

2022 - ISSUE 02

STAY CONNECTED

Official Newsletter of Connect Group Inc.



RECORD LOWS AND PERFORMANCE HIGHS



This past December and January, our teams encountered the unexpected. Due to failures as a result of the extreme temperatures, our Field Services teams were required to work in extreme conditions as RMWB saw some of the coldest temperatures on Earth and logged some record setting lows for a cold snap that lasted more than 30 days!

We are extremely proud to give a huge shout out to our teams that worked outdoors and through Christmas throughout these conditions as we helped to minimize the impacts of these unplanned outages to our client at Mildred Lake!

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HEALTH, SAFETY & ENVIRONMENT

Stress Management

-Tips and Tricks-

RAELEIGNE VAN PATTEN, CRSP, RYT-500

Stress is something that we all feel when we are overwhelmed or tired. Did you know that stress is more than just an emotion; it is a hard wired physical response that travels throughout your entire body. Stress can be a good thing, it resides within us to help us when we need the fight or flight response, but when we are constantly feeling stressed, it becomes over used. This over use creates a path within your body that changes your brain and can affect the organs and cells throughout your entire body.

Long term, unmanaged stress will present itself in many ways such as; acne, irritability, difficulty concentrating, headaches, tiredness, muscle tension, it can even make you more susceptible to illness, infection and stress can slow down your recovery time. Therefore, we need to learn to manage our stress.

Well, that sounds stressful..... now what?

One thing to remember about stress is that it is a part of life. Life is stressful. What matters to your body and your brain is how you respond to the stress in your everyday life. Truly, there are two ways you can manage your stress;

- You can think of stress as an insurmountable threat that you are unable to manage or;
- You can see your stress as a challenge that you manage.



Learning to approach stress as the challenge that you manage will help you feel better, look better, sleep better, perform better, stay healthy and in the long term, your body and brain will thank you. What we need are some tips to control and master our stress. First off, here are some basic stress relievers:

- Take in a deep breath in through your nose then hold for a moment, then sigh, letting out all the breath
- Stand up, reach up and give yourself some movement
- Yawn, yes, open your mouth and deliberately yawn. The yawn feeds your body extra oxygen and moves carbon dioxide out of the blood and will help you to get some energy
- Lower your shoulders away from your ears
- Unclench your jaw (your dentist says thank you)
- Stay focused on the present and what is right in front of you at this moment.
- Make the situation as fun as possible
- Ask yourself, what is in my control and how can this situation provide me with a learning opportunity
- Breathe, focus on your breath.
- Take up a new skill like learning to meditate
- Start (or start again) a yoga practice
- Start (or start again) a workout routine

haveibeenpwned.com/

check you email address and phone numbers to see if they have been part of any security hacks

TIPS TO PREVENT GETTING HACKED

- USE COMPREHENSIVE ONLINE PROTECTION SOFTWARE ON YOUR PHONE
- UPDATE YOUR PHONE AND ITS APPS
- STAY SAFER ON THE GO WITH A VPN
- USE A PASSWORD MANAGER
- AVOID PUBLIC CHARGING STATIONS
- KEEP YOUR EYES ON YOUR PHONE
- ENCRYPT YOUR PHONE
- LOCK YOUR SIM CARD
- TURN OFF YOUR WI-FI AND BLUETOOTH WHEN NOT IN USE
- STEER CLEAR OF THIRD-PARTY APP STORES

QUICK TIPS

- CRA AND ANY OTHER GOVERNMENT SERVICE WILL **NEVER** ASK FOR GIFT CARDS OR MONEY ORDERS. ALL PAYMENTS SHOULD BE MADE ONLINE OR AT A BANK
- DON'T GIVE OUT INFORMATION TO ANY COMPANY THAT ISN'T NECESSARY (EX:HOW MANY KIDS DO YOU HAVE , WHAT ARE THEIR THEIR NAMES , DO YOU HAVE A PET ETC...)
- CHANGE YOUR PASSWORDS FREQUENTLY AND DON'T USE THE SAME PASSWORD FOR MULTIPLE SITES
- SHRED OR BURN YOUR PRIVATE DOCUMENTS, DON'T THROW AWAY IN TRASH
- SECURE YOUR HOME INTERNET CONNECTION WITH A STRONG PASSWORD

FRAUD AWARENESS

BEST PRACTICES WITH TRAVIS KEMP

PAULEIGNE VAN PATTEN, CRSP, RYT-300

March was fraud prevention month, so there is no better of a time to refresh some of the best practices for identifying and preventing fraud.

One area of fraud that has become more and more prevalent in the last 10 years is cell phone hacking. With cells phone now being used for emails, banking, and payments your cell phone data is extremely valuable to criminals. There are a couple of items that can help you identify whether your phone has been hacked.

- Has your phone been losing your charge faster than usual lately?
- Does it suddenly starts turning itself off and on again?
- You might see outgoing calls that you never dialed or strange spikes in your data usage?
- Mystery or random apps appearing?
- Does your phone run or feel hot?

Several signs of a potential smartphone hack can look like a technical issue, at least on the surface. Yet the fact is that these issues may be a symptom of a deeper problem, such as malware installed on your smartphone. Malware can eat up system resources or conflict with other apps and your operating system, all of which can cause your phone to act sluggish or erratically.

What to do if you're worried that your phone has been hacked ...

- Install and run security software on your smartphone if you haven't already. From there, delete any apps you didn't download, delete risky texts (eg: links attached), and then run your mobile security software again
- If you still have issues, wiping and restoring your phone is an option. Provided you have your photos, contacts, and other vital info backed up in the cloud, it's a relatively straightforward process. A quick search online can show how to wipe and restore your model of phone.
- Further, check your accounts and your credit to see if any unauthorized purchases have been made. If so, you can go through the process of freezing those accounts and getting new cards and credentials issued.
- Lastly, update your passwords for your accounts with a password that is strong and unique. Strong passwords should not contain personal information and should contain uppercase letters, lowercase letters, numbers, and special characters.
- If you have a company phone be sure to contact IT.

FABRICATION HIGHLIGHTS

Mike Quiring

The Nisku Fabrication Facility closed out 2021 Q4 with great success, all project deliverables and schedule demands were achieved with zero incidents or safety concerns. This momentum kickstarted 2022 Q1 with safety and quality at the leading edge of our execution strategy for the fabrication team as always. Industry demands drive production, they also help drive the Safety cultures that bring us home every night, all of us at Connect Group pride ourselves with keeping true to the CGI safety culture not only at the Facility and Project sites but also bringing it home for ourselves and loved ones.

Our Quality program has proven through 2021 that the products & services delivered from Connect Group not only meet client expectations but exceed industry norms. These very attributes bring our clients back time and time again to receive what we offer and benefit from the attention to details that all of us bring to the table.

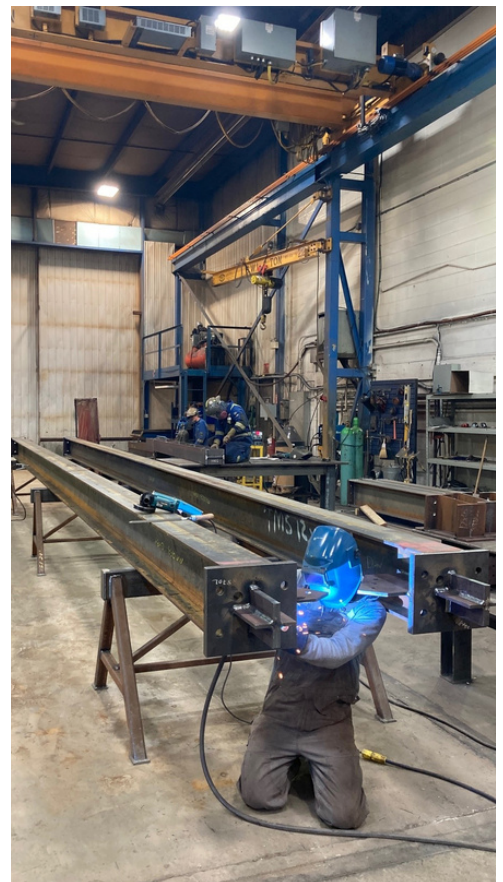
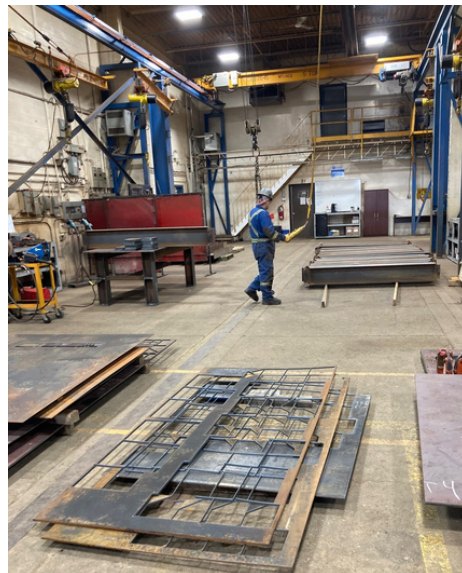
A slower start in 2022 Q1 enabled CGI to catch up on a few internal projects and PR deliverables but this was short lived. Fabrication of 104,000lbs of steel and splitting 190,000lbs of WT's for Saskarc commenced in early February along with additional fabrications for field services. The CGI ASME WPS and CWB WPDS libraries continue to grow as new scopes of work and opportunities present themselves. The ongoing work for the addition of B31.1 Power Piping, B31.9 Building Services Piping, B31.11 Slurry Transportation Piping and B149.1 Natural Gas and Propane Code to our Quality Manual will open additional scopes of work and help propel CGI into the next stages of success.

THE LOWDOWN ON THE FABRICATION SHOWDOWN:

- SUNCOR - 82R-14 CRANE INSPECTION & REPAIR
- CGI - NEW FLAT DECK TRUCK RAILS
- CGI - 8 NEW PYRAMIDS
- SUNCOR - PLANT 82 GB TRUNNION LIFTING JIG
- SASKARC - COTE GOLD FABRICATIONS
- SASKARC - WT FABRICATION

INLINE JUST IN TIME:

- SYNCRUDE - WETTING CHUTE DOOR MODIFICATIONS
- SUNCOR - 82R-83 85 MONORAIL HOIST
- SUNCOR - PLANT 82 BREAKER REPLACEMENT
- SUNCOR - 300D-6A PERMANENT DECK



EMPLOYEE HIGHLIGHT

MARIUSZ (PEE WEE) KREZOLEK



Mariusz came to Canada from Poland in 2002 and received permanent residency in 2003. Mariusz's hometown is Niedzwica Koscielna Poland (Approx. 90 km from Ukraine border). Shortly after, he began working at Waiward steel as a welder in their shop (Mariusz formerly trained in Poland as a welder).

Mariusz Joined Local 720 Ironworkers in 2005 and after several years in the Ironworker trade, and spanning a variety of projects, he joined Connect group in 2019.

With hard work and commitment, Mariusz has worked his way up from being on the tools, Foreman, General Foreman and currently holds a position as Construction Coordinator within our organization.

Sadly, Russia began a full-scale invasion of Ukraine on 24 February 2022, in an escalation of the Russo-Ukrainian War that began in 2014. The invasion is the largest conventional military attack in Europe since World War II. At time of writing, there have been over 1.8 million refugees flooding into Poland to escape the conflict. Mariusz's Mother, Father, two sisters, three brothers, and numerous nieces and nephews still reside in eastern Poland and have seen firsthand the devastation this war has brought to their neighbouring country.

In the last decades, the European society has been facing many different challenges. Their society is being transformed by climate change, demographic imbalances, migration pressures, Covid-19, and lately the war in Ukraine.

Resilience is defined as the ability not only to withstand and cope with challenges but also to undergo transitions, in a sustainable, fair, and democratic manner. Mariusz consistently shows resilience in both his work and daily life balance, doing so with a determination that is infectious to those around him.

When not on the job, Mariusz and wife Ania are busy looking after their 2 young boys Julek and Marcel and just added to their family with the birth of their third boy! Congratulations to the Krezolek family.

Gardening, cooking, and fishing are some of the Krezolek family hobbies as well as a love of the outdoors. Mariusz and Ania have embraced Edmonton's Polish community and have made several lasting friendships within it. Julek and Marcel both attend Polish speaking schools on Saturdays to maintain their important heritage and are passionate soccer players.

It is our pleasure to "Highlight" Mariusz as he continues to balance work and family while providing us at Connect Group, insight into what true resilience looks like!



EMPLOYEE HIGHLIGHT

Welcome to Connect Group!

The 2022 year is off to a great start in the first quarter with a few additions to the CGI Team.

Joining us as our new Planner Expeditor we have Reiko Coldwell, and our new Site Administrator Holly Pennell.

Reiko joins us with a trade background as a welder/fitter. She has 15 years of experience in everything from concrete and dirt work to pipeline and civil work. When not hard at work Reiko is a self-confessed shopaholic, who also enjoys hunting and spending time with her family, she has a deep love of heated underground parking and not having to shovel her car out of the snow during our balmy and temperate winters.

Holly is a Fort McMurray local who will be joining us on site and in the Fort McMurray Field Services office. She brings with her experience on and off site as an administrative professional. Holly enjoys time with her family and teaches hot yoga classes when she is not working. She has experience in the industrial sector with Syncrude and Suncor, we are excited to have her bright smile lighting up site.

Welcome to the team!



Onboarding Profiles

Please be sure to have all of your tickets and onboarding information updated in BISTrainer.

To utilize the phone app please download "SafeTapp - V2"

If you need help please contact Onboarding at 780-809-2881 or onboarding@connectgi.com

OUR COMMUNITY

Moose Hide Campaign

An Indigenous-led grassroots movement of men, boys and all Canadians - standing up to end violence against women and children.

Moose Hide Campaign Day
- May 12, 2022

Moose Hide Campaign Day is a day of ceremony. It's a day where all Canadians are called to join together to take a stand against violence towards women and children and to take practical steps for our collective journey of reconciliation.

The inspiration for the campaign came to co-founders Paul Lacerte and his daughter Raven in 2011 when they were hunting together on their traditional Carrier territory. They were close to the Highway of Tears in northern British Columbia, where so many women, particularly Indigenous women, have gone missing or been murdered.

Reflecting on the sorrow of this setting, they brought down a moose that would help feed the family for the winter and decided to use its hide to create the very first moose hide pins.

Since then, the campaign has grown into a recognized nationwide anti-violence movement, with thousands of participating communities, schools and organizations. Over two million moose hide pins have now been distributed in Canada and across North America.

Efforts to address domestic and gender-based violence have historically been led by women and women's organizations. The Campaign was founded on the belief that men and boys need to step up and take action too, challenging behaviour that leads to violence and developing a culture of healthy masculinity.

Our ultimate goal is to end violence towards women and children. In order to achieve this, we challenge men and boys everywhere to:

- Stand up with women and children and speak out against violence towards them.
- Support each other as men and hold each other accountable.
- Teach boys the true meaning of love and respect and be healthy role models for them.
- Teach boys the true meaning of love and respect and be healthy role models for them.
- Heal ourselves as men and support our brothers on their healing journey.

CONNECT PROGRESSIVE ABORIGINAL RELATIONS (PAR) UPDATE:

PAR Committed companies are in the beginning stages of tracking and managing their Aboriginal relations strategies. Committed companies have submitted a report for one year's worth of company activities and intend to undergo external verification of their performance in the future. The

Committed logo represents a company's commitment to continual improvement in Aboriginal relations and to working across cultures.



**By wearing mine, I'm standing
up against violence towards
women and children.**

**Order yours at:
moosehidecampaign.ca**

the moose hide pin





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Watch for our next edition in 2022

Questions for us? 780.701.3881 or info@connectgi.com



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