

# SHOP TALK

The quarterly newsletter of J.C. Cannistraro, LLC

Issue 5

September 2008

Quarter 3

## Plumbers and Artists Connect at the Plumbing Museum



John Cannistraro Jr. stands with the Artists for Humanity inside the site of the all-new Plumbing Museum.

As plumbers from across New England eagerly await the grand re-opening of The Plumbing Museum, some very exciting things are going on behind the scenes. A non-profit organization, Artists for Humanity, has been enlisted to create various design elements of the new museum. "Artists for Humanity's mission is to bridge economic, racial and social divisions by providing underserved youth with the keys to self-sufficiency through paid employment in the arts." ([www.afhboston.com](http://www.afhboston.com))

The teenagers from AFH were asked to come up with a unique design for a plumbing fountain that will adorn the entryway of the Plumbing Museum. Each student presented their own, individual design ideas using fixtures, joints, faucets and other small artifacts from the museum's surplus, and a final blueprint was made using elements from everyone's creative ideas. When the museum officially opens just before the holiday season, guests will be welcomed by a fully-functional plumbing fountain unlike any other in the world. This interesting design process was fully documented by the artists' video production team and will be posted for the world to see on YouTube later this Fall.

The Artist for Humanity EpiCenter was one of Boston's first building projects to achieve a LEED Platinum rating. J.C. Cannistraro is proud to have installed the plumbing system for this project more than five years ago.



The young artists share their designs with John C. and Susan Rodgerson, Exec. Director of AFH.

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### Our Mission

The Cannistraro Mission is to be the professional standard for quality and reliability, true to our core family values.

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## AWARDED PROJECTS

| <u>Project:</u>   | <u>Trades:</u>                   | <u>General Contractor</u>  |
|---|----------------------------------|----------------------------|
| <b>100 BURLINGTON CENTER</b><br><i>Burlington, MA</i>               | Plumbing                         | John Moriarty & Assoc.     |
| <b>AUTODESK</b><br><i>Waltham, MA</i>                               | Plumbing, HVAC & Fire Protection | Tocci Building Corporation |
| <b>BOSTON SPORTS CLUB</b><br><i>Providence, RI</i>                  | Fire Protection                  | Shawmut Design & Cons.     |
| <b>BU FINE ARTS</b><br><i>Infrastructure</i>                        | Plumbing, HVAC & Fire Protection | Jones Lang Lasalle         |
| <b>HARVARD ALLSTON SCIENCE CTR.</b><br><i>Allston, MA</i>           | Plumbing                         | Turner Construction Co.    |
| <b>HARVARD UNIVERSITY</b><br><i>Northwest Lab Fit-Up</i>            | Plumbing, HVAC & Fire Protection | Skanska USA                |
| <b>LESLEY UNIVERSITY</b><br><i>Residence Halls/Row House</i>        | Fire Protection                  | William A. Berry & Son     |
| <b>NEWTON-WELLESLEY HOSPITAL</b><br><i>Radiation &amp; Oncology</i> | Plumbing & HVAC                  | Walsh Brothers, Inc.       |
| <b>NORTH SHORE MEDICAL CTR.</b><br><i>Davenport 7 &amp; 8</i>       | HVAC & Fire Protection           | William A. Berry & Son     |
| <b>RUSSIA WHARF</b><br><i>Boston, MA</i>                            | Plumbing                         | John Moriarty & Assoc.     |
| <b>STOW MOUNTAIN LODGE</b><br><i>Stow, MA</i>                       | Fire Protection                  | Pizzagalli Construction    |

### ABOUT SHOP TALK

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# SHOP TALK

## PROJECT SPOTLIGHT: 650 KENDALL SQUARE



Truckloads of prefabricated pipe leave the JCC corporate headquarters fully ready for installation.

Cannistraro project teams from all three trades are at work on the job site for 650 Kendall Square in Cambridge, MA. This large-scale laboratory and R/D property is under construction and managed by William A. Berry & Son, Inc.

Pre-fabricated piping for plumbing, HVAC and fire protection equipment was designed and created at the JCC prefabrication facility before being installed on the job site. Pictures found on this page document the installation process for the project's HVAC systems from prefabrication to complete installation.



This intricate piping is installed in the building's first floor



Installation of rooftop cooling towers high atop 650 Kendall



From the fab shop to the job site, the pipe is set in place

# SHOP TALK

## IN THE KITCHEN WITH MR. C



Founder and CEO John Cannistraro Sr., better known as “Mr. C,” has always had a love of cooking. When the all-new Plumbing Museum was added to the company’s corporate office in Watertown, the family made sure to include a state-of-the-art kitchen for event catering and Cooking Lessons with Mr. C. In recent weeks, John Sr. has been spending the early morning hours in the kitchen where he makes pasta from scratch.

Mr. C’s family, friends and employees have been treated to the delicious, homemade pasta. “If you’ve never had fresh, made-that-day pasta, there’s nothing like it!” So if it’s 5AM on a weekday morning, and Mr. C is not at his desk as usual, chances are he is hard at work in the kitchen.



John Cannistraro Sr. enlists help from Linda Veiking of the Plumbing Department to craft his homemade pasta.

## From the Family Recipe Book

### Mr. C’s Pesto

*Ingredients:* basil, garlic, salt, olive oil, parmesan cheese, lemon, pine nuts or walnuts

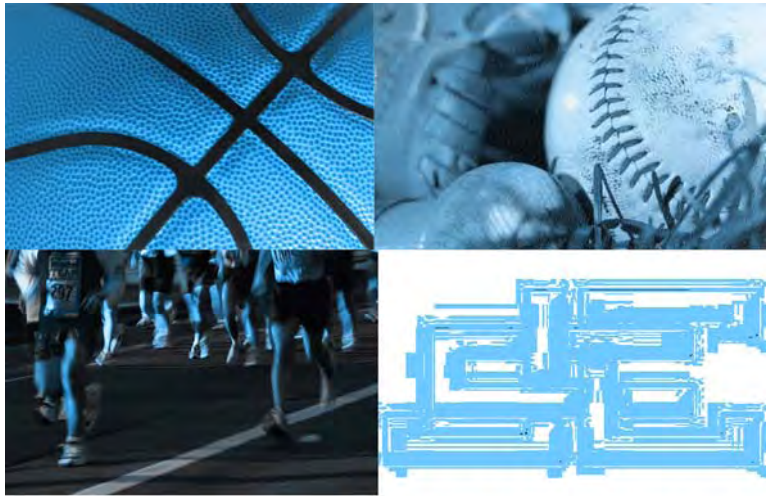
If time allows, soak a large bunch of basil overnight to revive it. The next day, dry the basil as best you can with a paper towel. Put the basil in the blender with 4 to 5 cloves of garlic and 1/4 to 1/3 teaspoon of salt. Blend a bit. Add about 1/2 to 3/4 cup of olive oil, a small block of parmesan cheese (about the size of a deck of cards), the juice of 1/2 lemon and about 1/2 cup of pine nuts or walnuts. Blend until smooth. For best results, drain pasta well and add butter.

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## JCC LAUNCHES TEAM CANNISTRARO

Over the past year, J.C. Cannistraro has made many efforts to develop new employee events and activities. With the great response we have received, **Team Cannistraro** was created.

**Team Cannistraro**, an activity-based fundraising group, is designed to provide JCC employees, along with their families and friends, opportunities to participate in healthy, sports-related events in the New England area while giving back to the community at the same time. This past April, JCC employees joined hundreds of runners and walkers to support Architecture for Humanity in its annual 5K race. In August, employees pooled their money to submit a donation to the WEEI Jimmy Fund Radio Telethon which J.C. Cannistraro ownership generously matched. **Team Cannistraro** will serve as our company's way of participating in similar races, walks, fundraisers, and other events for the charities and foundations that are meaningful to our employees.



## TEAM CANNISTRARO

In the coming months, Team Cannistraro will be participating in events including the Flutie 5K road race and Walk Now for Autism.

There are four ways that you can be a part of **Team Cannistraro**:

- Join the Team Cannistraro Planning Committee that will help decide the events we choose and the charities we support.
- Sign up and participate in the many events that **Team Cannistraro** sponsors throughout the year.
- Take advantage of the company's *Charitable Contribution Benefit* by designating some or all of your annual company-donated charitable contribution to a **Team Cannistraro** event.
- Provide a personal contribution to the **Team Cannistraro** fundraising effort that means the most to you.

If you are interested in joining Team Cannistraro please contact Tom Palange at Ext. 320 or via email at [tpalange@cannistraro.com](mailto:tpalange@cannistraro.com).

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SAFETY UPDATE

## SAFETY BREAKFASTS

### Emerson Paramount

This summer's Safety Timeout Breakfast took place at Bond Brothers' **Emerson Paramount** project in Downtown Boston. Cannistraro plumbers, pipefitters and sprinkler fitters were treated to coffee, donuts and muffins to continue promoting a safe working environment.



Project foremen Brian Beecher and Ron Sousa



Cannistraro plumbers and Jeremy Kullman take a Safety Timeout

## SAFE JOB OF THE QUARTER AWARD

### 45 Province Street

Congratulations to the project team at **45 Province Street** for being named "J.C. Cannistraro's Safe Job of the Quarter!"

Vertical fan coil unit installations were completed for a total of 470 units. The on-site tower crane was utilized, and crews loaded all the prefabricated pipe, pumps, boilers, cooling towers and chillers into the mechanical room on the 33<sup>rd</sup> floor. In addition, the main cross-over floor feeding 80% of the building was well underway. Rough-in of the sprinkler system piping for the units and risers was completed on multiple floors at a time in the high rise condo complex, as well as rough-in piping for multi-story units.

Safety inspections on this project were spotless, toolbox talks were timely, and the project worked injury free during this busy time.

It is very clear the foremen on this project are dedicated to providing a safe workplace for the employees under their supervision, and each and every employee knows what it takes to leave the workplace in the same condition as when they arrived.

In recognition of this honor, a catered lunch was held for JCC employees working on-site at 45 Province St.



Pipe and sprinkler fitters are rewarded for their safe working practices

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FROM THE FIELD

## A SPECIAL GIFT FOR LOCAL 537



Pro Tool and J.C. Cannistraro teamed up this quarter to donate a coring machine to Local 537's pipefitter training program. With an on-site coring machine, Local 537 apprentices can gain hands-on experience and learn the appropriate coring techniques and safety procedures.

*Appearing in the photo (left to right): Mike Campbell (Diamond Products Representative), Leo Fay (Pro Tool Operations Manager), Timothy Gilligan (Training Coordinator for Local Union 537), and Ed Kelty (J.C. Cannistraro Field Superintendent.)*

## A THANK YOU TO THE LOCAL 12 FAMILY

To all of my brothers and sisters at  
J.C. Cannistraro —

**My family and I are overwhelmed with your kindness and generosity during these troubling times and the passing of my wife Christine. I am very proud to call myself a member of Local 12 and an employee of J.C. Cannistraro. Thank you.**

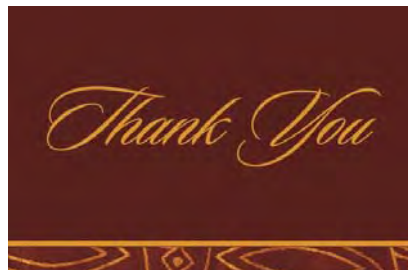
**Your friend and brother,**

*Ron Holland and Sons*

The element of family is inherent in our employees at J.C. Cannistraro. A few months back, Christine Holland (wife of JCC Plumber Ron Holland and sister to warehouse employee Steve McNeil) lost her battle with cancer.

Thanks to the leadership of Plumbing Superintendent Neil Daly and the generosity of Ron's colleagues, a group of Local 12 plumbers took up a collection to help Ron's family get through this difficult time.

Ron sent this letter to J.C. Cannistraro and shares his gratitude with everyone who wished him well.



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## THE PLUMBING MUSEUM ON THE WEB

The renovation and relocation of The Plumbing Museum has sparked a lot of interest from the local press and the general public. In conjunction with the museum's opening, a new website has been designed and launched and is now accessible.

By logging on to [www.theplumbingmuseum.org](http://www.theplumbingmuseum.org), visitors can learn how the museum began, see a selection of the artifacts found in the museum's collection, and find directions to the museum's new location.

The Plumbing Museum website was made possible through a generous contribution from the PHCC of Greater Boston.

THE PLUMBING MUSEUM

86 Rosedale Road  
Watertown, MA 02471  
info@theplumbingmuseum.org

Home Museum History Our Collection Hours & Directions Contact Us

**A Historic Location:**  
A 150-year old, former ice house is the home of our newly renovated museum. [Learn more](#)

**Hands-on Workshops**  
Our machine shop displays actual tools used in the past and present. [Learn more](#)

**Opening in the Fall of 2008**  
Plan your visit now.

**LEARN - EXPLORE - DISCOVER**  
Since 1979, The Plumbing Museum has attracted plumbers, tradesmen and curious visitors from all walks of life. The museum offers a unique, trade-specific take on American history. Moreover the museum stands as a tribute to the plumbers, engineers and inventors whose hard work and creative spirit have contributed so much to the betterment of our society.

Relocated from Worcester, MA in 2008, the restored Plumbing Museum in Watertown juxtaposes early examples of plumbing equipment with modern fixtures and techniques.

Come explore our exhibits, appreciate history, and experience a new kind of Americana.

**PAST - PRESENT - FUTURE**  
Follow the fascinating progression of plumbing through the centuries. The Plumbing Museum features stimulating exhibits including: artifacts dating back to the 19th Century, a look at the evolution of plumbing systems, and diagrams of various plumbing technologies.

**PHCC** Greater Boston

**Cannistraro**

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A screenshot shows the homepage of the all-new museum website

## SUSTAINABLE STRATEGIES AROUND THE OFFICE



J.C. Cannistraro has made a commitment to implementing sustainable strategies throughout the course of the average business day. This summer, the company started a single-stream recycling program to reduce waste and promote a greener lifestyle. All paper and plastic items that would have previously been identified as trash, are now collected and recycled. Recycling bins have been distributed to all employees and can also be found at various locations around the office for added use.

The company has also made the transition to **100% Green Seal Certified** products. Every roll of paper towel, bathroom tissue, paper product, and cleaning supply used at J.C. Cannistraro meets the standards set by Green Seal, Inc., a non-profit organization that rates green products and promotes maintaining a healthy environment.

According to Green Seal standards, products must be 100% recycled, at least 40% post-consumer wastepaper, made without any bleaching chemicals or chlorine products, and made without any dyes or fragrances.

We are proud to be moving toward a greener future in every aspect of our business, and we plan to continue exploring new, healthier practices moving forward.

# SHOP TALK

## 2ND ANNUAL "BROGIE" GOLF OUTING

Despite rolling thunder and a brief shower, the 2nd Annual John A. Brogan Memorial Golf Outing was a complete success....

Starting out after a great continental breakfast sponsored by *Charles D. Sheehy Company*, the various four-somes began teeing off by 11AM. Many new faces were on the greens this year including: Ed Nabydoski and a team from the JCC fab shop, Plumbing Foremen Jim Vaughn and Joe Duffy, Fire Protection Project Managers Dean Allaire and Mike Cray, Estimating's Richard Fish, and Bill Lyons and David Cannistraro from the office.

After a 5-hour round of not-so-competitive best ball golf, we all headed to the 19<sup>th</sup> hole (held at the club house) where we feasted on a fabulous BBQ dinner compliments of *The P.V. Sullivan Company*. Bob Messia thanked the group for playing and announced that the P.V. Sullivan team had won for the second consecutive year. (Perhaps Mr. Brogan was looking out for them since his son has worked at P.V. Sullivan for years.)

Bob awarded the prizes for longest drive and closest to the pin, and raffled off over 30 prizes including, tools, radios and gift cards. Almost everyone who stayed for the raffle went home as a winner!

The day ended excitedly with Kevin Youkilis hitting his walk-off homerun in the 13<sup>th</sup> inning of the Red Sox game against the St. Louis Cardinals while Bob Messia and I began preparations for next year's festivities!

*-Mark Perrone, Purchasing Manager*

**Closest to the pin:** Bill Saltzman, Randy Hobey, John Walsh and Bob Fernberg

**Longest drives:** John Walsh and Brad Hillard

**Thanks to the following organizations for their generous donations:**

*J. C. Cannistraro, LLC — P.V. Sullivan — Charles D. Sheehy — Harrington Bros. — Atlantic Construction  
Hilti Corp. — Carpenter Paterson — R.G. Mearns — Independent Pipe — Ferguson Enterprises — Ayer Sales  
Victaulic Company — Pro Tool*



Jim McDougle, Bill Lyons, Bill Whelan  
and Ed Ledwith

Jim Vaughn, David Cannistraro,  
Joe Duffy and Bob Snipes Sr.

Bob Messia, Jack Shay, Jim Stadnecki,  
and Greg McKenna

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## FIVE MINUTES WITH NEIL JOHNSON — DIRECTOR OF OPERATIONS

*In August, J.C. Cannistraro named Neil Johnson Director of Operations. Shop Talk sat down with the former Special Projects Division Manager and discussed his career path, his family and his love of sports.*



*How long have you worked for J.C. Cannistraro?*

I've been with the company for two years now.

*How about the industry? How long have you worked in construction?*

Believe it or not, I've only worked for two companies in my career. Almost twenty-five years ago, in 1984, I began in the industry as a co-op for Cox Engineering. I stayed on board at Cox after my co-op program ended and remained with that company for twenty-three years before coming over to JCC.

*In your experience, what makes a building project run smoothly?*

It's the people involved. An effective project team from top to bottom is what makes for a great project. From the Construction Manager to the Subcontractor — it's the cooperative relationship between PMs, Superintendents and trade Foremen that dictates the success of a project.

*What do you think the future holds for our industry?*

The future is synonymous with change, and as such, we need to continually challenge current industry trends to stand apart and stay ahead of our competition. One of the most talked about trends recently is BIM. JCC is recognized in this market as the leader in this developing technology, however, the industry will soon be at a crossroads. As Building Information Modeling becomes more mainstream, I see the dynamic mechanical contractor working directly for developers and owners and optimizing its value by providing complete engineering/design build services for all projects regardless of size.

*Tell us about your family.*

My wife, Ann-Marie, and I have three boys. Our oldest son, Matthew, is eleven. We also have twin boys, Joseph and Ryan, who are nine. The boys are hockey and baseball players. Most nights when I get home, my wife goes one way and I go the other, so that all three kids can get to their practices and games. Eight months of the year are spent in a cold rink, but we love it.

*Tell us something about yourself that the average person doesn't know.*

There was a time when I played a lot of golf but now I'd have to say that my children are my hobby. I was a "rink rat" when I was a kid, and now I'm involved with coaching and enjoy seeing the kids develop. The last few years our family vacations typically have involved traveling to baseball parks. So far we've checked off New York, Philadelphia, Baltimore, Pittsburgh and many minor league venues.

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

Talent. This company has tremendously talented professionals in both the office and field as well as committed owners that are involved every day.

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## OFFICE BULLETIN BOARD

### Welcome New Hires



Please welcome the following employees to the J.C. Cannistraro family since our last *Shop Talk* was published:

Joe Perrone – Warehouse  
Travis Weber – Asst. Designer – SPD  
Steve Correale – Asst. Designer – Fire Protection  
Mark Farraher – HVAC Coordination Manager  
Ryan Ledin – Warehouse  
Len McDonald – Division Manager – SPD  
Ron Repoza – Driver  
Sheila Theodore – Receptionist  
Matt Mastandrea – Warehouse  
Angela Burdette – Purchasing Admin.

#### And our new semester of co-ops:

Michael Bucceri – Estimating  
Adam Comstock – Plumbing  
Ben Heebner – Fire Protection  
Nathan Phoebe – HVAC

### Congratulations Wentworth Grads!



J.C. Cannistraro is proud to congratulate two of our own on becoming graduates from Wentworth Institute of Technology's Class of 2008!

Assistant Project Manager Kourtney Thomas and Assistant Fire Protection Designer Frank Colantuoni are the latest successful Wentworth graduates to stay on board after co-op programs at JCC for what are sure to be lasting and rewarding careers.

### A Professional Honor



Congratulations to JCC's Director of Estimating Barbara Connolly for being named Vice President of the Boston Chapter of ASPE. (American Society of Professional Estimators.)

### Breakfast with the Governor



This summer, Local 12 held a fundraiser for Massachusetts Governor Deval Patrick and Lt. Governor Tim Murray. JCC representatives were on hand for this breakfast to honor the Governor's support of trade workers.



(Left to right): Executive Director of the PHCC of Greater Boston Hugh Kelleher, Lt. Governor Tim Murray, Governor Deval Patrick, State Plumbing Board's Paul Kennedy, and J.C. Cannistraro Project Manager Michael Cannistraro.

### Coming Soon: Build Boston 2008



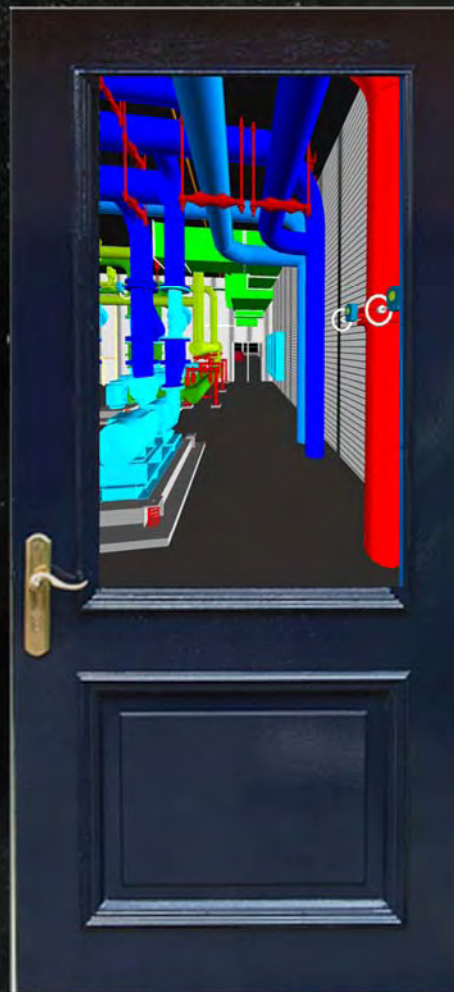
The annual Build Boston convention and trade show is being held on November 18—20. J.C. Cannistraro will be hosting a panel discussion on Thursday November 20th at 5:30 PM titled **“Design/ Assist: assembling the team early.”** Join our panelists as they discuss the pre-construction process and how assembling the team early can improve a project's efficiency and effectiveness. Also look for our 3D Modeling demonstration on the exhibition floor where you can ask our professionals questions regarding BIM in today's building industry.

# The Next Dimension of BIM

Beyond this door is another dimension of 3D Modeling.  
You unlock the door with knowledge and coordination.

We are entering a realm where building owners see their building  
in operation before construction begins. Let us show you the future  
with a personalized BIM tutorial for your project team.

Email [BIM@cannistraro.com](mailto:BIM@cannistraro.com) for details



## Cannistraro