



Progress On Purpose

Winter 2019

# Construction Break



*Clockwise from left: Presentation of Mary Academy exterior, new gymnasium, and interior stairwell.*

## Presentation of Mary Academy and Hampton Academy Showcase New Facilities

**I**t's been a busy time for building! As the summer has faded, BPS has shined with its completion of two major milestones.

Presentation of Mary Academy (PMA), led by the vivacious Sister Maria Rosa and Director of Operations Dan Lamb, have a new 18,000-square-foot gymnasium addition. Thanks to the vision of Architect Dennis Myers, PMA now boasts one of New Hampshire's finest athletic complexes.

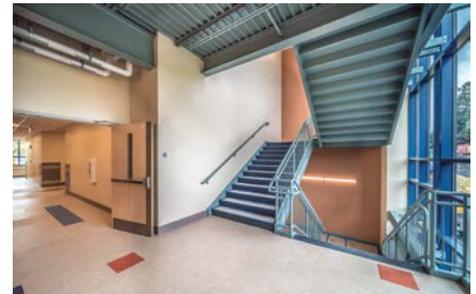
Complete with its own kitchen and concession area, a stage for future performances, and a gym floor that rivals the Boston Garden, PMA has further cemented its legacy in the community as one of New Hampshire's premier Catholic academies.

Not to be outdone are the students of Hampton Academy (HA). Thanks to the tremendous efforts of H.L. Turner, Trident Project Advisors, and the incredible team at SAU-90, HA students are now enjoying their beautiful new addition.

The BPS team recently completed the 50,000-square-foot building, which includes classrooms, office spaces, science labs, music rooms, and a vibrant gymnasium. Although BPS is proud of this accomplishment, there is no time to celebrate as Phase II is now underway. As BPS works to modernize the historic academy, the Town of Hampton is now less than one year away from unveiling a school it can showcase for decades to come.



*Hampton Academy science lab.*



*Hampton Academy interior hallway.*



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### Have You Checked It Out?

We are continually updating our website at [www.bpsnh.com](http://www.bpsnh.com). When you have a moment check it out, and follow us on Facebook, too. Hope to see you there. Use the QR code at left to take you to our website.



## Trivial Matters

- Which of these U.S. cities never served as the nation's capital?
  - Philadelphia
  - New York
  - Boston
  - Washington
- Which of these particles of matter has a negative charge?
  - proton
  - neutron
  - electron
  - neutrino
- Which type of artisan commonly employs a kick wheel?
  - potter
  - carpenter
  - diamond cutter
  - glassblower
- Who invented the mercury thermometer?
  - Anders Celsius
  - William Kelvin
  - Daniel Fahrenheit
  - Galileo Galilei
- Sable*, *corkscrew* and *sickle* are terms used to describe which part of a dog's body?
  - tongue
  - ears
  - hair
  - tail

—from *mental floss*

Answers: 1) c; 2) c; 3) a; 4) c; 5) d.

## And The Most Popular Dream Car Is ...

Is there a car you dream of owning? A Ferrari, a Porsche, or even the Batmobile? Gold Eagle, an automotive lubricant conglomerate, recently surveyed Americans to identify their dream car. The winner? The Ford Mustang, followed by the Tesla Model S, the Jeep Wrangler, the Corvette, and the Camaro. Here's how the findings shake out by gender:

### Mustang

39% Male

61% Female

### Tesla Model S

63% Male

37% Female

### Wrangler

19% Male

81% Female

### Corvette

59% Male

41% Female

### Camaro

48% Male

52% Female

“Imagination is everything. It is the preview of life's coming attractions.”

—Albert Einstein

## Stand Out On The Job

You'll never get ahead at work if no one knows you're there. Here are three simple tactics for being recognized for your skill and hard work:

- **Go beyond your job description.** Seek out and volunteer for tasks that show what you can do. Demonstrate that you're willing to go the extra mile for your boss, team, and organization.
- **Connect with higher-ups.** You don't have to be a sycophant, but making connections with the leaders in your organization is always a good idea. Talk to them about their goals and the organization's objectives. Show that you have the good of the organization in mind.
- **Find something you love.** Develop expertise in a specific area that you enjoy. Let people know you're available to help them with duties related to your specialty. Show your enthusiasm for your work. Managers and coworkers like to deal with a positive, skilled professional.



“Consistent hard work leads to success. Greatness will come.”

—Dwayne Johnson

## Build Innovation Into Your Culture

How can you build a culture of creativity and innovation in your organization? Vicki Huff of PwC offers these suggestions on the Strategy + Business website:

- **Support a sense of pride.** Make sure your coworkers and employees know what good things your organization does for your customers and community. When they feel proud of their work, they'll try harder to find new ideas for improvement.
- **Don't punish failure.** As long as people are trying their best, don't make failure something to fear or be ashamed of. Let people know you want them to take risks and fail occasionally on the road to greater success.
- **Empower people.** Let them make decisions about how they work best. Encourage flexible scheduling and telecommuting to show you trust them to make their own decisions.
- **Put the customer first.** For every idea that comes up, start by asking, "How does this help our customers?" Focus on long-term value so you can create loyal customers who'll keep doing business with you for years.



## Better Posture Leads To Better Health

Poor posture can have a negative effect on your physical and mental health, doctors say. An article on the *Health* website suggests that getting up and moving can have these healthy benefits for your body and your mind:

- **More energy.** Research suggests that poor posture, whether you're standing and sitting, can cause fatigue and stress. Sitting upright in a comfortable position—not slumped over—has been seen to improve people's moods in clinical studies.
- **More confidence.** You'll appear more self-confident by standing and walking upright, creating a self-fulfilling prophecy. People respond positively to people who exude confidence through their posture and physical behavior.
- **More openness.** Slouching in a chair or while walking tends to make you more guarded. People will be reluctant to interrupt you or chat with you. An open posture invites people in, giving you the opportunity to talk with and learn from them.

## Discarded Tech Adds Up

Chances are you've got a few old cell phones sitting around your house that you haven't used in years. A recent survey by *Decluttr.com* found that Americans have some \$33 billion worth of discarded technology lying around, with the average U.S. home hanging onto \$264 worth of unused tech. That includes:

- Almost 60 percent of U.S. homes with more than two unused cell phones (Apple and Samsung, mostly).
- Thirty percent of people who say they keep their old phones for backup, and 30 percent who don't want to risk losing control of their personal information.
- Other devices, such as cameras (40 percent), PCs (25 percent), consoles (10 percent), and iPods, tablets and more (10 percent).

## Make A Commitment To Safety In The Workplace

Your employees' safety is a paramount concern, but you can't protect them all by yourself. They should assume some responsibility for taking care of themselves. Here's how to motivate employees to create a safe workplace:

- **Make safety an organizational value.** Emphasize safety from Day One. Include it in your employee handbook. Address it on a regular basis. Showing your commitment to safety will help employees take it seriously.
- **Involve upper management.** Make sure the CEO supports employee safety in a visible way—by talking about it, listening to employees' concerns, and following safety procedures him- or herself.
- **Involve your workforce.** Don't just hand down rules and procedures from on high. Ask employees for their input. What problems do they see? What works, and what doesn't? Listen to and act on their opinions.
- **Set high expectations.** Don't settle for the bare minimum when it comes to safety. Let employees know they're expected to follow procedures without exception. Work with them on setting goals that protect them fully.

SPEED BUMP

Dave Coverly



# BPS' New Vice President

We are excited to announce we have a new vice president at BPS. Barrett Salta joined BPS in the Winter of 2011, bringing an extensive background in site work and project management to the team. With nearly 40 years of site development behind him, he brings a level of expertise in the area of earthwork rarely seen in construction management. His technology know-how has given BPS the ability to implement state-of-the-art systems for managing projects, and his friendly approach to problem solving make him a welcome addition to our team. We appreciate his hard work and commitment to growing BPS into the best company it can be. Congratulations, Barrett, and thank you for everything you do!



Barrett Salta, Vice President

## BPS Is Turning 50!

For 50 years Bonnette, Page & Stone has been servicing New Hampshire's building needs. This accomplishment is one that we are not only immensely proud of, but for which we are extremely grateful. For all of the successes BPS has enjoyed, we recognize this feat couldn't have been accomplished without the help of many. Thank you to our hardworking and dedicated employees present and past, the outstanding building teams we've had the pleasure of working with, our supportive corporate friends, and, of course, our incredible clients! Without all of you, there would be no us. Thank you!

On behalf of the entire BPS staff, we wish you a safe and happy holiday season and a healthy and prosperous 2019.

### *BPS welcomes our new clients...*

- Holy Trinity at St. Andre Bessette, Laconia, NH
- Tom Fagan Chiropractic, Meredith, NH
- Auburn Village School, Auburn, NH
- Fireside Inn, Gilford, NH

### *and thanks our returning clients...*

- Bank of NH Pavilion, Gilford, NH
- Coe Brown Academy, Northwood, NH
- Gilford High School, Gilford, NH
- Newfound Regional High School, Newfound, NH
- The Belknap Mill, Laconia, NH

### *BPS provides these services...*

- Feasibility Studies
- Property Searches and Evaluation
- Design, Permitting and Approvals
- Management of All Project Scheduling
- Financial Assistance
- Full Commercial and Residential Construction Services
- Owner Training for Building Maintenance and Systems Operation
- Building Envelope and Energy Use Studies
- Application of Green Technology and Earth-Friendly Products

Considering a project? Give us a call at 603.524.3411 to explore concepts, ideas and feasibility or just stop in and say hello, the coffee is on us... Randy Remick, CEO  
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