stickler saboteur, everything must be perfect, in order, and predictable. Control and perfection may be familiar but require significant energy to manifest something that is not possible. These old ways of thinking no longer serve you.

You will be glad to know that the simple operating system, Positive Intelligence, developed by Shirzad Chamine, has helped thousands of participants worldwide achieve Mental Fitness. The outcomes people experience includes working at peak performance, improving relationships, and enjoying better health/well-being. Because of its simplicity, the operating system is easily applied to all situations at any time.

Personally, while my saboteur assessment confirmed what I knew at some level, I have learned to intercept my saboteur who likes to control things, my saboteur who likes to have everything perfect, and my saboteur who loves logic at the expense of emotion. I affectionately refer to them as Sarge, Li'l Ms Perfect, and The Professor respectively.

In a nutshell, anyone willing to do the work can develop Mental Fitness by strengthening these three core mental muscles:

Saboteur Interceptor—recognize which saboteur is hijacking your thinking

Self-Command—focus your mind on a physical stimulus (sound, sight, touch)

Sage—engage your right brain to get your motivation from positive emotions

One Final Note

In only seven weeks of practice at 15 minutes per day, you can change your life by developing your Mental Fitness. Unlike physical fitness, there is no sweating or labored breathing involved in improving your Mental Fitness.

The good news is that you can see immediate results as you call out your saboteurs and switch to a more productive way of thinking and doing. You'll wish you had discovered the PQ model of Mental Fitness sooner.

Consider how you could benefit by being with a small group of fellow travelers who are committed to their own growth and willing to help you on your path. Short, weekly POD meetings on ZOOM, provide encouragement, appreciation, and accountability in a safe environment without judgment.





C.R. Hipp Construction, Inc. was incorporated in 1962 to serve the Lowcountry of South Carolina in the installation of the Mechanical needs of the community. For the past 60 years, we have gained an enviable reputation for quality construction performed promptly. Since our establishment, we have participated in the construction of some of the Low Country's largest manufacturing facilities, U.S. Government facilities, and many fine buildings built by the private sector.

On July 9, 2007, Pete L. Bailey joined the management team at C.R. Hipp Construction Inc. as a partner and Vice President of Operations. Since then, Pete was promoted to President/CEO.

We can accomplish a diverse range of projects. Our completed projects include facilities with boiler rooms, HVAC systems, energy management systems, waste treatment installations, and complex industrial process systems. We have the resources and experience to handle large projects scheduled over several years; but, we also can take care of smaller projects that last a couple of weeks. In either case, we maintain a high level of professionalism, which ensures the successful completion of a project regardless of the size and scope.

Our field personnel, the backbone of our company, are well-versed in all phases of construction. These men and women have countless years of experience in the trades and know what it takes to work safely and productively. The Project Management Staff of C.R. Hipp Construction, Inc. has considerable experience in all phases of Industrial and Commercial contracting. Our Project Managers have accumulated the years of experience needed to insure a well-planned and successful project.

Associate Member



Three Ways T3 Can Save You Time & Money

T3, the Operating System for Construction, is EquipmentShare's cloud-connected technology platform with apps to help your company monitor, track and manage its everyday operations. T3 can be installed on all of your company-owned equipment—regardless of manufacturer—and every EquipmentShare rental comes with T3 for the duration of the rental. With the ability to monitor 100% of your fleet and provide actionable insights, T3 can save you time and money.

Reduce Your Rental Spend: At EquipmentShare, we're always looking for ways to help you get the most from your rental budget—even if it means spending less with us. T3Fleet lets you review fleet utilization right from your dashboard, so you'll know which machines are making you money and which are just parked. Then, easily off-rent with the Rent app and right-size your fleet.

Reduce Service Times & Overhead: With T3's data reporting and analysis functions, you can pinpoint ways to optimize your fleet usage and avoid costly breakdowns. Use T3 to identify long equipment idle times to reduce fuel waste. Review diagnostic trouble codes and schedule regular maintenance before small problems become long downtimes. And if a machine does break down, our field technicians can access a machine's complete service history to help pinpoint the problem before they arrive.

Reduce Theft: Equipment theft robs you of more than just a machine—it idles your workforce and slows your project down. T3's GPS and geofencing capabilities can help keep an eye on your equipment 24/7. Simply set up an alert associated with your jobsite geofence and T3 can text you if equipment from your jobsite is started outside working hours. Then, use T3 Fleet to track your machine's location and status and easily share vital information with law enforcement. Best of all, the EquipmentShare team is there to help you recover your assets every step of the way. T3 has helped contractors recover equipment—from tool trailers to skid steers—and send thieves to jail across the country.

The Bottom Line: T3 lets you replace multiple systems, spreadsheets and ledgers that track equipment rentals, usage and service with one centralized solution—saving you time and money.

Material Handling and Storage – Working Safely Around Forklifts / PITs

[Reference: 1910.178 / 192.602]

Working around forklifts and other powered industrial trucks (PITs) such as motorized pallet jacks and tuggers presents a multitude of potential hazards to your personal safety. Here is a brief overview of some common hazards associated with working around these pieces of equipment, and steps you can take to minimize those hazards to protect yourself and others:

- **Struck by the forklift:** It is commonly stated that “Pedestrians have the right-of-way” when working near forklifts and other PITs. However, the immense weight of this equipment makes them difficult to stop quickly, even if they are not carrying a load. So, always be on the lookout for forklift traffic in your area, and give them all the room they need to operate safely.
- **Caught between the forklift and a stationary object:** Never place yourself between the forklift and any stationary object, such as a workbench, trailer, or a wall. These unsafe acts could result in you being impaled by one of the forks if the lift is being moved forward, or crushed by the counterweight if it is backing up. Always stand to the side of a forklift to avoid being hurt.
- **Poor visibility:** Limited visibility of the forklift operator can result in accidents, especially when moving large loads operating in congested areas. So, if you notice a forklift approaching you or an object and it appears the operator may not see adequately, say something quickly so steps can be taken to avoid an accidental strike.
- **Standing under elevated forks:** An elevated mast and forks on a forklift can drop in an instant, crushing anyone standing beneath them. So never, for any reason, place any part of your body beneath the forks or load. And keep your hands off the mast, too, to avoid pinch hazards.
- **Electrocution:** Contact with overhead power lines or other electrical sources can result in electrocution if the forklift mast becomes energized. So always alert the operator ASAP if you happen to notice any part of the forklift or the load approaching overhead electrical lines. And NEVER approach or touch a forklift that is in contact with an energized line.
- **Hitching a ride on a forklift:** One of the ways to get yourself seriously injured or killed is to hop onto a forklift to catch a ride. Riding on the forks or the carriage of a moving forklift can result in your falling off and being run over, or being crushed between the lift and a stationary object. Also, standing directly on the forks or a load to be elevated presents a serious fall hazard, even if you are tied off, and is never allowed for any reason. So, don’t do it – ever!
- **Unqualified operator error:** Inexperienced or unauthorized forklift operators may make mistakes that can endanger themselves and others on the worksite. NEVER try to operate a forklift at any time or for any reason if you are not a trained, designated operator.

Eve Brewer	10/1	Easley Mechanical Services, Inc.	Wife of Jim
Andy Locklair	10/2	Jennings-Dill	
Kelly Miller	10/3	Miller HVAC Service	Wife of Bob
Jason Shaluly	10/3	RepSouth	
Ophelia Brewer	10/5	Wife of Honorary Life Member Steve	
Joyce Ann Kirkland	10/5	Wife of Honorary Life Member Gary	
Terry Walkup	10/5	Walkup Electrical Construction, LLC	Wife of Tommy
Lee West	10/5	Old Dominion Insulation	
Gail Waldrop	10/14	Wife of Honorary Life Member Benny	
Frank Hill	10/22	Hill Plumbing and Air	
Henry Poplin	10/23	B & L Electric Company	
Beth Wilson	10/24	Control Management, Inc.	
Randy Harley	10/26	Honorary Life Member	
Bill Kirkland	10/26	Bill Kirkland Heating & Air Conditioning, Inc.	
Jimmy Gatch	10/27	Gatch Electrical Contractors, Inc.	
Stanley Wiggins	10/27	Carolina Insulation Contractors	
Jeannie Duke	10/28	Wife of Honorary Life Member Bob	
Jane Brailsford	10/30	Wife of Honorary Life Member Dan	
Terry Smith	10/30	Wife of Honorary Life Member Bob	
Susanne Dwight	10/31	Carolina Filters, Inc.	Wife of Coles

We would like to announce your Birthday too! If you would like to be listed, please call 803-772-7834.

Anniversaries

Mr. & Mrs. Bill Campbell	10/14	Gateway Supply	Anne
Mr. & Mrs. Pete Bailey	10/19	C. R. Hipp Construction	Sharon
Mr. & Mrs. Gary Kirkland	10/19	Honorary Life Member	Joyce
Mr. & Mrs. Jim Maguire	10/23	Mayer Electric Supply	Gloria
Mr. & Mrs. Andy Locklair	10/24	Jennings-Dill	Renee
Mr. & Mrs. Mike Richardson	10/25	Atlantic Electric Company	Kim
Mr. & Mrs. Bob Miller	10/27	Miller HVAC Service	Kelly

1st Place Team

R. C. Jacobs

Duwayne Jacobs
John Seales

Dale McCallister
Tony Jacobs

2nd Place Team

H. R. Allen, Inc.

Stan Harbourt
Budd Dane

Travis Bee
Jason Shorter

3rd Place Team

Cullum Services #1

Rudy Cullum
Wes Gainey

Zane Driggers
Jason Hall

Men's High Score

Travis Bee (1st)
Robert Dallery (3rd)

Tony Jacobs (2nd)

Ladies' High Score

Lindsey Martn (1st)
Mendi Arnold (3rd)

Varity Poston (2nd)

Grudge Trophy

Pee Dee Area

Gun Raffles

12 Gauge Pointer Automatic (Camo)
Beretta A 300 Ultima 12 Gauge Automatic
Winchester Super X4 Automatic 12 Gauge
Heritage Rough Rider .22 LR Pistol Revolver

American Tactical 20 Gauge O/U (Wood Finish)
Browning A-5 Automatic 12 Gauge (Camo)
Rock Island Armory .38 Special Revolver Pistol

Lunch Sponsors

Carolina Insulation

Gateway Supply

Social Sponsors

ASC Equipment Company

Therma Tech Services

Award Sponsors

Atlantic Electric
Smith & Stevenson

Cregger Company
Walkup Electrical Construction

Refreshment Cart Sponsors

Ferguson Fire & Fab

Banner Sponsors

Cayce Company
Mobile Air & Power Rentals
Palmetto Pulpwood-2

JMP Equipment Company
Old Dominion Insulation

Station Sponsors

Blanchard Machinery
CED Florence
Cullum Services, Inc.
Eastern Industrial Supply
Mobile Air & Power Rentals
Propel Insurance Agency
Smith, Kesler & Company
Triad Mechanical

Carolina Cool
Cullum Constructors, Inc.
Dawson Lumber Company-2
MRK Sprinkler Design
Pipeline Services, Inc.
RepSouth
Trane Technologies

Team Sponsors

1st Choice Quality Heating & Air

ASC Equipment Company

Atlantic Electric

Blanchard Machinery Co.

CED Florence

Carolina Insulation Contrs. -2

Cohen Drywall Company

Craig's Plumbing

Cullum Constructors

Cullum Services, Inc. -2

D & L /Hahn-Mason

Eastern Industrial Supply-2

EquipmentShare

Ferguson Enterprises

Ferguson Fire & Fab

Gateway Plumbing MB-3

Gateway Supply-Chas.

H. R. Allen, Inc.

JMP Equipment Co. -2

Longley Supply Co. -2

Mayer Electric Supply

McGuinn Homes

Old Dominion Insulation

Pipeline Services -2

Premier Electrical Staffing

R. C. Jacobs

Rast Dallery Engineers

Reece Plumbing

S.C. Ports Authority

Smith Kesler

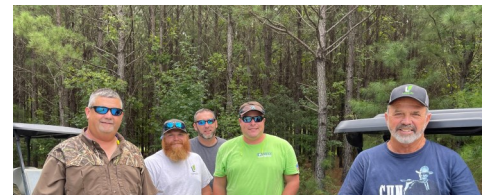
Sunbelt Rentals, Inc.

Tech Services HCSEI



Free Dec Blast September 15, 2023







Piedmont Area Meeting (9/19/2023)



Coastal Area Meeting (9/26/2023)



sitting. It's easy to see why Halloween is one of the most beloved holidays of the year – especially in the United States of America. Let's look at 13 hair-raising facts about October 31.

1. **Once upon a time:** Believe it or not, the birthplace of Halloween is not a sugar factory: The holiday has been around for about 6,000 years and it is believed to have originated around 4,000 B.C. in Ireland.
2. **Dead or Alive:** Halloween has its origins in the [ancient Celtic festival](#) of “Samhain” – the celebration of the end of harvest season. Back then, the Gaels believed that on October 31, the boundaries between the worlds of the living and the dead got a little blurry and the dead would come back to life and wreak havoc among the living. One way to scare the dead? Wear costumes and masks.
3. **Ka-Ching:** Right behind Christmas, Halloween is the second most commercial holiday in the US. Americans spend about [\\$6.9 billion](#) on Halloween – most of it for candy, costumes and parties. A surprisingly big chunk is also invested in Halloween costumes for pets.
4. **What does the Titanic have to do with it?** Out of the \$6.9 billion spent annually in the US alone, \$2.08 billion are spent on Halloween candy. How many sweet treats can you buy with that money? Roughly 600 million pounds – which equals about 6 Titanic ships.
5. **Candy breakdown:** The average American eats about 3.4 pounds of Halloween candy – the weight of a small chihuahua in a Halloween costume!
6. **Let's talk about sugar:** Trick-or-treating, aka dressing up and asking the neighbors for candy, can be a deliciously successful endeavor. Kids consume about 7,000 calories on Halloween. (You would have to eat 66 bananas to reach 7000 calories.)
7. **Boo!** Are you afraid of Halloween? Then you might suffer from [Samhainophobia](#) – the fear of Halloween.
8. **Which witch?** Try wearing your clothes inside out and walk backwards on Halloween. According to traditions, this will make sure you see a witch at midnight.
9. **A big ol' pumpkin:** The [world's heaviest pumpkin](#) grew in a Swiss garden. It weighted 2,096 lbs – as much as a small car.
10. **Jack O'Lanterns:** Pumpkins and Halloween go together like candy and Halloween. Carving pumpkins on Halloween is not only fun, it's also believed to [scare away](#) evil spirits, so carve away!
11. **Follow the rules:** Trick-or-treating is really only for kids. Some cities in the US have even gone as far as [banning kids](#) over the age of 12 from trick-or-treating. In some places, teenagers who cheat and trick-or-treat can face a fine up to \$1,000. (7,000 calories worth of candy is surely not worth the fine!)
12. **Itsy bitsy spider:** Don't be scared if you see a [spider on Halloween](#). This is believed to be the spirit of a deceased loved one who is watching over you.
13. **You (probably) spelled it wrong all along:** And yes, we did too. The correct spelling of Halloween is actually Hallowe'en.

Inspirational

Quotes



“Continuous
improvement
is better
than delayed

Area Meetings & Upcoming Events

Piedmont Area

Joint Meeting with ASHRAE & MCASC
Tuesday, October 17, 2023 at 6:00 pm
Hosted by: JMP Equipment Company
Location: The Century 3 Building, 112 S. Main St., Greer, SC 29650
Speaker: Jack Ditter, CDI Custom Curb Adapters
Program: Curb Adapter Design and Application



Midlands Area

Thursday, October 5, 2023 at 6:00 pm
Joint Meeting with ASHRAE, ASPE, Columbia Contractors & NAWIC
Mill Creek Hunt Club off Bluff Road, Columbia
Venue Hosted By: W. B. Guimarin & Company
Dinner Sponsored by: Control Management, Inc. &
W. B. Guimarin & Company
Program: "SC Workforce Development Information"
Speaker: Charles L. Appleby, IV, Sr. Advisor, Coordinating Council for
Workforce Development, SC Dept. of Employment & Workforce



Pee Dee Area

Thursday, October 12, 2023 at 6:30 pm
Hosted by: Carolina Insulation Contractors
Location: Roger's BBQ, 2004 W. 2nd Loop Road, Florence, SC
Program: "SC Workforce Development Information"
Speaker: Charles L. Appleby, IV, Sr. Advisor, Coordinating Council for
Workforce Development, SC Dept. of Employment & Workforce
Pick a Winner for Education—Winner of Drawing was Mark Matz



Coastal Area

Tuesday, October 24, 2023 at 5:30 pm
Hosted by: Ferguson Enterprises, 4711 Rivers Avenue, N. Charleston
Speaker: TBD
Program: TBD



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*Serving mechanical contractors
in South Carolina since 1912.*

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Managing Director

highlighted in the next issue of

"The Tool Box"

Associate Member



Mechanical Member



Update Your Outlook

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

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