

Employee Spotlight

Garry Throop

After 19 years of service with Chevron Construction, Garry Throop officially hung up his hardhat. Family, friends and coworkers gathered at Chevron's head office on March 27th to congratulate Garry on his retirement.

Garry first started his carpentry career with Chevron in 1988. Although he was on hundreds of different jobs, the majority of his time was spent at our Invista site. His specialties included Invista Shutdowns and scaffolding.



Garry Throop at his retirement party.

Garry and his wife Margaret have two children, Barry and Crystal.

Garry, you have been a major contributor to Chevron's success over the past 19 years and we wish you a very happy retirement!



Garry and his wife Margaret.

What's so funny?



Just one more thing...

If you need to increase your daily productivity, you might want to give this easy method a try: At the end of your day, do one more thing before you leave. This concept is simple, says Jeffrey J. Mayer on SucceedingBusiness.com, but it takes discipline.

Once you reach the end of your day and feel you have accomplished everything that needs to be done, don't leave before you do one more thing. Make a phone call to a contact you've been meaning to get in touch with. File the papers that are piling up on your desk. Write the memo you were going to do tomorrow.

At the end of the week you will have accomplished five more tasks than you would have otherwise. At the end of the month, you'll have accomplished about 20 more tasks, and over the course of a year you will have knocked out more than 200 extra tasks by doing one extra thing per day.



Summer 2007

with Chevron Construction Services Ltd.

Sports store opens in Kemptville



KC Sports owner Kirk Creighton. Sports offers a variety of sports apparel and equipment ranging from NHL jerseys to soccer cleats. Creighton chose Kemptville for his store not only because he is a resident of the

city, but also because he saw an opportunity in the growing community. According to Creighton, Kemptville is hoping to become a "hub" for the communities between Winchester and Merrickville. "It's hard to find anything between Brockville and Barrhaven" he adds. Kemptville will continue to add retail stores to highway 43, without taking away from the downtown businesses.

The official grand opening for KC Sports was held on June 23rd. Creigh-

ton hopes to eventually make his sports store into a chain of stores. KC Sports is conveniently located just minutes off the 416, on Highway 43.

Chevron Construction Services Ltd. provided KC Sports with a lot of the interior store fit-up, including slot walls and a washroom.

Call us today for all of your retail needs at 613-926-0690.



Slot walls installed by Chevron.



KC Sports in Kemptville, ON.



Owner, Kirk Creighton.

Chevron Construction has donated a shower for use at the International Plowing Match and Rural Expo. This will be held in the village of Crosby, September 18-22, 2007.

P.O. Box 464
Brockville, ON K6V 5V6



Tel: (613) 926-0690
Fax: (613) 926-0692

www.chevronconstruction.com

Remodel or build new?

Many companies are faced with a common dilemma of whether to remodel or build new. If you are in a similar situation here are some questions to ask yourself when deciding what steps to take:

1. Existing Site

- Is the existing site large enough?
- Is the location suitable?
- Is adjacent land available?
- What is the resale value?
- What are the demographic considerations?
- Is the current location of significance to our customers?

2. Existing Facility

- What is the historical value of the building?
- What is the cost of upgrading the facility?
- Is the building structurally sound?
- Will there be code upgrades required?
- Where will business be conducted while the renovation is going on?
- Is the existing facility customer friendly?
- Can it be made customer friendly?
- Is the building accessible?
- Can it be made accessible?

3. Business Strategy

- Does the change fall in line with the overall strategy of our business?
- What will fit the needs of our future?
- What will fit the needs of our future customers?
- What are the future trends of our industry?

Call 613-926-0690 for more information.

What's been said?

"Form follows function-that has been misunderstood. Form and function should be one, joined in a spiritual union"

-Frank Lloyd Wright



Retro-Fit Roofing

Retro-Fit Roofing is a light gauge framing system fully engineered to create a sloped roof plane over existing flat roof systems. Retro-Fit Roofing systems are cost effective for the replacement of your existing flat roof. The Standing Seam Roof system is available in different colours and gauges to meet your requirements.



Advantages of Retro-Fit Roofing

- Metal roofs are more permanent
- Slope removes moisture
- Opportunity is created to increase R value for greater thermal efficiency
- Changing the roof geometry and updating the look of the building enhances appearance which attracts tenants at higher rents.

Is Retro-fit Roofing what you need?

Identify the existing substrate. Is it wood, steel or concrete? The Retro-Fit Roof needs to be supported by the existing structure. Chevron Construction uses our consulting engineer to assess the original building to determine if modifications are needed. The design components can be tailored to meet the requirements of the owner and the existing structure geometry. We will gladly provide the correct components and detailing for design and loads specified.

Existing Sloped Roof

Retro-Fit Roofing can be easily applied to an existing sloped roof. The sloped roof will add years to its life, eliminate leaks, improve thermal efficiency and enhance appearance.

Photos courtesy of BEHLEN Industries LP.

Test your "smarts"

1) According to the office site of the Canadian Tourism Commission, the glass floor at the top of Toronto's CN Tower can support the weight of:?

- 10 army-issue tanks
- 14 large hippos
- the official opposition
- all of Canada's NHL teams in full hockey gear

2) Which of the following is not an old unit of measurement?

- gill
- scruple
- jiffy
- weable

3) Which of these legendary monster is not native to Canada?

- yeti
- wendigo
- sasquatch
- le Bonhomme Sept-Heures

4) Which combination of letters give English speakers the best idea of how to pronounce X in the Chinese city name Xian?

- ks
- sh
- ts
- ch

5) Which of the following did Leonardo da Vinci not sketch a design for?

- helicopter
- scissors
- zipper
- bicycle

Answers:

1. (b) 2. (d) 3. (a) 4. (b) 5. (c)



Safety First

Working in the heat

Whether you work outside in the heat for a living or you just spend your leisure time outside; it is important for everyone to understand the effects of the heat. Our bodies are constantly working to maintain a normal body temperature of 36-37.5 Celsius. When those temperatures rise above these numbers, we are at risk for some serious medical conditions.

| Condition | Description | Symptoms | Relief |
|-----------------|---|---|--|
| Heat Rash | The sweat glands become plugged after sweating for a long period of time. It reduces the ability to sweat and lose heat. | An itchy rash. | -move to a cool area -encourage rest -give cool liquids to drink -place a cool, wet cloth on their forehead and neck |
| Heat Cramps | Results from the loss of salt or potassium during sweating. | Cramps, which can become severe, occur in muscles used for work including legs, arms and abdomen. | -restore electrolytes *always seek medical attention if the symptoms are severe or if the victim has other medical problems, such as high blood pressure. |
| Heat Exhaustion | This can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement fluids. | Weakness, dizziness, fainting, headache, breathlessness, nausea, vomiting, pale and moist skin. Symptoms may go unnoticed. | |
| Heat Stroke | A life threatening condition that occurs when the body's temperature control mechanism malfunctions because of excessive heat and dehydration. The body's temperature soars above 40.5 Celsius. | Sweating stops and the skin is hot and dry. Convulsions, confusion, unconsciousness and death can occur. After recovery the victim may continue to have problems dealing with the heat. | -call 911 if unconscious -if conscious, go to doctor -don't give anything by mouth to someone who's in and out of consciousness -gradually cool victim |

To prevent any heat related conditions, always remember the following:

- drink a glass of water or fruit juice every half hour
- avoid eating hot, heavy meals
- eat foods high in potassium such as oranges, bananas and potatoes
- wear light coloured, loose clothing if your job permits
- wear long sleeved shirts, long pants and a brimmed hat to protect your skin from the sun
- use sunscreen, reapplying often
- wear sunglasses that block UV rays.

Dehydration, tiredness, being overweight, age (over 40 and young children), poor physical condition and recent intake of alcohol can reduce your ability to withstand heat. Also the physical activity required to do the work, the work/rest schedules, and how accustomed you are to working in the heat.