

# THE BUZZ

The Newsletter of BCH Mechanical & ConServ Building Services



**SAFETY WEEK 2022**  
CHECK OUT HOW WE CELEBRATED!

**A WORD FROM OUR CEO**  
THE HEALTH CORNER

**BUSCH GARDENS DAY**  
EMPLOYEE APPRECIATION FUN!

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BCH Mechanical, L.L.C. is a mechanical contracting company, established in 1976, specializing in HVAC, plumbing, piping, medical gas, sheet metal, and service.

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ConServ Building Services, LLC, a division of BCH Mechanical, provides commercial HVAC-R services throughout the Southeastern U.S. Expanded services, such as plumbing, electrical, test & balance, and general maintenance, are offered at select locations.

# BCH MECHANICAL & CONSERV BUILDING SERVICES

## - HEALTH CORNER -



Stave off COVID-19! Build a healthy immune system to fight off inflammatory diseases, like cancer and heart disease. Bring “intentionality” to your lifestyle, in these five critical areas, to improve your health: **Sleep, Exercise, Healthy Weight, Minimize Stress, and Food to Fuel Your Body.**

### The 5th Area: Food and Its Role as Fuel and Medicine

Imagine discovering the missing puzzle that explains several mysteries of human health, the center piece. It is deeply intertwined with digestion, and access to nutrients, our metabolism, immune system, hormonal balance, mood, and brain health. It is called your microbiome.

You have thirty-eight trillion microbes inside your gut, specifically in your large intestine. These molecules outnumber our total number of human cells. The job of these trillions of microscopic workers inside your colon is to process and unpack your food. They do this to access nutrients, optimize your immune system and eliminate real threats; maintain your metabolism to keep blood sugar and lipids in check, balance hormones, and support brain health. In other words, you need strong empowered microbes that are fully functioning and capable of supporting all your many needs as a superorganism. **How do you help your microbes do this?** By feeding them their preferred food: **FIBER!**

Microbes have the specialized enzymes present in your colon, to deconstruct your fiber—short chain fatty acids (SCFAs), acetate, propionate, and butyrate. SCFAs are the medicine our bodies crave. They immediately work in our colon to enhance the beneficial bacteria and suppress the bad. Cancer cells are hypersensitive to SCFAs and will program for destruction in a process called apoptosis.

As for COVID-19, people with pronounced cases were harboring more inflammatory microbes and missing anti-inflammatory microbes. Basically, the disturbed microbial pattern was creating inflammation and that inflammation was behind the severe manifestations of COVID-19.

So, will fiber help protect us from inflammation and COVID-19? A study of frontline health care workers in six countries found a 73% reduction in moderate to severe COVID-19 cases in those eating a plant-centric diet. Meanwhile a 48% greater chance of severe COVID-19 in those consuming a low carbohydrate, high protein diet.

Improved “gut health” starts with a healthy microbiome and is available to all of us with adequate amounts of SCFAs. Since we get SCFAs from fiber, my challenge to you is to learn the nuances of maximizing your plant fiber—how do you get that high octane fuel to drive your engine? Fiber exists in all plants: fruits, vegetables, whole grains, seeds, nuts, and legumes. Ideally, you want to be 90% or more plant-centric; ditch the processed, packaged foods with sugar and sodium, and crowd out the meat consumption by consuming more plants. Let your plate be dominated with a diverse technicolor expression of plant diversity.

A couple of good documentaries I would recommend in your journey: “What the Health” and “Game Changers”. This article includes data from the following books: Dr. Neil Barnard’s “How Not to Die”, Dr. Will Bulsiewicz’s “Fiber Fuel”, and Dr. Mathew Walker’s “Why We Sleep”.

These authors have all written exceptional books, and you can hear them on the Rich Roll podcast. The podcast offers an abbreviated version of their work, to start you on the journey to educate yourself to take care of your most precious asset—your health.

Good luck! - Daryl Blume, CEO

# Get to know..Tom Johnson

**SENIOR PROJECT MANAGER AND OUR TGH AMBASSADOR**



## How long have you been with BCH Mechanical and what is your day-to-day role?

- I have been with BCH Mechanical just over 15 years. Prior to that I was with our "sister" company, RoyalAire Mechanical for 18 years. I'm a Senior Project Manager and oversee numerous projects from the management end. This would include pricing, purchasing, coordination, billings, scheduling, etc.

## How many of those years have you spent on Tampa General Hospital (TGH) projects? How much, in terms of contract values, have you been a part of?

- From day one with BCH, I have been working on TGH projects. In fact, I have a remote office across the street from TGH and I work from that office almost every day. Since my employment with BCH, I have managed just under \$150M in various projects throughout the Tampa Bay area, with over \$80M directly at TGH!

## What is your favorite memory involving a TGH project?

- There are a few favorites, but one of the most rewarding was the TGH NICU project. To see a project through that provides intensive care to premature and/or seriously ill babies, is touching to say the least. You are proud to be part of the team that built something that will benefit others for years to come. It is very rewarding.

## What is a challenge you encountered working on a TGH project and what did you learn from it?

- Two things come to mind. When I was hired in April of 2007, I immediately started working on the TGH Expansion (Bayshore Pavilion) project and shortly after that I took over managing the project. It was a project that was around \$28M just for the mechanical and plumbing scope. It was a 7-story addition to the existing hospital that we were about half completed with... it was the first GMP project I worked on. I came aboard having an HVAC/mechanical background, so I had to learn the ins and out of the plumbing and med gas aspect of our scope. Luckily, I had a few "mentors" working under me that helped me learn what I needed to know.
- The second challenge that comes to mind is a project we are just completing, the TGH Central Energy Plant Expansion (CEP). This project is like none I have ever worked on before. It had so many different moving parts and specialty pieces to the project. Of course, trying to build this during a pandemic with supply chain issues made it even more difficult to manage. One thing is for sure, I learned you really need to dig into the plans and specs on this type of project early, because it requires ordering of (the correct!) materials ahead of time and you need to have an understanding on what is needed and also what is expected. I'm going to do a better job of that next time!

## Do you have a favorite TGH project? Whether it was the project experience itself or the team you worked with?

- I have worked with many great teams out at TGH. One of the reasons we have continued to do work at TGH is the relationships we have built with not only other contractors, but directly with TGH personnel also.

I take great pride in maintaining those relationships and I like to think we have built a lasting relationship of trust and integrity, and I believe TGH feels we have their best interest at heart. Not only me, but the other BCH employees who take ownership in the work they perform at TGH! They're the best!

## CHECKING IN...ON OUR NEAR MISS PROGRAM!

Plywood sitting on top of the 2x4 that was covering the seam.



**Gary Tharrington**

One of the safety initiatives that BCH has recently launched is our Near Miss Reporting Hotline (866-429-2730). The purpose of this system is to provide a simple, effective means for field workers to quickly communicate near miss situations. The goal is to mitigate these near miss situations before they become accidents. One of the recent Near Misses that was reported could have caused significant injury to any of the workers on this project.

We recently had a project where the expansion joints between the building sections left 3"-4" wide holes that spanned across entire sections between the buildings. The holes were covered with plywood that was placed atop 2x4's along each side of the expansion seam. This last week, one of our BCH employees was nearly struck by a 2x4 that fell from the next level up. The 2x4 came within a foot of hitting the employee. Gary Tharrington, a BCH employee, immediately reported this Near Miss using the BCH Near Miss Reporting Hotline. The Safety Team immediately responded to this event and communicated with the GC to get this issue resolved.

The root cause of this incident was the fact that the contractor that was in charge of covering these expansion seams did not secure the plywood and the 2x4's to the floor. The plywood was simply sitting on top of the 2x4's that were covering the seams. With foot traffic and equipment traffic in the area, the 2x4's were displaced and one of them ended up falling through the seam and to the lower level, nearly striking an employee.

Because of the actions of Gary Tharrington, the Near Miss Reporting Hotline provided a quick resource to report these types of events. The GC was able to immediately have the open hole issue addressed on all level of the project, thereby eliminating the possibility of someone getting injured in the future. Thanks Gary for taking the time to protect all workers out at this project. Well done!

# CONSTRUCTION SAFETY WEEK 2022



Construction Safety Week is a show of force - an opportunity for people, companies, and even competitors, to work together and celebrate the incredibly hard work by people in our industry, who make safety the foundation of everything they do.

Every day, we walk onto construction sites with one goal in mind - get the job done safely. We take great pride in the role we play shaping the communities in which we live, work and play. But even more than that, we feel an unwavering responsibility to one another, our families and friends, to make sure we all return home safe every day.



Piping Shop showing off their new safety week shirts!



ConServ Building Services Training



Safety stand down at Moffitt CEP Expansion



Safety lunch at Tampa General Hospital



Safety lunch at SF Baptist Hospital



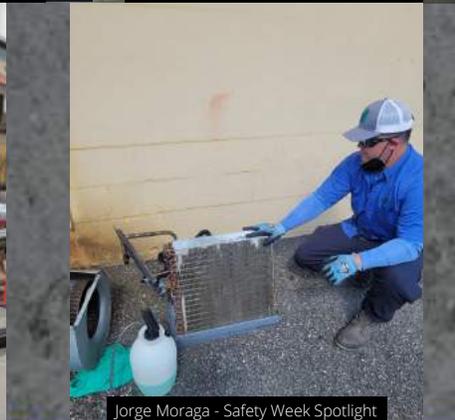
Milton Morales - Safety Week Spotlight



Ryan Kelley - Safety Week Spotlight



Aaron Kistner - Safety Week Spotlight



Jorge Moraga - Safety Week Spotlight

# Our Apprentices Graduated!

A big shout-out and congratulations to our apprentices, who recently graduated from ABC Florida Gulf Coast's 4 year Apprenticeship Program in different trades. The purpose of the apprenticeship program is to develop a qualified, adaptable, and most important, a safe workforce.

These apprentices completed the classroom training (where the apprentice learns the theory of the trade) along with on-the-job training (where the apprentice gains practical experience). We congratulate these hardworking individuals who were issued a nationally-recognized Completion of Apprenticeship certificate by the State of Florida. We are so proud to have you all as part of our team!



**Jonathan Brokaw**  
Sheet Metal Apprentice  
BCH Mechanical



**Karel Ojeda**  
Sheet Metal Apprentice  
BCH Mechanical



**Justin Klein**  
Plumbing Apprentice  
BCH Mechanical



**Roberto Diaz**  
HVAC Apprentice  
BCH Mechanical

# Recently Awarded Projects

## **BCH MECHANICAL**

- RAD ST PETE
- ABERCROMBIE & FITCH INTL PLAZA
- USF SUITES 302 & 304 OFFICE RENOVATION
- MEASE DUNEDIN HOSPITAL
- JHACH TISSUE CULTURE RENOVATION
- SLIGH MIDDLE SCHOOL BLDG 200 RENOVATION

## **CONSERV BUILDING SERVICES**

- BED, BATH & BEYOND - MULTIPLE LOCATIONS
- TARGET - MULTIPLE LOCATIONS
- 7 ELEVEN - MULTIPLE LOCATIONS
- T-MOBILE RTU REPLACEMENT
- FRED KARL 24TH & 25TH FLOOR
- GRAND CENTRAL CHILLER EEV UPGRADE
- CVS WIC CONDENSER REPLACEMENT
- MOSAIC LITHIA COMPRESSOR REPLACEMENT
- WELLS FARGO 66TH STREET
- CIRCLE K - MULTIPLE LOCATIONS
- NORDSTROM COMPRESSOR REPLACEMENT
- OLD TIME POTTERY TRU REPLACEMENT
- CITRUS PARK MALL BREAKER REPLACEMENT
- REYNOLDS & REYNOLDS
- BOX LUNCH COUNTRYSIDE MALL
- WESTMINSTER PLAMS COOLING TOWER
- NIKE BRICKELL BAS WIRING

## REGISTER FOR THE 2022 RUN FOR ALL CHILDREN



We have announced the 9th annual Run for All Children 5k/10k & 1-mile Fun Run! Please join us on Saturday, September 10, 2022 in support of Johns Hopkins All Children's Hospital.

The signature event is special to our company, as it was founded by Brian Powers, VP of Sales, & John Fields, President.

To register, or to learn more about the race, visit the website: [www.runforallchildren.com](http://www.runforallchildren.com)

# Busch Gardens DAY!

BCH Mechanical and ConServ Building Services held our annual employee appreciation event at Busch Gardens on May 21st! We wanted to thank all our teammates for their hard work and support so far this year. We couldn't think of a better way than a fun-filled day at Busch Gardens with all our family and friends. With more than 700 attendees, it was nice to see so many familiar faces! There was also a raffle with some amazing prizes awarded to some lucky winners! Our teammates make everything we do possible, and we wanted to show some extra appreciation by providing them with a day full of food, entertainment and fun for both them and their families!





# J.J. THE "BEE" AWARD



BCH MECHANICAL'S EMPLOYEE RECOGNITION PROGRAM

## April Winner



Hunter Hart

## May Winner



Dave Christman

## June Winners



Julia Klaiber & Eileen Proctor



# ROWER OF THE MONTH



CONSERV BUILDING SERVICES EMPLOYEE RECOGNITION PROGRAM

## April Rowers

- Charlotte: Jacob Bowman
- Raleigh: Ben Bedard
- Atlanta: Sean McNichol
- Tennessee: Michael Herring
- Alabama: Chris Hill
- Orlando: Todd Tokos
- Sunrise: Brandon Melvin
- Largo: Linus Barber
- Largo Trades: Daniel Masson

## May Rowers

- Charlotte: Gabriel Duprey
- Raleigh: Barry Croom
- Atlanta: Richard Antoine
- Tennessee: Pam Yancey
- Alabama: Pat Holbrooks
- Orlando: Kristina Whorton
- Sunrise: Nicole Graham
- Largo: James Lannom
- Largo Trades: Mark Severance

## June Rowers

- Charlotte: Rocky Childers
- Raleigh: Chris Dale
- Atlanta: Gary Ogdenski
- Tennessee: Tim Elrod
- Alabama: David Murphy
- Orlando: Kevin Soto
- Sunrise: Frank Heuser
- Largo: Chad Hitt
- Largo Trades: Dan Rau

# BOLTS NATION!



BCH Mechanical & ConServ Building Services enjoyed cheering on the Tampa Bay Lightning this season! Although it didn't end the way we wanted, we are proud of all this team has accomplished.  
- NO ONE CAN STEAL OUR THUNDER! -

# Just Married

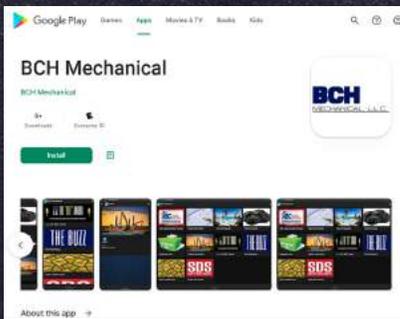


Congratulations to BCH Mechanical's Assistant Project Manager, Andrew McAuliffe and his wife Erin! The two tied the knot on April 8, 2022 at St. Paul's Catholic Church in St. Petersburg, FL.



Congratulations to BCH Mechanical's Project Manager, Blake Grimm and his wife Paityn! The two tied the knot on June 18, 2022 at the Marriott Sand Key on Clearwater Beach, FL!

# THE BCH EMPLOYEE APP HAS LAUNCHED!



BCH Mechanical has recently launched our **Employee App**! The Employee App is available for download for Apple devices and on the Google Play Store for Android Devices. Click the photo to the left for instructions on how to install the BCH Employee App. The BCH Employee App does not capture or track anything on your personal phone. The App is meant to help employees easily access company resources such as Vacation/Call Off/Call In Requests, Jobsite Directions, Payroll Links, The Buzz Employee Newsletter, Safety Hotline Link, Suggestion Box, and JJ "The Bee" nomination entry. **There is also a Picture Submission section for our Quarterly Picture Contest - don't miss out on this!** We hope you all utilize and enjoy this new app!

# CELEBRATING OUR ABC NEXGEN GRADUATE!



Congratulations to our Assistant Project Manger, Andrew McAuliffe, and the Class of 2022 for graduating the ABC NEXGEN Leadership Program! NEXGEN is an intensive 8-month leadership course designed specifically for future leaders in the construction industry.

We are very proud that Andrew was selected to represent BCH Mechanical in this leadership program, where he enhanced his leadership skills and industry knowledge.

Well done, Andrew! BCH Mechanical is lucky to have you as part of our team!

## HVAC - SHEET METAL - PLUMBING - MED GAS - SERVICE - LEED - DESIGN/BUILD

**BCH MECHANICAL**

CONNECT WITH BCH!



 BCH JOBS



 CONSERV JOBS



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