

SHOP TALK

The quarterly newsletter of J.C. Cannistraro, LLC

Issue 3

March 2008

Quarter 1

Welcoming The Plumbing Museum to Watertown

The news has spread that The American Sanitary Plumbing Museum in Worcester is closing its doors and moving to a new location. *The Boston Globe*, *The Worcester Telegram & Gazette*, and the *Watertown Tab* all carried news stories about the museum's relocation to the corporate headquarters of J.C. Cannistraro, LLC in Watertown.

The museum first opened in 1979, when lifelong plumber Charles Manoog used his retirement to display and curate a collection of rare plumbing artifacts he had acquired throughout his career. The assortment of antique commodes, claw-foot bathtubs, ornate sinks and other items was originally stored in a wing of his wholesale company in Worcester and was later moved to its own location. Upon his death, Charles' son Russell inherited the museum. He and his wife Bette-jean guided curious visitors through its unique exhibits for the next twenty years. With his own retirement approaching, Russell Manoog hoped to find a safe and welcoming home for his family's collection. After contacting the Plumbing, Heating, and Cooling Contractors of Greater Boston (PHCC), Manoog was pleased to hand over the reins of the museum to another family-oriented business.



A sample of the many artifacts found in The Plumbing Museum



Architect's rendering of the gallery.

As President of the PHCC of Greater Boston, John Cannistraro Jr. agreed to house the museum. Oddly enough, the oldest building on the Cannistraro property is a circa late-1800s ice house. After extensive interior demolition and restoration (with help from Bargmann Hendrie Architects and Cambridge Seven Associates) the ice house is now completely renovated and ready to display the plumbing antiquities.

Equipped with a full-service kitchen, two floors of exhibits, and a unique layout design, the Plumbing Museum will be more than just an educational experience. Plans are in the works to hold corporate events and industry meetings in the building in addition to accommodating regular museum visitors. Rumor has it that John Cannistraro Sr. (aka "Mr. C") may even host cooking lessons in the kitchen of the new facility.

The "soft" opening for The Plumbing Museum is set for early Summer 2008, and a grand opening celebration is anticipated for September. For more details on this extensive collection, the history of the ice house, or upcoming museum events, look for an all-new website this spring at www.theplumbingmuseum.org.

IN THIS ISSUE :

Welcoming the Plumbing Museum to Watertown	1
Focus on the Trades	2-3
Safety Updates	4-5
Finished Project Follow-Up	6
Five Minutes with Bill Lyons	7
Events & Announcements	8-9
Awarded Project	10
Building a Sustainable Future with BIM	11

ABOUT SHOP TALK

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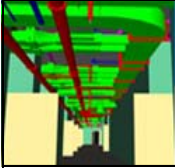
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SHOP TALK

FOCUS ON THE TRADES



Cannistraro

HVAC



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FIRE PROTECTION

Massachusetts General Hospital Cooling Tower Replacement



Prefabricated piping is ready for equipment.

J.C. Cannistraro crews demonstrated expert scheduling and execution on this challenging and time-sensitive project. Awarded at the start of the year, complete replacement of the site's four cooling towers was required by March 31st 2008.

While keeping two towers active and working, crews replaced the offline towers and prepared prefabrication for the remaining towers. Prefabricated equipment was then shipped and put in place in advance to accept the new towers upon delivery.



A view from the cooling tower above.

Photos provided by HVAC Project Manager Domenic Cassamassima.

National Grid Sandy Pond Substation Facility

In past years, J.C. Cannistraro provided mechanical systems for two buildings for National Grid. Recently, an additional project wrapped up at National Grid's Sandy Pond Substation located in Ayer, MA.

Fire protection crews from J.C. Cannistraro worked for several months installing and testing the following equipment:

- A 150,000 gallon water tank
- A diesel powered 300-horsepower fire pump
- Fire pump house
- Valve room
- 2,000 feet of underground utilities
- Fifteen (15) deluge sprinkler systems to service six (6) large 345KVA converter transformers.



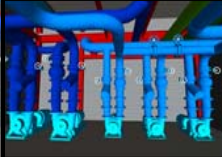
A deluge sprinkler system



Chip Maurer, Brian Baima, Jose Diaz & Mark Dion at the Sandy Pond facility.

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FOCUS ON THE TRADES



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SPECIAL PROJECTS

Tufts – New England Medical Center Clinical Skills & Simulation

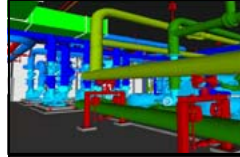
Construction is underway on this three-trade project for Barr & Barr, Inc. Installation of the MEP portion of this project involved intense coordination of plumbing, HVAC, and fire protection. Similar to most special projects, the building is fully occupied and piping systems are required to be relocated throughout occupied floors. When finished, the center will serve training and educational purposes for students and faculty of Tufts Medical School.



JCC Pipefitter Duncan MacLeod demolishes HWS/R



Rich Alukonis, Tarsheen Ferrara & Al Tiberi from the project's GC Barr & Barr, Inc.



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PLUMBING

Museum of Fine Arts

The plumbing is underway for this major project for the Museum of Fine Arts in Boston. While the building is still under construction, the Cannistraro team is pre-fabricating large toilet room “batteries” at the company headquarters in Watertown.



Aerial view of the construction site at the MFA Boston.
- Photo courtesy of www.mfa.org.



A “Battery:” Pre-fabricated piping for sinks, toilets and urinals .

SHOP TALK

SAFETY BREAKFASTS

303 Columbus Ave. — Boston, MA

Cannistraro employees for all three trades were treated to coffee, donuts and muffins to emphasize our commitment to a safe working environment. Two lucky workers, Dexter Long and Rich Ronayne, won NFL gear as part of a Super Bowl Safety Contest!



45 Province St. — Boston, MA

The crew at this Downtown Crossing job site was rewarded for working safely. Safety Coordinator Matt Mackenzie awards drawing winner Dennis Houton with a prize.



Museum of Fine Arts — Boston, MA

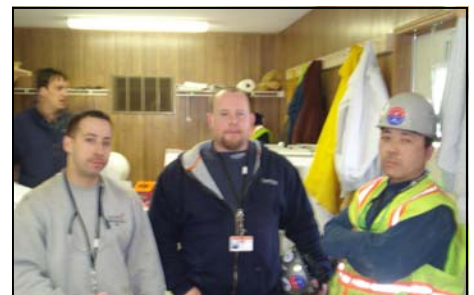
Although work is just underway on this significant project, the Cannistraro crew has already demonstrated that a safe working environment is of utmost importance to on-the-job success.



Architect's rendering of the completed Forsyth Way Addition.
-Photo courtesy of www.mfa.org



Dan Jorge is awarded with a prize.



Dan Jorge, Adam Calvert, & Wayne Tran

SHOP TALK

SAFE JOB OF THE QUARTER

J.C. Cannistraro and the Safety Department are happy to award the latest Safe Job of the Quarter to the project team at **Children's Hospital** in Boston.

Safety inspections on this project have shown no issues and the project has worked injury free. The ever-changing work environment of an active hospital makes adhering to safety standards much more challenging, but this team was up to the task. In recognition of their accomplishments, each member of the **Children's Hospital** team received gift cards to Best Buy and Dunkin Donuts.

Congratulations and keep up the good work!



APPRENTICE SAFETY COURSE

On January 12th apprentices learning plumbing, pipe-fitting, and sprinkler fitting gathered at the JCC shop to develop the skills to ensure their safety throughout their apprenticeships.

Representatives from Pro-Cut, Hilti Tools, and Maar Scaffolding were on site to share their knowledge with the 29 participants.

The apprentices broke into groups and cycled through stations covering Coring, Aerial Work Platforms, and Hilti Tools. The course concluded with a general safety message from Cannistraro Safety Director Jeremy Kullman.



The apprentice safety class pays close attention to presenters.

ON-THE-SPOT SAFETY AWARDS

Cannistraro



**DON'T LEARN
SAFETY BY
ACCIDENT**



The following employees were "caught working safely" and were given on-the-spot safety awards:

<i>Mark Chapman</i>	<i>Bob Dirienzo</i>	<i>Billy Doe</i>
<i>Eric Heim</i>	<i>David Hession</i>	<i>Ron Holland</i>
<i>Talib Kennedy</i>	<i>Matt Lees</i>	<i>Bob Laing</i>
	<i>Kevin Quigley</i>	

Winners can claim their prizes by redeeming the award tickets with the Cannistraro Safety Department.



Apprentices learn the finer points of coring.



Bob Dion passes his scissor lift training.

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FINISHED PROJECT FOLLOW-UP

301 Binney St. — Cambridge, MA

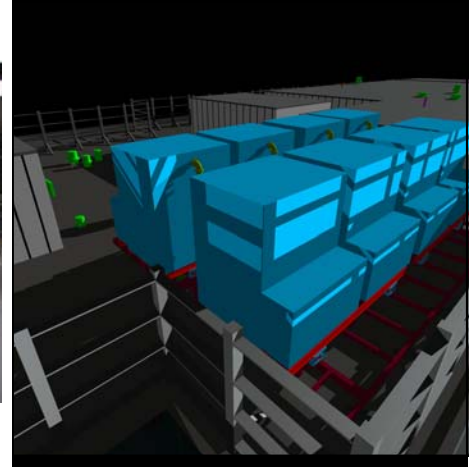
The building process can often seem long and difficult, but when a project is complete, the finished product is truly impressive. J.C. Cannistraro's work at 301 Binney St. in Cambridge began back in 2006 when coordinators used Building Information Modeling (BIM) to design the HVAC and plumbing systems for this state-of-the-art building. Field work was completed in 2007, and the following photos provide a visual timeline of the entire process:



A 3D Model displays a realistic view of the future mechanical room.



Equipment is delivered and awaits installation.



A model of the cooling towers is created during pre-construction.



The cooling towers are in place.

Mechanical installation included:

- Thirty-seven (37) custom air handling units with total capacity of 800,000 cubic feet per minute of 100% outside air.
- Four (4) gas-fired, hot water boilers with total capacity of 80,000 MBH.
- Four (4) centrifugal liquid chillers with a total capacity of 6,000 tons.



SHOP TALK

FIVE MINUTES WITH BILL LYONS

Shop Talk is introducing a new feature that highlights the life and career of a Cannistraro employee. For our first installment there was no other choice but to interview Bill Lyons, Vice President and Plumbing Division Manager, who is the longest tenured employee at J.C. Cannistraro.

When did you start here at J.C. Cannistraro?

My first day of work was on January 2, 1972. I was hired as the Assistant Project Manager to John Sr. I stayed on board until September of 1975, when I left to get my PE and take on some consulting projects. I returned to Cannistraro on July 1, 1980 as a full-time project manager.

In the 36 years that you've been with the company, the company has grown and you have seen a lot of changes. Tell us about what it was like around the office in 1972?

At that time, the office was actually located on Pleasant Street in Watertown; adjacent to what is now the overflow parking lot. J.C. Cannistraro consisted of only four people; John Cannistraro Sr., his brother Joe Cannistraro, myself, and a woman named Franny who performed the administrative and accounting functions. In 1972, the company was strictly a plumbing contractor. All of our work was done for a construction company called Carlson. As time went on, the company expanded, and when I returned as a PM in 1980, my first job was for the Floating Hospital at New England Medical Center.

You mentioned your first project, but in your experience, what would you consider to be your favorite type of project?

The most pleasant projects to work on tend to be hospitals. Through the years, both I and the company have been treated with more respect at these sites. Hospital projects are always more involved and generally give you a greater sense that you've helped to build something of value.

So would you say that it's this "sense that you've helped to build something" that is the most gratifying part of your job?

Yes, I would say so.

Tell us a little bit about yourself. What's going on in your life?

Well, I grew up in Jamaica Plain, MA, which is where I live now, and I have two twin children. Both my son, William Bradley Lyons, and my daughter, Madeleine Copeland Lyons, live in Boston and turn thirty in May. My son is getting married this year in North Carolina and I am proud to be in the wedding. I too, am getting re-married this year, in September.

One last question before we wrap up: Can you tell us something about J.C. Cannistraro that the average employee does not know?

Interestingly enough, when I started with the company, Vincent Cannistraro was only six years old. Additionally, the year that I was named a Vice President of the company was also the year that Michael Cannistraro was born.



SHOP TALK

EVENTS & ANNOUNCEMENTS

GOLF OUTING



Introducing the 2nd Annual
“THE BROGIE”

John A. Brogan Memorial Golf Outing

Join us again in remembering our friend and co-worker in a round of the game he loved.

Tentative Date: June 22, 2008

Cost: \$80

(Cost includes greens fees, golf cart, and BBQ)

For more information contact:

Mark Perrone — 617.926.0092 Ext. 217

mperrone@cannistraro.com

OR

Bob Messia — 617.926.0092 Ext. 268

bmessia@cannistraro.com



CORPORATE ROAD RACE

Walk off Winter

Join the Cannistraro Team as we participate in a local 5K road race to benefit the Architecture for Humanity organization. Runners and walkers are welcome to come kick off Spring on this 3.1 mile course along the Charles River. All Cannistraro participants will receive a Team Cannistraro t-shirt designed specifically for this event.

Event Date: Saturday, April 26, 2008

Race Start Time: 10:00 AM

Location: Artesani Park
1234 Soldiers Field Road
Brighton, MA 02135

To sign up please email:

Tom Palange at

tpalange@cannistraro.com



COMING SOON

SAVE THIS DATE!

Thursday, June 26, 2008

J.C. Cannistraro

Summer BBQ

More details to come...



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EVENTS & ANNOUNCEMENTS

CANNISTRARO NEW HIRES

J.C. Cannistraro continues to grow each quarter.

January

Ian Blizard — Asst. Project Manager, Plumbing
Wentworth Co-op Students

Colin Detra — (HVAC)

Bill Lentz — (FP)

Ian Savard — (SPD)

Jared Tattersall — (Estimating)

February

Michael Barnes — Warehouse Employee
(Plumbing Apprentice Candidate)

Jonathan Benson — Vocational Co-op (Plumbing)
(Warehouse Employee)

Matthew Greco — MEP Scheduler

March

John Roy — Fire Protection Estimator

STAFF SPOTLIGHT

Sandra Williams Re-Elected to Local Labor Council

In February, Coordination's own Sandra Williams was re-elected as Executive Vice President of the Norfolk County AFL-CIO, Central Labor Council.

As Executive Vice President, Sandra helps to promote union ideals and encourage community service throughout the Norfolk County area.

Congratulations to Greg McKenna

The Estimating Department's Greg McKenna recently got engaged to Melissa Carrier. The couple met while attending the University of Maine where Melissa is currently finishing her degree in Elementary Education. No date has been set for the wedding. Congratulations, Greg!

WELCOME TO THE FAMILY



HVAC Coordinator Ed Nabydoski holds his new grandson, Eric, at age 8 weeks.



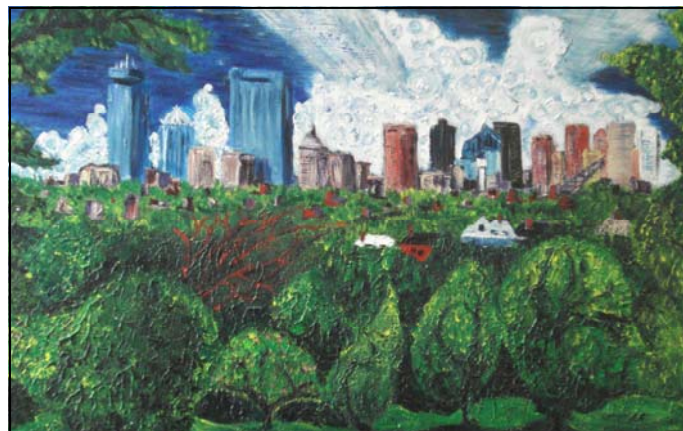
Jake Thomas Hillard, born September 21st, 2007, enjoys his Aruba vacation.

-Photo courtesy of Brad & Andrea Hillard

SHOP TALK

AWARDED PROJECTS

<u>Project:</u>	<u>Trades:</u>	<u>General Contractor</u>
<i>Massachusetts General Hospital Building for the 3rd Century</i>	HVAC	Turner Construction Co.
<i>Newton-Wellesley Hospital Imaging Center</i>	HVAC	Newton-Wellesley Hospital
<i>Analog Devices Central Plant, Building 4</i>	HVAC	Connolly Brothers Const.
<i>Joslin Diabetes Center</i>	HVAC & Fire Protection	Wise Construction Co., Inc
<i>Brandeis University Ridgewood</i>	Fire Protection	John Moriarty & Associates
<i>Stonehill College Science Center</i>	Fire Protection	Bond Brothers, Inc
<i>Massachusetts General Hospital Chelsea Healthcare</i>	Plumbing, HVAC & Fire Protection	G. Greene Construction Co.
<i>Tufts New England Medical Center</i>	Plumbing, HVAC & Fire Protection	Barr & Barr, Inc.
<i>Schepens Eye Research</i>	Plumbing, HVAC & Fire Protection	Structure Tone, Inc.
<i>70 Innerbelt Road — Phase II</i>	Plumbing & HVAC	MDI
<i>52 Broad St. Boston — 5th Floor</i>	Plumbing & Fire Protection	Commodore Builders

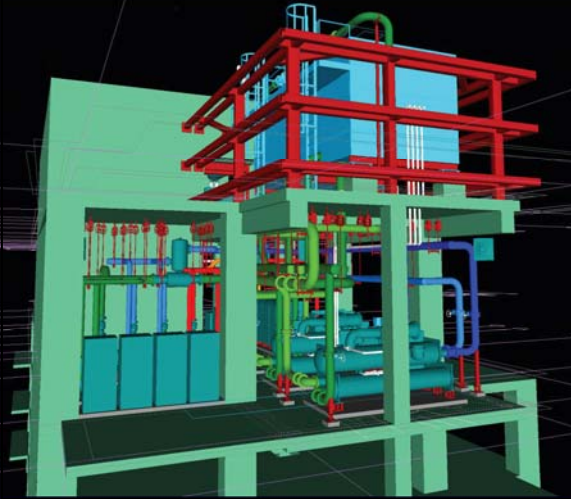


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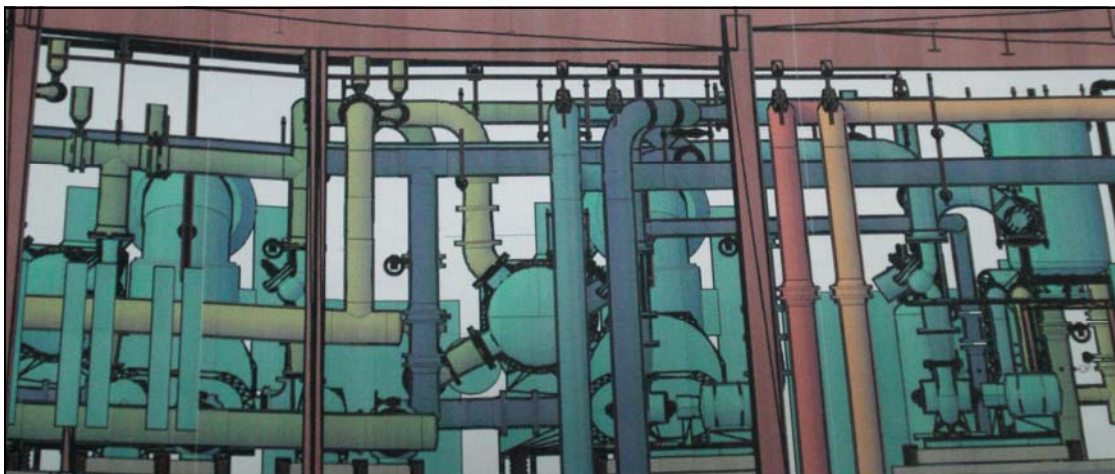
BUILDING A SUSTAINABLE FUTURE WITH BIM



Traditional construction practices have met their match in today's high-tech building industry. Two-dimensional CAD drawings and blueprints are things of the past, and technology at J.C. Cannistraro has stayed ahead of the curve. Building Information Modeling (BIM) is the latest coordination tool being used to bring building projects to life. Three dimensional renderings of buildings, prefabricated pipe, cooling towers, chillers and other elements of mechanical systems are all drawn to scale and transformed into the most realistic representation of a construction project.

The coordination team at J.C. Cannistraro has more than five years experience using BIM technology and actually implementing the models at project sites such as 301 Binney Street in Cambridge, MA and 45 Province Street in Boston. The 3D models allow building owners to take an accurate virtual tour of their finished project even before a single hour of field work has begun. Cannistraro's clients benefit from the use of BIM technology through the time and cost savings achieved by detecting and solving coordination conflicts during preconstruction.

The future of construction not only lies with BIM technology, but also with sustainable building solutions. LEED certified projects are becoming increasingly prevalent, and in some cities, mandatory for new construction. The Cannistraro team has completed numerous LEED certified projects including new Logan Airport terminals and the Genzyme World Headquarters. Through continuous education and advancement in the latest technology, J.C. Cannistraro strives to be the leader in mechanical construction services.



Proceed Ahead.



Go green with Cannistraro for sustainable solutions for new construction and existing infrastructure upgrades. Professionals in every trade are involved in our Sustainable Strategies Team and have on-site experience for LEED certified projects. As a member of Solar Boston, the USGBC, the Green Roundtable, and the Green Mechanical Council, Cannistraro has the knowledge and ability to help you achieve your green building goals.

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