

The



Bulletin

Winter 2021

## MESSAGE FROM THE PRESIDENT

I hope that your New Year is off to a safe, healthy and happy start. It's hard to believe that another year has come and gone. As we look back on 2020, many of us will think of the challenges dealt with due to the Coronavirus. The events of 2020 were unprecedented and have continued into 2021. The health and safety of the Bonland Team is our highest priority and it is important that we don't become complacent, and continue to follow the guidelines established by the CDC and communicated by our Safety Committee.

While we look back on 2020, it's important that we also recognize our accomplishments with the following being just a few examples.

Our North Jersey Shop has gone two years accident free, Pennsylvania and South Jersey Shops were accident free in 2020 and the Pennsylvania Shop is approaching a two year accident free milestone. Congratulations to our shop employees. Keep up the great work!

Our North Jersey Branch has successfully completed the largest project performed by Bonland at the American Dream. I'm happy to report that this success included working accident free. Congratulations to Ken Crowley and his team of Project Managers, Field Foremen, Sheet Metal Workers and Apprentices as well as all of the office staff, who assisted on this project.

Our Shop and Drafting departments have implemented a new CAD/CAM system. The new system was evaluated and implemented by employees from Drafting, Production, Maintenance, and Information Systems with input from all branches and members of our Peer Group. The team continues to work on enhancements to the system.

I'm inspired by and proud to be a part of such a hardworking and resilient team, who regularly proves that we are stronger by working together.

While our environment has changed, we need to continue to focus on training and development, which allows us to strengthen our skills and be a continually improving workforce. As the traditional classroom style training is not currently available, we have adjusted to virtual programs. In 2020, our team has received training in safety related topics such as OSHA 30 and Lead Abatement, Communications, Construction Management, HVAC, and Contracts to name a few. Our internal Field Foreman in Training Program has been expanded upon and our Leadership Development Program continues to be used and improved upon. Additional training programs are being identified for 2021. Please be sure to communicate any training that you feel will be beneficial to your continued development to your manager.

Congratulations to Matt Mitchell on his promotion to PA Branch Manager. Matt began his career with Bonland in 2004. I'm confident that with Matt's experience, drive and determination, the Pennsylvania branch will have success under Matt's leadership.

Thank you to John Hoffmann, who retired on December 31, 2020, for his 22 years of dedicated service. John's contributions and presence will be missed. We enjoyed working with John and wish him happiness in his retirement.

By: Linda West, President

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# Branch News



## NNJ Branch News:

The resilience of the Bonland team has never been more apparent. We are coming up on a full year with the ongoing pandemic. We have come together as a team and along with our partners at Local 25, our customers and safety professionals we continue to ensure our safety protocols are appropriate. Every department has adjusted to find a way to maintain productivity through all of this.

I am happy to report that the NNJ branch backlog of work is still strong. We have ongoing work at: Quest Labs, Legend Biotech, Stevens Institute (Pictured on Page 3), Hackensack Hospital, Valley Hospital, Morristown Medical Center (Pictured on Page 3), Prudential, Merck, Cellularity, Celgene, Harborside, Morgan Stanley, Halsey, DLR Suites, Nokia and Miles Square.

The future outlook is a bit of a mystery. With all the talk of things slowing down, the bidding opportunities keep coming in. The sales team continues to chase the projects that are out there to bid.

With the difficult workload ahead of us, please continue to work safe and watch out for your co-workers. Remember, it is people working together and looking out for one another that creates a safe work environment.

**By: Ed Willigan**  
**Vice President**

## SNJ Branch News:

It's absolutely mind boggling to think that we are approaching a full year of living through a pandemic. I remember last March thinking that this would be over by Easter, and our lives could return to normal, but here we are, almost a year later...

Much has changed about the way we go about our day to day lives, but throughout the entire pandemic, a lot has not changed, especially the way that the Bonland team still continues to prove that they can get the difficult jobs done.

Over the past few months, the South Jersey Branch was able to celebrate several milestones. The field went 12 months accident free, and the shop went the entire year of 2020 without an accident, which put them at a total of 14 months without an accident. Great job by everyone!

As we look forward to 2021, we have several projects just getting underway. Some of them are very unique, such as the Aircraft Maintenance Hanger at McGuire Air Force Base, where Tony Viteritto and his crew will be hanging duct at 80 feet above the ground. This building will hold two aircraft, and the shape resembles that of an airplane. The long-awaited NJ Statehouse project has started, and as I mentioned in the past, parts of this building date back to 1792, and it is sure to give Mike Andrejco and his crew its fair share of challenges. The Princeton Residence project is also underway, where Chris Barneman will be leading the team as eight new multi floor dormitory buildings will be constructed over the top of a sprawling common area. In addition to these long-term projects, we will be starting some work in the Spring at the Lawrenceville Prep School, where they are building a large addition to the athletic complex and dining areas. This will include the addition of a new ice hockey rink, swimming pool, and racquet ball courts, as well as new dining areas. Speaking of hockey rinks, we also have a second project where they are adding a hockey rink to The Club at Woodbridge. With additional projects at Princeton High School, Community Middle School in Plainsboro, and the Rider University Science Building, the Spring and Summer look to be busy for us.

Please continue to work safely and consider the health of yourself and those around you.

**By: John Bansley**  
**SNJ Branch Manager**

## PA Branch News:

After 22 years with Bonland, John Hoffmann retired on December 31<sup>st</sup>, 2020. John started the PA branch in Fairless Hills in 2009 and in 2014 he moved the branch to 1500 Bridgewater Road in Bensalem with a full shop. John's years of technical experience will be missed at Bonland. We wish him an enjoyable retirement.

I started with Bonland in 2004 and through the years I've received abundant training that has helped me prepare to take the Branch Manager position in PA. I started as a Sales Rep in SNJ working for Dan Parent. Along with sales, I was given the opportunity to run projects to help develop my operations knowledge. When the PA branch opened in 2009 I assisted John Hoffmann in helping with PA sales. This was a great opportunity to spread my time between the two branches since we were in the middle of a recession. The PA branch shared some of the same customers with SNJ but the big players were new. It took some time but over the years we developed some of the company's biggest customers. In 2016 I transferred to the PA branch full time as a Senior Sales Rep. I started taking on additional responsibilities to help prepare me for becoming Branch Manager when John retired. Bill, Andy, Linda, Dan, John along with many others have played key roles in preparing me for my new position. I'm very appreciative for the time and effort that people have spent training me.

I am grateful and look forward to this opportunity in Philadelphia. COVID has created uncertainty but we continue to adapt and look forward to a better 2021. We start the new year being busy in the shop and field with a decent amount of backlog. The good news is that bidding activity is up and there are multiple large projects in Philly that are coming out to bid. Merck and Janssen pharmaceuticals continue to remain busy as well. The PA branch is the youngest branch at Bonland with the most room for development. I look forward to continuing and building on what John started. We have a great team in PA that is passionate about what they do and want to continually improve.

**By: Matt Mitchell**  
**PA Branch Manager**

# Job News



## Stevens Institute of Technology

Our NNJ branch has been busy working on the new Student Housing and University Center project since March of 2020. Construction of the \$256 million, 392,000-square-foot project has kept a crew of up to 30 Sheet-Metal Workers busy all spring, summer, and will continue this winter. This project will house nearly 1,000 students in two residential towers, which will be ready for occupancy in the fall of 2022. NNJ Field Foreman, **Lenny Stasiak** has been mentoring NNJ Foremen in Training, **Bunnie McKnight**, **Al Smith-Stevens**, and **John Pachner** throughout the course of this project. Logistics on this project have been a challenge, as well as, working in two towers concurrently, but we are finding ways to get it done safely. Thanks to all for a job well done.

**By: Mike Rowan, NNJ Project Manager**

## Word Search Contest Construction

L Y S H E E T R O C K N U O P O Z L R E Q H B A  
 Q Q F E R F O R E M A N B H P E J A C E J W K W  
 T J Z T L W O O T M K J M F U T U O I T N R N A  
 M G L E U K E A F C Q P S A C F J B T H Y G O M  
 E G L R M X P Y S B P N M D Q Y E P Y M I S I S  
 S F P C B G L L A C I R T C E L E I W W M K T Z  
 C L A N E P L A N N I N G R F W W G Y U O H A X  
 S O V O R O T C A R T N O C I D I T A R M X L J  
 T O H C P C A F C V S J Y V O W G B K M I M U O  
 I R Y I N S H X H E J O A O G L N H Q G L L S M  
 M S Q T E D B Y E V D B W N R O T C A R T D N W  
 R O B C L R B Y G E B B Z J V S Y T N U O C I E  
 E X R D O L O Q V U D C J Z I Y O P L A P U D L  
 P B G K W L P E I K G O U Y Y O X D H P N P T D  
 M A M B P R L L K R O T C E P S N I E L K T R I  
 J S W M K O D D K O M M M A Z T M M F O O R H N  
 H R E X P I H K S W F Y P T V S N U E J B S U G  
 Q S C M N L N R F E L R C W Q D F I F T F K C O  
 N M E G M C H M C M Q F X N I S H P R A S U T G  
 B N F E N F Z M L A Y R I T Y G V O X P V Y E L  
 T Z V N A O J L X R D W H E J C K O P V E F S L  
 E O H K C A B R L F E B N J H J G E M Q O U V A  
 P L M E O D F T Y N F O Q E A S S G Q E V S L Y  
 M E T A L Q I J H U M M Y X T W P M F E X P L B

- |             |            |         |         |
|-------------|------------|---------|---------|
| INSULATION  | WELDING    | CITY    | COUNTY  |
| DEVELOPMENT | CONCRETE   | PERMITS | TRACTOR |
| CONTRACTOR  | FOREMAN    | ROOF    | SYSTEM  |
| EMPLOYEES   | INSPECTOR  | BACKHOE | LUMBER  |
| SHEET ROCK  | BUILDING   | FLOOR   | MONEY   |
| ELECTRICAL  | PLANNING   | WOOD    | METAL   |
| FRAME WORK  | BLUE PRINT |         |         |

### Bonland Contest

A winner will be chosen randomly from all the correct responses. Send answers to [msolari@bonlandhvac.com](mailto:msolari@bonlandhvac.com) by March 5, 2021. The winner will receive a prize.

## KAHN Renovation



With **Joe Liberta**, NNJ Field Foreman, leading the roof work and **Lance Taylor**, NNJ Field Foreman, leading the ground work, along with the great work by their team they were able to successfully and safely assemble and rig 55,000lbs of 2" double wall ductwork and two 12 section AHU's on top of the Morristown Hospital roof. The duct was unloaded and assembled in the parking lot before being rigged to the roof for installation. Thank you to Joe and Lance for safely leading your team on this difficult job. An excellent job was done by all.

**By: Tyler Athoe, NNJ Project Manager**







# ANNIVERSARIES



Michael Andrejco  
25 Years  
SNJ Field Foreman



Scott Richardson  
25 Years  
NNJ Production Supervisor



John McGrath  
20 Years  
SNJ Shop Foreman



Sue Strauss  
15 Years  
SNJ Administrative Assistant

Kiera Waite, MS Controller

Eric Purcell, SNJ Apprentice

Steve Magliaro Jr, SNJ Project Leader

Joseph Fernandez, NNJ Journeyman



Anthony Vitterito, SNJ Field Foreman

Josh Merrill, NNJ Draftsman

Eric Valega, SNJ Sales Representative

Marie Solari, MS Purchasing/Accounting Assistant



## Promotions



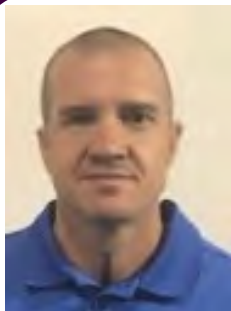
**Matt Mitchell**

Promoted from PA Assistant Branch Manager to PA Branch Manager



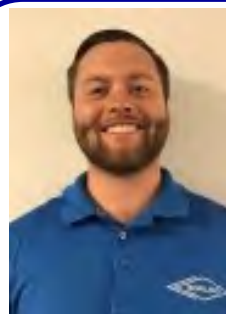
**Dan Mullally**

Promoted from PA Sales Representative In Training to PA Sales Representative



**Mike Thomas**

Promoted from SJ Project Manager In Training to SJ Project Manager



**Robert Hoffmann**

Promoted from PA Project Manager In Training to PA Project Manager



# Happy Retirement!



**John Hoffmann, PA** Branch Manager, retired on December 31, 2020. John joined Bonland in 1998 as a Project Manager in our South Jersey Branch. In 2006, John was promoted to SJ Assistant Branch Manager and in June 2009, John was again promoted to Branch Manager where he took the responsibility to lead our PA Branch. Good luck and best wishes on your retirement John!

*Thank You*



**Klaus Sauers, NNJ Project Leader**, drew his last piece of ductwork on December 31, 2020. After 38 years as a NNJ Sheet Metal worker Klaus decided to pack it in and retire. With 28 years at Bonland Klaus started in the field, graduated to become a foreman and then entered the drafting department. Klaus's dedication to Bonland and his job will be missed.

## Personally Speaking



Easton Valega  
Born: September 12, 2020  
Height: 21"  
Weight: 8lbs 9Oz  
Proud Parents: Eric Valega (SNJ Sales Representative) and wife Gina Valega



Artwork provided by Noah DeKnight, NNJ Project Manager Mike Rowan's stepson.

### In Memoriam



Rodger William Arnold Jr. was born on December 19, 1983 in Philadelphia PA and passed away on December 14, 2020. Rodger, a Local 19 member and PA Field Journeyman, was a valued member of our team who worked on many of our jobsites over the past 7 years. Rodger will be greatly missed.

Our deepest sympathy to Rodger's family.



## Getting Active at Home



It's best to increase your activity in all three areas of fitness: flexibility, aerobic fitness, and muscle fitness. You can work on all three areas without leaving home. If you have heart problems or other health issues, or if you have not been active for a long time, check with your doctor before you start a new activity.

### Flexibility and Stretching

Flexibility is the ability to move your joints and muscles through their full range of motion. Stretching is an activity that helps you to be more flexible. It's also something you can easily do at home. Exercise DVDs can teach you more about stretching various muscles.

**Warm up your muscles** slightly before you stretch them. Walk or do some other light aerobic exercise for a few minutes, and then start stretching.

**Ease yourself into the stretch**, relax, and don't push or bounce. You should feel a stretch, but not pain, in the muscle.

**Exhale** as you do the stretch. While you hold the stretch, inhale deeply.

**Try closing your eyes** while you stretch. It helps you relax.

**Take a moment** to enjoy the good, warm feeling that comes after a good stretch.

### Aerobic Fitness (Endurance)

Aerobic fitness means increasing how well your body uses oxygen. Look for activities that make your heart beat faster and make you breathe harder. Experts suggest that you do at least 2½ hours of moderate activity a week or at least 1¼ hours of vigorous activity a week. It's fine to do blocks of 10 minutes or more throughout your day and week.

#### Moderate

- Take a brisk walk
- Ride a stationary bike about 10 to 12 miles per hour
- Push a lawn mower
- Vacuum
- Sweep
- Rake Leaves or shovel snow
- Dance
- Play actively with your children

#### Vigorous

- Jog or run
- Ride a stationary bike at least 12 miles per hour
- Play a basketball game in the driveway
- Use an aerobic dance DVD
- Jump Rope
- Use a stair-climber or skiing machine

### Muscle Fitness (Strength)

Muscle fitness means building stronger muscles and increasing how long you can use them. You can strengthen a muscle by doing any activity that pushes or pulls against that muscle. Experts say that you should work on strengthening your muscles at least 2 times a week. Focus on the large muscle groups in your arms, legs, back, chest, and core.

**Do familiar exercises**, like push-ups and leg lifts.

**Use rubber tubing** or stretchable bands to add resistance as your muscles work against the elastic.

**Use free weights** ("dumbbells") or a weight-training machine. If you don't have free weights, you can lift soup cans, water bottles, or books.

**Do housework and yard work**, such as scrubbing the bathtub, washing walls, tilling the garden, or pulling weeds, on a regular basis.

**Strengthen your core.** Pull in your belly. Imagine pulling your belly button back toward your spine. Hold this for 5 to 10 seconds, then relax. Breathe normally as you hold the muscle tight. Repeat. You can do this exercise anywhere, in any position.





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**Send To:**



## *Projects*

<b>BRANCH</b>	<b>PROJECT</b>	<b>LOCATION</b>	<b>CUSTOMER</b>
NORTH	VALLEY HOSPITAL TOWER	PARAMUS, NJ	TORCON, INC.
NORTH	LEGEND BIOTECH SOMERSET	SOMERSET, NJ	TURNER CONSTRUCTION
NORTH	MERCK FORMULATION LAB	RAHWAY, NJ	BINSKY & SNYDER
NORTH	BMS S12 LISOCEL EXPANSION	SUMMIT, NJ	TURNER CONSTRUCTION
NORTH	KAHN 5TH FLOOR	MORRISTOWN, NJ	BINSKY & SNYDER
NORTH	MERCK B32 AHU	RAHWAY, NJ	BINSKY & SNYDER
NORTH	MERCK TEMP WORK	RAHWAY, NJ	LENDLEASE CONSTRUCTION
PA	M3 HVAC UPGRADES	MALVERN, PA	CYMA BUILDERS
PA	PRIMARK	PHILADELPHIA, PA	TRACEY MECHANICAL
PA	MINDSPACE	PHILADELPHIA, PA	ALL TRADES MECHANICAL
PA	MERCK CHURCH RD PARCELS	LANSDALE, PA	ALLY CONSTRUCTION SERV
PA	TOWER BRIDGE 5TH FL	CONSHOHOKEN, NJ	RIVER MECHANICAL
SOUTH	LAWRENCEVILLE PREP	LAWRENCEVILLE, NJ	THE BARHAM GROUP
SOUTH	COMMUNITY MS	PLAINSBORO, NJ	JERSEY MECHANICAL
SOUTH	PRINCETON HS	PRINCETON, NJ	H&S CONSTRUCTION
SOUTH	WOODRIDGE ICE RINK	WOODRIDGE, NJ	THE BARHAM GROUP
SOUTH	200 WOOD AVE S AMENITIES	ISELIN, NJ	SJP PROPERTIES
SOUTH	MIDDLESEX WATER COMPANY	ISELIN, NJ	JERSEY MECHANICAL