

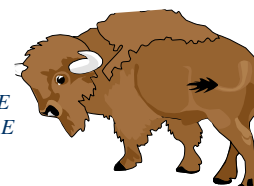


BUFFALO TALES

Newsletter of the Manitoba Chapter

The Manitoba Chapter of the American Society of Heating, Refrigerating and Air Conditioning Engineers was chartered in September 1935. It is the second oldest ASHRAE Chapter in Canada. ASHRAE Manitoba is part of ASHRAE Region XI and covers ASHRAE members in Manitoba and Northwest Ontario.

Shaping Tomorrow's Built Environment Today



ASHRAE Supper Meeting Thursday January 17, 2013 University of Manitoba Physical Plant Tour With Mike Ferley



5:30 pm – University of Manitoba Physical Plant Tour (89 Freedman Crescent)

**Followed by Dinner in the lounge at Boston Pizza 2729 Pembina Highway at Bairdmore
Anticipated start time for dinner is between 7:00 and 7:30 pm**

Mike Ferley will provide an in-depth tour of the central energy plant, part of the Physical Plant of the University of Manitoba. The central energy plant at the U of M was constructed between 1911 and 1913, to support the growing population of Winnipeg and the University. In 1965 a major addition was completed to bring the plant up to the impressive specifications we see today:

Steam Plant

The Central Energy Plant is equipped with 6 boilers rated at a total horsepower of 13,500 or 132,000 kW. Four of the boilers produce superheated steam at 125 PSIG and 475°F. Two boilers produce saturated steam at 100 PSIG and 353°F. The steam is utilized for building heating, current maximum demand is approaching 130,000 lbs/hr

Heat Recovery

The plant is equipped with a flue gas heat recovery system. The system extracts heat from boiler exhaust gas. The energy is then transferred to campus buildings for heating. Energy savings of approximately \$2,500.00 per day can be achieved.

Chilled Water

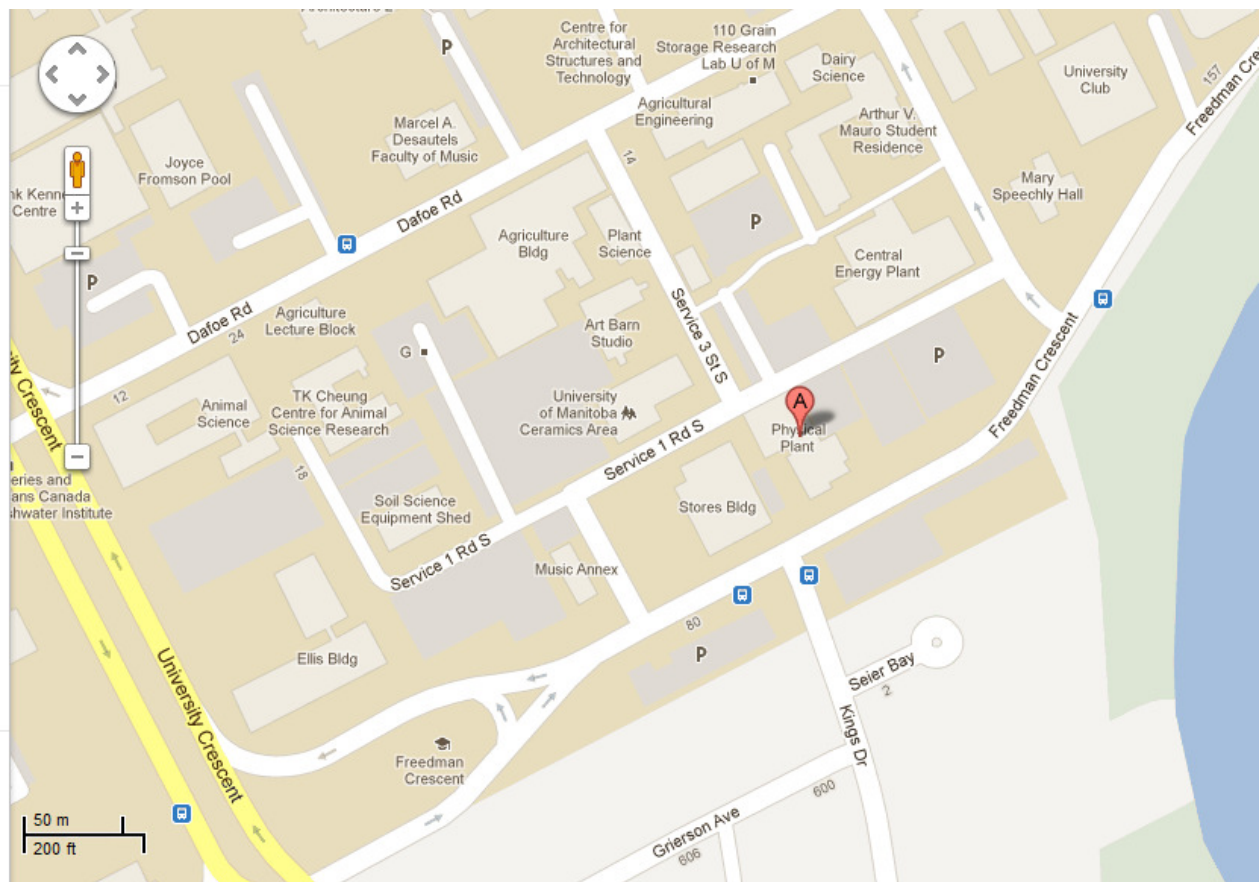
The Central Chilled Water Plant was completed in 2002. It is equipped with 6 York Millennium Chillers, each rated at 1700 tons. The equipment provides 42°F water for circulation to our buildings for air conditioning.

Emergency Power

A 2000 KW generator was installed in 2003. The equipment provides a backup power supply to the Central Energy Plant and several other buildings on campus in the event of a loss of electrical power.

Attendance is limited to 40 people. Free parking is available on campus in nearby lots after 4:30pm, do not park in 24 hour reserved stalls. We will meet at the Physical Plant main entrance.

Physical Plant: 89 Freedman Crescent Winnipeg, MB



CONFIRM YOUR ATTENDANCE by the end of the business day January 14, 2013 by emailing Sam Frenette at ashrae.mb@gmail.com. Indicate any special meal requirements (vegetarian, allergies, etc.)

ASHRAE dinner meetings are open to all. Non member cost is \$45. The cost for a first time guests accompanied by an ASHRAE Manitoba member is \$25. Pre-registration is required. To pre-register or to get information on the cost of ASHRAE events, e-mail ashrae.mb@gmail.com or visit www.ashraemanitoba.ca.

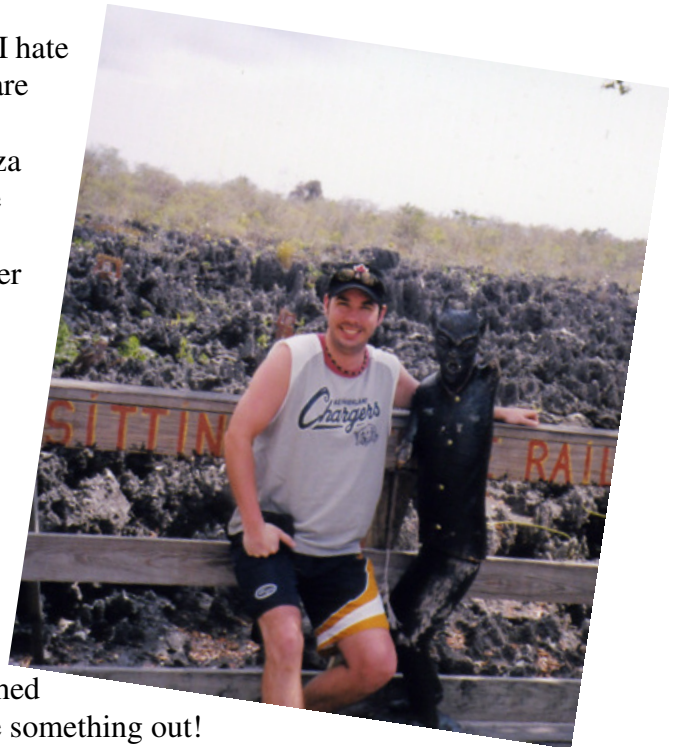
President's Message - Corey Nation, P. Eng

Happy New Year!

I hope everyone had a great time during the holidays. I hate to say it but it's time to go back to work. At least we are starting the New Year easy by a fantastic tour of the University of Manitoba's power plant followed by pizza at Boston Pizza. Yep, we are mixing it up a bit. Hope you don't mind. It won't be formal just a more casual social type evening so we can all get to know each other better.

So we're now in the heart of winter. It's time to find ways to keep warm. I'm going south for a week to enjoy the sun and beach. What are the rest of you up to?

One last thing, I'm keeping it short this month. Anyone have any ideas how to lose what feels like the 20 lbs of turkey, stuffing, chocolate and shortbread I just put on! I'm going to look like a beached whale in the Caribbean in a few weeks if I don't figure something out!



Your President,
Corey Nation, P. Eng.

Coming Events

January 29, 2013 - ASHRAE Manitoba Board of Governors meeting will be held at 8:00 am at 101 Elan Blvd (EH Price Winnipeg Sales Office). Other BOG meetings are tentatively scheduled February 26, March 26 and April 30.

February 14, 2013 Lunch Meeting - Refrigeration Night - Damian Perron from Cimco will talk about the ICEPlex. On March 14, we return to the Victoria in for a supper meeting with Ab Fig with a talk on Air Pollution Control. Last regular ASHRAE meeting of the year will be on April 11.

January 26-30 - ASHRAE's 2013 Winter Conference and the AHRI Trade Exhibition in Dallas, Texas. For further details see the article below or go to www.ashrae.org/dallas.

April 23 and 24, 2013 - Better Buildings Workshop and Conference - the conference on April 24 will be preceded by a workshop on April 23. The workshop will feature an ASHRAE Distinguished Speaker presenting on an as yet to be determined topic.

Fire Damper Workshop – date yet to be determined

ASHRAE Conference in Dallas

The technical program for ASHRAE's 2013 Winter Conference, Jan. 26-30, Dallas, Texas features more than 200 sessions addressing energy conservation; facility management; standards, guidelines and codes; HVAC&R systems and equipment; HVAC&R fundamentals and applications; and refrigeration. One particular track of note is Industrial and Transportation Ventilation, focusing on the industrial and manufacturing sector prevalent in Texas. The full Technical Program offers the opportunity to earn a year's worth of PDHs, NY PDHs, AIA LUs and LEED AP credits and runs Jan. 27-30. Registration for the conference is open. Information on the Conference - www.ashrae.org/dallas

Student/ Young Engineers in ASHRAE (YEA) Mixer, 5:00 – 6:30 PM, FREE w/Registration

As students transition from college to the professional world, this opportunity to meet and greet young professionals in ASHRAE provides students with the opportunity to get in-depth information about the industry and growth opportunities within ASHRAE. Food, drinks and prizes will be available. The Student/YEA mixer is **Saturday January 26**.

Attention **young professional members age 35 and younger!** You are invited to **visit the YEA Hospitality Suite on Sunday, Jan. 27**, from 4-7 p.m. The suite offers social and networking opportunities and light refreshments will be served. For more information on Young Engineers in ASHRAE and their activities, please visit www.ashrae.org/yea.

The Benefit of Eating a Live Frog for Breakfast

How much does the first hour of your day matter? Many successful people use it to plan their work day, get one real thing done or focus on the human side of their job rather than technical tasks. Below are some of the things they do that they say contributes to their success.

Don't Check Email in the First Hour. Most of us with jobs that don't require constant on-call awareness can trade e-mail time for organization and single-focus work. It's a gradual but rewarding process but you can train interrupters and coworkers not to expect instantaneous morning response to anything they send in your off-hours.

Gain Awareness, Be Grateful. Tony Robbins, the self-help guru who pitches the power of mindful first-hour rituals suggests taking an hour or at least a few minutes to do some light exercise and to think about things you should be grateful for: in yourself, among your family and friends, in your career, and the like. This will start your day in a positive light.

Eat a Frog. Mark Twain said if you eat a live frog first thing in the morning, you've got it behind you for the rest of the day, and nothing else looks so bad. Don't have a frog? Then do the big, shoulder-sagging stuff that you dread first so, regardless of how the rest of your day goes, you have got one significant thing done.

Choose Your Frog the Night Before. At the end of day, decide what dreaded task your are going to take on the next morning and write it on a piece of paper that you'll see when you arrive at your desk in the morning. It will also be helpful if you gather the material you'll need to get it done so you can get started on that task right away in the morning. One benefit of completing that weighty

task is that, once done, you don't need to spend time with managers and coworkers discussing deadlines, methodology or content or fight scope creep. With it out of the way, you can get on with more pleasant tasks.

Ask "Am I Doing What I Want to Do?" Look in the mirror every morning and ask. If the answer has been "No" for too many days in a row, change something.

What you do with the first hour of your workday can increase productivity and reduce stress. If you are still looking for a practical and beneficial New Year's resolution, consider trying one or more of the above suggestions.

2012 Cribbage Tournament Results

Long term attendees of the ASHRAE Cribbage Tournament will be pleased to know that for the second year running, Dieter Bartel did not win a single game. This year's top players were Neil Childs and Amanda LaCoste.

We would like to thank the individuals and companies that made donations to this year's prize table. Donors included:

Air Movement Services

ASHRAE

BPL Sales

Ekistics

Engineered Air

Epp Siepman

M.A. Stewart & Sons

MB Hydro

Midwest Engineering

Price Winnipeg Sales

RG Sales

SMS Engineering

Tom Beggs Agencies

Trane

Westwood Mechanical



A Story with a Moral

A sales rep, an administration clerk and their manager are walking to lunch when they find an antique oil lamp. They rub it and a Genie comes out. The Genie says, 'I'll give each of you just one wish.'

'Me first, me first!' says the admin clerk. 'I want to be in the Bahamas, driving a speedboat, without a care in the world.' Puff! He's gone.

'Now Me, Now Me!' says the sales rep. 'I want to be on the beach in Hawaii, relaxing with my personal masseuse, an endless supply of Pina Colodas and the love of my life.' Puff! She's gone.

The Genie nods at the manager who says, 'I want those two back in the office after lunch.'

Moral of the story: Always let your boss have the first say.

2012 Past Presidents Night – and a Look Back



Ryan Einarson, the principal partner and President of Westwood Mechanical Inc. provided an interesting recount of his and his company's history and growth as a mechanical contractor in the Winnipeg marketplace and beyond, from humble beginnings as a family business run out of the home into a major player that has driven innovation and change in the industry. Several of the ASHRAE Manitoba Past Presidents that were present predate Ryan's time in the industry and were witnesses to his company's growth and growing pains.

Eighteen ASHRAE Manitoba Past Presidents were in attendance, seventeen are shown in the photo below.



Top Row/Standing, Left to Right: David Stones (2007), Ken Webb (1991), Robert McDowall (1985), Dave McKibbin (1981), Denton Vandersteen (2000), Les Howard (1979), Neil Childs (1986), Peter Gryc (2005), Stirling Walkes (2006), Johann Baetsen (2011), Daryl Friesen (2009), Murray Walker (1987)

Front Row/Seated: David Cross (1978), Robert Bisson (1997), Bert Phillips (1994), Dieter Bartel (1989), Sergio Almeida (2008). In attendance but not in the photo - David McNeil (1983).

Another Moral Storey

A turkey chatting with a bull said 'I would love to be able to get to the top of that tree' then he sighed and added, 'but I haven't got the energy.'

'Well, why don't you nibble on some of my droppings?' replied the bull. They're packed with nutrients.'

The turkey pecked at a lump of dung, and found it actually gave him enough strength to reach the lowest branch of the tree. The next day, after eating some more dung, he reached the second branch. Finally, on the fourth night, the turkey was proudly perched at the top of the tree. He was promptly spotted by a farmer, who shot him out of the tree.

Moral of the story: B S might get you to the top, but it won't keep you there.

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Treasurer	Doug Castor	EH Price	982-2220	DougC@price-hvac.com
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ASHRAE needs you, but more importantly you need ASHRAE. ASHRAE always has room for more professionals, just like you. For information regarding ASHRAE membership, contact Manitoba Membership Chair Sam Frenette samuelf@price-hvac.com or visit ASHRAE Manitoba at www.ashraemanitoba.ca

ASHRAE, founded in 1894, is an international organization of 50,000 persons. Its sole objective is to advance through research, standards writing, publishing and continuing education the arts and sciences of heating, ventilation, air conditioning and refrigeration to serve the evolving needs of the public. Visit ASHRAE at www.ashrae.org.

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