

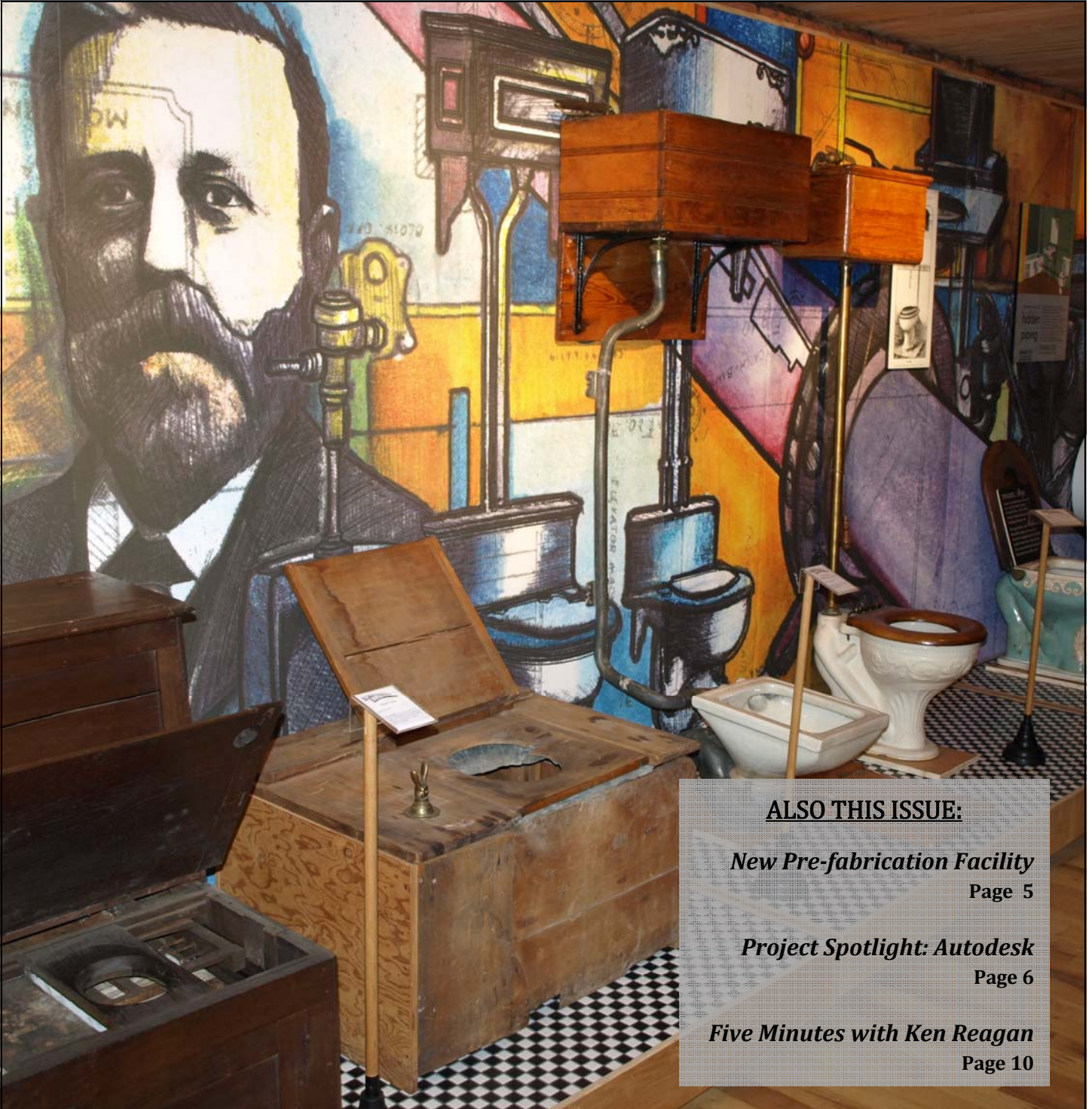
SHOP TALK

Spring 2009

The quarterly newsletter of J.C. Cannistraro, LLC

Issue 7

A LOOK INSIDE THE PLUMBING MUSEUM



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SHOP TALK

A LOOK INSIDE THE PLUMBING MUSEUM

In January 2009, the long-awaited Plumbing Museum opened in Watertown, MA.

A grand opening event was held by the PHCC of Greater Boston, and New England plumbers were invited to explore the unique collection for the first time. Also invited to the event were the Artists for Humanity, the non-profit organization that worked on the museum's graphics, murals and painted displays, and Cambridge Seven Associates, the architects who helped design the museum.

The museum's original owners, Russell and BJ Manoog, curated the collection in Worcester, MA until 2007. The Manoog family was on hand for the grand opening and had the distinguished honor of cutting the ribbon to officially mark the occasion.

This winter, J.C. Cannistraro held a private, staff-only luncheon to give employees a chance to tour the museum's exhibits. Guests were treated to a catered lunch and ice cream sundaes before touring the collection of antique sinks, bathtubs, water closets and plumbing fixtures.



Russell and BJ Manoog perform the ceremonial ribbon cutting with John Cannistraro, Jr. and Hugh Kelleher.



A classic water heater caught the eye of Cambridge Seven Associates' Steve Colson.



The fully restored museum is ready to welcome guests.

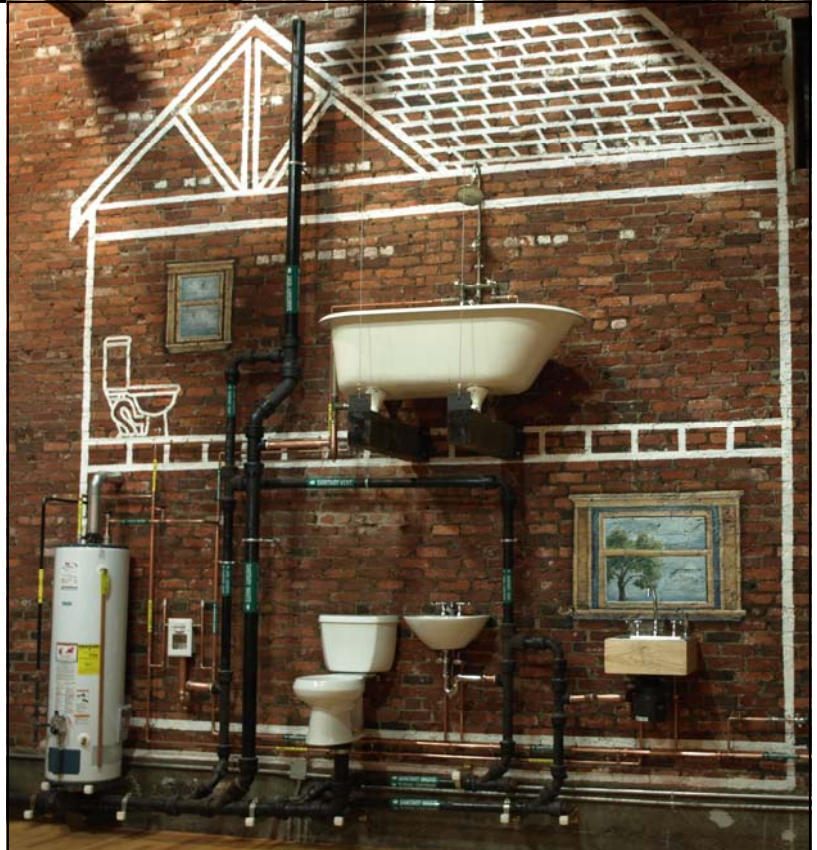
SHOP TALK

A LOOK INSIDE THE PLUMBING MUSEUM

In addition to welcoming tour guests, the museum also serves as a unique conference center. We have already held a number of JCC's signature BIM Breakfasts in the museum, and plan to host events such as dinners, seminars and cocktail receptions for various industry associations.

The Plumbing Museum is open to the general public for tours by appointment only. Museum hours are on Tuesdays and Thursdays from 10 AM to 2 PM. Corporate or school groups are welcome to schedule private tours during museum hours.

For more information or to schedule a tour, email: info@theplumbingmuseum.org



The modern convenience of home plumbing is on display at the Plumbing Museum.



Estimator Preston Ruff and Project Manager Bill Whelan read restroom signs from around the world.



JCC's Jorge Sanchez, Evelio Cruz, Ryan Still and Nelson Bracero enjoy lunch in the Plumbing Museum.



Cannistraro employees examine antique tubs and lavatories.

SHOP TALK

AWARDED PROJECTS

<u>Project</u>	<u>Trade(s)</u>	<u>General Contractor</u>
Verizon Network Retention 185 Franklin St., Boston	Plumbing, HVAC, Fire Protection	<i>Tishman Construction</i>
Proteostasis 200 Technology Square	Plumbing, HVAC, Fire Protection	<i>Richmond Group</i>
New England Medical Center MRI Suite	Plumbing, HVAC, Fire Protection	<i>Barr & Barr</i>
Tufts Dental — Sterilization	Plumbing, HVAC, Fire Protection	<i>Barr & Barr</i>
Berklee College of Music	HVAC, Fire Protection	<i>Wise Construction</i>
Marriott Copley Place 5th Floor Pool	HVAC	<i>Structure Tone</i>
New England Medical Center Tufts Tupper 9 & 11	HVAC	<i>New England Medical Ctr.</i>
One Summer Street, Boston The Markey Group	Plumbing	<i>Gilbane Building Co.</i>
55 Parkway Garage	Fire Protection	<i>Walsh Brothers</i>
Atheneum Center	Fire Protection	<i>Richmond Group</i>
Beld Watson Generating Project	Fire Protection	<i>UMASS MD</i>
Brandeis University Shapiro Admin. Center	Fire Protection	<i>Cushman</i>
Harvard University Lowell House	Fire Protection	<i>Consigli Construction</i>
Harvard University Winthrop House	Fire Protection	<i>Shawmut Design & Constr.</i>

SHOP TALK

FOCUS ON HVAC

New Pre-Fabrication Facility

2009 brings growth and expansion to J.C. Cannistraro's HVAC Department. Our new "Fab-Lab" ensures the utmost quality for large piping installations and greatly improves the efficiency of HVAC projects.

Accommodations for the new facility include:

- 20,000 square feet of space
- (8) automatic welding stations capable of welding pipe that ranges from 1/2" to 60" diameter
- Environmentally friendly, fume extraction and air recirculation system
- Dual-shield, flux-core automatic welding machines capable of producing x-ray quality welded joints
- Overhead bridge cranes for material movement and loading
- Plasma cutter for pipe cutting precision
- Automatic pipe positioning and beveling machines



An 8 piece fabricated assembly weighting over 4,000 lbs is easily handled by one man with the use of overhead cranes and rollers.

DID YOU KNOW?

An American Welding Society certified welding inspector is onsite daily to observe all welding procedures.



Condenser water piping is prepared for the plasma cutter.



Aerial view of the welding stations.

SHOP TALK

PROJECT SPOTLIGHT: AUTODESK

Over the past year, drivers along Interstate 95/Route 128 have watched a building come to life in the city of Waltham. The famed Autodesk project has been the media darling of the New England construction industry, and it is easy to see why.

Autodesk is the engineering and software company responsible for designing AutoCAD, REVIT and other three dimensional modeling programs. When the company decided to build its New England headquarters, ownership sought to assemble a uniquely different project team. As one of the leading advocates of Building Information Modeling (BIM), Autodesk was well aware of the opportunities that BIM provided to their upcoming project.



The Autodesk Headquarters in Waltham, as seen from Rte. 128.

The decision was made to build the Autodesk headquarters using Integrated Project Delivery (IPD), a method that had yet to be attempted in the New England area. IPD enables the owner, architect, engineer, general contractor, and mechanical contractor to work together to plan, design and build the project using BIM. The entire project team is assembled early in the pre-construction process and ultimately, Integrated Project Delivery results in a finished project that is on-time, on budget, and more efficient.

Integrated Project Delivery...

enables the vital practice of early collaboration through building information modeling (BIM). IPD helps exceed increasing client demands by easing and integrating the collaborative efforts of owners, architects, engineers, construction managers, fabricators, and end operators at the earliest possible stage of any project.

- Autodesk, www.autodesk.com



Intricate millwork welcomes guests to the lobby.



The project construction and design team co-locates at JCC's conference center.

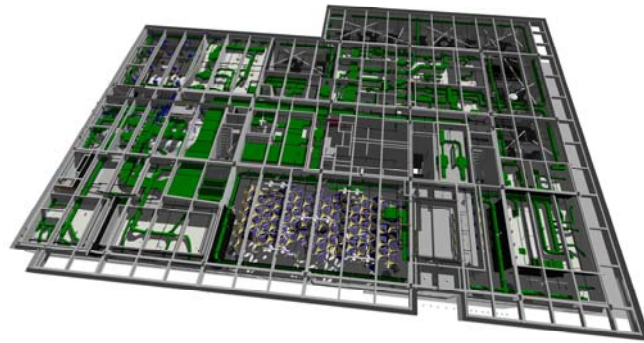
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PROJECT SPOTLIGHT: AUTODESK

J.C. Cannistraro, LLC is proud to be the mechanical construction firm on the area's first IPD project. The project achieved LEED Platinum Certification, which is the highest green building rating available. Along with our project partners *Tocci Building Company* and *KlingStubbins*, the project team at Autodesk is proud to share our success story about IPD. On Thursday April 16th, the project team presented at the *Massachusetts Building Congress* forum, "A Brave New World — Integrated Project Delivery Arrives."

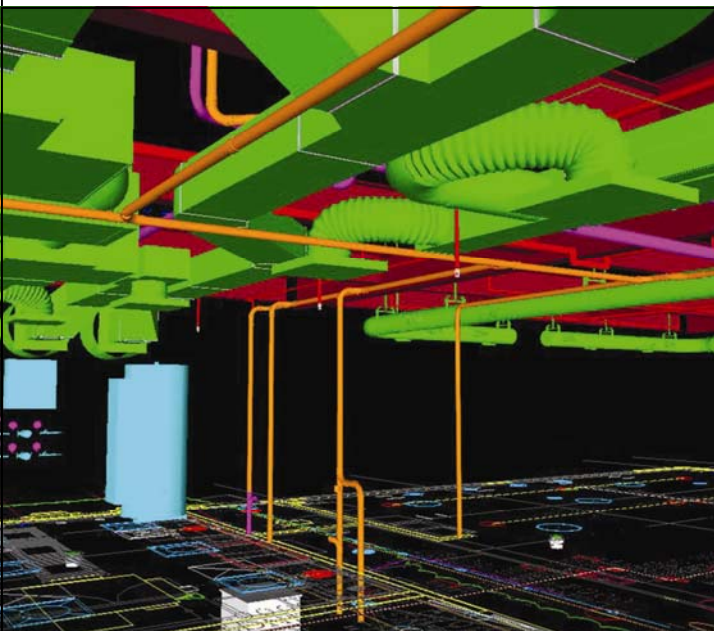


The project has achieved the USGBC's highest honor, a LEED Platinum rating.



The mechanical systems at the Autodesk project included:

- 100 VAV and fan powered boxes
- 80 tons of computer room cooling
- Commercial kitchen installation
- Complete fire protection system



Mechanical model imported to the fabrication shop for perfect fit on the job site.

SHOP TALK

FOCUS ON FIRE PROTECTION

Logan Airport—Terminal A Deluge System Testing

The JCC Fire Protection team has completed an interesting project at Boston's Logan Airport. A deluge system was installed in order to protect Terminal A and its satellite buildings from a potential jet fuel fire. The system consists of six (6) 8" deluge valves, approximately two-hundred (200) deluge nozzles and a detection system utilizing infrared heat detectors. After installation was complete, a full flow demonstration and acceptance test was performed. Upon full flow, the system discharges approximately 2,500 gallons of water per minute.



Once the system was installed, the testing began. A small fire and smoke surround the buildings at Terminal A.



The deluge system suppresses the fire as designed. Photos show the deluged water from various angles.

SHOP TALK

SAFETY UPDATE

Reservoir Woods Waltham, MA

Congratulations to the team at **Reservoir Woods**, for being named *Safe Job of the Quarter* for the second time since being on the job site in Waltham, MA. This unique Plumbing project is a commercial office property with a kitchen, small gym, and an emphasis on sustainability. Managed by *John Moriarty and Associates*, this project requires installation of a large tank that recovers storm water that is then pumped through as grey water. This grey water is then used to flush the building's toilets, providing a greener mechanical system.



The project team at Reservoir Woods celebrates its second consecutive safety award.

The Plumbing work at Reservoir Woods also requires installation within a confined space. The Cannistraro team on this project completed Confined Space Entry Training, and has never faltered when it comes to maintaining on-the-job safety.

With their second *Safe Job of the Quarter Award*, the Reservoir Woods team is a model for consistency in safety procedures. The crew continuously completes safety training, maintains strong client relationships, and is conscientious about safety issues above and beyond their toolbox talks. Keep up the good work!



From left to right: Michael Warford, Kenny Brunet, Eddie Lilley, John Peters, John Sullivan, Foreman Greg Decarteret, and Field Superintendent Neil Daly.

SHOP TALK

FIVE MINUTES WITH KEN REAGAN



The talent and experience of our staff truly sets J.C. Cannistraro apart from the competition. This quarter, *Shop Talk* met with Ken Reagan, Project Manager for the Special Projects Division. In more than twenty years with the company, Ken has managed countless projects and become a well-respected member of the Cannistraro team.

When did you start working at J.C. Cannistraro, LLC?

I interviewed with John Cannistraro Sr. in 1985, as a senior in high school. My father was a Plumbing Foreman with the company and I hoped to become an apprentice plumber. I was hired as a truck driver, and I worked with Mark Perrone as the only two members of the Shipping/Receiving Department. I delivered stock to the various job sites for a little over a year, and was accepted into the Plumbers Local 12 Apprenticeship Program

Tell us a little bit about your career path.

I worked in the field as a Journeyman Plumber and Foreman for eighteen years. During that time I went to Northeastern University at night for HVAC and Fire Protection. Next I became the Outside Superintendant for the Plumbing Division, and began estimating and managing small Plumbing, HVAC and Sprinkler projects at the same time. I then moved to the Special Projects Division and became a Project Manager/Estimator, where I remain today.

How has the industry changed since you started?

When I started here, I knew the location of every pay phone in the city of Boston. We didn't have cell phones, and we needed to make business calls from job to job, so the pay phone was our only choice. While the mechanical systems we install haven't changed too much, the way we communicate has definitely improved. Communication technology has improved Project Management, and our projects move a lot quicker overall.

What would you say was your most interesting project that you've worked on in your career?

All projects have their own challenges, but the Gillette Stadium and the Logan Airport modernization projects were particularly memorable. The most challenging for me as a Project Manager however, was most likely the Copley Plaza Renovation, where we installed piping that ran under the job site and inside the Prudential Tunnel.

Tell us about your family.

My wife and I are happily married and have been for fourteen years. We have two boys, ages eight and eleven, who keep us busy with school, baseball and soccer. During the winter we spend a lot of time skiing, and our summers are mostly spent on Duxbury Beach, where I grew up and still live today.

Tell us something about yourself that the average person does not know.

When I'm not at work I spend a lot of time organizing youth baseball programs in our town. I am a night owl, and unlike many people, I actually like Mondays. Since my dad was a Plumber, I always wanted to work in construction as a kid. Even today I still love working with tools and will often find projects to work on around the house.

Last question: What makes J.C. Cannistraro, LLC different from other companies?

This company always had and continues to have the best talent in the industry. Both in the field and the office, the Cannistraro workforce is a tremendous resource for work experience and construction advice.

SHOP TALK

OFFICE BULLETIN BOARD

Mark Your Calendars

The 3rd Annual John A. Brogan Memorial Golf Outing will be held on **Sunday, June 28, 2009**.

Space is limited and event registration includes greens fees, a golf cart and lunch.

To sign-up contact:

Mark Perrone

617-926-0092 Ext. 217
mperrone@cannistraro.com

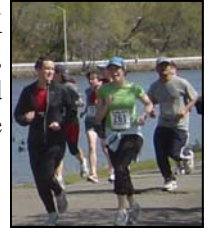
Bob Messia

617-926-0092 Ext. 268
bmessia@cannistraro.com



Spring Road Race

Join Team Cannistraro for a family 5K road race through historic Lexington, MA. Runners, walkers, friends and families are all invited to help raise money to find a cure for ALS.



Date: Saturday, May 2, 2009

Time: 11:20 AM

Location: Lexington Center — Lexington, MA

Separate race routes are planned for runners and walkers. A BBQ lunch is provided for all participants, catered by Jasper White's Summer Shack. Entertainment and family activities are available throughout the afternoon.

To register, contact the JCC Marketing Department at 617-926-0092 or email tpalange@cannistraro.com.

For more information visit www.cureiscoming.org.

Industry Recognition

J.C. Cannistraro, LLC belongs to twenty trade associations in the construction industry. The company is honored that in 2009, two members of our team have been asked to serve as speakers for industry events.

Neil Johnson, Director of Operations

Neil recently served as a guest speaker for a panel discussion on Building Information Modeling (BIM). Among representatives from KlingStubbins and Tocci Building Companies, Neil spoke about the benefits of BIM and JCC's experience as part of the project team at Autodesk. The event was sponsored by the Boston chapter of NAWIC.



Len McDonald, Special Projects Division Manager

This April, Len will be the featured guest speaker for the American Society of Professional Estimators (ASPE). In his presentation titled "Conceptual HVAC Estimating," Len outlines best practices for estimating HVAC projects.



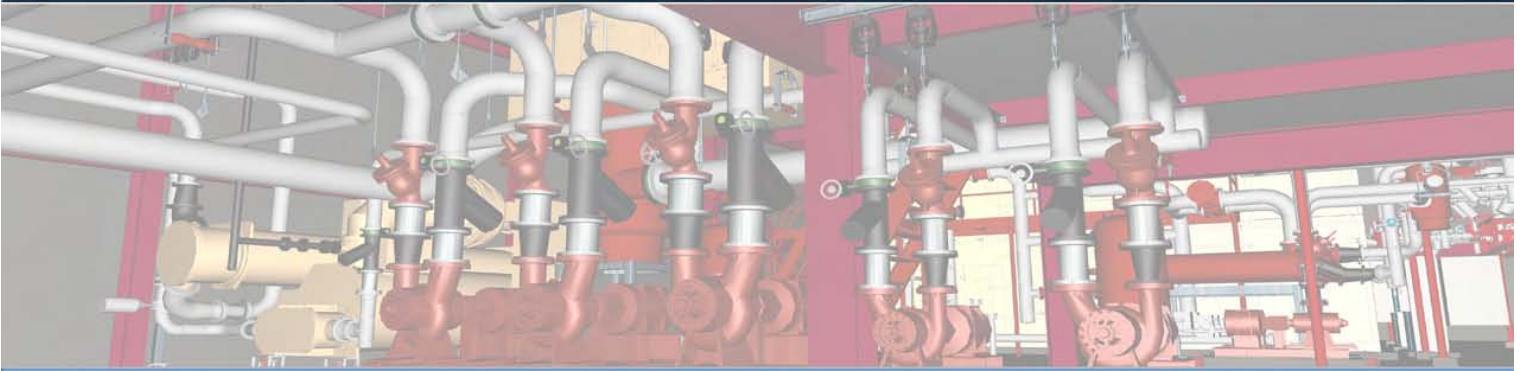
ABOUT SHOP TALK:

Editors-in-chief: Judi Resnick & Tom Palange

Writer: Tom Palange (tpalange@cannistraro.com)

Cover Photo: Mural featuring Thomas Crapper on display at The Plumbing Museum in Watertown, MA.

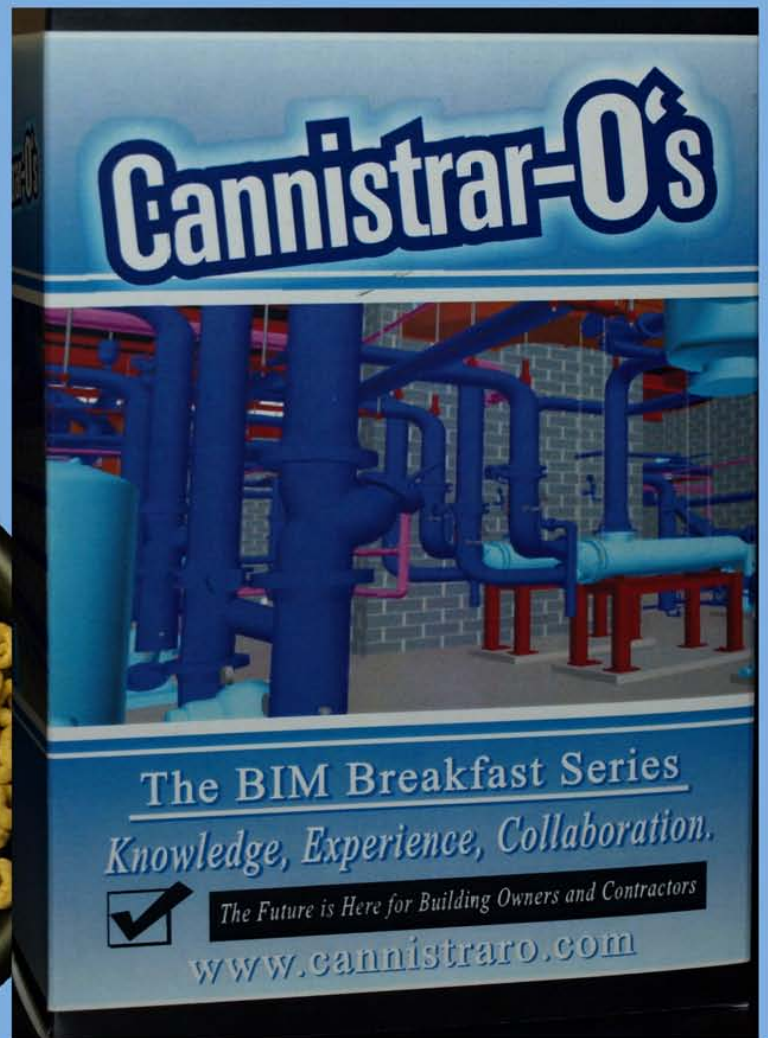
COME OVER FOR BREAKFAST!



The BIM Breakfast Series encourages collaboration among Building Owners, Architects, Engineers, and Contractors to successfully adapt to changing market conditions. Topics of discussion include: BIM technology, sustainable infrastructure design, and alternative project delivery methods.

Only one rule applies: Think Outside the Box.

Contact BIM@cannistraro.com to schedule an educational and nutritional visit with your team.



Cannistraro