

## Dress Red Day—Corporate Challenge



**HEART & STROKE FOUNDATION OF BC & YUKON**  
*Finding answers. For life.*

THE CORPORATE OFFICE CHALLENGES "ALL AREAS" TO PARTICIPATE IN DRESS RED DAY ON FEBRUARY 12, 2010

### Heart and Stroke Dress Red Day

The Corporate Office challenges your area to:

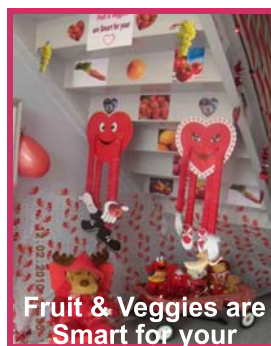
- Dress yourselves in Red on February 12th
  - Dress the office in Red
- Raise money for Heart and Stroke Foundation by everyone donating \$5.00 and by being creative in raising further funds. **Frank has generously offered to match our donations!**
- Walk Canada — clock your km's to walk, bike, run, swim or whatever across Canada)
- Take pictures and send them, along with stories, to the Merritt Office

(Please contact Barb for participation information)

Note: If there is no Dress Red Day in your area, donations can be sent through the Merritt office with a list of the donors.



Island Office Staff—Theresa Fournier, Damian Girard, Tara Bursey, Leah Hurrell, Gay Ann Mackay & Debbie Inman celebrating the Olympics and "Dress Red Day".



Fruit & Veggies are Smart for your

### Inside this issue:

Our People	2
People Working	2
New Winter Innovation	3
Coleman Road Project	4
Community Involvement	5
NAOSH Week	5
Springtime Safety	6

## The Winners!

Trekking across B.C. and a heavily decorated office contributed to Emcon Services Inc. winning the Heart and Stroke Foundation's Dress Red Day contest Friday afternoon. A panel of four judges selected Emcon as the top business in town among 21 participants. Dress Red Day is an initiative to raise money for the Heart and Stroke Foundation and to spread awareness of heart health and wellness.

Not only did the office staff decorate and dress in red, we also tried to exercise and eat properly. A map of Canada was put up on the wall and anytime any of us exercised we recorded our kilometers. Everyone put in a lot of sweat and managed to travel 900 kilometers from January 12th to February 12th—an estimated travel distance from the BC Coast to the Alberta border. Emcon also won the contest in 2006.

Thanks to all that participated in the various areas and overall, employees raised a total of \$548.00. This was generously matched by Emcon, for a grand total of **\$1,096.00 for Heart and Stroke.**

**Way to go! \*\* Please note—as of April 16, 2010 we have recorded 1,925 kms.\*\***



Corporate Office Staff—front row—Andrea Janzen, Barb Treadway, Vicki Geier, Laura Christy. Back Row—Tammy Smyth, Kevin Baxter, Neysa Sheldon & Pam Gaudry.

## These are our people...

Madalene Espenhain, Receptionist in the Grand Forks office is assisting the company with their successorship plan! Madalene will be taking maternity leave sometime mid June as her due date is June 28, 2010. Madalene plans to return to her position sometime in June of 2011.



Congratulations Madalene.

Sally Sofonoff started in the Grand Forks office in January and will be taking over for Madalene when she leaves to fulfill her successorship commitment. Sally has a background in payroll, accounting and clerical duties. With 21 years experience in the Credit Union, Sally will definitely be an asset to our operation.

We Welcome Sally to the Emcon Team!



## Becoming a Canadian Citizen

On Tuesday, January 19, 2010, Alex (Run) Wang became a Canadian Citizen.

Congratulations Alex!

Emcon supports the future taxpayers of our great land.



## Giving Back to the Community

Dave Henly and Bobbi Boughton from the Grand Forks Food Bank receive a donation from the Grand Forks group donated by Rick Wright, Road Superintendent.



## Emcon People Working



Beaverdell Road Crew  
Jean Neigum & Alice Barrie hard at work.

Birchbank Road Crew  
Ray Wilson & Mark Tomasini  
Patching on Hwy 22



Grand Forks Road Crew  
Rob Konkin, Peter Voykin & Garry Campbell  
Patching on the Paulson

## Community Involvement



The Olympic Banners in Grand Forks with our plow truck in the background.

The Grand Forks crew assisted in supplying snow for the Grand Forks Olympic Ice Sculpture contest that was held on January 23, 2010. The snow was back hauled from Lafferty Pit at the end of each shift while returning to the yard from patrolling.

Pictured right is Pete Voykin with his torch rendition while patching on the Paulsen Pass during the Olympic Torch Relay. Rumour has it a

*Loonie* is buried in the patch to bring **Good Luck!**



## Training

Recently **Kent Porter, QAT**, and **Wade Wheaton, RF2** in Grand Forks attended the Construction Safety Networks' "Train the Trainer" course in Kelowna. Kent felt the course was very beneficial and the techniques presented with better prepare him for presenting future toolbox meetings and any other training that he may be involved in.

**Congratulations to Dennis Sarabia, QAT**, Parksville on successful completion November 23, 2009, of the **BCIT**

**Bridge Inspection 1** course. This training will provide him with the knowledge needed in his position in Quality Assurance.

**Roy Terashita, Mechanic** in Grand Forks recently attended the 1st Year Apprenticeship Training. The training was 6 weeks in total and the time split between theory and practical. Hydraulics, steering and brakes were the main areas covered by the course. Roy is looking forward to returning in October for the

next session. **Way to Go Roy!**

**Congratulations** are also in order for **Neysa Sheldon**, Corporate Office, as she successfully completed an Effective Business Writing course through our local Nicola Valley Institute of Technology on March 1, 2010. Neysa felt the course provided her with the skills necessary for business communications.



## NAOSH (NORTH AMERICAN OCCUPATIONAL SAFETY & HEALTH)

Safety & Health: A Commitment for Life—**How Safe are You?**



May 2—8, 2010

The goal of NAOSH Week is to focus employers, employees, partners and the public on the importance of preventing injury and illness in the workplace, at home and in the community.

NAOSH Week presents an excellent opportunity to focus, reinforce and strengthen commitment to occupational safety and health. Participation and involvement in NAOSH Week has been shown to improve attitudes towards safety, increase understanding of the importance of occupational safety and health, foster a safety-minded culture, increase cooperation, raise awareness, assist in team building and improve communication between employees, safety committees and safety professionals.

What are you doing to meet the Challenge? The Challenge—to find a way to do one activity in a safer manner. Let us know how you met the Challenge, send us your story and pictures and they could be featured in the next newsletter.

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Road & Bridge  
Maintenance Contractor

Please send newsletter submissions and  
pictures to: [hall@emconservices.org](mailto:hall@emconservices.org)

## Springtime Safety

Springtime is upon us and with it, comes new safety concerns to take into consideration.

### Driving Safety

- Road maintenance projects will begin. We can expect to see road crews working along the roadways, mowing grass and repairing potholes.
- Remember, speeding fines are doubled in construction zones, and it is extremely dangerous for both you and the workers if you speed.
- Warm weather will bring on the leaves and foliage. This could obscure your vision at intersections and driveways. Use caution in these areas, as it is

our responsibility to insure the road is clear before we enter it.

- Extra caution should be used this time of year, as pedestrians and bicyclists increase in number. Children can be very unpredictable. Be prepared for them to turn directly into your path.

### BBQ Safety

- When using **GAS** grills, make sure you clean up after your BBQ, and check for leaks, breaks, and other wear and tear.
- When using **CHARCOAL** grills, consider buying briquettes already treated with starter fluid, and for \$10, you can purchase

an electric lighter. **DO NOT** use gasoline, kerosene, or any other accelerant that is not designed specifically as a starter fluid.

- More information on BBQ safety can be found at [http://www.stayingalive.ca/bbq\\_safety.html](http://www.stayingalive.ca/bbq_safety.html).

### Smoke Alarms

You should check your smoke alarm once a month to make sure that it's working properly. Just press the little test button—if it's beeping, it's working. If your smoke alarm is battery powered, you need to replace the battery once a year. Why not make that part of your spring-cleaning routine? A smoke alarm can save your life. All you have to do is keep it working properly.

*What's wrong with this picture?*



## Prevent Slips & Falls

Watch where you're going and  
always wear the right shoes for the job!