



MRBraz and Associates, PLLC

COOL NEWS

October 2018: Issue 6

MRBraz Package Systems: Project Deliveries and Updates

Deliveries to our 2030 Shop location:

Pottsville vertical condenser/syphon vessel



Project Updates:



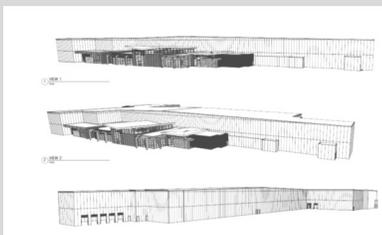
← Pottsville oil cooler installation is on-going after outage, and new subcooler HEX is online.

Johnstown air condenser project foundations are complete, and ready for steel erection.



← New Caney vertical receiver manufacturing and inspections by MRBraz are on-going.

Saginaw Meat Plant design nearing 90% completion:



MRBraz News:

ABC's of Refrigerated Facilities

MRBraz and Associates will be joined by fellow industry experts at the [ABC's of Refrigerated Facilities Conference on October 23rd and 24th, 2018 in Dallas, TX](#) hosted by Turn Key Solutions .

This event, geared towards end users, will look at the fundamental disciplines, strategies, and best practices for building a safe and efficient refrigerated facility from the ground up.

Specifically, MRBraz will be presenting on the following topics :



- Proper Ventilation and Controlling Condensation
- Temperature Pull Down for Refrigerated Spaces

More information on presentations, registration and other conference details can be found at www.tksbuilding.com in the Upcoming Events tab.

Speakers at Azle High School's Industrial Refrigeration Class:

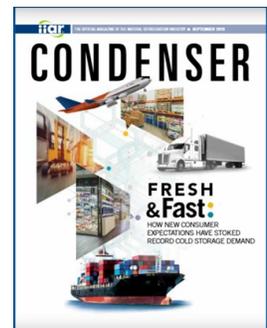
Jason Funk and John Yates from Proface America:



Dave Rule, President of IIAR:



The AZLE Initiative



An excerpt from last month's IIAR Condenser Magazine:

Former Foundation Chairman, Marcos Braz, put his money where his heart is - planning for our future. He worked with community leadership, and the school system in Azle, Texas, to develop the first refrigeration training component integrated into a high school curriculum. The effort has led to a graduating cohort of 12, and six of them have passed the intensive CARO Exam (by RETA) and proudly wear their patches.

"In my opinion, the Azle HS Industrial Refrigeration program, and the IIAR conference experience are definitely in the top category of educational experiences we have provided Azle ISD students in the past 24 years I have been part of Azle ISD."
- Todd Smith, Assistant Superintendent
Azle Independent School District

Building upon this effort, The Foundation Board voted to develop a template and model that can and will be shared with the IIAR membership. The concept is to build a program that can be implemented on a national scale. The Foundation will develop and provide the information and instructions needed for public and private partnerships to address the issue of the growing gap in skilled labor for the industry.



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October: Focus on Health

When we think of October, thoughts of ghosts, goblins, costumes, trick or treaters, candy and breaking out the spooky Halloween decorations come to mind. So it's a bit surprising to know that October is also a month that focuses on health. Specifically, mental health: Mental Health Week is: October 7th – 13th and World Mental Health Day is October 10th every year since 2012. As of late, media has bombarded us with news of celebrities that have lost the battle with their mental health issues. But the truth is, many of us have felt out of control when everything just seems to go wrong at some point in our lives. Though not medical advice, here are some helpful tips to try to regain control and to find yourself in a better place mentally.

- 1. Change the Negative Thoughts in Your Head:** Many people are plagued by insecurities or doubts. The secret is not to dwell on them. Use empowering phrases such as I am safe, I am a winner, or I am changing my life for the better. Change the negative thoughts in your mind by using positive affirmations to help boost your success.
- 2. Banish Naysayers:** Sometimes the only way for you to move forward is to cut all ties with negative people. When you try to make positive changes in your life you'll be upsetting their status quo. You may find yourself being dragged right back down despite your best efforts otherwise.
- 3. Set Goals in Writing:** If you don't have any goals to aspire to then you're like a ship without a rudder. Directionless, going with the flow, at the mercy of others. If you want to turn your life around then you need concrete goals and you need to put them in writing. Putting goals in writing gives them life. The simple act of putting pen to paper makes your goals real. Follow the SMART goals format to strengthen them: Specific, Measurable, Attainable, Realistic and Timely.
- 4. Take Care of Your Physical Body:** You need to take care of your body in order to take care of your mind and your life. Fill your body with nutritious foods and exercise. Do something you enjoy, the important part is to move your body.
- 5. Be Grateful:** It's easy to become caught up in all the things going wrong in your life or all the losses you've suffered. This only serves to depress your mood and keep you stuck. Look at how far you've come and at what is working well in your life! It may be as simple as having food in your belly and a roof over your head.

For more useful tips, visit activebeat.com.

Lastly, as an MRBraz employee, you have free and anonymous counseling services through ADP called the Employee Assistance Program: 855-268-1006.

Priority and Quality

Looking back at the flooding we had a couple of weeks ago, I came across few thoughts to share. They are all good I promise! The torrential rain came unexpectedly, which caused one of the main storm drains at our VWMB 2030 shop to become clogged, thus threatening to flood the entire main building. What timing! It's a Friday night, and I'm headed home from the airport; it's been an exhaustive week, and this is now feeling like the longest leg of my entire trip. My self-pity aside we, Vivian and I managed to get some water to flow that night, and avoided flooding at the shop. We also prayed for the rain to cease. God attended! This event made me realize that the quality measures taken prior to the strong rain were not properly prioritized. Priority is defined by the level of importance, and quantity of time we engage ourselves in to complete a task. It does not necessarily mean what we'd rather do, or prefer one task over another, but what must be done. I strongly believe that the quality of our lives, and quality of our work, is determined by the level of priorities we give each task at hand on a day to day basis. Quality is defined by reaching results and meeting expectations. Expectations are very important, and are backed up by results. They (expectations) also need to be adjusted frequently to take into account time and money. My best approach to conciliate time is to have tasks in order of priorities, and in many cases start with giving priority to the tasks that require less time (low hanging fruits) to complete. More time is then reserved for the tasks that are more complex. The catch is to make sure that postponing does not equal procrastination. A few thoughts to share, which I try to abide by, after asking for HIS blessings every day:

"Lack of time does not exist. Only priorities we established up front."

"Perfectionism leads to procrastination."

"Quality must address expectations upfront."

All the above requires dialogue, discipline and organization. We all try hard to do our daily work, and failures should not cause dismay but challenge us to do better on our next tasks. The next day - Saturday - a very valuable Team of volunteers came to help and fix the issue at 2030. We all agreed with the herculean effort required to fix the storm drain, plugged by many years of trash and bad design. I felt very proud of our Team, as always coming through the challenges with the highest sense of priority!

-Marcos Braz, President

Birthdays And Anniversaries



10/1 Sayra's Anniversary (2012)

10/8 Jeffrey's Birthday

10/16 Carl's Anniversary (2017)

10/22 Zane's Birthday

10/24 Jeffrey's Anniversary (2016)

10/27 Mario's Birthday

LOL Break

