

# THE F&G PIPELINE

Full Service Mechanical & Fire Protection Contractors

An Emcor Company

F&G Mechanical Corporation  
Meadowlands Fire Protection

Spring 2018 Edition

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*Salvatore "Teddy" Giardina*  
*1921 - 2018*

Co-Founder of the original F&G Heating Company in 1947 - Brooklyn, NY



# A Tribute to My Father By Butch Giardina

On January 8, 2018, the F&G family lost the last of the greats. My father, Salvatore "Teddy" Giardina passed away peacefully in his home at the remarkable age of 96. Our family lost its patriarch, and as I reflect on his passing, it almost seems unbelievable that he is no longer with us. No longer will I receive countless daily phone calls, advice on every topic imaginable (solicited or not), or have the comfort of knowing he is here should I need him.

For those who had the good fortune to know him, he undoubtedly left a mark. My dad was a man of great intellect, sagacity and read voraciously on anything he found of interest. A true renaissance man, he was as comfortable in the kitchen as he was on a job site. As a boy, it seemed like my dad could do anything. If something was broken, he had the tool and skill set to fix it. If I got into trouble (as I was known to do), he was there to bail me out and set me straight. After taking over the business with Sal, I continued to look to him for guidance on pretty much everything as far as F&G was concerned. As I mentioned, he was a wealth of knowledge, with incredible instincts and business acumen. His gut was rarely wrong.

My dad was a man of great generosity, who never said no to anyone in need. Whether it be financial help if someone had fallen on rough times or a seat at the table and a warm meal to a lonely friend, he was always ready and willing to help. If he couldn't, he would find someone who could and advocate on the distressed person's behalf. And rarely did he ever ask for anything in return. One of his dearest friends described his office as having a wailing wall. All he ever wanted was time - time to share a meal, time to tell a story, time to discuss a new favorite book or one of his most favorite subjects, politics.

He was a loyal friend, a family man, and cultivated every relationship, both new and old. He would spend hours on the phone catching up with friends, family in Sicily, and pretty much anyone he could get on the phone, sometimes driving my mom crazy in the process! But as much as he loved his family and friends, there was no one for whom he showed greater loyalty and love to than my mother, Phyllis. A marriage 74 years long and mired in unbelievable devotion, my parents gave their children a rock solid foundation for which to model their lives. During one of my last visits with him, I watched as my mother asked, "Ted, did you love me?" His response was "I loved you from the first day I met you and will love you until the day I die." There wasn't a dry eye in the room.

Becoming a grandfather, three times over, has been one of my life's greatest joys and I now intimately understand the unconditional love that my parents bestowed upon their grandchildren. I was blessed to be able to see my dad light up when holding one of his great-grandchildren.

This past Christmas was bittersweet, because my dad knew it would be his last and had made peace with knowing his body was failing him. He wasn't feeling good physically, but he displayed such happiness when my two oldest grandchildren came barreling into the house on Christmas Day. I will be forever grateful that they got to know each other.

In the last days of his life, he spoke often of being reunited with his greatest friend, Pasquale Fichera. Their friendship was one for the ages. My dad loved to tell the story of how a chance meeting in trade school, and a subsequent right hook to the nose, led to two scrappy kids from Brooklyn becoming not only lifelong partners and friends, but essentially brothers. I can only recall seeing my dad truly devastated on a handful of occasions throughout my life, and the day he learned of Pat's passing was one of them. I am comforted in the belief that they are now together, telling stories, drinking a glass of wine, watching over us.

Just hours before his passing, my sister who was with him throughout his last days went to him to tell him that she was thinking of a word that would best describe him. The word she came up with was benevolence. His response to my sister was, "my partner Pat was benevolent."

While 2018 has been being a successful business year, we lost my father along with the loss of Sal's mother, Nancy Fichera.

As a young boy, my memories of Nancy were of a woman totally consumed with the well-being of her family. She not only provided love, guidance, support and constant concern for her husband Pasquale and children but she also did this for her own parents, all of her siblings and continued to do this for her entire life.

She exhibited a never-ending abundance of compassion for anyone who crossed her path and went out of her way to make everyone feel loved. Like her husband, she set a very high standard for everyone around her to emulate and achieve.

She was a lady of grace and presence and I will very much miss her along with everyone who was exposed to her.

I said to my partner Sal that one of our greatest gifts was having our parents in our lives for as long as we did. They left an indelible impression on us that can never be erased.



Pat Fichera and Teddy Giardina at F&G's 50th Anniversary Celebration in 1997

# In Memory of Salvatore "Teddy" Giardina





# In Memory of My Mother By Sal Fichera



On January 30th, 2018, my mother, Nancy Fichera, passed away peacefully in Naples, Florida, surrounded by her loving family.

This year has been off to a somber start with the passing of Butch's father, Teddy Giardina, in the beginning of January and then with the loss of my mom only a few weeks later. We have included these memorials and tributes to our parents in our company newsletter because much of who we are today – as people and as a company – is an attribute to our families. Not only have my parents and Butch's parents provided us with guidance as business leaders, but their kind-heartedness, support, strong work ethics and love for life have inspired us to remember what is truly important in life – our connections with others.

My mother was a woman of grace, compassion and unconditional love. She was always optimistic



and full of positive energy. She had a genuine gift of connecting with others and truly cared about everyone she met. If you knew her, you were most likely the recipient of one of her handwritten notes or cards, which she would send in hopes of brightening someone's day and inspiring joy and love in their hearts. She was known to never forget a birthday, anniversary or an important date in someone's life. These small acts of kindness were deeply meaningful to my mom and yet another example of her unique way of warmly embracing others.

Her motherly love knew no boundaries and she was always the person who anyone could turn to in any situation. Family, friends, and even strangers were all equal in her eyes.

Upon my father's passing in 2015, she formed the "South Seas Sorority" in the Marco Island community in which she lived. This was a group of widows who would get together every two weeks for lunch or dinner for the sole purpose of helping to support one another through fellowship and love. This is one of many examples of my mom's love for others and the communities in which she belonged to. She also volunteered for many years with the Cooley's Anemia Foundation.



My parents were married in 1953 and shared an incredible life together. They respected one another, loved each other unconditionally and inspired us all with their partnership. They enjoyed traveling, spending time with family and being there for their children, grandchildren and great-grandchildren's activities and projects throughout their lives.

When my father and Teddy began their business, F&G Heating Co. in Brooklyn, NY, she assisted with the bookkeeping for the two-man plumbing shop that they were running out of the basement in our family's home. My mom then took on the full-time job of homemaker, raising four children and gathering friends and family together for meals as often as she could.

She lived her life to the fullest and wanted all of us to do the same. I am thankful to have been blessed with such wonderful parents and I miss them both dearly.

I greatly appreciate the many condolences and prayers that both Butch's family and my family have received amidst these big losses in our lives.



For each edition of our newsletter, we feature a select division or department within our company. Our "Human Resources, Administration and Office Team" is comprised of four employees who work with staff members throughout the company, as well as clients, customers and business associates.

**Donna DiPietro Leanza** is the Vice-President of Human Resources and Administration. As part of the Executive Management Team, Donna is a key business partner in leading the company's organizational policies in alignment with the operation's goals and strategies. Donna oversees various aspects of employment, such as compliance with labor laws and employment standards; administration of employee benefits; and aspects of recruitment and dismissal. She also manages company-wide communications, coordinates company events, and oversees the Newsletter Committee and Marketing Team.

**Jennifer Ehrentraut** is our Human Resources Generalist. She assists with benefits administration, employee relations, training, policy implementation, the interviewing process and orientation of new hires. She is also part of the Newsletter Committee, Marketing Team and assists with coordinating company and team building events.

**Bernadette Vega** is our Receptionist and provides general office support. She is responsible for company mail distribution and assisting with outgoing documents. Along with directing callers to the appropriate employee, she greets and directs visitors to the right personnel in the office.

**Sal DiMartino** is the company courier. He works directly with our staff to coordinate the daily schedule of office related deliveries and duties.

## PART OF OUR TEAM



Pictured from L to R: Donna DiPietro Leanza, Sal DiMartino, Bernadette Vega and Jennifer Ehrentraut.

## GETTING TO KNOW...



**Lee Kantrowitz**  
Assistant Service  
Manager, HVAC

Lee Kantrowitz is the Assistant Service Manager for our HVAC Service Department. He started with F&G in June of 2015 as an HVAC Service Tech in the field and naturally transitioned into a management position in the office in March of 2016. Lee began his HVAC career in 2000, as an apprentice with Steamfitters Local Union 475, based out of Warren, NJ. Initially, he was drawn to the union because he was looking to work in a skilled trade, build a secure future and earn a good living to provide for his family. He quickly grew to like the Heating, Ventilation, Air Conditioning and Refrigeration industry and has worked in a variety of positions including working with compressed air, building automation, purchasing, service and in sales.

Through his apprenticeship, training and work experiences, Lee has developed a confidence in taking on challenges in the workplace and in life. HVAC Technician work – as both a tech in the field and a leader in the office - requires good problem solving, troubleshooting and communication abilities. Having worked out in the field for many years, Lee has an understanding, appreciation and respect for what our HVAC Technicians do each day. Lee looks forward to continuing to gain knowledge and grow with our company.

Lee is a family man and when he isn't working, he is spending time with his wife, Jennifer and their 3-yr old daughter, Sophia.



# EMCOR NATION PHOTO CONTEST WINNERS

Each quarter, EMCOR Nation hosts photo contests where winners are chosen based on the photos who receive the most votes. We encourage all of our employees to submit work related photos and share information about the projects that you are currently working on. For more information and to enter the photo contests, please visit: [www.emcornation.com](http://www.emcornation.com)

Thank you to everyone who participated in 2017! We would like to congratulate the following F&G and MFP Employees for winning the quarterly EMCOR Nation Photo Contests in 2017:



"This is the view from the roof of a 54-story building where we installed the fire sprinkler systems."  
-**Tom Andretta**, Fire Protection CAD Detailer



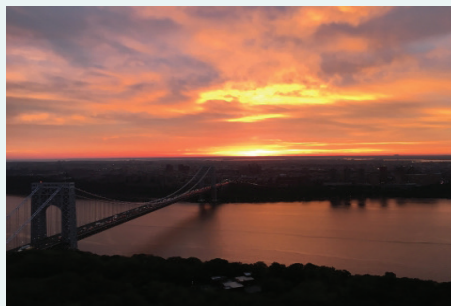
"Our plumbers are setting roof drains and sanitary vent sleeves at a project in Jersey City, NJ."  
-**Mike Buttermark**, Plumbing Project Manager



"A sprinkler system water tank delivery taking place in Jersey City, NJ."  
-**Sal Mattia**, Fire Protection CAD Detailer



"My view standing on the top of this commercial building project in Jersey City, NJ."  
-**Tom Devaney**, Plumbing Foreman



"This is the view of the George Washington Bridge from a client's roof top in Fort Lee, NJ."  
-**Mike Leonard**, Plumbing Foreman



"I am setting roof drains on this building in New Jersey."  
-**Mike Maloney**, Plumbing Foreman

EMCOR has been named the #1 "World's Most Admired" in the Engineering and Construction Industry for 2018

For 10 consecutive years EMCOR has been named amongst the Top 5 "World's Most Admired" Companies, Fortune Magazine | 2018



## PLUMBING, HVAC & MEADOWLANDS FIRE PROTECTION

JOURNAL SQUARED II, JERSEY CITY, NJ - AJD CONSTRUCTION CO., INC.  
REVETMENT, JERSEY CITY, NJ - LEFRAK ORGANIZATION  
HUDSON TEA BUILDING D, HOBOKEN, NJ - TOLL BROTHERS CITY LIVING  
WHOLE FOODS, WEEHAWKEN, NJ - HARTZ MOUNTAIN INDUSTRIES  
VERIZON BASKING RIDGE HOTEL, BASKING RIDGE, NJ - L&K PARTNERS, INC.  
700 JACKSON, HOBOKEN, NJ - TISHMAN CONSTRUCTION AN AECOM COMPANY  
BARCLAYS, WHIPPANY, NJ - BARR & BARR, INC.

## PLUMBING & MEADOWLANDS FIRE PROTECTION

NEW BRUNSWICK PERFORMING ARTS CENTER, NEW BRUNSWICK, NJ - AJD CONSTRUCTION CO., INC.  
TORY BURCH, JERSEY CITY, NJ - HENEGAN CONSTRUCTION CO., INC.  
235 GRAND STREET, JERSEY CITY, NJ - AJD CONSTRUCTION CO., INC.  
THE WAVE, JERSEY CITY, NJ - LEFRAK ORGANIZATION  
HUDSON EXCHANGE PHASE 1B, JERSEY CITY, NJ - SUFFOLK CONSTRUCTION CO., INC. / NOBLE CONSTRUCTION GROUP, LLC

## HVAC

HUMC ENABLING PHASE 1A, HACKENSACK, NJ - WM. BLANCHARD CO. / TURNER CONSTRUCTION CO.  
UBS FAN REPLACEMENT, WEEHAWKEN, NJ - STRUCTURE TONE INC.  
VERIZON ELIZABETH GENERATOR REPLACEMENT, ELIZABETH, NJ - TISHMAN CONSTRUCTION AN AECOM COMPANY

## PLUMBING

PIER VILLAGE SCION HOTEL, LONG BRANCH, NJ - AJD CONSTRUCTION CO., INC.

## MEADOWLANDS FIRE PROTECTION

ZT GROUP, SECAUCUS, NJ - HARTZ MOUNTAIN INDUSTRIES  
NJIT FACULTY MEMORIAL HALL, NEWARK, NJ - GILBANE BUILDING COMPANY  
NESTLE WEST WING, BRIDGEWATER, NJ - STRUCTURE TONE INC.  
BERGEN TOWN CENTER OVERBUILD, PARAMUS, NJ - WHITING -TURNER

MAJOR PROJECTS AWARDED

One Company

One Team

One Vision



# 2017 SAFETY STAND DOWN



## 4th ANNUAL SAFETY STAND DOWN

By John Duffy

On November 2nd F&G Mechanical and Meadowlands Fire Protection held our 4th Annual Safety Stand Down. This event began in 2014 as part of a response to a serious problem – as a company we had 23 recordable injuries. Since then we have greatly reduced the number of recordable injuries to 7. This effort not only demonstrates that Safety is a core value at F&G Mechanical and Meadowlands Fire Protection, it is proof that it is Our Culture. A culture that demonstrates the caring and respect for its people, which is a key ingredient that binds employees to this organization.

This year's Safety Stand Down placed an emphasis on leadership. The theme, which was printed on the back of the t-shirts for the Stand Down, was "Leading the Way in Safety". At each of the jobsites the presenters awarded plaques to the foremen who supervised projects, regardless of size, that had Zero Injuries. Many of the foremen were recognized for running various projects at zero injuries.

There were 41 plaques awarded that morning. Additionally the presenters individually recognized the crews that worked on those projects that had Zero Injuries. These foremen lead through everything they do and say, operating safely and productively because safety is a core value within them and their crews.

The closing message at the Stand Down was a call to "Make Safety Personal and Make It Home". Leadership is not just being in a position of authority; it is also setting an example for those around us. An apprentice can be just as powerful a safety example as a foreman or a seasoned journeyman. This is essential to our culture and our ultimate goal of Zero Accidents. Remember, "Success is the Sum of Small Efforts Every Day."



Jay Masuret, Senior Director Safety, BCP of EMCOR and Sal Fichera, CEO of F&G awarding Vinnie Olivieri, Plumbing General Foreman at 99 Hudson in Jersey City, NJ.



Jose Curiel, Meadowlands Fire Protection Foreman received an award for leading the Dual Brand Hotel project with Zero Injuries.



Dave Verna, Mechanical CAD Manager, awarding Vinny Kearney at St. Peter's in Jersey City, NJ.



Dave Sondermeyer, Mike Leonard & Rich Quayle at 100 Park in Fort Lee, NJ. All three of our trades are working on The Modern's 2nd Tower, another 47 story luxury high-rise at the foot of the George Washington Bridge.



Lang Honeywell, Tony Giantonio, Gary Hippe and Frank Duardo received awards for leading Zero Injury Teams in the field and the Shop at our Secaucus location.



90 Columbus



99 Hudson



700 Jackson



Dual Brand Hotel



Embassy Suites



Hotels at Port Imperial



Marin Residences



Meadowlands Service



Nestle



Port Imperial Site 7



Quest



F&G Shop



North Bergen Fab Shop



St. Peters



100 Park

**Congratulations to all of the following Foremen & Employees who received Safety Stand Down Awards at various jobsites on November 2nd:** Alex Adones, Anthony Ponticello, Anthony Simone, Bill Dobbs, Chris Langston, Conrad DeCesare, Dave Kattowski, Dave Sondermeyer, Dave Tempio, Dennis Boos, Don Schlomann, Edgar Perez, Frank Duardo, Fred Fornes, Gary Hippe, Jeff Quinn, Jim McCabe, Jim Palmer, John Frantz, Jose Curiel, Lang Honeywell, Martin Connolly, Martin Fleck (Harpo), Michael Leonard, Mike Fogarty, Mike Tillson, Mo Ayzav, Nick Iapalucci, Pete Visaggio, Rich Quayle, Sal Giardina, Sandro Mazzola, Sean Kerr, Simon Czubat, Steve Martino, Tim Lasik, Tim Ryan, Tom Fitzpatrick, Tony Giantonio, Vincent Kearney & Vinnie Oliveri



# WHILE YOU WORK INJURIES LURK



BE THERE FOR LIFE. ZERO INJURY PROGRAM.





## TEAM BUILDING AT TOP GOLF

By Jennifer Ehrentraut

This year we had our “Team Building” Company Events at Top Golf in Edison, NJ. Top Golf is a high-tech facility with over 100 climate-controlled hitting bays, food, beverages and music. You score points by hitting micro-chipped golf balls at giant dartboard-like targets on what looks like a driving range. The closer you get your ball to the center of the target and the further the distance, the more points you earn. You do not have to be an experienced golfer to enjoy this interactive game, as it is designed for all skill levels.

The Office/Warehouse event was held on Thursday, June 15th. The winning team was led by Executive Vice-President of Plumbing, Peter Stassi, along with Tara Salvatore (HVAC Service), Bill Konecsny (HVAC), Tyler Becker (Accounting) and Joe Rivera (Accounting). The employee with the personal best score for the night was Bill Konecsny.

The Foremen/Service event was held on Wednesday, September 27th. Coincidentally, Peter Stassi was once again on the winning team, which edged past Sal Fichera’s team for the win, beating them by 1 point. Peter was accompanied by Anthony Soto (Plumbing), Dave Kattowski (Sprinkler), Mike Molloy (Plumbing) and Joseph Roesinger (HVAC). Sal Fichera and Don Schlomann had the personal best scores of the night.

For each of the events, teams were created by randomly scrambling employees’ names for a friendly competition. The teams were comprised of employees from different departments and divisions, which allowed everyone the chance to get to know employees that they might not be familiar with or work with every day.

At both events, Butch and Sal expressed their gratitude to employees for their dedication and hard work throughout the year. They acknowledged that each employee plays an important role in our company’s overall success and that we truly are one big team.

A great time was had by all who attended!



Anthony Soto, Joe Roesinger, Peter Stassi, Dave Kattowski and Mike Molloy



Tara Salvatore, Peter Stassi, Tyler Becker, Joe Rivera and Bill Konecsny



Our Office/Warehouse Employees on June 15th



F&G Mechanical and Meadowlands Fire Protection's Foreman along with our Executive Management Team on September 27th



## RED BULLS ARENA

Saturday, July 29, 2017, F&G office, field and family members took to Red Bull Arena to cheer on our local soccer team. The Red Bulls defeated Montreal with a score of 4-0.



## WARRIOR DASH

On Saturday, May 20th, the “Captains of Construction” completed a Warrior Dash at Camp Warwick in Warwick, NY. The following employees from F&G/MFP participated in this obstacle course and mud-filled 5K race: Rob McDonald, Justin Turso, Bernadette Vega, Tara Salvatore, Frane Kalebota, Jennifer Ehrentraut, Sam Yarosh, Colleen Antonucci, Gina Caggiano, John Duffy, Jon De Baro, Dan Roberts, Zack Boyce and Mike Buttermark. Other team members include Matt Pagano of GA Fleet and Osvaldo Martinez of OMLK Architects.

We would like to thank GA Fleet for sponsoring the team and Moen for our team shirts.

We will be forming another team for the upcoming Warrior Dash Tri-State 2018 which will take place at Alpine Scout Camp in Alpine, NJ on Saturday, June 23rd. There will be availability for 25 employees to register and join us. We will fill the team roster on a first come, first serve basis. If you are interested, please contact Jennifer Ehrentraut or Frane Kalebota.

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Thank you to those who participated in our 2nd annual bowling league at Bowlero Lanes in Wallington. Congratulations to league champions Jeff Petro, Michael Apricena and Sal Mattia who finished with a team average of 360!

## 2017 HOLIDAY SEASON

In the weeks leading up to Christmas, we hosted our 4th Annual Christmas Cookie Contest and our Festive Sweater Contest. (For the winning cookie recipe, see pg. 15) Congrats to this year’s cookie contest winners: 1st - Jimmy DiNatale, 2nd - Tara Salvatore & 3rd - Sal Mattia.

On Friday, Dec. 22nd, we hosted our annual Christmas Luncheon for all F&G/MFP Employees to celebrate the holidays. Santa made a special appearance at the office to visit with our employee’s children.

As always, we would like to thank our employees for their generosity during the Christmas season. We collected dozens of donated gifts for the children and families supported by the Paterson PAL.



Carmela Zoccali, Tara Salvatore, Jen Ehrentraut, Dan Roberts, Stacy Cseh, Pam Belcaro, Matthew Beckett, Maria Coyle, Paul Aubry & Stella Manuel participated in our annual Festive Sweater Contest



Butch Giardina, President of F&G, sampling cookies at the 4th Annual Christmas Cookie Contest



Tony Giantonio, Will Allen & Mo Ayvaz



Steve Stefanowicz, Aret Yigitkurt, Justin Turso, Vinnie Molinaro, Anthony Soto, John Bialas, Tim Frees Sr. & John Duffy



Colleen Antonucci, Robin Johnson, Pete Sceusa, Frane Kalebota, Jane Masterson, Mike Buttermark, Kevin Cummings, Lang Honeywell & Sam Yarosh



# EMPLOYEE NEWS

We would like to welcome the following new and returning employees who joined our Office/Warehouse Team during the months of May 2017—Present.

**Debbie Boos**  
Administrative Assistant

**Joseph Bouillianne**  
Shop Assistant

**Joseph Crozzoli**  
Mechanical CAD Detailer

**Theresa Fiorientini**  
A/R Collections Coordinator

**Ryan O'Connor**  
Jr. Mechanical CAD Detailer

**Mateo Perez**  
Assistant Project Manager

**Robert Sherr**  
Mechanical CAD Detailer

We would like to congratulate the following employees on their promotions:

**Bob Wywra**, Project Manager in our HVAC Department. Bob has been with F&G Mechanical since May of 2013, during which time he has held the position of Junior Project Manager. He has shown exemplary performance and is a dedicated company employee. We congratulate him on his new position and wish him luck in his future endeavors with F&G Mechanical.

**Tara Salvatore**, Service Administrator in the HVAC Service Department. Tara has worked with F&G for over 5 years, during which time she has held the position of Accounting Clerk and Billing Coordinator in the Accounting Department. We wish her the best of luck in this new role!

**Jennifer Ehrentraut**, Human Resources Generalist. Jennifer has been with our Team for almost four years and has held the position of Human Resource Assistant. She has always demonstrated professionalism, enthusiasm and efficiency in the HR Department. Her creativity and writing background has successfully improved our Company Newsletter. We wish her great success in this new position.

## Congratulations to the following F&G/MFP employees who celebrated their milestone anniversaries from May 2017—Present.

**5 YEARS**

Christopher Hallam Cynthia Kosa Edgar Perez Felipe Reis George Decker Greg Baumann Ignazio Abbatista Joshua Mazzucco Marc Bonventure Matt Krupa Mike Tilson Randy Smith Spencer Banks Stella Manuel Tara Salvatore	Plumbing 4th Year Apprentice Risk & Fleet Manager Plumbing General Foreman Plumbing Service Technician Assistant Purchasing Agent HVAC Project Manager Plumbing Journeyman Steamfitter Journeyman Plumbing 5th Year Apprentice Sprinklerfitter Foreman Sprinklerfitter Foreman Plumbing Journeyman Steamfitter Journeyman Assistant Purchasing Agent Service Administrator
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**10 YEARS**

Al Asbaty Alex Adones Brian Fredda Calogero Licata Carlyle Honeywell Chris Chmura Cynthia Thatcher Darren Shaffer Dave Verna Greg DeCarolis Jared Johnson Joseph J. Labruno Joseph Roesinger Mark Minguito Matthew Manning Mike Dillon Mike Kiniery Tim Frees, Jr.	Chief Financial Officer Pipefitter Foreman Plumbing Foreman Plumbing Foreman Plumbing Foreman HVAC Service Technician A/P Coordinator Plumbing Foreman Mechanical CAD Manager Plumbing Journeyman Sprinklerfitter Foreman Plumbing Foreman Steamfitter Foreman Assistant Estimator Sprinklerfitter Foreman Plumbing General Foreman Plumbing Journeyman Plumbing Mechanical CAD Detailer
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**15 YEARS**

Carmine Dambra Salvatore Mule	Plumbing General Foreman Shop Assistant
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**20 YEARS**

Thomas Fitzpatrick Thomas Reilly	Plumbing General Foreman Plumbing Journeyman
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**25 YEARS**

Daniel DeVizio Don Schlomann Nicholas Iapalucci Richard Cericola Russell Weisse Salvatore Paul Giardina	Sprinklerfitter Foreman Steamfitter General Foreman Plumbing Foreman Executive Vice-President, Sprinkler Sprinklerfitter Foreman Steamfitter Service Technician
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**30 YEARS**

Sergio Borges Thomas Andretta	Director of Eng. & Design, Sprinkler Fire Protection CAD Detailer
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**45 YEARS**

Peter Stassi	Executive Vice-President, Plumbing
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# BIRTH ANNOUNCEMENTS



**Chloe Lynn**  
born April 21, 2017 to Stacy and Christian Cseh, weighed 7.5 lbs.



**Savvina Maltabes**  
born June 6, 2017 to Alexia and Michael Maltabes, weighing 6lbs 4.5oz and 18.5in



**David Bravo Cardona**  
born on February 19, 2018 to Lou Bravo and Gloria Cardona, weighing 7lbs 14oz and 21 inches long.



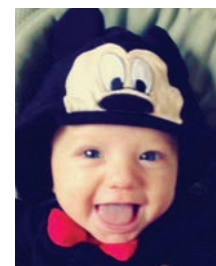
**Vito Salvatore Casale**  
born September 26, 2017 weighing in at 9 lbs. 5 oz. 21 1/2" long. Vito was born to Sal Mattia's daughter, Nicole Casale and Vito Casale.



**Sasha Hope Rivas**  
born October 09, 2017 to Nadine and Rene Rivas, weighing 6lbs 4oz and was 19 1/4inches long.



**Sophia Ann Martino**  
born October 24, 2017 to Steve & Jenna Martino weighing 7.9lbs, 20.5" long.



**Jeron Grant**  
born 1/3/2018 weighing 7lb 7oz. Born to Paul Bertolini's daughter Lorissa Grant and Connor Grant. Jeron is the 5th grandchild for Paul & Janine.

# CONGRATULATIONS!



Brian Gilligan married Stacy Almonte on October 7th, 2017. Brian is a Sprinklerfitter Apprentice currently working on The Modern 2 in Fort Lee. Foreman Dave Sondermeyer and the MFP team wish him much happiness!



John Duffy, our Safety Manager, completed his Bachelor of Arts degree in Humanities from Thomas Edison State University on December 15, 2017. This accomplishment is a culmination of a life-long dream to complete his bachelors degree. He has been attending classes part-time for the last four years.

## EMPLOYEE APPRECIATION LUNCH

On Thursday, September 7th, F&G/MFP hosted it's first ever end of summer "Employee Appreciation Luncheon" in the office parking lot. Employees from the office and warehouse enjoyed lunch together outside, on a beautiful afternoon.

There were a variety of burrito and taco options provided by Bro-Ritos Food Truck of Jersey City and an assortment of wood-fired pizzas from Sanducci's Trattoria's of River Edge.



## LUCKY WINNER!



Leila D'Heurle from Toto and Jalila Erregragui from AF Supply provided a seminar on TOTO Toilets. They explained their product line as well as where they fit in the market.

They had a Washlet toilet seat demonstration and provided a lucky winner with a seat. Kurt Walter was the proud recipient of the give away. We are still waiting for his product review...



# TECHNOLOGY UPDATES

Over the course of the past few months, F&G has taken several steps to keep up with the ever changing technology landscape.

## VISTA

By Al Asbaty, CFO and Jeff Petro, Senior IT Manager

In August F&G switched from the Trueline accounting system to Vista. Replacing an almost twenty year old system that does most of the heavy lifting for Job Costing, Payroll, Billing & Purchasing as well as running an independent system for the Service Department, is no easy task.

The entire Accounting Department worked tirelessly for months to ensure a successful transition (applause!) Everyone pitched in. Lot's of Saturdays (Jane, Robin, Pat & Chris); Learning Operations (Greg B, Pam B. & Tyler); New Procedures (Billing & AP); and all of our Admins. We would be remiss if we did not mention the extra effort made by two people.

Accounting Supervisor, Heather Mahoney took this project to another level. Heather's attention to detail and deep understanding of F&G's procedures proved to be an invaluable asset throughout the course of this project. F&G's Vista system is without question better as a result of Heather's commitment!

MFP Service Manager, Timothy Manning also went above and beyond to make the new Service Module a home run. Tim's work is already paying dividends as F&G is able to provide customers with faster and more accurate information than ever!

We want to thank our ECS team for all their efforts in making this transition a success: Bob Gamelin, Ana Carbajal, Monica Hodges and Susanne Skaggs.

As exciting as the future looks, we cannot forget those who helped us along the way. With this in mind, we would like to extend our thanks to the Trueline team Kevin Dunn, Tom Schall and everyone at Shambaugh & Son who have helped us over the years. You guys are great!



Pictured Above: Hank Bell using the Robotic Total Station at 700 Jackson in Hoboken, NJ. All three of our trades are working on this site.

### REVIT Training

HVAC, Plumbing, & Fire Protection designers have taken REVIT courses. Revit is software that is quickly becoming the design software of choice. It's flexibility and increased use of information is making it become an industry standard.

### Laser Scanner

Several members in the F&G/MFP team were trained for the new laser scanner we recently acquired. The laser scanner is cutting edge technology that allows you to scan a space and bring it into your drawings. The scanner takes a space and re-creates it digitally allowing you to take measurements and see an area whenever you need to.

### Robotic Total Station

The plumbing department recently made an investment in another Robotic Total Station. The RTS is used for point layout on job sites and increases productivity on layout. The precision accuracy and speed of layout is why we purchase these units.

A special thanks to Dave Verna, our Mechanical CAD Manager, who has been a driving force in keeping the Plumbing & HVAC Engineering Departments, as well as our company up-to-date with the latest trainings and technology!

## Opportunities to Learn & Advance

Both F&G and EMCOR are committed to helping every employee grow, learn and become more productive by providing opportunities for advanced training to help employees reach their educational and professional goals. Whether it's additional coursework in your area of specialty, degree assistance, tuition reimbursement and/or choosing from hundreds of courses offered through the newly updated EMCOR Learning Center (ELC), these opportunities are available for our employees to utilize.

Management encourages employees to take advantage of these programs. It's up to both the Employee and Managers to take the initiative!

If you would like additional information please contact your direct Manager or Human Resources.

## LIVE HEALTHY WITH PURPOSE

by Michelle Sutton-Kerchner, from FitnessandWellness.com

# Health & Wellness

Pursue fitness with intention and reach your goals ...

Setting goals is an excellent way to achieve hopes and dreams. To make progress, experts recommend you journey toward goals with specific purpose. In doing so, you succeed at living with purpose—which beats going through life mindlessly hurdling chores and activities.

Set your inner compass, and live according to your aspirations. You may find it easier to increase those reps, resist that pie, and nurture a bunch of other stuff that means tons to you.

### A Healthy Purpose

When we prioritize our health, we succeed at obtaining true wellness. You can, and should, have other life intentions. However, cultivating a healthy lifestyle is the foundation that allows you to pursue other purposes in your life. Here are three scientifically proven ways to live with purpose. And since our purpose is to inspire you to improved health and fitness, we're focusing here on the purpose of achieving your healthiest life.

### 1. Engage with Intention

Studies show you can activate your brain to accomplish challenges with less effort. Focus on your core values. By doing this, you continuously remind yourself of the reasons for your action. When faced with short-term unpleasantness, this mentality will help you remain steadfast. This thought process helps you abandon your warm bed for an early workout, avoid lunchroom donuts, and schedule an eye exam. All these are purposeful actions that lead to achieving a healthful life.

Researchers have proven when you observe another's movement with the purpose of being able to repeat it, you stimulate your brain for better concentration and absorption.

This approach is especially helpful on the Fitness Floor or during a Group Fitness class. Your purposeful observations will be rewarded by powering up your fitness performance. Being able to mimic well-executed exercises—because you observed with the intention of doing this—can improve your training session, fitness class, or other workout.

### 2. Get Personal

As you focus on your core values, know their unique meaning to you. Beyond acknowledging a workout's organic importance, recognize its significance in your life—increased energy for those pick-up games you love or longevity to spend more time with grandkids. Turning inward captures each intention's personal impact on your life.

This helps you achieve the short-term goals necessary for long-term results. It propels you beyond the present moment to act on the greater importance of your ideals. This big-picture thinking offers a reward greater than the one in hand (for example, skipping the workout to channel surf).

Scenario: You are out with friends and it's getting late. Although you are having fun, staying later will negatively impact the next day by resulting in a major sleep deficit. You will be too tired to manage tomorrow's workout and activities with your kids. This threatens two of your core values: your health and family time.

You decide to leave. The instant gratification of enjoying a later night is replaced by the importance of your long-term reward. Your personally defined purpose wins, and you grow one step closer to the person you want to be.

This applies to weight loss, improving cholesterol, eating healthy, and any other habit you wish to cultivate to reinforce or create your ideal self. (In the previous scenario, that would be a fit person and energetic parent.)

### 3. Clarify

To do something with purpose requires thought. Your efforts will be more productive if you initially spend time determining specific intentions. When creating a fitness program, anyone can put together a generic assortment of exercises applicable to a variety of goals. However, to give your workout purpose, you need to approach those exercises with intent. Taking it to this next level helps achieve the long-term commitment, fulfillment, and enjoyment that turns a fitness program into a healthy lifestyle.

Ask yourself questions. Contemplate the answers. Determine the best way to achieve your goals. Self-reflection helps you recognize your unique motivating factors. Then, share them with a trainer or instructor. S/he can use your heightened self-knowledge to create a purposeful workout, one that has unique meaning to you and the body and mind you wish to sculpt.

Go forth in pursuit of your purpose.

## Jimmy D's Award Winning Apricot Bars



### Ingredients:

2/3 cup dried apricots  
 ½ cup butter  
 ¼ cup sugar  
 1-1/3 cup sifted flour  
 ½ teaspoon baking powder  
 ¼ teaspoon salt  
 1 cup brown sugar (packed)  
 2 eggs well beaten  
 ½ teaspoon vanilla extract  
 ½ cup chopped walnuts  
 Confectioners sugar (for light dusting)

### Instructions:

1. Rinse apricots; cover with water; boil 10 minutes then drain; cool then chop. Start heating oven to 350 deg. Grease an 8x8x2 pan.
2. Mix butter, sugar and 1 cup of flour until crumbly. (works best using your fingertips) Pack into pan. Bake 25 minutes
3. Sift 1/3 cup of flour, baking powder & salt to make the "flour mixture". In a large bowl, with the mixer at low speed, gradually beat brown sugar into the eggs; mix in the flour mixture, then vanilla. Stir in walnuts and apricots. Spread over baked layer. Bake 30 minutes or until done. Cool in Pan. Cut into 32 bars. Then roll the bars in confection sugar. Or, before serving them, arrange them for serving, then give them a light sifting of confection sugar before serving, so the sugar looks like snow.

This year we had our employees vote for our 4th Annual Christmas Cookie Contest and Jimmy's Apricot Bars were a sure favorite!



# FEATURED PROJECT JOURNAL SQUARED



Our HVAC, Plumbing, and Meadowlands Fire Protection divisions all took part in the 1st tower of the Journal Squared project. This complex will ultimately consist of three towers, totaling over 1800 units. The recently completed 54 story building has 534 units of rental property, 7 floors of private parking, an 8th floor gym, lounge, day care, and outdoor pool. A sky lounge on the top floors will provide views of both Jersey City and New York City.

Located adjacent to the Journal Square PATH station, the current tower will eventually be dwarfed by two more buildings, finishing the complex. The completion of the remaining 60 and 70 story towers will add them to the list of tallest in the state.

F&G/MFP is contracted with AJD Construction, who is the General Contractor for Kushner Real Estate Group (KRE) and the developer of Journal Squared. The project broke ground in October 2014 and was completed in January of 2017. Productivity was increased during the fabrication process by utilizing the latest technology in pre-fabrication. A robotic total station was also used to accurately layout points for sleeves, hangers, equipment, and pad locations.

Journal Squared was a featured project at the 2017 EMCOR CEO Operating Company Peer Group Meeting where Butch and Sal gave a presentation on our workflow, our company vision, and our client relationships for all other EMCOR companies.

Newsletter Committee Members include Donna DiPietro Leanza, Jennifer Ehrentraut, John Duffy, Jeff Petro and Colleen Antonucci

We would like to thank Sal Fichera, Butch Giardina, Al Asbaty, Dave Verna and Jeff Petro for contributing information to help us complete this edition.

F&G Mechanical Corporation  
348 New County Rd.  
Secaucus, NJ 07094

(201)864-3580

[www.fgmech.com](http://www.fgmech.com)

 **F&G Mechanical**  
An EMCOR Company

 **Meadowlands**  
Fire Protection  
An EMCOR Company