



BCH Mechanical, Inc.

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

The Industry LEEDer Newsletter ♦ Fourth Quarter 2013

Project Spotlight: The Epicurean

THE EPICUREAN HOTEL

The Beck Group

Contract Value: \$2,100,000

The owners of Bern's Steak House originally inspired the concept of this four-story, 137 room boutique hotel in South Tampa. The Epicurean Hotel, located on South Howard Avenue, includes a signature restaurant, rooftop bar, retail wine shop, patisserie, full service spa facilities, and a culinary school which also serves as a meeting space.

BCH performed the mechanical for this design/build project which opens in December and will join Marriott's Autograph Collection of luxury hotels. A hybrid air conditioning system was utilized. All of the guest suites are fed from an air-cooled chilled water system with a Carrier chiller and fan coil units in each room. These quiet, individual operating units, each supplied with a wireless thermostat, will serve to enhance the guest experience.

Outside air is introduced via Aeon two (2) rooftop units that feed the corridors and are ducted to each individual room.



The common areas, such as the lobby, ballroom, and restaurant, are fed from five (5) direct expansion rooftop units with variable air volume boxes.

The facility also includes two (2) large kitchen hood systems with welded duct to the roof and yet another hood system for the 32 seat Epicurean Theatre, a show kitchen equipped with Viking appliances, which will provide mixology and culinary demonstrations.

BCH Mechanical, Inc.

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



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MECHANICAL, INC.

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Pro-files: Leah Sabelli

Leah Sabelli, originally from Youngstown Ohio, joined the **Conserv** family in July of 2004. A Sales Representative in the Orlando office, Leah is a new mother of two and the focus of this issue's profile.

Q. How did you come to work at Conserv?

A. Initially, I worked for Roth Bros. as a National Service Coordinator. I started working there when I was 16 and continued for almost 10 years. It was a great first job. **Conserv** was one of our larger vendors so when I wanted to move to a warmer climate, I applied for a sales position. Thankfully, they remembered working with me, my interview went well, and I was offered the position.

Q. What does a Sales Representative do?

A. Life is all about relationships and sales is no different. In my opinion, the single most important thing anyone in sales can do is establish and maintain good relationships with their customers. To be successful in sales you have to be willing to wear MANY hats. I'm responsible for estimating on Capital replacements, bid contracts and marketing within our current footprint which continues to grow in the Southeast United States. What I take the most pride in is getting to know my customers, understanding their needs, and not only meeting them but always endeavoring to exceed their expectations.



Q. How do you spend your off-time?

A. My husband and I love going to art festivals, the beach, and grilling out. Recently, our time has been consumed with diaper changes, bottles, and caring for our twin babies.

Q. Is your husband also in HVAC?

A. He works as a RN in the Emergency Department at Orlando Regional Medical Center. We met in a Psychology class at Youngstown State University. He came in late on the first day of class and sat next to me. I ended up sharing my syllabus with him. We became great friends for years and it finally blossomed into a romantic relationship. He moved down to Florida and we got married on April 14th, 2012.

Q. How are the new babies?

A. The new babies are great. Their names are Neve and Averie. They are getting so big, weighing over 10 lbs. each. They are starting to become more vocal and smiling a ton.

Q. What it is like to have twins?

A. When we first found out we were having twins, we were very surprised, as twins did not run in our families. It was crazy having to buy two of everything! It has definitely been a real challenge, especially being first time parents. We are taking it one day at a time. The girls bring us such joy and we love having two babies. They are such blessings! ♦

Favorite quote:

"Once you replace negative thoughts with positive ones, you'll start having positive results." —Willie Nelson

UNDER CONSTRUCTION

- > Citrus Park Crossings
- > Eckerd College
- > Imeson Center
- > Largo Medical Center
- > Lifelink Headquarters
- > Lifetime Fitness
- > MacDill AFB
- > Peace River Facility
- > SMH Advanced Surgery
- > Tampa Bay Buccaneers Suite
- > Tarpon Springs Middle School
- > TGH Abbott Clinical Lab
- > TGH Westchase Family Care
- > Trillium CNG

A Message From the President

Our *Project Spotlight* for this issue, Epicurean Hotel, highlights a key strength of **BCH Mechanical**.

The project was under budget duress with mechanical issues that nearly derailed the construction. **BCH Mechanical** was brought in to salvage the project, which was possible solely by re-designing and performing the project on a design build basis. Our solution was not only able to significantly lower first cost but also save operating cost while employing a system that will be easy to maintain.

We were able to eliminate the extensive roof ducting that posed significant challenges due to tight height constraints. Our coordination and 3-D abilities were essential to fit all of the ductwork and piping in very tight spaces to allow the project to be streamlined, improving system efficiencies and cost. With the reservation control system and web-based DDC system, **ConServ Building Services** will be able to maintain and



monitor the system remotely, further enhancing the owner experience.

From design through construction to maintaining the full mechanical systems, **BCH** excels and offers the most complete services.

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

Daryl Blume



Building Better Health

Employee Wellness with Laure Blume (continued from a previous issue)

and has no nutrients. Drink a large glass of water before you sit down to eat and be sure to eat the salad first. Never eat in front of the TV or while reading, you are distracting yourself from what you are putting in your mouth and you will tend to eat more. Before going for seconds, give your stomach a chance to digest what you just ate. Eat slowly, chew your food, and give your brain time to receive the signal from your stomach that you are full.

So eat healthy, drink half your body weight in ounces of water daily, and get at least eight hours of sleep each night. The icing on the weight loss cake is to exercise every day. Yes, every day you need to do something. Participate in a heart rate raising exercise for at least 30 minutes a day, four days a week. On the other three days, you could walk, bike, or swim. Do something to get the oxygen flowing; it doesn't have to be high intensity. A great habit to get into is walking after dinner or when the sun goes down, especially if you are ready to hit the pantry for an evening snack. Take a 10-15 minute walk, come back, drink some water, and then have an apple if you are still hungry.

Watch the alcohol. Empty calories. You can treat yourself on the weekend but limit your intake. I know it doesn't sound like much fun, but you have to change the mindset of eating and drinking as fun, and

enjoy the company that you are with (awww, ain't that sweet!). But really, each meal is not your "last supper" so eat to satisfy and fuel, then move on!

The best food is the food you cook and prepare yourself. Eating out is nice and easy but the food is loaded with sodium and fats. It is better to know what goes into your meal. Limit take-out and restaurant foods to once a week. You will see a big difference in how your body responds.

One last note, start a healthy lifestyle not only for yourself, but also for your family. Children who grow up with a healthy, active lifestyle have a greater chance of being healthy, active adults. So even if you have skinny little kids, don't use that as an open door to feed them fast food, doughnuts, and other junk food items, figuring that their bodies will burn it off—you're still feeding "their engines". Fuel them with healthy, non-processed foods and they will benefit for the rest of their lives.

Disclaimer: I am not a nutritionist or registered dietician. The information above 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. ♦

Treat food as fuel for your body. Cook with olive oil or coconut oil—don't use butter. Use lots of seasoning. Seasonings are a calorie free way to boost the flavor of your food. Spicy food raises your metabolic, burning calories. Add green (milder than red) Tabasco to a sandwich, eggs, pasta, etc. for a nice kick.

Bake, grill, or sauté your chicken or fish. Buy frozen fish or chicken and have it in the freezer for your go-to meal. Bake until thawed, then add to a pan to sauté with a little olive oil and seasoning, then put on top of a large salad or rice and veggies. Try to eliminate or reduce your use of the microwave oven. It destroys the nutrients of the food. It takes a little longer to heat and prepare food without it, but it is definitely worth the extra time.

Have salad at every meal. Mix spinach into a spring mix and try to use less iceberg lettuce since it is made up of mostly water

CONSERV SERVICE SUPERSTARS

"I would like to take this opportunity to sing John's praises. My center had a very expensive laser installed at the end of May and since then I have had multiple issues keeping the room that it is housed in at the required temperature. I have also had issues with a burned out disconnect switch and coil leak. John [Hardy] has been extremely knowledgeable and has diagnosed and resolved all of my issues in an expeditious manner. He is an asset to your company and should be applauded."

—Andrea Spoto
Outpatient Surgery Center of Boca

"I wanted to take a moment and let you know what an awesome experience I had with your company. More specifically, Larry Jones. He has responded to all of my

issues and concerns regarding the service calls for [several facilities] including, but not limited to, a last minute T+B, quotes to perform work needed, and the coordination of getting technicians to my sites. This is key to a successful business relationship, as you probably know. Mr. Jones exceeded my expectations of a "subcontractor." I have never dealt with anyone that was on top of his work and coordinated so efficiently. Please commend him on a job well done. Thanks to him, **ConServ** will be my ONLY vendor of choice for work at any of these facilities."

—John Princevalli
Thermal Concepts Inc.

"I just wanted to pass on to you that Jim [McBride] is an exemplary representative

of **BCH/ConServ**. The last week has been mayhem and he has resolved all the issues (wrong voltage on the compressor, lightning strike on our major electronic ovens). He offered solutions, such as when I couldn't get an electrician down to help with the voltage, today he assisted with our AC (due to lightning), and stepped in to fix a transformer issue on the big oven we have.

We are very pleased he handles Peek's account! He is communicative, proactive and "Johnny on the spot" with Peek's needs/requests. **BCH** is very lucky to have an employee such as Jim. We just wanted to pass on our appreciation to you. Truly, thank you!"

—Allyson Beldon
Peek Traffic Corporation

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