

Metropolitan Washington Association of Plumbing-Heating-HP Inc.

Newsleak - February 2024

MWPHCC Upcoming Tech Training Thursday, February 1, 2024 6:00 pm Holiday Inn, College Park, 10000 Baltimore Avenue

MWPHCC Tech Training - WARDFLEX MAX CSST Sponsored by Ferguson and Harry Eklof & Associates, Inc.

MWPHCC Members, register today for an exciting in-person event,

MWPHCC Tech Training - WARDFLEX MAX CSST Holiday Inn Washington-College Pk (I-95).

Discover the latest advancements in WARDFLEX MAX CSST technology and gain valuable insights from industry experts. Whether you're a seasoned professional or just starting out, this event offers a unique opportunity to expand your knowledge and network with likeminded individuals.









Register here for the Tech Training

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UPCOMING MWPHCC TECH TRAININGS



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All trainings begin at 6:00 p.m. and are held for Chapter Members at Holiday Inn, College Park





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The PHCC Educational Foundation® provides innovative educational programming to enhance the growth and success of the plumbing and HVACR industry workforce. We deliver educational programs & training aimed at industry employees at every stage of their career. Our thanks go out to the dedicated volunteers and donors who drive our mission forward, and we encourage you to join our team.

OUR STORIES



Liam Chapman

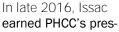
2018 PHCC Educational Foundation Scholarship Winner

The Foundation's donors and the scholarship they made possible have been a great help by allowing me to worry less. about expense and focus on the end goal. Your scholarships have helped me pay for code books, textbooks, and tuition in the past two years.

READ MORE ...

Issac Bilek 2016 PHCC

Apprentice of The Year



tigious Apprentice of the Year award and placed second in the Educational Foundation's Plumbing Apprentice Contest at CONNECT 2016.

READ MORE ...



Nicole Gorrell

Foundation Scholarship Winner

Your scholarship has greatly helped me feel more comfortable with my expenses so that I may focus on my classes, and I am very excited to reach my goals of improving the HVAC industry.

READ MORE ...

OUR PROGRAMS

Education and Training

Learn about our technical and management training programs, our apprentice textbooks and PHCC Academy® online learning platform.



- CONSTRUCTION MANAGEMENT **WORKSHOPS**
- FAST TRACK SERVICE AND REPAIR TECH TRAINING
- WORKFORCE READINESS TRAINING
- ONLINE APPRENTICESHIP TRAINING
- PLUMBING & HVACR TEXTBOOKS
- PLUMBING ASSESSMENT TESTING

Scholarships

Learn more about our scholarship program and apply for an award.

LEARN MORE AND **APPLY**

National Contests

Learn more about the national Plumbing and HVAC contests and the SkillsUSA National Championships.

- HVAC AND PLUMBING CONTESTS
- SKILLSUSA COMPETITION
- NEWS PHCC EDUCATIONAL FOUN-DATION SUPPORTS PLUMBING. HVACR CONTESTS AT SKILLSUSA COMPETITION

NEWS, RESOURCES, & **FVFNTS**

Foundation News

- GETTING SOCIAL GROWS DONA-TIONS - SUPPLYHOUSE.COM PRO-VIDES \$57,000 TO SUPPORT SKILLED TRADES
- PHCC EDUCATIONAL FOUNDATION CONGRATULATES OUR 2023 NATIONAL APPRENTICE **CONTEST WINNERS**
- FIFTY-SEVEN STUDENTS AWARDED \$139,000 IN SCHOLARSHIPS THROUGH THE PHCC EDUCATIONAL **FOUNDATION**

Resources

- WORKFORCE DEVELOPMENT
- **OVERHEAD & PROFIT CALCULATOR**
- **OTHER SOFTWARE TOOLS**

Events

- JAN. 2023 SCHOLARSHIP PRO-GRAM APPLICATIONS AVAILABLE
- MARCH 2023 ESSENTIALS OF PROJECT MGT. CLASS
- MAY 2023 SUPER FOREMEN WORKSHOP



Click on the BLUE text for more information about each topic!



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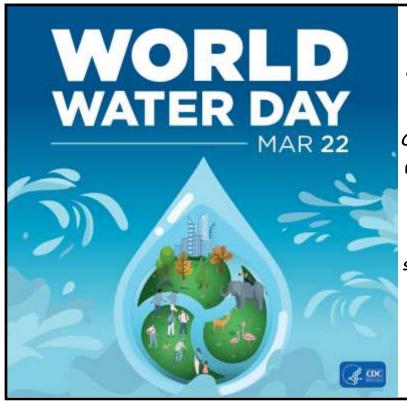
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Contact Kevin Cerretani of The Joyce Agency 703-898-2020







World Water Day 2023 will focus on accelerating change to solve the water and sanitation crisis.

Celebrated annually, World Water Day raises awareness and inspires action to tackle the water and sanitation crisis.

World Water Day became a UN observance day in 1993. It seeks to focus attention on the global water crisis.

To receive SDG event notices, news, and analysis in your inbox, subscribe.



32-Hour Backflow Certification & 8-Hour Recertification

Federally, the Safe Drinking Water Act of 1974 requires Public Water Systems to keep harmful contaminants and pollutants from entering the water distribution system through cross-connections and backflow. For this reason, Certified Cross Connection Control Professionals are in demand.

The Mid-Atlantic Backflow Academy brings cutting-edge backflow instruction at a centralized, east coast location.

In the **32-hour, 3-day class**, participants develop a working knowledge of the causes and principles of backflow and backflow prevention. Recognizing proper backflow prevention assembly application and operation is stressed. Complete understanding and the ability to perform accepted field-test procedures for all backflow prevention assemblies is required for successful completion.

The **8-hour, 1-day class** provides a recertification opportunity to keep your certification current and up-to-date.

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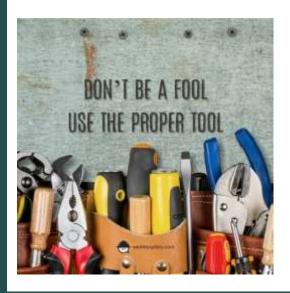
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Click here for more information, upcoming dates and registering!



Proper Tools



When it comes to workplace safety, Tip #1 is to always use the appropriate tool for the task at hand.



New Year.....New Scholarships!

The Foundation's scholarship program is a powerhouse, delivering dozens of scholarships each year to help launch industry careers. We are happy to announce that two new awards have been added for our 2024 scholarship program.

New Award For Veterans

Gil Meyerowitz Memorial Scholarship

The Meyerowitz family runs several supply houses in New York, plus the nation-

al SupplyHouse.com site. When Gil Meyerowitz passed away in April 2023, he allocated a portion of his estate to supporting veteran related causes - including funding for the Foundation to support veteran scholarship awards.



Beginning this year, a \$3,000 scholarship will be available to qualified Foundation applicants who are also a United States Armed Forces veteran; a current or former National Reservist or a member of the National Guard.

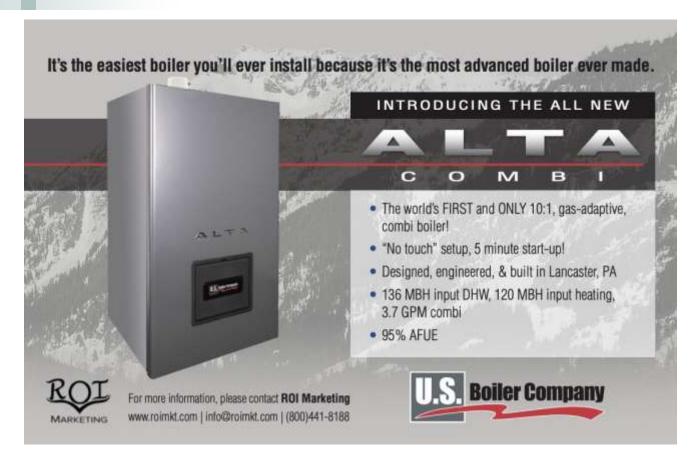
Four New Awards for Hispanic & Latino Applicants Ferguson Cares HOLA Scholarships

The national supplier Ferguson provides #FERGUST their associates with ways to support their interests through its internal Busi-

ness Resource Groups (BRGs). Ferguson Hispanic and Latin American (HOLA) BRG members are eager to support organizations that focus on the educational development of individuals within the Latino community, particularly those involved in trade work.

This year the Ferguson Cares Foundation is providing funding to support four new \$1,500 scholarships, which will be available to qualified Hispanic or Latino applicants.

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3 WAYS TO STOP WORRYING AND LEAD

By: Dan Rockwell, The Leadership Freak Blog, January 22, 2024

Worrying causes you to jump to the worst possible conclusion in a single bound; or is it the other way around?

You know you're worrying when you're tired all day and awake half the night. Your muscles tense, your stomach hurts, and your head aches. You overthink, avoid, and struggle with decisions when you're worried.

Worry vs Concern

Worry is paralyzing. Concern is responsive.

Worry is desperate. Concern says, "It's hard, but we've done hard things before."

Concern brings out your best. Worrying invites you to

invites you to forget yourself.

Tip: Don't minimize. Don't catastrophize.

3 ways to stop worrying and start leading:

#1. Choose responses before you need them.

Suppose you're worrying about being confronted with questions you can't answer. Write down your best response and stick it in your pocket. For example...

- That's a great question. I need some time to think before I respond. I'll get back to you.
- I'm not sure of the answer to that.
 Let me get back to you this afternoon.
- I wish I'd thought of that question.
 Give me some time to talk it over with our managers and I'll get back to you.

#2. Challenge worries.

Ask yourself, "How likely is this worry to happen?" The zombie apocalypse hasn't happened

yet. How likely is it going to happen this month, on a scale of 1:10?

Don't pretend it's going to be OK. Maybe things will go sideways.

#3. Plan.

- ♦ Several backup plans is too many.
- Replace "what if" with "what about".
- Do an if-then. If X happens, we'll do Y.

Tip: Action answers worry.







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