



CONNESTON CHRONICLES

VOLUME I, 2020

Project Profile

Taylor Presidential Cottages

By: Bryant Lehr

CCI began in the fall of 2018 budgeting six new high-end 3,300 square foot cottages, designed by David Laurin, for Taylor Home to be located on their Laconia campus. After several rounds of budgeting and scope refinement with Kirk Beswick, Vice President of Facilities, through the end of 2018 and early 2019 the fun part began - building the cottages.

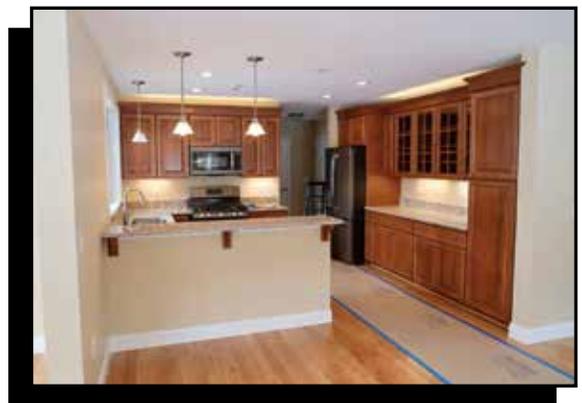
Steven J. Smith & Associates, Inc. provided a nicely laid out site on a new road, Volpe Way, for the six cottages that doesn't feel cramped and is surrounded by woods that act as a nice natural buffer. The Taylor Community began clearing the 3 acres of woodlands in the fall of 2018 and Nutter Enterprises began the earthwork in late April 2019, with CCI veteran supervisor, Mark L'Heureux, manning the project. The summer months were warm and dry but with periods of heavy rain that made the site nearly inaccessible at times; however, Nutter did a very good job reshaping and grading the lot to allow access to the furthest point of the development.

The original plan was to start at the furthest portion of the lot and work our way back towards the entrance allowing unit #6 to be finished first and unit #1 to be finished last. The schedule worked well for sitework through rough carpentry, roofing and siding; however, the Taylor Community began their sales push and the units sold quickly with move in dates that didn't coincide with the original plan.

As it turns out, unit #5 was moving in first followed by units #3, #4, #1, #2 and #6. So, the schedule that looked good on paper had to be adjusted. With drywall and interior trim already started in unit #6, CCI and their subcontractors moved quickly to bounce from unit to unit, as required, to meet move in dates. Besides a slight delay in the first move in date, CCI is proud to say that units were finished in time for the residents to occupy their new homes.

CCI has a long list of valued subcontractors we do a lot of business with because we know they can perform; likewise, Taylor Community has another list of vendors they use frequently that they have had success with. We married the two lists and I'm glad to report that, with few exceptions, the subcontractors got the job done.

Problems arose throughout the project, but construction is a business of solving problems. Our weekly meetings were well attended, and issues were noted and addressed by both CCI and Taylor. CCI would like to thank the Taylor Community for their trust in us in completing this work and would like to say "Welcome Home" to the new residents on Volpe Way. 



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Chadwick Mechanical, LLC

By: Ben Downing

Chadwick Mechanical, LLC has been doing work in the greater Lakes Region going on three years. They specialize in plumbing and HVAC installation, replacement, and repair in both commercial and residential buildings. Plumbing is a family profession for owner and operator Jeff Chadwick, who personally has 21 years of experience in the trade. When the economy was right, Jeff started Chadwick Mechanical, LLC and has been managing the growth of his business ever since. He currently has six experienced employees and is looking for more workers. Chadwick Mechanical, LLC takes great

pride in completing quality work and is committed to doing the job right.

Jeff and his crew have been working with CCI on various projects for just over a year. Their first project with CCI was the Mountain View Yacht Club in Gilford, NH. Chadwick Mechanical, LLC is currently working on two projects with CCI. One project is a private residential house in Wolfeboro, where he and his crew are installing a high-efficiency radiant heat system, in addition to plumbing throughout the house. The other project is a commercial building for Irwin Marine, where

Chadwick Mechanical, LLC is responsible for installing three rooftop HVAC units, as well as full ductwork and plumbing for both new and renovated bathrooms. Jeff says it has been a pleasure to work with CCI and appreciates their professionalism and organization. Chadwick Mechanical, LLC is excited to be featured in the subcontractor spotlight in this issue and looks forward to doing more work with CCI.

For more information on Chadwick Mechanical LLC, please visit their website, www.chadwickmechanical.com.



Chadwick Mechanical, LLC
Plumbing and Hvac services

From the President's Desk

Full Circle

By: Jeff Downing

When I was a first-year student at New Hampshire Vocational Technical College in Manchester almost 37 years ago, one of the best things that happened to me was being part of the work study program. It was only six hours a week, and at first the work was very limited and unskilled, but it gave me the

opportunity to really get to know the professors in the Building Construction Technology program on a personal basis.

It was how I was introduced to Professor Bud Lantz, a career cabinet maker who ran his own business, before retiring to his second career, as head of the Building Construction program. Through Bud Lantz, I was introduced to many aspects of the construction industry, but my passion at the time was cabinet making and furniture building. I thought my career path was in this direction, and I spent my time learning the craft and acquiring the tools of the trade.

I remember my first project that I had spent hours painstakingly crafting. When Professor Lantz inspected it, he shook his head solemnly, then walked to the table saw and cut my piece into kindling. "You can do better, Jeffrey my boy. You are here to learn," he lectured. "Try again, but remember, in some tasks when you want to go faster, you need to learn that the first step is slowing down."

My second piece was better than the first and avoided the fate of the table saw and I learned a lesson about furniture building along with a thing or two about Bud Lantz.

Of course, I didn't become a cabinet maker upon graduation. I got introduced to commercial construction and never left the trades. Over time, my shop and hand tools went into storage and I focused on learning the business of construction, earning a BPS and master's degree in business management and raising a

family. As my kids got older, I got into coaching middle school and travel basketball for twelve years while my tools got rusty.

Just last summer, I built a barn at my house in Plymouth with one bay dedicated to the workshop that I always dreamed of having. I retired from coaching basketball this year and found some time for a few projects. The tools are out of storage, the rust cleaned off and I have rediscovered what I loved about woodworking.

For Christmas this year, I gave my son Ben, who is now the same age I was when I first met Bud Lantz, a pile of cherry boards with a card promising to help him design and build his first project, a carpenter's wooden toolbox. We worked together in the shop over his break from college and finished the piece, sharing with him a few of the skills that I learned long ago. Now Ben is interested in doing projects of his own and continues to acquire tools and build skills through experience.

Although I don't think Ben will be making his living as a woodworker, it does give me satisfaction to see he is at least interested in exploring the trade. I also know well the look of pride in his eyes when a project is planned, completed and done well.

They say the path in life can sometimes be a full circle and that is certainly true regarding my passion for woodworking. It is very cool to rediscover a lost love and to share the skills with the next generation.



Client Profile

Stamping Technologies, Inc.

By: Bryant Lehr

Mark St. Gelais got his start in the metal stamping business at his father's tool and die business. He went on to found Stamping Technologies in 1990 with a vision of supplying the electronics industry with world class metal stamped components. Their commitment to providing customers with cost effective, high quality precision parts is evidenced by their continued investment in state-of-the-art manufacturing equipment and ISO 9001:2015 certification.

Stamping Technologies, located in Laconia, NH, employs 20 full-time employees and operates a single shift; however, that doesn't stop them from providing key components to some large defense contractors. Most of their products are specialized parts for aviation, thermal imaging and missile defense systems. They also export components to NATO partners in Italy, France and Germany, which Mark notes is unusual for a company of their size.

Mark recently reached out to CCI to help with a problem. Business was great but he was running out of room and needed additional storage space. CCI began the 12-week, roughly 2,500 square foot expansion of their facility in late September. It wasn't the biggest project CCI has ever completed, but it certainly was one of the smoothest. Mark sat in with Bill Smith and Bryant Lehr on our weekly meetings and answered or addressed, within minutes, any questions or observations CCI had. No action items were left on the meeting notes longer than a day, which made the project move very fast. With the project complete, Stamping Technologies has begun freeing up much needed area in the existing manufacturing space for additional production equipment. 

Crossroads Academy Fanger Center

By: Jeff Downing

CCI has been selected by Crossroads Academy to serve as construction manager on their new 14,000 square foot middle school, which is scheduled to break ground this spring.

Designed by Banwell Architects of Lebanon, New Hampshire, the project will include new state-of-the-art middle school classrooms, including language, math and science laboratories. The building will also feature Crossroads Commons, an innovative space designed for flexible learning opportunities, school meetings and performances.

The REVIT design was modeled using a 3D software program called Enscape. The program takes the modeling, textures, etc. from REVIT and renders it real-time, giving the design/construction team the ability to walk through and modify the proposed project, solving conflicts and collaborating on better details.

The Fanger Center is scheduled for completion in the spring of 2021. Crossroads Academy is an independent K-8 school located in Lyme, New Hampshire. 

Employee Profile

Christian Boucher

By: James Robinson



Christian is a CCI young gun born in August 1992. He has been a proud CCI employee since October 2015. Before Christian came to CCI, he was framing houses and working on smaller projects.

Christian married the love of his life, Elisha, in 2015 and shortly thereafter, started a family. In 2016, Wyatt Boucher, their son, was born.

Christian is the type of employee you want on your job; he is a fast-paced worker, and some might say he has the fastest nail gun at CCI. He is becoming a well-rounded carpenter and is headed up the ladder at CCI. Christian's main hobby is spending as much time as he can with his son, Wyatt. Wyatt likes to help mow the lawn and ride his dirt bike. 



Project Profile

Common Man Roadside – Plymouth

By: Jon Healey

In April of 2019, CCI broke ground on the Common Man Roadside Market and Deli in Plymouth, NH. This 5,000 square foot store was modeled after the highly successful Hooksett Welcome Centers and was fast tracked to be completed and operational in six months. In October of 2019, CCI completed the project on time and within budget. Just hours after opening there was a line of people out the door proving that if you build it, they will come.

The following is a press release from the Common Man Roadside team relating to the store's opening:

“Common Man Roadside Market & Deli Opens in Plymouth”

Building on the success of the Common Man Roadside at the Hooksett Welcome Centers on Interstate 93, the new Common Man Roadside Market & Deli opened in October 2019 in Plymouth.

With Conneston Construction, Inc. as the General Contractor for the project, The Common Man Roadside was built in six months with a distinctly New Hampshire theme.

The 5,000 square foot building on Tenney Mountain Highway (NH Route 25) has a mill-like architectural style with an exterior granite façade. The interior features repurposed wood from a 19th Century New Hampshire barn and an arched ceiling. A restaurant within a convenience store, the Common Man Roadside offers made-to-order food in an open kitchen concept.

“We are excited to have opened our first Roadside Market and Deli in Plymouth,” says Common Man Roadside managing partner Brad Pernaw. “We have received a warm welcome from our home town and look forward to growing throughout the state.”

CCI would like to thank the design team organized and guided by Samyn - D’Elia Architects, as well as the many subcontractors such as Andrew’s Construction, SL Chasse, ASAP Roofing, Skyline Roofing, Quality Insulation, Jack Joyce Drywall, Perkins Painting, Pemi Glass, Giguere Electric, LDG Mechanical, Boucher Acoustics, Lang Door & Hardware and Northeast Flooring Solutions for another in the long line of successful projects for the Common Man Roadside team. 



The Renovations Continue at Mountain View Grand Resort & Spa

By: Jeff Downing

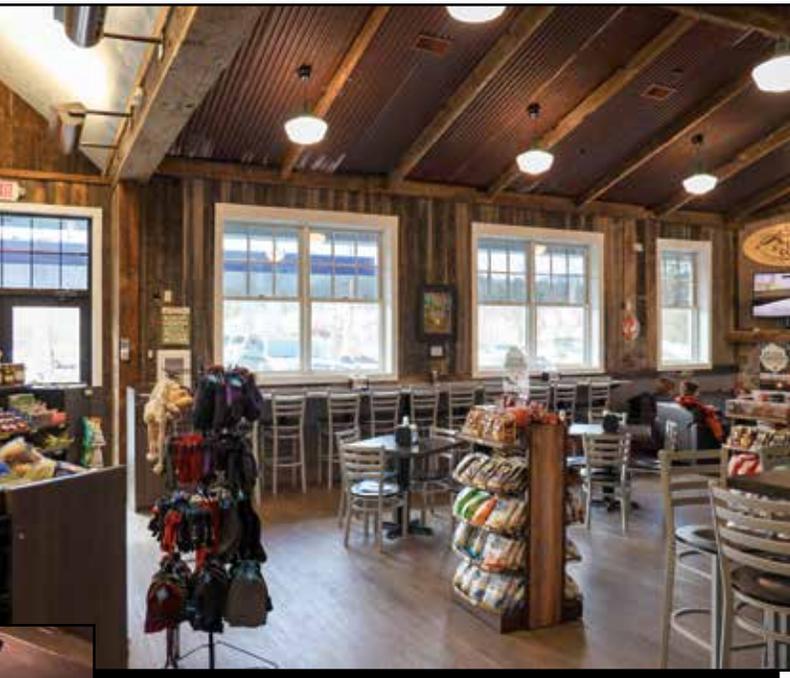
Starting with the elevator and stair tower addition and renovation project back in 2017, the Mountain View Grand Resort and Spa has been under a continuous state of construction for the past three years, with only short breaks around the busy hospitality peak seasons of summer and winter.

Taking full advantage of the early spring and late fall seasons, the CCI construction team has completed extensive energy upgrades to the existing facility. Working in short phases, windows are replaced, heat pumps installed, and the building shell is brought up above current energy codes.

According to General Manager, Chris Diego, the results of this investment are starting to pay off and the resort is seeing net annual savings on their energy consumption in excess of \$60,000. The best part about this news is the project is only about 60% completed at this time, so additional savings are likely to be realized in the future.

This spring, CCI will tackle Phase IV, a \$1.3 million dollar renovation of the North Wing which impacts 27 units. Along with this work, other capital projects are planned to take full advantage of the economy of scale and mobilization expenses associated with major construction. A fall 2020 phase is also planned that will complete energy upgrades at the East Entry along with an additional 12 units. Current construction plans have all renovations completed by 2022.

Working around an operating hotel takes a vast amount of planning, attention to detail and flexibility when it comes to guest concerns, but our experience at the Mountain View Grand has been extremely positive over the past three years. We are proud to be a part of this carefully planned project and leading the team that is transforming this historic property for the next century and beyond. 



Russell Elementary School Additions & Renovations

By: Jeff Downing

CCI has been selected by the Rumney School Board to manage a major addition and renovation project at the Russell Elementary School.

The \$5.5 million dollar project consists of approximately 13,000 square feet of new classroom space and 19,000 square feet of renovations to the existing building. The

renovation scope includes a new sprinkler and fire alarm system along with HVAC upgrades. The original 1957 wing of the building will be demolished and removed as part of this project.

Groundbreaking is scheduled for this spring and the project will be completed in August 2021. Jon Healey will serve as project

manager and Ray Breton will be superintendent for CCI. The administrative team for SAU #48 will be Jon Francis and Amy Ulricson. The project is designed by Stewart Architects of Laconia, New Hampshire. 



Sawdust in the Morning

By: Ben Downing

When I began as a carpenter and construction worker at CCI this past summer, I knew I had big shoes to fill and I felt like I had a lot to prove. I had been hearing about the construction trade my entire life, around the dinner table, during car rides, on walks and hikes, and even over the roar of a boat engine. I understand the job-cost system, CCI's complex bonus programs, how to do job estimating and how schedules are built, what goes into a project proposal, and a multitude of other ideas, both simple and complex, that are essential to the health of our company. However, the painful, and rather ironic realization that I came to was that even though I had have been schooled in construction and carpentry since the day I was born, I genuinely had no idea what I was doing when it came to actual carpentry work.

I knew trusses had to be straightened, that walls had to be plumb and their top plates level, and I knew that studs were supposed to be laid out at 16 inches on center; but I had absolutely no idea how to go about doing any of these things. The first day I showed up on a job site this summer was the first time in a long time that I was genuinely nervous. There I was, the boss's kid, standing beside my car, toolbox in hand, staring at the group of CCI guys who sat smiling and laughing on the tailgates of their trucks. I was shaking in the new pair

of boots I had bought from Tractor Supply the day before, and thrown repeatedly, along with my shiny new tools, in the gravel driveway at home in a desperate attempt to make them look used and worn. I wasn't nervous because I was afraid of working a 40-hour week, as I had been landscaping since the beginning of high school. I wasn't nervous because I was scared to be made fun of. I wasn't nervous because I had to learn everybody's names either, because I knew them already. I was nervous because I had big boots to fill, and I knew my feet were a couple sizes too small.

As it turns out, I had nothing to worry about. I'm guessing it was pretty evident that I didn't know what I was doing because over the summer, I was assigned various different tasks and paired with experienced carpenters who knew what they were doing and were very patient in explaining it. Slowly, I became more and more sure of my abilities as a carpenter. I learned how to lay out and frame interior walls, how to put up and stagger ZIP sheathing on exterior walls, how to lay underlayment on floors, how to cut stringers for stairs and how to cut rafters. I learned that it is not a good idea to shoot three and-a-half inch framing nails through a one and-a-half inch stud with a PVC stink-pipe on the other side, and then I learned how to replace a PVC stink pipe

from some rather impatient plumbers. I learned several of what the younger carpenters lovingly call "old guy tricks," which are sneaky and efficient ways of solving problems and fixing mistakes that all the older carpenters have learned over time, and through extensive experience in the trade. I learned about siding, about working from a snorkel-lift, about the daily ins and outs of being a construction worker, and I learned a lot about the skilled carpenters I worked with. As I learned all these things, I filled gaps and holes in my construction knowledge. I drew lines from conversations around the dinner table to problems and their solutions on the job site. I connected the dots between the business and construction sides of CCI, and I learned a little bit about other companies too. I got to see and hear firsthand what was working and what wasn't, what decisions were popular and which ones were not, and more importantly what was necessary and what wasn't. Although I learned a lot about the construction trade this summer, there is still a lot that I don't know and that I look forward to learning. Some of my knowledge I am sure of, and some of it is still a little shaky. One thing I know for sure is that Conneston Construction, Inc. will be my father's legacy, and that it is my future. Another is that I am totally and completely in love with the smell of sawdust in the morning. 

Charlie Veysey Stewart Associates Architects



Charlie Veysey joined Stewart Associates Architects in November of 2019. Charlie is a detail orientated individual with experience in all phases of design and construction. He's thrilled to be working with Peter Stewart as well as for a firm who understands the importance of designing with sustainability in mind. He is passionate to instill proactive and functional design morals for the next generation of architects. Charlie prides himself on being an approachable, personable, committed team player who strives to be flexible, creative, positive and hardworking.

Charlie's passions for the built environment started well before his professional career started in 2012. In high school he built a 13'-6" flat bottom bird's eye maple kayak. His appreciation grew on a college semester abroad in Europe where he visited the Netherlands, Belgium, Germany, Italy, Greece, Turkey, France and England. That quickly grew into a passion for building construction as he's currently renovating an 1825 post and beam home in Gilmanton, NH.

Charlie is also an avid skier, fly fisherman and disc golfer. He is a current board member of New Hampshire's Live Free and Drive Tour, a collection of state-wide disc golf events, as well as being ranked as one of the top ten disc golfers in New Hampshire. 

Busy Summer Ahead at New Hampton School

By: Jeff Downing

It looks like the summer season may start early this year at New Hampton School, as CCI manages several capital improvement projects in partnership with the New Hampton School facilities team.

Replacing a barn that was lost due to fire damage last fall at Gables House, a new four-bedroom faculty house is planned for the site, designed by Marinace Architects.

The school has also taken ownership of the Gordon Nash Library located on Main Street and plans limited renova-

tions (flooring, paint, drywall, mechanical and electrical systems) to the existing 8,800 square foot building, which will now become a shared library facility for both New Hampton School and the local community.

The largest project scheduled for this summer is the new Health & Wellness Center. This facility will be located within the existing field house, but a new mezzanine will be added and approximately 10,000 square feet of space will be reno-

Safety Update

By: Jon Healey

CCI has started off 2020 in an excellent position regarding safety. Coming off the 2019 year with zero lost time injuries, zero OSHA violations, good marks from our third party inspections and solid participation in our in-house toolbox talks and safety checklist programs, CCI is poised to continue this successful streak moving forward in the coming months. At 0.69, our current experience mod-factor factor is at an all-time low for the company which will help us to be even leaner and more competitive with other companies in the region.

All these achievements are a direct result of a company-wide attempt to be safer in all aspects of construction. This attitude, in any company, starts at the top with the ownership and management "buying in" and providing the guidance needed for a safer workplace to be realized. On behalf of the CCI Safety Committee, I wish to thank Jeff, Bryant, Laura and the CCI Board of Directors for their support of all our efforts. Most and possibly more importantly, I want to thank all the employees in the field for their willingness to work towards staying safe. Let's keep the streak alive. 

vated as part of the project. The new program will include fitness, dance and cardiovascular spaces. Designed by Marinace Architects, the project is scheduled to be completed on a fast track basis from March to late August.

When you throw in a possible locker room renovation and all the maintenance work that needs to happen over a typical summer, you get a very busy and exciting three or four months at New Hampton School. 



CCI Family Continues to Grow

Brandon and Kali L'Heureux welcomed their new son Griffin Roland L'Heureux into the world on January 26, 2020. Griffin weighed in at 7 pounds, 13 ounces and 20 and a half inches long. Congratulations to both the L'Heureux parents and grandparents! Welcome Griffin to the CCI family! 



Conneston Chronicles Contributors & Advisors

Editor:

Laura Larson

Layout/Production:

Tracey George

Bridge & Byron Printers

CCI Editorial Board:

Wendy Couto-Herne

Ross Currier

Ben Downing

Jeff Downing

Jon Healey

Bryant Lehr

James Robinson

CCI Intern – College Bound

Jarod Fredette, a CCI summer intern from Plymouth Regional High School, has been accepted to Wentworth Institute of Technology's electromechanical engineering program. Jarod will be entering as a freshman in August 2020. Best of luck, Jarod! 

*Questions? Comments?
Need More Information?
Contact Us:*

CCI

P.O. Box 7546

Gilford, NH 03247

Telephone: (603) 524-3776

Fax: (603) 524-3681

Email: info@ccinh.com

Website: www.ccinh.com

PROJECTS CURRENTLY UNDERWAY

Project	Client	Superintendent	Completion Date
Koenigsbauer Residence	Mr. & Mrs. Koenigsbauer	Damien Patten	Summer 2020
Camp Hale Improvements	United South End Settlements	Jason Hand	Summer 2020
Crossroads Academy New School Building	Crossroads Academy	Dan Baggaley	Spring 2021
Mt. View Grand Resort Energy Upgrades & Renovations	Mt. View Grand Resort & Spa	Ron Downes	Summer 2020
Irwin Marine Union Avenue Renovations	Irwin Marine	Dan Baggaley	Spring 2020
Hooksett Rest Area Southbound Convenience Store Expansion	Granite State Hospitalities	Bill Smith	Spring 2020
Russell Elementary School Additions & Renovations	SAU #48 – Rumney School District	Ray Breton	Summer 2021
Gables Faculty Residence	New Hampton School	Mark L'Heureux	Fall 2020
Health & Wellness Center	New Hampton School	Mark L'Heureux	Fall 2020
Gordon Nash Library Renovations	New Hampton School	Mark L'Heureux	Fall 2020