



NCGWA
Celebrating Over
70 Years

MARCH 2021

Water Words

A Letter From The President

Hello Everyone,

I hope you are having a good 2021 so far. At the NCGWA Board zoom meeting I learned of several members who have been affected, some severely, by this pandemic. Our condolences go out to all of those affected. Many of my friends and all my family have had at least the first vaccine, and I encourage all of you to do the same if possible.

At the Board meeting we had quite a bit of discussion about the annual Trade Show. Basically, we had 3 choices; have the show at the end of April as planned, move it to the end of June, or cancel the show all together. Canceling was never given much consideration because we all realize it is time to get together and some depend on the show for CE. The choice was made to move the show to June 24th & 25th. The consensus was that we would probably not be constrained by as many restrictions at that time. Our hope is we will have a good turnout, and possibly have more exhibits outside. We are working on some other possibilities for the show we think will be a plus. When completed Elaine will get out the details. Those of you who need CE can get it done at the Trade Show as usual. Although it will be right before renewal time, we will turn your hours in before the deadline.

We are working on finding a Legislator to sponsor a bill to make some changes regarding the stringent certification renewal policies. Any member who has suggestions on this or contacts that can help please let a Board member or Elaine know. Certification policy changes must be made legislatively. The Commission cannot change them.

I hope all of you continue to stay busy. Please be mindful that the increasing cost of materials and fuel can dramatically affect your bottom line. Be smart, we work hard to make a living! As I have said many times, "if it was easy everybody would be doing it, because it is so much fun".

Thank you and stay safe!

Bill Magette, 252-332-2265, bmagette@hotmail.com

Mark your calendar! The 2021 Trade Show will be held June 24-25, 2021 at the Embassy Suites in Greensboro, NC.

Rate: \$121/Night

Reservation Deadline: May 24, 2021

336-668-4535

Specify you are with the NCGWA

Let us know a seminar you would like to see during the June convention.

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PUBLICATION DATES

Articles and deadlines
are the first day of

MARCH	JUNE
SEPTEMBER	DECEMBER

Any and all NCGWA members are encouraged to send information on past or coming events or news articles that would be of interest to other well drillers. Please send profiles of well drillers/companies that you feel deserve to be highlighted in our newsletter.

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Save The Dates!

◆ National Ground Water Awareness Week -
March 7-13, 2021

◆ 2021 NCGWA Trade Show & CE - June 24-25, 2021

◆ 2021 Jubilee - July 31 - Aug. 2, 2021

I-77 Tolls

Box trucks, flatbeds and single-axle trailers can start using in the Interstate 77 toll lanes. State highway officials and I-77 Mobility Partners LLC, which financed, built and manages the lanes, announced a three-year pilot program to allow a new classification of "extended vehicles" in the lanes. Vehicles longer than 20 feet haven't been allowed in the 26 miles of toll or "express" lanes from uptown Charlotte to Mooresville at Lake Norman.

The pilot program "removes the length limit and instead limits the vehicle types to those with two axles or two-axle vehicles with a one-axle trailer," according to an I-77 Mobility Partners news release. Vehicles longer than 22 feet will pay a toll rate multiplier of two most times of the day and week. The multiplier grows to three times during the morning and evening week-day commutes. Tractor-trailers still aren't allowed in the lanes because they exceed three axles, according to NCDOT. [Source]

JOE MARUSAK, THE CHARLOTTE OBSERVER, 2/05/21

Managing Stress in a Family Business

As we enter a new year that's already shaping up to be as strange and potentially stressful as the last, it seems fitting to keep our focus on how stress can disrupt family businesses and--more importantly--what steps we can take to manage and mitigate the impacts of our inevitable (and often innumerable) stressors. While the holidays carry their own unique challenges, they often provide a time for rest; recuperation; and togetherness, and returning to our routines means many of us sink mindlessly back into our old habits and thought patterns. We return to stressing about work deadlines, professional obligations, frictious family dynamics, world issues, and much more.

Mayo Clinic professor Amit Sood defines two primary modes in which our brain operates. The first, "focused mode," is when our brain is immediately present of the world around us--focused mode is experience-oriented, and allows us to stay attuned to a particular task or allow our brains to react naturally to external situations. The second state, "default mode," is more internally oriented--our brain thinks actively about, processes, and reflects upon the external events. While self-reflection is hugely important to an effective and happy life, spending too much time over-analyzing our world in default mode can lead to additional stress and struggle as we fall into what Dr. Sood refers to as "attention black holes."

Stress Management and Resiliency Training

Stress may be an inevitable part of life, but we can learn tools and skills to help us better manage these stressors and reduce the negative impact they have on our happiness and success. One toolset we can use is called SMART, short for Stress Management and Resiliency Training. Practicing SMART is functionally a state of mindfulness, where we put forward active efforts to pay attention to our lives in a way that allows us to see positives, put our stressors into perspective, and improve our mental energy. Here are 5 actions that can help us live the SMART mindset day-to-day:

- 1. Gratitude:** This first skill involves practicing gratitude not only on a daily basis, but making it your first priority each day. As you wake up each morning, make an effort to list the people about whom you care most deeply, and express gratitude for their existence and their place within your life. Hold this gratitude with you throughout the day, and if you leave them to go to work, invest those feelings of gratitude into a feeling of joy when you finally return home.
- 2. Compassion:** This second skill is simply practicing caring and kindness to those around you, whether they be family, friends, coworkers, or complete strangers--we realize that during stressful times this can be truly difficult, but the more you practice when your life is fairly stress-free, the more you can call upon these skills during stressful situations. We recommend practicing by simply acknowledging others around you--treat the first 20-30 people you come across in a day with proactive kindness and caring, whether it be a caring action or even just a kind look.
- 3. Acceptance:** This is the true mindfulness skill, and involves practicing intentional self-reflection about and self-acceptance of your thought patterns. Look inward and consciously identify your responses to various external events, situations, and stimuli, and recognize how they're shaped by the familial, cultural, and moral lenses through which we view the world. When you identify lenses or thought patterns that are creating stress, prejudice, or restriction, work to instead see the world through the three most significant lenses: forgiveness, compassion, and gratitude.
- 4. Acknowledging a Higher Power:** While many think of this skill in spiritual terms (acknowledging God or another deity that influences your life in this world), it need not be a religious action. Acknowledging a higher power is more broadly an admission to one's self that we exist in a world we cannot fully comprehend or control--whether it be due to the forces of a god, nature, fate, the universe, or wherever we place our beliefs in what shapes the world around us. Accepting this allows us to relieve much of the stress we place on ourselves as individuals and start to see our position within a broader world.
- 5. Forgiveness:** The world is not perfect, and neither is anybody who lives in it. While it's unwise to repress legitimate grievances, unyielding rumination, grudge-holding, and resentment of past faults only serve to add to our stress and anxiety. Consciously and intentionally practicing forgiveness allows us to resolve past issues and move forward with building our family and our community.

A SMART mindset and mindfulness in general are often tools that can trip up otherwise intelligent, effective people--we all like to think of ourselves as rational, clear-headed, and self-aware, but we all have plenty of moments of mindlessness where we make automatic judgments, assumptions, and responses that may increase our stress and unhappiness.

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2020's Top Ten Consumer Complaints

1. Telemarketing/Robocalls (10,233)
2. Price Gouging (2,336)
3. Utilities (1,805)
4. Credit (1,733)
5. Elder Fraud (1,552)
6. Landlord/Tenant (1,448)
7. Motor Vehicles (1,199)
8. Home Improvement (701)
9. Professional Services (647)
10. Home Appliances (589)

(RALEIGH) Attorney General Josh Stein shared the top 10 consumer complaints that the North Carolina Department of Justice received in 2020 as he released the department's [2020 annual report](#). The report discusses NCDOJ's work to protect the people of North Carolina from scams and fraud, defend the state, fight crime, provide assistance to North Carolinians, and defend their rights.

"North Carolinians were inundated with robocalls in 2020," said Attorney General Josh Stein. "Scammers use them to try to trick and scare people out of their hard-earned money, so I'm asking people to report them at www.ncdoj.gov/norobo. My office will continue our fight to shut down robocallers and bring back peace of mind to North Carolinians. And we'll do everything in our power to hold accountable those who defraud and scam hard-working people."

Because so many scams originate through robocalls, Attorney General Stein created the Robocall Report Task Force in 2020. You can report robocallers online at www.ncdoj.gov/norobo or through NCDOJ's robo-report hotline (1-844-8-NO-ROBO). In December, Attorney General Stein reached a \$210 million settlement with Dish Network for engaging in illegal nationwide telemarketing that violated do-not-call laws. North Carolina will receive \$13,986,000 – the largest penalty ever obtained in state history over such violations. In June, [he sued](#) Texas robocallers who allegedly made more than 75 million robocalls to North Carolina phone users, including more than 34 million calls to numbers on the national Do Not Call Registry. *For the complete information go to: <https://www.ncpoliticalnews.com/news/attorney-general-josh-stein-announces-2020s-top-10-consumer-complaints>*

10 Ways to Protect and Preserve Ground Water

1. Go Native - Use native plants in your landscape. They look great, and don't need much water or fertilizer. Also choose grass varieties for your lawn that are adapted for your region's climate, reducing the need for extensive watering or chemical applications.

2. Reduce Chemical Use - Use fewer chemicals around your home and yard, and make sure to dispose of them properly - don't dump them on the ground!

3. Manage Waste - Properly dispose of potentially toxic substances like unused chemicals, pharmaceuticals, paint, motor oil, and other substances. Many communities hold household hazardous waste collections or sites - contact your local health department to find one near you.

4. Don't Let It Run - Shut off the water when you brush your teeth or shaving, and don't let it run while waiting for it to get cold. Keep a pitcher of cold water in the fridge instead.

5. Fix the Drip - Check all the faucets, fixtures, toilets,

and taps in your home for leaks and fix them right away, or install water conserving models.

6. Wash Smarter - Limit yourself to just a five minute shower, and challenge your family members to do the same! Also, make sure to only run full loads in the dish and clothes washer.

7. Water Wisely - Water the lawn and plants during the coolest parts of the day and only when they truly need it. Make sure you, your family, and your neighbors obey any watering restrictions during dry periods.

9. Reduce, Reuse, and Recycle - Reduce the amount of "stuff" you use and reuse what you can. Recycle paper, plastic, cardboard, glass, aluminum and other materials.

9. Natural Alternatives - Use all natural/nontoxic household cleaners whenever possible. Materials such as lemon juice, baking soda, and vinegar make great cleaning products, are inexpensive, and environmentally-friendly.

10. Learn and Do More!

The CARES Act Provides Assistance to Small Businesses

The Paycheck Protection Program is providing small businesses with the resources they need to maintain their payroll, hire back employees who may have been laid off, and cover applicable overhead.

For more information please visit: <https://home.treasury.gov/policy-issues/cares/assistance-for-small-businesses>

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Scholarship Available

Worth Pickard Scholarship

The N.C. Ground Water Association offers the Worth Pickard Scholarship to eligible students who are currently enrolled or who have been accepted into an accredited college or university.

Consideration will also be given to those seeking specialized courses of study, if the applicant is employed or otherwise involved in some area of the ground water industry.

For eligibility requirements and an application form, please visit <https://ncgwa.org/> and look under Quick Pages at the bottom of the home page.

The deadline for the 2021 scholarship is April 15, 2021. ←

Contact the NCGWA office at 919-876-0687 for more details.



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- Diamond Plastics
- Galvanized Pipe
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- AMC (Applied Motor Controls)
- Baldor
- Brandon & Clark
- BW Controls
- Century
- CSI
- Danfoss
- Grundfos
- Pentair
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- Siemens
- SJE Rhombus
- Square D
- US Motors
- Yaskawa

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- Stenner
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NC 811

Third party damage is the highest threat to underground utilities. A simple call to 811 can protect the ones you love.

On January 29, 2021, a third-party excavator struck a Piedmont Natural Gas line that led to 1,400 customers in Greene County and Farmville being left without heat. Just another reminder how important the 5 steps to safe digging are.

Step One: Contact 811

Step Two: Wait the Required Time

Step Three: Check Positive Response

Step Four: Respect the Marks

Step Five: Dig with Care

To learn more, visit www.nc811.org



Don't leave 811 out of your excavator education.

Reasons excavators don't always request locates prior to digging:

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- Already aware of location of buried utilities (29%)
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NCGWA 2021 Trade Show

*June 24-25, 2021 - Embassy Suites, 204 Centreport Drive, Greensboro, NC
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