

F&G Mechanical Corporation

Full Service Mechanical & Fire Protection Contractors

An EMCOR Company

F&G PIPELINE

Summer 2015 Edition

Inside this issue

From the President's Desk	1-3
EMCOR Nation	4
Major Projects	5
Safety	6-7
Company Events	8-9
Getting to know you	10
Employee News and Recognition	11
Educational Opportunities	12
Health and Wellness	13
Part of Our Team	14-15

ONE COMPANY

ONE TEAM

ONE VISION



Sal Fichera



Butch Giardina

From the President's Desk

By Butch Giardina

Each month, we proudly recognize the milestone work anniversaries of our employees – which run in five year increments from five to thirty five plus years of service. When Sal Fichera and I personally sign the letters to acknowledge and celebrate our team members “Length of Service” with F&G Mechanical and Meadowlands Fire Protection, it is a reminder that loyal employees are just as important as loyal customers to the growth and success of our company.

During the recession, many companies laid off large swathes of employees with little regard for loyalty or length of service; cutting benefits, training and promotions for those who remained. F&G did everything possible to minimize the impact of the recession on our team

members. Peter Cappelli, Director of Wharton’s Center for Human Resources, states that “today employer’s attitude toward their employees has changed. They see them as short term resources.” That is not the case with the management team at F&G. We place a very high price on loyalty and look at it as a reciprocal exchange.

According to the U.S. Bureau of Labor Statistics, in 2014, the average number of years that wage and salary workers have been with their current employers is 4.6. Amongst our employees here in Secaucus, current team members have been with us for an average of 11.1 years – nearly 2½ times the national average! This factors in everyone from myself, Sal Fichera, and Peter Stassi who have been active employees for over 40 years to several new hires due to the recent growth in major *(continued on pg. 2)*

F&G / MFP “Team Building” Company Bowling Night



On May 7th, we had our first ever F&G / MFP “Team Building” Company Bowling Event at the AMF Wallington Lanes. Thank you to all who participated in this fun event and helped make the night a great success! **Read more on pg. 8**

Developing the Hudson River Waterfront

By Sal Fichera

It's incredible to see how much the New Jersey skyline and Hudson River waterfront has evolved since the 1980's when the area's vital turnaround began. In 1984, the LeFrak Organization acquired nearly 300 acres of barren wasteland and abandoned rail yards. With unique views of Manhattan and the potential for transportation access, LeFrak invested in its vision to construct what would become the Newport community of Jersey City.

During the very beginning phases of development, in 1984, Butch and I signed our initial waterfront contract with Tony Scavo and Sam LeFrak, and we began constructing our first 22-story buildings within Newport. This project shaped our strong foundation and working relationship with LeFrak as well as within this newly developing region. Over 30's years later, we are still continuing to un-

cover and develop Newport's full potential, including playing a role in the larger picture of the development of nearly 5.5 million square feet of office space and over 1.5 million square feet of retail space amongst thousands of residential units.

Before LeFrak and other developers took a chance on this region, places like Jersey City and Hoboken in the 1970's were filled with abandoned piers, run down housing developments, deserted railroad tracks, and miles of industrial wasteland. Over the decades, these two cities have seen steady growth in the building of residential units, office buildings, commercial development and data centers due to the appeal of their proximity to New York City. In fact, when looking along the river front today, New Jersey's coast resembles more and more of a mirroring image of NYC, densely filled with high-rises and (*continued on pg. 3*)

(continued) From the President's Desk

projects here in New Jersey.

In exploring a bit further, I couldn't be more proud of our employee retention rates. An average of 60.3% of our current employees have been with our company for 5 years or more, 42.5% of current employees have been with us for 10 years or more and an astounding 19.8% of current employees have been a part of our F&G family for 20 years or more.

For many of our employees, F&G has provided an opportunity to start and build a lifelong career. As team members strive to acquire responsibilities and reach new heights within the company, a mutually beneficial relationship is formed. We recognize that our long-term success is largely dependent on having strong, capable and loyal staff members. From our engineers to our estimators, our administrative assistants to our project managers, shop assistants and our divisional vice-presidents each individual on our team plays their unique part in the top-quality services we provide.

As a subsidiary of EMCOR, we offer highly competitive compensation and benefit packages along with opportunities for educational growth through training programs and tuition reimbursement. F&G personally invests time and thoughtful consideration into our hiring process. We host company "Team Building" events as well as company-wide meetings to keep our entire staff active and engaged. All employees, including upper management, complete annual self-assessments which help to recognize successes and look for areas of growth and opportunity both individually and within the divisions of our company.

Something tells me that all of these relatively new factors and "perks" really aren't amongst the top reasons why employees are happy and satisfied building a career with us at F&G.

We are a longstanding, highly established company in the mechanical contracting industry and in the New Jersey/New York metro area. There is hardly a developer, general contractor, construction firm, or Fortune 500 company in the area that cannot attest to the scope of our capability for completing projects on-time, on-budget, and to the customer's satisfaction. Our reputation and reliability is largely based upon a combination of high-quality workmanship and customer satisfaction. Though the backbone of our company is our loyal employees who come to work every day loving what they do and knowing their work contributes towards large scale projects and successes.

I'd like to think that we're comparable to being the New York Yankees of our industry. Though there are ups and downs in any sport or business, if a player has the chance to play with such a well-known franchise, they tend to give it their all to secure their position while continuing to work hard and build for their team and their own personal futures.

"An organization, no matter how well designed, is only as good as the people who live and work in it."
-Dee Hock, Founder and Former CEO of VISA



Pictured above is Newport, Jersey City at various stages of its development from 1986-2015

architecturally appealing buildings.

F&G has proudly played a role in the majority of developments and major projects located within what is now nicknamed “The Gold Coast”, or the urban area along the Hudson River between the Bayonne Bridge and the George Washington Bridge. With strong rental markets, a variety of transportation options and all of the big city conveniences without actually living in and paying NYC prices, it’s predicted that this area will continue to grow exponentially, especially over the next several years.

There is nothing better than to be a part of the recent “big building boom” here in New Jersey. When large scale projects are in the phases of planning and development, it shows that there are economical improvements in many areas, not just the construction industry. According to the State Department of Labor and Workforce Development, “there has been a spike of over 10,000 construction jobs in 2014 and an increase of nearly 8,000 in the beginning of this year.” And Jersey City Mayor Steve Fulop has stated, within his city, “There are over 6,000 housing units currently under construction and another 18,000 in the pipeline”. These increases impact all areas of our lives.

When we are busy, the positive correlations within

the economy are prevalent as well. It means that people are looking for new places to live, communities are growing, investors are confident, and thousands of jobs are created amongst not only the building trades but all around with new businesses forming and existing companies relocating.

It takes collaboration with developers, general contractors, architects and engineers to successfully begin and complete major projects. We are thankful for all of our clients, and specific to the waterfront region we are grateful to share continued partnerships with AJD Construction, Toll Brothers, Tishman Construction, Hartz Mountain, Lefrak, Iron State, Mack-Cali, White Diamond and SJP, just to name a few, as well as many others.

As anyone in our industry knows, there are ups and downs that we learn to weather and persevere through. We are currently at a higher point than we have been in recent years. Morale is up and we are brightly looking ahead to continue our work in building and rebuilding not only along the Hudson River but within the New Jersey / New York Metro area.

A glance at our skyline is a poignant reminder of how far we’ve come in developing New Jersey and, thankfully, how much work we still have ahead of us.



ONE COMPANY

ONE TEAM

ONE VISION



Share Your Work on EMCOR Nation

EMCOR Nation is comprised of 75 operating companies and 28,000+ employees who build, power, service and protect all types of facilities.

Every photo displayed on the EMCOR Nation website is submitted by an EMCOR employee.

You can submit work related photos to www.emcornation.com for your chance to share information about your current project and the work being performed.

Each quarter EMCOR Nation hosts photo contests where

prize winners are chosen based on the photos who receive the most votes.

We would like to congratulate the following three F&G/MFP employees who were prize winners for the 1st quarter of 2015:

Sergio Borges — Director of Engineering/Design, MFP

Boris Lopac — General Foreman, F&G Mechanical, Local 24

Edgar Perez — General Foreman, F&G Mechanical, Local 24



Boris Lopac—“This is the view from a luxury high rise project we are working on in Fort Lee, NJ.”



Sergio Borges—“We installed the fire protection sprinkler systems at this hi-rise in Fort Lee, NJ.”



Edgar Perez—“We provided the piping and plumbing services for these outdoor pool drain areas.”



Sergio Borges—“For this multi-unit building, we are rigging to the second floor, a required secondary water supply tank. The tank is designed to supply 22,500 gallons of fire protection water.”

Major Projects Awarded

PLUMBING, HVAC & MEADOWLANDS FIRE PROTECTION

BURGISS GROUP, HOBOKEN, NJ - SJP PROPERTIES

NOVARTIS, EAST HANOVER, NJ - STRUCTURETONE, INC.

HUDSON TEA BUILDING E, HOBOKEN, NJ - TOLL BROTHERS CITY LIVING

VERIZON BASKING RIDGE WORKPLACE IMPROVEMENT, BASKING RIDGE, NJ -
TISHMAN CONSTRUCTION AN AECOM COMPANY

UBS COMMAND CENTER, WEEHAWKEN, NJ - TURNER CONSTRUCTION COMPANY

HVAC AND PLUMBING

JP MORGAN CHASE NOC V, JERSEY CITY, NJ - HENEGAN CONSTRUCTION COMPANY

667 MADISON AVE, NEW YORK, NY - HARTZ MOUNTAIN CORPORATION

DRT SUITE 350, PISCATAWAY, NJ - CLUNE CONSTRUCTION COMPANY

PLUMBING AND MEADOWLANDS FIRE PROTECTION

33 PARK AVE, JERSEY CITY, NJ - AJD CONSTRUCTION CO., INC.

SOHO WEST TOWERS 1 & 2, JERSEY CITY, NJ - WHITE DIAMOND PROPERTIES, LLC

160 FIRST STREET, JERSEY CITY, NJ - SHUSTER MANAGEMENT

ERICSSON HEADQUARTERS, PISCATAWAY, NJ - STRUCTURETONE, INC.

HVAC

400 PLAZA DRIVE, SECAUCUS, NJ - HARTZ MOUNTAIN CORPORATION

BLOOMBERG DATA CENTER EXPANSION, DAYTON, NJ - SKANSKA USA BUILDING, INC.

MAJOR LEAGUE BASEBALL, SECAUCUS, NJ - KF MECHANICAL LLC

RBC CAPITAL, JERSEY CITY, NJ - TISHMAN CONSTRUCTION AN AECOM COMPANY

RAMLAND, ORANGEBURG, NY - THE MARTIN GROUP LLC

PLUMBING

80 COLUMBUS DRIVE, JERSEY CITY, NJ - AJD CONSTRUCTION CO., INC.

CATHERINE TODD MONTGOMERY SENIOR HOUSING, JERSEY CITY, NJ - PRESTIGE BUILDING COMPANY

HAHNE & COMPANY, NEWARK, NJ - TURNER CONSTRUCTION COMPANY

A. HARRY MOORE PHASE IV, JERSEY CITY, NJ - AJD CONSTRUCTION CO., INC.

MEADOWLANDS FIRE PROTECTION

EXPRESS SCRIPTS, FRANKLIN LAKES, NJ - STRUCTURETONE, INC.

35 MELANIE LANE, HANOVER, NJ - HARTZ MOUNTAIN CORPORATION

LINCOLN HARBOR PARKING STRUCTURE RENOVATION, WEEHAWKEN, NJ - HARTZ MOUNTAIN CORPORATION

90 HUDSON STREET, JERSEY CITY, NJ - STRUCTURETONE, INC.

STATE STREET, CLIFTON, NJ - GILBANE BUILDING COMPANY

ONE COMPANY

ONE TEAM

ONE VISION

Safety Starts With You

By John Duffy

Many of us have attempted to stretch beyond our own reach while on a ladder hanging Christmas lights, or have at least witnessed this act. When the ladder nearly falls we climb down, take a deep breath and gasp “whew, that was close”. A little laughter happens and we move along to the next task. We simply escaped an accident and didn’t think twice about it. Many of us have done something of this nature at home and we continue to repeat these mistakes because we were not injured or something bad didn’t happen. This is how we develop bad habits. It is not our intention to do something wrong or to take risks; we want to get the job done. Since nothing went wrong we just do it again.

There is a particular sense of security when we work at home, because we feel safe there. So it is understandable that we are inclined to take minimal risks. At work though there are rules, there are safety programs put in place to instill compliance. Companies work very hard at discouraging and removing “at-risk behavior” in the workforce. The corporate directive is zero tolerance for injuries, but this statement alone does not stop injuries. What must be recognized is the common denominator when performing a task at home or at work; FAMILY.

We hang the Christmas lights for our family and we go to work to provide for our families. If we get hurt, who suffers? Our families! Yes, there is also an impact on the job when someone is injured. We discuss this many times in safety meetings, Tool Box Talks, and the Safety Stand Downs. An important part of F&G Mechanical and Meadowlands Fire Protection emphasis on safety is the human factor. The goal each day is for everyone who works at F&G Mechanical and Meadowlands Fire Protection to go home uninjured. The Safety and Risk Department has been conducting Safety Luncheons and Breakfast Meetings on job sites with the specific task of bringing that message to everyone in the field. The simple gestures of sharing a meal together, giving a person a shirt with the company logo, and listening to their opinions demonstrates that people do matter! We have made great strides in safety since last year and that would not be possible without the efforts from those in the field. We thank you!



Harborside VII—HVAC & Plumbing



North Bergen Fab Shop



Ellis Island—HVAC / Plumbing



Cast Iron Lofts—Sprinkler / Plumbing



70 Columbus—Sprinkler / Plumbing



Marbella South II — Sprinkler / Plumbing



Provost—Plumbing



Hudson Lights—HVAC / Plumbing

A Life Saving Training: Drew's CPR Story



"For years I have been saying that I wanted to take a First Aid, CPR and AED class. Earlier in 2014, a course was offered by the Mechanical Contractors Association of New Jersey (MCANJ) through F & G Mechanical and I was able to attend. The course consisted of two, 4-hr training sessions and upon completion I received my certification. Like many of us would do, I stored my certification card in my wallet and went on with my daily life.

On Christmas Eve, my wife and I went to a Christmas party and within minutes of arriving, a man slumped over in his chair less than 10 feet away from me. At first, someone said he was having a seizure, however a combination of my instincts and what I learned in our course kicked in and I checked his pulse immediately. He had no pulse and wasn't breathing. We were able to get him to the floor and I ripped open his shirt and began what I had learned 5 months earlier — CPR!

911 was called and I continued to work on him even after the police had arrived, which took around 20 minutes. At that time, paramedics and EMT's took over the rescue.

The entire episode was surreal as I watched them prepare him for transport. When they were boarding the ambulance, one of the EMT's said that my quick response was the only chance that this man had, and I had saved his life.

On Christmas morning I called the local police that were on the scene and asked where the man was transported to. I went to the hospital where he was, and although he was in a Critical Care Unit, I was able to see him. I wasn't sure if he knew who I was or what I had done, but they told me they had to put an emergency stent in his heart and he was in stable condition.

He complained that his chest was sore but thank God he was alive and able to be complaining. Since Christmas, I have been in touch with him and he has received five more stents in his heart. He was released home on New Years Eve.

Often we take these training courses and are unsure if we will ever have to use what we've learned.

I am extremely grateful for the opportunity to have taken this class and for the grace to know what to do when I needed to do it.

If and when this course is offered, TAKE IT!!! You may never ever need to use it, and that's okay, but we don't know what the future holds. In a moment's notice, a life can be taken OR it can be saved."

In gratitude,
Drew Kucy



The Johnny Mac Soldiers Fund

Pictured from Left to Right: Terry Finley, President of West Point Thoroughbreds, Inc. and Member of the Board of Directors for the Johnny Mac Soldiers Fund; Sal Fichera, CEO of F&G Mechanical; Ted Hoyt, Treasurer and Clerk of the Johnny Mac Soldiers Fund; and Butch Giardina, President of F&G Mechanical.



More than 450 guests gathered at Hotel ZaZa in Houston, TX for the inaugural Johnny Mac Soldiers Fund Gala. Through the generosity of sponsors and supporters, this event raised \$1.4 million to support its mission of giving back to military veterans and immediate family members through educational assistance. The keynote speaker, General Raymond T. Odierno, Chief of Staff of the U.S. Army, was joined by host Anthony Anderson, star of ABC's "Black-ish" to honor Colonel McHugh's legacy.

The Johnny Mac Soldiers Fund, founded by fellow graduates and classmates of West Point, is inspired by Colonel John "Johnny Mac" McHugh, killed in action by a suicide bomber in Afghanistan on May 18, 2010. An Army aviator, Colonel McHugh served for 24 years in the U.S. Army, and is remembered as a selfless soldier, leader, family man and friend. John left behind five children and originally the foundation was formed to help his family offset the costs of their college educations.

What began with a golf outing in 2011, John's family and friends have made it their mission to commit to raising money to help veterans and their families in need of financial support to further their education, especially those most affected by the Global War on Terror.

Tony Guzzi, EMCOR President and CEO was John McHugh's West Point classmate and roommate, and a co-founder of the Johnny Mac Soldiers Fund. Tony's relationship to this cause is what helped form our personal connection between F&G Mechanical and the Johnny Mac Soldiers Fund. Our F&G leaders Butch Giardina and Sal Fichera are avid supporters and contributors to this honorable foundation. Butch and Sal were responsible for the first ever golf outing supporting the McHugh family, which was hosted here in New Jersey, and got the foundation off the ground.

The 5th Annual Johnny Mac Memorial Golf Tournament took place on June 5, 2015 at the West Point Golf Course. To learn more about or support the mission of the Johnny Mac Soldiers Fund, visit www.JohnnyMac.org

F&G "Team Building" Company Bowling Night — (Continued from cover page)

The teams were comprised of employees from various departments, giving all of us the opportunity to work together with colleagues outside of our specific divisions within the company. Everyone seemed to have a fantastic time and we all demonstrated Team Spirit! As part of the night, all that attended wore "F&G Mechanical Team Bowling Night 2015" shirts (as pictured on the front cover).

Awards were given to the winning team, highest score and lowest score. We'd like to congratulate the winning team, with a combined score of 1,371 from two games: Rob Anen, Chris Fabijanczuk, Jeff Petro, Pamela Johnson and Heather Mahoney. Chris also had the highest score of the night, bowling a 340 over the course of two games. Jimmy Rubio, who bowled the lowest score, was a good sport and had a great time. It was the first time he's ever bowled.

ONE COMPANY

ONE TEAM

ONE VISION

F&G's Pink Ribbon / Breast Cancer Awareness Event—September 30, 2015



Each year, thousands of EMCOR employees across the nation commemorate Breast Cancer Awareness Month in October by wearing EMCOR Pink Hard Hats in support of the Company's "Protect Yours. Get Screened Today" campaign.

We are proud to announce our first F&G Pink Ribbon event will take place at the **Hudson Lights Development** in Fort Lee, NJ. F&G has partnered with the project developers and clients, Tucker Development and Tishman Construction Company, to gather all tradesmen and women working on the Hudson Lights project to participate in this event.

All attending will be given their own Pink Hard Hats to wear and will form a Human Pink Ribbon to promote awareness for the importance of breast cancer screening. Inspiring guest speakers will share personal success stories as we are reminded of the value of encouraging women and the women in our lives to get screened today to prevent and treat Breast Cancer.

Career Fairs / Internship Opportunities with F&G

On March 4th, F&G Mechanical was one of over 180 employers who took part in the New Jersey Institute of Technology's Career Fair. Our Human Resources Department met with over 125 NJIT students and alumni with educational backgrounds in Mechanical Engineering to discuss internship and full-time opportunities within our company.

We are always openly accepting resumes for Junior Project Managers and Mechanical CAD Detailers. We recognize the fact that many students are looking to gain experience in the construction industry and we look to provide unique opportunities to the most qualified candidates looking for an introduction to mechanical contracting.

For further inquiries or to submit a resume, you can email Jennifer Ehrentaut at jenniferehrentaut@fgmech.com



Pictured above: Jennifer Ehrentaut, Human Resources Assistant and Donna DiPietro Leanza, Vice President of HR & Administration

Help Fund Our F&G Family Member's Treatment



Natalie Lopac, a 12 yr. old girl from Emerson, NJ needs our help! She is one of the bravest young girls you will ever meet and is the daughter of Boris Lopac, an employee and F&G family member for over 20 years.

Natalie has been struggling with osteosarcoma, a cancer of the bones. She was diagnosed in September 2013 and has endured several surgeries to replace the infected knee, chemotherapy for 9+ months and now a recurrence in the lungs requiring another surgery and further treatment.

You can read more about Natalie's journey by visiting the website below and making a donation to help cover the high expenses and necessary treatments towards keeping her healthy and eliminating cancer from her life:

<http://www.gofundme.com/ubernat>

Getting To Know You



Sal DiMartino, Courier

Sal is our Courier, and works directly with our staff to coordinate the daily schedule of office related deliveries and duties.

He recently celebrated his 5 year Anniversary as an F&G Employee. Prior to joining our team, Sal worked for his family's business – Salisa Woodworking in Secaucus – for 35 years, as a partner with his father. They designed, manufactured and custom built cabinets, furniture and original pieces. After his father passed away, Sal continued to run the business for 10 years and eventually "closed shop".

As one door closed, another one opened for him when a friend introduced him to F&G. Sal is certainly familiar with the area, as he

was born and raised in Secaucus and has worked here his entire life.

Sal enjoys his position as Courier and the opportunity to interact with all levels of employees here at F&G. One minute he may be in the office picking up a delivery for our office staff members and the next moment he might be out on a job site in the field. Having worked in his own family business for years, he stated with a smile, "it's like an extended family here at F&G".

In his spare time, Sal and his wife enjoy spending time at their home in Cape Cod, and one day plan to retire there.

Sal loves the winters at his home in North Eastham, MA!



Judy's Retirement

By Donna DiPietro

At the end of 2014, we were sorry to see one of our most valued employee's leave F&G/MFP. Our Receptionist, Judy Clune, retired to stay home and care for her newly born granddaughter. Her son and daughter-in-law wanted to continue working and this gave Judy the opportunity to spend some quality time with her.

Judy started with F&G/MFP in 1998 as our Receptionist. She was always a reliable, pleasant employee and was our best Receptionist for over 17 years. Through her tenure, I can't recall receiving a complaint from a customer regarding Judy.

One may think a Receptionist's position is not too difficult, but it's one of the most important jobs in the company. It's the first introduction and impression that a customer or person has to F&G/MFP and Judy did a fantastic job representing us.

We would like to wish Judy a lifetime of health, happiness and a future filled with joyous memories of her granddaughter.

Thank you Judy, for all of your years of dedication and loyalty!

A retirement luncheon was held in Judy's honor at the office and all employees were invited to attend. Judy was very touched and appreciative. Many tears were shed!!



Pictured from Left to Right: Sal Fichera, Butch Giardina, Judy Clune and Donna DiPietro Leanza

Employee News

We would like to welcome the following new and rehired employees who joined our *Team* during the months of November 2014—May 2015.

- Luis Bravo Shop Assistant (Warehouse)
- Gina Caggiano Administrative Assistant (Plumbing)
- Jennifer Ehrentraut Human Resources Assistant (HR)
- George Featherman Project Manager (Sprinkler)
- Pamela Johnson Administrative Assistant (Service)
- Travis McBain Jr. Project Manager (HVAC)
- Paul Munson Mechanical CAD Detailer (HVAC)
- Bernadette Vega Receptionist (Office)
- Sam Yarosh Project Manager (Plumbing)

Employee Announcements

Congratulations to Joanna Zachodna and her husband Robert Salvatore Del Gaudio on their May 16th wedding. Their beautiful ceremony and reception was held at Windows on the Water in Millstone, NJ. We enjoyed throwing Joanna a surprise bridal shower in the office on May 4th to celebrate her marriage!



Congratulations to Jennifer Plattel, daughter of Rich Plattel, who graduated Northeastern University *summa cum laude* with a Bachelors of Science in Biology and as a member of the Honors Program and the Tri Beta Biological Honor Society. She is continuing her studies at Rutgers/New Jersey Medical School this August in hopes to become a pediatrician.



Congratulations to Sal Mattia on his daughter graduating *magna cum laude* from Ramapo College on May 15th, 2015. Michele Mattia has earned her BA in Communication Arts with a concentration in Journalism.

Briana Buttermark, daughter of Michael Buttermark, graduated from SUNY Purchase this May with a degree in English literature. Her senior thesis won the prestigious Bell Chevigny award, and she graduated *magna cum laude*. She'll be moving to Florida this summer to begin her commitment with Teach for America, working as a secondary English teacher in Duval county and battling educational inequity.

Congratulations to the following F&G/MFP employees who celebrated their milestone anniversaries from Nov. 2014 to May 2015.

5 Year

- Jose Correa Steamfitter
- Sal DiMartino Courier
- Adriano Franco Steamfitter
- Stephen Goskowsky Steamfitter Foreman
- Samuel Pantiliano HVAC Service Technician

10 Year

- Zachary Boyce Mechanical CAD Detailer
- Michael Molloy Laborer
- Victoria Ramirez Fire Protection CAD Detailer

15 Year

- Wilfredo Fornes Sprinkler Fitter Foreman
- William Kaven Plumbing Journeyman
- Heather Mahoney Accounting Supervisor
- Rich Plattel VP of Service

20 Year

- Jorge Bravo Welder/Shop Assistant
- Michael Fogarty Plumbing General Foreman
- Michael Leonard Plumbing General Foreman
- Boris Lopac Plumbing General Foreman
- Jayesh Parikh Dir. Of Engineering
- Jimmy Rubio Truck Driver
- Steven VanValkenburg MFP Project Manager
- Carmela Zoccali Billing Manager

25 Year

- Jeffrey Quinn Sprinkler Fitter Foreman

30 Year

- Vincent Molinaro Truck Driver

35 Year

- Joseph Calabrese HVAC Service Tech
- Edward Hollema Plumbing General Foreman

ONE COMPANY

ONE TEAM

ONE VISION

Opportunities To Learn and Advance

F&G/MFP EMPLOYEES

By Donna DiPietro Leanza

Both F&G and EMCOR provide 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 online business and Microsoft Office courses through EMCOR.net, 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 or interested to attend an individual / group meeting, please contact your direct Manager or Human Resources.

Learning @ EMCOR LMS & Webinars

A broad variety of training courses provided both online and through webinars.

F&G Educational Program Including Onsite Training

Educational Assistance not related to a degree and on-site training including LMS Group Training

EMCOR Degree Program

A Tuition reimbursement program for employees taking courses leading to a degree

Wellness Programs

Webinars and on-site seminars on topics such as Family Matters, Personal Development and Workplace Issues.

FREE to all EMCOR employees: 10,000+ business audio/e-books and 400+ business and Certification courses!

Start enhancing your career TODAY by taking advantage of this investment that EMCOR has made in its employees.

We want to brag about YOU and AWARD your learning!



Take your business skills to the next level with new content at [Learning@EMCOR](#), and you could win one of **30 EMCOR Power Banks** – portable 4000mAh charging devices you can use to **power your smartphone or tablet** via USB!

Choose from **400+ more business-related courses** and **10,000+ business books** on a wide range of topics:

- Budgeting Essentials
- Business Etiquette
- Employee Engagement
- Human Resources (PHR/SPHR) Certification Prep
- Leadership Essentials
- Negotiation
- Project Management
- Institute Certification Prep
- Talent Management
- Change management
- Coaching and mentoring
- Project management
- Social media
- Finance and accounting
- Plus read books from the Best Sellers List



Learning
EMCOR

-Access at least 4 e-books and/or audio books each quarter.

-We'll publish your name on EMCOR's Brag Board (click the Brag Board link on the Learning@EMCOR page on EMCOR.net)

-Each quarter we'll award 30 prizes from people posted on the Brag Board!....a nifty "Power Bank" that charges mobile devices on the go.

If you have questions about this program please ask your human resources representative.

If you need technical assistance with the EMCOR LMS, please contact the EMCOR Help Desk at 877-362-6763.

Health & Wellness

7 Secrets to Living Longer

Dr. Oz was featured on the "Living to 100" series on the Today Show where he briefly shared these 7 secrets to living a longer, happier and healthier life. Dr. Oz tells us that 2/3 of the way we age is based on our lifestyles, not our genetics!

Drink 2-3 Cups of Black Tea or Coffee Every Day

Turns out that the caffeine actually has a huge benefit. The #1 source of antioxidants in America is coffee. Drinking black tea or coffee keeps your body rejuvenated with antioxidants. You want to consume around 200 mg of caffeine per day. The consumption of black tea and coffee is also linked to the reduced risk of cancers, heart disease, Alzheimer's and Parkinson's. Keep your brain sharp.

Cinnamon

Putting cinnamon in your coffee or tea instead of sugar can be one of the most important things you do each day. It helps lower blood glucose and is anti-inflammatory for the body. If you're a diabetic or a type-2 diabetic, pre-diabetic or if there is a chance that you're suffering from high blood sugar, you'll reduce your chance of becoming a diabetic or suffering high blood sugar by up to 30% if you make cinnamon the main spice in your beverage it helps your liver deal with insulin more effectively.

Nuts

All nuts from trees are great sources of protein and nutrients. Studies find that eating nuts 7+ times a week led to 20% lower death rate. Although peanuts are not from trees, they can also be a good source of healthy protein as well. Sometimes people avoid eating nuts because they think the nuts will make them fat, but they actually help you lose weight. Raw nuts provide essential nutrients. Try to stay away from the salted and honey roasted ones.

Add More Purple To Your Diet

Harvesting the power of the sun... think about the colors of the rainbow, you want that variety of nutrients in your life as well. Try to consume more blueberries, blackberries, even red wine counts! Anything that's naturally blue or purple may help decrease cancer cell proliferation and may also improve brain function.

Take a Daily Walk

There are studies that show women who walk even only 10 minutes a day dramatically reduce their mortality rate. We're learning more and more about how little activities can have profound benefits. For example, the tree pose in yoga (lifting up one leg and balancing on the other leg) because frailty is what kills us in America. If we eliminated all of the cancers, our mortality rate would only live around 3 years longer. We get so frail that we are weak and our bodies can't hold us anymore.

Sleep

Get more sleep. If we got one extra hour of sleep per day it dramatically affects cancer and high blood pressure rates. 30% less chance of hypertension. We can treat these issues with sleep before they arise. Getting an extra hour of rest isn't easy, it's definitely something you have to work at. Getting enough sleep is the

single most underappreciated problem we have in America.

Socialize

Reach out to 1 friend a day. The human species has weathered thru diversity because we talk to each other and create social networks and now we have tools to make it easier. Dr. Oz prefers that we go visit someone, but a call or text to someone right now, that you care about, actually builds that social framework and it actually reduces death rates by 20%.

So if you take some of the foods mentioned here, grab a glass of wine or coffee and have a conversation with a friend, these tips will work! Take care of yourself, connect with others, and if you give your heart a reason to keep beating, you will live longer.

Kale Apple Salad

Antioxidant-rich kale is even better for you when eaten raw. Thin strips are softened in a light lemon dressing, then tossed with the savory-sweet blend of apple, dates, almonds and cheese. A little pecorino goes a long way in giving this nutritious salad a satisfying depth of flavor.

Serves: 6

Ingredients

3 tablespoons fresh lemon juice
2 tablespoons extra-virgin olive oil
Kosher salt
1 bunch kale, ribs removed, leaves very thinly sliced
1/4 cup dates
1 Honeycrisp apple
1/4 cup slivered almonds, toasted
1 ounce pecorino, finely grated (1/4 cup)
Freshly ground black pepper



Preparation Instructions

Whisk together the lemon juice, olive oil and 1/4 teaspoon salt in a large bowl. Add the kale, toss to coat and let stand 10 minutes.

While the kale stands, cut the dates into thin slivers and the apple into thin matchsticks. Add the dates, apples, almonds and cheese to the kale. Season with salt and pepper and toss well.

From Food Network Kitchens

Nutritional Info

Nutritional Analysis, Per Serving

Calories 151, Total Fat 8.5 g, Saturated Fat 1.5 g, Protein 5 g, Total Carbohydrate 17 g, Sugar 8 g, Fiber 3 g, Cholesterol 4 mg, Sodium 161 mg

Part of Our Team



The Meadowlands Fire Protection / Sprinkler Team

From Left to Right: Sal Mattia, Paul Aubry, Rich Cericola, Stephanie Gerleit, Frank Duardo, AnnMarie Montes, George Featherman, Stella Manuel, Casey Quinn, Chuck Joergens, Victoria Ramirez, Tom Andretta, Jorge Bravo, Joanna Zachodna, Sergio Borges, Kevin Crumlish, Frank Ramirez, Steve Van Valkenburg and Tim Manning

PART OF OUR TEAM

Meadowlands Fire Protection is recognized as the leading fire protection company in the Northern New Jersey/ Metro market. We are committed to providing the highest quality services and systems. Our highly trained staff and experienced field personnel deliver unparalleled reliability.

We are a full-service fire protection contracting firm capable of design, fabrication and installation of wet, dry, E.S.F.R and pre-action systems as well as clean agent and vesda air sampling systems. We also offer 24 hour emergency service as well as inspections and testing of all fire protection systems.

DIVISIONAL VICE PRESIDENT

Our Team Leader, Rich Cericola, Vice President, has been a part of F&G/MFP since 1992. Rich began his construction

career with the Frank A. McBride Company before joining Meadowlands as a Project Manager in 1992. He was promoted to Divisional Vice President in 2003. He actively supervises and directs one hundred percent of our Fire Protection operations. This includes contracts, contract negotiations, estimates, project management, engineering and all field personnel.

Rich is the Secretary for the Joint Apprenticeship Committee of Sprinkler Fitters Local 696, representing the signatory contractors. He is also a member of the National Fire Sprinkler Association's contract negotiating committee, an active leader on the F&G/MFP Safety Committee and is an OSHA trained professional.

ADMINISTRATIVE

Our Administrative Department consists of three dedicated, hard-working individuals: Executive Assistant AnnMarie

Montes, and Administrative Assistants Stella Manuel and Stephanie Gerleit. Together, they support the Vice President, Project Managers, Engineering team and the Purchasing Department. They process contracts prepare proposals, are responsible for all correspondences and ensuring the smooth running of all office and business related operations for MFP.

PROJECT MANAGEMENT

Our Project Management team consists of Project Manager and Chief Estimator, Paul Aubry, as well as Project Managers Steve VanValkenburg, George Featherman and Assistant Project Manager, Casey Quinn. Our project management team has over 100 years of combined experience and background in sales, design and field installation.

The Project Management team is responsible for supervising the coordination and installation of each project. It is a great responsibility to be part of a discipline that protects property and most of all saves lives.

ENGINEERING

Our Engineering team is led by Sergio Borges, P.E., Director of Engineering and Design. He oversees Fire Protection CAD Detailers Tom Andretta, Kevin Crumlish, Sal Mattia and Victoria Ramirez. Collectively, they work on design, coordination, modeling and the installation process on our sprinkler and fire protection projects. They are all NICET Certified and proficient in 3D BIM Modeling. Their

responsibilities include designing of new and existing Sprinkler Systems, Hydraulic calculations, Field surveys, Developing and attending mechanical coordination meetings.

PURCHASING

Our Senior Purchasing Agent, Frank Ramirez has played an integral role in all of our purchasing for over ten years. Frank purchases all materials needed for each and every job, as well as pricing daily service tickets. He also monitors and ensures the accuracy of all invoices from Meadowlands in accordance with our accounting department.

WAREHOUSE

Our MFP Shop Manager is Frank Duardo. He maintains MFP's warehouse operations and oversees all MFP shop activities. Frank ensures that all materials and deliveries are scheduled properly and reach the job sites on time. Our warehouse staff also includes Parts Assistant, Chuck Joergens and Welder, Jorge Bravo.

SERVICE AND REPAIR

Our Service Manager, Timothy Manning and Service Coordinator, Joanna Zachodna, operates and coordinates a full-service, 24-hr inspection and repair department including system testing, technical troubleshooting and new installations.

"The strength of a team is each individual member. The strength of each member is the TEAM!"
-Phil Jackson

COMMENTS/SUGGESTIONS:

F&G/MFP would like your comments and suggestions. If there are any business or personal points of interest you would like to see in or contribute to the upcoming newsletter, please contact Donna or Jennifer.

We value your input and look forward to hearing from you!





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

We would like to thank Sal Fichera, Butch Giardina, Rich Cericola, Sal DiMartino, Paul Aubry, Frank Duardo and Drew Kucy for contributing information to help us complete this edition.



ONE COMPANY • ONE TEAM • ONE VISION

F&G Mechanical Corporation
348 New County Road
Secaucus, NJ 07094
Phone: (201) 864-3580
www.fgmech.com