



# The Tool Box

Serving the Electrical, HVAC & Plumbing Industries Since 1912

Volume 13, Issue 187 February 1, 2016

## Gossip Strangles Growth By Ann Elliott, The Berkana Company

Almost everyone does it to some degree or another - share information and misinformation that serves no useful purpose. It zaps productivity and morale.

Gossip creates toxic cultures in companies and yet often it is the norm. You know when someone begins with "Well, I heard..." you are about to hear the latest scuttlebutt. It may or may not be true. It may or may not be malicious.

A favorite uncle liked to say that "If you are talking about me, you are giving someone else a chance to rest."

The following are possible reasons we engage in conversations that do not serve anyone and actually can be destructive:

1. The one "carrying tales" is in the spotlight. He or she knows a juicy tidbit that no one else knows. It makes them feel important.
2. A situation may threaten an individual and he feels the need to undermine it with a rumor. The intent is to cause harm.
3. We underestimate the cost of mistruths and half-truths. Time spent talking about others is time spent not working. Talk is cheap but is it really?

How can we transform the time, energy and creativity used to spread useless and in some cases, harmful, information?

When tempted to engage in gossip as the listener or the talker, ask yourself what is the purpose of the information. If it does not meet the standard of beneficial and benign, substitute these actions:

- Ask: is it true, is it kind, is it necessary?
- Find the best in others.
- Build up others through positive interactions with them.
- Support others by offering or giving help.
- Create something to improve the way you do business.
- Focus on what is yours to do; let others take care of what is theirs to do.

Develop the discipline to engage in productive conversations. If you are not willing to listen to gossip, it has no place to go. It may take some time and consistent action to change the gossip habit but it will be worth the effort for not only you but also your company.

Devise a way to self-monitor your gossip habit. With a deep-seated habit, enlist a colleague to help you catch your gossip habit. \$1 for every time you "carry tales" and give the money to your charity of choice at the end of the week.

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**12th ANNUAL  
MCASC  
STATEWIDE  
MEETING**

**PHILLIPS MARKET  
CENTER  
STATE FARMER'S  
MARKET  
WEST COLUMBIA**

**MONDAY  
MARCH 21, 2016  
REGISTRATION  
FORM  
SEE PAGE 6**



**Mechanical Member:  
H. R. ALLEN, INC.**

H. R. Allen, Inc. with headquarters in Charleston, SC, is a full service electrical and mechanical contractor licensed in South Carolina, North Carolina and Georgia. H. R. Allen, Inc. was established in Charleston in 1979 by Herbert R. (Roddy) Allen. Since that time, H. R. Allen, Inc. has grown to have a statewide presence with offices in Charleston, Columbia and Greenville. H. R. Allen, Inc. maintains an average of 250 employees, many of whom have been with the company for twenty (20) or more years.

Rod Allen is the President of H. R. Allen, Inc. The Greenville office is managed by Brian Violette and the Columbia office is managed by Erik Violette.

H. R. Allen, Inc. has worked on numerous projects over the years to include school facilities, hospitals, office buildings, institutional facilities, government buildings and industrial facilities.

H. R. Allen is proud to be a member of the Mechanical Contractors of South Carolina and hopes everyone in the Association has a prosperous 2016.

***H.R. Allen, Inc.  
2675 Rourk Street (29405)  
PO Box 31898  
Charleston, SC 29417-1898  
(843) 747-4100 Fax: (843) 747-5238***

.....  
***FEBRUARY BIRTHDAYS***

Carol Coleman	2/2	Honorary Life Member	Wife of Harvey
Richard Miller, Jr.	2/2	City Plumbing Company	
Al Hitchcock	2/10	C. R. Hipp Construction, Inc.	
Billy Zimmerman	2/13	Charlotte Pipe & Foundry	
Joe McMurry	2/17	Honorary Life Member	
Ann Cullum	2/19	Cullum Mechanical Construction, Inc.	Wife of Furman
Laura Hendrix	2/19		Wife of Manuel
John Williams	2/19	Cashion Electricians	
Bob Smith	2/21	RepSouth	
Rosa Williams	2/21	Cashion Electricians	Wife of Eddie
Jack Mitchell	2/23	Walker White, Inc.	
Brenda Poplin	2/25	B & L Electric	Wife of Henry
Debbie Hill	2/27	Hill Plumbing & Electric Co., Inc.	Wife of Frank

*Happy Birthday Members!  
We Would Like To Announce Yours. If you would like to be listed,  
please call the Birthday Hotline at 803-772-7834 or Email to [mflowers@mcasc.com](mailto:mflowers@mcasc.com)*

**NOTICE:  
CALLED OPEN BUSINESS MEETING**



**As voted by the Board, the called open business meeting will take place at 5:00 PM on  
Monday, March 21, 2016 at the 12th Annual MCASC Statewide Meeting at  
The Phillips Market Center, at the State Farmers Market,  
Off 3483 Charleston Highway, West Columbia, SC.**

**“Tool Box Talks” - Safety Tip****CARE FOR FROSTBITE AND HYPOTHERMIA**

**WINTER SAFETY;** remind workers to carry dry clothes and extra socks, an extra pair of boots to change in case their feet get wet.

With cold temperatures and winter weather conditions currently sweeping the country, it's a great time to understand what to do in case you encounter an incident of frostbite or hypothermia.

**Frostbite**

Frostbite develops when skin freezes. Body parts that are exposed to extreme cold, such as fingers, toes, earlobes, cheeks, and nose, are the most likely to be affected.

Early signs of developing frostbite include a pins-and-needles sensation and throbbing. Later signs include a loss of feeling in the affected part and firm, pale, cold, numb skin.

Minor frostbite can be treated with simple rewarming using skin-to-skin contact, such as a warm hand.

If more serious, quickly get the person to a warmer place. Remove wet clothing. If available, activate EMS.

When EMS is available, or there is any chance that the part may refreeze, do not try to re-warm the frostbitten area. Remove any jewelry from the affected areas, and place clean pads between frostbitten fingers and toes. Wrap the affected part with a clean towel or pad. Calm, comfort, and reassure the person until EMS providers arrive.

Do not rub or massage the affected area or disturb blisters on frostbitten skin. Never give the victim alcoholic beverages; they do not help and may be harmful.

If you are far from professional medical care, and there is no chance refreezing will occur, re-warm the affected part yourself. Immerse the frostbitten area in warm water for 20–30 minutes. The water should be warm (just above normal body temperature), not hot. Check and maintain the water temperature often. Severe burning pain, swelling, blistering, and color changes may occur.

Do not let the person use the affected part after it is thawed, and get the person to professional medical care as soon as you are able to.

**Hypothermia**

Cold, wet temperatures can result in a lowering of the internal body temperature. Hypothermia, a generalized cooling of the body, occurs when the internal core body temperature has decreased to 95° F or less. It is a life-threatening condition.

As the body temperature gets lower, body processes become impaired and eventually fail. Cardiac arrest may occur.

To help recognize hypothermia, look for pale, cold skin, uncontrollable shivering, loss of coordination, difficulty speaking, and an altered mental status. Severe hypothermia can result in the loss of shivering and a slowing of the breathing and heart rate.

To care for the person, carefully and gently move them to a warmer place. Remove wet clothing and cover the person with something dry and warm. Cover their head and neck to retain body heat.

If available, activate EMS and get an AED if one is available. Be prepared to perform CPR and use the AED.

If you are far from professional medical care, begin actively re-warming the person. Place them near a heat source. Put containers of warm, but not hot, water in contact with the person's skin.

It is best to recognize and treat hypothermia early. The chance for survival decreases as the condition progresses.

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

**Upcoming Events****Winter Conference & Statewide Meeting**

**Monday, March 21, 2016**  
**The Phillips Market Center**  
**State Farmers Market**  
**West Columbia**

**10h Annual Piedmont Area Clays for College**

**Friday, April 22, 2016**  
**The Clinton House Plantation**  
**Clinton, SC**

**7th Annual Midlands Area Nine at Night**

**Thursday, April 7, 2016**  
**Charwood Country Club**  
**West Columbia, SC**

**The Charleston Slam****7th Annual Inshore Fishing Tournament**

**Captain's Meeting - May 20, 2016**  
**At Graybar Electric Company**  
**Tournament - May 21, 2016**

(Continued from page 1)

For example, in Toastmasters, the role of Grammarian is to count “ums”, “ahs”, and other filler words of participants at the meeting. People are surprised at the number of times they use these useless, filler words. Many do not know they use these distractions at all!

Spend your energy on something worthwhile that improves not only your productivity and morale but also that of others around you. It takes awareness and discipline. Put an end to gossip to make a significant difference for the better.

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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.

### A Thought Worth Pondering

**Whoever gossips to you  
will gossip about you.  
Spanish Proverb**

### Anniversaries

**Mr. & Mrs. John Babson - 2/09  
Mr. & Mrs. Jerry Tuck - 2/09  
Mr. & Mrs. Steve Brewer - 2/10  
Mr. & Mrs. Furman Cullum - 2/14**

### Condolences

**Mr. & Mrs. Lewis Caswell & Family  
W. O. Blackstone & Company, Inc., Columbia  
On the loss of her brother  
F. Hampton Davis**

**Mr. & Mrs. Henry Poplin & Family  
B & L Electric Company, West Columbia  
On the loss of his mother  
Rachel Gould**

**Mr. & Mrs. Tim (Leslie) Whitehurst & Family  
James M. Pleasants & Company, Inc., Columbia  
On the loss of her grandmother  
Lessie Delany Sessoms**

**Mr. & Mrs. Jimmy Shealy & Family  
Shealy & Sons Electrical Co., Inc., W. Columbia  
On the loss of her uncle  
A. Atwood Frye**

### Welcome New Members

**Piedmont Area: Michael Chapman &  
Traci Griswold  
Eldeco, Inc., Greenville**

**Midlands Area: Alex Harr  
Corley Lock & Safe, Irmo  
Tom Albus  
Albus Leigh Agency, Lexington  
Carroll Heyward, Jr.  
W. B. Guimarin, Inc., Columbia**

**Coastal Area: Randy Lail  
Feyen Zylstra, Charleston  
Joel Langhals  
Eldeco, Inc., N. Charleston  
Alex Blizzard  
Gateway Supply, North Charleston**

### Birth Announcements

**Perry Morrow Granger  
Born 11/24/15, 10 lbs 2 oz, 21 inches  
Proud Parents: Cole & Kenan Granger  
Proud Grandparents: Tommy & Terry Walkup  
Walkup Electrical Contractors, Florence**

**Levi Grant Smalling  
Born 12/30/15, 12:30 PM, 7 lbs 13oz, 21 inches  
Proud Parents: Brad and Lauren Smalling  
Victaulic, Waxhaw, NC**

**Ethan Christopher MacQueen  
Born 1/05/16, 11:45 PM, 7lbs 8 oz, 20 inches  
Proud Parents: Chris & Angie MacQueen  
Gateway Supply Company, Columbia**



**MCASC SUMMER CONVENTION – AUGUST 4-7, 2016**  
**You Can Make Reservations By Calling 1-877-325-9453**  
**Be Sure To Mention MCASC Or Mechanical**  
**Contractors Association of S. C. When Making Reservation. Or**  
**Complete This Form & Send To The State Office (Not To Hotel).**  
**Please Book ASAP “NOW”!!!**

**When Room Block Is Gone, Cannot Get Anymore Rooms At Group Rate.**

Please have the information below available if you call to make your reservation.

All reservations MUST be guaranteed with a major credit card. First Nights Room & Tax Will Be Charged At Time Of Making Reservation. For your records, you may want to keep this form, and write your confirmation number in the space provided.

Hotel Room Rate has been extended 3 days pre and post convention dates.

**THE DEADLINE FOR HOTEL RESERVATIONS IS JULY 4, 2016.**

Primary Guest Name: \_\_\_\_\_  
 Secondary Guest Name: \_\_\_\_\_ Number of People In Room: \_\_\_\_\_  
 Daytime Phone: \_\_\_\_\_ Fax: \_\_\_\_\_  
 Email Address: \_\_\_\_\_  
 Street Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
 Arrival Date: \_\_\_\_\_ Departure Date: \_\_\_\_\_

\* Check in time is 4 PM Check out time is 11 AM \*

Room Type: (Choose ONE) \* **Room rate is per room, per night, and does not include 11.75% Tax or \$12 Daily Resort Fee.\***

Requests: (Note requests are **NOT** guaranteed) – Please Check the Appropriate Boxes:

**Stone Hill Lodge:**

- \$119 Wednesday & Thursday \$159 Friday & Saturday (Includes Wristbands For Admission To The Waterparks.)  
 Standard Hotel Room - DQB (Double Queen With Balcony) Or DQC (Double Queen With Sofa Sleeper) Or KNG (King)  
 All Rooms Have A Television, Microwave, Refrigerator, Coffee Maker, Hair Dryer, In-Room Safe, Iron & Ironing Board.  
 DQB (Double Queen W/Balcony)  DQC Double Queen W/Sofa Sleeper  KNG King
- \$129 Wednesday & Thursday \$169 Friday & Saturday (Includes Wristbands For Admission To The Waterparks.)  
 King Executive Suite – KES Bedroom, Living Room With Two Fold-Down Queen  
 Murphy Beds, Queen Sofa Sleeper, Televisions, Microwave, Refrigerator, Coffee Maker,  
 Hair Dryer, In-Room Safe, Iron & Ironing Board.



**River Lodge:**

- \$229 Wednesday & Thursday \$339 Friday & Saturday (Includes Wristbands For Admission To The Waterparks.)  
 (1) Bedroom Deluxe Suite – 1BRDLX 2 Rooms, 2 Bathrooms, Full Kitchen, Dining Room Table, Living Room, Fireplace,  
 Balcony, 3 Televisions, Hair Dryer, In-Room Safe, Iron & Ironing Board. 1 Queen Bed, 1 Twin/Queen Bunk Bed, 1 Twin  
 Sofa Sleeper, 1 Queen Murphy Bed & 1 Queen Sofa Sleeper.
- \$339 Wednesday & Thursday \$499 Friday & Saturday (Includes Wristbands For Admission To The Waterparks.)  
 (2) Bedroom Premier Suite – 2BPR 3 Rooms, 3 Bathrooms, Full Kitchen, Dining Room Table, Living Room, Fireplace,  
 Balcony, 4 Televisions, Hair Dryer, In-Room Safe, Iron & Ironing Board. 1 Queen Bed, 1 Twin/Queen Bunk Bed, 1 Twin  
 Sofa Sleeper, 1 Queen Murphy Bed, 1 Queen Sofa Sleeper, 2 Queen Beds & 1 Twin Sofa Sleeper.
- \$139 Wednesday & Thursday \$179 Friday & Saturday (Includes Wristbands For Admission To The Waterparks.)  
 Studio Suite – STUDIO 2 Queen Beds, 1 Twin Sofa Sleeper, Balcony Television, Microwave, Refrigerator, Coffee maker,  
 Hair Dryer, In-Room Safe, Iron & Ironing Board.  
 Handicapped Accessible  Crib

Other Request: \_\_\_\_\_

Credit Card Type: \_\_\_\_\_ Number: \_\_\_\_\_ Exp. \_\_\_\_\_

***Cancellations Made Less Than 10 Days Prior To Check In Will Result In Forfeiture Of 1<sup>st</sup> Night’s Room Tax & Resort Fee. Any rooms cancelled between time of booking & 10 days prior to arrival, will result in a \$30 cancellation fee.***

Date Made: \_\_\_\_\_ Confirmation Number: \_\_\_\_\_

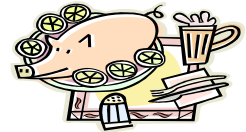
# MCASC 12<sup>th</sup> Annual Statewide Meeting

## Registration Form

### March 21, 2016

### The Phillips Market Center

### Located At The State Farmers Market, Off 3483 Charleston Highway, West Columbia 2



#### I. REGISTRATION FORM:

E-MAIL, FAX OR MAIL TO THE MCASC STATE OFFICE – [achaney@mcasc.com](mailto:achaney@mcasc.com), (803) 731-0390 or  
P.O. Box 384, Columbia, SC 29202

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ Phone No.: (\_\_\_\_) \_\_\_\_\_

Number Attending Meeting/Dinner \_\_\_\_\_

#### II. MEETING FEE:

MEMBERS: Same As Monthly Area Meeting \$25.00

#### AGENDA

- 5:00 – 5:30 PM MCASC Called Open Business Meeting
- 5:30 – 6:00 PM Sign-In For Members & Guests
- 6:00 – 7:00 PM Cocktail Reception
- 7:00 PM Until Welcome, Dinner & Keynote Speaker:  
U. S. Senator Tim Scott

#### III. BILLING INFORMATION:

Member Companies Will Be Invoiced By Your Local Area Treasurer

DEADLINE TO REGISTER: MARCH 14, 2016

**Associate Member:  
FAULKNER, HAYNES & ASSOCIATES**

Faulkner/Haynes & Associates, Inc. has been in business for over 30 years in the Carolinas. As new technology has transformed the commercial HVAC market Faulkner/Haynes & Assoc. continues to be on the leading edge of that new technology. providing product design, support and implementation.

Our commitment to our Customers, Manufacturers and Employees has been consistent since our beginnings and has positioned FH&A to lead the way in the next generation of HVAC technology and services. The continuity of our continually trained staff makes us your most proven and trusted advisor in the Carolina's for cutting edge HVAC and Electrical products. We are committed to excellence in customer service and have brought new staff on board to meet the demands of a growing and changing market.

Our daily commitment to excellence has helped us to become and will allow us to stay a fixture in the constantly evolving landscape of the HVAC market in the Carolina's.

No matter where you're located in the Carolina's, we have an office nearby with a team of experts ready to serve you.

**.....SERVICE IS OUR FINAL PRODUCT**

Greenville, SC (864) 329-0372	Columbia, SC (803) 926-9229	Charleston, SC (843) 884-3554
<b>faulknerhaynes.com</b>		
<b>Faulkner Haynes &amp; Associates</b>		
<b>1630 Augusta Road, West Columbia, SC 29169-5630</b>		
<b>Phone: (803) 926-9229, Fax: (803) 926-3639</b>		

**Congratulations to our next Associate & Mechanical Members who will be  
highlighted in the upcoming issue of "The Tool Box":  
Palmetto Air & Water Balance, Inc., Greenville - Associate Member  
Central Controls, Inc., West Columbia - Mechanical Member**

**FEBRUARY 2016 MONTHLY AREA MEETINGS**

**MIDLANDS AREA**

Tuesday, February 16, 2016 @ 7:00 PM  
Location: M Space, 530 Lady Street, Suite C, Columbia  
Sponsored By: Midlands Area

**Ladies Night Valentine Event  
Joint Meeting With  
ASHRAE, ASPE & NAWIC**

**PIEDMONT AREA**

Tuesday, February 9, 2016 @ 6:00 PM  
Location: 430-J Roper Mountain Road, Greenville  
Sponsored By: Johnson Controls, Inc.

**Topic: "Test Drive Your Retirement &  
Maximize Your Social Security"  
Presented By: Chip Stanley  
Senior Vice President Wealth Management  
Janney Montgomery Scott LLC**

**PEE DEE AREA**

Thursday, February 11, 2016 @ 6:30 PM  
Location: 1550 Highway #501, Myrtle Beach  
Sponsored By: Longley Supply Company

**Topic: "Contracting Industry Outlook - 2016:  
Old Problems & New Issues"  
Presented By: Christopher H. Pearce, Esquire  
The Pearce Law Group**

**COASTAL AREA**

Thursday, February 25, 2016 @ 6:30 PM  
Location: James Island Yacht Club  
734 Wampler Dr., James Island  
Event Sponsored By: Blanchard Machinery  
Bar Sponsored By: Blanchard Machinery

**COASTAL AREA OYSTER ROAST**

**Please Bring A Door Prize For  
The "BIG" Raffle!!!**



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**

Allen Goff, President  
Stan Harbourt, Vice-President  
Duwayne Jacobs, Treasurer  
Michael Hunter, Associate President  
Mona Flowers, Managing Director

Mechanicals make it happen -  
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.