



The Tool Box

Serving the Electrical, HVAC & Plumbing Industries Since 1912

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The Best Change agent is you By Ann Elliott, The Berkana Company

Many people attend events and leave inspired to make changes. Often there is so much to do that they are defeated before they even start.

Marshall Goldsmith, author and leadership thinker, spoke to 800 women entrepreneurs from around the globe in Dallas at the annual Women Presidents' Organization conference. He shared strategies to develop individually to go to the next level. He did not say one word about how to change others. Not one.

In fact, he told the audience "No one who doesn't want to change will change." So much for changing your business partner, spouse, sibling, offspring or friend.

As for changing yourself, Goldsmith said, "If you do not care, do not bother." For example, if your colleagues think that you are rude, disrespectful and condescending, do not bother to change if you really do not care about your reputation with them.

Change is an inside job. Imposed from the outside, it rarely lasts. There may be short bursts of improvement only to return to the same behavior.

In *Mojo: How To Get It, How To Keep It, How To Get It Back If You Lose It* (2009), Goldsmith states that finding happiness and meaning in life is the basis for mojo. His definition is "Mojo is that positive spirit toward what we are doing now that starts from the inside and radiates to the outside". The solution to go to the next level, however, you define the next level, is to engage in activities that are meaningful to you and that make you happy.

Sounds simple. It is simple but may not be so easy. To follow Goldsmith's guide, you must be willing to be brutally honest with yourself about your behavior and yourself. Spend a week assessing your activities to discover what activities have meaning and are fun for you.

For example, when I become lost on the internet going from one subject to another in mindless pursuit, it is not meaningful and it is not fun, not really. Even though my initial intention of doing research for an article is noble, this mind-numbing distraction saps my mojo.

To begin, decide what you are willing to change to take your life to the next level professionally or personally. Get better at this one thing consistently. Measure your results daily.

This may sound too simplistic and not nearly grand enough. However, when you change one thing, you change everything. Everything is connected.

Accept responsibility for what is meaningful and fun for you. Forget about "... exerting heroic willpower. All that's required is the use of a simple discipline". Measure and follow up.

Goldsmith suggests evaluating every activity on a 1 to 10 scale (10 the highest score) with two simple questions from *Mojo*:

1. How much long-term benefit or meaning did I experience from this activity?
2. How much short-term satisfaction or happiness did I experience in this activity?

You will discover what you want to change. Merely keeping score creates an awareness of what is not serving you. Before you engage in an activity, you can choose to do it or choose to find a way to gain more meaning and satisfaction in it.

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Friday
September 20, 2013

6th Annual
Pee Dee Blast
Sporting Clays
Event

Back Woods
Quail Club
Georgetown, SC

Deadline To
Register
September 13, 2013
Sign Up Today!!!



“Tool Box Talks” - Safety Tip
LADDER SAFETY

The ladder is one of the most frequently used pieces of equipment on the job. They are also a tool that we use improperly and lead to many severe injuries. Major factors contributing to ladder accidents are:

- Climbing or descending improperly
- Failing to secure or tie-off the ladder at the top or failure to secure the ladder at the bottom
- Using broken or damaged ladders
- Carrying objects while climbing or descending.

Generally, commercial ladders are constructed properly and of sound material. However, after they have been in use for some time, they are often damaged by rough handling, being struck by heavy objects, and other causes. Failure to report a defect on the part of anyone using a damaged ladder may cause serious injury.

Follow these safety rules for ladders:

You will hear many arguments about the best way to climb a ladder. Many people say, "Use the hands on the rungs." Others say "Grip the side rails." Everyone agrees that either method is fine, as long as you use BOTH HANDS.

Too often, ladders are not secured either at the top or at the bottom. It takes only a few minutes to tie off a ladder. Set ladders at the proper angle. Ladders should be set at a 1 to 4 pitch. (That's 1 foot out for each 4 feet of height.) Ladders must be long enough to extend AT LEAST 3 FEET above the landing and tied-off.

When it is necessary to get tools and/or materials from the ground up to the work level, or down again, do not carry them on the ladder. Use a hand line to haul them up or let them down. Ladders are an important tool in construction; use them safely.

PinPoint Safety, LLC - Mel Rosas, formerly, RSS Safety, LLC
12216 Pinegate Court, Pineville, NC 28134-9139
Telephone (704) 277-5673 Fax (704) 900-8241

Concerns

**Mona Flowers, Mechanical Contractor Association of
South Carolina, Columbia**

Condolences

Mr. & Mrs. Frank Cannon & Family
Insurance Management Group
On the loss of his father
Larry O'Neal Cannon

Mr. & Mrs. Wells Whaley & Family
Whaley Foodservice, Lexington
On the loss of her father
Pringle Boyd, Jr.

Mrs. Allison Snowden & Family
Mr. Ronnie Douglas & Staff
Cayce Company, Florence
On the loss of husband & employee
Clarence P. "Bear" Snowden

Welcome New Members

Piedmont Area:

Midlands Area:

Pee Dee Area:

Coastal Area:

Happy Anniversary

Mr. & Mrs. Ned Forsberg - 9/1
Mr. & Mrs. Al Hitchcock - 9/4
Mr. & Mrs. Carlton Holcombe - 9/8
Mr. & Mrs. Todd Soderlund - 9/12

Upcoming Events!!!



6th Annual Pee Dee Blast
Sporting Clays Event
Friday, September 20, 2013
Back Woods Quail Club, Georgetown

2013 MCASC Summer Convention – AWARD WINNERS

Hammock Beach Resort

Palm Coast, FL

POKER AWARDS

<u>Champion:</u>	<u>Michael Clifton</u>
<u>Table Winner:</u>	<u>Kevan Gregg</u>
<u>Table Winner:</u>	<u>Larry Miller</u>
<u>Table Winner:</u>	<u>Florence Miller</u>
<u>Table Winner:</u>	<u>Dale Prosser</u>
<u>Table Winner:</u>	<u>Michael Clifton</u>

FISHING AWARD

Mike Kirkland & Crew

BIGGEST FISH TALE

James Gable & Crew

TENNIS AWARD

Brittany Hall & Bob Smith

GOLF AWARDS

<u>1st Place</u>	<u>Tigue Garick</u>	<u>Michael Hayes</u>
	<u>Eric Laquiere</u>	<u>Larry Smith</u>
<u>2nd Place</u>	<u>John Babson</u>	<u>Cantey Haile</u>
	<u>Mark Hendreson</u>	<u>Jerry Stadt</u>

Long Drive: # ? Michael Hayes #? ???????????????

Closest to Pin: # 8 Robert Ferira #17 Robert Ferira

Closest To Toilet Seat: Robert Ferira

SHOPPING AWARD

The Retail Therapy Award: Carol Forsberg

OTHER AWARDS

EDUCATION PICK A WINNER AWARD:

Kristy Jarrett & Scott Miller

EDUCATION PICK A WINNER AWARD:

Randall Owens

Come Learn And Have Fun At A Place In The Sun!

MCASC 164th Semi-Annual Convention – August 1-4, 2013

Hammock Beach Resort – Palm Coast, Florida

Many Thanks To The Following Companies For Their Generous Support

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Coastal Area MCASC

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Metro Electric Company, Inc.

Pee Dee Area MCASC

Premier Electrical Staffing

Rep South

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Santee Cooper

Shealy Electrical Wholesalers, Inc.

Siemens

Sifco Mechanical, Inc.

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Smith & Stevenson, Inc.

Sunbelt Rentals, Inc.

Thermal Resource Sales, Inc.

Total Comfort

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Transworld, Inc.

Unitherm, Inc.

Victaulic

Wells Fargo Insurance Services USA, Inc.

Zurn Industries

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What are you doing to bring meaning and joy to your life? The best change agent is you.

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Ann Elliott is a leadership strategist and founder of The Berkana Company LLC. Successful companies hire her to improve efficiencies, save money, and create happy customers. An experienced facilitator, speaker and business coach, she speaks professionally at corporate retreats, conferences and workshops. Contact Ann at <http://www.berkanacompany.com> to schedule her for your next event.

THE TOOL BOX GOES ELECTRONIC

In an effort to reduce expenses for the Association and allow more people access, effective with the October Issue of The Tool Box, we will send it electronically as well as continue to post it on our website at www.mcasc.com. However, if you prefer to continue to receive a hard copy in the mail, please let us know before September 31 and we will gladly accommodate you. Thanks so very much for understanding our efforts to reduce association expenses and communicate more effectively with our Members.

_____ Yes, I would like to continue to have The Tool Box sent to me via U. S. Mail. (Please complete & return to the State Office by September 31 via Fax to (803) 731-0390, via Mail to PO Box 384, Columbia, SC 29202 or via Email to mflowers@mcasc.com.)

Company or Name: _____

Address: _____

City: _____ State: _____ Zip: _____

**Associate Member:
NATIONAL POWER CORPORATION**

Since 1985, National Power Corporation has been a leading supplier of total power solutions including uninterruptible power systems, generator sets, switchgear, automatic transfer switches, batteries, DC power plants, and surge protection devices. NPC is headquartered in Raleigh and has a branch office in Fort Mill. In addition to our offices, sales and service representatives are located in the field. NPC proudly is the Generac Industrial Power dealer in the Carolinas and a master distributor of Eaton UPS products.

In addition to providing equipment, we have a team of sales representatives, project managers, and service personnel that perform site assessments, project coordination, maintenance contracts, generator parts, and 24/7 emergency service. Over the years, we have expanded to offer services in locations all across the United States. We add value to our customers and partners through the services we offer, the quality of our products, and our associates who will meet all your electrical power needs and exceed your expectations.

With over 55 professionals in the power solution field, we are able to keep your power on. Give us a call at 888-790-1672 or visit our website www.natpow.com with your power solution needs.

Jim Hendricks
National Power Corporation
Phone (843) 795-7406
jim.hendricks@natpow.com

**Congratulations to our next Associate & Mechanical Members who will be
highlighted in the upcoming issue of "The Tool Box":
Santee Cooper, Myrtle Beach - Associate Member
C. R. Hipp Construction, Inc., North Charleston - Mechanical Member**

SEPTEMBER 2013 MONTHLY AREA MEETINGS

MIDLANDS AREA

Thursday, September 5, 2013 @ 6:00 PM
Location: Breezy B Farms, 236 Paschal Road, Elgin
Hosted By: Burkett Systems
Sponsored By: Ferguson Enterprises, Inc.

**Topic: "The Math Matters Program
and The CCP-CT Grant"**
**Presented By: Laurie Powers, Chapin Middle School and
Steward Baylor, CCP-CT Assistant Grant Project Director**

PIEDMONT AREA

Tuesday, September 10, 2013 @ 6:00 PM
Location: Greer Country Club, 2299 Gap Creek Road, Greer
Sponsored By: Stover Mechanical

OPEN BUSINESS MEETING

PEE DEE AREA

Friday, September 20, 2013 @ 9:30 AM to 5:30 PM
Location: Back Woods Quail Club, 647 Hemingway Lane,
Georgetown
Sponsored By: Pee Dee Area

**6th ANNUAL PEE DEE BLAST
SPORTING CLAYS EVENT**

COASTAL AREA

Tuesday, September 24, 2013 @ 6:00 PM
Location: 4447 Dorchester Road, N. Charleston
Sponsored by: Eck Supply Company

Topic: TBA
Presented By: TBA



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*Serving mechanical contractors in
South Carolina since 1912.*

MCASC Executive Board & Staff

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Mike Kirkland, Vice-President
Allen Goff, Treasurer
Lee Richardson, Secretary
Derek Eager, Associate President
Mona Flowers, Managing Director

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Be part of the best!

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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.