



249, Bonaventure Blvd.  
Victoriaville, QC  
G6T 1V5  
Tel. : 819 758-7501  
Fax : 819 758-2544  
www.abf-inc.com

Email :  
mboucher@abf-inc.com



**IN THIS ISSUE :**

A MESSAGE FROM THE VICE PRESIDENT	2
MISCELLANEOUS	2
PROJECT : BAYSHORE OTTAWA	3
HEALTH AND SAFETY AT WORK	4

**MESSAGE FROM THE PRESIDENT**

Hello everyone!

Another season has gone by. This year was pretty much like last year when we look at our total volume, except that in average the contracts were of less value but they were greater in number.

This fall, we've tried a 24/7 production work schedule and this was a positive experience. This winter, we will think of different solutions to be put in place when our next busy season starts. This usually happens right after the summer break and extends until we hit the colder temperatures in the fall. We will keep you posted as to what will be enforced in the future.



I hope that the turbulent period we are currently going through in the construction industry, and the change of government and its measures of austerity, will not have an effect on our workload in the future. We will follow closely how our economy and the private sector in particular will react to all of this in the months to come.

Following the publication of the magazine « Leaders », I felt great pride when I saw that ABF is ranked 5th overall among all the companies in the construction industry. This means that we are #1 among all the sub-contractors, regardless of the specialization.

In conclusion, congratulations to all ! Thanks to our manpower we have been able to achieve such progression and I hope that you are as proud as I am, because you are the main driving force behind this company.

Thanks again for your contribution to ABF's development. Enjoy the holiday season and take this opportunity to recharge your batteries.

Season's greetings to all !

Éric Bernier, President

**Good news!**

Here are some of the new projects that ABF recently got :

- \* Côte St-Paul Phase 4 / Montreal
- \* Lansdowne Park Redevelopment Parking Garage / Ottawa
- \* Château Cartier Condos Phase 2 / Aylmer
- \* Maria Goretti Condos Phases 1-2-3 / Quebec City (Charlesbourg borough)
- \* Jean-Lesage Int'l Airport, Combined Services Complex / Quebec
- \* Jean-Béraud Square Phases C & D / Laval
- \* Upgrading work, 900 René-Lévesque Est Blvd / Quebec City
- \* MTQ #6806-12-1101 Hwy 70 / Saguenay
- \* STM Hermine ventilation station / Montreal
- \* Jacques-Cartier wharf refecton / Old Port of Montreal

**Merry Christmas and a Happy New Year to each of you! Take this opportunity to spend some time with your family and fully restore your energy !!!**

Welcome to all new employees in the ABF family!

## MESSAGE FROM THE VICE PRESIDENT



Hello everyone!

In this issue of the TAG, I'm offering you a newspaper article that I found of interest concerning Canadians' spending habits for Christmas.

Canadians are more generous for Christmas. Two studies, revealed a few weeks ago, confirm that in Quebec and across Canada alike, consumers will be more likely to spend on gifts and groceries in 2012.

Their estimated bill for this year will be \$1610 (\$674 for gifts only) compared to \$1397 in 2011, in Canada.

In Quebec, the bill will be \$818 per household. Another study in Quebec (CQCD) estimated this amount to be \$676 per household.

The reasons for this increase? The improvement of the household financial situation and a desire to spoil more people. In Ontario, this is where the people intend on spending the most. They will spend over 2.5 times more than what people in Quebec will spend (\$924 –vs- \$359). The most significant jump is in the purchase of travels (\$563 in 2012 –vs- \$360 in 2011). « It's surprising, because the economy is healthy. But it's not true that everyone has more money to spend than last year », says Martin Lafontaine, Financial Planner, Investments and Retirement for BMO Financials.

Supported by a Groupe Altus study, the Quebec Council of the Retail Market (CQCD-Conseil québécois du commerce de détail) estimated that consumers' spending in Quebec will amount to 2.34 billions of dollars, a 1.7% increase from last year.

Besides the fact that women tend to start their Holiday gifts shopping ahead of time, a Canadian study conducted by Pollara for BMO, shows that 47% of Canadians have a flexible budget.

In Quebec, more specifically, 54% of the consumers plan on buying in shopping centres and 10% in superstores. Do people in Quebec have increasingly less time to shop? One thing for sure, 53% of them are thinking of purchasing gift certificates for a total value of 182 millions, compared to 44% in 2011. And 15% intend on buying online (compared to 11% last year).

But this increase in spending cannot be explained solely by the Canadians slight regain of confidence in the economy. « This year, the consumers will benefit from new strategies developed by the retailers, like reservation systems for the newest toys, price match programs, same-day delivery for online orders, and cheaper layaway plans », as mentioned by Gerrick Johnson, Toys Analyst for BMO Capitals, in a news release. These initiatives should encourage the sales of toys in making the most expensive items more affordable, thus facilitating the purchase of all sorts of things. They will also stimulate the early sales which should contribute to an increase in the sales volume during the Holiday Season.

And since no Holiday Season is complete without a Boxing Day, the CQCD reveals that 13% of Quebecers intend on shopping on December 26, as opposed to 9% in 2011.

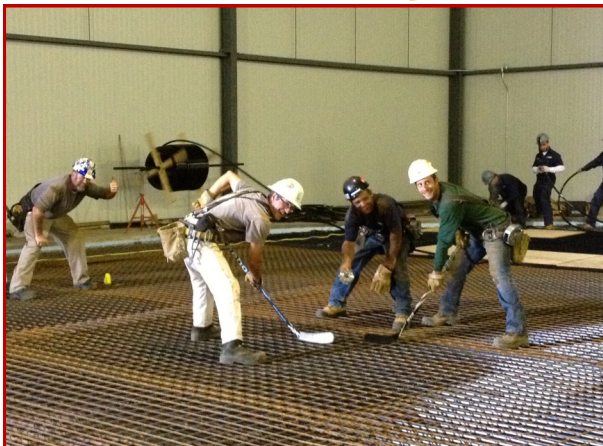
On that note, I wish you a nice Holiday Season !!!

François Vallières, Vice President

Source : Isabelle Massé, Journalist, LaPresse



## Miscellaneous



Scoop: Picture of ABF workers being the first hockey players in the new arena (in Victoriaville). I guess they were not working very hard on that day!!! Ha! Ha! Ha! ☺

They are : Carl Laurendeau (referee), Éric Levasseur (player), Stéphane Auger (player), Mario Auger (goalie), Gabriel Laurendeau (photographer) et Steve Laurendeau (photographer).



Congratulations to Sébastien Guérin and his spouse for the birth of their daughter Aurélie, born on October 16, 2012.



On September 21, the office employees in Victoriaville held a Happy Hour event. The fair weather was there on that day and it contributed to everyone present having a good time. We want to thank our two cooks, François Carignan and Monique Bourque, who prepared hot dogs and hamburgers for us, directly from the tavern « Chez Mo's ».

Thanks to both of you!



## PROJECT : BAYSHORE SHOPPING CENTER REDEVELOPMENT / OTTAWA



The Bayshore Shopping Centre is a popular destination in Ottawa because of the quality of business it offers and its optimal geographic location. Located in the western part of the metropolitan area of Ottawa-Gatineau, Bayshore has over 165 fashion boutiques and is now in its 39th year of existence. The mall hosts more than 7 million visitors and is co-owned and operated by Ivanhoe Cambridge. Ivanhoe Cambridge is a prominent Canadian based property owner, manager, developer and investor. His company focusses its activities in the field of regional and super regional shopping malls located in urban centers. Ivanhoe Cambridge intends on making the Bayshore Mall a one-stop shopping destination in Ottawa.

ABF Reinforcing Steel and PCL Constructors signed a contract that involves the construction of a new 5 floor parking garage, replacing the existing facilities (3 floors) on the north side of the property. At the end of the work, the shopping centre will have about 4,110 parking spaces

for customers and the employees of the mall.

This is a major project for ABF. We will supply and install nearly 12,000 metric tons of steel rebar and approximately 7,000 mechanical seals. This project - which started in October 2012 - will be done in 3 phases and should be completed by 2015.

Once again, ABF is involved in a major project in the National Capital region, Ottawa, and in doing so, continues to prove its ability to perform extensive work to the satisfaction of its customers.

Luis Monte, ing.  
Vice-président Construction

Information taken from the Bayshore Shopping Centre websites



# HEALTH AND SAFETY AT WORK

**S**afety appears to be one of the primary concerns of today's society. As a result, whether we are at work, or even just playing, traveling or doing chores at home, we are constantly surrounded by all kinds of safety rules, procedures and devices. All of these measures have the same goals: to reduce the risk of accidents, and to ensure our safety.

## A full measure of

There are all sorts of safety measures. However, they can generally be divided into three categories:

### \* **Automatic safety devices**

They are meant to protect you without you having to think about installing them or switching them on. They are generally invisible and built into tools, equipment and vehicles (fuses, breakers, airbags, etc.).

### \* **Manual safety devices**

They are usually present on the equipment, but need to be set or activated in order to work (safety catches, shields, seat belts, etc.).

### \* **Safety procedures**

They refer to the protective measures involved in the execution of a given task, such as the wearing of safety equipment or the application of a specific procedure (changing a fuse, lighting a gas barbecue, etc.).

## How can you be sure?

In order for a safety device to be effective in reducing the risk of accidents, it must meet the following conditions:

1. You must be aware of its existence and know how to use it. Therefore, you must have read the directions, and tried it out a few times. Don't hesitate to ask for assistance if you need to.
2. You must be able to check whether it is working by looking at it, or by handling it.

## Making your own

You should never alter the safety devices originally built into a piece of equipment or a tool, because they have been designed to afford the best possible protection, according to strict, recognized standards. However, you may sometimes have to install a safety device of your own, provided you have the skills required to do so. Here are some typical cases:

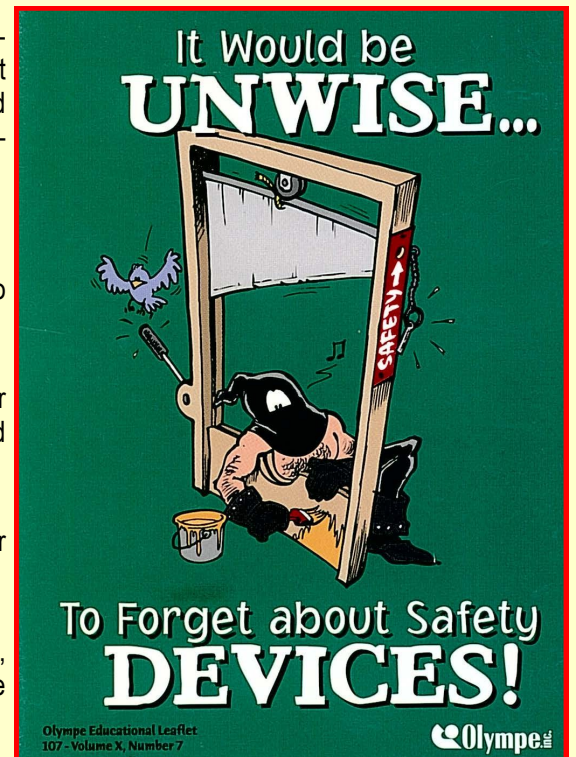
- A. An old piece of equipment devoid of safety devices (it may even be better to just replace the equipment).
- B. Specific requirements (new products, newly-identified risks, or a shortcoming in an existing device).
- C. Need to inform others of the dangerous nature of a product, piece of equipment or location (signs).

## Safe? Or course, but ...

Despite the sophistication, automation and ease of use of the safety devices at our disposal, their mere presence is not enough to guarantee absolute safety. More than anything, such devices are aids—additional means of protection designed to improve safety.

Even the most advanced safety device cannot think for a person, nor can it foresee accidents. Therefore, whatever you are doing, you should always pay attention, and strictly apply the basic principles of safety. After all, there is no such thing as too much protection!

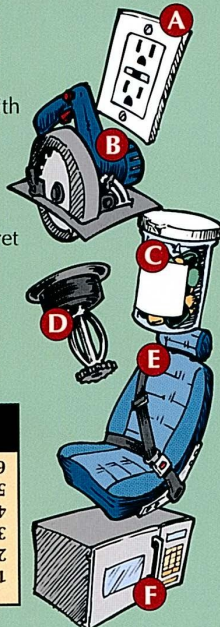
Alain Perron, Health and Safety Manager



### How Can I Protect You?

Match each of the safety devices described below with the corresponding objects on the right.

1. I've been designed to prevent young children from grabbing what's inside me.
2. You need to be pretty handy with those fingers to operate me.
3. Caution: when sparks start flying, I turn myself off.
4. Once I've been programmed, only those who know my secret code can make me work.
5. When things become too hot, I can make it rain.
6. If you forget me, what's holding you?



### Solution

- 1: C. Pill bottle
- 2: B. Circular saw with safety catch
- 3: A. Outlet with built-in breaker
- 4: F. Microwave oven
- 5: D. Fire sprinklers
- 6: E. Seat belts