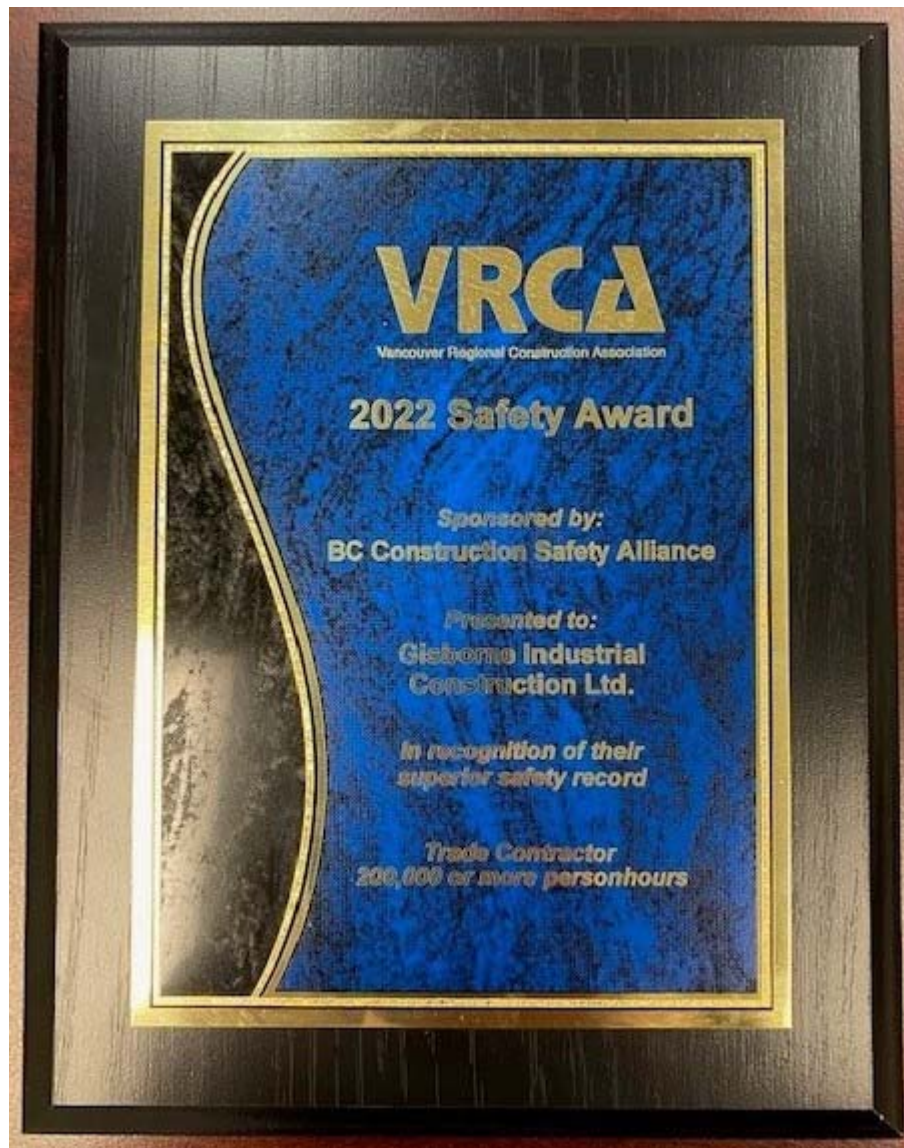


*CONTINUOUS IMPROVEMENT - INTEGRITY - RESPECT - CLIENT FOCUSED*



We are pleased to announce that Gisborne was the proud recipient of the Vancouver Regional Construction Association 2022 Safety Award in recognition for our Superior Safety Record for Trade Contractor with 200,000 or more person hours.

The delivery of a successful safety program starts with the culture of the company; and this culture is a direct result of the efforts of all members of the Gisborne family. We would like to thank all of you for your efforts and commitment to our Safety culture. Our goal is to continue to grow and foster this culture and continuously improve as we move forward in our progression and development as a company.

Congratulations for a job well done!

*After winning the game, I decided to throw the ball to the spectators.  
Apparently that's frowned upon in bowling.*

## **FEATURED FIRE PROTECTION PROJECT**

Oakridge Park, the site of the previous Oakridge Mall in Vancouver, is the largest single development within Vancouver since the construction of the Olympic Village.



Height and building width increases will change the redevelopment's total residential floor area to 3.031 million sq. ft. The office space component has also increased 810,436 sq. ft. The total retail floor area will be 1.206 million sq. ft. Overall, the redevelopment's total floor area will increase to about 5.05 million sq. ft. Upon the full completion of all phases, projected to be in 2027, the new Oakridge development will have over 7,000 residents and 6,000 permanent on-site jobs related to the retail, office, public park, and community centre.

Gisborne is the key Fire Protection Contractor on this project and we anticipate being on site for 3 - 4 years, providing the installation of the various fire protection systems required for a project of this magnitude.

While this is the major project within Fire Protection at this time, between our Alberta and BC Divisions we are actively working on more than 30 total projects, including wrapping up work at the Amazon distribution centre in Edmonton. In addition we continue to have success in providing project support for industrial projects throughout the world.

**Gisborne's 70th anniversary is coming in 2023!**

Follow our social media for updates and celebrations: [Web](#) / [Twitter](#) / [Instagram](#) / [Facebook](#)

*My local gas station started charging money just to put air in your tires. When I commented that this had been free for decades, the attendant just looked at me and said "that's inflation for you".*

## A Moment for Mental Health

*A message from your mental health reps bringing you interesting news about mental health!*

Temperatures are falling, days are shorter, and for many, seasonal depression is just beginning. While the holidays are almost upon us, so are the following factors which can all impact mental wellness in friends and family.

- Less natural light
- Colder temperatures
- Lack of outdoor activities
- Pressure for spending over the holidays
- Inability to see loved ones over the holidays
- End of year work stress

All of these can lead to an increase in feeling less than positive. Make sure to pay attention to not only yourself, but friends, family, and coworkers. Here are some suggested strategies for getting ahead of seasonal depression:

- \* Be aware of your mental state, what it's like when it's going well and when it's not
- \* Find your triggers
- \* Reach out to friends & family and let them know what is going on
- \* Find a therapist
- \* Utilize online resources
- \* Don't isolate yourself
- \* Make sure to do things that you consider to be self-care

For friends and family of those struggling:

- \* Keep reaching out and checking in
- \* Realize when you may need to hand off this person to a professional who can help them better
- \* Take care of your own mental health so as not to drain you or the person you are trying to help

Sometimes, it's best to just listen.

## Tech memories...

- ◆ Blackberry phones - 2002
- ◆ Facebook launched - 2004
- ◆ Twitter arrives - 2006
- ◆ The first iPhone - 2007
- ◆ Blockbuster Video closed its doors - 2014
- ◆ And who can ever forget the sound of the dial up internet modem!



## CSMP UPDATES

### The Far North

Gisborne's JV company, CGT' is wrapping up our current work at the **Sabina Back River Gold Mine project in Nunavut** as winter sets in and the ice road construction crew takes over the camp accommodations. We look forward to being back on site in the spring of 2023 to continue with our construction work

We are also completing our scope of work at the decommissioning of the **Snap Lake Diamond Mine in the NWT**.

Finally we still have a crew working at the **Diavik Diamond Mine in the NWT** and anticipate this work continuing on into 2023.

### The North

We have ongoing work at the **Brucejack Mine in NW BC**, providing support for various installations and expansion projects at the mine.

### The Okanagan

Our crews recently wrapped up a 2 year project at the **Copper Mountain Mine near Princeton BC**. While we are currently offsite, we anticipate an ongoing relationship the mine in relation to other projects being planned.

**Winter has arrived in the mining world!**



Whenever I delete an app on my phone, the shaking icons make me feel that they're panicking over who is getting cut from the team next.



# FAREWELL AND HAPPY RETIREMENT

After 24 years, the voice that thousands have heard say “Hello, this is Greg from Gisborne calling. Are you looking for work?” is retiring from Gisborne at the end of December 2022. **Greg Martin** started with Gisborne back on December 21, 1998, working in our Maintenance Overload and Small Contracts Division recruiting workers for the Lower Mainland and Vancouver Island. Over the years this division was absorbed into what is now known as our CSMP Division and Greg has led the way in terms of the recruitment and dispatch of ironworkers, millwrights, sprinkler fitters, pipefitters, welders, crane operators, carpenters, equipment operators and other trades to crew up projects throughout Canada and beyond.

One of Greg’s favorite pastimes is hunting and this has translated over to his work with Gisborne as he enjoys the challenge of the ‘hunt’ when he gets a dispatch request for personnel to be sent to a project. Over 90% of the personnel Greg has contacted and hired have never met Greg in person, but for those of us who have had the privilege of being around him, he is even nicer in person than on the phone!

It has been a pleasure to work with Greg and he has played a significant role in building our dispatch processes (including the development of our current data base system to track project personnel) while also enhancing Gisborne’s reputation for respect and integrity with the various tradespeople he has recruited over the years.

We wish Greg good health and much joy as he moves on to spend time bow hunting with his son, hanging out with his grandkids at the family cabin, kayaking with his wife or simply enjoying retirement.

## BENEFIT INFORMATION

### CLAC MEMBERS

Benefit Office	1.888.600.2522
Forms/courses/contact info	<a href="http://www.clac.ca">www.clac.ca</a>
CLAC Retirement Member Care	1.800.210.0200
Employee Assistance Program ( <a href="http://www.workhealthlife.com">http://www.workhealthlife.com</a> )	1.844.880.9142

### CLAC OFFICES:

Lower Mainland Office	1.800.331.2522
Fort St John Office	1.800.331.2522
Kelowna Office	1.866.757.2522
Edmonton Office	1.877.863.5154
Calgary Office	1.403.686.0288

### GISBORNE STAFF / NON-UNION EMPLOYEES

RRSP Questions <https://www.canadalife.com/>

### GISBORNE STAFF / NON-UNION EMPLOYEES

Benefits are now covered by Manulife (effective Oct 01 2022)

Be sure to have registered as per the email they sent you.

You can access your benefits card by either printing off from the website or through the Manulife App available from the App Store

Also be sure you have designated your beneficiary (ies) re life insurance