

THE MECHANICAL BRAG

Volume 16 - October 2021

MCAHN
MECHANICAL CONTRACTORS ASSOCIATION
HAMILTON NIAGARA

YOUR ASSOCIATION'S NEWS & EVENTS

We've had a busy month at MCAHN, which means we have plenty of new content for your enjoyment! This month pays some special attention to our up-and-coming bright minds in the mechanical field as well as highlighting more safety information and our upcoming Winter Wine Dine and Dance night. We hope you all stay safe this Halloween season, and of course, enjoy the discounted sweets the day after!



The Fall Edition of MCAHN CONNECT is now available!

[Click here to download.](#)

STUDENT CHAPTER

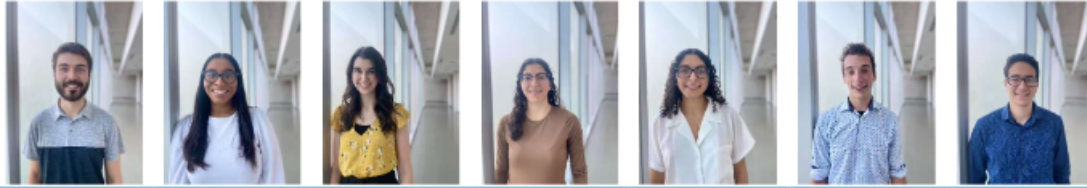
Introducing our 2021/2022 MCAHN McMaster University Student Chapter!



The student chapter gives bright university students in the mechanical and civil engineering field the opportunity to connect with faculty, and construction employers. Students learn more about their future career opportunities in the mechanical industry through leadership development programming, networking, and site tours. You can learn more about this year's Competition Team Project below and their request to learn from mentors who have industrial refrigeration/ice rink expertise.

Contact: Scott McDougall - SC President mcdougas@mcmaster.ca

Lake Placid Olympic Center Revitalization



Scott McDougall
Project Executive

Leisha Fernando
Project Manager

Brooke VanBuskirk
Health & Safety Manager

Nathalie Sa'adeh
Lead Engineer

Nicole-Marie Sa'adeh
Chief Estimator

Gavin Boyd
QC Manager

Andrew Wahba
BIM Manager



Project Overview and Scope of Work:

The Olympic Regional Development Authority have sent out an RFP for the renovation of its Olympic Center's refrigeration system to modernize the facility and preserve its sporting legacy. Great Lakes Mechanical is bidding to become the project's prime contractor responsible for the following:

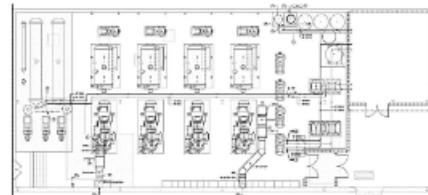
- Removal of existing refrigeration system including all refrigeration equipment, controls, electrical, HVAC, plumbing and related systems inside the existing refrigeration room.
- Removal of the exterior cooling tower.
- Supply and install of temporary chillers.
- Construction of a new R-513 indirect 1375-ton refrigeration system inside the existing refrigeration room.
- Installation of a new exterior cooling tower.

Work includes demolition, excavation, concrete, refrigeration equipment, pumps, piping, insulation, refrigerant, HVAC, plumbing, electrical, controls, motor control centers, and building modifications.

Support the Student Chapter:

The student chapter is seeking association members with expertise in industrial refrigeration and/or experience in ice rink construction for support and feedback.

Contact Scott McDougall
(mcdougas@mcmaster.ca) if you are interested in connecting with the team.



Great Lakes Mechanical

On October 14th, we welcomed our members and the 2021/2022 MCAHN McMaster University Student Chapter for the return of our annual Pub Night. Great food and drinks were had by all with the chance to enjoy some in-person experiences once more. Our experts in the industry offered some insightful feedback to assist our Student Chapter team as they move forward with their project.



We'd like to thank Beacon Insurance and Reliance Worldwide Corporation (Canada) Inc. for their generous event sponsorship!



MCAHN president, Greg Crawford, started off the evening with some wisdom and a celebratory toast to the bright future of the mechanical industry. We'd like to recognize and thank Greg for his hospitality.



SAFETY CORNER

Mental Health Awareness Presentation: Join the IHSA as they begin the journey to address workplace mental health

"Join **Kathy Martin**, Mental Health and Wellness Specialist with IHSA, as she addresses workplace mental health. This **no-charge on-demand** webinar covers mental health reminders, factors at play, what you can do next and how IHSA can help including ready to use Safety Talks.

The webinar is 21 minutes in duration and includes a certificate of attendance (sent within 48 hrs)."

Keep an eye out for upcoming mental health resources from the IHSA.



[Click Here to Access On-Demand Webinar](#)

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Winter Wine, Dine & Dance



Date night returns!

It's back! The time has come once again to pull out the formal wear and your best dancing shoes for our Winter Wine Dine and Dance. This is the last call to join us on November

5, 2021, at the Marquis Gardens in Burlington for an evening of drinks, good food, and even better company. The last day to RSVP is October 27, 2021.



Please direct any completed registration forms or questions to manager@mcahamiltonniagara.org

THANK YOU EVENT SPONSORS!

WINE

AON

DINNER



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We hope to see you there!

Questions? Contact MCAHN

P: 905.522.1965

E: manager@mcahamiltonniagara.org

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