

THE F&G PIPELINE

Full Service Mechanical & Fire Protection Contractors

An Emcor Company

F&G Mechanical Corporation
Meadowlands Fire Protection

Spring 2019 Edition

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From the President's Desk



While a large portion of our work has taken place along NJ's Hudson Riverfront, there are two other major areas in the process of development that F&G Mechanical and Meadowlands Fire Protection are proud to be a part of – the building of the “American Dream” megamall at the Meadowlands Sports Complex in East Rutherford, NJ and the redevelopment of Newark, NJ, the most populated city in the state and one of the nation's major air, shipping and rail hubs.

The American Dream is set to be the 3rd largest mall in America and is currently one of the most dynamic projects in the world. When completed, this structure will be over 3 million square feet of entertainment and retail space. The complex, which is located next to MetLife Stadium (home of the NY Giants and NY Jets), is expected to host 30-40 million visitors per year and will contain over 450 retail, food and specialty shops in addition to over 18 acres of entertainment. Additional features include North America's largest fully enclosed indoor DreamWorks Water Park and Nickelodeon Universe Theme Park; a 16-story Big Snow Indoor Ski & Snow Park; Kidzania; a live Performing Arts Theater; 285 foot tall Observation Wheel; luxury movie theatres by CMX; Sea Life Aquarium, Munchies Food Hall, Lego Discovery Center; NHL-size Ice Rink; The Dining Terrace, offering over 15 full service restaurants and two 18-hole miniature golf attractions.

Developers are eyeing Newark not only because space in surrounding cities like Jersey City, Hoboken and New York is becoming limited and too expensive, but also because Newark is a hub for the arts, higher education, business, entertainment and transportation.

With large venues such as the Prudential Center, New Jersey Performing Arts Center, headquarters for numerous corporations (Prudential, Panasonic, PSEG, to name a few), several Universities and the location of major transportation hubs like Newark Penn Station and Newark International Airport, there is plenty of opportunity for growth and construction in this city. As Newark continues to emerge as a destination for startup and technology companies, real estate and development will continue to boom.

A recent investment by Basketball Hall of Famer, Shaquille O'Neal kicked off one of the city's first high rises to be built since 1960. Shaq partnered with Boraie Development on the \$75 million, 168-unit rental building at One Rector, which is featured in this newsletter and is hoped to be one of many new construction projects for us in Newark.

We have recently completed the Panasonic Headquarters building and the Prudential Tower Project with SJP Properties, 15 Washington Graduate Housing for Rutgers University with AJD Construction, One Theater Square multi-family high rise project with Hunter Roberts along with a variety of other data-centers, commercial and multi-family residential projects.

Though Northern NJ is one of the most densely populated areas in our country, we believe that the future of construction is endless. With technology, businesses and people still looking to come to this area, there is an untapped amount of work here. We look forward to continuing to play our part in the developments of such incredible projects.

Butch Giardina & Sal Fichera

ONE COMPANY ONE TEAM ONE VISION

In Memory of Phyllis Giardina



By Butch Giardina

On May 2nd, 2018, my mother Phyllis Giardina passed away peacefully at the age of 94.

While our last few newsletters have contained tributes to my father Teddy, and Sal's parents, Pat and Nancy, all of whom have passed away within the last 2 years, we would be remiss to not include one for my mom. Like Sal mentioned when he wrote about his mother, we share these deeply personal stories about our parents because so much of who we are today is a reflection of where we come from and how we were raised. Family and relationships really are everything in this world.

My parents were married for 75 years. My mom was a devoted wife, a loving mother, grandmother and great-grandmother, and the heart and soul of our family.

My daughter Gabrielle said it best when she shared the eulogy for our beloved family matriarch:

“The Giardina's and the Mule's were friends from Sicily and the patriarchs wanted a co-mingling of the families so Phyllis and Teddy were essentially arranged to be married. Poppy was smitten from the beginning – one look at Phyllis and you could tell why. My grandmother wasn't so certain... and she would joke that she got a real 'prize package' in Teddy. Little did she know then that 75 years of marriage, 3 children and children in law, 5 grandchildren and 4 great-grandchildren later their story would become one for the ages. A story built upon the foundation of loyalty, fidelity, companionship, immense love and partnership.

This is the thing about my grandmother, my grandfather always got all the credit for being successful in business, for being a good cook, for having a sharp mind, for writing novellas to every sitting president from Carter on.... But it was Phyllis who was always in the background, holding it all together, making sure that her family was happy and unified and strong. She represented the best of a generation of women who were resilient, steadfast and silently powerful. She adored and took such pride in the successes of her children, was always incredibly generous with her affection, and was the beautiful witty compliment to my grandfather's more serious -natured self. She had a sense of humor like few women of her day and when she laughed her whole body shook. Her laughter was contagious.

Shortly after my parents were married they decided to build a house right across the street from my grandparents. That decision was perhaps one of the greatest gifts they could have given Christopher and I. The opportunity to have my grandparents so close, for us to always be surrounded by family, was a true blessing. They were the constant in our lives – always there. There to boast of our successes, celebrate our happiest occasions and comfort us in times of failure or sadness. Just as she'd done with her own children, she loved us all equally, unwaveringly, and was our greatest champion.”

Being a grandparent myself, puts this entire experience into perspective. I intimately understand the unconditional love between parents and their children and their grandchildren.

MAJOR PROJECTS AWARDED

PLUMBING, HVAC & MEADOWLANDS FIRE PROTECTION

JP MORGAN CHASE PROJECT SYCAMORE DATA CENTER, TOTOWA, NJ - STRUCTURE TONE INC.
 WENNER BAKERY, NEW BRUNSWICK, NJ - TIPPMANN DESIGN BUILD
 FIRST DATA 38TH FLOOR, JERSEY CITY, NJ - HENEGAN CONSTRUCTION CO., INC.
 BANK OF AMERICA 525 WASHINGTON BLVD, JERSEY CITY, NJ - CLUNE CONSTRUCTION
 500 SUPOR BOULEVARD, HARRISON, NJ - J. SUPOR & SON
 CITI GROUP, RUTHERFORD, NJ - TISHMAN CONSTRUCTION AN AECOM COMPANY
 CITI GROUP, JERSEY CITY, NJ - TISHMAN CONSTRUCTION AN AECOM COMPANY

PLUMBING & MEADOWLANDS FIRE PROTECTION

77 CHARLTON STREET, NEW YORK, NY - TOLL BROTHERS CITY LIVING

HVAC & MEADOWLANDS FIRE PROTECTION

EQUINIX NY5-3, SECAUCUS, NJ - JT MAGEN & COMPANY INC.

PLUMBING & HVAC

JP MORGAN CHASE PROJECT SYCAMORE DATA CENTER, ORANGETOWN, NY - STRUCTURE TONE INC.

HVAC

CELEGENE BOILER REPLACEMENT, SUMMIT, NJ - CELEGENE CORP.
 GLENPOINTE MARRIOTT, TEANECK, NJ - ALFRED SANZARI ENTERPRISES

PLUMBING

MAXWELL PLACE BUILDING D, HOBOKEN, NJ - TOLL BROTHERS CITY LIVING
 ONE PARKVIEW AVE, JERSEY CITY, NJ - AJD CONSTRUCTION
 UBS FLOORS 1,2&4, WEEHAWKEN, NJ - STRUCTURE TONE INC.
 175 2ND STREET, JERSEY CITY, NJ - SCHUSTER

MEADOWLANDS FIRE PROTECTION

AMERICAN DREAM ZARA, EAST RUTHERFORD, NJ - EXA USA GROUP
 MERCK K-11 UPGRADE, KENILWORTH, NJ - MERCK CO.
 MERCK K-6 UPGRADE, KENILWORTH, NJ - MERCK CO.
 80 SEAVIEW DRIVE, SECAUCUS, NJ - HARTZ MOUNTAIN INDUSTRIES
 PALMER HALL STEVENS INSTITUTE, HOBOKEN, NJ - STEVENS INSTITUTE
 UBS UTILITY UPGRADE-1200 HARBOR BLVD, WEEHAWKEN, NJ - TURNER CONSTRUCTION CO.

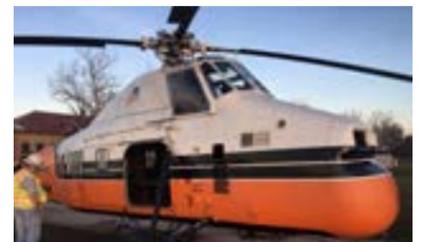


HVAC UNITS AT ELLIS ISLAND

By Greg Baumann

On April 24th, 2018 F&G Mechanical brought Midwest Helicopters in from Chicago, Illinois to land 3 new HVAC units on the roof of the MIB building at Ellis Island, along with the removal of an old unit. After months of coordination with Asturian Group (the GC on the project), the NPS, the Dept of the Interior and the FAA, we were ready to go.

We arrived on the island at 5:15am for final preparations, with the helicopter arrival set for 6:15am. The park personnel and supplies had to be delivered by ferry in order to prepare for the tremendous amount of tourists that visit the national landmark daily. We were informed that the boat would leave the ferry slip at 6:50am and there would be a 40 min window to complete our operations since the staff boat would be arriving at 7:30am. The entire operation lasted 15 minutes, leaving zero downtime for the park operations, and the helicopter was off the island prior to the first tourist boat arriving.



OPPORTUNITIES TO LEARN & ADVANCE

Learning @ EMCOR ELC & 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.

Both F&G/MFP 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.

2018 SAFETY STAND DOWN



5th ANNUAL SAFETY STAND DOWN

By John Duffy

On Wednesday, November 14th F&G/MFP held our 5th Annual Safety Stand Down at all of our Plumbing, HVAC and Fire Protection jobsites, as well as our warehouse, fabrication shops and with our service teams at various locations. Employees on all projects took part in this companywide safety meeting to address F&G/MFP and EMCOR's commitment to safety and safe workplace practices.

We held our first Safety Stand Down in November of 2014 and recognized the positive impact of such an event. While safety is our number one priority every day on a jobsite, we decided that an extended morning break dedicated to discussing safety issues would be a valuable event for us to host each year. When we started in 2014, we had 23 recordable injuries the prior year. The year following the first Stand Down, we had 12 - nearly reducing our recordable accidents and injuries by half! The next year we stayed at 12 and last year we were down to 8 recordable injuries. From a numerical perspective this looks successful and we are trending in the right direction, but it is the value of human life that is most important to us. We know this annual event has an impact on reducing accidents but we also want to acknowledge that employees are our most valuable asset.

The safety and well-being of our employees is what matters most. We want everyone to work safely all of the time. It only takes one shortcut or bad decision to put yourself and/or your co-workers in harm's way.

Our Executives, senior management, project managers and representatives from EMCOR's Safety Team are assigned to various jobsites for the Stand Downs. Each team carries a common message while adding their personal thoughts and stories about safety. Conversations are encouraged and many employees share examples of their day-to-day experiences. It's not every day that the President or CEO comes to a jobsite, has a cup of coffee with the crew and wears the same bright orange safety t-shirt as everyone else BUT the safety of their employees is something that does matter to them every single day.

Aside from the Safety Stand Down, the Safety and Risk Department conducts Safety Luncheons and Breakfast Meetings on job sites throughout the year. The simple gestures of sharing a meal together, giving out company shirts with a written safety message and listening to employee's opinions, are small acts that go a long way in keeping employees safe. We want employees to know how much their safety truly matters to us.

F&G Mechanical and Meadowlands Fire Protection have made great strides over the years in safety. The combination of our Safety and Risk Departments messages as well as each employee's effort, has led to the majority of our work being Zero Accident Projects. We are not only an industry leader in the mechanical trades but we are also an industry leader in safety!



75 Park



99 Hudson



235 Grand



700 Jackson



American Dream



Citi Corp Rutherford



Glennpointe Marriott



HDR



Hudson Tea Building D



JPMC Project Sycamore Totowa



Montgomery Family



New Brunswick PAC



Port Imperial



Rector Street



Scion Hotel



Shop



Sprinkler Service



Shops at Riverside



St. Michael's Villa



WHILE YOU WORK INJURIES LURK

BE THERE FOR LIFE. ZERO INJURY PROGRAM.

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

We would like to congratulate the following F&G and MFP Employees for winning the quarterly EMCOR Nation Photo Contests in 2018:



This is the view from one of our job sites. You can see another building we worked on in New Jersey. F&G Mechanical and Meadowlands Fire Protection worked on the tallest building shown in this photo.
- Colleen Antonucci, Document Control



This newly completed residential tower on the banks of the Hudson River across from Manhattan, Meadowlands Fire Protection, F&G Plumbing and HVAC teamed for the mechanical work.
- Sergio Borges, Meadowlands Fire Protection



F&G Mechanical and Meadowlands Fire Protection worked together to install the mechanical systems in this high-rise building.
- Sergio Borges, Meadowlands Fire Protection



F&G is working on the plumbing and Meadowlands Fire Protection is working on the sprinkler installation for this building in New Jersey.
- Sal Mattia, Meadowlands Fire Protection



While attending an engineering seminar at a manufacturer's training facility, we saw this 1930s blueprint of a fire sprinkler head.
- Mike Maltabes, Meadowlands Fire Protection



We are installing branch lines for this building in Fort Lee, New Jersey.
- Dave Sondermeyer, Meadowlands Fire Protection



Members of the Jersey City Fire Department arrived at our office in Secaucus, NJ for a meeting.
- Sergio Borges, Meadowlands Fire Protection



We are working on this glass residential skyscraper near the George Washington Bridge in New York.
- Victoria Ramirez, Meadowlands Fire Protection



On site with the Trimble.
- Chris Frees, F&G Mechanical, Plumbing

PART OF OUR TEAM 99 HUDSON - PLUMBING

By Jennifer Ehrentraut & Dave Verna

In each Pipeline, we've typically featured a specific division or department within the company for "Part of Our Team". For this issue, we are writing about the Plumbers working on site at our 99 Hudson Street project. This 79 story luxury, high-rise condominium in Jersey City is one of the highest profile projects our Plumbing Division has been awarded, and we wanted to feature the crew that has played an integral role in the development and construction of the new tallest building in New Jersey.

Standing at 899 feet, 99 Hudson will have 781 units (including studios through multi-bedroom residences) along with luxury concierge services and amenities. Located directly across the Hudson River from the World Trade Center, the building includes unobstructed 360-degree views of Manhattan, Brooklyn, New York Harbor, Jersey City, Newark and beyond. This residential skyscraper will include over 65,000 square feet of amenity space, an outdoor pool,

lounge, BBQ areas, playground, dog run as well as an indoor spa, state-of-the-art fitness center, Yoga & Pilates studio, Golf Simulator and more. Units have spacious open layouts with floor to ceiling windows and will contain refined Kohler plumbing fixtures, furnishes and exemplary details.

The original plans for this project were released in 2014. With changes, the current single tower design was released in 2015 and was FAA approved in 2016. F&G was awarded the Plumbing work in April of 2017. The building structure was completed in September 2018, with an anticipated completion date of early 2020.

Our Plumbing Project Manager is Sam Yarosh, and the Mechanical CAD Detailers working on the design and layout include: Dan Roberts, Marc Marcincak, Dave Corydon, Sandro Quagliariello and Dave Verna. The team of Plumbers onsite is led by General Foreman, Vinnie Oliveri, Foremen Will Allen and John Sharlow and Shop Steward Mike Kinery; along with the crew of UA Plumbers Local 24 Journeyman and

Apprentices: Pat Mortensen, Brian Blunt, Eric Vargas, Dan Richardson, Shawn Smith, Scott Suto, Chris Tompson, Jason Kim, Rich Funk, Ken Krum, Brett Schmitz, Mark Messina, Dennis Decker, Dave Protomastro, Mark Stein, Omeil Johnson, Rashee Coe, Henry Skipper, Tom Reilly, Jordan Larsen, Enzo Scordo, Brett Planker, Syed Ali, James Dickens, Anthony Rodriguez, Freddy Munoz and Vito Cancro.

99 Hudson is designed by Perkins Eastman Architects and is being developed by China Overseas America. DeSimone Consulting Engineers is the structural engineer, while Plaza Construction is the general contractor in which F&G Mechanical's Plumbing Division is working with for this project.



F&G's Plumbing Team working onsite at 99 Hudson in January 2019.



An aerial view of 99 Hudson - NJ's new tallest building.

PASSAIC COUNTY LABOR DAY PARADE

By Jennifer Ehrentraut

On September 2nd, F&G Mechanical, along with Plumbers Union Local 24, took part in the annual Passaic County Labor Day Parade, sponsored by the American Labor Museum, the City of Paterson and the Borough of Haledon, NJ.

F&G donated the use of one of their trucks and dozens of our employees marched with hundreds of union members from the building trades and labor unions in Northern New Jersey. The 2018 parade was held in memory of my father, Bob Ehrentraut, a lifelong member of Plumbers Local 24 and Building Inspector in Jersey City who passed away in 2014, and in honor of the Plumbers Union Local 24 officers, members and apprentices who donate their time and services to the museum.

The 2½ mile parade began at The Botto House/American Labor Museum and ended at the Paterson Great Falls National Historic Park. Both of these destinations are National Landmarks and played small but significant roles

in the development of our nation. The Great Falls in Paterson was the source of water power for America's first planned industrial city during the Industrial Revolution. Mills and factories were built to harness the water power and produce things such as textiles, railroad locomotives, paper, rope and firearms. The factory jobs attracted immigrants from all throughout Europe. The Botto House was owned by Italian immigrant and silk mill workers, Pietro and Maria Botto. Paterson, NJ or "Silk City" was largely known for its silk production in the late 19th and early 20th centuries.

The Botto House served as a haven for free speech and assembly for laborers, where over 15,000 workers gathered on strike for some of the same worker's rights we benefit from today. Specifically, the 1913 Silk Strikes brought national attention from the Industrial Workers of the World, for safer work environments, better working conditions, employee benefits and the 8-hr workday.

It was an honor to speak of my dad at the

same place that my great-grandparents stood on strike for workers' rights more than 100 years ago. I am thankful for the experiences that have led me to understand that Union workers and skilled tradesmen and women are far more than just a number. All employees are valuable members of companies and their communities. Working at F&G reminds me of these values every day, not just on Labor Day.



EMPLOYEE NEWS

We would like to welcome the following new employees who joined our Office/Warehouse Team during the months of May 2018 - January 2019.

Julia Giannasi
Billing Coordinator

James Rodriguez
Shop Assistant

Jesus Pinilla
Shop Assistant

Irene Dininno-Pisa
A/P Coordinator

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

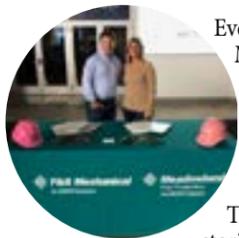
Joseph Boullianne

Joe joined our Warehouse Team as a Shop Assistant in November of 2017 and was promoted to Purchasing Assistant in our Plumbing division in November of 2018. We would like to wish him the best of luck in his new role.

Congratulations to the following F&G/MFP employees who celebrated their milestone anniversaries from June 2018 - December 2018.

5 YEARS	Bob Wywra	HVAC Project Manager
	Michael Fugnitti	Pipefitter
	Andrew Dixon Hanson	Plumbing Journeyman
	Jason Martin	Plumbing Journeyman
	Wilfredo Davilla	Sprinkler Foreman
	David Hall	Sprinkler Foreman
	Jabari Earnest	Sprinkler Foreman
10 YEARS	Pamela Levine	Accounting Data Analyst
	Anthony Ponticello	Sprinkler Foreman
	Christopher Frees	Plumbing Mechanical CAD Detailer
	Shawn Smith	Plumbing Journeyman
	Rich Duemmer	HVAC Service Tech
	Gary Hippe	Assistant Shop Manager
	James Mills	Sprinkler Foreman
15 YEARS	Hector Cintron	Warehouse Shop Assistant
	Christian Spataro	Plumbing Foreman
20 YEARS	Donald Maskley	Plumbing Service Technician
	Pat Scaglione	Accounting Supervisor
25 YEARS	James Palmer	Plumbing General Foreman
	Hank Bell	Plumbing Foreman
30 YEARS	James Barbarich	Sprinkler Foreman
	Kurt Walter	Assistant Project Manager
35 YEARS	Rob Anen	Executive Vice President HVAC
	Sal Fichera	CEO

F&G/MFP Celebrates Cancer Survivors



Every year Hackensack University Medical Center honors cancer survivors and the families by sponsoring the John Theurer Cancer Center's Celebrating Life and Liberty event at Met Life Stadium.

The event consists of live music, stories of survival and mutual support while giving hope to a future of research and cutting edge treatment. This year, F&G Mechanical and Meadowlands Fire Protection donated blankets to all cancer survivors.

We would like to thank our dedicated snow removal crew, consisting of Chris Partyka, Pat Hettel, Lou Musillo and Vinnie Molinaro for all their hard work during the winter months.

Congratulations to Pamela & Jeff Levine on their Wedding, November 16, 2018. We wish you a lifetime of happiness!



Alden Siegfried Blette
Grandson to Donna & Frank Leanza
Born 8/10/18
7lbs 10oz and 20" long



Alexander Mitchell Kantrowitz
Born 10/22/18 to Lee & Jen Kantrowitz,
6lbs 15oz and 19-3/4" long



Francesca Eva Giardina
Granddaughter to Butch & Diane Giardina
Born 12/29/18, 6lbs 8oz and 19" long

BRING YOUR CHILD TO WORK DAY

On April 26th, we celebrated "National Bring Your Daughters and Sons to Work Day". Our four assistants got a glimpse into the working world in our Secaucus office as they learned about the important roles their parents play within our company.

Massimo & Gianni Quagliariello enjoyed learning about what their dad, Sandro, does as an HVAC Mechanical CAD Detailer. Sandro has been with F&G for 14 years. He is a pipefitter with UA Local Union 9 and started with us in the field, working his way up from a welder to General Foreman.

Lori O'Brien's daughter Angela spent time learning the variety of tasks that an Administrative Assistant completes throughout the day. Lori has worked with us for 18 years as an admin in our HVAC Department, supporting Executive VP Rob Anen and the Project Managers, Estimators and entire HVAC team.

Dave Verna Jr. accompanied his dad, Dave, our Mechanical CAD Manager who leads both the Plumbing and HVAC CAD Detailer teams. Dave is an 18 yr member of UA Local Union 322 of South Jersey. He spent the first 8 years of his career working in the field and had always wanted to transition into Computer Aided Drafting. He's been with us for 10 years.



Thank you again, Massimo, Gianni, Angela and Dave for helping with your parent's responsibilities for the day. We are glad to have had you in the office and welcome you back again next year!

GETTING TO KNOW...



Michael Buttermark is a Project Manager in our Plumbing Division. He is a Union plumber who began his career with F&G as a 4th year apprentice in 1989 and has worked his way up through this industry and within our company for nearly 30 years. He was originally a member of UA Plumbers Local 371, which merged with Local 1, before he transferred to NJ's Plumbers Local 14 in the mid-1990's, which is now Local 24.

Mike comes from a family of plumbers. His father, grandfather, uncles and cousins all worked in the industry in Staten Island, NY, and that is what inspired him to join an apprenticeship program after high school. He worked with F&G in NY before we moved to our current location in Secaucus, NJ and can still remember his first jobs on the extension of the Staten Island Mall and a Naval Base in NYC. His father was also working with us at the time and when he retired, he had faith that Mike would be a great foreman one day. Mike ran smaller jobs at first and, as he recalls, "the jobs kept getting bigger and bigger".

In 2000, Mike became the Plumbing Superintendent, where he worked for five years overseeing the Plumbing Field employees before taking on his current role as a Project Manager. After working directly with PM's and the field for years, when he was asked to be a Project Manager he gladly accepted the challenge and "learned whatever was needed."

When reflecting on his career, Mike is "amazed with the magnitude of our projects and what we built in the 90's, before all of the technology we have today. We didn't have iPads. We used to use beepers to keep in touch." While he has lots of stories, memories and learning moments over the years, he shared, "It's hard to look at the Jersey City Skyline and not see a project that F&G or I have been directly involved with."

On the personal side, Mike is a family man and has raised three daughters, putting two of them through college. He has remained close to his roots and lives in the same community where he grew up in Staten Island. Outside of work, Mike is into fitness. He volunteered for years as an assistant weight lifting coach with the Special Olympics, working with his brother who is autistic. This experience is something near and dear to Mike's heart and has impacted his family greatly. Growing up, his parents founded the first special needs school in New York City, when there wasn't as much information or opportunity as there is today for those with special needs.



Steve Martino, Jared Johnson, Sal Fichera, Mike Tillson, Mike Chunko, Tim Lasek



Frank Trano, Butch Giardina, Mike Buttermark



Vanessa Crespo, Gina Caggiano, Chris Fabijanczuk, Sal Fichera



Frank Trano, Tony Soto, Anthony Barbaccia, John Duffy, Jean Santos Moreira, Steve Martino

CASINO NIGHT

On Thursday, November 29th, 2018, the F&G/MFP Executive Staff, Foreman, Office, Service and Warehouse employees gathered together at the Stony Hill Inn for our first ever Company Casino Night.

All employees were given the same amount of “play” chips for the casino style games, which included Blackjack, Texas Hold’Em, Three Card Poker, Craps and Roulette. Similar to previous company team building events, everyone who attended was assigned to a team with co-workers from various divisions that they may not directly work with each day. At the end of the night, the teams pooled their winnings together and the team with the highest amount of chips came in 1st place.

The winning team included: Anthony Barbaccia, Christian Spataro, David Sondermeyer, Frank Ramirez, James Rodriguez, Jen Ehrentraut, Josh Barbarich, Kevin Cummins, Mike Chonko, Nadine Rivas, Sal Mattia and Steve VanValkenburg.



Jeff Petro, Jen Ehrentraut, Dan Roberts, Colleen Antonucci, Tara Salvatore, Dave Verna

Thank you to our Marketing Team (Donna DiPietro Leanza, Jennifer Ehrentraut, Colleen Antonucci, Tara Salvatore, Dave Verna, Jeff Petro and Dan Roberts) for planning another successful company event.



Bernadette Vega, Jay Laughlin, Jen Ehrentraut, Colleen Antonucci, Joe Rivera, Stella Manuel, Nadine Rivera, Frank Ramirez, Tim Kwaak



Sal Giardina, George Featherman, Justin Turso, Tom Devaney



Jesus Baron Pinilla, Edgar Perez, Jorge Bravo, Tim Manning



Melissa Lauria, Carmela Zoccali, Tara Salvatore, Donna DiPietro



Dan Roberts, Tim Frees, Dave Corydon, Chris Spataro, Zack Boyce, Frank Trano



Joe Rivera, Simon Czubat, Chuck Friedrich, Joe Labruno Jr., Ryan O'Connor



Jose Curiel, Edgar Perez, Alex Martinez, Tony Truesdale, Peter Stassi, Dennis Decker



Frank Ramirez, Donna DiPietro, Jen Ehrentraut, Mike Tillson



Carmine Dambra, Mike Fogarty, Boris Lopac



Jeff Petro, Al Asbaty, Melissa Lauria, Tara Salvatore, Dave Verna, Pravin Patel, Matt Beckett

HOLIDAYS AT F&G

In the days leading up to Christmas, we hosted our 5th Annual Christmas Cookie Contest and our Festive Sweater Contest. (For the winning cookie recipe, see pg. 14) Congratulations to this year's cookie and sweater contest winners!



On Friday, Dec. 21st, 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.



Above Left: Kevin Cummings, Sal Fichera, Peter Stassi; Above Right: Lori O'Brien, Colleen Antonucci, Freddy Munoz, Jennifer Ehrentraut, Tony Giantonio, Maria Coyle



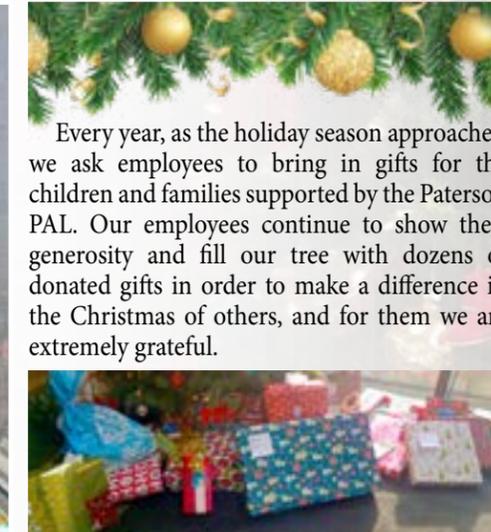
Above: Jean Santos-Morriera, Sandro Mazzolla, Edgar Perez, Sean Kerr, Jason Martin, Randy Smith, Tim Frees, John Connelly, Steve Lewellyn, Mike Smith



Above Left: Holiday Party in the shop; Above Center: Butch Giardina, Donna DiPietro, Sal Fichera; Above Right: Carmela Zoccali, AnnMarie Montes, Dan Roberts, Sandro Quagliariello, Stacy Cesh, Zack Boyce, Alexis Reyes, Maria Coyle, Butch Giardina



Timothy Kwaak, Victoria Ramirez, Sando Quagliariello, Tara Salvatore, Dan Roberts, Tim Frees, Ryan O'Connor, Jen Ehrentraut, Chris Frees, Pam Levine, Stacy Cesh, Maria Coyle, Theresa Fiorentini, Heather Mahoney, Sergio Borges



Every year, as the holiday season approaches, we ask employees to bring in gifts for the children and families supported by the Paterson PAL. Our employees continue to show their generosity and fill our tree with dozens of donated gifts in order to make a difference in the Christmas of others, and for them we are extremely grateful.

Congratulations to all of our contest winners and thank you to everyone who participated!

Cookie Contest

- 1st Place
Heather Mahoney - Nanaimo Bars
- 2nd Place
Sandro Quagliariello - Turtle Cookies
- 3rd Place
Victoria Ramirez - Guava Coconut Cookies
- 4th Place
Chris Frees - Vanilla Coffee Cookies
- 5th Place
Pamela Levine - Rugelach Cookies

Sweater Contest

- Cutest Sweater
Tara Salvatore
- Most Festive Sweater
Jennifer Ehrentraut
- Ugliest Sweater
Tim Frees

6 Ways Social Media Affects Our Mental Health

By Alice G. Walton, Originally published on Forbes.com

Health experts love to say that sitting is the new smoking. Given the number of diseases to which sitting is linked, and the number of people it apparently kills every year, sitting is one of the worst things we can do for health. But possibly as concerning is the thing that we often do while we're sitting: Mindlessly scrolling through our social media feeds. As we probably know intuitively, and research confirms, it's not the best habit when it comes to our collective psychology. The American Academy of Pediatrics has warned about the potential for negative effects of social media in young kids and teens, including cyber-bullying and "Facebook depression." But the same risks may be true for adults, across generations. Here's a quick run-down of studies that have shown that social media isn't very good for mental well-being, and how in some ways, it can be pretty damaging.

It's addictive

Experts are not in total agreement on whether social media addiction is a real thing, but there's some good evidence that it may exist. A review from Nottingham Trent University looked back over earlier research on the psychological characteristics, personality and social media use. The authors conclude that "it may be plausible to speak specifically of 'Facebook Addiction Disorder'...because addiction criteria, such as neglect of personal life, mental preoccupation, escapism, mood modifying experiences, tolerance and concealing the addictive behavior, appear to be present in some people who use social networks excessively."

Studies have confirmed that people tend to undergo a kind of withdrawal: A study a few years ago from Swansea University found that people experienced the psychological symptoms of withdrawal when they stopped using social media. A recent follow-up study found that when people stop using, they also undergo small but measurable physiological effects. Study author Phil Reed said, "We have known for some time that people who are over-dependent on digital devices report feelings of anxiety when they are stopped from using them, but now we can see that these psychological effects are accompanied by actual physiological changes." Whether this is true of social media per se is unclear right now, but anecdotal evidence suggests it may be.

It triggers more sadness, less well-being

The more we use social media, the less happy we seem to be. Studies have found that Facebook use was linked to less moment-to-moment happiness and life satisfaction—the more people used Facebook in a day, the more these two variables dropped off. It's suggested this may have to do with the fact that Facebook conjures up a perception of social isolation, in a way that other solitary activities don't. "On the surface, Facebook provides an invaluable resource for fulfilling such needs by allowing people to instantly connect. Rather than enhancing well-being, as frequent interactions

with supportive 'offline' social networks powerfully do, the current findings demonstrate that interacting with Facebook may predict the opposite result for young adults—it may undermine it."

In fact, another study found that social media use is linked to greater feelings of social isolation. The team looked at how much people used Facebook, Twitter, Google+, YouTube, LinkedIn, Instagram, Pinterest, Tumblr, Vine, Snapchat and Reddit, and correlated this with their "perceived social isolation." Not surprisingly, it turned out that the more time people spent on these sites, the more socially isolated they perceived themselves to be. And perceived social isolation is one of the worst things for us, mentally and physically.

Comparing our lives with others is mentally unhealthy

Part of the reason Facebook makes people feel socially isolated is the comparison factor. We fall into the trap of comparing ourselves to others as we scroll through our feeds, making judgements about how we measure up. One study looked at how we make comparisons to others posts, in "upward" or "downward" directions, feeling that we're either better or worse off than our friends. Both types of comparisons made people feel worse, which is surprising, since in real life, only upward comparisons (feeling another person has it better than you) makes people feel bad. But in the social network world, it seems that any kind of comparison is linked to depressive symptoms.

It can lead to jealousy—and a vicious cycle

It's no secret that the comparison factor in social media leads to jealousy—most people will admit that seeing other people's tropical vacations and perfectly behaved kids is envy-inducing. Studies have certainly shown that social media use triggers feelings of jealousy. The authors of one study that observed jealousy and other negative feelings while using Facebook, wrote that "The magnitude of envy incidents taking place on FB alone is astounding, providing evidence that FB offers a breeding ground for invidious feelings." They add that it can become a vicious cycle: feeling jealous can make a person want to make his

or her own life look better, and post jealousy-inducing posts of their own, in an endless circle of one-upping and feeling jealous.

The connection between envy and depression in Facebook use discovered that envy mediates the Facebook-depression link. That is, when envy is controlled, Facebook isn't so depressing. So it may be the envy that's largely to blame in the depression-Facebook connection.

We get caught in the delusion of thinking it will help

Part of the unhealthy cycle is that we keep coming back to social media, even though it doesn't make us feel very good. This is probably because of what's known as a forecasting error: Like a drug, we think getting a fix will help, despite it making us feel worse, which comes down to an error in our ability to predict our own response. One study looked at how people felt after using Facebook and how they thought they'd feel going in. As other studies suggested, the participants in this one almost always felt worse after using it, compared to people engaging in other activities but a follow-up experiment showed that people generally believed that they'd feel better after using, not worse. This of course turns out not to be the case at all, and is similar in pattern to other types of addiction.

More friends on social media doesn't mean you're more social

Having more friends on social media doesn't necessarily mean you have a better social life. Studies show there is a cap on the number of friends a person's brain can handle, and it takes actual social interaction to maintain these friendships, so feeling like you're being social by being on Facebook doesn't work. Loneliness is linked to a myriad of health and mental health problems, including early death, so getting real social support is important. Virtual friend time doesn't have the same therapeutic effect as time with real friends.

All of this is not to say that there's no benefit to social media—it keeps us connected across great distances, and helps us find people we'd lost touch with years ago. But getting on social media when you have some time to kill, or, worse, need an emotional lift, is very likely a bad idea. And studies have found that taking a break from Facebook helps boost psychological well-being. If you're feeling brave, try taking a little break, and see how it goes. And if you're going to keep "using," then at least try to use in moderation.



Alexis Reyes

EMPLOYEE APPRECIATION LUNCH

On May 23rd, we had our 2nd Annual "Summer Kick-Off Employee Appreciation Lunch" at the F&G/MFP facility. This year's featured food trucks were New Orleans style "The French Quarter" and a Mediterranean themed "The Rolling Pita". Employees enjoyed a variety of tasty treats and dessert options, along with music, fun and games on a beautiful May afternoon. Butch, Sal and the Executive Management Team are appreciative of the hard work and effort that employees put in throughout the year and are glad to have kicked-off the summer with this appreciation lunch.



Butch Giardina, Sal Fichera

Melissa Lauria, Tara Salvatore, Carmela Zoccali



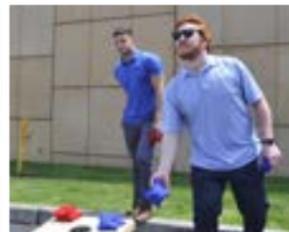
Pat Hettle, Tom Zelazny, Kurt Walter, Mike Buttermark



Joe Boullianne, Steve Martinez



Timothy Kwaak, Michael Maltabes, Victoria Ramirez, Tom Andretta



Mateo Perez, Ryan O'Connor



Sergio Borges, Chris Frees, Colleen Antonucci



Pam Levine, Heather Mahoney



David Corydon, Tim Frees Jr.



Gary Hippe, Tony Giantonio



Jen Ehrentraut, Donna DiPietro



Lee Kantrowitz, Michael Apricena

Red Bulls Soccer



The office & warehouse team completed their third season as part of the Red Bulls League at Bowlero Lanes in Wallington. The winning team this year was: Bernadette Vega, Chris Fabijanczuk, Pat Hettel and Tim Manning.



Saturday, July 28, 2018, F&G office, field and family members took to the Red Bulls Arena and spent the day together, showing their support our local soccer team. The Red Bulls suffered an upset to Columbus with a 2 - 3 final score.



Congratulations to Heather Mahoney, the winner of our 2018 cookie contest! Here is the recipe for her award winning cookies.

Nanaimo Bars

Ingredients

1/2 cup butter, softened	1 cup flaked coconut	2 cups confectioners' sugar
1/4 cup white sugar	1/2 cup finely chopped almonds (optional)	4 (1 oz) squares semisweet baking chocolate
5 tbs unsweetened cocoa powder	1/2 cup butter, softened	2 Teaspoons butter
1 egg, beaten	3 tablespoons heavy cream	
1 3/4 cups graham cracker crumbs	2 tablespoons custard powder	

1. In the top of a double boiler, combine 1/2 cup butter, sugar and cocoa. Cook and stir over medium-low heat until butter is melted. Whisk a small amount of hot mixture into eggs. Return all to the pan, whisking constantly. Cook and stir until mixture reaches 160°. Remove from heat.

2. Stir in cracker crumbs, coconut and, if desired, almonds. Press into the bottom of an parchment lined 8x8 inch pan. Refrigerate 30 minutes or until set.

3. For middle layer: cream together 1/2 cup butter, heavy cream and custard powder until light and fluffy. Spread over bottom layer in pan, Refrigerate until set.

4. While second layer is chilling, melt the semisweet chocolate and 2 teaspoons butter together in microwave or over low heat. Spread over chilled second layer. Let chocolate set before cutting into squares.



FEATURED PROJECT RECTOR STREET



The 23 story building in Newark goes by a few names, most commonly referred to as the “Shaq Tower” by locals and media outlets, but at F&G, we intimately know it as Rector Street. The project at 40 Rector Street is the first high rise to be built in Newark in the last 50 years and will be the first of two complexes furnishing Shaquille O’Neal’s legacy. These towers are strongly contributing to the revitalization of Newark.

Once finished, the \$65 million dollar luxury apartment tower will have 169 residential units and 8500 square feet of retail space. Rector Street broke ground in 2013, but due to demolition and historical issues with the high school, construction was postponed at the site until the spring of 2017.

The tower is located adjacent to the NJ Performing Arts Center and is in close proximity to the NJPAC light rail station. It is a public-private partnership between the state, the city of Newark, Shaquille O’Neal, Boraie Development, and Goldman Sachs.

Our plumbing department is the division leading the completion of this project. We have utilized fabrication on the domestic water system, the sanitary system was bagged and tagged by unit and floor for the ease of installation. The entire project utilized Robotic Total Station tech for the exact location of the sleeves and hanger points. This technology was used throughout the duration of project to ensure an accurate and cost effective job.

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

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