



# BCH Mechanical, Inc.

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

The Industry LEEDer Newsletter ♦ Second Quarter 2014

## Visit ConServ at PRSM



We are excited to announce that **ConServ Building Services** is a Silver Sponsor of the PRSM2014 National Conference, held April 6th-8th, at the Rosen Shingle Creek Hotel in Orlando, Florida.

Professional Retail Store Maintenance (PRSM) is a membership organization for facility managers who operate multiple retail locations. The conference offers networking and educational opportunities to keep facility management professionals updated on the latest industry trends and best practices.

If you plan to attend, stop by **booth #1111** and say hello to the **ConServ** team. If you would like to learn how you can optimize your building systems and reduce operating costs for your facilities but cannot attend the conference, contact Leah Sabelli at (407) 509-1213.

### UNDER CONSTRUCTION

BAYFRONT TOWER	NY YANKEES- TRAINING COMPLEX
BRISTOL MYERS-SQUIBB	PIXELTEQ CLEAN ROOM
HEALTH POINT MEDICAL	RAYMOND JAMES
LARGO MEDICAL	SARASOTA COUNTY- PUBLIC SAFETY
LOWRY PARK ZOO	TAMPA GENERAL HOSPITAL
NEW LIFE VILLAGE	TAMPA PALMS- FAMILY CARE
NORTH BAY HOSPITAL	TARPON SPRINGS- MIDDLE SCHOOL
	TAMPA INTERNATIONAL- AIRPORT
	TRINITY MOB
	USF DATA ROOM



## 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.



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MECHANICAL, INC.

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# Message from the President

In 2014, the company has challenged everyone to compete and to strive to meet their personal and professional goals encompassing “mind and body”.



to enhance skills sets and to develop our service personnel, sheet metal, air conditioning, and plumbing mechanics. We have expanded our office training to include leadership training, with

**“Challenges are what make life interesting and overcoming them is what makes life meaningful.”**

—Joshua J. Marin

**COMPETITION:** We face competition every day in our business, for the next job, the next service customer, the next system, and the next process we can create to enable the company to work more efficiently and effectively. Our team of associates relish each occasion to compete and to excel personally and professionally. We enjoy winning the opportunity to provide a superior product and service, by outworking others. To challenge ourselves and each other as a team, is ingrained in our corporate culture. Individually, we compete with ourselves to continuously expand our own knowledge base and we strive to double our industry knowledge base every 7 years.

topics like customer service, goal setting, communication skills, negotiation, and selling skills, taught by our own team members. We have also expanded our company fitness options to include: 6 a.m. boot camp, 4:30 p.m. high intensity interval training, triathlon training, and “biggest loser” challenges. The classes have created an internal competition among our co-workers to improve fitness and health; the benefit is that we have more energy and vitality in all endeavors of our lives.

**“Go confidently in the direction of your dreams. Live the life you imagined.”**

—Henry David Thoreau

Our mind and body fitness training program has increased employee morale and will only continue to elevate our fierce customer loyalty experiences from our team, unparalleled in our industry. And it is fun!

**MIND AND BODY:** For years, we have provided apprenticeship and task training

*Daryl Blume*



Members of the **BCH** office team, pictured at left, volunteered at a Tampa General Hospital fundraiser to benefit the American Heart Association, on January 17th. **BCH** was a Title Sponsor of the clay shooting event, at which our group assisted with check-ins and operation of the clay machines.

# Building Better Health

## Employee Wellness with Laure Blume

### Your food intake is more important than...

how much you exercise. It's not all about exercise. I like to think of our bodies as car engines. If you neglect the oil change and feed it cheap gas, your car isn't going to run as well as it should. The same goes for your body. Feed it properly and exercise your inner engines—heart, lungs, muscles, and you will have a strong, fit body ready to carry you through a long day.

Here are a few tips on nutrition and what to look for in the ingredients listing. First off, eating foods in their natural form is the best thing you can do for your body. When shopping for products, eliminate foods which contain the following:

- ◆ High Fructose Corn Syrup (HFCS)
- ◆ Partially Hydrogenated Oils— trans fats
- ◆ MSG - Labeled under many different names
- ◆ Artificial Sweeteners- 180x sweeter than natural sugar but increases your appetite. Don't choose sugar-free or diet brands thinking they are better.
- ◆ Artificial Colorings - Blue 1, Blue 2, Red 1, Yellow 6, etc.

A great rule of thumb to follow is if you can't pronounce the ingredients, or there are too many to read through, don't eat or drink it. Try to eat at home more often than out. This way you know exactly what is in your meal and you won't be eating hidden fats and calories. Use your weekend to prepare foods for the week ahead. Cut up your veggies, make your quinoa, brown rice, chicken, fish, etc. ahead of time so you can create different meal combinations all week. Use spices, herbs and seasonings to flavor your meals. Cook with coconut oil, save the olive oil when not heating items.

Eating more calories than you are burning will cause weight gain and eating less will cause a reduction in weight. No diets, just eat healthy. Have a cheat day once a week, but don't overindulge. Food isn't the reward, the reward is lowering your cholesterol, lowering your blood pressure, getting off of any medications, and living a healthy, energetic life.



## What's Happening?



Joe Downs was presented with a framed plaque from the Office of the Secretary

of Defense, honoring him for being a patriotic employer who supports our Reserve force. Joe accepted the award at the jobsite of Giovanni Santos, a long-time **BCH** employee.

Geovanni has been with **BCH** for seven years, during which time, he completed his apprenticeship in the ABC plumbing program. After his apprenticeship, he wanted to fulfill his dream of entering the Reserve. He enlisted and has since served a 10 month tour in Iraq, while continuing to work full-time as a

plumber for **BCH**, when he is not with the Reserve. He is also currently enrolled in a two week training class to become a sergeant. We appreciate his service to our country.



Congratulations to Ray Masson and his wife on the arrival of their baby boy! Little Rafael Joaquin Masson is 7lb, 13oz and 20".

Saving for retirement is critical to your financial health. Joining the company 401k allows you to defer pre-tax dollars and direct them into mutual funds.

Our fund selections, led by many low cost Vanguard Target Funds, have performed extremely well. For example, Target Fund 2045 was up

24.4% and Target Fund 2035 was up 22.8% last year. Just by directing 5% of your earnings per paycheck, you will be amazed at the growth and compound impact on your retirement dollars in strong years. Please look for company notices for your opportunity to enroll.

### The BCH

**Foundation** is a proud sponsor of the upcoming *Running for All Children* event in Safety Harbor.

The race includes a timed 5k and

10k, with a 1 Mile Fun Run. Proceeds benefit All Children's Hospital Guild-Seminole/Largo Branch. For more details or to register for the race, visit: [www.runforallchildren.com](http://www.runforallchildren.com).



# SHORECREST PREP MAKES FINAL 4



2014 SHORECREST CHARGERS

Daryl Blume, **BCH** President, doubles as a high school basketball coach. His team, Shorecrest Prep, just completed another stellar season, going 25-5, and earning their

second trip to the State Final 4 in the last 3 years. The prior squad included his son, who has since graduated, but Daryl stayed on for the love of the game, the competition, and a chance to motivate our youth into future leaders.

Maybe the next stars of **BCH** or **ConServ** will be found on the hardwood; vying for state titles = excellent training on overcoming adversity. The company already boasts several former superb athletes on their team.

## CONSERV SERVICE SUPERSTARS

"A big thank you for the quick response and fantastic service you all provided for us yesterday at the Francesca's store in Mt. Pleasant, SC. I sent the work order on Tuesday night, received an early Wednesday morning response from Jackie, Lamont was on site when the store opened, and within an hour we had the unit running again.

The store was receiving a visit from their CEO yesterday, so it was so important for **ConServ** to respond, and you all did so with flying colors!

Thanks again. This type of service is a big reason why we have entrusted so many of our Francesca's store locations to **ConServ**. Keep up the good work!"

**Bill Ericson, President**  
**National Project Management, Inc.**

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MECHANICAL, INC.

[www.bchmechanical.com](http://www.bchmechanical.com)  
6354 118th Avenue N.  
Largo, Florida 33773



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Largo, Florida 33773