



The Mulvaney Pipeline

Mulvaney
MECHANICAL, INC.

MECHANICAL CONTRACTORS

4th QTR Oct - Dec 2014

Happy Holidays from the entire Mulvaney Staff

A Soldier's Night Before Christmas

'T WAS THE NIGHT BEFORE CHRISTMAS,
HE LIVED ALL ALONE,
IN A ONE BEDROOM HOUSE MADE OF
PLASTER AND STONE.

I HAD COME DOWN THE CHIMNEY
WITH PRESENTS TO GIVE,
AND TO SEE JUST WHO
IN THIS HOME DID LIVE.

I LOOKED ALL ABOUT,
A STRANGE SIGHT I DID SEE,
NO TINSEL, NO PRESENTS,
NOT EVEN A TREE.

NO STOCKING BY MANTLE,
JUST BOOTS FILLED WITH SAND,
ON THE WALL HUNG PICTURES
OF FAR DISTANT LANDS.

WITH MEDALS AND BADGES,
AWARDS OF ALL KINDS,
A SOBER THOUGHT
CAME THROUGH MY MIND.

FOR THIS HOUSE WAS DIFFERENT,
IT WAS DARK AND DREARY,
I FOUND THE HOME OF A SOLDIER,
ONCE I COULD SEE CLEARLY.

THE SOLDIER LAY SLEEPING,
SILENT, ALONE,
CURLING UP ON THE FLOOR
IN THIS ONE BEDROOM HOME.

THE FACE WAS SO GENTLE,
THE ROOM IN SUCH DISORDER,
NOT HOW I PICTURED
A UNITED STATES SOLDIER.

WAS THIS THE HERO
OF WHOM I'D JUST READ?
CURLING UP ON A PONCHO,
THE FLOOR FOR A BED?

I REALIZED THE FAMILIES
THAT I SAW THIS NIGHT,
OWED THEIR LIVES TO THESE SOLDIERS
WHO WERE WILLING TO FIGHT.

SOON ROUND THE WORLD,
THE CHILDREN WOULD PLAY,
AND GROWNUPS WOULD CELEBRATE
A BRIGHT CHRISTMAS DAY

THEY ALL ENJOYED FREEDOM
EACH MONTH OF THE YEAR,
BECAUSE OF THE SOLDIERS,
LIKE THE ONE LYING HERE.

I COULDN'T HELP WONDER
HOW MANY LAY ALONE,
ON A COLD CHRISTMAS EVE
IN A LAND FAR FROM HOME.

THE VERY THOUGHT
BROUGHT A TEAR TO MY EYE,
I DROPPED TO MY KNEES
AND STARTED TO CRY.

THE SOLDIER AWAKENED
AND I HEARD A ROUGH VOICE,
"SANTA DON'T CRY,
THIS LIFE IS MY CHOICE;

I FIGHT FOR FREEDOM,
I DON'T ASK FOR MORE,
MY LIFE IS MY GOD,
MY COUNTRY, MY CORPS."

THE SOLDIER ROLLED OVER
AND DRIFTED TO SLEEP,
I COULDN'T CONTROL IT,
I CONTINUED TO WEEP.

I KEPT WATCH FOR HOURS,
SO SILENT AND STILL
AND WE BOTH SHIVERED
FROM THE COLD NIGHT'S CHILL.

I DIDN'T WANT TO LEAVE
ON THAT COLD, DARK, NIGHT,
THIS GUARDIAN OF HONOR
SO WILLING TO FIGHT.

THEN THE SOLDIER ROLLED OVER,
WITH A VOICE SOFT AND PURE,
WHISPERED, "MERRY CHRISTMAS MY FRIEND,
IT'S CHRISTMAS DAY, ALL IS SECURE.

ONE LOOK AT MY WATCH,
AND I KNEW HE WAS RIGHT.
"MERRY CHRISTMAS MY FRIEND,
AND TO ALL A GOOD NIGHT."

THOUGHT STARTERS

You've reached middle age
When all you exercise is caution.

Some people cause happiness wherever they go;
Others whenever they go.

When everything goes to hell, the people who
stand by you without flinching
they are your family."

We can complain because rose bushes
have thorns,
or rejoice because thorn bushes have roses.

If you're not willing to risk it all,
you don't want it bad enough.

Don't worry about making waves by being
yourself.
The moon does it all the time.

Things that Could Shorten Your Life

Are you sitting down for this news? If so, stand up and move!

New research has shown that sitting down for extended periods a day could be as harmful to your health as smoking. This means that the average 9-5 worker could be shortening his or her life simply by sitting in a cubicle.

"When it comes to living a long, healthy life, most people know the basics such as don't smoke and get enough exercise. However, that's just the start of the story," says Robert Palmer, CEO of PotentiaMED, an analytics firm that helps support personalized, value-based medicine.

According to Palmer, here are the surprising things that could shorten your life:

Not drinking enough water: We all know that water makes you look good and feel good, but Palmer says, "Drinking water is key when it comes to flushing out your body. It's one of the most important ways to keep your kidneys and your prostate functioning properly."

Being a night owl: Research has shown that people who work the night shift have a myriad of health risks. Palmer says, "With our database at PotentiaMED, we are able to weigh the risk factors that come with certain health conditions. One surprising risk factor for breast cancer is working the night shift. Doctors theorize it could be the stress, lack of sleep or simply an off-kilter circadian rhythm."

Getting cancer treatment: "It sounds counter-intuitive, but research has shown that invasive cancer treatments can actually take a few years off a person's life. This doesn't mean that cancer treatment isn't worth it, but side effects, adverse effects and potential for the development of additional cancers after cancer treatment is something to think about and discuss with your doctor when thinking about cancer treatment," says Palmer.

Not flossing: Flossing doesn't just give you pearly whites. It also helps to remove bacteria from your teeth, bacteria that can grow and lead to potential life-threatening issues like heart disease.

Not having kids: Again, hard to believe! "People often think that stressing about their children gives them gray hairs and takes years off their life, but actually it's the other way around. People with children live longer, healthier lives, and women who have children and breastfeed have lower incidences of breast cancer and ovarian cancer," says Palmer.

TEN FUN HOLIDAY COCKTAILS

Candy Cane Martini: Combine 1 1/2 oz. vodka with 1 tsp. peppermint schnapps, and shake with ice. Dip a martini glass into broken up candy cane pieces for a festive (and tasty) garnish.

The Grinch: Channel your inner Suess with this Midori-based martini. Combine 2 oz. Midori, 1/2 oz. lemon juice, and 1 tsp sugar syrup. Shake and strain into a chilled martini glass, garnish with a cherry.

White Christmas: So many holiday favorites in one place! Combine 4 oz. of your favorite eggnog, 1/2 oz. white chocolate liqueur, and 1 oz. Southern Comfort in a snifter glass. Garnish with some white chocolate flakes.

Christmas Cosmo: This is the perfect way to satisfy holiday party guests. Simply combine 1/2 oz. Cointreau, 1 tsp. lime juice, 1/2 oz. cranberry juice, and 1 oz. vodka in a shaker with ice. Serve in a chilled glass.

Very Merry Punch: This is a delectable drink for 12 special guests. Combine 1 cup packed light brown sugar, 1 1/2 cups water, 2 bottles of cabernet sauvignon, 1 sliced apple, 1 sliced orange, 1 cup chunked pineapple, 4 whole star anise, and 1/2 cup orange curaçao. Simply mix in a large bowl and serve.

Hanukkah Gelt Martini: Enjoy this creative cocktail from that combines 2 parts chilled potato vodka and 1 part Goldschlager. Shake with ice, strain into cocktail glass, and garnish with shaved gelt pieces. L'chaim!

Holiday Hopper: This classic twist on a grasshopper will have you happy it's holiday time. Combine 1 oz. Midori melon liqueur, 1/2 oz. green creme de menthe, 2 oz. half and half, 1/2 oz. white creme de cacao, and ice in a shaker. Strain into a chilled martini glass and garnish with raspberry and mint leaves.

Pointsetta: Combine 1/2 oz. triple sec, 3 oz. cranberry juice, and 3 oz. champagne for a sweet holiday cocktail with a fizzy, fruity splash.

Mistletoe Martini: Lookin' for some loving this holiday? This drink will get you in the mood. Combine 2 oz. vodka, 3 oz. chilled cranberry tea, 2 oz. orange juice, 3/4 oz. lemon juice, and 3 tsp. sugar in a cocktail shaker with ice. Shake, strain, and serve in a chilled glass.

Gingerbread Apple Martini: Combine 1 oz. vanilla vodka, 2 oz. Canton ginger liqueur, 2 oz. apple cider, a splash of lemon juice, and some orange zest into a shaker with ice. Strain into a chilled glass rimmed with graham cracker crumbs and cinnamon.

Interesting Facts and Trivia Items

1. Safest place in the world to drive: Sweden.
2. At one time, denture makers added uranium to false teeth to give them a "healthy" glow.
3. Ten grams of caffeine can kill the average person. That's the equivalent of about 100 cups of coffee drunk in four hours.
4. Wearing football helmets was optional in the NFL until 1943.
5. Charles Richter, who developed the Richter scale (for measuring earthquakes), was a nudist.
6. Sleep researchers have discovered that when clocks are set back an hour at the end of Daylight Savings Time, automobile accident rates drop, probably because of the extra hour of sleep.
7. Of the 35,000 known species of spiders, only about 500 can bite humans. And of those, less than 30 are significantly poisonous.
8. The "stomach flu" or "24-hour flu" is not at all related to influenza.
9. Elderly women are more likely to die in the week after their birthday. Men, in the week before.
10. For most of human history, obesity was a status symbol, signifying health, wealth, and fertility.
11. Futurists estimate that an American baby born today has a 50% chance of living to age 100.
12. The instinctive action of holding the hand to the ear when trying to hear increases sound levels at the ear by about six decibels.



WHAT THE HECK IS IT?

If you can name the item pictured, you may

WIN A MULVANEY MECHANICAL LEATHER JACKET

If you e-mail your entry, you must write "NEWSLETTER CONTEST" in the subject line to avoid our SPAM filter. Please mail to janette@mulvaneyinc.com

***JUST LIKE THIS ONE!**



If multiple correct answers are received, a winner will be selected at random.



This is an old Stanley clamp gauge made of cast metal and steel with an attractive walnut handle and a nice cast iron wing nut. It is adjustable from 2 3/4 inches to 4 1/2 inches in order to guide a housewright or carpenter in placing clapboards at the right heights in relation to one another for the best protection and appearance of the siding.

We received two correct answers this time.

Beck Swanson - Charles Beckman Swanson Architects
R. Alison Kavanaugh - Connecticut Construction Industries Association
A final winner will be selected by random.

WHAT'S GOIN' ON?

Jan 13- 15, 2015	Building Innovation 2015	Washington, DC
Jan 16- 19, 2015	ABMA Annual Meeting	Carlsbad, CA
Jan 24- 28, 2015	ASHRAE Winter Meeting	Chicago, IL
Jan 26- 28, 2015	AHR-ASHRAE Expo	Chicago, IL
Mar 08- 12, 2015	MCAA Annual Convention	Wailea, HI
Mar 16- 19, 2015	ACCA Convention	Grapevine, TX
Mar 22- 25, 2015	IIAR Conference and Show	San Diego, CA
Apr 16- 18, 2015	NEBB Annual Conference	Honolulu, HI



We wish our friends of all faiths a Happy Holiday Season and a Peaceful, Prosperous New Year



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