



MRBraz and Associates, PLLC

COOL NEWS

December 2018: Issue 8

MRBraz Package Systems: Project Deliveries and Updates

Corinne, UT: VHPR



Johnstown, PA: Air Cooled Condensers



Pottsville, PA: VHPR



MRBraz at the 2018 RETA Conference!



MRBraz had **Booths 304 & 306** at this year's RETA Conference in Dallas.

We promoted our newly tested and approved **VAV Box Retrofits**, and also our highly efficient and sustainable **NH3 Critically Charged DX Chillers, and Waterless Air-Cooled Condensers**.

During the conference, Azle ISD's Industrial Refrigeration Class was able to visit with industry leaders, and participate in seminars and demonstrations.

Thanks to all involved in making this year's RETA Conference a success!



VWMB: Assembly & Manufacturing

Lewiston, ID: AHU



Sterling, CO: AHU



Pottsville, PA: AHU





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Tis' the Season



The holidays are supposed to be the most wonderful time of year, but for many people they're also the most stressful. Between over-scheduling, not getting enough sleep, being perfectionists about gifts, decorating and entertaining, we can lose sight of what's really important. *"Excessive stress depletes you, fatigues you and demoralizes you, in addition to worsening many medical conditions,"* according to Amit Sood, a stress-reduction expert and author of [The Mayo Clinic Guide to Stress-Free Living](#). It can also negatively affect others, not only in our personal lives, but at work as well. Sood suggests that you use five principles to generate more positive thoughts and emotions:

Gratitude - Acknowledge your blessings, small or large. Before you get out of bed, in the morning take a few minutes to think about five people in your life whom you are thankful for. Think about how they've touched your life in positive ways and send silent thoughts of gratitude to them, he says.
Compassion - Recognize and honor the pain and suffering of all. Try to heal with words and actions. *"Pursuit of compassion gives us greater happiness than pursuit of happiness,"* he says.
Acceptance - Play the hand you have, he says. Embrace life's uncertainties by letting go of the uncontrollable.

Forgiveness - It's your gift to yourself and others. It provides peace and freedom.

Higher meaning - Focus on who you are, why you are here and what the world means. You touch a part of the world and leave it a little better and happier than you found it.

The holidays should be a time rich in relationships, relaxation and recreation, Sood says. They should be about being extra kind to others and yourself.

"It came without ribbons. It came without tags. It came without packages, boxes or bags. Maybe Christmas doesn't come from a store. Maybe Christmas means a little bit more." Dr. Seuss



Don't forget our Annual Christmas Party is:

Friday, Dec. 14th from 6PM at the Petroleum Club



Thanksgiving Season and The Refrigeration Cycle

Most of the time scientists try to model what is found in nature by listing and combining the relevant and important variables related to a phenomenon so it can be explained to our understanding. It is a simplification that may allow useful results to further applications in our daily routine. The refrigeration cycle is an example of that. Removing energy (heat) from one environment to another by applying work is a great simplified model.

As we work with the refrigeration cycle we have to deal with variables all the time. Weather forecasts included. Sometimes you gravitate from scientific to technical areas by analyzing parameters and trying to make sense out of them. Modeling (simplifying) is essential to understand what is happening. Even if you don't know what a reverse Carnot Cycle is, it is nothing more than a simplified tool to comprehend how energy travels through a refrigeration system and in which rate. It has to be a simplification of the real occurrence. We all have to identify variables, model them (simplify) and understand to correct them on any aspect of this cycle.

I venture to say that our thankfulness to the blessings received during the year come from our realization of which variables influence our lives, and determining which ones are really important to regard. It is in a way modeling what is around you to realize what is really important, which makes a difference in the daily appreciation and execution of our present and future steps. If I still got your attention, one could say that the scientific approach of modeling by giving variables their proper significance is a great tool to count our blessings and celebrate life.

Wishing all and each one of you a safe and joyful holiday season!
 Merry Christmas.

Marcos Braz, P.E.- President

Birthdays And Anniversaries



- 12/1 Christi's Birthday
- 12/2 Jeriat's Birthday
- 12/9 Patricia's Anniversary (2013)
- 12/11 Stacy's Anniversary (2017)
- 12/16 Kyle's Birthday
- 12/21 Christian's Anniversary (2015)
- 12/22 Daniel's Anniversary (2014)
- 12/23 Carol's Birthday
- 12/24 Justin C.'s Anniversary (2015)

Spotlight: Delicious Tradition



MRBraz and Associates continued its Thanksgiving tradition of making sure everyone had a full table of food to share with friends and family this year. Over 40 meals, complete with turkey and sides were ordered, picked up and enjoyed!

LOL Break

