

# CONNECTIONS—SPECIAL ISSUE

SHEET METAL AND AIR CONDITIONING CONTRACTORS' NATIONAL ASSOCIATION - MID-ATLANTIC CHAPTER

JANUARY 2012



## SMACNA

Mid-Atlantic Chapter  
Bernie Brill, Executive Director  
7833 Walker Dr., Suite 640  
Greenbelt, MD 20770  
Phone: 301.446.0002 x101  
Fax: 301.446.0018  
Email: info@smacnaatl.org  
[www.SMACNAatl.org](http://www.SMACNAatl.org)

## In This Issue:

CMC is FDA Approved.....	1
"Miller Time" President's Letter.....	2
Frank Bonidao Award.....	2
James Myers Co. Instrumental in Garnering Award.....	3
Southland Industries Helps Build New DoD Headquarters.....	4
The Energy Efficiency Movement.....	5
Member List.....	7

## CMC is FDA Approved

CMC Sheet Metal is a part of the headquarters consolidation project of the U.S. Food and Drug Administration (FDA), funded through the General Services Administration. FDA is expected to become the anchor of a new biotech hub just outside of the Capital Beltway in Silver Spring, Maryland, on the former site of the White Oak Naval Ordnance Laboratory. Clark Construction is the general contractor. This large-scale consolidation is LEED Gold certified, includes six phases and more than 15 buildings. The schedule calls for completion in early 2014.



In 2010, the construction of office buildings 31 and 32 at FDA was finalized.

For these buildings, CMC installed 500,000 pounds of galvanized black iron and stainless sheet metal. Of that, 25,000 pounds of black iron welded grease duct was installed for a 325-seat cafeteria in Building 32. In building 31, CMC installed numerous linear bar grills running the entire length of a large, multiuse meeting room that can be subdivided. The 300,000 square-foot, five-story office buildings accommodates FDA's Office of the Commissioner as well as components from the Office of Regulatory Affairs and the Center for Drug Evaluation and Research.

CMC has begun work on two new phases to include office buildings 71 and 75 and CBER laboratory buildings 52 and 72 totaling 758,000 square-feet of laboratories and offices. CMC's scope of work includes the coordination, fabrication and installation of the ventilating and exhaust air ductwork systems. Buildings 52/72 will primarily be occupied by Center for Biologics Evaluation and Research, a Division of FDA. The majority of Building 52/72 will be dedicated to laboratory and laboratory support spaces, including Cage Wash, Vivarium, BSL-III, Surgical and Clean Room areas.



“While projects of this size are always demanding, the fabrication of over 1 million pounds of sheet metal for FDA Lab, while maintaining

Continued on page 3

## “Miller Time”

Mike Miller  
President



President Obama recently announced nearly \$4 billion in combined federal and private sector energy upgrades to buildings over the next 2 years. These investments will save billions in energy costs, promote energy independence, and, according to independent estimates, create tens of thousands of jobs in the hard-hit construction sector.

Certainly, this is greatly needed in the mid-Atlantic region. The \$4 billion investment includes a \$2 billion commitment, made through the issuance of a Presidential Memorandum, to energy upgrades of federal buildings using long-term energy savings to pay for up-front costs, at no cost to taxpayers. In addition, 60 CEOs, mayors, university presidents, and labor leaders have committed to investing nearly \$2 billion of private capital into energy efficiency projects; and to upgrade energy performance by a minimum of 20% by 2020 in 1.6 billion square feet

of office, industrial, municipal, hospital, university, community college and school buildings. This announcement builds on a commitment made by 14 partners at the Clinton Global Initiative America meeting in June to make energy upgrades across 300 million square feet, and to invest \$500 million in private sector financing in energy efficiency projects.



SMACNA Contractors are anxious to join forces with architects, engineers, general contractors, and building owners to our expertise in achieving these goals. Our organization is solidly behind the Better Buildings Initiative launched in February by President Obama, and is spearheaded by former President Clinton and the President's Council on Jobs and Competitiveness to support job creation by catalyzing private sector investment in commercial and industrial building energy upgrades to make America's buildings 20 percent more efficient over the next decade, reducing energy costs for American businesses by nearly \$40 billion. Last year, commercial buildings consumed roughly 20 percent of all the energy used by the U.S. economy.

Let's work together in the coming year in helping our country achieve energy independence.



Stromberg Metal Works-Architectural shop apprentice, Joe Cooper, receives the Frank Bonidao Award from SMWIA Local Union 100 Baltimore Area.

Pictured (L to R): Ed Whalen, Local 100 Business Agent; Jerry Robinson, President, Stromberg Metal Works; Joe Cooper, SMWIA Local Union 100 Baltimore Area Apprentice of the Year; Robert Gawne, CEO, Stromberg Metal Works; Chuck Sewell, Local 100 Business Agent.

“CMC is FDA Approved” continued from page 1

a steady flow of other projects through CMC’s fabrication shop, was one of the largest challenges for CMC,” commented Bob Harris, Project Manager. “Also, the planning and installation of 7,000 pounds of stainless steel duct, which will be assembled in one single section and lowered into a concrete trench, really put CMC’s field crews to the test”, Mr. Harris added.

Additionally, CMC is installing 45 TIG welded stainless steel canopy hoods for various lab equipment and special point exhaust. Ductwork hangers are being located using state of the art GPS equipment by Trimble, which integrates with its 3D drafting software. Each area has unique exhaust and ventilation requirements encompassing a wide range of ductwork construction specification.

“Overall, FDA is an extremely challenging project, but a very satisfying one that will be successfully accomplished by CMC’s team. CMC will continue to continue to work hard to have FDA occupied and in use ahead of schedule.” said CMC’s Superintendent William Fowble.

For more information about this project or company capabilities, contact Steven Nickerson, Vice President, Estimating and Sales. E-mail [snickerson@cmcsheetmetal.com](mailto:snickerson@cmcsheetmetal.com) or call 301-925-4040. Visit on the web at [www.CMCsheetmetal.com](http://www.CMCsheetmetal.com).

*Celebrating Over 35 Years*  
of Excellence and the Highest Quality  
Sheet Metal Fabrication and Installation

THE CMC ADVANTAGE

**Technology** ... continually investing in leading edge fabrication equipment.

**Innovation** ... a creative structure encourages innovative thinking at every level.

**Quality** ... CMC Advantage results in a higher level of quality for each dollar spent.

**Ability** ... we instill a passion for doing the best work, everyday, at every level.

**Professionals** ... from estimating to installing, you will find CMC professionals at every phase of your project.



1208 MARBLEWOOD AVE | CAPITOL HEIGHTS, MD 20743 | 301-925-4040

## James Myers Co. Instrumental in Garnering Award for GMU Performing Arts Center Construction

George Mason University’s Hylton Performing Arts Center, located in Manassas, Virginia, won the 2011 North American Copper in Architecture Award for New Construction. General Contractor The Whiting-Turner Company had subcontracted the exterior and interior architectural sheet metal and metal roofing work to The James Myers Company, Inc.

The exterior and interior copper work occurred exclusively at the theatre building, which involved a unique architectural design consisting of curved and angled walls, while the roof was fully clad in architectural copper. The size of the copper roof is approximately 16,000 sq. ft., and the copper wall approximately 33,000 sq. ft. In total, about 80,000 lbs. of cold-rolled copper sheet and coil material was used in the building’s exterior. The

roof and wall panels were constructed employing a standing seam configuration, with the roof panels using a double lock system and the wall panels a single lock system.



### High Drama Achieved by Performance Area Fins

Unique features of this project are the decorative and curved copper used for ceiling fins in eight locations in the primary theatre’s seating and performance area.

With a depth of up to six feet, they were installed to cover plywood sheathing at each of the ceiling and column beam locations. The interior features copper that has been treated so that it will neither weather nor take fingerprints.

The \$46 million, 84,000 GSF performance center is a joint venture between Prince William County, the University, and the City of Manassas, Virginia.

The James Myers Company, located in Beltsville, Maryland, specializes in creating and restoring decorative roofing. Visit [www.jamesmyersco.com](http://www.jamesmyersco.com). Or, for more information, contact Richard Myers, telephone 301-419-0091 or e-mail [RMyers@jamesmyersco.com](mailto:RMyers@jamesmyersco.com).



## Southland Industries Helped Build DoD's New Energy Efficient Headquarters

Southland Industries provided design-build HVAC, plumbing, and fire protection services for the new Department of Defense Washington Headquarters Services (WHS) building, also known as BRAC 133. Approximately 6,400 people will occupy the new building, which was designed and built to achieve a LEED Gold rating. WHS is located in Alexandria, Virginia and was part of the Defense Base Closure and Realignment (BRAC) process which was enacted by Congress in 2005.



LEED Silver, and elements of the Energy Policy Act of 2005 were part of the contract requirements. The team reviewed energy model results that incorporated various options for exceeding baseline energy performance for the facility. As a strategy, the Design-Build team chose a combination that not only met the facilities' needs, but, more importantly, also provided the ability to exceed future minimum energy goals. This decision resulted in a cost-effective upgrade to LEED Gold for the owner during the construction phase of the project.

### Project highlights

The WHS complex, which was completed in September, has 1.8 million s.f. of Class A office space. The complex contains a 15- and 17-story building on top of a common public area that includes a cafeteria, kitchen, fitness center, health clinic, bank, consolidated server rooms, auditorium, and a conference center. Two parking garages were constructed, totaling 1.3 million s.f., as well as a remote inspection facility and a remote delivery facility. The developer was Duke Realty and the general contractor was Clark Construction.

This particular project was awarded based on a Design-Build built-to-suit competition.

### Energy Efficiency Will Exceed Contract Requirements

Energy efficiency measures began during the Proposal Phase in 2008. The Request for Proposal indicated that ASHRAE 90.1,

### Some Sheet Metal Highlights of This Project

- Southland roughed in 152,000 linear feet of ductwork--approximately 29 miles--in less than 11 months



**Faster.  
Smarter.  
Better.**

HVAC  
Process Piping  
Plumbing  
Fire Protection  
Controls & Automation  
Energy Analysis  
Test & Balance  
Project Management  
Maintenance  
Repair & Retrofit  
Engineering  
Fabrication

Southland Industries is leading the way in Design • Build • Maintain excellence by providing innovative mechanical solutions and services, with faster delivery, at a better value.



703.834.5570  
www.southlandind.com



- The project contains over 2,000 terminal units and 12,000 diffusers
- 70,000 man hours were spent completing this job
- The project contains 922,377 pounds of sheet metal.

### Unique to the Project

- The project utilizes an FPIU system that contains a unique plenum spatial coordination to utilize a flexible architectural and universal space plan.
- The project used a short interval production schedule for the major rough in, which required a lot of offsite ductwork prefabrication and preassembly. Offsite fabrication kept peak field crews at a manageable level.

### About Southland

Southland is one of the nation's largest mechanical contractors providing full design, construction, fabrication, energy analysis, service and maintenance for HVAC, process piping, plumbing, fire protection, automation and controls. Southland has been in



the forefront of developing the Design-Build-Maintain model and has long championed Lean Construction.

For more information, visit [www.SouthlandInd.com](http://www.SouthlandInd.com) or call Mr. Dan Navarrete, 703-834-5570, or via e-mail at: [DNavarrete@southlandind.com](mailto:DNavarrete@southlandind.com).

## Are You Keeping Up With The Energy Efficiency Movement?

by Suzanne Fulton

### Sweeping Energy Savings Edict and Challenge Announced

Governments at federal, state and local levels are increasingly upping the ante in a quest to improve current structures. Rather than continue to be frustrated by an intransigent legislative process, on December 1, 2011, President Obama announced a sweeping plan to pay for public and private commercial building energy retrofits without extracting funds from the taxpayer. It aims to achieve nearly \$4 billion in energy upgrades and savings to buildings. Two billion dollars of that will be devoted to energy upgrades in federal buildings and, cleverly, costs will be covered by utility bill savings over time, rather than by pulling from federal agency budgets or from a tax on Americans. Concurrently, a cadre of 60 CEOs, mayors, university presidents, and labor leaders have stated their support of and involvement in the Better Buildings Challenge, providing \$2 billion to make America's buildings 20 percent more energy efficient by 2020. The Challenge is part of the Better Buildings Initiative launched last February by President Obama, and is spearheaded by former President Clinton and the President's Council on Jobs and Competitiveness.

Through this Challenge, the U.S. Department of Energy (DOE) is highlighting leaders that have committed to upgrade buildings across their portfolio and who will provide their energy savings data and strategies – to be used as models. DOE will provide technical assistance and other resources as well as recognition to

participants. Financial allies are investing in or lending millions of dollars per project within the Challenge. In addition to huge dollar savings over the next ten years, it is expected that many thousands of new, green construction jobs will be created by this initiative. To learn about the program, visit <http://www.eere.energy.gov/>.

### Findings and Across-The-Board Movement

In an October 2011 issue of the Federal Register, the DOE issued a finding that buildings constructed to meet an energy efficiency standard issued in 2010 are likely to reduce energy use by 18.5%, compared with buildings that meet the 2007 standard. But few would be surprised. Commercial businesses, industrial corporations, universities, and other public and private building owners are making commitments reduce energy consumption in their facilities. For several years, the Metropolitan Washington Council of Governments has been successful in persuading local governments to devise rules and incentives for builders to focus on energy savings and sustainability. Case in point--the District of Columbia now requires that all non-residential projects other than public schools meet the Silver standard under Leadership in Energy and Environmental Design.

There exists a plethora of building green guides. Consider that it was just one year ago that ASHRAE published a users manual to educate industry professionals about how to meet the requirements of a green building standard published by three leading

industry organizations, Standard 189.1-2009, Standard for the Design of High-Performance, Green Buildings Except Low-Rise Residential Buildings. Another resource for designers and builders of high performance buildings is the database, <http://femp.buildinggreen.com>.

## International Green Codes and LEED

Government and private industry models can be found around the world and are growing. Marriott International has pledged to retool a substantial percentage of their hotels to achieve LEED certification in the next few years. Their 31-year old headquarters building in Bethesda, Maryland, achieved Gold certification, as a matter of fact. Work is now complete on the International Green Construction Code (IgCC), slated for publication in March 2012. According to Building Green, IgCC will raise the floor for enforcing sustainability, and the codes are written to “streamline with” the International Building Code. Many jurisdictions have already adopted these codes, which apply to all commercial buildings as well as those residential buildings having more than three stories.

Increasingly, building owners specify to contractors that their projects should meet LEED certification when completed. As you may know, the Leadership in Energy and Environmental Design (LEED) system was created by the U.S. Green Building Council. In LEED 2009, the latest iteration, there are 100 possible base points plus an additional six for Innovation in Design and four points for Regional Priority. Categories include sustainable sites, water efficiency, energy and atmosphere, materials and resources, and indoor environmental quality. There are four certification levels—Basic, Silver, Gold and Platinum. To make it easier to certify, USGBC announced in November the launch of App Lab, a catalog for project teams that showcases the most advanced third-party technologies that integrate directly with LEED Online. For more information, visit [www.usgbc.org](http://www.usgbc.org).

Helping to move the building industry closer to a sustainable future has long been a top priority of Sheet Metal and Air Conditioning Contractors National Association (SMACNA).

## Our Members Are Instrumental In Achieving Energy Efficiency

As building codes and standards and certification rules evolve to become more stringent, developers and general contractors must rely on contractors in construction trades who have proven expertise in meeting and exceeding current code requirements to achieve energy efficiency and sustainability. Member companies

of SMACNA are playing a leadership role in garnering LEED credits for commercial and industrial construction projects. Many members have the necessary experience in meeting the special construction requirements of governments and hospitals. CMC Sheet Metal, for example, spotlighted in this issue of Connections, was instrumental in helping the FDA achieve LEED Gold certification for the first phase of its headquarters consolidation project.

SMACNA's Mid-Atlantic Chapter is a trade organization serving and representing HVAC and related industries located in DC, Maryland, Virginia and parts of West Virginia. SMACNA contractors fabricate, install, manufacture or service HVAC, industrial duct systems, architectural sheet metal applications or sheet metal products. The diverse expertise of these members includes HVAC, architectural sheet metal, industrial sheet metal, roofing, chutes, cooling towers, kitchen equipment, specialty stainless steel work, manufacturing, siding and decking, as well as testing, adjusting and balancing. These companies are uniquely qualified and employ skilled sheet metal craftsmen who have completed years of training and education through an accredited apprenticeship program. Furthermore, they are required to follow SMACNA technical standards.

Recognized as a standards setting organization by the American National Standards Institute, SMACNA provides its members and chapters across the country with up-to-date, accessible information and training in many spheres, including the technical and business aspects of building green.

In addition, SMACNA collaborates with other national bodies to influence public policy to achieve standards that avoid energy waste and enhance sustainability. As there is strength in numbers, a strategy embraced by organizations like SMACNA is to lead and participate in coalitions that advocate for legislative and regulatory proposals.

Pressing Congress to pass a bill designed increase the efficiency of federal buildings, called the High Performance Federal Buildings Act, is but one recent example of a coalition effort. The proposed legislation requires that future prospectuses submitted to Congress for construction, alteration or acquisition of a building must describe the use of life-cycle cost analysis. The bill encourages updating old design plans and requires the General Services Administration to issue regulations for the commission of buildings.

Ask to be connected to the expertise you need for your project. Call Bernie Brill, SMACNA Mid-Atlantic Chapter Executive Director, at 301-446-0002, ext. 101.



## STROMBERG METAL WORKS, INC.

*Specializing in the expert production of architectural and air handling systems since 1940.*

Main Office and Plant  
301.931.1000

Jerry Robinson - President  
[jrobinson@strombergmetals.com](mailto:jrobinson@strombergmetals.com)

[www.strombergmetals.com](http://www.strombergmetals.com)

Specialty and Architectural  
301.931.2070

Joe Puckett  
[jpuckett@strombergmetals.com](mailto:jpuckett@strombergmetals.com)

## Member List

**A.D.J. Sheet Metal, Inc.**  
White Plains, MD 20695  
gpickens@adjsheetmetal.com

**American Testing, Inc.**  
Ellicott City, MD 21043  
mkelly@americantesting.us

**Ample Sheet Metal**  
Hanover, MD 21076  
kristi@amplesheetmetal.com

**Arica Consulting & Contracting**  
Jessup, MD 20794  
aricaconsulting@msn.com

**Atlas Sheet Metal Co., Inc.**  
Baltimore, MD 21223-3425  
atlasinc@comcast.net

**Calvert Mechanical, Inc.**  
Huntingtown, MD 20639  
bill.soper@calvertmechinc.com

**Champion, Inc.**  
Harwood, MD 20776  
championairhvac@aol.com

**CMCSheet Metal**  
Capitol Heights, MD 20743  
dgerlach@cmcsheetmetal.com

**Comfort Control**  
Beltsville, MD 20706  
kbigelow73@comcast.net

**Conway Corporation, The**  
Hyattsville, MD 20782  
tbconway1@verizon.net

**Densel Company**  
Gaithersburg, MD 20879  
baustin@densel.com

**Duct Connection Company, The**  
Capitol Heights, MD 20743  
mainoffice@theductconnection.com

**Environmental Balancing Corp.**  
Clinton, MD 20735  
ray@envbalancingcorp.com

**Fen-Cou Corporation**  
Capitol Heights, MD 20743  
cfentress@gtbmail.net

**Fingles Metalworks, Inc.**  
Baltimore, MD 21217  
london@fingles.com

**I & B Associates, Inc.**  
Washington, DC 20018-1430  
iandbassoc@aol.com

**James Myers Company, Inc.**  
Beltsville, MD 20705  
rmyers@jamesmyersco.com

**Journeyman Mechanical**  
Crofton, MD 21114-2434  
dmackin@journeyman-mechanical.com

**K.G. Sheet Metal**  
White Plains, MD 20695-1451  
kgsheetmetal@comcast.net

**L.D. Burkindine Sheet Metal**  
Centerville, MD 21617  
ldburkindinesheetmetal@gmail.com

**Lohmeier's Sheet Metal Inc.**  
Upper Marlboro, MD 20772  
lohmeiersheetmetal@msn.com

**Macon Metal, Inc.**  
Capitol Heights, MD 20743  
csiam@maconmetal.com

**Metalcraft**  
Springfield, VA 22153  
info@metalcraft.biz

**Metro Mechanical Contractors**  
Hyattsville, MD 20781  
dtrunnell@aol.com

**Metro Test & Balance, Inc.**  
Capitol Heights, MD 20743  
frank@metrotestbalance.com

**Norair Engineering Associates**  
Landover, MD 20785  
rnorair@norair.com

**O'Malley Sheet Metal, Inc.**  
Ellicott City, MD 21043  
omalleymetal@aol.com

**Patriot Sheet Metal, Inc.**  
Beltsville, MD 20705  
sbaker@patriotsheetmetal.com

**Pierce Associates**  
Alexandria, VA 22304  
mnichols@pai.us

**R.E.L. Schneider & Company**  
Baltimore, MD 21226  
reese.phs@comcast.net

**R.M. Thornton, Inc.**  
Capitol Heights, MD 20743  
robertr@rmthornton.com

**R.S. Harritan Co., Inc.**  
Richmond, VA 23224  
mike\_pantele@emcorgroup.com

**Seneca Balance Of Maryland, Inc.**  
Baltimore, MD 21236  
senecastan@aol.com

**Southland Industries**  
Dulles, VA 20166  
rdelawder@southlandind.com

**Stromberg MetalWorks, Inc.**  
Beltsville, MD 20705  
jrobinson@strombergmetals.com

**Glen Allen, VA 23060-2146**  
gkumper@strombergmetals.com  
Baltimore, MD 21227  
dweber@strombergmetals.com

**United Sheet Metal**  
Capitol Heights, MD 20743  
mainoffice@unitedsheetmetalinc.com

**Weisman, Inc.**  
Baltimore, MD 21286  
weismaninc-jsw@msn.com

**West Sheet Metal**  
Sterling, VA 20166  
willie@westsheetmetal.com

## Associate Members

**American Metal Products**  
Beltsville, MD 20705  
amermetalgoods@hotmail.com

**Ameritech Concepts**  
Springfield, VA 22151  
mikeb@ameritechconcepts.com

**Armaceil Advanced Insulation**  
Mebane, NC 27302  
john.g.yakubowski@armaceil.com

**Cadvantage Drafting Service, Inc.**  
St. Petersburg, FL 33712  
info@cadvantagedrafting.com

**Ductmate Industries, Inc.**  
Charleroi, PA 15022  
ductmate@ductmate.com

**FTI Consulting, Inc.**  
Rockville, MD 20850  
paul.stynchcomb@fticonsulting.com

**Georgetown Insurance Services Co.**  
Silver Spring, MD 20901  
insurance@georgetownins.com

**Gripple, Inc.**  
Salisbury, MD 21801  
t.caton@gripple.com

**H&B Products / H&B Supply, Inc.**  
Lanham, MD 20706  
sean.welch@hbproducts.com

**Howard W. Phillips & Company**  
Washington, DC 20037  
sbigelow@hwphillips.com

**K-Flex USA**  
Youngsville, NC 27596  
steve.brown@kflexusa.com

**Lyon, Conklin & Co.**  
Capitol Heights, MD 20743  
ben.reich@ferguson.com

**Metropolitan Equipment Group, Inc.**  
Beltsville, MD 20745  
sraines@metroequipsales.com

**N.B. Handy Company**  
Capitol Heights, MD 20743  
bbailey@nbhandy.com

**Naptown Air Products**  
Annapolis, MD 21401  
tom@naptownairproducts.com

**Quickpen - A Trimble Co.**  
Baltimore, MD 21224  
rbognet@quickpen.com

**S. J. Rafferty Company, Inc.**  
Crofton, MD 21114  
frank@sjrafferty.com

**United Energy Products, Inc.**  
Crofton, MD 21114  
steve@uepsales.com

**Vicon Machinery, LLC**  
Bohemia, NY 11716  
sales@plasma-automation.com



Tel: 301-350-4200  
www.unitedsheetmetalinc.com

## Family Owned & Operated For Over 50 Years

*Our 100,000 square foot facility located in Capitol Heights, Maryland, is capable of fabricating and installing commercial and industrial ductwork, air distribution and ventilation systems, architectural and specialty metal work, spiral/oval pipe and fittings, breeching, stacks, and industrial welding.*

*Additionally, we have a large service department ready to do fast turnaround and emergency jobs.*

**One location serving Maryland, Washington, DC and Virginia.**



**SMACNA**

7833 Walker Dr., Suite 640  
Greenbelt, MD 20770

**Visit us on the web at  
[www.SMACNAatl.org](http://www.SMACNAatl.org)**