

# THE MECHANICAL BRAG

Volume 13 - July 2021

**MCAHN**  
MECHANICAL CONTRACTORS ASSOCIATION  
HAMILTON NIAGARA

YOUR ASSOCIATION'S NEWS & EVENTS

## Happy July!

The heat of the summer is finally upon us, and with that comes another edition of The Mechanical Brag. MCAHN is thrilled to present to you the exciting things we have been up to this past month as an association.

## MCAHN 2021 Golf Day

In June we welcomed our members back onto the golf course for our 2021 Golf Day Event. We would like to thank the MCAHN Golf Committee (Jim DiNovo [Chair], Mike Leone, Kyle Getty, Dominic Fazio, Wanda Heimbecker) for organizing the event and Copetown Woods Golf Club for hosting. The day was a huge success as 108 golfers took the course for a day of fun (and a little healthy competition). Thank you to everyone who came out to share the day with us and we will see you again soon!



Thank you to AON Construction Services Group and Reliance Worldwide Corp.

Canada for making the day extra special by providing free golfer swag!



We'd like to extend a special thank you to our golf day volunteers who showed up bright and early to help run this exciting day. Thank you Claudia Mamros, Marcell Marshall, and Madelyn Newton for braving the chilly morning air to make sure the day ran smoothly!

Last but not least: CONGRATULATIONS to all our prize winners - your talent and skill went unmatched on the course and we wish everyone luck in preparation for next year.

**Did we raise money for charity? Yes, we did! Wait for our announcement in an upcoming newsletter for a final total.**

## Thank you to our sponsors!

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### Specialty Hole Sponsors

Men's Longest Drive: MCAHN Associate Members  
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# Emerging Professionals Committee

The MCAHN Emerging Professionals program aims to help young professionals in the industry foster connections with other likeminded professionals. The group promotes personal and professional growth while learning from industry veterans and applying these lessons learned to further professional careers.

The focus of the program is to:

- Create a network of resources
- Participate in training modules
- Create a mentorship program

Visit the [Emerging Professionals Website Here](#)

## Meet the 2021 Emerging Professionals Executive Committee!



### Say hello to Conor!

Conor Crump is an Assistant Project Manager at Alberici Constructors, Ltd. He is excited to be appointed the President of the new Emerging Professionals committee.



### Say hello to Keara!

Keara Guay is a project coordinator at Plan Group. She is excited to be appointed the Vice President of the new Emerging Professionals committee.



### Say hello to Danielle!

Danielle Nicholson is a Project Manager at Sutherland-Schultz. She is excited to be appointed as the Treasurer of the new Emerging Professionals committee.



### Say hello to Damian!

Damian is a Project Manager at Modern Niagara Southwestern Ontario. He is excited to be appointed as the Secretary of the new Emerging Professionals committee.

For more information please contact: [manager@mcahamiltonniagara.org](mailto:manager@mcahamiltonniagara.org)

## SAFETY CORNER

We hope you're enjoying your summer! While we've been experiencing a cooler, rainier season than usual that doesn't mean we should disregard heat and sun safety. As we move into August it's important we prepare for the hot weather to come and with that we have included some great resources for your benefit.



By practicing proper sun safety we can limit the amount of heat stress on the job site. This includes: wearing hats, breathable clothes, sunglasses and sunscreen and most importantly staying hydrated. More helpful tips, links and QR codes to material can be found in the downloadable PDF document below.

[Click Here to Download the Full Document](#)

[Further Links for Heat Safety](#)

[IHSA Topics and Hazards Webpage - Heat Stress](#)

## [Sun Safety at Work](#)

Visit our [website!](#)

Questions? Contact MCAHN P: 905.522.1965 E: [manager@mcahamiltonniagara.org](mailto:manager@mcahamiltonniagara.org)  
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