



BCH Mechanical, Inc.

Exceeding expectations with a constant sense of urgency and rigorous standards of quality.

The Industry LEEDer Newsletter ♦ Third Quarter 2013

Spotlight: ConServ of Alabama



ConServ Building Services has added a new office in the Southern territory. Located in Piedmont, Alabama, this site offers a broader menu of services to commercial customers throughout the states of Alabama and Mississippi.

Q. How long has the Alabama office been in operation?

A. This location was originally established in April of 2005, by Bob Holbrooks, as Still Water Refrigeration and Construction. We became part of the **ConServ** family earlier this year, as part of the continued expansion across the Southeast.

Q. What services do you offer?

A. We offer commercial HVAC installation, service, and preventative maintenance, as well as LED lighting, refrigeration, and commercial kitchen services.

Q. What type of kitchen services do you perform?

A. With a combined 160 years of expertise on staff, we can install and maintain everything from coffee systems to cold storage. We specialize in the installation and maintenance of cooking equipment, exhaust hoods, ice machines, beverage systems, coffee systems, and more.

Q. You also provide scientific refrigeration. Does this type of refrigeration pose a different set of challenges?

A. Absolutely. For example, we perform work for blood banks, and our service technicians must be trained to maintain the strict regulatory standards needed to keep blood properly stored. Routine short-term blood storage is limited to 21 days at -70 °F to prevent storage lesion, which would result in insufficient transfusion efficacy. Lives depend upon adherence to these standards and of course, the proper maintenance of equipment to avoid malfunction.

Q. What can you tell us about the Alabama team?

A. This location is managed by Bob Holbrooks, the original founder of Still Water Refrigeration and Construction, with the assistance of Mark Henry. Our skilled technicians are factory trained, certified, and dedicated to excellent customer service—listening to customer concerns, providing efficient and cost-effective solutions, and performing high quality work. Our office team is equally as passionate about customer satisfaction.

For more information about this **ConServ Building Services** location, visit:

www.conservonline.com or www.stillwateral.com. ♦

BCH Mechanical, Inc.

Daryl W. Blume
President

Dan Allen
Vice President-Operations

Brian Wilkinson
Vice President-Sales

John Fields
Chief Financial Officer

Contact Information:
BCH Mechanical, Inc.
6354 118th Avenue N.
Largo, FL 33773
Phone: 727.546.3561
Fax: 727.545.1801
www.bchmechanical.com

Contact Information for the service
division of BCH Mechanical, Inc.
ConServ Building Services, Inc.
6350 118th Avenue N.
Largo, FL 33773
Phone: 727.541.5503
Toll Free Service: 1.800.940.3241
Fax: 727.544.1924
service@conservonline.com
www.conservonline.com

BCH Mechanical, Inc. is a mechanical contracting company, established in 1976, specializing in HVAC, plumbing, piping, medical gas, sheet metal, and service.



Design/Build Contractor

BCH
MECHANICAL, INC.

Copyright © 2013
BCH Mechanical, Inc.

Message from the President

State of the Union

Two quarters are in the books and the **BCH Mechanical** backlog is at a 4-year high. Optimism is in the air and opportunities are out there for a solid turn in construction projects for 2014.



North Bay Hospital, and Florida Hospital-Heartland. Even the office market has shown some life with a few tenant projects and the new corporate office building for LifeLink starting.

The first 4 months of the year continued to be soft but since then, we have been on a hot streak. The nature of our industry is cyclical and this year has been no exception. After a slow start, we have picked up nearly \$15 million in new project work with almost all to be completed by the end of 2013.

"There is only one way to have a successful company...to have a lot of happy, satisfied customers."—Unknown

New projects include school work at Eckerd College and Tarpon Springs Middle School. New industrial projects at Coke plants, Imeson in Jacksonville, and G-Tech.

The hospital market continues to thrive with three (3) new projects at Tampa General,

Prospects are strong for new projects in 2014 and we are looking for those signature jobs of greater than \$10M to help smooth out the volatility which was prevalent from 2004 to 2008.

"Opportunity is missed by most people because it is dressed in overalls and looks like work."—Thomas Edison

We are bullish that the turn is in for **BCH Mechanical**. We have maintained our key resources, are more technologically savvy with our BIM and 3-D CAD advancements, and have taken our pre-fabrication systems to the next level.

Let **BCH Mechanical** be part of your team on "the next project".

Daryl Blume

2013 BCH Adventure Island Day



On May 18th, **BCH Mechanical**, **ConServ Building Services**, and **Royal Aire** hosted an outing for company employees and their families.

Over 650 turned out for a day of fun in the sun, splashing in wave pools, racing down waterslides, and floating down a lazy river at the Adventure Island Water Park in Tampa, Florida.

After dinner, the park closed to the public for the exclusive use of our team and their families. ♦

Protein	Carbs	Fats
1. Chicken	1. Sweet potato	1. Almonds
2. Turkey	2. Brown Rice	2. Coconut oil
3. Salmon	3. Rolled Oats	3. Avocado
4. Eggs	4. Beans	4. Flax seed/meal
5. Greek yogurt	5. Quinoa	5. Chia seeds
6. Tuna	6. Apples	6. Peanuts
7. White fish	7. Berries	7. Olive oil
8. Lean Grass Fed Red meat	8. Buckwheat	8. Almond butter
9. Whey Protein Powder	9. Whole grain tortilla	9. Peanut butter
10. Cottage cheese	10. Whole grain bread	10. Salmon

Disclaimer: I am not a nutritionist or registered dietician. This information is based purely on my own experience and knowledge received through books and articles and should be used as informative only. Consult with a dietician or nutritionist for help adjusting your diet.

Building Better Health

Employee Wellness with Laure Blume

The most important advice I can give you is to think about what you are putting in your mouth and whether it is a pleasure food or an energy food. Think of your body as a machine (which in a sense, it is) and what you are fueling it with.

Empty calories will be shelved for later fuel and if not used, will turn into fat. So eliminate or greatly reduce your intake of empty calories, which are all your junk food items, basically anything processed and with a shelf life!

Now you can eat the junk occasionally, but when you do, eat sparingly, savor the flavor, and move on! This way your body isn't craving the junk, it knows it can have a treat every so often, and it will help you to not always be thinking of eating it!

Think of the alternatives. Eating popcorn over potato chips, hummus over cheese dip, clear dressings for your salad over creamy dressings. There is a healthy alternative to every food craving, you just have to want to switch from the fatty, artery-clogging foods to the fresh, non-processed choices. Read package ingredients, if there is a long list of items and you have no clue what they are, choose something else. Less is more. So instead of giving you a NO list, I've compiled a "better choice" list.

THE BETTER CHOICE LIST

Whole wheat breads. Try to eliminate breads, empty calories, but if you must have, choose whole wheat. High in fiber, will satisfy you longer than white breads.

Fruits. There are so many yummy fruits available, especially now with warmer temps—watermelon, melons, peaches, grapes, apples, bananas, pineapple. Fruits supply so many vitamins and minerals, your body needs fruits daily.

Add to your cereal, smoothie, take in a baggy to work, snack on at night, make a fruit salad and top with some frozen sherbet or yogurt. Try to add fruit for filler. Add avocado to your salads, use on sandwiches instead of mayonnaise, it gives a creamy texture and delicious taste to dishes.

Veggies. Same thing, experiment with the veggies, buy from a local fruit stand, fresh and local, usually cheaper, too. Bake and sauté with rice or pasta, make a ratatouille (like a fruit salad, but it's mixed veggies, delicious, add olive oil and balsamic vinegar and you have a flavor explosion!). Fresh veggies dipped in hummus will supply you with the fiber, protein, and nutrients for your body and the crunch that your mind equates to being satisfied. ♦

UNDER CONSTRUCTION

- ★ CHARTER SCHOOLS
- ★ ECKERD COLLEGE
- ★ FLORIDA HOSPITAL-HEARTLAND
- ★ G-TECH
- ★ IMESON CENTER
- ★ LARGO MEDICAL CENTER
- ★ LIFELINK HEADQUARTERS
- ★ NORTH BAY HOSPITAL
- ★ SAVVIS DATA CENTER
- ★ TARPON SPRINGS MIDDLE SCHOOL
- ★ TGH SLEEP NEURO



ABC Eagle Awards Winner

ABC's Excellence in Construction Awards celebration was held April 19th and recognized firms in the construction industry for commitment to excellence, innovation, and quality.



BCH Mechanical won ABC Eagle Awards for work performed at USF CAMLS and Sarasota Memorial Hospital. We are pleased to be recognized by ABC, an organization which promotes education and relationship building within our industry.

Pictured above: Brian Wilkinson and Daryl Blume with Jay Allison of Tampa Bay Trane. At left: Mike Sherron, John Fields, and Jeff Metzgar accept an Eagle Award for BCH.

CHECK US OUT ON THE WEB: www.bchmechanical.com & FOLLOW US ON FACEBOOK! BECOME A FAN OF BCH MECHANICAL, INC.

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

BCH
MECHANICAL, INC.

www.bchmechanical.com
6354 118th Avenue N.
Largo, Florida 33773

ConServ
Building
Services, Inc.

www.conservonline.com
6350 118th Avenue N.
Largo, Florida 33773