



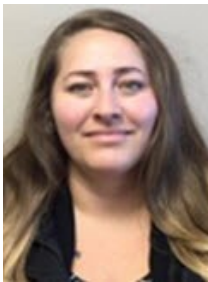
NEWS

YOUR EMPLOYEE NEWSLETTER

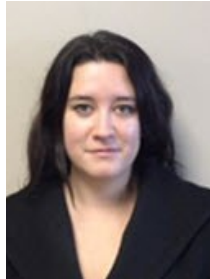
Here we GROW Again!

Our NCS Team is continuing to grow all the time. On behalf of all of your fellow team members we would like to say we are excited to have you on board and want to say....

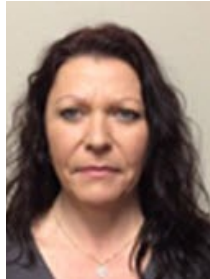
Welcome to the TEAM!!



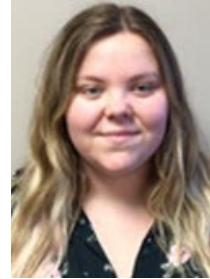
Brittany Spicer



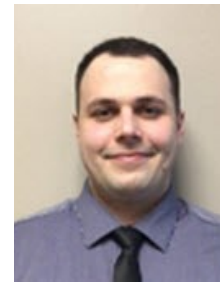
Catherine Fillion



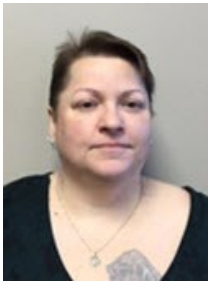
Chantal Laderoute



Haley Ramsey



Justin Landry



Noella Buchanan



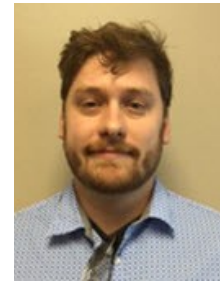
James Suslyk



Alex Schryer



Kyle Osborne



Mike Lavigne

Staff Fundraiser for Colorectal Cancer



During the first week of March, we held a fundraiser in support of Colorectal Cancer. Many staff generously donated many penny table items, and there was even a silent auction held for a portrait package. A special Thank You goes out to Allison Beaulieu & Cathy Schroeder for all of your hard work organizing the fundraiser. Congratulations to all of the winners of the many fantastic prizes!

We raised a total of \$526.00

Way to go Everyone!!



Pack the Perfect Healthy Lunch for Work

When it comes to creating a healthy lunch for work, try implementing these tips.



Good nutrition is essential if you want lasting energy, a trimmer waistline, and better overall health, but many people believe that eating healthy is too much work. However, taking a homemade lunch to work can help you cut calories, get the nutrients that your body needs and even keep your budget in check (thinking about saving for a special vacation?)

Plan Ahead: Dedicate one evening for food preparation for the entire week. Or you can double the amount you make for dinner so you have leftovers the next day. Another idea is to stock up on the basics for grab-and-go options

Keep it Simple: Just because you are eating healthy doesn't mean that you have to spend hours in the kitchen. Wholesome lunches can be simple and still be delicious. Aim to include one source of protein and one or two sources of carbohydrates in your meal and you should be good to go.

Add in Variety: Eating the same foods day in and day out can lead to burnout and unhealthy food choices. When you pack a healthy lunch for work, remember to change it up every once in a while. Be adventurous and try new fruits or vegetables to avoid getting stuck in a rut.

Partner Up: If your team likes to order out for lunch together, find at least one other person who can commit to bringing a healthy lunch from home along with you. This can give you extra motivation and keep you from feeling left out.

Please Remember the fridges in the main floor lunchroom at 230 Alder St. will be cleaned out weekly as noted on the individual fridge.

If ANYTHING is left in there—it will be put in the GARBAGE



Guilty as Charged!



We can all attest to forgetting our employee badge sometimes.

Look who was recently BUSTED...Mike Shantz our very own President!

All kidding aside, we all as a team need to really make a conscious effort to remember to wear our Employee Badge at all times. Please keep in mind that random employee badge checks will continue to be done year round, so make sure you are wearing it at all times!

Who knows.....maybe if you are “caught” wearing it during the employee badge check — *you might get a special treat!*



Behind-the-Scenes of the Administration Department

Responses By: Laura Stewart-Kvaltin, Assistant Manager-Administration. Years of Service: 2.5

How many staff members are in the Administration Department? There are 11

What does the Administration Department do? As a dedicated team of professionals we support the staff and customers of each division. We meet or exceed their needs in a caring and helpful manner. We are the friendly face or voice representing each division. We are one of the keys to retaining our clients and staff.

Under what circumstances would another employee come to you or your team for something? Payroll, benefits, pension, hiring procedures, billing issues, health & safety, building maintenance, parking issues, general company knowledge, nostalgic information (Debbie), pager assistance, new or lost I.D. badges, boardroom bookings, company policy and procedures, to advise of guests visiting our building and to update client information.

What's the biggest misconception people have about your team? That we know everything. We have so much to learn about the other departments and we really look forward to the next interview from another department.

What three words would you use to describe your team? Strong, effective and family

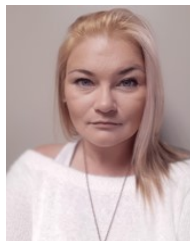
What might someone be surprised to know about your team? We work very closely as a team and we are always willing to help each other get things done! We are also very protective of each other. Grant is the only male member of our team. He is a very good man!



Grant Dussiaume
Manager



Laura Stewart
Asst. Manager



Allison Beaulieu
Reception



Patty-Dawn Bennett
Administration



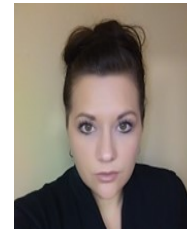
Kim Bronicheski
Administration



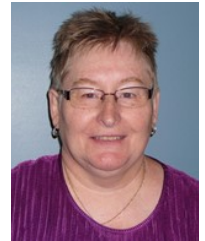
Joleen Hogeau
Accounts Payable



Jennifer Mather
Administration



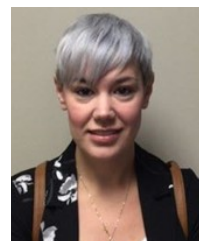
Jerrica Richards-Gobeil
Administration



Debbie Corriveau
Administration



Francine Poirier
Payroll



Krystle Vendette
Administration

Northern Communication's top priority is the health and safety of our staff and clients. At the offices we will be taking extra measures as follows:

- We are increasing the number of times we wipe down high touch areas (door knobs, front desk, workstations, etc.)
- We have hand sanitizer and wipes available.
- We have posted various instructions and tips in the common areas of the buildings.

What you can do to ensure your health and safety:

- Wash your hands – frequently and thoroughly
- Use an alcohol-based hand sanitizer that contains at least 60-95% alcohol
- Wash your hands with soap and water for at least 20 seconds
- Practice good coughing and sneezing etiquette by doing so into your upper sleeve
- Cover your mouth and nose with a tissue when you cough or sneeze
- Put your used tissue in a waste basket
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands
- Avoid touching your face

Coronavirus: Information from the Ministry of Ontario

Coronaviruses are a large family of viruses that can cause illnesses ranging from the common cold to more serious respiratory infections like bronchitis, pneumonia or severe acute respiratory syndrome (SARS). Coronaviruses are spread mainly from person to person through close contact, for example, in a household, workplace or health care centre. Some human coronaviruses spread easily between people, while others do not.

Your risk of severe disease may be higher if you have a weakened immune system. This may be the case for: older people, and people with chronic disease (for example, diabetes, cancer, heart, renal or chronic lung disease).

The 2019 novel coronavirus (COVID-19) causes a respiratory infection that originated in Wuhan, China. The first presumptive case of this infection in Ontario was identified on January 25, 2020.

Symptoms range from mild – like the flu and other common respiratory infections – to severe, and can include: fever, cough, difficulty breathing. Complications from the 2019 novel coronavirus can include serious conditions, like pneumonia or kidney failure, and in some cases, death.

There are no specific treatments for coronaviruses, and there is no vaccine that protects against coronaviruses. Most people with common human coronavirus illnesses will recover on their own. You should: drink plenty of fluids, get rest and sleep as much as possible, try a humidifier or a hot shower to help with a sore throat or cough.

Coronavirus Travel Information

While abroad, you may have come in contact with the novel coronavirus. For the next 14 days, the Public Health Agency of Canada asks that you:

- monitor your health for fever, cough and difficulty breathing; and,
- avoid places where you cannot easily separate yourself from others if you become ill

To further protect those around you, wash your hands often and cover your mouth and nose with your arm when coughing or sneezing.

If you start having symptoms of COVID-19, isolate yourself from others as quickly as possible. Immediately call a health care professional or the public health authority in the province or territory where you are located. Describe your symptoms and travel history. They will provide advice on what you should do.

One Minute With.....



Wouldn't you just love to all know a little bit more about your fellow team members; like what hobbies they have or what motivates them every day? Or what is the one item they can't leave the house without every day? Or maybe it's as simple as what is their favorite color or favorite T.V. show?

Whatever it is—we want to all get to know each other, because who knows; you share a hobby with someone else—or you could simply find a new friend to go and watch that sci-fi film at the movie theater with!

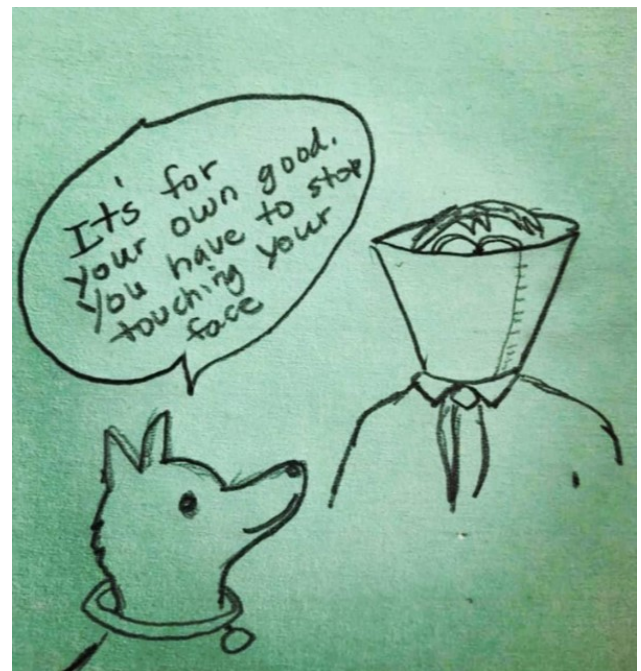
Please reach out to Amanda Legault if you would like to be spotlighted and answer a few fun & simple questions!

Laugh Out Loud



Reaching the end of a job interview, the Human Resources Officer asks a young engineer fresh out of the Massachusetts Institute of Technology, "And what starting salary are you looking for?" The engineer replies, "In the region of \$125,000 a year, depending on the benefits package." The interviewer inquires, "Well, what would you say to a package of five weeks vacation, 14 paid holidays, full medical and dental, company matching retirement fund to 50% of salary, and a company car leased every two years, say, a red Corvette?" The engineer sits up straight and says, "Wow! Are you kidding?" The interviewer replies, "Yeah, but you started it."

I was enjoying my morning walk and I almost had a heart attack



2020 Denim & Diamonds Employee Appreciation Event

On January 25, 2020 Northern Communications held their annual Employee Appreciation Event at the Northbury Hotel in Sudbury. The event featured a special performance by magician Stephano Prezenza who wowed us with his amazing performance. The remainder of the evening was spent dancing the night away courtesy of Denis Savoie from Red's Disc Jockey. This year, we had a record turn-out with almost 170 people attending!

At this time every year, the company likes to acknowledge the staff who have had no sick time used during the previous calendar year (2019). The winners of this award go to: Diane Rutland (TAS), Pete Clement (TAS), Sheila Jessop (TAS), Andrea Miller (CLA), and Annick Trotter (N911).

Congratulations!!



