

ISSUE 1 | 2020

THE BUZZ

The Newsletter of BCH Mechanical and ConServ Building Services

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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.

A WORD FROM OUR CEO

QUARTER 1 REVIEW



These weeks and months will be forever marked in history as our employees, industry, country and world grapple with controlling and conquering an invisible virus. Our story will not end in despair, but in triumph. I believe what makes America great is the freedom and liberties of its people; a people that come together in the face of fear to become stronger and closer to one another, as Brothers and Sisters in God. I believe that the force of America's people working together in harmony, is more powerful than that of even the most well-intentioned government actors.

Our family at BCH Mechanical and ConServ Building Services remains vigilant regarding our safety while continuing to serve our community and customers amidst this Coronavirus pandemic. Our company has remained open for business and our dedicated team has been unwavering in their efforts to support our customers during these unprecedented times.

We have installed UV systems at facilities, temporary exhaust systems, and have converted an entire floor at TGH to be used for "isolation patient rooms", to enhance the safety of others and provide expanded patient care. These projects and services have come about due to the pandemic and are usually carried out within days of the vision.

Ingenuity, free enterprise and the ability of private businesses to fill a need is truly amazing, and our team of committed individuals can make a plan become reality in a very short time. We are blessed to have a team that is there to make it all happen, every day, with a positive attitude and a "can do" spirit.

As we continue to navigate through this perilous time, I pledge to use our resources for the good of others. To use our freedoms and human rights to serve and protect our fellow man and freely communicate truth, faith and words of inspiration. To instill confidence and not fear, and to act with patience and tolerance.

I believe we remain the greatest free nation on earth and will become stronger and closer through these challenging, historic times. I believe our company will become even more creative and laser focused on how we can most effectively act to support you in any way possible, no matter how large or small.

This is our pledge to you. Stay safe and stay strong!

Daryl Blume, CEO

"Always seek out the seed of triumph in every adversity" - Og Mandino

STAYING HEALTHY

Nearly all of the advice regarding the Coronavirus deals with how to avoid becoming exposed, by washing your hands, social distancing, not touching your face, etc. This article contains some simple advice on how to enhance your immune system and improve your overall health and well-being—and thus far less susceptible to the Coronavirus and other illnesses that will set you back and prevent you from enjoying a healthy, active lifestyle today and for years to come.



Eat a Balanced Diet. Eat more fruits and vegetables. Eggs, avocados and walnuts support mood regulation and energy balance. Cut out sugar and simple carbohydrates, like junk food and soda. Eliminate processed food, which includes hot dogs, chicken nuggets, packaged meats, or any food manipulated and packaged for shelf life. Reduce or eliminate cheese and dairy consumption. These eliminations will reduce inflammation, as well as improve gut health and your overall immune system.

Practice Movement and Mindfulness. Do yoga and/or meditation and go for long walks (ideally at a park or trail to get in touch with nature). Practice deep breathing (inhale for 3 count, hold 1 count and exhale for 3 count). If you sit regularly for work, get up, do air squats and/or at least move every 30 minutes. If you are physically able, do 30 minutes of continuous cardiovascular exercise regularly. If not, try and build up to it.

Practice Positive Self-Talk. If watching the news leaves you depressed, don't watch it. If the person who claims to be your friend is always spewing negative thoughts, avoid them or find new friends. What you reap you will sow, so start tomorrow with a renewed vigor and positive mindset and don't give anyone around you permission to impact your mental state.

Seek Social Support. Dan Buettner, author of numerous books regarding the "blue zones", which are pockets of the world where the largest concentration of centenarian's lives, provides significant evidence of the benefit of spending hours daily being in "community" together. They provide support for each other, show gratitude and are true friends and companions. Many have seen and supported each other in all facets of their lives since childhood. This community support goes a long way to filling life's purpose; you are needed by others. Try a "zoom or Facetime video call". Use today's technology to stay in touch with family and friends and provide those social vitamins for the short term.

Sleep and Hydrate. Get a minimum of 7-8 hours of sleep per night. Turn off the phone, TV, or computer at least an hour before bed. Hydrate daily, drink lots of water. Drink alcohol only in moderation.

Practice Self-Discovery. Everything you put on hold due to work, kids, family, and life; you now have time. Read the good book you so intended, listen to a podcast, or watch that educational documentary.

Play. As we age and "life happens", we forget about the inner child within us. Find joy in just being outside enjoying fresh air; touch, smell, hear and taste—ideally in nature. Play games, work at hobbies, garden, paint, sew, do woodworking, anything that stimulates your senses, brings your senses to life and renews your energy. Just try it!

We will all come through this unparalleled time in history with new tools to forever change the trajectory of our health and well-being. So we can navigate through life with a better life balance, less stress, more love and joy around us, and a new group of supportive friends.

COVID-19 & INDOOR AIR QUALITY

There are ways to reduce and/or eliminate airborne and surface mounted viruses and bacteria. There are a number of factors to consider, when reducing these potential harmful microorganisms, such as surface, temperature, systems employed, and re-circulation rates.

UV Systems: At JW Marriott, we are installing portable UV systems at the elevator banks. The Genesis air units will reduce the airborne microorganisms in the air and on surfaces, which can linger for several days. We are also retrofitting numerous existing air handling systems, which can easily be added with UV systems.

Bipolar Ionization Systems: These neutralize the contaminants by energizing the air to bipolar (positive and negative) ions. Bipolar breaks down toxic gases, odors, and dangerous carcinogens. Because bipolar ions negatively affect the DNA of bacteria and viruses, they will be able to collect and eliminate the contaminants.

Just as a healthy immune system will likely lessen your risk of danger with a virus, there are HVAC system methods available that will mitigate the virus and airborne contaminants:

- Lower Dew-Point Systems: lower humidity decreases breeding
- Pre/Final Filters: filters up to MERV 14 ratings, assuming systems can handle External Static Pressure
- Filter Management/Maintenance: add gauges to monitor pressure drop to determine clogged filters, coils, and drain pans (culprits for bacteria growth)
- Controls: tighter temperature and humidity control, variable motors/compressors, hot gas reheat, tighter control parameters tied to DDC (Direct Digital Controls)

As is the case with many things in mechanical systems, job specifics will impact your options and choices. Chilled water systems with modular air handlers will provide more choices with filtration and control flexibility. However, UV systems and better filtration can be employed in all systems.

PROJECT SPOTLIGHT

BLUE JAYS STADIUM

BCH Mechanical was honored to be a part of the Gilbane Building Company and Turner Construction partnership on the Blue Jays Stadium project. BCH was awarded the HVAC and plumbing scopes for this project. The cost of the renovations at the ballpark totaled \$102 million. The Toronto Blue Jays have played in Dunedin during the spring months since 1977. As part of the agreement to build a new stadium, the Blue Jays extended their contract to keep playing in Dunedin for the next 25 years.

Some of the changes to the stadium include expanded capacity from 5,550 to 8,500 fans. The team also has a new outfield boardwalk, 360-degree concourse allowing fans to view every angle of the field, additional training fields and conditioning equipment for the players and an overall facelift. The new Blue Jays Player Development Complex will include 3 new full fields, making 6 total (1 being synthetic turf). There will also be 5-bay and 7-bay batting cages, two 10-pack gang mounds and a new half field added to the complex. The Clubhouse/Administration building will be a total of 110,000 sq. ft.





SAFETY MATTERS!



Are we distracted yet? Distractions not only impair workplace performance and efficiency, but they are also one of the leading causes of workplace injuries and near-misses amongst workers. As outside influences, including distractions increase, so does the risk to workers. What we have witnessed first-hand across the world, over the past few months with Covid-19 has provided a lifetime of distractions, emotions, uncertainty and confusion.

Workplace distractions, regardless of type, have the same effect: When people are distracted, they are not paying attention and fail to see hazards, which can lead to injuries. No matter how many distractions are swirling around you, always take the time to assess everything you do, both at work and at home, and make safety a top priority.

We need to make sure we utilize our 5x5 Safety program, which has now been updated to a '5x5x6' program. Before starting a work task take 5 steps back and 5 seconds to assess the task, taking into consideration any potential safety issues, risks or simply whether you have the proper resources to complete the task safely. We have now added an additional '6' to the 5x5. The '6' represents keeping 6 feet between you and others, in order to maintain proper social distancing.

As we move through these challenging times as individuals, as a company and as a country, it is critical that we focus on the essentials. First and foremost, take care of yourself. You can't take care of anything else effectively if you can't take care of yourself. Get plenty of sleep, eat well and take time to enjoy those things in your world that bring you joy. Secondly, take care of your family. They are there to see you off to work and are the first ones to welcome you home. They are the 'glue' when life seems to pull us apart. Take time to sit down as a family to talk about how, as a family, you can work together to overcome these near-term obstacles. Don't forget to talk about the good things as well. Next, try to divert your focus to controlling those things in your 'world' that you can control and the rest try not to worry as much about. Worrying about things where you have no influence over the outcome causes enormous stress. Also consider your mental health, especially in light of current world events. As employees, we all have access to the Employee Assistance Program (EAP) which is there to assist employees with issues like alcohol or substance abuse, financial or legal problems, wellness matters and challenging events like the current COVID-19 pandemic.

Be Safe - Rick Hauf, Director of Safety

RECENTLY COMPLETED PROJECTS

BCH MECHANICAL

YANKEES PDC
LARGO MEDICAL CARTWASH

CONSERV BUILDING SERVICES

TARGET VERO BEACH
CHANNEL 28 COMMUNICATION TOWER
KENDALL MEDICAL CENTER GARAGE
PATRICK MARSTON
SUNOCO 7 ELEVEN LEWISBURG
OUTPATIENT SURGERY CENTER BOCA RATON
WELLS FARGO PINELLAS PARK
TOTAL WINE AND MORE STUART
WELLS FARGO CLEARWATER
WELLS FARGO LUTZ
AEROSONIC NEW CONSTRUCTION BLDG
LOWES FULFILLMENT CENTER
LAKEWOOD RANCH COUNTRY CLUB
CHS VERO BEACH

RECENTLY AWARDED PROJECTS

BCH MECHANICAL

FDLE TBROC DEMO
EISENHOWER MIDDLE SCHOOL
AH WESLEY CHAPEL ONCOLOGY
TGH 4J GME RESTROOM
WESTCHASE ELEMENTARY
MCC CEP INFRASTRUCTURE
TGH B104 TEAM MEMBER LOUNGE
TGH CEP
WHITESHELL @ CENTRO YBOR
TGH 3K CATH LAB
ENCOMPASS REHAB HOSPITAL
ADVENT HEALTH 3RD FLOOR

CONSERV BUILDING SERVICES

AJAX OFFICE
TARGET 2188
TARGET 967
POINCIANA MOB
VICTOR DISTRIBUTING
CHANNELSIDE NAIL SALON
GRAND CENTRAL BOILER VENT
CVS METERING DEVICE
WELLS FARGO SARASOTA
CIRCLE K
APYX REPLACEMENT
WILLIS TOWER TENANT
TD AMERITRADE SARASOTA
WELLS FARGO ST. PETE
CARMAX SALTILLO
SPRINT KISSIMMEE
QDI RESTROOMS
7 ELEVEN
GO STORE IT BRADENTON



ENCOMPASS REHAB HOSPITAL



J.J. THE "BEE" AWARD



BCH MECHANICAL'S EMPLOYEE RECOGNITION PROGRAM

January Winner



Tom Riecken

February Winner



Hans Reber



ROWER OF THE MONTH



CONSERV BUILDING SERVICES EMPLOYEE RECOGNITION PROGRAM

January Rowers

- Charlotte: Randy Elliott
- Raleigh: Kevin Fredericks
- Atlanta: Ricky Robinson
- Tennessee: Michael Herring
- Alabama: Nick Pavino
- Texas: Charles Garrett
- Orlando: Pam Yancey
- Sunrise: Dan Vayda
- Largo: Ryan Kelley
- Largo Trades: Brent Jochim

February Rowers

- Charlotte: Corey Shefter
- Raleigh: James Davis
- Atlanta: Robert Tschudy
- Tennessee: Dave Guenther
- Alabama: Chris Hill
- Texas: Howard Hunter
- Orlando: Jorge Moraga
- Sunrise: Frank Heuser
- Largo: Luis Valera
- Largo Trades: Keenan Sherman

What's new at BCH Mechanical and ConServ Building Services?

Pictured below: Daryl Blume, CEO, leading our January lunch and learn on the "13 Keys to Selling and Building Relationships".



NEVER STOP LEARNING!

We started 2020 off with a plethora of training! Our Sales and Estimating teams have been hosting internal lunch and learns for a few years now, with different team members presenting on topics they are passionate about. More recently, these lunch and learns have grown to include numerous other departments and team members.



Pictured above: Laura Howell, CSUSA Vice President & General Counsel, leading our February lunch and learn on the importance of Contract Review.

We hosted a 3-day training, led by CSUSA, for a group of our Project Managers, Estimators and Superintendents. This group (**pictured to the right**) learned about leadership, learning styles, communication, teamwork, planning, time management and ethics. They also learned about the important steps of the project timeline; from project selection, to turning over the project to the production team, to staying on schedule until completion. A big thank you to our class instructors - Bill Fourt, CSUSA Vice President of Construction and Ray Bushfield, Laidy and Ray Consulting, Inc.



BCH is proud to be a part of the ABC FL Gulf Coast NEXGEN Leadership group (**pictured below**), who spent a day at the Ronald McDonald House Charities St. Pete West House to spruce up their location ahead of their 40th Anniversary!



Mayor Bradbury of Pinellas Park (**pictured above on the far right**) stopped by our Largo office in February to present our team with a plaque in honor of Economic Development week. We are thrilled to have played a part in the economic growth and diversification of this community for over 43 years!



welcome to the family!



Congratulations to BCH Mechanical's AR Manager, Grant Walker and his wife Jamie, on the adoption of their two sons, Gabriel and George.



Congratulations to our Payroll Manager, Samantha Bryan and her husband Jon, on the birth of their daughter. Baby Charlotte was born on February 15, 2020.



Congratulations to BCH Mechanical Plumbers, Anna Nuckoles and Daniel Parsons on the birth of their son. Baby Phoenix was born on March 16, 2020.

HURRICANE SEASON

WHAT TO KNOW

Hurricane season is no stranger to most of us, but one thing you may not have thought to add to your checklist is to make sure your HVAC system is prepared for the storm. Not only does preparing your HVAC system for a storm help reduce the likelihood for any damage to the system, but it also helps keep you and your family safe.

To keep your HVAC equipment as safe as possible during the storm, it is recommended that you:

- Turn off the breakers to your A/C or heat pump and indoor air handler
- Secure your outdoor unit. Make sure all bolts are secure and tight, and use hurricane straps when possible
- Protect your outdoor equipment from flying debris
- If floodwater is a concern, have your HVAC unit placed on an elevated platform
- DO NOT turn your HVAC system on right after the hurricane has passed; Inspect it first for damage from high winds, water, or debris. We also recommend you have it inspected by an experienced HVAC technician before you turn it back on.

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ConServ
Building
Services, LLC

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