

## Chute A Blondeau

The travel information centre in Chute A Blondeau received a fresh look. The entire exterior of the building was painted, as well as some of the interior.



## David Vaughan (1946-2013)



Dave Vaughan, retired President and former owner, of Chevron Construction passed away on September 14, 2013 at the age of 66.

Dave, originally from Cornwall, had moved to Yarmouth, Nova Scotia to manage Dominion Textiles. In 1996, he moved back to Ontario to start working for his Brother-in-Law, Ted Ross, at Chevron Construction in Brockville. After Ted's passing in 2000, Dave bought the company along with Jim Annable and Darren Ross. He became the President and Operations Manager until his retirement in 2011.

Dave and his wife Mary Anne have fostered over 100 children, while also raising their own three - Steven, Brandon and Heather. They also have 8 grandchildren. Dave offered a lot of his free time to different charitable groups including the Brockville Rotary Club and the Foster Family Association. He had recently been honoured as a Paul Harris Fellow of Rotary International.



Winter 2014

with Chevron Construction Services Ltd.

## Dundas Power Line Open House

Congratulations to Dundas Power Lines Ltd. who hosted their official open house on November 8th at their new maintenance building in Chesterville. The 34 year old company was the recipient of \$50,000 from the Eastern Ontario Development Program to upgrade their equipment and expand their workforce.

Earlier this year Chevron Construction constructed a 60' x 80' maintenance building for the company. The building includes an in floor service pit, mezzanine, office, washroom and mechanical room. It also has in floor heating throughout the building.



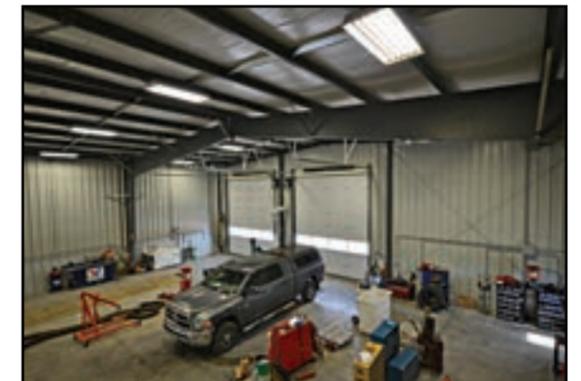
Left: Ground Breaking Ceremony in Fall 2012.

Right: Open House Ribbon Cutting in Fall 2013.



Left: Exterior of new maintenance building.

Right: Interior of new maintenance building.



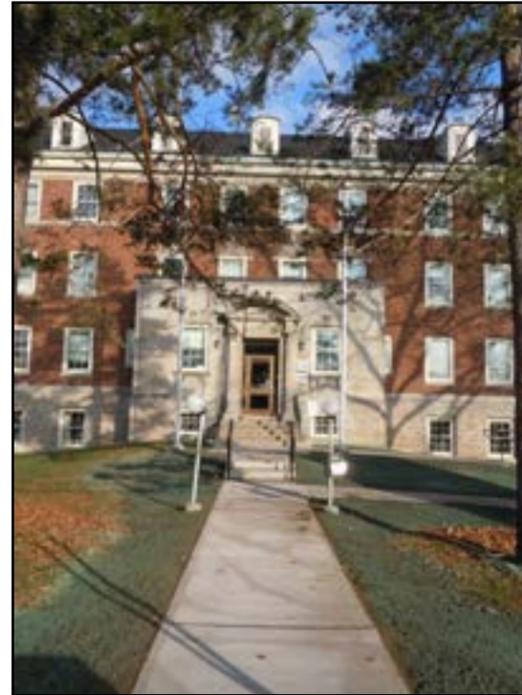
## Accessibility Upgrades

Chevron Construction Services Ltd. completed an accessibility upgrade of a local office building. The project consisted of extensive exterior improvements as well as some interior upgrades. Outside the existing stairs and pathways on the West and South side of the building were removed and replaced. After the removal, site regrading was performed to make the pathways more accessible. The new stair treading included a yellow safety nosing to increase visibility. The trees around the construction site were fenced off to protect the root structure and the lawn was reinstated. The vehicle drop-off area and parking lot were also updated.

The interior modifications included replacing door hardware, relocating light switches and adding elevator signage to help the building meet new accessibility codes.



South side pathway and staircase.



West side pathway.

## What's been said?

"In order to succeed, your desire to succeed should be greater than your fear of failure."

-Bill Cosby



## What's So Funny?



"Lose some weight, quit smoking, move around more and eat the carrot."

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## Test your "smarts"

1) Which composer suffered from progressive deafness and near the end of his career was almost totally deaf?

- a) Johannes Brahms
- b) Ludwig van Beethoven
- c) Wolfgang Amadeus Mozart
- d) Johann Sebastian Bach

2) In 1899 Scott Joplin developed a distinctive style of jazz which took the USA by storm. What was it called?

- a) Swing
- b) Ragtime
- c) Bebop
- d) Classic

3) Bandleader and singer Louis Armstrong was jazz's foremost virtuoso on which instrument?

- a) Trombone
- b) Saxophone
- c) Piano
- d) Trumpet

4) Which blockbuster movie starring Julie Andrews was an adaptation of a Richard Rogers stage musical?

- a) The Sound of Music
- b) On Golden Pond
- c) Mary Poppins
- d) Oklahoma!

5) What style of music was the American rock band Nirvana associated with?

- a) Indie Rock
- b) Punk
- c) Grunge
- d) Gothic Rock

For the answers please visit:  
[www.chevronconstruction.com](http://www.chevronconstruction.com)



## Safety First

## Office Ergonomics

It's time to start thinking about where you spend most of your time if you work in an office - your desk. The goal of office ergonomics is to set up your office work space so that it fits you and the job you are doing. Having the proper workstation set up can help lower stress and injury caused by awkward positions and repetitive tasks.

General workstation setup tips:

**Lighting** - overhead lights and task lighting can help reduce eye strain as well as increase productivity where precision is required.

**Monitor** - the monitor should be placed directly in front of you with the top just below eye level and about an arms length away. Look away from the monitor and focus on distant objects as frequently as possible to prevent eye strain.

**Keyboard** - sit in an upright position with your upper arms hanging naturally from the shoulders to prevent fatigue and discomfort. Your wrist should be straight and not bent.

**Chair** - while standing, adjust the height of the chair so the highest point of the seat is just below the kneecap. The goal is to evenly distribute weight. When sitting, adjust the height of the backrest so the lumbar pad supports the natural curve of the lower back. The tilt of the back support should allow you to sit with your body slightly reclined (110 degrees is usually recommended).

**Phone** - if you are on the phone for extended periods of time, a handsfree handset is recommended.

Even with your workstation properly set up it's important to stand up and stretch periodically throughout the day. It is generally recommended that you pause and stretch every 30-60 minutes. For some stretching exercises please visit our website at [www.chevronconstruction.com](http://www.chevronconstruction.com)