

CONTINUOUS IMPROVEMENT - INTEGRITY - RESPECT - CLIENT FOCUSED

GISBORNE IS CELEBRATING OUR 70th ANNIVERSARY IN 2023.

We are proud of our 70 years of client-focused history within the construction industry. Gisborne has worked hard at continuous improvement to ensure our next 70 years are as successful as our first. We would like to thank all those people who have made our success possible and established Gisborne as a safety award-winning company that works with respect and integrity in all aspects of our existence. We look forward to a growing and safe culture.



I'm sorry I called you stupid. It's just that when I asked you how to spell Mississippi and you asked if I meant the river or the state... it caught me off guard!

SABINA GOLD & SILVER AWARDS PHYSICAL PLANT CONSTRUCTION TO CGT INDUSTRIAL LTD



CGT Industrial (“CGT”) is composed of Clark Builders, **Gisborne Industrial Construction Ltd.** and PTW Energy Services, leaders in their respective fields of construction including concrete, buildings, mechanical and electrical services. Collaborating as a single entity, CGT provides clients with a wide selection of services and the convenience and efficiency of working with a single, expert organization. CGT has extensive experience in mining projects in the Western Arctic dating back as far as 1982.

CGT will construct the process plant including: crushing circuit, grinding circuit, CIL circuit, pre-leach and tails thickener with tails pumping, gold room, E-houses, control room, O2 plant, fresh water, truck shop, and fire water systems. Additional scope has been added to the original bid proposal which includes the power plant and the Port fuel farm. These components make up approximately 85% of the direct works on site.

CGT brings its considerable experience in construction, particularly in the North, to our project. Sabina is unique in that our Project is largely based on self-delivery for the majority of civil works and for underground development. CGT’s experience in Northern plant construction de-risks the execution of the Project and provides a higher degree of certainty to the associated costs.

Wife: "go to the store and get milk and if they have eggs get 6." Husband arrives home with 6 cartons of milk. Wife: "why did you buy 6 cartons of milk?" Husband: "they had eggs."



Work continues for Gisborne's Industrial division at the **ASCOT Mine in NW BC**. The only way to access this mine is to drive from Stewart BC through Hyder Alaska then back into BC to arrive at the site. Given it's remote, mountainous region, crews are required to take avalanche training upon arrival at the project.

These are just some of the unique challenges our crews face on remote projects.



FIRE PROTECTION UPDATES

An aerial view of the massive Oakridge redevelopment project in Vancouver where our Fire Protection Team will be working for the next few years.



ARGONAUT GOLD MAGINO MINE—Northern Ontario
Gisborne Fire Protection's Ontario Division was awarded the contract for the installation of the Fire Protection systems at the new Magino Gold Mine. Additionally our **Industrial Division** was recently awarded the piping installations in the Gold Room area of the mine.



The Paramount Building in Richmond was recently completed by our FP Division - another unique project to add to our repertoire.

My partner just nudged me and said, "You weren't even listening, were you?" I thought, that's a strange way to start a conversation.

MENTAL HEALTH AWARENESS

The relationship between our diet and our mental health is complex. However, research shows that there is a link between what we eat and how we feel.

About 95% of your serotonin is produced in your gastrointestinal tract. So, your digestive system doesn't just help you digest food, but also guides your emotions.

– Harvard Health Blog

Things to try to
help your diet
support your
mental health



- Eat regularly. This can stop your blood sugar level dropping, which can make you feel tired and bad-tempered.
- Stay hydrated. Even mild dehydration can affect your mood, energy level and ability to concentrate.
- Eat the right balance of fats. Your brain needs healthy fats to keep working well. They're found in things such as olive oil, nuts, seeds, oily fish, avocados, milk and eggs. Avoid trans fats - often found in processed or packaged foods - as they can be bad for your mood and your heart health.
- Include wholegrains, fruits and vegetables in your diet. They contain the vitamins and minerals your brain and body need to stay well.
- Include some protein with every meal. It contains an amino acid that your brain uses to help regulate your mood.
- Look after your gut health. Your gut can reflect how you're feeling: if you're stressed, it can speed up or slow down. Healthy food for your gut includes fruit, vegetables, beans and probiotics.
- Be aware of how caffeine can affect your mood. It can cause sleep problems, especially if you drink it close to bedtime, and some people find it makes them irritable and anxious too. Caffeine is found in coffee, tea, cola, energy drinks and chocolate.

From the Mental Health Foundation UK

BENEFIT INFORMATION

CLAC MEMBERS

Benefit Office	1.888.600.2522
Forms/courses/contact info	www.clac.ca
CLAC Retirement Member Care	1.800.210.0200
Employee Assistance Program (http://www.workhealthlife.com)	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 Canada

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