



CONNESTON CHRONICLES

VOLUME I, 2022

CCI

Project Profile

Meredith Village Savings Bank Joining the Lilac City

By: Mark Bolstridge, CCI and Jaron Jenkins, MVSB Marketing Communications Manager

CCI broke ground on a new state-of-the-art branch for MVSB (Meredith Village Savings Bank) in late October at 21 Farmington Road (Route 11) in the Lilac City of Rochester, NH. The location, across from the Volkswagen of Rochester, is in a high traffic area with great visibility and is convenient to retail outlets as well as downtown.

With a warm welcome from the community and City of Rochester, the project began smoothly, and construction progressed quickly. Barring any (knock on wood) unforeseen delays, the branch is expected to open in late May right on schedule. As of this writing, we are working on the finishing details, both inside and out.

MVSB currently has locations in Ashland, Alton, Center Harbor, Gilford, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth, and Wolfeboro – and the new location will further connect the Lakes Region offices, including Alton to the Seacoast office in Portsmouth. The location offers added banking convenience for those local to the greater Rochester area as well as those that might travel to and from the Seacoast or Lakes Regions.

The 2,825-square-foot branch takes inspiration from MVSB's newest office in Portsmouth, which marries the warmth of a community bank along with the high-end technology expected and needed by today's banking consumers. The exterior features stone and composite cedar cladding to fit



in nicely with surrounding modern designs, while giving a nod to the Seacoast area. The building will offer an inviting and warm space for staff and customers as well as great parking. Customers will also have the option to bank or use the ATM in the drive through.

Jim Carrigan, who currently oversees the Bank's Portsmouth office, will serve as Regional Vice President, for both the Portsmouth and Rochester locations. Jolene Whitehead, Branch and Business Development Manager, has been promoted to oversee Rochester's daily operations and community engagement. Both Jim and Jolene have been busy getting acquainted with local businesses and nonprofit groups as well as staffing the new location.

CCI is grateful to their subcontractors and vendors who assisted in making this project a success, SK McDonald Company, Cameron Landscaping, Salem Concrete, MasCon Corporation, East Coast Welding, Belletetes Lumber, Patriot Building Systems, Aubin Woodworking, Quality Insulation of Meredith, Skyline Roofing, Fontaine Construction, Granite State Glass, Tri-City Drywall, The John C Pratt Company, JDS Flooring Associates, Marchand Painting, Lang Door and Hardware, LDG Mechanical and Daniels Electric.



And we would like to acknowledge all the members of MVSB's team involved in construction, including Rick Wyman, Alison Whynot, Jim Carrigan, Jolene Whitehead, Marcus Weeks, Mike Nolan, Tom Cimikoski, Don Girard, and many others.

We are excited to complete this project for MVSB and we know they are excited to join and serve the Lilac City. 

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From the President's Desk



Farewell To Good Friends

By: Jeff Downing

Every client is important here at CCI, but the most treasured relationships are the ones that are built over a long period of time on numerous projects. Some of these relationships span over twenty-five years and have been built based on performance. Two

of CCI's good friends have retired recently and I would like to take this opportunity to thank them for their trust over many projects and recognize them for their many contributions.



Jon Francis, Director of Facilities for SAU #48 Plymouth, retired in April. Our relationship spans over 20 years and approximately \$50 million worth of construction projects. Jon is knowledgeable and understands construction. When work was going on during a "summer slam" over many weekends to get the school open on time, Jon always was right there working with us.

Together, we worked with Jon to do energy and code upgrades at most every school in the Plymouth District. Over very busy and short summers, we upgraded mechanical systems, added sprinklers, new fire alarm systems, lighting upgrades and installed new DDC controls. We built major additions and completed complex renovations under very tight schedules and always worked for a quality result.

Jon was always looking for long term energy savings and understood the requirement for investment in his facilities to achieve this goal. Although each project was a competitive RFP process, CCI completed the majority of the work in SAU #48 over the years. Thanks in part to our competitive fee, as well as our ability to get jobs done on time and under budget. It is hard to beat a proven track record.

When things didn't go as planned which happens sometimes in construction, Jon was always open to innovative solutions and loved problem solving. He managed all the furniture moves, owner coordination, abatement and we shared many subcontractors and vendors over the years.

Over twenty plus years of construction, I can't remember one time that Jon didn't do what he committed to, and he always treated CCI fairly, creating creditability and mutual respect. Jointly, we took pride in our many projects and SAU #48 has some big shoes to fill. Jon will be missed and on behalf of everyone at CCI, I wish him the best in his retirement.

Jill Duncan, Chief Financial Officer for New Hampton School, retired at the end of December. Jill and I started working at New Hampton School about the same time; twenty-five plus years ago. CCI's first major project with Jill was the Academic Research Center in 1995, which we renovated together in 2021, which I guess dates us both.

Over Jill's tenure at New Hampton School, CCI has constructed

approximately \$60 million worth of construction projects, including the Pilalas Math and Science Building, the restoration of Meservey and Lane Halls and the new Jacobson Ice Arena. Together, we built three new dormitories and renovated many more, addressing faculty housing, maintenance facilities and constructed Kennedy Field.



At Jill's retirement party, I told my favorite story about the old-school engineer from a large Boston firm who was hired to design the turf field. Jill always asked questions and expected answers. She was fond of economical solutions and never accepted bull. She was also very experienced with construction and was blessed with more common sense than anyone I have ever met.

So, when she asked this engineer a bunch of technical questions about the layout of the field and why it had to be designed like that, the short answer of "That's how it is done, Hon," made me cringe because I thought I knew what was coming. To Jill's credit, she kept her composure, although I could tell she was not happy.

The next day, I heard the design contract with the engineering firm was terminated and much later also heard a rumor that the outstanding invoice for services was not paid for some time. I guess the invoice must have gotten lost in accounts payable or something. Believe me, I never heard anyone call Jill Duncan "Hon" again.

Jill's feedback about CCI's performance over the years was simple. Just tell New Hampton what they need to hear, not what they want to hear. Most importantly, deal with problems together and work towards the best solutions in an open forum looking at all options. It is all about making the best long-term decisions for New Hampton School.

I've had the honor of getting to know Jill's family over the years and she has watched both of my kids grow and had no small part of recruiting them as Huskies. Joe Williams, the Headmaster at New Hampton School, said that CCI has been a great agent of positive change to their campus over the last twenty-five plus years. I appreciate the comment, but honestly, it could not have been accomplished without Jill Duncan.

They don't come any better than Jon and Jill. It has been a privilege working with you both and we wish you happiness in your well-earned retirement.

PS - A BIG shoutout and welcome to Kathleen Howe (NHS) and Jason Bergeron (SAU#48) who will be taking over for Jill and Jon. The start of a new era! Everyone at CCI looks forward to working with you both!



Prescott Farm Environmental Education Center

By: Bryant Lehr

Prescott Farm Environmental Education Center located in Laconia on 160 acres of fields, forests, gardens, and historic buildings has invited people of all ages to get involved in hands-on learning and grow in nature since 1997. The property of this small non-profit organization is open to the public dawn-to-dusk every day for exploration of the trails and nature playscape. Individuals, schools, or groups hoping for more structured nature-inspired learning can take advantage of any number of Prescott Farm's celebrated programs.

- **Fledglings Nature-based Preschool** uses the Prescott Farm property as the backdrop for introducing social skills, fine and gross motor skill, reading and writing readiness, and other foundational learning to students.
- **WildQuest Day Camps** are environmentally-focused day camps offering kids ages 4-14 the opportunity to explore, learn, and grow in nature during February and April school vacation weeks as well as nine weeks during the summer.
- **Naturalist-in-the-Classroom & Field Trip programs** supports teachers in local schools, providing place-based, hands-on lessons that incorporate the natural world to satisfy curriculum requirements and help keep children engaged and excited about learning throughout the school year.

- **Community Connections Programs** connect participants across all ages and experience levels to the natural world through over 175 programs annually. Topics vary widely season-to-season and include series such as nature crafts, wilderness skills, cooking, moonlight walks, bird watching and frogging.
- **Volunteer Opportunities** are an expanding area of focus at Prescott Farm. Popular programs include gardening, maple sugaring, trail maintenance, and committee work.

CCI has been working with Prescott Farm and the design team for the past three years providing budgeting, scheduling, and value engineering for the expansion of the Center. This summer, work will move away from the desk and out into the field when superintendent Mark Marceau begins the construction of a 3,200 square foot Innovation Center, and the replacement of a 1,200 square foot connector between the farmhouse and barn. In addition, Prescott Farm will be expanding the parking at their facility with the addition of a 50-car parking lot. A loop road will be built to allow the proper flow of traffic around the busy education center hub and allow for even more people to enjoy what they have to offer. 



CCI completed construction of a new laboratory facility for Eastern Analytical, Inc. (EAI) in the fall of 2021. EAI is all moved in and in full swing at their new location at 51 Antrim Avenue, Concord, NH.



Project Profile

Taylor Community - Amenities Building & Residential Care Facility

By: Jeff Downing

There is a lot of construction activity at Taylor Community Back Bay Campus in Wolfeboro. With the construction of the 7,000 square foot Amenities Building currently well underway. The big news is that it is only going to get busier this spring, with construction starting on a new 54-unit residential care facility.

Completion of this facility is scheduled for summer 2023. Wolfeboro remains a busy place for CCI!

The Amenities Building was started late fall 2021 and is scheduled for completion late May 2022. Designed by Stewart Associates Architects, the wood framed building features a pool, locker room facilities, a bistro, exercise area, and community space for activities. It will service the existing Taylor Community units, the newly acquired Sugar Hill Community, and the new residential care facility, once completed.



Taylor Residential Care Facility

The 61,000 square foot residential care facility broke ground in April. It is designed by JSA Architects of Portsmouth, New Hampshire and features

a total of fifty-four units. Offering continuing care to the existing independent living community, the new units will be a combination of assisted living, nursing, and memory care rooms.

Along with the units, the program includes new dining space, a library and meeting space, activity rooms along with exterior garden and patio areas. These two projects represent a major investment for Taylor Community in the greater Wolfeboro area and are an extension of their existing services and commitment to the region.

Look for more articles and photographs on both projects soon. CCI is proud to have been selected by Taylor Community to lead their construction team on these jobs. 



Taylor Amenities

Employee Profile

Carl Mock

By: Ben Downing

Carl Mock joined the CCI crew in 2015 and has since proven to be a valuable member of our team. As a skilled carpenter, Carl is a jack of all trades in all aspects of his work from frame to finish. He is always willing to



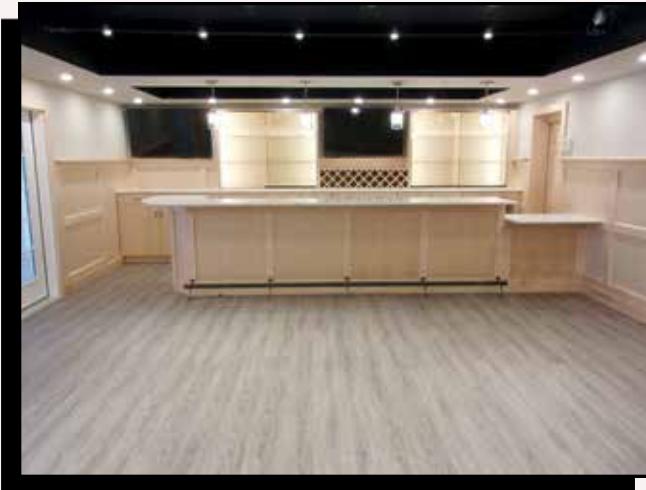
lend a hand or a bit of advice to another carpenter. While most carpenters fill their tool-bags with nails or screws, Carl tends to reserve a pocket in his belt for a bag of hard candy, which is always appreciated by his coworkers. Carl's favorite part about working at CCI is the camaraderie he has built with his coworkers. Working with a good group of guys helps the hours fly by and makes tough tasks a little bit easier. When he is not at work Carl enjoys fishing and hunting, as well as spending time with his family and friends. CCI appreciates his years of hard work and dedication. 

Project Profile

Taylor Community – Sugar Hill

By: Jon Healey

The Taylor Community at Sugar Hill and CCI recently completed interior renovations to their Wolfeboro facility. These renovations, led by CCI superintendent, Chris Parsell, included relocating the library space and building a new pub for the residents. Working in an active residential care facility has its own logistical issues, doing so during COVID-19 would only compound these. Working closely with the Taylor Community staff, led by Kirk Beswick, and Stewart Associates Architects, CCI and their subcontractors completed the renovations with no issues, giving the residents at Sugar Hill two beautiful new spaces to relax in and enjoy. Many thanks go out to our team of dedicated professionals, Turner Electric, Chadwick Mechanical, RHR Construction, Boucher Acoustics, Northeast Flooring, Aubin Woodworking and Marchand Painting for their efforts. 



Project Profile

Pop Whalen Arena Additions & Renovations

By: Jeff Downing

For the last five years, the Town of Wolfeboro and the Friends of Pop Whalen have been considering what to do with the thirty-year-old Pop Whalen Arena. Home to community-based adult and youth hockey programs, plus the Kingswood and Brewster teams, the arena was badly in need of attention.

In 2018, working with the Friends of Pop Whalen, CCI prepared a budget to renovate the facility and add much needed locker room space. At that time, the \$3.8 million price tag proved to be too much of a challenge, so the project was delayed. In 2021, Banwell Architects was hired to lead the design team for the project and engineering work got underway.

A detailed structural review provided more unwelcome news.

The existing metal building frame did not meet current design loads, making it impossible to upgrade the building shell to current energy standards. A structural engineer was hired that specialized in PEMB (pre-engineered metal buildings) and options were considered. To help evaluate costs and the best design solutions, a competitive RFP was published and CCI was hired as the construction manager.

After months in the schematic design process, the best option addressing the long-term needs of the facility was put to the voters in March. And the bond was overwhelmingly approved to fund the project. Construction is now underway on a \$6.7 million project that adds 10,382 square feet of new program space and replaces the existing PEMB, upgrades the HVAC, sprinkler, fire alarm, lighting, and refrigeration systems. The building shell will also be removed and upgraded to exceed current energy codes.

Watch for more updates on this exciting community project in future issues. 

Subcontractor Spotlight

Patriot Building Systems

*Featuring: Ben Jackson
By: Mark Bolstridge*

CCI has been fortunate to collaborate with Ben Jackson of Patriot Building Systems on several projects these past few years. For this Conneston Chronicles edition we thought we would offer a Q&A session to get to know Ben and Patriot Building Systems.

CCI - Ben can you tell us about your family?

Ben - I am happily married to my wife of 21 years, Amber Jackson. We met when I was traveling the country working different projects. We have two sons: Rowan and Taylor, 16 and 26 years old. I am originally from Edmonton in Alberta, Canada. We moved state side in 1999 and worked on projects like the Grand Summit Hotel in VT. We specialized in large scale production framing. Projects from 100,000 square feet to 1,000,000 square feet. I was lucky enough to get to travel the United States and work in many states doing what I love. We finally settled in Manchester in 2005 and have never looked back.

CCI- Ben how did you get into the construction framing business?

Ben- I was not cut out for the classroom and quit school in the eighth grade. I first started framing with my father full-time at 14 years old; at the time we were a 4-man crew. I enjoyed it and was also exceptionally good at it. My specialty was hand cut roofs and stairs. I helped my father go from six employees to over one hundred, working in two countries. My brother and I took over the family business about 15 years ago.

CCI- Ben how did you end up where Patriot is now?

Ben- We have come quite a long way since the early days. I have had the pleasure of partnering with gentlemen like Mike Dion, Art Rose, Glen Bérubé and Nathen Routhier, who helped to guide me. With their guidance, hard work, and determination I was able to bring my vision to light and continue the journey to where we are today.

I believe that our main reason for success is communication and training. If someone made a mistake, we would make it a point to never yell; but instead make it a teachable moment. You will never go wrong by investing in your employees. I work for them and in turn they have taken care of the business and our customers. We have always had a culture of teaching and explaining why we do the things we do, as well as a family atmosphere. Since you spend more time at work than you do at home, I want my people to be happy to come to work. No one should have to be miserable; life is just too short.

CCI-What types of projects really interest you now?

Ben- My favorite projects now are the ones that everyone shies away from. The harder the better. From prefabricating whole sections of buildings on the ground and flying them in with a crane; to building traditional round barn silos or timber frames. I believe we still hold the state record for the longest wood trusses installed at ninety-seven feet at the Brentwood Fire Station.

CCI- How have you been able to continue longevity in the business?

Ben- We have always prided ourselves on giving the customer the best possible finished product in a timely and safe manner. Anyone can come to you with the problems or what can't be done. My uncle once told me we don't create problems, we create solutions. We also make it a point to actively collaborate with all other subcontractors on site to make the job go as smoothly as possible. At the end of the day, I want everyone to go home to their families in one piece.

CCI- What do you do when not at work?

Ben- Family is especially important to me. I enjoy traveling with my family as well as relaxing with a nice whiskey and playing cribbage. I like to volunteer my time and skills to helping agencies like Make-a-Wish, Families in Transition, and Habitat for Humanity. True happiness is found in helping others.

CCI- Any parting thoughts?

Ben- Growing up on a farm all those years ago in Canada, I would have never imagined where I would be now. 



Safety Update

By: Jon Healey

As I sit here contemplating ideas for this Safety Update, my mind wanders to all the friends and acquaintances I have personally lost due to tragic accidents. I know I am not alone with these losses. Though, I cannot help thinking that quite possibly a large majority of these accidents may have been preventable. I wonder if they stopped and thought about what they were doing for even a moment, made a better decision like simply wearing a seatbelt, if they may still be here? Yes, there are accidents that have occurred that were not "preventable," but I strongly believe most of them could have been. Let's all take a minute or two to think things through before something unfortunate happens.

Safety is no accident!

CCI Safety 2022 Happenings:

-1st Quarterly Safety Meeting was held on March 24th with Paul Roberson of Rowley Insurance providing training on the Hazardous Communications protocol.

-Dylan Martel, Carl Mock and Christian Boucher have all volunteered to attend OSHA 30 training this spring. 



CCI finished construction of a new educational building for Crossroads Academy, located in Lyme, NH, with plenty of time to spare for the 2021-2022 school year. Faculty and staff welcomed the middle schoolers into their new space this past fall.



Annual CCI Profit-Sharing Party Held

By: Laura Larson

On Friday, April 8th the “annual” CCI Profit Sharing Party was held for the first time since 2019 at the Merrimack Valley Railroad Function Hall in Northfield. A fine dinner was provided, and all attendees were treated to an evening of good fun and camaraderie.

Three CCI veteran employees were fully vested under the terms of the program and received bonus checks. The participants with fully vested contracts were Dan Baggaley, Ron Downes and Dan Laughy. Along with their bonus awards, each member of this group was awarded a new profit-sharing contract to allow for continued participation in this program.

One employee, Dylan Martel, was inducted into the program for 2021 and was awarded a profit-sharing contract by his peers for his contributions to the success of CCI. With the addition of Dylan into the profit-sharing plan, for only the second time in CCI’s history, there is 100% participation in the plan.

The CCI Profit-Sharing Program is CCI’s highest honor for an employee to achieve. Participants are awarded a base bonus that grows in direct proportion to any increase in equity in the company over a five-year vesting period. Participants also receive additional bonus money at year-end based on the profitability of the company.



To be invited to participate in this program, an employee must work for CCI for five consecutive years or receive a nomination from an existing member supported by a two-thirds majority vote of all members in the program at the annual meeting. 



On March 9th, the Young Inventors Club at Gilmanton School, for kindergarten through second grade presented their inventions to the community. CCI superintendent Bill Smith’s grandson, Colton Smith won first prize for the second grade class with his invention of the “Egg Gathering Gadget.” The first-place winners throughout New Hampshire were invited to UNH on March 19th to present their inventions to a panel of judges. On Sunday April 3rd WMUR’s Hayley LaPoint presented the prizes for each category winner in the State of New Hampshire. Colton Smith won the entrepreneurship prize for the second grade at Gilmanton School. The Smith family is elated and so proud of Colton’s early achievement.

Congratulations Colton! 



CCI Family Grows Again

By: Wendy Couto-Herne

In 2021 Brandon and Kali L'Heureux grew their family to four. Griffin has a new baby brother, Sawyer James L'Heureux. Sawyer was born November 26, 2021. This healthy baby boy weighed in at eight pounds thirteen ounces. Welcome to the CCI family Sawyer James and many congratulations to the growing L'Heureux family! 



CCI Interns and Scholarship Program

By: Laura Larson

CCI is fortunate to have some returning interns this summer, especially in this tight labor market.

JW Cantwell will be returning for his fifth summer with CCI; while beginning working summers at CCI in high school, JW is now a junior at Southern NH University studying Construction Management. Ben Downing, a junior studying Business at University of Vermont, will also be returning for another summer season. Aaron (Tuan) Nguyen, a junior studying Construction Management at Norwich University in Vermont. He will be splitting his time this summer between CCI and Marine Basic Training at Camp Lejeune. Evan Cote, a senior at Plymouth Regional High School, will be returning to CCI this summer to complete his second-year internship commitment, when upon completion he will receive a scholarship award to pursue continuing his education.

CCI is also currently recruiting additional interns from Plymouth Regional High School through a scholarship program established in 2019. 

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Ben Downing on a recent trip to the Caribbean with his two bounties.



Carl Mock from 2021 with his catches of the day.

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PROJECTS CURRENTLY UNDERWAY

Project	Client	Superintendent	Completion Date
Lane Hall Additions & Renovations	New Hampton School	Mark L'Heureux	Spring 2022
New Bank Branch – Rochester, NH	Meredith Village Savings Bank	Dan Baggaley	Spring 2022
New Wash Bay and Garages	Stafford Oil	Bill Smith	Spring 2022
Residential Care Facility	Taylor Community	Ron Downes	Fall 2023
Private Residence – Franconia, NH		Damien Patten	Summer 2022
Franconia Welcome Center	Town of Franconia, NH	Damien Patten	Summer 2022
Farmhouse Connector and Innovation Center	Prescott Farm Environmental Education Center	Mark Marceau	Fall 2022
Church Addition & Renovations	Grace Presbyterian Church	Jake Neal	Summer 2022
Pop Whalen Ice Arena	Town of Wolfeboro, NH	Jason Hand	Winter 2022
Snow & Bike Sports Center	Cardigan Mountain School	Bob Corliss	Fall 2022
Hinman Hall Dormitory	Cardigan Mountain School	Bob Corliss	Fall 2022
Common Man Roadside Convenience Store	Granite State Hospitality	TBD	Spring 2023
D'Angelo Grilled Sandwiches	Authentic American Eats	Eric Harding	Spring 2022