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The Tool Box Serving the Electrical, HVAC & Plumbing Industries Since 1912

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Stepping off the Hamster Wheel: How to Stay Creative even When You're Insanely Busy

It wasn't supposed to go like this. After working remote for two years, knowledge workers were said to have learned a lesson. They vowed to never fully and completely get back on the hamster wheel, to take their work-life balance with them back to the workplace. Instead, I'm hearing from managers that the pressure has never been more intense, and managers and executives alike need creative ideas to keep up with relentless changes and challenges.

So this month, I wanted to offer some suggestions on how to keep your "idea factory" running smoothly no matter what's on your plate. I've been fascinated by how entrepreneurs and innovators generate incredible ideas since I first started interviewing movers and shakers back in the '80s. I believe it requires frequent introspection and constant retooling — and keeping a journal can also help. Moreover, it requires self-analysis of how and where you're getting ideas, and great intention to keep the ideas flowing even when you're busier than ever.

Inspect your "idea factory" regularly. One way to do this is to look at your "to do" list, and your key projects list. Both are snapshots of the ideas you're working on right now. What does your list reveal? Are the ideas mostly related to your basic functional duties, or are there also ideas related to larger projects and opportunities and goals?

Routine details can easily consume us, and they are also needful of ideas. But if you go for days and days running like the proverbial hamster on a wheel, your idea factory is greatly in need of retooling. It's not that you aren't generating ideas; you almost certainly are. The problem is that you aren't moving on them in systematic fashion; you're reactive rather than proactive. You are slighting your big ideas while allowing yourself to be overwhelmed by the tactical details. You'll never get ahead this way; at most you'll only get by.

To thoroughly inspect your idea factory, try this for a week: Wherever you go, use your smartphone to jot down ideas as they occur. Checking up on your ideas will make you more aware of the many possibilities that are flashing into your mind. Some will be lifters, and some will be poppers. The lifters are those you "borrow" from other industries or people-or even from competitors. The poppers are those that come out of your own conjuring process If you're in the defeatist mode or sustainer mode when you conjure an idea, you might tune it out. You might reject it the minute it occurs no matter how promising it might be.

Identify when and where you do your best thinking. Where are you when you generate your best ideas? I've asked this question of managers in 54 countries. The overwhelming response? In the shower, followed quickly by driving in your car. How about these questions:

- When, where, and at what time of day do you generally do your best thinking?
- What do you do to get yourself unstuck when facing a vexing problem?
- How did you inject creativity to handle a task in the last 24 hours?
- How often do you come up with solutions that others compliment you on as being "creative?"

Jot down your responses so that you fully explore these issues. If you take time to think about these questions and their answers, you'll gain further insight into your own ways of fortifying your idea factory. The next step is to go to that space when you want to do some serious cogitating.

If there's a time of day when you feel you do your most creative thinking, try to reserve it for yourself and use it to its fullest. If there's a particular spot that says "idea space" to you—your study or the bathtub or an unused conference room—set aside time to use that space, alone and free of noise and distraction. Check out places outside your home, too: a park, a library, the neighborhood Starbucks.

Robert B. Tucker is a global futurist and innovation keynote speaker with a client list that includes over 200 of the Fortune 500 companies. President and founder of The Innovation Resource, Tucker is an internationally recognized pioneer in the field of innovation, Tucker's highly interactive presentations lead audiences on a guided tour inside the world's most creative companies. Through stories and examples, Tucker shows leaders how to tap the mindset, skillset and toolset of innovation to embrace change, discover opportunity and avoid obsolescence. Known for his in-depth customization, Tucker provides today's leaders with practical strategies, cutting edge insights, and inspiration to take action once back at the office

Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it. Steve Jobs

Answers to September's word scramble:

- 1. Power
- 2. Ampere
- 3. Ohm
- 4. Magnetism
- 5. Capacitor
- 6. Battery
- 7. Coulomb
- 8. Thermal
- 9. Ammeter
- 10. Anode

- 11. Ampacity
- 12. Proton
 - 13. Conductor
- 14. Electron
- 15. Fuse
- 16. Hydroelectricity
- 17. Charge
- 18. Megawatt
- 19. Nucleus
- 20. Substation

Funny Puns



Mechanical Member **Piedmont** Mechanical, Inc.

In 1977, five visionaries founded Piedmont Mechanical, Inc. in Spartanburg, South Carolina to serve the local burgeoning textile industry. These visionaries were Tommy Holt, Winston Anderson, Charlie Blackwell, Russell Vassey, and Jim Ward.

Through attention to detail and customer focus, Piedmont Mechanical experienced exponential growth through the early 1990's, leveraging their increased market presence to expand into other industrial markets while maintaining their sizeable presence in the textile industry. The textile industry experience led to valuable OEM alliances with various equipment manufacturers, allowing Piedmont Mechanical to further expand its footprint into the plastics, aviation, and power generation industries.

Eventually, the five original founders added Gene Smith who was tasked with opening an additional location in LaGrange, Georgia, further expanding the Piedmont Mechanical, Inc. footprint in the Southeast and beyond. Today, through the continued leadership of Tommy Holt, Piedmont Mechanical, Inc. is firmly rooted in its original founding principles while continuing to evolve in an ever changing, dynamic market-place.

Today, the Spartanburg office remains under the guidance of the aforementioned Tommy Holt who remains the majority stockholder of the corporation. As the original stockholders began to retire, Tracy Coffey was added as a Spartanburg stockholder in 2011 and Henry Guyton was added in 2020. Gene Smith continued overseeing the operation of the LaGrange office until his retirement in 2019. Paul Norris was also a longtime stockholder in LaGrange until his retirement in 2020. Gene Hay, who was added as a LaGrange stockholder in 2011, now oversees the LaGrange operation. Michael Rabun and Chris Williamson were also added as LaGrange stockholders in 2020.

Piedmont Mechanical's mission is to cultivate an atmosphere conducive to growth and loyalty to our customers, resulting in cost effective, quality construction while simultaneously striving to exceed our customers' expectations in a safe working environment.

With contractor and engineering licenses throughout the southeast and beyond, Piedmont Mechanical provides construction and engineering services in the industrial utility piping, process piping, and HVAC markets, including full-service sheet metal and pipe fabrication

Associate Member



Capital Electric provides electrical products and services to contractors, builders, and end-users. We have over 70 locations on the east coast from Pennsylvania to Georgia, with six distinct locations in the South Carolina market, including Greenville, Charleston, Columbia, Myrtle Beach, and Bluffton. Our mission is to be *The Electrical Distributor of Choice*TM for all your electrical needs, including time labor saving solutions, industry relevant training and education, and mobile/web order solutions.

Our associates have the industry knowledge to create solutions tailored to maximize productivity and increase your company's competitive advantage. We offer material buying and handling, prefabrication services, storage, staging, and just in time delivery services, vendor-managed inventory, and wire and cable management.

Our most recent addition, supporting our efforts to offer the best-in-class safety products and PPE, is the opening of our Tool and Safety Solution Center, with a toll-free number available to all customers in our footprint. Trained specialists can assist in product selection so that you choose the right product for the application, select the right tool for the job, and can discuss jobsite safety requirements to keep you compliant. Our goal is your success.

Offering innovative Digital Solutions is key to our success as a distributor. Our Digital Job Center is one of the best tools today to help our customers manage complex lighting and gear projects with 24/7 transparency to all project information. Easily get quotes, place orders, and look up products on capitalelectricsupply.com. Our Digital Support Desk is available to all customers to assist with online and mobile orders.

About Sonepar USA

Sonepar USA is an independent, family-owned company with global market leadership in the B-to-B distribution of electrical, industrial and safety products, services, and solutions. We are a proud member of the Sonepar Group, the world's largest privately held electrical distributor. Sonepar entered the US in 1998 and has continued to grow due to strategic acquisitions and organic growth. Today, Sonepar USA is represented by 14 locally managed operating companies with over 700 locations nationwide. For more information, visit soneparusa.com.

"Tool Box Talks" - Safety Tip

Cutting, Welding, & Compressed Gas Safety – Electric Arc Welders

Electric arc welding equipment presents potentially dangerous electrical hazards; some of these hazards are obvious, and some are not so obvious. Here is an overview of how to identify and avoid some of the more prevalent electrical hazards associated with arc welding: • Inspect your welding machine before each day's use to make certain all equipment enclosures and protective covers are in place, closed and secured.

• Welding machines which have become wet shall be thoroughly dried, and then tested by a qualified technician before being used.

• Make certain the terminal connections where the welding cables for the electrode holder and ground clamp attach to the welding machine are protected from accidental contact by conductive materials or people. Protection could include using dead-front receptacles for plug connections, recessed openings with non-removable hinged covers, heavy insulating boots or insulators, or equivalent protection.

• Inspect welding cables for damaged insulation or exposed bare conductors. Also make sure that insulators covering current-carrying parts on the outer surfaces of the jaws of the electrode holder are in place and securely attached. Damaged cables and insulators shall be repaired or replaced by qualified personnel.

• Make sure welding lead cables are of the proper size and length for the work to be performed. Your supervisor can provide guidance on what is an acceptable size and length of cable for welding operations.

• Joining lengths of grounding and electrode cables shall only be done by the use of cable-connecting means specifically intended for that purpose, and have insulation adequate for working conditions.

• Only cable free from repair or splices for a minimum distance of 10 feet from the cable end to which the electrode holder is connected shall be used, except for cables with standard insulated connectors or with splices whose insulating quality is equal to that of the cable are permitted.

• Coiled welding cable shall be spread out before use to avoid serious overheating and damage to insulation.

• Do not coil or loop welding electrode cable around parts of your body.

• Conduits containing electrical conductors shall not be used for completing a grounding circuit. Likewise, chains, wire ropes, cranes, hoists, elevators, or scaffold frames shall not be used to carry welding current.

• Pipelines shall not be used as a permanent part of a work-grounding circuit, except during pipeline construction, extension or repair when the pipeline does not contain any flammable gas or liquid, and the welding current is not carried through threaded joints, flanged bolted joints, or caulked joints. Also, special precautions must be used to avoid sparking at connection of the work-grounding cable.

• When an electrode holder is to be left unattended, the electrode shall be removed and the holders shall be placed or protected so that they cannot make electrical contact with any person or conducting objects.

• When welding is stopped for any appreciable length of time, or when the welding machine is to be moved, the power supply switch to the equipment shall be turned to the off position.

• If arc welding is performed in wet conditions, or under conditions of high humidity, use special protection against electric shock, such as false floors with insulating mats, and insulating boots and gloves.

• Hot electrode holders shall not be cooled by dipping them in water; doing so may expose you to shock.

• Report any welding equipment defect or safety hazard to your supervisor, and discontinue use of such equipment until repairs are made by qualified personnel.



Happy Birthday Members!

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		Easley Mechanical Services, Inc.	Wife of 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 & Electric Company, Inc.	
Henry Poplin	10/23	B&L Electric Company	
Beth Wilson	10/24	Control Management, Inc.	
Randy Harley10/26Bill Kirkland10/26		Honorary Life Member	
		Bill Kirkland Heating & Air Conditioning, Inc.	
Jimmy Gatch	10/27	Gatch Electrical Contractors, Inc.	
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	Anne	
Mr. & Mrs. Pete Bailey	10/19	Sharon	
Mr. & Mrs. Gary Kirkland	10/19	Joyce	
Mr. & Mrs. Jim Maguire	10/23	Gloria	
Mr. & Mrs. Andy Locklair	10/24	Renee	
Mr. & Mrs. Mike Richardson	10/25	Kim	
Mr. & Mrs. Bob Miller	10/27	Kelly	
Mr. & Mrs. Duwayne Jacobs	10/27	Sylvia	
Mr. & Mrs. Edward Gibbs	10/29	Emily	

Condolences

Bob Jacques & Family

On the loss of his brother, Gary Alan Jacques

Hajoca Corporation

August 19, 2022



















PEE DEE BLAST WINNERS





















15th Annual Pee Dee Blast Sporting Clays Event Sponsors & Winners The Pee Dee Area MCASC Would Like To Take This Opportunity To Thank All The Participants & Sponsors For Their Generous Support.

1st Place Team					
Commercial Air	Bill Huff		Mike Carver		
	Morris Beck		Tamesha Beck		
<u>2nd Place Team</u> Gateway HVAC Myrtle Beach	Kon	ny Tindal		Tracy Davis	
Gateway HVAC Wyrtie Beach		b Hamilton		Darrell Shull	
3rd Place Team	5400			Durren Shun	
Cregger Company	Rob	bie Smith		T. J. Hardee	
	Timi	my Anderson		Ross Brazier	
Men's High Score - TIE	\M/a\	ine McKenzie	& Trey Vereen		
Ladies' High Score		iesha Beck	d ney vereen		
Grudge Trophy		lmont Area			
				Jake Boltz	
-		e Automatic Shotgun Gauge Automatic		Stan Harbourt	
	Girsan 12 Gauge 3 1/2		hotgun	Stan Harbour	
	Stevens 555 12 Gauge			Leonard Smith, Jr.	
	PSA Dagger 9mm Pist			Varity Poston	
	Heritage .22 LR Pistol			Mendi Arnold	
Lunch Sponsors	Longley Supply Co				
Social Sponsors	Chapman Company		Therma Tech Sei	vices	
Award Sponsors	Atlantic Electric Co.		Charlotte Pipe &		
	Cregger Company		Cullum Mechani	-	
	Gateway Supply Com	nanv	Smith & Stevenson		
Refreshment Cart Sponsors	Gateway Supply Com				
Refreshinent cart sponsors	Palmetto Pulpwood &				
Banner Sponsors	EquipmentShare	(IIIIbel	James M. Pleasants Company		
	Old Dominion Insulati				
Station Sponsors	Blanchard Machinery	-	Border States		
	Carolina Cool, Inc.		Cayce Company		
	Dawson Lumber Co		H & H Representatives		
	Legrandes Enterprises	s	Mac's Crane and Rigging		
	McDonald Law		MRK Sprinkler Design		
	Murray Supply Compa	1 0		8	
	RepSouth	Thermal Resource			
	Triad Mechanical				
	Walkup Electric				
Team Sponsors					
American Stainless & Supply Blanchard Mach		v Co.	Border States E	lectric	Capital Electric
Carolina Cool, Inc Carolina Insulation Contrs. (2			•		•
Cregger Company	Cullum Constructors	um Constructors (2) Cullum Service			Eastern Industrial Supply
Ferguson Enterprises			Gateway Supply		H. R. Allen, Inc.
Hahn Mason Air Systems	Hill Plumbing JMP Equipment		· · /	Longley Supply Co. (2)	
Macs Crane & Rigging Premier Electrical Staffing	Mayer Electric Suppl Ram Tool/White Cap				Pipeline Services.(2) Rast Dallery Engineers
S. C. Ports Authority	Sunbelt Rentals, Inc.	•			Trane (7)
Thermal Resource Sales	•		United Rentals		Walkup Electric
Winnelson (2)	,				

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MARK YOUR CALENDARS Area Meetings & Up Coming Events

Piedmont Area

Tuesday, October 18, 2022 Sponsor/Host: Johnson Controls, Inc. Location: 430-J Roper Mountain Rd., Greenville, SC 29615 Speaker: TBD

Midlands Area

Thursday, October 6, 2022

Joint Meeting with ASHRAE, ASPE, Columbia Contractors & NAWIC Mill Creek Hunt Club off Bluff Road, Columbia Venue Hosted By: W.B. Guimarin & Co. Dinner Sponsored by: Gregory Electric & Love Chevrolet Fleet Program: Legislative Roundtable - Opportunity to Influence 2023 Legislative Agenda By Will Frierson, Director of Government Affairs, SC Chamber of Commerce

Pee Dee Area

Thursday, October 13, 2022 Sponsor/Host: Carolina Insulation Location: Roger's BBQ, 2004 West 2nd Loop Road, Florence, SC 29501 Speaker: Chuck McDonald, Esquire, McDonald Law and MCASC Legal Counsel Topic: "Strategies to Compensate for Supply Chain and Delivery Challenges"

Pick a Winner for Education-Winner of Drawing was Paul J. Trembath

Coastal Area

Tuesday, October 25, 2022 Sponsor/Host: Ferguson Enterprises, 4711 Rivers Avenue, N. Charleston 29405 Speaker: Churck McDonald, MCASC Legal Counsel Topic: Contracts, Supply Chain and Delivery Challenge Issues

MCASC requires that all attendees follow the CDC and OSHA Guidelines when attending.







2022-2023 RECRUITMENT CHALLENGE!!

Effective NOW through May 31st, 2023!

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

TWO COMPLIMENTARY

Registrations to the 2023 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 Carolinal

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
- Group Health Insurance Program

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



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Serving mechanical contractors in South Carolina since 1912.

Executive Board & Staff

Jim Hearn President

Karen Linden Vice-President

Dale Prosser Treasurer

Randall Owens Secretary

Varity Poston Associate President

Mona Flowers Managing Director Congratulations to our Associate & Mechanical Members who will be 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
- the development of industry related career opportunities

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