

FAMILY DAY 2013

Mark your calendar!
You won't want to miss Family Day on Saturday, April 27

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Health Tracks™

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SPECIAL POINTS OF INTEREST

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Focus on Education

DOOR PRIZES

Nascar Tickets
and other door prizes

WELLNESS

Healthcare Providers
Area Fitness Centers
Fun Run/Walk
Chair Massages

FOR KIDS

Balloon Artist
Face Painting
Pony Rides
Jumper

SPORTS

Horseshoes
Volleyball

Come out and join
us for
Gilchrist Family Day!

Bring the kids, significant other,
or even your parents! Bring the
whole gang! There will be
food, music, and
entertainment for all!



**WELCOME TO
GILCHRIST FAMILY DAY**



EQUIPMENT EVENTS

Mini-Track Hoe Timed Events

2013 GILCHRIST FAMILY DAY

Saturday, April 27th 9am to 1pm
at the Main Office in Alexandria

Work Keys at GCC



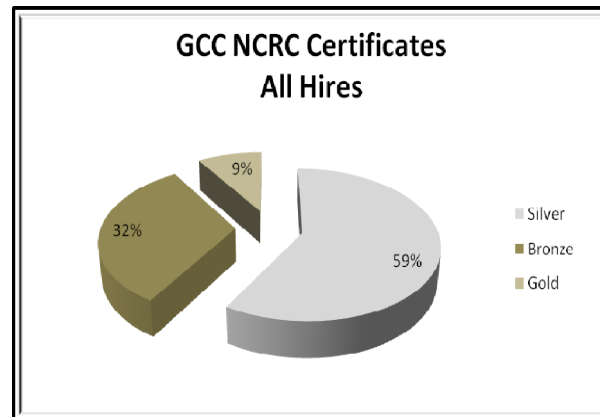
Valerie Aymond, GCC Chief Resource Officer, presented Work Keys at both the Alexandria Rotary Club lunch and the Central Louisiana Chamber of Commerce Strategic Luncheon.

Gilchrist Construction Company committed to use Work Keys Assessment and National Career Readiness Certificate (NCRC) certifications for our workplace selection process in mid-year 2011. Considering the significant investment we make in internal training

programs, a major objective was to ensure we staffed a workforce with the ability to learn. Other goals were reduction of turnover; build a skilled workforce; maximize training dollars; increase productivity and efficiency; and reduce risks and safety costs.

GCC used the database of 19,000 national jobs previously mapped by Work Keys which includes the following assessments: reading for information; locating information; and applied mathematics. Due to occasional challenges in locating a center outside of the Central Louisiana region to conduct assessments and the availability times for candidates, in May of 2012, we applied for and obtained our license to administer Work Keys. Our staff completed training and shadowed the administration of testing with our partners at the Rapides Business

and Career Solutions Center. In the fourth quarter of 2012, we implemented the addition of the Soft Skills Assessment for external hires. The assessment measures fit, performance, and talent; providing the employer with an indication of employability skills of a potential employee. Of the employees we hired, NCRC certificates are represented in the chart below. We are very proud that nearly 60% of our new hires since October of 2011 hold silver certificates!



We have also been assessing our current workforce. Congratulations to the following employees for earning an NCRC certificate!

- Roy Chartion
- Terry Durall
- Roger Guillot
- Chris Hobbs
- James Jones
- Albert Lewis
- Robert Mayeaux
- Garin Mayeux
- Jeff Smith
- Danny Trudell

Jobsite Updates

1157 Satsuma Road Bridge

It is with great excitement, that I announce Satsuma Bridge (1157) is complete and open. The job was opened to traffic March 26, and it looks and rides great. The bridge was closed over the last few months, and the public was forced to detour several miles out of the way as Satsuma Road is the primary route for the local community to get to I-12. Needless to say, the public and the parish are thrilled. As word spread about the opening, the public was literally in line waiting for the barricades to be moved.

A huge thank you to everyone who worked very hard on this project through some extreme weather to get it done safely.

JJ Hickey, Project Manager



1162 Bayou Jean Dejean Bridge LA1



Bayou Jean Dejean Bridge LA1 is a \$2.7M job that began in October, 2012. This bridge replacement job near Northwood High School in Boyce has an estimated completion date of mid-June 2013.

Thanks to Davis Bordelon for capturing such a great picture of the crew loading scrap rebar from the old bridge.

Daymond Brister, Project Manager

1137 LA 8 Bridges Simpson

GCC received a note of recognition on Simpson project execution in ENR's February 25th publication - Firms in Focus

Thanks to all of our teams for this successful project!

Firms in Focus	
GILCHRIST CONSTRUCTION CO. 5709 New York Ave., Alexandria, La.	QUICK FIX: The company cut 100 days from an estimated 450-day finish in December of a \$9.5-million state highway project in Simpson that involved two miles of roadwork and seven bridges.
CEO: Randy Gilchrist	
FOUNDED: 1981	

TX10 ENRTexas&Louisiana ■ February 25, 2013

Health Tracks™ Community Event “Heart Walk”



On Saturday March 2nd, several GCC Health Trackers participated in the Cenla American Heart Association Heart Walk. 16 employees participated in this wonderful event. A huge thank you to those who participated and donated. Together we raised \$1,930! At the event, GCC received the Fit-Friendly Worksite Award. What a great recognition for our Health Tracks wellness program!

The Fit-Friendly program recognizes employers who champion the health of their employees and work to create a culture of physical activity and health in the workplace. Fit-Friendly Worksites are recognized by the American Heart Association as employers who go above and beyond when it comes to their employees' health.

GCC received the Gold Level Fit-Friendly award. The Gold Level award is for worksites that offer physical



activity support to their employees, increase healthy eating options at work, and promote a wellness culture. By participating in Health Tracks, you won this award!

Go Health Trackers! Also at the event, GCC tied for 1st place for the best t-shirt design. What a great day for Gilchrist! People are noticing how dedicated we are to wellness. This is very exciting.

Heart disease is the No. 1 killer in the U.S., and physical inactivity doubles the risk. This is a scary thought when you realize we spend most of our waking hours working. But all is not lost! Participating in GCC's Health Tracks program can change this!

The American Heart Association's goal by the year 2020 is to not only reduce the rate of death from cardiovascular diseases and stroke by 20 percent, but also to improve the heart health of all Americans by 20 percent. Part of the problem is that the rate of obesity among adults continues to grow. This could be a result of how much time Americans spend at work — an average of 47 hours per week, which is 164 hours more per year than a generation ago. The number of sedentary jobs among Americans has accelerated, too, rising 83 percent since 1950.

Studies suggest that by participating in a worksite program such as Health Tracks employers can:

- Increase productivity
- Reduce absenteeism
- Lower turnover
- Reduce healthcare costs

Start participating today! Contact your Wellness Coach, Amy Sonnier, at 318-441-2220 or amy.juneau@hcahealthcare.com to learn more about the Health Tracks program. Earn points for prizes, it is as simple as that! Go to the dentist, have your wellness exam, visit your eye doctor, participate in the lunch and learn program....there are so many opportunities to get involved. You are probably already doing some of them. Let Amy know so that you can earn your points. Start now!

Our next company sponsored event will be the Louisiana Dragon Boat Races. Contact Amy for more information. The races will be on Saturday, May 11th. Don't miss this fun event. Earn an easy 40 points by participating.



Spotlight on **GCC Employees**



Central Louisiana Society for Human Resource Managers (CLSHRM) recently installed a new board of directors for 2013. Christina Goodrich, People Representative at GCC, was appointed Secretary.

CLSHRM is a nonprofit organization designed to serve the needs of human resources and other business professionals within our community. CLSHRM is an affiliate of the national Society of Human Resource Managers and consists of local area HR and management professionals.

Congratulations Christina!

Community Wide **Youth Job Fair**



Mark Dubea and Christina Goodrich, GCC People Representatives were on hand at the 6th Annual Community-Wide Youth Job Fair on March 26 to speak with tentative job applicants. The job fair was hosted by the Central Louisiana Chamber of Commerce, Rapides Business and Career Solutions Center/ Louisiana Workforce Commission, The Learning Center for Rapides Parish, the City of Alexandria, and the City of Pineville.

Focus on Education

Alexandria Senior High Class Field Trip



ASH students receive instruction on safety areas around cranes and raised loads.



Davis Bordelon demonstrates the proper rigging techniques to students from ASH.



(a) P.O. Box 5699
Alexandria, LA 71307
(o) 318.448.3565
(f) 318.445.8507
(w) www.gilchristconst.com

Service Anniversary **Milestones**

15 YEARS	March
	Wilmon Frank

10 YEARS	January	February
	Donovan Armand Harvey Dixon	Lannie Johnson

5 YEARS	January	February	March
	Mark Dubea Paula Roper Bentley Taylor	Justin Gaspard Jeffrey Webb	Kodie Brouillette Tommy Lachney

Important Dates to Remember



Gilchrist Family Day — April 27, 2013



Third Annual Louisiana Dragon Boat Race — May 11, 2013