



Trumbull News



Do You Have a home project in mind? Email Jim Forcier [T-N's Home Project Group](#)

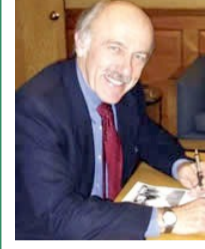
Regional News

NEWPORT - Kenneth G. Merrow, director of Operations and Safety for Trumbull-Nelson Construction Company of Hanover, N.H., was named 2010 board chairman for the [N.H. / V.T. Chapter](#) of Associated Builders and Contractors at the organization's annual meeting in Bedford, N.H.



Letter From The President

This fall was one of the most memorable in the 93-year history of Trumbull-Nelson Construction.



In the past nine decades we've built hospitals, schools, warehouses, stores, apartments, and whole developments.

Looking back, we now realize that we have built communities, and in the process we've always tried to "build community" at the same time.

That was our goal last fall when we were challenged to use every ounce of our creativity, experience, and skill to lead one absolutely unforgettable effort to build an amazing house for a very deserving family.

This past year has not been an easy one for the building community. Things are slower than we would like and we have seen many of our colleagues and competitors of the past either begin to look for other ways to do things, or look for entirely different things to do.

Here at Trumbull-Nelson we've stayed committed to our core beliefs, dedication to and from our building team, giving our customers great results at a fair price, and never forgetting that we are part of the greater community.

From talking to colleagues who had helped lead Extreme Makeover: Home Edition projects in the past, we knew this would be an exhausting experience, but one that would also be infinitely rewarding for anyone who dove in with all their heart and soul.

It was a great learning experience for all of us. We did things faster than we ever imagined possible. We learned about the personal strengths of our team, as well as discovered a myriad of new ways in which we could collaborate with our colleagues.

We finished the project exhausted and elated, with a deeper knowledge of ourselves, and what we can do in the future. Now we're ready to take the new skills we learned, combine it with the time-tested values we still hold, and help your next building project becoming a launching for the next stage of business or life. Let's get started.

Summer Safety Tips

Beautiful summer weather means being aware of specific safety concerns out on jobsites! Here are some suggestions from our human resource department.

Terry Toppers !! Absorbent sweatband to be worn with hard hats to keep the sweat out of your eyes while you work.

Stay Hydrated!! It is always a good idea to carry your own water to jobsites.

Cooling Products T-N stocks [Mira Cool](#) Bandanas to be worn around the neck designed to lower body temperature.

Another good option to beat the heat is using a Crown Cooler (small circular gel pack that fits in the webbing of a hard hat) to keep you a little cooler in the heat.

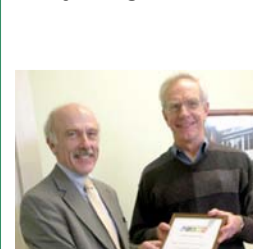
Local News

Alice Peck Day's Woodlands at Harvest Hill is open for business.

Read and see how [APD Staff](#) contribute to the environment with their "Green Team".

Trumbull-Nelson joined Local First Alliance (LFA) as a Supporting Member. LFA works to create a strong and sustainable local economy that benefits Upper Valley residents.

Larry Ufford was recently presented a certificate of appreciation from **Len Cadwallader**, Executive Director of Vital Communities and Leadership Upper Valley Council member, for the Company's ongoing support of the Leadership Upper Valley Program.



In This Issue... 'Extreme Makeover': An Integrated Process!



It's a safe bet that very few building firms begin an Extreme Makeover: Home Edition (EMHE) project with any significant volunteer coordination experience. And the thought of creating a schedule necessary to build a new six-bedroom, landscaped and furnished house, in a five day period is difficult for most people to conceptualize.

Trumbull-Nelson Construction Company, with 93-years of providing service to northern New England building clients, has certainly encountered challenging work. But little of its construction experience could prepare the Company for the unique challenges, constraints and opportunities associated with an EMHE project.

Like so much else in business and life, this Project's success was built on sound management principles and the skills and generous efforts of participants; a community of volunteers who showed one another mutual respect, and the willingness to coalesce around a shared vision. It has been suggested that (television aside!) the Project is a "blueprint for how to approach challenging projects in the future." Certainly, at the end of the day (or perhaps the end of the fourth day?) participants recognized that selfless giving offers its own unique reward.

To date, much has been written about the planning efforts, process and related challenges associated in building the Marshall family residence in Lyme, NH. I would encourage readers who would like an insider's look at this local EMHE Project to go to view the article written for [Constructive Images magazine by Kim J. Gifford](#).

One aspect of this work receiving less coverage, but certainly of importance to the Marshall family was the building team's focus on lowering operational, maintenance, and energy costs to help create an efficient, healthy and sustainable residence.

Products that met team criteria included pre-fabricated, pre-insulated foundation walls which created no concrete waste product; closed-cell foam insulation used within the walls and roof with thermal resistance value of R-30 and R-50 respectively; hi-performance low e glass windows; radiant floors; and a dedicated air filtration unit in one of the bedrooms to help improve the indoor air quality.

Trumbull-Nelson also worked with COVER Home Repair, of White River Junction, Vermont to remove and recycle existing windows, fixtures, and other building materials (including concrete).

Without question the all-volunteer building team and general framework of an EMHE building project introduces a set of constraints to the normal building process. But in many ways, the end product of this particular effort was efficient, healthy and sustainable...and holistic in approach. The Upper Valley community came out in force to help build a house for a family in need. As individuals, we may never be the beneficiaries of the unique contributions of an army of such volunteers, but we certainly can all volunteer to serve others.

Steven A. Usle

Events and Training Opportunities

Better Buildings by Design Conference
Burlington Vermont - February 10th - 11th 2010



The Better Building by Design conference held annually at the Sheraton Conference Center in Burlington is a chance to gather with other construction professionals from around the twin state region and nation to discuss the successes in projects and the not-so-successful in commercial and residential energy efficiency and building durability.

[Better Buildings by Design is looking for presenters for the 2011 Conference](#). The deadline to apply for a presentation spot is July 16, 2010. Trumbull-Nelson LEED Accredited Project Manager Ed Friedman attended the most recent expo. Here is his quick synopsis of the experience:

"We were provided with an abundance of vendors, to browse the many products they offered to make efficiency and durability more attainable.

Since the conference is held annually you might think that there isn't much different from year to year, but you'd be wrong. This year offered fresh insight into good air sealing practices for residential construction; concepts for retrofitting existing homes due to thermal envelope performance issues was discussed and a review of the Vermont Commercial Building Energy Standards (VCBES) were some of the presentations that were outstanding.

As I learned at the conference this year, a good air barrier conserves energy because for every 3 units of energy burned only one unit of energy really gets consumed inside the home; the rest is lost. As Construction Managers - Contractors we must ensure that air movement between plywood sheathing, windows, doors and insulation does not occur. Seal all penetrations and ensure that the air barrier is firmly affixed and all joints are sealed.

LED lighting is becoming more popular due to its low energy consumption compared to incandescent and even fluorescent lights. While still relatively high in initial cost, the length of service for a LED lamp far outweighs the other options. Consider the fact that fluorescent fixtures have significant issues with disposal.

Retrofitting an existing home's thermal envelope provide you a great opportunity to conserve precious resources. One method is to apply spray foam insulation on the exterior of the home, after removal of existing siding. Applied over the sheathing, this increases the R-value, whatever thickness installed, avoiding the many interruptions to the air barrier on the inside. There maybe some aesthetic issues that have to be dealt with but this method works well when the cost of the work inside would outweigh the exterior work.

The Vermont CBES is legislation that took effect three years ago. It is the energy code that all commercial buildings and residential buildings exceeding 4 stories must adhere to.

The construction of a commercial building shall be certified as compliant with Vermont CBES by the party having primary responsibility for coordinating the construction of the building, such as a general contractor or construction manager. A Vermont CBES Certificate must be permanently affixed to the outside of the heating or cooling equipment, to the electrical service panel located inside the building, or in a visible location in the vicinity of one of these three areas.

In the end the conference is a great opportunity to learn about new and interesting directions for the future of construction. Remember, an investment today results in savings tomorrow.

By: Ed Friedman
[LEED Accredited Professional](#)

Industry Update....

LEAD and LEAD PAINT



Prior to 1978 lead was used as an additive in paint for its cost, durability and strength. Little regard was paid to the potential health concerns that lead may create at a later date.

Because lead is a naturally occurring element on earth it cannot be reduced to a form that will, once ingested, leave the human body. Lead enters the body via inhalation or swallowing. One can ingest lead dust while eating, playing and normal hand to mouth activities without actually realizing it. Activities that create lead dust, such as sanding, scraping, burning, brushing and blasting put lead particles in the air and make unsafe exposure levels possible. Lead is especially dangerous to children under 6 years of age. In children, lead can affect their brains and nervous systems resulting in reduced IQ and learning disabilities and behavioral problems. In adults, lead can cause high blood pressure, hypertension, nerve disorders and digestive problems.

Due to the dangerous nature of lead paint, beginning April 22, 2010 the EPA will began enforcing its new Lead-Based Paint Regulation Program (RRP).

Under the rule, child-occupied facilities are defined as residential, public or commercial buildings where children under age six are present on a regular basis. The requirements apply to renovation, repair or painting activities. The rule does not apply to minor maintenance or repair activities where less than six square feet of lead-based paint is disturbed in a room or where less than 20 square feet of lead-based paint is disturbed on the exterior.

Realtors and property managers should make themselves aware of the requirements in the Lead Renovation, Repair and Painting (RRP) Rule. The EPA is working closely with the National Association of Realtors to make Realtors and property managers aware of the hazards of lead paint poisoning and ways to prevent it.

Contractors who perform renovation, repairs, and painting jobs in pre-1978 housing and child-occupied facilities must, before beginning work, provide owners, tenants, and child-care facilities with a copy of the EPA's lead hazard information pamphlet [Renovate Right: Important lead hazard information for families, Child Care Providers, and Schools](#). After April 22, 2010, federal law requires that Contractors must be certified and use lead-safe work practices.

As of this printing Trumbull-Nelson has five RRP Certified employees on staff. If you would like additional information about the RRP, the Renovate Right pamphlet or lead paint in general please check out [www.epa.gov/lead](#)

Insider Stories

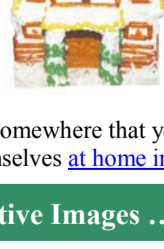
Night Shift at the Extreme Makeover - At night, when the camera men went to get some well deserved rest, the work continued [\(as seen in the short-take video\)](#) Some really amazing work was completed au Claire de la Lune. Some of my favorite moments were:

Distributing gloves and raincoats, I noticed that it was our Trumbull Nelson supervisors who were working around the building putting siding on to enjoy. Around each corner a father and son team was developing the home, like a big group hug for the Marshall family in the rain for a come. Contractors generally "don't do" hugs as stated in the [UNH Magazine "High Hopes"](#) but they certainly do have big hearts.

As for the UNH Girls that came to help build the home I was most impressed by their joy in being a part of the "build". Anytime they were empty-handed they would come back looking for more to do. As Safety Monitors they were constantly on the lookout for dehydrated, tired, or hungry workers. They eloquently helped those who "forgot to drink, sleep, or eat" remember to do so. When their task was rubbish removal they functioned like [The Dartmouth college Hockey Team](#) working together to make a goal..

One particularly dark night I went up to the [staging area](#) to find volunteers who could help to move freshly finished cabinets into the home. To my surprise I found an army of UPS workers ready to march through the woods of Lyme to complete the task. Between the UNH Group, [Tucker Foundation Group](#), The Dartmouth Hockey Team, [community leaders](#), Hollywood figures, [manv volunteers](#) and [subcontractors](#), an energetic and diverse team existed.

At the end of the job the Hollywood personnel offered to get back to business as usual in a hurry so we declined. Trumbull-Nelson employees are not your typical group of construction workers. Honesty and hard work with a sense of community and responsibility are paramount to the atmosphere of our company.



When things settled down I finally got caught up with my normal day to day work and had a chance to spend some quality time baking a giant gingerbread house with my daughter who turned 19 on one of the days of the build. Shortly after, we received an email from Mrs. Marshall with the following photo attached.

A home is somewhere that you can enjoy your family and friends and just be yourself. I hope that the Marshalls have found themselves [at home in their new house](#).

Constructive Images

Interested in reading more about Trumbull-Nelson Construction? Browse past issues of [Constructive Images](#).

