

The Tool Box

Serving the Electrical, HVAC & Plumbing Industries Since 1912

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What is Mental Fitness?

5 Ways Mental Fitness Can Improve Your Productivity



Our very own brain hijacks us and puts us into survival mode when no real danger exists. Looking at the world through a survival lens, most things look like danger. With the focus on safety, powerful mental resources such as creativity take a backseat. The problem with unconsciously allowing your thinking to spend so much time here, your stress, negativity, and anxiety feel normal. There is a better way.

What Is Mental Fitness?

Mental fitness, like physical fitness, develops mental muscles to intercept those incoming, normal feeling thinking patterns that do not serve you. For example, women who operate in male-dominated businesses such as construction, face obstacles that their male counterparts do not encounter. The world assumes men know how to complete a project on time and within budget; women must prove they can do the same thing. Being strong mentally by training your brain to recognize your old, unproductive mental habits, transforms your ability to recover faster from setbacks and sets the stage for finding creative solutions. Mental fitness builds confidence.

How Does Mental Fitness Work?

The benefit of mental fitness is the ability to thrive in challenging times with a positive mindset rather than a negative one. People who develop this ability experience positive results in the following three areas:

- Peak performance
- Peace of mind/wellness
- Healthy relationships

Three Core Muscles for Mental Fitness:

The method involves strengthening THREE CORE MUSCLES. Yes, it is that simple.



The Saboteur Interceptor

First, the Saboteur Interceptor recognizes your thinking that undermines your best efforts. For example, someone who expects everything to be perfect is rarely satisfied with their work or the work of others. The team you have in your company to satisfy customers through quality products and amazing service, can become demoralized because they know whatever they do will never be right. In the [Positive Intelligence](#) (PQ) program developed by Shirzad Chamine, there are ten Saboteurs. The Stickler Saboteur insists on perfection. I affectionately refer to my Stickler Saboteur as Li'l Ms. Perfect.

The Self Command

Second, the Self Command is important because it directs your mind to go to a different part of the brain. This muscle interrupts the usual, normal way of thinking and commands it to "take another path." The new path leads to a part of the brain that supports innovation, kindness, curiosity, creativity, and exploration.

The Sage

Third, the Sage is the area of the brain where you experience positive emotions, peace and calm, laser focus, and big picture views. The more mentally fit you become the more often you make decisions from this part of your brain. You find the gift/opportunity in the most trying circumstances. For instance, the recent Pandemic upended normal ways of doing things. Without the events in 2020-2022 I would not have learned the technology skills to host ZOOM meetings for peer learning with women running multimillion dollar companies. And, in addition, my spices are in alphabetical order, cabinets under the sink are de-cluttered, and important legal documents are organized in one place.

It is important to recognize that producing positive results in the three areas of performance, wellbeing, and relationships involves 20% insight and 80% muscle building. Attending a conference or workshop, for instance, can provide extraordinary insight. The same is true for a book or an online seminar. Long term, positive results come from strengthening your mental muscles by consistent mental muscle building.

Where to Start to Build Mental Fitness:

Acknowledge the power of your brain and of familiar patterns of thinking

Learn which saboteurs have the biggest control on your thinking

Discover how these undermine your efforts in your personal and professional life

Assess the cost to you to maintain this way of showing up in the world

Commit to learn new ways of thinking to strengthen mental fitness for performance, wellbeing, and relationships

The leader of a large organization that I am currently working with had been avoiding the ultimate outcome of releasing a member of her staff. She credits her stronger mental muscles with the clarity and the courage to take this step for the health of the organization. Without the negative influence of the newly released staff member, the team can focus on building a thriving organization that supports not only each other but the clients of the organization and the community.

In Summary....

The exciting thing about developing your mental fitness is that you are completely in charge. You control your thinking especially when you identify your saboteurs. A word of warning. They are wily rascals that want you to believe you need them to keep you in a state of high anxiety to achieve your goals. Saboteurs rely on the following: fear, stress, anger, guilt, shame, and insecurity to motivate you. You may achieve success but lack happiness. Neuroscience confirms the right side of your brain engages the following positive emotions to motivate you: empathy, curiosity, creativity, passion, and purpose.

Why not get your New Year off to a fantastic start? In what area of your life would like to create "ease and flow" instead of "no pain no gain?"



Berkana Co.

*Leadership Development and Executive
Coaching Services for Women*

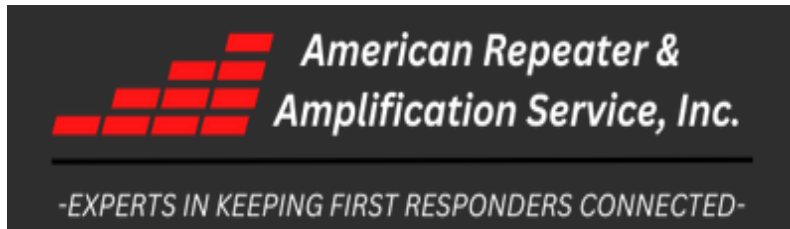
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Mechanical Member



Since 1996, MSS has made thousands of facilities more efficient, comfortable, secure and reliable for owners, operators and occupiers across the Carolinas and throughout North America. MSS serves the entire Carolinas region from its eight office locations with more than 650 employees. Our team of technicians, fleet of service trucks, fabrication shops and parts warehouses are equipped to meet your SLAs and serve multi-site portfolios with consistency and quality. MSS serves our clients' needs on new construction and major renovation projects as well as preventive maintenance, equipment repairs, and system upgrades for HVAC, security, building automation & controls, and fire alarm systems. We deliver incremental value to building owners and managers by optimizing existing systems performance using analytics to identify and correct anomalies.

Associate Member



Based in the thriving Carolinas, we are excited to continue growing as we tackle our 6th year in the commercial Distributed Antenna System/Bi-Directional Antenna (DAS/BDA) industry. With 100% DAS focus, there is no project we can't handle with superior expertise & efficiency. From site testing, design, installation, maintenance & certification, we are the DAS seamless solution. Contact us to keep your next project DAS compliant.



Dallas Holt
Business Development

www.AmericanRepeater.com

"Tool Box Talks" - Safety Tip

Back To The Basics

You stand a far better chance of remaining fit and pain-free if you'll stick with the basics in lifting and handling materials.

Many painful injuries happen to construction workers because they forget several basic manual material handling suggestions. Here are a few pointers about lifting and handling:

- First, think of your tender toes, in case something heavy drops. Always keep those toes of yours under protective steel cover; wear safety shoes.
- Think of your hands. Wear good tough gloves when you handle anything rough, sharp or splintery.
- Before you heave-ho, be sure you've got a secure grip and solid footing.
- Keep the load close to your body, to minimize the strain. Lift smoothly-don't jerk as you lift.
- See that fingers and toes stay in the clear when lifting and handling.
- Don't twist your body when carrying a load; pivot with your feet instead of your spine.
- When a load is too heavy or awkward to handle alone, be quick to ask for help.
- Plan your path of execution and make sure it is free of debris and obstacles.
- Push rather than pull.
- Use equipment (dollies, carts, two-wheelers, hydraulic/electrical hoists or lifts) to move loads whenever possible.
- Make sure work levels are at waist height when standing and elbow height when sitting whenever possible.
- If you have to work in one position for a long period of time, take stretching breaks.

Play it safe and smart. Stick with the basics in all of your lifting and handling of materials and equipment.

Welcome Our New Members To MCASC:

Contractor Workforce Partners, 221 St. James Avenue., Suite. 10A, Goose Creek, SC

American Repeater & Amplification Services, 509 Blairhill Road, Charlotte, NC

WinSupply of Lexington, 367 Porsche Drive, Lexington, SC

Renfrow Industrial, 3270 Benchmark Drive, Ladson, SC

MSS Solutions, 11524 Wilmar Boulevard, Hanahan, SC

Carter York Agency, 11150 Westlake Drive, Charlotte, NC

Happy Birthday Members!

Jeff Hunter	3/1	Carolina Insulation Contractors	
Michelle Duncan	3/3	Trane Comfort Solutions	
Martha Goff	3/5	SIFCO Mechanical	Wife of Allen
Charles Hipp, III	3/7	Hipp Properties	
Emily Gibbs	3/9	Bear Mechanical Services	Wife of Edward
Tami Jacques	3/9	Hajoca Corporation	Wife of Bob
Carroll Heyward, Sr.	3/14	W.B. Guimarin & Company, Inc.	
Carroll Heyward, Jr.	3/18	W.B. Guimarin & Company, Inc.	
Michelle Berry	3/19	MCASC	
Gerald Edwards	3/20	Honorary Life Member	
Russell Lamb	3/30	Honorary Life Member	
Julie Clark	3/31	RepSouth	Wife of Mitch
Varity Poston	3/31	Premier Electrical Staffing	

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

Anniversaries

Mr. & Mrs. Gerald Edwards	3/7	Honorary Life Member	Wanda
Mr. & Mrs. Ray Merritt	3/25	Honorary Life Member	Sandra

Births



Ryan and Mallory Laquiere
On the birth of their son,
Roman Lucas Laquiere
January 15, 2023
7 lbs. 8 oz



Condolences

The Goff Family in the loss of
Robert Goff
February 28, 2023
SIFCO Mechanical

Area Meeting Snapshots

Midlands Area Meeting Central Controls, February 2, 2023



Pee Dee Area Meeting Longley Supply Company, February 9, 2023



**Piedmont Area Meeting
Jennings-Dill, Inc., February 21, 2023**



**Coastal Area Oyster Roast
James Island Yacht Club, February 23, 2023**





12th Annual Golf Tournament

The Midlands Area MCASC

The Second Most Fun You Can Have In The Dark!!!

When: Thursday, March 23, 2023
Where: Charwood Country Club
 222 Clubhouse Drive, West Columbia
Why: To Raise \$\$\$ For Training & Legislation
Format: Two (2) Man Team – Captains Choice
Time: 4:00 – 6:15 PM Check-In, Happy Hour,
 Putting Contest & Dinner
 6:30 PM Shotgun Start

Tournament Fees: \$125.00 Per Person ALL INCLUSIVE w/ 2 Glow Balls Per Person, Glow Pack With 4 Mulligans & 2 Red Tees Per 2 Man Team, Fantastic Door Prizes, Happy Hour & Dinner, Plus 1 Free Round of Golf During Your Birthday Month.

Note: Additional Glow Balls May Be Purchased For \$6.00 Each

Sponsorship Opportunities: Platinum Sponsor \$1,000.00 (Includes 2-2 Man Teams)
 Gold Sponsor \$500.00 (Includes 1-2 Man Team)
 Silver Sponsor \$250.00
 Bronze Sponsor \$150.00

Registration Form

Company Name: _____ Telephone # _____

Golfer #1 Name: _____ Handicap: _____

Golfer #2 Name: _____ Handicap: _____

Sponsor: I would like to be a Platinum Sponsor For \$ 1,000.00 _____

Sponsor: I would like to be a Gold Sponsor For \$ 500.00 _____

Sponsor: I would like to be a Silver Sponsor For \$250.00 _____

Sponsor: I would like to be a Bronze Sponsor For \$150.00 _____

Tournament Fee: \$125.00/Person x _____ People _____

Total Amount \$ _____

My Check Is Enclosed Or I Paid By Credit Card On Ticket Spice Link.

<https://mechanicalcontractorsassociati.ticketspice.com/12th-annual-mcasc-midlands-area-nine-at-night-golf-tournament>

Make Checks Payable To: Midlands Area MCASC

Mail Checks To: Leslie Whitehurst, c/o James M. Pleasants Company,
 5434 Bush River Road, Suite A, Columbia, SC 29212-3026

Complete & Email Registration Form To: lesliew@jmpco.com

**Deadline To Register Is Friday, March 17th
 For Questions Call Leslie Whitehurst at (803) 724-1876**

St Patrick's Day Word Search

Q B G R E E N F S K G T U J Y
S E V L E D T E T L H B P A H
C N I H X Y A D C Y O R H S N
T Q T B C U E R Z L B T H H W
K L E P R E C H A U N A Z V H
R S K K O E H U U P M G O K W
T H Z L B W R U H R G T C O N
H H N X H J J O O O W I B V G
A C F T R B T C P A R N T M Y
T R R T Z D K A L T I M E Z K
G A T S B S Z I A A H P Z L L
P M S I S V K P R Z K O A W O
F P B R P O T O F G O L D A F
S D O I Z S O J F Q N Y B I D
K N O F A L P I B V B V G N Z

GREEN
SHAMROCKS
HAT
LEPRECHAUN
MARCH
RAINBOW
POT OF GOLD
ELVES
ST PATRICK
PARADE



Irish Blessing

May the friendships you
make,
Be those which endure,
And all of your grey clouds
Be small ones for sure.
And trusting in Him
To Whom we all pray,
May a song fill your heart,
Every step of the way.

INTERESTING FUN FACTS ABOUT ST. PATRICK'S DAY **ST. PATRICK'S DAY IS FRIDAY, MARCH 17, 2023**

St. Patrick's Day celebrates the life of Saint Patrick—the patron saint of Ireland. This influential missionary has been credited with bringing Christianity to Ireland. St. Patrick's Day takes place on March 17 each year because St. Patrick's death is believed to have been on March 17, 461. The Church began observing a special feast to honor him on this day starting in 1631.

1. St. Patrick's Day always falls on the 17th of March.
2. The first St. Patrick's Day parade took place in America—not in Ireland.
3. The New York City St. Patrick's Day parade is the world's oldest civilian parade and the largest in the United States.
4. Chicago began its annual tradition of turning the Chicago River green on St. Patrick's Day in 1962.
5. In Ireland, St. Patrick's Day had been viewed mostly as a religious observance, and up until the 1960s, they even had laws that forbid bars from being open that day.
6. It wasn't until 1798 (the year of the Irish Rebellion) that the color green became officially associated with St. Patrick's Day. Before then, another color was originally associated with St. Patrick.
7. St. Patrick's Day switched over from a strictly holy day for Catholics to an official Irish public holiday in 1903.
8. Although St. Patrick's Day falls within the period of Lent—a time when the Catholic Church prohibits eating meat, the ban is lifted on this specific day of celebration.
9. The annual shamrock ceremony in the White House started in 1952.
10. Each year, 5.5 million people visit New York's St. Patrick's Cathedral.
11. Before St. Patrick became a missionary, he had been kidnapped at the age of 16 and taken to Ireland as a slave.
12. St. Patrick is said to have been buried in the town of Downpatrick, County Down, in Northern Ireland.
13. There are two autobiographical writings from St. Patrick himself, including *Confessio* and *Letter to Coroticus*.
14. Traditionally, Catholic families go to church in the morning on St. Patrick's Day, and partake in a meal that includes cabbage and Irish bacon.
15. Dublin's first official celebration of St. Patrick's Day did not occur until 1931.

MARK YOUR CALENDARS

Area Meetings & Upcoming Events

Piedmont Area

16th Annual Piedmont Clays for Education Tournament
Friday, April 28, 2023
The Clinton House, Clinton, SC



The Election of the 2023-2024 Officers and Board will take place at this event

Midlands Area

Thursday, March 23, 2023 at 4:00 pm

12th Annual Midlands Nine at Night Golf Tournament
Location: Charwood Country Club, 222 Clubhouse Dr., West Columbia, SC



The Election of 2023-2024 Officers & Board will take place at this event

Pee Dee Area

Thursday, April, 13 2023 at 6:30 pm
Hosted by: D&L
Location: D&L, 221 Palmetto Road, Darlington, SC
Speaker: TBA



The Election of 2023-2024 Officers & Board will take place at this meeting

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

16th Annual Pee Dee Blast Sporting Clays Event
Friday, September 15, 2023
Back Woods Quail Club, Georgetown, SC

Coastal Area

Tuesday, April 25, 2023 at 5:30 pm
Hosted by: Gateway Supply Company
Location: 2035 Spaulding Drive, North Charleston, SC
Speaker: TBA
Topic: TBA



The Election of 2023-2024 Officers & Board will take place at this meeting.

Pick a Winner for Education-Winner of Drawing was Jesse Spivey

14th Annual Coastal Inshore Fishing Tournament
Friday & Saturday, May 12-13, 2023
Location: WO Thomas, Jr. Boat Landing



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 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
- 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



Contractor Workforce Partners LLC

GETTING WORK BOOTS ON SITE SO YOU CAN GET THE JOB DONE

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.