

Employee Spotlight:

Jessica Crawford

During this past summer, Jessica Crawford worked at Chevron Construction as a summer student in the position of an Administrative Assistant. Her duties included assisting with accounts payable, testing procedures, creating and maintaining financial reports and many other general office tasks.

When asked what she enjoyed most about working at Chevron Construction over the summer she responded with "the variety that any day can bring; I was lucky this summer to have had the chance to see several aspects of the company."

Outside of work Jessica likes to stay active and participate in different activities. She is always looking to try something new. She is a certified lifeguard, swim instructor and she has a first-degree black belt in Taekwon-do. Jessica also enjoys baking and is always looking to try out new recipes for her family and friends.

Jessica just began her final year at Wilfred Laurier University where she is completing a Bachelor of Applied Economics with a minor in Business Spanish. After completion, Jessica would like to start her career in financial planning.

Jessica would like to thank Chevron for giving her the chance to work as a summer student. "I feel very lucky and grateful for this opportunity. I wish them the best."



344 sq. ft. - 24 rooms

Gary Chang, an architect, designed his 344 sq. ft. apartment in Hong Kong to be able to change into 24 different designs, all by just sliding panels and walls. Chang has been living in this apartment since he was 14 years old. After his parents moved out, he tried a series of modifications.



To watch a video of the transformation visit our website at www.chevronconstruction.com



Winter 2012

with Chevron Construction Services Ltd.

Ingleside Plaza

Construction at the Ingleside Plaza was completed in late summer. The plaza, which is a pre-engineered building system circa 1979, received a complete exterior overhaul. This is the first renovation the plaza has seen since its original opening. The existing canopy on the building was removed and a new one was installed over the new sidewalk. The north and west walls, along with the north end of the roof were given a fresh coat of paint to freshen up the exterior. A new aluminum entrance door and two new windows were also installed.

During construction the tenants continued on with business with no interruptions. This is a challenge that Chevron Construction has overcome on many commercial projects.

Continue to page 2 for more photos. If you would like to see similar projects, please go to our website at www.chevronconstruction.com.



Above: Before photo of South side of Plaza.
Left: After photo of South side of Plaza



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Ingleside Plaza Cont'd



Left: Before photo of East side of Plaza.

Below: After photo of East side of Plaza.



What's so funny?



15 Worst Excuses for Missing Work

In CareerBuilder's annual survey, 29% of workers admitted to playing hooky last year, citing errands and plans with family or friends among their top reasons for calling in sick. But some employees like to get more creative. Here are 15 of the strangest excuses employers said they heard:

1. Employee's 12-year-old daughter stole his car and he had no other way to work. Employee didn't want to report it to the police.
2. Employee said bats got in her hair.
3. Employee said a refrigerator fell on him.
4. Employee was in line at a coffee shop when a truck carrying flour backed up and dumped the flour into her convertible.
5. Employee said a deer bit him during hunting season.
6. Employee ate too much at a party.
7. Employee fell out of bed and broke his nose.
8. Employee got a cold from a puppy.
9. Employee's child stuck a mint up his nose and had to go to the ER to remove it.
10. Employee hurt his back chasing a beaver.
11. Employee got his toe caught in a vent cover.
12. Employee had a headache after going to too many garage sales.
13. Employees psychic told her to stay home.
14. Employee drank anti-freeze by mistake and had to go to the hospital.
15. Employee was at a bowling alley and a bucket filled with water (due to a leak) crashed through the ceiling and hit her on the head.

Submit the best excuse you've heard to amanda@chevronconstruction.com for a chance to win a Tim Hortens Gift Card!

Test your "smarts"

- 1) How many oceans border Canada?
 - a) 1
 - b) 2
 - c) 3
 - d) 4
- 2) When did *O, Canada* officially become the national anthem?
 - a) 1880
 - b) 1920
 - c) 1950
 - d) 1980
- 3) Canada is a bilingual country, but what is the only official bilingual province?
 - a) Quebec
 - b) New Brunswick
 - c) Ontario
 - d) Nova Scotia
- 4) What is the oldest walled city that still exists north of Mexico?
 - a) Montreal
 - b) Halifax
 - c) Quebec City
 - d) Vancouver
- 5) Where does the word Canada come from?
 - a) Jacques Cartier
 - b) Samuel de Champlain
 - c) Jean Nicolle

For the answers please visit: www.chevronconstruction.com



Safety First

Stretching Exercises

Getting ready for the job means more than lining up tools and material. It's important to get your muscles ready too. Exercising before work can help prevent back, neck and shoulder injuries.

Warm up first. This helps get your muscles warm and loose. A warm muscle is a lot less likely to tear than a cold one.

March in place. Stand in position. Pump arms and legs in opposite directions. Make sure that your heels touch the ground. Continue 3 to 5 minutes.

Arm Circles. Stand with arms raised horizontally and slightly in front of shoulders, palms down, and feet shoulder-width apart. Rotate arms in forward circular motion for 15 seconds. Relax. Repeat 3 to 5 times.

Knee to Chest. Support yourself with one hand. With your free hand, pull your knee toward your chest and hold it for 30 seconds. Repeat with other leg. Repeat three times for each leg.

Hip Stretch. Stand with one foot in front of the other. Place your hands just above the knee of your front leg. Gently bend your front knee. Keep your back foot flat on the floor. Hold 20-30 seconds. Repeat with other leg. Repeat three times for each leg.

Thigh Stretch. Support yourself with one hand. With your free hand, bend your leg back and grasp your ankle. Gently pull your ankle towards your body. Keep your trunk straight. Hold 20-30 seconds. Then repeat with the other leg. Repeat three times for each leg.

Calf Stretch. Lean on a solid support with your outstretched hands. Bend one leg forward and extend the other leg straight behind you. Slowly move your hips forward. Keep the heel of your back leg on the ground. Hold 30 seconds, relax, and repeat with other leg. Repeat three times for each leg.

Backward Stretch. Stand up and bend backwards, holding 2-4 seconds. Repeat three times. This will help relieve lower-back muscle tension. Do this stretch after working in a crouched, bent, or stooped position.