

# CONNESTON CHRONICLES

VOLUME I, 2018

## Project Profile

### Genesis Behavioral Health

By: Jeff Downing

After one false start, several years of searching and ten months of construction, Genesis Behavioral Health, now known as The Lakes Region Mental Health Center, has found a new home at 40 Beacon St., E., Laconia.

The new downtown location is an existing three story building with a brick façade and approximately 30,000 square feet of completely renovated floor space. The building was purchased last March from LRGHealthcare and then the fun began.

Demolition crews worked for several months removing the existing systems, finishes, doors and windows. Required structural upgrades were completed and new wall framing was started to meet the owner's program. New windows were added and the shell of the existing building was upgraded to exceed current energy codes. New sprinkler, state-of-the-art mechanical, electrical and fire alarm systems were installed, including a DDC energy management system. Then came the finishes, paint, carpet, trim, doors and hardware.



Just before Christmas, the furniture, office partitions and equipment arrived, followed by the Genesis staff, who now have a new home, after previously working in a number of facilities scattered throughout Laconia.

The project was designed by Amelia Brock of Samyn-D'Elia Architects, PA of Ashland. Allan Clark of REI Services was the owner's representative and Maggie Pritchard, Executive Director of Genesis, worked daily with the construction team to get the project done on time and under budget.

Shane Moorehead and Chris Parsell led the CCI construction team from the field and Mark Bolstridge served as project manager. CCI is proud to have led the Genesis construction team and hope the organization is comfortable in their new home as they continue to service the greater Laconia community. 

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# CCI Holiday & 25th Anniversary Bash

By: Laura Larson

It's not every year that we get to have a special celebration like we did in 2017. CCI celebrated its 25th year in business and had to find a way to make this year's holiday party like no other.

After carefully considering several options, our destination of choice was Mohegan Sun Resort and Casino in Connecticut. More than just an evening of dinner and dancing, this party was a full weekend of fun.

CCI provided bus transportation to all of our employees who opted not to drive themselves, closed down our job sites at noon on Friday and headed south for the



weekend. While a few chose the latter departure of Saturday, those who arrived on Friday could be found enjoying one of the many restaurant establishments, out on the casino floor trying their luck, attending a comedy show or catching a live music show at one of the bars.

The day on Saturday was spent by some getting a spa treatment, hanging out in the pool and hot tubs, more gambling or checking out the shops. Then, all scurried

to their rooms to clean up for the main event – the CCI holiday party. Held in one of the parlors in the Convention Center, CCI employees gathered to eat, drink and be merry. There was also plenty of socializing and dancing throughout the evening.

On Sunday, everyone boarded the return bus or gathered their vehicle from the valet and headed back north. While some headed back with some extra money in their pockets, and others making a “donation” to Mohegan Sun, all had a great outing and surely one to be remembered for years to come. 



## From the President's Desk



### Happy 25th Anniversary CCI

By: Jeff Downing

Since I first came into the industry, much has changed. It makes me feel a little dated to say that we didn't have computers in the office when I started as an estimator, it was all done with pencil, paper & a calculator.

What? No cell phones or e-mail? How did you communicate? How can you manage a project like that?

We didn't have word processing, spreadsheets, scheduling, project management and accounting software. How is it possible to manage a company without that?

No PDF's, no plotters and no drop boxes? The “cloud” was something that you laid on your back and gazed at if you had the time on a nice summer day.

Yes, much has changed thanks to technology, but many things are still the same.

We still build with concrete, steel and wood. Jobs are still staffed by a group of dedicated tradesmen, who love to complain, but always come through when the pressure is on.

Schedules and clients are just as demanding as ever and one still gets a certain satisfaction when a project is well done and completed on time.

A challenging job is still something we don't run from and there are always an endless number of problems to be solved to achieve success.

Thirty plus years of experience in the commercial construction industry has made me jaded, because I know that nothing is as easy as it appears at first glance.

CCI has been my dream job, my company, my responsibility, my leadership and my family. As president for the first 25 years, I'm here to tell you that I could not have made it happen without the support of a group of very dedicated people, my partners and co-workers here at CCI.

I may be the front man and the face of CCI, but they are the real heroes, the people who get it done every day and keep the clients coming back year after year with repeat projects. They are the heart and soul of CCI.

So much has changed during my tenure, but what really counts has remained the same. With a bow to the past, an eye to the future and a love for a great industry and a company rich in tradition, it is my pleasure to report that all is well here at the President's desk at CCI. Looking forward to our 30th!

## Client Profile

### Schilling Beer Co.

By: Jeff Cozzens, CEO/Co-Founder, Schilling Beer Co.

#### About Schilling Beer Co.

Schilling Beer Co. is a progressive European-inspired small-batch brewery nestled in Littleton, NH, a picturesque “Main Street” town in the White Mountains Region immediately east of the VT state line (just off of I-93). Our brewery is centered on the values of family, community and excellence; three united grain heads in our logo symbolize these values.

Schilling’s co-founders left professions and moved across continents to link up in the North Country to brew together. The name “Schilling” honors our grandfather, Dr. Richard J. Schilling, and also reflects the continental European influences on many of our beers. Head Brewer John Lenzini, a chemist, educator, and former resident of Germany and Austria began brewing in grad school in 1996. His best friends/brothers Jeff, Matt and Stuart Cozzens have been drinking it since. Sharing John’s beer with friends is one of our greatest joys.

We brew Schilling beers in 7-barrel batches at our brewpub, located in a lovingly restored circa 1797 gristmill. We conduct some of our research in German—especially when reviving old European beers—to brew styles rare to American craft brewing; however, Old World styles do not solely define us. Our progressive use of raw materials and innovative brewing methods allow us to reimagine classic styles and tastefully push boundaries to develop beers that are distinctly “Schilling.”

#### Resilience Brewing: our side project

Resilience Brewing, our small American ale-centric side project, took flight in 2017. Resilience beers compliment Schilling’s European-inspired styles through their forays into expressive New World ales, ranging from viscous barrel-aged dark ales to New England IPAs.

#### The future

The riverside property next door to our flagship brewpub will soon be home to a modern Scandinavian farmhouse-inspired building, constructed by CCI, which will house our expanded brewing, packaging and retail operations. While we will continue to operate our brewpub at 18 Mill St. much as we have to date (adding a robust experimental pilot brewery on its lower level), the expansion next door will give our brewers considerably more room to operate and showcase their talents. The expansion will center on a custom-built, five-vessel 20-barrel Newlands system and will include a robust wood-fermentation center and koelschip (an open fermenter that allows beer to be inoculated with resident microflora). We expect to be brewing in this new building in early 2018.

The 7,500 square foot expansion will also allow us to add a Wild Goose canning line, as well as a 750 ml bottling operation. Sixteen ounce cans and 750 ml bottles will be sold primarily in the retail center on the west side of the new building—complete with a tasting bar and to-go beer center, a fireplace and sweeping views of the Ammonoosuc River.

For more information on Schilling and Resilience beers, please visit [www.schillingbeer.com](http://www.schillingbeer.com), or stop in and visit us at 18 Mill St, Littleton, NH 03561. 

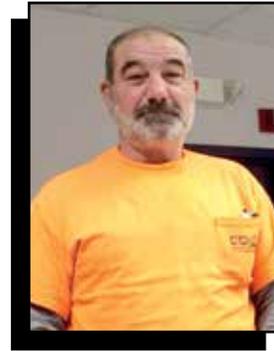


**SCHILLING**  
BEER CO • LITTLETON • NH

## Employee Profile

### Dennis Downing

By: Wendy Couto-Herne



Dennis Downing has been with CCI for over eleven years now. Prior to working for CCI Dennis was a self-employed logger for twenty nine years.

When asked why he came to CCI after so many years on his own in the logging industry, Dennis explained that working in construction is much easier than working in the logging industry.

When he is not at work, Dennis enjoys hunting, gardening, indulging in a good read and spending time with his family. Dennis and his wife Karen have one daughter Susan, who has one daughter with another one on the way in April 2018. Dennis and his family also enjoy traveling. They take a family trip to Aruba every year.

I inquired which project or an aspect of a project Dennis found to be the most interesting while working for CCI. He responded that working on the Hooksett Rest Area project on the South-bound site was pretty interesting. He was there for over a year and there were many different aspects to that project that kept it exciting. I asked Dennis to share a little-known fact about himself and he declined to comment, as then everyone would know. So he chooses to remain a man of mystery! Pretty certain we can all appreciate that. 



## “Easy is for Amateurs” Part II – The Mountain View Grand Resort

*By: Jeff Downing*

In the last issue of the Conneston Chronicles, we included a short story about the elevator and egress stair addition at the Mountain View Grand Resort and the extensive interior renovations associated with the project. The job involved extensive shoring, demolition, structural upgrades, mechanical, electrical and sprinkler work and a high level of finishes, all working around an operating 144 room resort open to guests 24/7.

“Easy is for Amateurs” is the quote provided by Mountain View Grand Resort’s General Manager, Chris Diego, when project manager Jeff Downing had complaints about the many planning woes associated with the job. It takes a professional to live up to the extensive planning associated with this project and CCI fit the bill (although we struggled with the challenge from time to time).

A floor by floor phased construction schedule, coordinated around hotel operations, discussed at weekly job meetings helped, but nothing was more important than daily communication between Ron Downes, CCI Superintendent, and Chris Diego and Marsha Luce, Special Projects Coordinator, representing the hotel. Sometimes when guests complained, work had to be stopped, staging taken down and another solution found. End of the day, the management of this project was all about working around the guest experience and hotel operations.

The result, after eleven months of renovations, is amazing. The hotel has a new six stop elevator including elevator lobbies on each floor. A spa entry has been added on the 6th floor, public restrooms, the theater, select guest rooms, a new café and gift shop have all been renovated and a new egress stair has been added. Windows, siding, trim and high efficiency insulation have been added at select locations and mechanical, sprinkler and electrical systems have been upgraded to meet current code. Also an ADA ramp has been added, finished in stone, granite and wrought iron worthy of a grand hotel at the front entrance of the building.

It was not easy and it was always a challenge, but CCI got it done and is proud of the end result. We look forward to more “easy” jobs at the Mountain View Grand Resort in the future.



## Project Profile

# Meredith Village Savings Bank – Portsmouth

By: Jon Healey

*“Resilience,” Webster’s Dictionary defines this as, “an ability to recover from or adjust easily to misfortune or change.”*

This past summer CCI and Meredith Village Savings Bank completed construction of the bank’s new 3,500 square foot branch located on Lafayette Road in Portsmouth, NH. Throughout construction, multiple unexpected and uncontrollable delays threatened completion and unforeseen conditions were encountered at, what seemed like, almost every turn. This new branch is a perfect symbol of resilience. With the leadership of NH Mutual Bancorp Vice President of Facilities & Community Reinvestment Act Officer, Alison Whynot, CCI Superintendent, Mark L’Heureux and Mark Hall of Samyn - D’Elia Architects, these delays, obstacles and inconveniences were dealt with effectively, never allowing them to deter us from our final goal... Completion!

Design work for this project led by Samyn - D’Elia Architects; Foley, Buhl, Roberts Associates; C.P.B Engineering; and, The Element Group began in 2015 with CCI breaking ground in the fall of 2016. This branch, being Meredith Village Savings Bank’s first in the Seacoast Region, is a perfect blend of new aged design and technology with time tested architectural features. Built on a once rundown, trash-filled lot on the corner of Robert Avenue and Lafayette Road the building stands out from its contemporaries in the neighborhood. From the exterior, the stone and cedar clad building fits the seacoast area perfectly, drawing from many of the architectural elements reminiscent of the coastal area residences and buildings. A large, inviting lobby space greets you on the main level as you enter the building with high arched windows drawing in natural



light from the outside and radiant floor heating warming the space. The teller area, designed by The Element Group, allows for a more personal level of banking between bank staff and their clients. Office areas and conference rooms are outfitted with the latest in technology and are also warm and inviting spaces for both clients and staff.

CCI is grateful for all their subcontractors who assisted in making this project a success. W.F. Grace Construction, MasCon Masonry, Quality Insulation, Novel Iron Works, Perkins Painting, Aubin Woodworking, JDS Flooring Associates, Daniel’s Electric and LDG Mechanical all played crucial roles in the project, proving that they are invaluable assets to CCI’s success. CCI would also like to acknowledge all the members of Meredith Village Savings Bank team involved throughout the construction, Sam Laverack, Rick Wyman, Alison Whynot, Jim Carrigan, Marcus Weeks, Don Girard, and Mike Nolan and many others. Their trust and confidence in CCI throughout, not only with this project, but on all our previous Meredith Village Savings Bank projects, is something we here at CCI do not take for granted. 



## Project Profile

### Alex Ray Peverly Barn Restoration

By: Jeff Downing

The Peverly Barn Restoration Project actually started over a year ago, when Alex Ray was given one of the oldest barns in the State of New Hampshire. Problem was, it was in Canterbury, fully erected, and Alex wanted to dismantle the structure and relocate it to a new home in Plymouth.

Enter CCI superintendent Bill Smith and crew, who worked with Alex on this project, which entailed developing a plan of the existing structure, numbering it, dismantling it, inventorying it and trucking it. This was all done without any major mishap, but the investment for the “free” barn was close to \$100,000 just for Phase I. When asked why he did it, Alex simply replied “I just like old things.”

Next enter the design team, Samyn - D’Elia Architects, PA and McBrie, LLC, structural engineers. Their task is how do you make an old barn into an energy efficient, code compliant structure while retaining its orig-



inal architecture and charm? The answer is very carefully and thinking outside the box.

Working in close collaboration with Alex Ray and CCI, the design team helped shape Alex’s vision into a functional, energy efficient, code compliant, 12,000 square foot function facility that looks and feels like what it was originally, one of the oldest barns in the state.

Field modifications and design decisions on the fly is what Alex Ray is all about. He likes to design as he goes and many times, you need to back up several times before you can go forward again. After over twenty five years of field collaboration on many New Hampshire hospitality landmarks, the track record and experience is established, but at times, working with Alex can be a little challenging.

There was the time on a Friday night at 9:15 PM when Alex called CCI President Jeff Downing to say, the conventionally framed gable end, just completed that day, “just doesn’t look right and it doesn’t look like an addition on a barn should”. Jeff told Alex to think about it for the weekend and it could be removed and changed on Monday if that was his decision. Monday came and the roof came off and was



reframed more to Alex’s vision. Just another Alex Ray story in a book yet to be written, but the end result is always worth a little pain in the process.

Opening to the public in the spring, the new C-Man Function Barn will be a great place to hold a party for up to 300 people, who will marvel at the barn, which is a piece of New Hampshire history, given a new life by a man who is a piece of New Hampshire history himself. CCI, our subcontractors and the members of the design team, are proud to be a part of the Peverly Barn Restoration Project and look forward to our next Alex Ray adventure. Did I mention “tiny houses?” 



## Subcontractor’s Spotlight

### Northern Builders

By: Bryant Lehr

You’ve probably heard it from everyone from your local mechanic to your co-workers, trying to find good help these days is difficult. Well, we seemed to have found a diamond in the rough, Northern Builders. Based out of Bethlehem, NH, David Cryans, Sr, started the company in 1986 as a small 2-4 man company. His son, David Cryans, Jr., worked for his father part-time through high school and full-time after that, finally buying into the company five years ago. They have grown since the company started and currently employ

twenty men with four superintendents running different crews. And David Jr. isn’t the only one in the family working at Northern Builders, David’s brother, uncle and two cousins are also employed by Northern Builders.

Over the years Northern Builders has completed a lot of different commercial and residential projects from banks and apartment buildings to custom homes. Although CCI has only used Northern Builders to supplement our framing crews, according to David Cryans, Jr., they have the ability to do a lot more including tiling, flooring, sheetrock, painting and roofing.

Northern Builders is currently working with CCI on four of our projects including the Common Man Peverly Barn, Mountain View Grand Resort, the Drouin Residence and the Schilling Beer Company. All of our superintendents have had nothing but good things to say. And it appears the feeling is mutual as David Jr. stated that CCI is a great company to work with. CCI looks forward to being able to continue our relationship with Northern Builders. 



### Fisher Engineering, P.C.

By: Ross Currier

I've known and worked with Joel Fisher pretty much since the first day he opened his structural engineering firm in 2004. And believe it or not, during all that time, I had never been to his office perched high on a hill next to Belknap Mountain in Gilford, NH. As I made the turn off the main road and started the climb up Joel's long, steep, winding driveway, I was glad I came with a four-wheel drive vehicle. Otherwise, I'm not so sure I would have made it. Walking up to his front door, I soon heard the excited barking of Joel's two Springer Spaniels – Puggy Sue and Oliver. Once inside, he and his energetic canine escorts lead me down to his office.

Joel's office is part of a beautiful home that he lives in with Judy, his wife of 33 years and their two sons, Ben and Max. Much of the carpentry, mechanical piping and electrical wiring he did himself – partly to save money, but mostly because he enjoys working with his hands and likes the rewarding feeling of being a do-it-yourselfer.

Born and raised in Goshen, NY, Joel graduated from high school in 1977, took a couple years off and then went on to study architecture and engineering at the University of Miami. He soon realized that he wasn't going to do both, and his extremely challenging dual major was too much to keep up with so he turned his attention to structural engi-

neering. In 1984, he graduated with two degrees in engineering and went to work for an engineering firm he'd been working for while in school. During his five years with them, he was involved in the design of numerous concrete buildings for major medical centers and institutional clients. Soon he felt the urge to live in more northern climes and after researching the northwest and northeast corners of the country, he and Judy decided to make a move to central NH, where Joel took a job with the Laconia engineering firm of Rist Frost Associates, and Judy cared for their newborn son Ben. Judy is currently a nurse at Lakes Region General Hospital.

Feeling independent and experienced enough to strike out on his own, Joel left RFS to start Fisher Engineering, P.C. in 2004. Soon after, he found himself networked with many of NH's well-known architectural firms and with it came a steady stream of business that he still enjoys today. Joel has a Professional Engineer's license for NH, VT, MA, ME and FL, but the projects he works on are pretty much in NH – CCI has been the contractor on many of them. CCI's superintendents appreciate the thoroughness of Joel's design drawings and his concern for how we and our subcontractors will construct what he draws.

Known for his attention to detail when visiting a jobsite, Joel isn't afraid to get dirty during his inspections. His careful observations can sometimes be frustrating to those doing the work, but in the end, everyone knows he's simply looking out for his client's best interests and his desire to see first-class construction

on every project he designs.

In his free time, Joel enjoys golf, skiing, shooting sports and working on the many projects he tackles around his house. Recently, he had Frase Electric increase the size of his solar array to a not-so-small 35KW solar array. The array was designed with capacity to supply heat, lights and hot water for his home. Talk about being off the grid!

Currently, CCI has numerous projects under construction with Joel and given his popularity with many of the same architects that CCI works with, it's expected these won't be the last. As one of my closing questions to Joel, I asked him if there was anything he wishes he could change about the design and construction industry. His reply was to say that, as much as he enjoys meeting the demands of the fast-paced world of construction, he sometimes wishes there was a little less of the 'I need it yesterday' mentality. Despite that, Joel will always do the best he can to meet the strict schedule demands of his clients. Many in the construction industry have the same wish as Joel, but that's the nature of the business and because of that, CCI looks forward to meeting that challenge when they partner once again with Fisher Engineering, P.C. 



## Subcontractor's Spotlight

### Fontaine Construction

By: James Robinson

Fontaine Construction was established in 1998, by Ryan Fontaine located in Bow, NH. Ryan started working construction in his teenage years working for his father, primarily working on roofs. As Ryan expanded his skills, he moved his business focus to a vinyl siding installation company.

Over the years Fontaine Construction has added many commercial/residential ser-

vices to their spectrum of work including window installations, exterior trim, metal roof applications, remodels and custom decks and porches. If the work needed to be done does not fit Fontaine Construction's scope of work, they are pleased to refer the right tradesmen for the job. Fontaine employs a small group of core carpenters/craftsman, and hires subcontractors when they need more manpower to complete certain projects.

Fontaine Construction has many repeat customers and prides itself on maintain-

ing a happy client base. Recent projects Fontaine Construction has worked on with CCI include Pickering House, Middleton Elementary School, and New Hampton School - Moore House. CCI looks forward to continuing their relationship with Fontaine Construction on future projects. 



## CCI Fall Party

By: Laura Larson

CCI celebrated our annual fall party on Friday, October 13, 2017. This year's event was held at the Common Man Inn & Spa in Plymouth. Everyone enjoyed a vast array of appetizers and a bountiful buffet for dinner. This gathering allows CCI employees an opportunity to catch up, socialize and celebrate with those they may not see every day.

Overall, it was a great evening to bring employees and their families together to socialize in a relaxing setting. 



*On Saturday July 15, 2017 Jake Neal wed Melissa Duhamel at Melissa's parents' property in Northfield, NH. Melissa and Jake's daughter, Jocelyn, joined in the ceremony which took place at the barn on the property with many family and friends in attendance.*

## CCI Safety Program Update

By: Jon Healey

The Conneston Construction 2017 Safety Committee has been actively working to provide a safe work environment for all employees and our subcontractors. For 2017, CCI had zero lost time injuries reported and no OSHA violations thus achieving two of our major goals for the year. This is in large part, due to the efforts of all the employees of CCI who are actively trying to maintain a safe workplace.

Throughout the year, CCI has offered opportunities for safety related training to their employees. The training has included: Trenching Safety, Confined Space Training, Scaffolding Training-Competent Person, OSHA 10 Certification and Safety Leadership. Various job sites

have provided opportunities for employees to obtain their Lull/Rough Terrain Forklift licenses as well as recertification for those who were in need. Quarterly safety meetings were held with topics ranging from Fall Protection to Electrical Safety. On behalf of the Safety Committee, thank you to all who took advantage of what has been offered. I would also like to thank Contractor's Risk Management and The Rowley Insurance Agency for their assistance in helping to provide these opportunities.

In 2018, we are hoping to continue the success while offering a variety of new ways to improve our safety habits. We all cannot afford to become complacent as accidents are always a constant possibility

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Bryant Lehr

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in our industry. In 2018, we also welcome the two newest members of the CCI Safety Committee, James Robinson and Brandon L'Heureux.

As always, stay safe! 

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## PROJECTS CURRENTLY UNDERWAY

Project	Client	Superintendent	Completion Date
Pickering House Additions and Renovations	Peter and Patty Cooke	Damien Patten	Spring 2018
Private Residence	Victor & Catherine Drouin	Mark Marceau	Summer 2018
Private Residence	Jim & Gillian Van Schaick	Bob Corliss	Fall 2018
Connector & Crystal Ball Room Renovations	Mt. View Grand Resort	Ron Downes	Summer 2018
Career and Technical Center Additions and Renovations	Plymouth Regional High School	Mark L'Heureux	Fall 2018
Additions and Renovations	Andover Elementary/Middle School	Shane Moorehead	Fall 2018
Restaurant Renovations	Canoe Restaurant	Bill Smith	Spring 2018
New Staff Housing	Bald Peak Colony Club	Ray Breton	Spring 2018
Private Pool House	Bernie Volz	Damien Patten	Fall 2018