

BCH Mechanical, Inc. & ConServ Building Services, Inc.

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

The Industry LEEDer Newsletter ♦ Second Quarter 2015

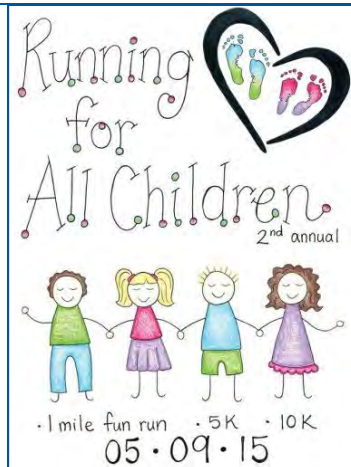
Running for All Children on May 9th

Brian Powers, Race Founder

Together, **The BCH Foundation** and the All Children's Hospital Guild are hosting the 2nd annual *running for All children 5k, 10k and 1-mile fun run* race on Saturday, May 9, 2015, to raise funds and support healthy living throughout the west coast of Florida. The proceeds from the race will be turned over to the All Children's Hospital Guild

(www.alkids.org/foundation), a volunteer organization that donates their time and resources to the All Children's Hospital. Last year we donated \$12,000 and expect to donate more than \$20,000 this year!

There will be something for everyone: kids doing a 100 yard dash, a 1 mile fun run for beginners or families, and a certified and chip timed 5K & 10K course for serious runners. The 10K race starts at 7:00am and the 5K race starts at 7:15am. The entry fee is \$30 for both the 5K and



10K races. The 1 mile fun run starts at 9:00am and the entry fee is \$20. The free kid's dash will be after all the other races finish. The event, sponsored by The Mosaic Company, will take place in downtown Safety Harbor (110 Veterans Memorial Lane, Safety Harbor, FL 34695). Anyone interested can register at: www.racersignup.com/run-for-all-children/register/.

This is also a great opportunity to earn Humana Vitality Points. If you work for **BCH/CBS** and have a goal to get more active through Humana Vitality, you can use this race to earn Vitality Points. Just upload your race documentation and you'll be closer to reaching your goal.

We will need volunteers to help with pre-race and race day activities; use the volunteer tab to register at: www.runforallchildren.com. Hope to see you come out to have a healthy and fun time in support of a great cause!

Message from the President

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

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

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

ConServ Building Services, Inc., a division of BCH Mechanical, provides commercial HVAC and refrigeration services throughout the Southeastern U.S. Expanded services, such as plumbing, electrical, test & balance, and general maintenance, are offered at select locations.

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We know that there is much more to a joyful career than just work. At **BCH**, we have created an atmosphere which encourages a fun and healthy work environment, developing various fitness groups and other opportunities



outside the daily grind. We have a record number of employees joining “boot camp” type workouts before and after work, line dancing at lunch, and training for 5K runs or half iron man triathlons under the tutelage of my wife, Laure Blume.

“This world belongs to the energetic.”
—Ralph Waldo Emerson

In March, we kicked off our Vitality Program, placing an emphasis on healthy lifestyles. Our team is reaping the rewards in free gifts, increased wellness, free health screenings, and health care cost savings. Our goal is to create an awareness in all employees and improve the company’s health and fitness by 20% within a 12 month period. Through this Vitality initiative, we will continue to spread the “healthy lifestyle” movement to all employees.

“Take care of your body. It’s the only place you have to live.”
— Jim Rohn

We are aiming at being more physically fit throughout the company. We are confident that a more health conscious company will lead to more productivity in

both our work and personal lives. By making healthy living an important aspect of our company’s culture, we feel we can enhance our services to our customers.

Our company is already fiscally fit. We can handle virtually any size project. We have the financial resources to tackle your major project, the prefabrication facilities to optimize installations, and the field labor resources for all of the mechanical trades. With the anticipated labor shortages looming in the construction and service related fields, we are spending time and money to hire and train new people in the trades. **ConServ Building Services**, our service division, started a new internal training program to prepare for the expected summer growth in service.

“Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open.”
— B.K.S. Iyengar

We will continue to provide our team with opportunities for personal and professional growth in order to enrich their lives. This mission, as well as our strategy to plan ahead with hiring, training, and safety programs, will allow us to provide our customers with the best and brightest that our industry has to offer.

Daryl Blume

CONSERV IN VA: **Conserv** has once again increased our service footprint. We are pleased to announce that we are working in the State of Virginia, servicing customers in Richmond and areas south. We are providing both HVAC and refrigeration services for retail and convenience store customers, on a 24/7 basis. The area is under the direction of **Jason Morris**, from our Charlotte branch. We look forward to growing this area and continuing to provide the superior service our customers have come to expect from us.

Healthy, Wealthy, and Wise

Laure Blume

Your Health is your Wealth. Your Health is your Wealth. Yes, I meant to say it twice. It is a very profound statement when you think about it that way. Your health is your number one priority in life. Without your health, you may not be able to spend quality time with your family, work, or enjoy life to the fullest.

With the new Vitality Challenge, you can now see where your health is and what needs to change. It's never too late and you're never too old to begin again! Clean the slate off and write down your new goals. The number one cause of death in the U.S. is heart disease. Heart disease is caused by plaque building up on the walls of your arteries, making blood flow more difficult. Can you reverse heart disease? Yes, you can! So the number one killer in the U.S. can be combated by a change in your lifestyle.

The most important aspect is a change in nutrition. Think about what you are about to eat and how it will help your body (your engine). Get beyond how great those French fries taste or those chips or that 20 ounce steak, and think about the nutrient value of everything you put in your mouth. Sure, you can have a cheat day and quell that chocolate fix or what

have you, but the key is moderation. Whatever it is that you are eating WILL be there another time! If your meal is so delicious that you are full but hate to stop eating it, take it home and then you get to enjoy it a second time.

Keep your body in balance with the foods you eat. Balanced nutrition is the key to homeostasis, which keeps your body from getting sick. Add variety or colorful foods or try new foods. You may have always hated Brussels sprouts when you were younger, but your taste buds change. Give them another try! (Daryl's going to read this and say "yeah, right!") It's just an example (but I do love Brussels sprouts!). ADD FOODS HIGH IN FIBER (fruits, vegetables, nuts, legumes [peas and beans], oatmeal, brown rice, whole wheat items) AND DRINK PLENTY OF WATER. A strong digestive system will turn the foods you eat into energy, growth and cell repair. Take a multivitamin to help fill your nutrient deficiencies. Watch your calorie intake. You need to expend or burn more calories than you take in. And of course, get out and exercise! Take walks, bike rides, swim, dance, do yoga, go hiking, fishing, kayaking. Don't wait until you lose some weight, start now! Life is now, enjoy life to the fullest! Eat a balanced diet, get enough sleep, and exercise daily, and you will be healthy, wealthy and wise!

PM Technicians in Training

Ed Berry

Conserv has created a new, in-house PM Tech school for the training of incoming hires who have some to no level of HVAC experience. We found that we needed to develop an internal resource to provide the labor pool required to service our customers' needs as they continue to grow.

The program is designed to bring an individual through 8 weeks of courses with 9 modules, consisting of 4 to 15 sessions each. This course is taught by our own personnel, Lead Technicians and Service Managers with over 100 years of combined experience. Students are given 8 hours a day of class time, labs, and on the job training, during the 8 weeks.

Courses consist of a Safety Training Module, Tablet Training Module, Basic Refrigeration Cycle & Components Module, Electrical Module, Refrigerant Module, Troubleshooting Module, Basic Gas Heating, Basic PM (How to) Module, EPA & Recovery Module, as well as practical and written tests.



Left to Right: John Hardy (Field Supervisor), Gibson Louis, Casey Straw, James Freeman, Khawoon Goldbourne, Tom Coopridner (Field Supervisor)

This year began our first roll out of this on-the-job training class. We are proud to recognize the following students that have passed this course and are now Certified PM Technicians. **Conserv** looks forward to growing these new PM Technicians into Service Technicians.

CLASS OF 2015

Todd Helms	Khawoon Goldborune	David Curci
Jim Bishop	Casey Straw	Connor Whalen
Jilson Peres	James Freeman	Danile Bodkin
Camron Rouse	Gibson Louis	
Taylor Knox	Kyle Sword	

We Appreciate Our ConServ Superstars

FM Facility Maintenance recognized ConServ in their company publication, naming CBS as a Valued Service Partner. The special recognition was garnered for excellent customer service, with the nominating party writing, "Conserv has jumped in and helped on several occasions when we needed it in the Charlotte market and even expanded into Virginia when a need arose in those markets. This was a benefit to the client and FM. **Jason Morris** works hard to keep their service to the client running smoothly and is quick to point out issues when they arise. All of their help has been greatly appreciated this year!"

Letters and Emails:

"As you know, we had a serious plumbing emergency starting Monday afternoon. I called **Tom Johnson** as I have worked with him on a couple of our building projects. Tom sprang into action and called **Conserv** and had plumbers here quickly. Afterwards, with the assistance of the three of you, we had an immediate and impressive response. Your

staff was professional and diligent. With the crisis being over, I really have to praise **Joey [Finnemore]** and everyone on your team. Not only did Joey get dirty and work non-stop, but he also coordinated the subs and made it look effortless.

I want to thank you all for your service during this crisis and look forward to our future working relationship. Congratulations on a job well done."

John Murden, LCAM, AMS® ARM®
The Bayfront Tower

"Please pass this along to the rest of the crew...Thank you very much to everyone for the above and beyond effort to get the task at hand completed. It was a long couple of days and I have nothing but praise to the people that were on site working, ya'll are a good bunch of guys that care about doing things the right way which is a comfort to me."

Gary Ciulis, FMC Manager
Amsurg

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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



Best Wishes!

Julia Joyal, our A/P Manager, is getting married next month. We helped her celebrate with a small lunch gathering at the home office in Largo, FL.

Pictured at left, Julia poses with her festive fishbowl themed cake.