

# SHOP TALK

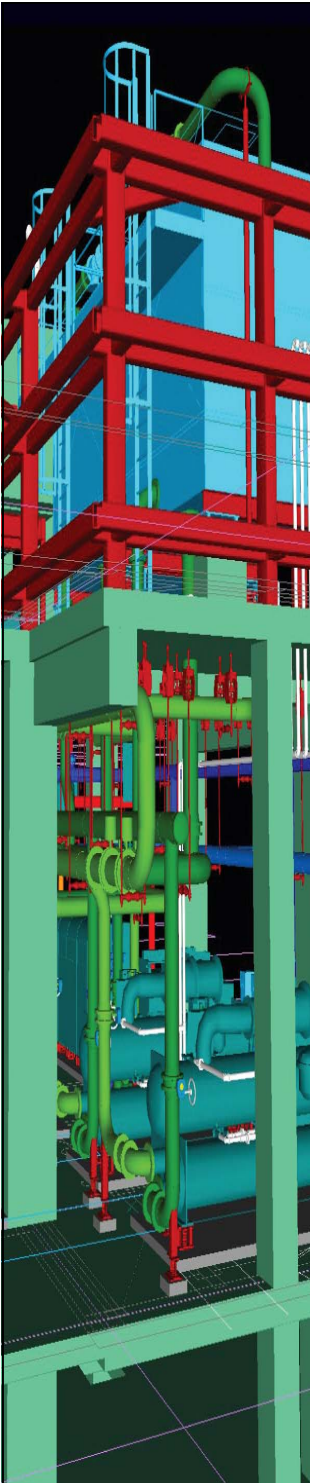
The quarterly newsletter of J.C. Cannistraro, LLC

Issue 4

June 2008

Quarter 2

## 3D Modeling — The Future for Young Professionals



On March 20th, more than thirty young professionals from the Associated General Contractors (AGC) met at J.C. Cannistraro for a one-of-a-kind seminar.

*“An Insider’s Guide to BIM and Coordination”* was the topic of discussion, and JCC Coordinator Bob Major was on hand to walk participants through the process of 3D design and Building Information Modeling (BIM). With combined experience of nearly forty years using 3D modeling technology, the coordination team at J.C. Cannistraro is expert in this field. The session’s agenda covered the initial stages of the coordination process, an explanation of CAD drawings and Fab sheets, the transformation from CAD to 3D drawings, and virtual walk-throughs of working 3D Navis files.



AGC Young Professionals learn BIM

The event came to a close with an exclusive tour of the Cannistraro corporate headquarters, highlighted by the company’s pre-fabrication facility. JCC President John Cannistraro, Jr. and Assistant Project Manager Kourtney Thomas led the tours.

Starting in September 2008, the Plumbing Museum and conference facility will be available for corporate tours and private 3D Modeling tutorials. For more information and schedule availability, please email: [tpalange@cannistraro.com](mailto:tpalange@cannistraro.com)



JCC’s Dave Caruso shows off some pre-fabricated pipe



AGC Leaders of tomorrow

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### ABOUT SHOP TALK

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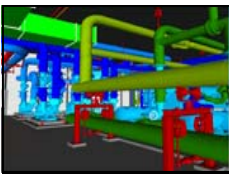
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# SHOP TALK

## FOCUS ON THE TRADES



Cannistraro

**PLUMBING**



Cannistraro

**FIRE PROTECTION**

**MASSACHUSETTS GENERAL HOSPITAL  
BUILDING FOR THE 3RD CENTURY**

**V.A. HOSPITAL — JAMAICA PLAIN, MA**



nbbj architects' rendering of the Building for the 3rd Century



J.C. Cannistraro recently was awarded one of Boston's biggest plumbing projects at the Building for the 3rd Century at MGH. This 530,000 square foot building will house new floors of inpatient rooms, operating rooms, radiation oncology, and patient rooms for post-procedural care.

Earlier this year JCC was also awarded HVAC.

**General Contractor:** *Turner Construction*

(Photo Source: <http://www.mghgifts.org>)

Testing is complete on a Deluge-Foam System installed by J.C. Cannistraro crews at the V.A. Hospital. A Deluge-Foam system employs open nozzles that are attached to a piping system. The piping system is connected to a water supply that flows through a valve opened by the operation of a linear detection system. When this valve opens, water flows into the piping system triggering the foam proportioner which discharges 3% foam solution.

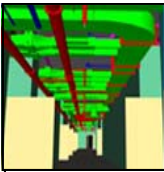


JCC Project Mgr. Mike Cray leads a system test

**General Contractor:** *Classic Site Solutions*

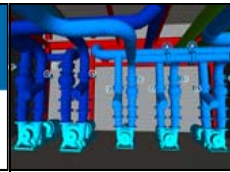
# SHOP TALK

## FOCUS ON THE TRADES



Cannistraro

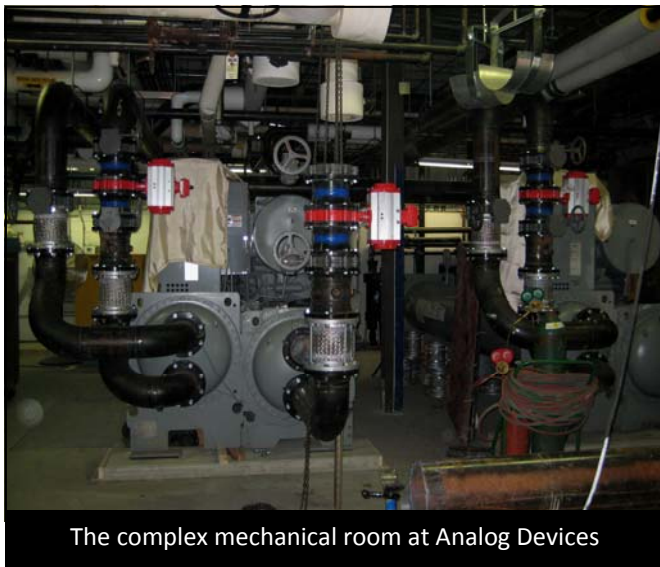
HVAC



Cannistraro

SERVICE

### ANALOG DEVICES — WILMINGTON, MA



The complex mechanical room at Analog Devices

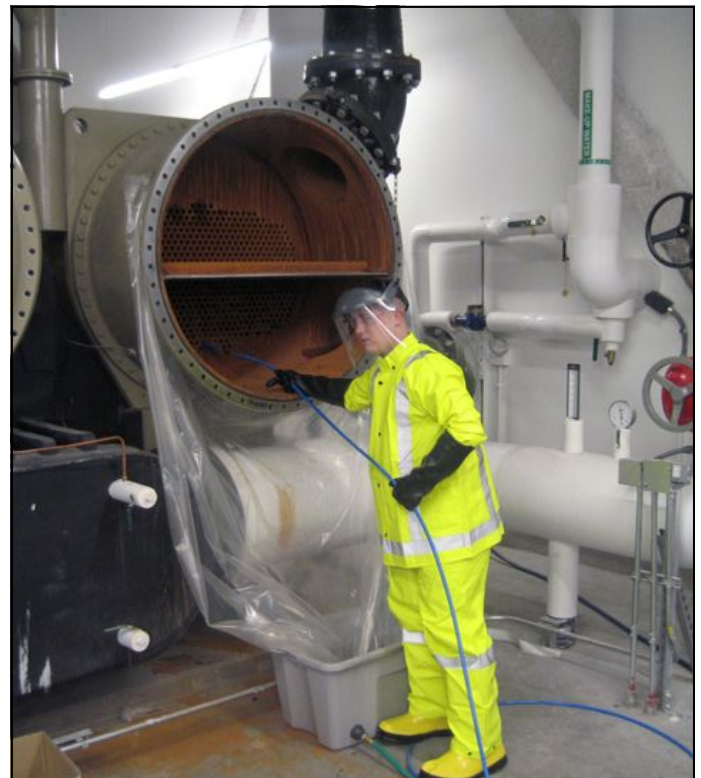
Renovation is underway in the mechanical room of this large manufacturing facility located in Wilmington.

The renovation process includes pre-fabricated piping for the mechanical system as well as installation of the following equipment:

- (2) 500-ton chillers
- (3) 3300-mvh steam boilers
- 10" chilled water lines
- 14" steam header

**General Contractor:** *Connolly Brothers Inc.*

### 301 BINNEY ST. — CAMBRIDGE, MA



James Laliberty performs winter maintenance on a Trane centrifugal chiller

With new construction complete at 301 Binney Street, the Cannistraro Service Department has established a customized service contract for the building.

J.C. Cannistraro's Service Department provides 24-hour service for contracted clients such as datacenters, hospitals, institutions, clean rooms, and commercial buildings.

**Building Owner:** *Bio Med Realty*

# SHOP TALK

## SAFETY BREAKFASTS

### North Shore Medical Center — Danvers, MA

The Cannistraro Safety Department rewarded the crew at North Shore Medical Center with a coffee break for the team's continuous on-site safety efforts.



Steve Arsenault and Pete Tocci were the lucky recipients of various prizes from a safety contest held that morning.



Talking safety over coffee and donuts

### 303 Third St. — Cambridge, MA

The large crew of plumbers, sprinkler fitters and HVAC technicians was treated to a catered breakfast in recognition of working safely on the 303 Third Street project.



## SAFE JOB OF THE QUARTER AWARD

### Museum of Fine Arts

Congratulations to the project team at the Museum of Fine Arts in Boston, MA. The early stages of this large project have presented many challenging work environments requiring special safety considerations. Safety inspections on this project have been spotless, toolbox talks have been timely and thorough, and the project has worked injury free.

In recognition of this honor, each member of the project team was given a Cannistraro thermos and treated to a job site BBQ grilled masterfully by field superintendent Neil Daly.



The award winning project team at the MFA



Chef Neil Daly at the Grill

# SHOP TALK

## CO-OP PROGRAM — SPRING 2008



Dean Lees — HVAC



Matt Troila-Kelliher — FP



Gerry Cuccolo, Jr. — HVAC



Jesse Cook — SPD

J.C. Cannistraro continues to work with Wentworth Institute of Technology to provide an advanced co-op program for future project managers, estimators, coordinators, and designers. For the spring semester (Jan-May), four Wentworth students, Jared Tattersall, Ian Savard, Bill Lenz, and Colin Detra took on important roles in various departments at JCC.

In March, after they had a chance to get underway in their jobs, the company hosted a breakfast for the co-ops that introduced them to more colleagues and allowed each student the opportunity to discuss their backgrounds, career goals, and what they were working on during their internship. Just before their session ended in May, we came together again for a co-op pizza lunch where the same co-ops each gave a brief presentation about what they had accomplished during their time with us; the differences between their expectations and the reality of their co-op experience; and what knowledge they were taking away with them. Two of these co-ops, Jared and Colin, are remaining to work part-time during their next semester.

As soon as the Spring co-ops moved on, some of our Summer co-op crew arrived. Wentworth's Gerardo (Gerry) Cuccolo, Jr. (HVAC) and Jesse Cooke (SPD) joined us on May 12<sup>th</sup>. Dean Lees (Matt's son) came on board in HVAC from University of NH on May 27<sup>th</sup>, and our FP co-op, Matthew Troila-Kelliher from UMass Amherst started on June 3<sup>rd</sup>.



Jared Tattersall — Estimating



Ian Savard — SPD



Bill Lenz — FP



Colin Detra — HVAC

# SHOP TALK

## AWARDED PROJECTS

<u>Project:</u>	<u>Trades:</u>	<u>General Contractor</u>
<b>CITY OF MALDEN</b> <i>Department of Education</i>	HVAC	CorJen Builders
<b>LAHEY CLINIC</b> <i>North Peabody</i>	HVAC	Walsh Brothers, Inc.
<b>PATRIOTS PLACE</b> <i>Fitout — Foxboro, MA</i>	Fire Protection	Suffolk Construction Co.
<b>SALEM STATE</b> <i>Interim Library</i>	Fire Protection	Consigli Construction Co.
<b>BJ'S WHOLESALE CLUB</b> <i>Revere, MA</i>	Fire Protection	CM & B, Inc.
<b>FITCHBURG STATE COLLEGE</b>	Fire Protection	Colantonio, Inc.
<b>DANA FARBER CANCER INSTITUTE</b> <i>Yawkey Center for Cancer Care</i>	Fire Protection	Walsh Brothers, Inc.
<b>MASSACHUSETTS GENERAL HOSPITAL</b> <i>Building for the Third Century</i>	Plumbing	Turner Construction Co.
<b>RESERVOIR WOODS</b> <i>40 Sylvan Rd., Waltham, MA</i>	Plumbing	John Moriarty & Assoc.
<b>50 WEST BROADWAY</b> <i>Boston, MA</i>	Plumbing, HVAC & Fire Protection	John Moriarty & Assoc.
<b>NEWTON-WELLESLEY HOSPITAL</b> <i>Materials Mgmt. Renovation &amp; HVAC Infrastructure</i>	Plumbing, HVAC & Fire Protection	Walsh Brothers, Inc.

# SHOP TALK

## SOFTBALL SEASON BEGINS

After the basketball season ended this winter, employees were looking for a spring sport, and the Cannistraro Co-ed softball team was formed. Games are organized through the Boston Ski & Sports Club and take place at various fields around Boston.

<u>Employee Roster</u>	<u>Position</u>
Greg McKenna	<b>Pitcher</b>
Kourtney Thomas	<b>Catcher/Outfield</b>
Lauren Griffin	<b>Catcher</b>
Tom Palange	<b>First Base</b>
Chris Wyand	<b>Second Base</b>
Bao Lam	<b>Shortstop</b>
Michael Cannistraro	<b>Third Base/Outfield</b>
Davidson Saintus	<b>Outfield</b>
Joe Mierzejewski	<b>Outfield</b>
Roland Oreste	<b>Pitcher /Outfield</b>
J.P. McManus	<b>Third Base/Outfield</b>
Ryan Still	<b>Second Base/Outfield</b>
Ivan Torres	<b>Outfield</b>



Joe M. drives the ball to the outfield



Tom Palange singles to left



Chris Wyand at second base



The team sets the lineup card



Infielders Mike C. and Bao Lam



Davidson Saintus steps up to the plate

# SHOP TALK

## RED SOX OPENING DAY PARTY

The Plumbing Museum hosted its first company event in April as employees gathered to watch The World Champion Boston Red Sox open their 2008 season! Watching a beautiful 52" plasma TV (rented for the occasion), those in attendance dressed up to support the home team and were treated to a historic ceremony, a fun baseball raffle and an exciting opening game. Accompanying the popcorn and peanuts on each table, a catered lunch featuring Legal Seafood shrimp and clam chowdah, along with chili and salad was served. Here's to raising another pennant up over the green monster!



Karen Martin and Judi Resnick set up the shrimp buffet



Jack chose a good day to visit his Mom, Barbara Connolly, at work



Left to right: Dave Cannistraro, Bao Lam & Brad Hawes



Jeremy Kullman & Tom Palange show off our new company banner



L—R: Dave Caruso, Larry Keefe, Brad Hillard, Linda Veiking, Marilyn Sweeney, Pam Wilfert-Plante, & Ramon Baez



Aerial view of our new museum/conference center

# SHOP TALK

## ARCHITECTURE FOR HUMANITY 5K ROAD RACE



Left to right: Karen Martin, Marilyn Sweeney, Kathy Iannazzo, Matt MacKenzie, Matt Lees, and Joe Cannistraro

Congratulations to all those who participated in the Architecture for Humanity's 5K Road Race held on April 26th, 2008. Thanks to the impressive times of David Cannistraro, Joe Cannistraro, and Matt Lees, J.C. Cannistraro placed third overall in team competition.

More than twenty JCC employees and their families chose to run or walk the 3.1 mile course around the Charles River in Brighton, MA. Thank you to the following runners and walkers who helped make this a fun, corporate event for us to participate in for years to come:

*John Cannistraro Jr.  
Joe Cannistraro  
David Cannistraro  
Jeremy Kullman  
Mark Perrone  
Matt Lees  
Tom Palange  
Matt Mackenzie  
Bao Lam  
Karen Martin  
Diane Collins  
Gina Ladosci*

*Michael Cannistraro  
Susan Cannistraro  
Dira Cannistraro  
Kristin Kullman  
Elizabeth Perrone  
Dean Lees  
Caitlin Wilson  
Bill Fleming  
Tom Cunha  
Marilyn Sweeney  
Kathy Iannazzo  
Mascot Vito C.*



Michael Cannistraro, Tom Palange & girlfriend Caitlin Wilson running at a steady pace



John Cannistraro Jr. and canine mascot Vito check the course for obstacles



Uncle Joe Cannistraro with David Cannistraro and sons Jason & Ryan



Mark Perrone & daughter Elizabeth accompany Diane Collins and son Mark



Bao Lam supplies the team with water and protein



Matt Lees cools down after bringing in a top time



Matt MacKenzie moves up on the outside



Bill Fleming pulls ahead of the pack



Kristin & Jeremy Kullman with sons Ben & Caleb along side Cathy Iannazzo



Marilyn Sweeney and Karen Martin bring the team home

# SHOP TALK

## FIVE MINUTES WITH MARK PERRONE

The tradition and values of a great family business are truly evident at J.C. Cannistraro. In our latest career profile, Shop Talk spoke with Purchasing Manager Mark Perrone about his experiences as a longtime employee and friend of the Cannistraro family.

### **How long have you been with J.C. Cannistraro?**

I started here in February 1981 as a truck driver. I worked under “Uncle Joe” (Mr. C’s late brother), who ran the shop and warehouse at that time.

### **What attracted you to work for the company?**

My father worked for Cannistraro for ten years. In fact, my grandfather worked alongside Mr. C at a plumbing company in Waltham during the 1950s. By the time I was looking for a job, I was the third generation of Perrones to work with the Cannistraro family.

### **You’ve certainly traveled up the ranks in your career. Tell us about the progression of your responsibilities with the company.**

After driving the Cannistraro truck, I moved into the warehouse full-time filling orders and stocking shelves with equipment. Once “Uncle Joe” retired, I took his position as warehouse manager and ran the Fab shop. As the company grew, I kept moving up the ladder to where I am today.

### **How has the industry changed since you first started?**

As computers became more mainstream, our industry became more complicated. Originally, JCC had a bookkeeper who kept track of all the company’s business by hand. Today we have newer materials, hi-tech coordination software, and ordering databases so everything has become automated.

### **What makes J.C. Cannistraro a great place to work?**

This company has always had good family virtues. The Cannistraros take care of their employees and in return, have always had a strong crew of hard-working talent. There are a lot of long-time employees here, which is truly unheard of in this industry. Many people jump around from subcontractor to subcontractor, and it is impressive to see so many quality employees stick with Cannistraro.

### **Tell us something about yourself that the average person doesn’t know?**

That’s tough because everyone around here knows me like a book! I guess you could call me a sports fanatic. I like to call myself a “professional sports fan.” I have been to all four Superbowls that the Patriots have played in. When Gillette Stadium was being built, I went out to the job site every Wednesday morning to meet with our foremen and got to see the progress step by step. I love to travel, and I follow sports teams all across the country. This year, I took my whole family to Orlando to watch Wrestlemania and then we went to Universal Studios.

*Mark, his wife Dana, and three children Joseph, Elizabeth, and Daniel, live in Weymouth, MA.*



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## FAMILY BUSINESS AWARDS



J.C. Cannistraro was selected as a finalist for the **Massachusetts Family Business Awards!**

The awards are given out by *Northeastern University's Center for Family Business* and recognize successful businesses that have at

least two generations of family involvement. The detailed application captured the Cannistraro family's history and values that have made J.C. Cannistraro what it is today. According to the application criteria, an award-winning family business demonstrates business success, positive family linkages, contributions to the community and industry, and innovative business practices.

We are honored to be considered in such high esteem and thank everyone involved in the application process.

## NAWIC BOWLING EVENT



2nd Place: Roland Oreste

In April, J.C. Cannistraro sponsored the National Association of Women in Construction's (NAWIC) bowling fundraiser. Roland Oreste and Kourtney Thomas represented JCC and bowled to raise money for NAWIC scholarships.



The fundraiser raised \$2,000 for scholarships and Roland took second place overall.

## HUMAN RESOURCES

*Welcome to this quarter's new hires!*

- May 5** Gail Treddin, Morning Receptionist
- May 12** Donna Donahue, HVAC Project Admin.
- May 29** Jeremy Storm, HVAC Asst. PM
- June 3** Brian Campbell, Sales Engineer

*A Message from Human Resources:*

As we roll out the 5 new benefit plans this quarter, HR would appreciate any feedback on how the plans are working for you. Thanks!

## NORTHEAST FACILITIES MANAGEMENT SHOW

The International Facilities Management Association (IFMA) recently sponsored a trade show for owners and facilities managers. J.C. Cannistraro, along with the PHCC of Greater Boston, represented plumbing contractors and promoted JCC's talented Service Department.



Retired plumbers Bill Downey and Joe Croce gave out information about JCC and the PHCC.

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