

THE
MECHANICAL
BRAG

Volume 12 - June 2021

MCAHN

MECHANICAL CONTRACTORS ASSOCIATION
HAMILTON NIAGARA

YOUR ASSOCIATION'S NEWS & EVENTS

We at MCAHN hope you are staying safe and well as we continue to change and adapt to the new experiences around us. This issue of the Mechanical Brag aims to showcase our Associate Members, along with putting your health and safety in the spotlight! We hope to help you continue to put your best foot forward as we move towards normalcy once again.

Show That You're a Proud MCAHN Member!

The MCAHN logo is also available for download [here](#) to include in email signatures and websites to proudly display your membership with our association!

It's Tee Time!

It's our new Golf Day Event offered with some changes to reflect current Ontario Public Health regulations. Don't forget to send in your registration form by June 11th, 2021 to hold your spot!

Download our registration/sponsorship and return to MCAHN by email to manager@mcahamiltonniagara.org

We look forward to seeing everyone on the course!

[Golf Registration Form](#)

ASSOCIATE MEMBER SHOWCASE

We want to showcase our associate members and their exclusive offers for MCAHN members. We welcome you to make the most of your membership and take advantage of these deals! Both the MCAHN Connect and Member Plus resources invite you to shop and save locally. Don't forget to look into shopping within the MCAHN Association first to take advantage of your membership access to these exclusive deals.

We invite you to take a look at our MCAHN Connect Program, available [here](#).



Our Member Plus discount program offers continuing member deals. A copy of the directory is available for download [here](#).

Our Associate Members are here for you!

Ever since the construction industry was deemed "essential" by the government at the beginning of the COVID-19 pandemic MCAHN associates, UA Local 67 partners, and our industry suppliers have continued to make efforts to support our members. Our COVID Kindness video shares warm well wishes from our associate member companies to let you know we are here for you. Have a look at our COVID Kindness video to see the network of people standing by you, offering support!



[Find the Video Here!](#)

SAFETY CORNER

With our COVID-19 environment constantly changing our life experiences, it's important to take care of ourselves physically and mentally. We know it has been tiring, but it is important to continue health and safety initiatives so we can get back to a new normal as soon as possible. This month's IHSA Health and Safety Magazine have a number of helpful articles and resources to continue to improve safety standards on the job site. Below, you'll find a link to this month's magazine as well as some standout articles pertaining to COVID-19 wellness. We encourage you to take a look!



Helpful IHSA Magazine Links

[Full Magazine \(Vol. 20 Iss. 3\)](#)

[Safety Talks: Preventing Infectious Diseases](#)

[IHSA's COVID-19 Resources](#)

[Safety E-Learning](#)

Did you know May was Mental Health Awareness Month?

As we continue on our path towards a new normal in Canada, we are here to acknowledge the importance of your health and wellbeing. It's important to acknowledge your mental health matters. May was World Mental Health Awareness Month, a month dedicated to raising awareness, educating, and debunking the stigma behind mental health. Awareness is extra important this year as unusual circumstances and uncertainties increased daily life stressors.

Mental Health Awareness Month is designed to encourage an open-minded and positive conversation on the impact of mental health and well-being in daily life. An open dialogue aims to answer questions, lessen fears and educate individuals on topics surrounding mental health.

If you or someone you know is struggling in these unprecedented times, remember, you are not alone. There are many avenues available for help. For those of you not facing the same struggles, we invite you to be mindful of others. It is amazing what a smile and check-in can do - when individuals have the support they need it makes a world of difference.

HOLD THE DATE
2021 Upcoming Events



UPCOMING 2021 IN-PERSON EVENTS

MCAHN GOLF DAY
COPE TOWN WOODS GOLF Course
June 22, 2021

12TH ANNUAL PUB NIGHT
STONE WALLS RESTAURANT
HOSTED BY ASSOCIATE COMMITTEE
October 14, 2021

DATE NIGHT RETURNS!
WINTER WINE, DINE AND DANCE
MARQUIS GARDENS,
BURLINGTON WATERFRONT HOTEL
November 5, 2021

" WOODSTOCK RETURNS"

COSTUME PRESIDENT'S GALA
SCAVENGER HUNT
GOLF & SPA
STAY & PLAY SPECIAL RATE...
& MORE



Millcroft Inn & Spa
Caledon, Ontario
FRIDAY MAY 27TH – SUNDAY, MAY 29TH 2022

[Learn Why Our CONTRACTORS Are NOW 31% Safer](#)

This campaign was generously supported by:



To encourage Individuals/Current Tradespersons to "join the UA/MCAHN forces."

Questions? Contact MCAHN P: 905.522.1965

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www.mcahamiltonniagara.org

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