

PIPELINE

PIPING SYSTEMS INC.

PROCESS PIPING • PLUMBING • HVACR • BOILERS • FIRE PROTECTION SYSTEMS • ELECTRICAL • SPRINKLER INSPECTIONS

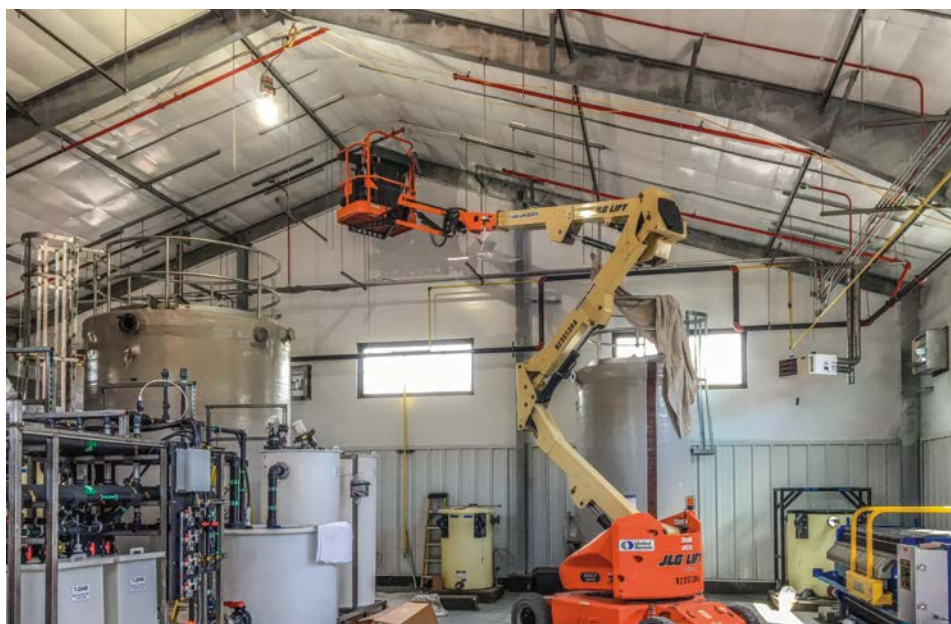
SUMMER 2018

Saving Our Client Money By Cross-Training

Piping Systems, Inc. recently completed the installation of mechanical piping, HVAC, fire suppression, and plumbing systems at the Blackburn & Union Privileges Superfund site in Walpole, Massachusetts. The former industrial site is currently being remediated due to chemical contamination. Located in a predominately residential area, the town received a grant from the Environmental Protection Agency (EPA) to remediate the site. The town plans to reuse the site for future municipal, age-restricted housing, or commercial/industrial use.

The EPA Superfund Program was established in the 1980s to protect human health and the environment by cleaning up polluted sites, holding responsible parties accountable, involving local communities in the cleanup process, and returning the sites to productive use. The Blackburn & Union Privileges site was added to the Superfund National Priorities List in 1994 when the EPA discovered that on-site soils, groundwater, and sediment in the nearby Lewis Pond and Neponset River were contaminated with volatile and semi-volatile organic compounds, and inorganic chemicals, including asbestos, arsenic, lead, and nickel. The site was originally used for manufacturing of rubber goods, cotton, fabric, and insulating materials.

Our team was selected by Weston Solutions to assist in the remediation of the site. Weston was tasked with overseeing the extensive short- and long-



term cleanup phases of the 22-acre site.

A new 3,600-square-foot water treatment building was constructed on the property to house processing equipment to treat and monitor the clean-up of on-site groundwater. Our team was responsible for the installation of mechanical piping and plumbing, fire protection, and HVAC units in the water treatment building.

Proper Precautions Were Necessary

The small footprint of the water treatment building meant traditional booms and hoists could not be utilized during the installation. Low ceiling heights required delicately maneuvering materials and extensive communication between all trades. Despite these challenges, Weston

superintendent Joe German ensured jobsite safety and facilitated meeting the tight project deadlines.

Our relationship with Weston Solutions was first established in 2011, when we assisted in the remediation of the Re-Solve Inc. Superfund site in North Dartmouth, Massachusetts. Much like the Blackburn & Union site, Re-Solve was once the location of a chemical reclamation facility. Solvents, waste oils, acids, and inorganic liquids and solids were all separated and recycled. During processing, distillation residue, liquid sludge waste, and impure solvents were dumped into four unlined lagoons, seeping directly into the site's groundwater. The site was added to the EPA Superfund list in 1983 and our team

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Beyond IQ: Key Traits You Need To Have Today

Being smart is important to achieving a successful career, but it's far from the only factor. To advance in your career, cultivate these key traits, which are commonly known as "soft skills":

- **Conscientiousness.** Do your job to the best of your ability. Keep your commitments.
- **Openness.** Express yourself honestly and forthrightly—but politely—so people know what you really think.
- **Agreeableness.** Do your best to help out your co-workers when they ask for assistance.
- **Stability.** Keep your emotions under control no matter how stressful the day gets.
- **Extraversion.** Be as outgoing as you can. Meet new people and get to know them. Build a wide network of colleagues you can call on for information and support (and support them as well).

Remember These Three Sets of Numbers For A Healthy Heart

Improving your heart health doesn't have to mean two-hour gym workouts or a diet of kale and water. The Mayo Clinic website offers three easy steps to keeping your heart in good shape for a long, healthy life:

- **Eat five.** Five servings of fruits and vegetables a day can boost your heart health. Include fruits and vegetables in all your daily meals, and snack on them instead of, or at least in addition to, chips or other junk food.
- **Move 10.** Add 10 minutes of physical activity a day to your routine. This can add up to 60 minutes a week to your exercise regimen, reducing your risk of heart disease by as much as 50 percent.
- **Sleep eight.** Make sure you get at least eight hours of sleep a night. Ample, restful sleep is important to keeping your heart healthy.



This Substance May Revolutionize Solar Power

Solar power is expanding at a breakneck pace thanks to breakthroughs in a crystalline material called perovskite. Perovskites can darken windows on sunny days and clear them on cloudy days. Now scientists are using them to generate electricity.

Perovskites are a combination of elements with a specific crystalline structure. According to the AAAS website, solar panels made of perovskites are almost as efficient at transforming sunlight into electricity as the best modern solar panels.

Top perovskite panels can convert 22 percent of sunlight energy into power, compared with 25 percent produced by standard silicon panels—and the building materials for perovskite are cheaper than those for today's solar cells, making them a prime candidate for smart windows that can also act as solar panels.

Why Is Iceland A Model For Creativity And Innovation?

One in 10 adults in Iceland has published a book. Playing in a band is considered a rite of passage there, and almost everyone knows how to knit and sew. What makes Iceland a leader in creativity and innovation in design, music, art, literature, and more?

According to an article on the *Futurity* website, a professor of counseling psychology at the University of Kansas wanted to find out, so she led a team of researchers to Iceland to interview people and to search for an answer.

One reason, the team learned, is education. Children in school learn to use tools, build and create all types of products, and more—as opposed to the constant testing in U.S. schools.

Another factor: Iceland's long, dark winters. Residents spend a lot of time indoors together, collaborating on what has to be done.

During the summer, though, long, bright days that interfere with sleep patterns lead many people to uninterrupted hours of creativity.

Finally, Iceland's lack of resources throughout much of its history has forced its inhabitants to be creative, making furniture from driftwood, for example, and being creative about finding and preparing food.

SPEED BUMP

Dave Coverly



Sleep? There's An App For That!

We use the apps on our smartphones for all sorts of things. One of them is tracking sleep patterns. In a survey of 934 mobile phone users by the NYU School of Medicine, 28 percent of participants reported that they use a health app to monitor how long they sleep, what time they go to bed, and whether they wake in the middle of the night, as well as whether they snore, have breathing problems while asleep or change positions.

Thirty-five percent of men and 20 percent of women reported tracking their sleep, and the average age of sleep trackers was 34. The most popular apps (of 24 named in the survey) were Fitbit (10 percent), Lose It (3.5 percent), and Apple Health (2.6 percent).

Master These Communication Skills To Improve Relationships

Getting along in the workplace depends to a large extent on your communication skills. Doing your job is important, but letting people know what you're doing—along with understanding what they want from you—is essential to your success. Here are some top communication skills to cultivate:

- **Listening.** Expressing yourself is vital, but understanding what others are telling you allows you to make your arguments more persuasive.
- **Body language.** Nonverbal communication sends a powerful message. Be aware of your hand gestures, eye contact, stance, and tone of voice so you don't undercut what you're trying to say.
- **Brevity.** Going on and on, even when you're right, turns people off. Learn to make your points clearly and concisely, then shut up to let others respond.
- **Friendliness.** You don't have to be best friends with your managers and co-workers, but you should make an effort to get to know them. Smile, be polite, and show interest in their lives.
- **Empathy.** Show your understanding of other people's words and ideas, even if you disagree with them. A little empathy goes a long way.



Quick Tips To Inspire Creative Thinking

Creativity doesn't conform to any strict rules—but it does follow some general guidelines. Here are some quick thoughts on nurturing the spark of inspiration:

- If it's not broken, break it.
- Ask "dumb" questions.
- Don't obsess over success—pursue failure.
- Get out of your office as much as possible.
- Read unusual stuff, not just journals that relate to your job or focus.
- Avoid moderation. Go for it all.



Which MLB team moved from the American League to the National League in 1998?

Knowledge of Dubious Value

- 1) Which biblical character is best known for his incredible patience?
 - a) Job
 - b) Jacob
 - c) Joseph
 - d) James
- 2) Which of the Great Lakes is located entirely within the United States?
 - a) Lake Huron
 - b) Lake Erie
 - c) Lake Michigan
 - d) Lake Superior
- 3) To balance interleague playing schedules, which MLB team moved from the American League to the National League in 1998?
 - a) Seattle Mariners
 - b) Arizona Diamondbacks
 - c) Florida Marlins
 - d) Milwaukee Brewers
- 4) The Roman numeral "D" represents which number?
 - a) 50
 - b) 100
 - c) 500
 - d) 1,000
- 5) The International Red Cross flag is an inverted-color version of which northern European nation's flag?
 - a) Switzerland
 - b) Iceland
 - c) Norway
 - d) Sweden

—from *mental_floss*

Answers: 1) a; 2) c (Lake Michigan borders Illinois, Indiana, Michigan and Wisconsin); 3) d; 4) c; 5) a

Addressing the Labor Needs of the Industry

Staying current with industry trends is a priority for PSI, and we regard service to the industry as being equally important.

Pauline Lally, PSI's President and Treasurer, has served on the board of the Massachusetts Bureau of Pipefitters, Refrigeration Technicians and Sprinkler Fitters since being appointed by Governor Romney in 2005. The Bureau promotes rules and regulations for the examining and licensing of fire sprinkler contractors, pipefitters, refrigeration techs and sprinkler fitters. The Bureau also meets to review license applications and to determine and approve eligibility of applicants.

In April, Henry Mattuchio, Deputy Director for the Apprentice Standards for the Commonwealth presented a plan affecting vocational-ed students who are pursuing a career in the trades. Presently, there are no vocational schools in Massachusetts with a pipefitter program. Oftentimes, a student

begins schooling in plumbing, then moves over to HVAC or welding. Under this scenario, it is difficult for the student to accumulate education hours.

The board wanted to find a way to allow school hours to be applied toward the education requirement of obtaining a pipefitter license, so it voted to allow 150 hours of schooling and 1,500 work hours to be applied toward the current pipefitting requirements provided the student had followed a plumbing, HVAC or welding track.

"It is encouraging that the Bureau is being proactive in doing what they can to attract people to the trades by allowing co-op hours to count toward the overall number of hours required for licensing," says Pauline.

Rules like this can remove barriers to entry and make an enormous impact on the industry-wide labor shortage our industry is experiencing.



Cross-Training... *continued from page 1*

joined the clean-up efforts in 1996. Weston Solutions constructed a water treatment facility for which we installed process piping, HVAC, fire protection, and plumbing components.

Saving Time and Money

The importance we place on continuing education and cross-training among our technicians allowed us to complete the installation with a single team. Because our techs are typically licensed in more than one trade and we have an on-site fabrication shop, we are able to perform more services in-house with fewer technicians, ultimately saving time and money for our clients.

Plus, we offer a two-year warranty on all process piping, plumbing, heating and gasfitting, and a five-year warranty on all wet and dry fire sprinkler systems. Add to that our Piping Systems Perfection Promise and you will never be short of 100% guaranteed, or the work is free. We promise.



We're doing our part!



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