



Useful tips, news and information from James CRAFT & Son, Inc.

## Envigo: Building 7 & 8 Renovations



*Air Cooled Chillers*



*Mechanical Equipment & Piping*



*Rooftop Air Handler*



*Water Heaters & Softeners*

**F**ollowing a preliminary budget estimate and bidding process, James CRAFT & Son was selected to partner with the general contractor and design team to develop the final mechanical scope and configuration for Envigo. Selection was based on our cost estimate, design, and construction capabilities, as well as our understanding of the project requirements.

Our role as a Design Assist partner was to review the system design and equipment selections throughout the design process for constructability and to recommend changes that would enhance the system's performance while maintaining or reducing costs.

Being involved in the early stages of this project afforded us the opportunity to assist in final selection of plumbing and HVAC equipment and to procure long lead time items early to meet the condensed construction schedule. As the building design approached its final stages, our BIM design team created mechanical and plumbing system models, coordinated our work with other trades, and identified areas of concern for the design team to review.

After a final building model was completed and approved, our crews immediately began layout, prefabrication, and installation of the piping, ductwork, and equipment.

**Unique Features:** Envigo is an animal breeding and holding facility serving the Life Sciences and Pharmaceutical industries and has special environmental control requirements for temperature, humidity, air quality, and safety. We furnished and installed packaged skid mounted hot water and steam boiler systems, air cooled chillers, 100% outside air ventilation units with energy recovery from the building exhaust system, and water treatment systems.

**Challenges:** This was a fast-paced project which was complicated by the impact of COVID during its early stages causing work restrictions, material delivery delays, and manpower shortages.



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## Test Your Knowledge

1. What was the first Lifesaver flavor?
  - a. Cherry
  - b. Lime
  - c. Peppermint
  - d. Sassafras
2. How many red squares are there on a standard checker board?
  - a. 32
  - b. 28
  - c. 30
  - d. 26
3. What is Cap'n Crunch's first name?
  - a. George
  - b. Jeffrey
  - c. Charles
  - d. Horatio
4. Before starting to make cars, what was Toyota's first product?
  - a. A tractor
  - b. A loom
  - c. A vacuum cleaner
  - d. A sewing machine
5. Which popular toy, that is still widely used today, was invented by Arthur K. Melin in 1958?
  - a. Hula hoop
  - b. Slinky
  - c. Jacks
  - d. Jump rope

ANSWERS: 1. c; 2. a; 3. d; 4. b; 5. a

—Random Trivia Generator

# Conduct An Inventory Of Your Successes To Get Back On Track

Most of us have fallen into the trap of undervaluing our achievements. No matter what we've achieved, on a bad day we can easily view our lives as a series of failures and disappointments. But you don't have to surrender to negativity. When you start feeling like a has-been, step back and make a list of your accomplishments. Examine these four categories:

- **Education.** Review the classes you've completed, the degrees you've earned, and your professional certifications.
- **Professional positions.** List every major job you've ever held, along with the responsibilities and authority you had.
- **Projects.** Look at every project you've been involved in that met with success because of your contributions, large or small.
- **Accomplishments.** Note every career achievement: awards, promotions, significant praise from superiors, and so forth, along with its importance to your organization, the community, your family, and yourself.

This "success inventory" will help you get back on the track of thinking positively about your strengths and potential. Don't let negativity and self-talk weigh you down.

*"Today I will do what others won't so tomorrow I can accomplish what others can't."*

—Jerry Rice

## The Stuff Dreams Are Made Of

Dreams may reveal our fears, our desires, our emotions, our repressed experiences—or they may just be random electrical impulses. Psychologists have tried to clarify what's really going on when we're running naked pursued by a herd of singing pink hippos. Here are interpretations of common dreams:

- **Falling.** You may sense that something is out of control, or that you're at risk of failure.
- **Flying.** Soaring in the sky can indicate you're feeling extremely confident or proud of something in your life. But if you're struggling to stay aloft, or worried about falling, you may have anxiety about what you're doing in some area.
- **Running.** Maybe you're being chased—or just running but not going anywhere. You could be feeling stuck, just going through the paces. Or you sense a threat you want to get away from.
- **Naked.** It's likely that you're feeling exposed, embarrassed, or unprepared, or that you wish to hide something.
- **Teeth falling out.** This can express fears surrounding one's appearance, or the ability to communicate. You may feel helpless, humiliated, or unable to speak your mind.
- **A hallway.** This symbolizes self exploration. It is the beginning of the path that you are taking in life. You are going through a transitional phase and journeying into the unknown.
- **A ladder.** This suggests that you have reached a new level of achievement. It is symbolic of prosperity, hard work, and your efforts.



## Be Extra Cautious When Working In These Areas

Workplace injuries and illnesses in the private sector have declined steadily every year since 2002, but millions of Americans are still seriously hurt or killed on the job every year.

Where are employees most at risk? Take a look at OSHA's most cited workplace violations in 2021:

- Fall Protection – General: 5,295 violations
- Respiratory Protection: 2,527
- Ladders: 2,026
- Scaffolding: 1,948
- Hazard Communication: 1,947
- Lockout/Tagout: 1,698
- Fall Protection – Training: 1,666
- Personal Protective and Lifesaving Equipment – Eye and Face Protection: 1,452
- Powered Industrial Trucks: 1,420
- Machine Guarding: 1,113

**SPEED BUMP**

**Dave Coverly**



## Find Satisfaction In Giving Back

Volunteer work can help you meet like-minded people, explore career options, and make you feel more fulfilled and connected to your community. To get the most out of volunteering, start by identifying what you want to do.

Consider the kinds of activities that make you lose track of time and choose volunteer work that incorporates your particular passions. Make a list of your limitations and preferences. Do you work better at night or in the morning? Do you like to be in charge of projects or prefer a supporting role? Remember that your goal should be to find volunteer work that gives you a charge, not one that leaves you depleted and stressed.

You might consider making a list of skills you'd like to improve or acquire, like public speaking or managing a team. Volunteering is a great opportunity to “dip your toes in the water” and see how you do.

Once you've started volunteering, consider keeping a journal to reflect on how you are feeling, what you enjoy most, and what responsibilities leave you exhausted or frustrated. Remember to take care of yourself, too, because you can't help others if you feel exhausted.

## Poultry In Motion

A farmer sent his teenage son to the market to buy some chickens. The young man was eager to do a good job, so he drove quickly, bought a crate of chickens, and got a receipt. He threw the crate in the back of his pickup truck and started home.

Driving along, he hit a rock in the road, and the crate flew out of the truck and broke apart. The frightened chickens scattered in all directions.

The boy frantically began gathering up the chickens, but they ran through the neighborhood, hiding behind bushes and houses on the street. By the time the son had collected every chicken he could find, he was exhausted. He had to drive with them in the cab of his truck until he reached the farm.

He jumped out and gave his father the receipt and his change. The chickens jumped from the cab and milled around, cackling and squawking. “Well, Dad?” asked the boy. “Did I do all right?”

“Son, you did fine.” His father patted the young man's shoulder.

“According to the receipt, you paid for six chickens, and you brought home eight.”

## Try A “Spending Fast” To Break Your Overactive Buying Habits

*TheStreet.com* recently asked some financial planning pros for their best tips on living within a budget.

One suggestion that sounds particularly intriguing is declaring a moratorium on spending. Commit to spending absolutely no money for one day a month. Try stretching it to two or three days if possible. Once you've nailed that, try a no-spend month!

You'll find out how much money you spend without thinking about it, and you'll break yourself of the habit of reaching for your wallet on impulse. And you may find more constructive ways to spend your time instead of your cash. You may even lower your stress levels, become more resourceful, use what you already have, and rediscover that some of the best things in life are free.



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## Human Resources Highlight

*Welcome to Safety Manager Jim Kann*



*Safety Manager Jim Kann*

We recently welcomed James Kann to the CRAFT & Son team as our newest Safety Specialist. Jim has more than 30 years of experience in industrial and construction safety and possesses an Associated Degree in Occupational Safety and Health.

Jim is also certified in First Aid & CPR, Accident Investigations, and Pennsylvania Training for Health and Safety (PATHs), just to name a few. Jim's skill set and experience make a great fit for our Safety Team.

When Jim is not at work helping to keep the employees of James CRAFT & Son safe, he can be found outdoors with his wife and two sons. Jim is a cold weather lover—when he isn't

snowmobiling (his passion), he enjoys traveling to places where there's lots of snow like Maine, Montana, Idaho, and Wyoming. Welcome to the team, Jim!



*James CRAFT & Son's annual employee safety day is coming up on December 16th!*

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