



A WORD FROM THE VICE-PRESIDENT

Hello everyone!

We hope that everybody was able to recharge their batteries during their now distant July holidays, because at this moment we're headed straight for the busiest time of the year. I won't hide the fact that this increase in volume (although we'd long hoped for it) for the next few months is causing us all kinds of issues at every level of the company. This perfectly normal and predictable situation is forcing us to redouble our efforts to ensure that all departments are working together towards the same goal... This will certainly be a challenge for everyone this fall season.



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- Naturally, we hope that the turbulent times experienced by the construction industry in recent years are now behind us and that the next 3 to 5 years will once again bring success to our company and the entire industry. Overall, we remain conservative in our management, but we're highly confident that we're now back on the path to growth!
- A million thanks to all of you for having ABF engraved on your hearts and for ensuring that our company remains the leader in our industry!

I want to take this opportunity to wish our President a speedy recovery and to remind him that we're keeping a few dossiers for when he returns... Ha!

Have a great fall season, everyone!

François Vallières, Vice-President



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Set your watches back!

On Sunday, November 5, 2017, don't forget to put your clocks back one hour and to change the batteries in your smoke detectors!

Good news!

Here are a few of the projects recently obtained by ABF:

- ↳ Équinoxe Lévesque / Laval
- ↳ CSST Combined Sewage Storage Tunnel / Ottawa
- ↳ Gallery Loft 2A and 2B / Montreal
- ↳ Le Brix / Montreal
- ↳ h  atre Le Diamant / Quebec City
- ↳ Lac    la P  che drinking water treatment plant / Shawinigan

Welcome to all the new ABF team employees!

Upcoming Statutory Holidays

Monday, October 9, 2017 (Thanksgiving)

Friday, November 10, 2017 (Remembrance Day)

TEAMWORK

I want to share with you a personal experience I went through 2 weeks ago that highlights teamwork and peer support.

On Sunday, September 3, at 7 AM, there were 9 of us ready to face Mount Marcy, the highest mountain in the Adirondacks in New York State.

Some were prepared physically, others mentally, and a few were both. Weather conditions weren't ideal: non-stop rain, with temperatures of 15 degrees.

After hiking for 1.5 hours, 3 people dropped out of the team. This left 6 of us wanting to continue the adventure, which we did in a way I'd call amazing.

Personally, and I'm not afraid to say so, I was the least fit person in the group. Even though I'd done physical training over the winter, I still had a massive challenge ahead of me.

After climbing for 6 hours, we finally reached the summit. The view wasn't what we'd hoped for, since the wind, the clouds and the rain wouldn't let up, but we never quit.

We rested for a few minutes, then had to head back down the same way; this meant 6 more hours. The path was very rocky, muddy and steep; quite a challenge for me. The last 2 hours were tough, but at that point the mind takes over the body. We completed the challenge after 12 hours.

Why am I telling you about this? Because I compared this adventure to a team effort, a bit like the one we have to face everyday at work. We all have our own mountain to climb, but without the team behind me, I'd probably never have done it. Even though some of our group were in great shape, as regular Ironman participants, they never left us behind. They didn't see themselves as stronger and better than us. They were always there to offer a certain amount of safety as well as encouragement. It's in situations like these that we can appreciate and see who forms a real team. Everyone contributes their personal efforts, but it's as a team that we're the best.

Isabelle Cloutier, Eng. - Director, Technical Services



Smile Cookie

ABF is proud to have shared Tim Horton's Smile Cookies with its employees during the fundraising campaign held September 11-18, 2017. All benefits were donated to the Fondation des Amis Élliot.

MISCELLANEOUS EVENTS



GOLF 2017

The winners of the ABF 2017 golf tournament are:

Monique Bourque
Gilles Tremblay
Mathieu Houde-Beaudet

With François Vallières



DANIEL GOSSELIN

Daniel Gosselin had a great experience on the helicopter ride arranged by ABF to celebrate his 35 years of service!

ABF BABIES

Congratulations to Alexandre Gagné and to his partner, who gave birth to their first child, Hubert, on August 16, 2017.

Grandpa André Leclerc beaming with pride in his offspring; with his son Samuel and his grandson Logan, born on June 16, 2017.



SOCIAL CLUB

ABF's social club was at the Les Aigles de Trois-Rivières game on August 30.



Ultra-Trail Harricana

Congratulations to Stéphane Cayer for his perseverance during the Ultra-Trail Harricana race; he successfully completed this 65 km race through the mountains of Charlevoix in 9 hours 08 minutes! Well done on your achievement!

We wish him the best of luck for his 125 km in 2018!

OCCUPATIONAL HEALTH AND SAFETY

WELLNESS • HEALTH • SAFETY • ENVIRONMENT

Give your body a break!

Exercising (warm-up and stretching) before, during and after a day's work goes a long way in preventing soreness, stiffness and inflammation that is often caused by repetitive tasks and static postures.

- **Before:**
By warming up your joints before undertaking a task, you get more blood, and therefore more oxygen flowing to your muscles. Your muscles become more resistant and enable you to take on an increased workload.
- **During:**
By stretching during breaks or slowdowns, you relieve built-up tendon and muscle tension before it reaches your tolerance threshold (pain threshold).
- **After:**
Muscles do not fully extend (relax) after contraction (effort). Some tension remains and builds up over time. Doing one last series of stretching exercises before heading home will help prevent residual tension from building up.

"I'm in good shape, I don't need this stuff" you say? Wrong! Being in good physical shape only enables you to work harder and/or longer before reaching the pain threshold. It does not however screen you from musculo-skeletal diseases like bursitis, tendinitis, premature wear, etc...

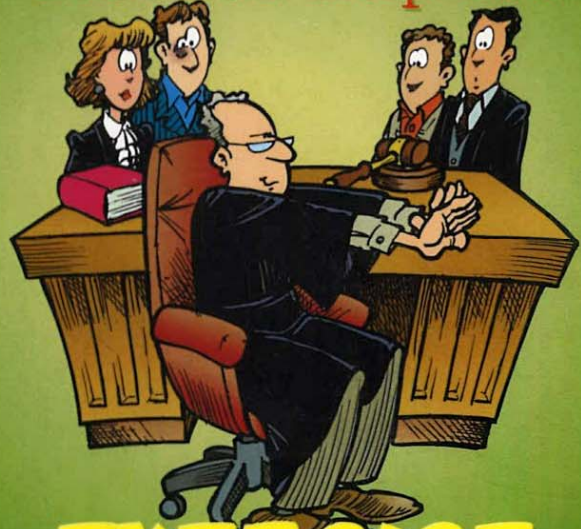
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WELLNESS • HEALTH • SAFETY • ENVIRONMENT

ACTIVATION & STRETCHING:

Exercises That Can Help You...



EXERCISE


Your Duties Safely

Olympe's Educational Leaflet
187 - Volume XVII, Number 3

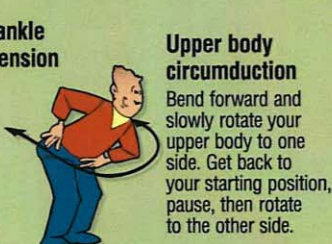


Activation: get yourself going!

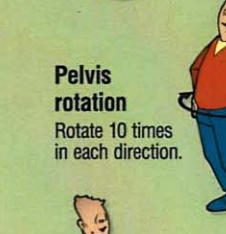
Repeat each movement very slowly 10 to 15 times (10 times each side if you must change side/direction). Try to keep your knees slightly bent and your back as straight as possible, and do not "bounce"...



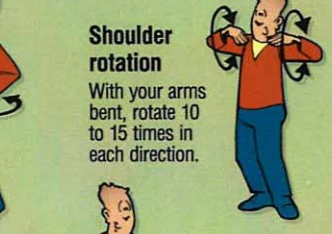
Knee and ankle flexion/extension




Upper body circumduction
Bend forward and slowly rotate your upper body to one side. Get back to your starting position, pause, then rotate to the other side.




Pelvis rotation
Rotate 10 times in each direction.



Shoulder rotation
With your arms bent, rotate 10 to 15 times in each direction.



Wrist rotation
Rotate 10 times in each direction.

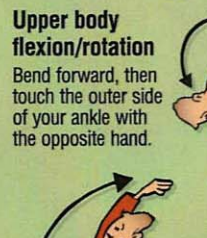


Finger contraction/extension
Stretch open and close tight.


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Stretching: a well deserved break


For each exercise, hold the posture as illustrated for about 20 seconds (15 seconds each side if you must change side/direction). Always keep your back as straight as possible. Stretching exercises can be done seated as well.




Upper body flexion/rotation
Bend forward, then touch the outer side of your ankle with the opposite hand.




Arm extension
Join your hands, palms facing outwards, then push forward.




Upper body side flexion
Hold for 15 seconds in each direction.



Shoulder stretch
Hands together behind your back, pull to one side.



Wrist flexion/extension
Flex your wrists upward then downward.



Leg extension
Bend one leg and extend to other fully (point your toes), keeping both hands on the leg that is bent.

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