

# PIPELINE

It's What's Inside That Counts

## GUNDERSEN LUTHERAN HOSPITAL

Breaking ground in 2010 and scheduled to continue through September 2015, the Gundersen project, located in La Crosse, WI, has been an extensive operation consisting of an upgrade to an existing power plant, a new behavioral health building, a new hospital tower addition, and an existing hospital renovation. MMC worked alongside Kraus-Anderson, AECOM engineers and architects, along with other local contractors to bring these impressive new upgrades to Gundersen's La Crosse campus. The main attraction of these upgrades is the 425,000 square foot tower addition which opened to the public on January 19th, 2014. It consists of seven floors including 196 patient rooms, 20 operating rooms, and one of only a handful of medical centers in the country with intraoperative CT, or iCT technology. The iCT provides surgeons with detailed images during operations including highly complex brain and spine procedures.

A project of this size requires high attention to detail and extraordinary coordination efforts when it comes to planning the installation. To assist with quality coordination and installation, MMC's Virtual Building Systems (VBS) team was heavily involved from day one, creating a virtual model of each portion of the project. The model served as a main communication tool between the Owner, the Construction Design Team and the Field Foremen. Having a virtual model of the design allowed for everyone to have a chance to review and approve the design before installation. MMC's VBS Coordinator Kip Olson, who was on site for nearly three years, led the charge of bringing each trade together into a single working virtual model. MMC's Superintendent, Scott Riley, was also involved in the VBS process. Having both Kip and Scott working together overseeing the planning and phasing of the installation efforts helped make the transition from virtual to reality very smooth and efficient. Scott had been on this project for over four years. Having his dedication exclusively on this project has been extremely beneficial for planning and communication.

With two large mechanical rooms in the tower consisting of 17 air handling units, two ground source heat pumps (GSHP), three steam exchangers, and a domestic hot water skid among other large equipment, space was at a premium and precise modeling was crucial for a smooth installation. The two GSHP's, both 147 tons, provide 42°F chilled water as well as 140°F heating water for the building. While the tower is fed chilled water from the power plant in the summer, it's dependent on the tower chillers in the winter to continue feeding the 84 fan coil units cooling communication rooms, electrical rooms as well as four CT and two MRI machines.

Another impressive note about the Gundersen Hospital is that it earned LEED certification. With Gundersen on path to have the tower become a LEED certified building, many efficient processes such as these are seen throughout the design. The GSHP's work mentioned above work in conjunction with a geothermal system to capture and transfer as much heat as possible to the heating water system. Other energy efficient systems such as low flow, high efficiency faucets and flush valves were also used to reduce the domestic water consumption. Prior to this project, Gundersen was among the top 5% of hospitals in the nation for clinical quality care for seven consecutive years according to Healthgrades®, one of the leading healthcare ratings organizations. MMC's implementation of these energy conscious designs will only further differentiate Gundersen in the healthcare industry.



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## MARK'S MESSAGE

Spring is a time of change, a time of growth and a time of looking ahead. For MMC, this spring has certainly been one of change, growth and looking to the future. It's been five years since our last planning session so we recently began a new strategic planning initiative centered on developing the values and vision for MMC's future.

We've enlisted the help of Diane Nettifee from Magis Ventures to help us create the vision for MMC's future. We have formed a Leadership Team comprising of ten employees that will be taking charge of the planning for MMC. Diane tasked this team with determining the company's values. The process has been extremely insightful and the team has had a lot of fun going through the practice.

In addition to the Leadership Team, MMC has formed an Engagement Team. This team consists of 12 individuals who will help communicate information from the Leadership Team to all MMC employees. The Engagement Team is also responsible for bringing feedback from MMC employees back to the Leadership Team. To get started, MMC is bringing in over 180 employees from both office and field to start generating ideas and providing feedback.

The end product of the work done by both the Leadership and Engagement Teams will be a vision and plan for the future of MMC. The plan and vision will include specific goals and serve as a guide for the future of the company.

Have a great summer. Have some fun!



## MMC GIVES BACK & BREWS BEER

At the Cystic Fibrosis Foundation Breath of Life Gala, MMC donated and won, the live auction item of creating your own beer at LynLake Brewery! A special MMC beer was created and brewed by the brewmaster at LynLake Brewery. A contest was held for MMC employees to come up with a unique name for the beer. MMC Project Manager, Dane Carsen, won this contest with the beer name of MMC '63, inspired by the year MMC was founded. All employees went to LynLake Brewery for a company happy hour to celebrate and to try the new beer!



## DID YOU KNOW?

Keith Leier, project manager, and his wife Rachel welcomed a baby boy, Henry Joseph Leier on May 12th. Henry weighed 8 lbs, 6 oz. Congratulations!

MMC opened a small office in Woodbury.

MMC is remodeling to expand the lunchroom area so that all office and shop employees can unite in one common area.

MMC hired five new interns for the summer.

MMC hired a new service project manager. Welcome Lee Bystrom!

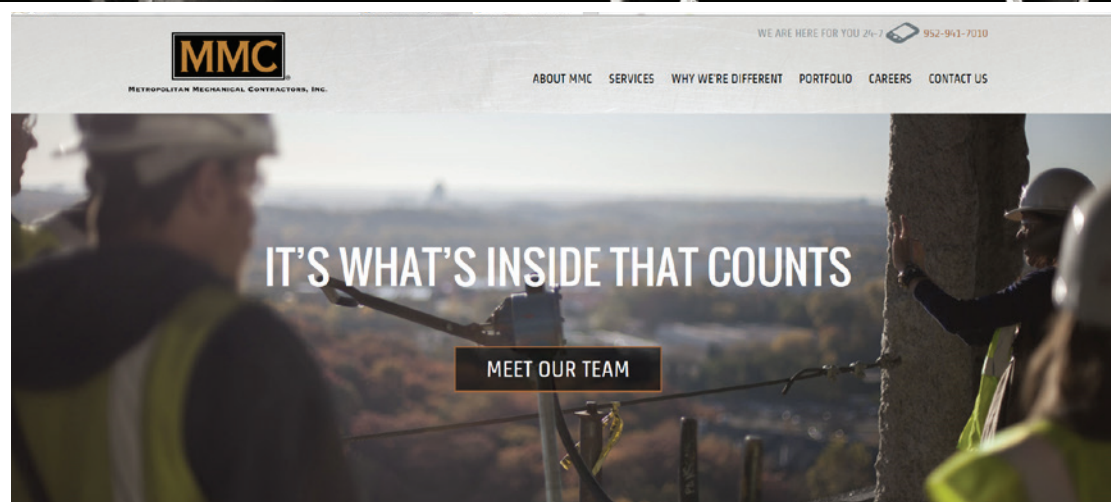
MMC hired a new service technician for the Fargo, ND area. Welcome Alex Olson!

The MMC crew installed an air handling unit weighing 75,000 lbs, made up of six sections, under nine hours at Mall of America Office Tower.

MMC had a great turnout at their seminar in May. The topic was how to generate more leads with social media and web content. The speaker was Kathy Heil—one of the owners of StoryTeller Media & Communications.

A huge congrats to our Technology Group for being awarded the ACI Elite by Honeywell for 2015, a ranking only 20 contractors in North America receive! ACI Elite is awarded to contractors that have paced the channel in performance, achieving target growth and behavior requirements.

Save the date for our annual Oktoberfest on Thursday, October 1, 2015!



## WE LAUNCHED A NEW WEBSITE AND RECRUITING VIDEO

We are pleased to announce the launch of our brand new website! After several months of revisions and edits, we are excited to announce that our new site is now available under the same URL, [www.metromech.com](http://www.metromech.com).

Our goal with the new website is to provide our visitors with a simple way to learn about the services we provide and also to allow the user to easily browse information based on their specific needs and interests. The new site showcases the MMC brand through new photography, a clean design, and innovative yet simple functionality and navigation.

In addition to the launch of the new site, we also released our MMC Recruiting Video on May 14th. The video contains interviews and footage of several MMC team members and focuses on both the career and personal growth opportunities MMC offers to its employees.

We celebrated the release of the video with a viewing party at our headquarters. The video will be used on our website, LinkedIn page and at career fairs to show prospective employees the company culture we've established at MMC. Click [here](#) to watch the video.

### CAREERS AT METROPOLITAN MECHANICAL CONTRACTORS, INC.

For more information on our careers here at MMC please follow us on [LinkedIn](#).

#### CURRENT OPENINGS

There are no job openings at this time. Please check back later.

View all [API Group, Inc.](#) job openings on [www.apigroupinc.com](http://www.apigroupinc.com).



# SAFETY WEEK

MMC, along with several other construction firms across the U.S., participated in this year's 2nd annual Safety Week. From May 4th through the 8th, the MMC team took our regular safety regimen to another level of participation by increasing the number of safety audits, toolbox talks, demonstrations and presentations. To prepare, educate, and activate employees for Safety Week, we designed and distributed hard hat stickers and posters and we passed out Safety Week t-shirts to the entire team.



Under normal circumstances, project managers conduct at least two job site safety audits and foremen conduct one audit a week at minimum. In celebration of Safety Week, our goal was to do 150 audits in five days across all divisions of the company. We exceeded the goal and completed a total of 197 safety audits! In addition, each day a different presentation was given during the normal job site Toolbox Talks. MMC management and Safety Director Dan Pothen were also actively engaged and involved. Dan gave several presentations to the job sites over the course of the week.



Highlights from the week included a virtual fire extinguisher training, fall protection demo and many other celebrations to recognize our achievements in Safety Week. Safety Week grew in participation significantly from 2014 to 2015 leaving us excited to see what next year will have in store.



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## EMPLOYEE SPOTLIGHT



**SHAWN SEIFERT**  
Service Coordinator

**What is the one, single food that you would never give up?** Steak.

**What is one of your greatest traits?** My finance' said it's my "uncompromising optimism."

**If I wasn't doing this, I'd be...**A roller girl named Shawshank Redemption.

**What's your worst pet peeve?** Smart people who act stupid.

**Favorite dessert?** Strawberry Rhubarb Pie.

**If you could travel anywhere in the world, where would it be?** Germany for Oktoberfest.

**The world would be a better place if...** We all smiled a bit more.

**What do you enjoy most about working for MMC?** The people of course!

**What is the best advice you ever received?** Follow your heart but take your brain with you.

**What project(s) are you working on right now?** Trying to conquer the new Astea update.

**Something that most people don't know about me is...** I have two degrees, one for Visual Communications and one for Business Administration.

**What are three things you cannot live without?** Mascara, music and my mind.