



HOT TOPICS

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Freelance writer / photographer Sean McQuaid joins the *ingot* team.



◀ The Kitimat Works Social Association's 50th anniversary hockey tournament was a complete success. Winning teams included Casting Flyers, Pereira Construction, Lapointe Eagles and JHW Diggers. Steve Sheasgreen won the International Ice Hockey Federation jersey, skates and stick. Upcoming KWSA 50th events taking place in June – indoor soccer, picnic, golf and big bike ride for the Heart and Stroke Foundation.

EHS HEALTH

Some sound engineering has eliminated the noise created by venting compressed air dryers at Building 139.

Relief – no more noisy air blasts

If you're looking for a quiet corner of the smelter, you don't have to look much further than the pedestrian walkway between buildings 138 and 139B.

For the past 15 years, the occupants of building 138 had to put up with the regular blast of exhaust air from the compressed air dryer mufflers, which projected from the south side of building 140.

The din was so loud, noise levels would jump from an ambient level outside of 69 dB to 100 dB. Inside B138's conference room, noise levels would jump from 62 dB to 72 dB. Today, the exhaust from the dryers barely raises a ruffle.

It's all thanks to some brilliant engineering work by Moe Swalehe, a consulting mechanical engineer based in Kitimat.

According to gas collection / scrubbers



Bryan Lundstrom and Moe Swalehe enjoy the 'quiet'.

technical leader Dave Minifie, several previous attempts to muffle the noisy blast of air met with little success. It wasn't until Moe, whose engineering training includes noise abatement, designed a system that reduced the exhaust from a whoosh to a whisper.

The project was supported by the maintenance engineering department under the watchful eye of Allen Veasey with additional input from the pipeshop, the fabrication shop, component rebuild, civil engineer Paul Bjorn, and utilities operator Bryan Lundstrom. The project was completed on February 19.

And the results? An appreciative Marjolijn Rose gives the project and those who worked on it two thumbs up. "It's a relief not to have to listen to that racket anymore," she confirmed. We're certain her fellow occupants of building 138 would agree.

Offer your ideas and suggestions

The director of operations shares information on issues relevant to the CAW and employees.

On February 10, 2006, Kitimat Works achieved one million people hours without a recordable lost time accident. This is a significant milestone, a remarkable achievement and on behalf of the management team and the CAW, Local 2301, we congratulate you.

Health and safety is the number one priority and we are proud to recognize this achievement.

Employees have already received a \$50 meal certificate at a restaurant of choice or the option to donate the certificate to the Kitimat or Terrace food bank. Alcan will match the certificate contribution dollar for dollar.

We are also pleased to offer our employees an Alcan / CAW jacket, which will be distributed in the very near future.

It would be even more exciting if we were to achieve two million people hours without a recordable lost time accident. I'm aware of only a handful of plants that have achieved this level.

Safety culture survey

The EHS department will be conducting a safety culture survey and I strongly suggest that all employees participate. We need your suggestions and input, and we can only get this

from you by completing the survey. Without the benefit of offering us your opinions, the survey of course will be valueless.

I stress, we need to get everyone on board to introduce new ideas, make improvements and offer suggestions to ensure that safety is our number one priority.

DC-4 modernization

The modernization of DC-4 continues to go well and should be fully operational by the time you receive this issue of *ingot*. There's no doubt the DC-4 outage has affected potroom metal production, current efficiency, metal leftovers and pot failures, mainly to the breakdown of the straight line remelt caster, which is being used 'full tilt'.

On the other hand, I'm delighted with modernization progress; it's on plan, which definitely pleases me and I'm sure it pleases the DC-4 casting group. I'm particularly impressed with the safety performance of our employees and the contractors on site. It's a credit to everybody, as well as to the potroom employees who have had to work very hard during the outage too.

DC-3 shutdown

I've briefed the CAW on the DC-3 closure by the end of the summer.

Unfortunately, this has been a continuing saga of a lack of orders; the market is not there. Be advised though we are not going to cut potroom production to match casting production.

Our intention, once the modernized DC-4 is at maximum strength and producing sheet at 140,000 tonnes a year, DC-1 will be maximized between 65,000 to 70,000 tonnes for our Japan and Korean customers, which brings us to over 200,000 tonnes a year. The balance 30,000 to 40,000 tonnes will be produced into trilock ingot.

I've advised the union that it would be in everyone's best interest that we form a transition committee to review workforce issues and to form future plans. Although there are retirements coming up and some areas are suffering with people short-ages, there will be a redistribution of work. It's a tough issue but the situation is a reflection of the worldwide marketplace.

Alumina issue

We are working with the CAW and have shared information with our employees on our production plans and the health and safety monitoring precautions that we are taking, as we source a contingency supply of

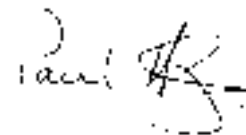
alumina ore from Corpus Christi in Texas.

Rest assured we are taking every precaution to monitor and measure exposure limits for beryllium. We are providing information to employees to wear the proper personal protective equipment, and to comply and follow work practices, emphasizing house-keeping and to follow good hygiene practices.

External climate

I am still hopeful to brief the District of Kitimat on our future plans. Sharing information externally is no different than sharing information internally with our employees. There are portions of our future plans that are confidential and we need a level of security.

In the boardroom we are looking very positive and we want the District of Kitimat to be included in what we are going to do. I remain hopeful that they will join us, as the District of Terrace has; they have no problem signing our confidentiality agreement.



CORPORATE SPONSORSHIP

Vancouver's Spirit Bear

The newest member of the Alcan Spirit Bear Family was unveiled in Vancouver on March 2, 2006.

The Vancouver 'Sustainability Bear', created by artist Gloria Massé, was unveiled during the Alcan Sustainability Conference. On hand for the ceremony was retired Alcan CEO Travis Engen, employees from the Fraser Basin Council, sustainability students from Alcan Kitimat and the artist.

Gloria's bear was chosen from hundreds of entries, depicting the bear's natural habitat, food sources and for its sustainability theme. Gloria linked the salmon, bear and cedar because they are dependent on one another for survival.

Salmon form an important component of the spirit bear's diet. The uneaten remains of the salmon carcass deposits nitrogen on the forest floor, which is absorbed by tree roots. The forest supports the young salmon in the streambeds, continuing the cycle. "In the world of art, this kind of leap is natural and it's interesting that science supports it in a more

literal sense," explained Gloria.

The Spirit Bear is 7 feet tall and Gloria at 5' 2" used her trusty aluminum ladder to paint the head of the bear. The cedar detailing on the lower legs and feet were painted while she sat on the floor. "I loved the work but when it seemed endless and the floor was cold, I was re-energized by remembering the enthusiasm in Richard Prokopanko's voice, as he told me that Alcan had chosen my design," Gloria said.

The bear is on display at Alcan's Vancouver office - 999 West Hastings Street in Vancouver from March through to October 2006.

The director of special events for the BC Lions Society **Clare Charnley**, Alcan's **Travis Engen** and the artist **Gloria Massé** unveil the Spirit Bear in Vancouver.



LME PRICES us\$ for 04/20/2006 [Previous Month]

CASH: ▲ \$2673 [\$2473]

3 MONTH: ▲ \$2693 [\$2494]

Occupational health physician moves in

A dream job of a lifetime, Lorri Galbraith plans to learn the job and to build relationships for the next few months.

Born and raised in Vancouver, B.C., Lorri Galbraith graduated from the University of British Columbia, with a B.Sc. and M.D.

After completing her internship at St. Mary's Hospital in Montreal, Quebec, Lorri went to Australia for two years and worked in hospitals in Brisbane and Perth. Eventually, home beckoned and she returned to general practice in Vancouver for nine years.

By the mid-1990s, she developed an interest in occupational health, realizing she wanted to specialize in this area. To build this portfolio, her course of employment over the next few years found challenging and rewarding experiences with the Workers' Compensation Board in Vancouver, B.C., in St. John's, Newfoundland and in Edmonton, Alberta.

As director of health care, Lorri especially enjoyed her four-year stint in St. John's. It was also a perfect opportunity for her to pursue a master's degree in occupational health through McGill University.

Job of a lifetime

Lorri is excited about the challenges, as Alcan's new chief medical officer. It isn't dissimilar from her former jobs, although her expectation is that this one is broader in scope.

Occupational health is Lorri's area of specialty and she wouldn't give it up to go back into general practice.

"I would rather know what people do for a living and help them get back to work. This involves working with a team of people, being creative, understanding industrial hygiene and specific employee job information for an effective reintegration to the workforce," she explained.

Established field

Lorri credits the work and expertise of her predecessors, especially Vern Davis, as occupational health at Alcan is well established and renowned. She doesn't anticipate introducing anything too innovative in her first year; she intends to focus on learning the job and building relationships.

Internally, Lorri will meet and work with the various stakeholders in the plant – employees, union and management. Externally, she looks



Lorri Galbraith

forward to meeting and working with community stakeholders – WorkSafeBC, health care practitioners and physicians in the Kitimat and Terrace area.

"Once I've gained a degree of comfort, the next step is to explore the priorities, with a view to setting health agendas," she noted. "I firmly believe the number one priority and goal of this job is about employee health in the workplace."

Front lines

After familiarization and employment induction, Lorri commented, "This is a fascinating industry, I've had escorted tours in the plant and an awesome helicopter flight and tour of Kemano. It's been slightly overwhelming but I certainly appreciate the welcoming efforts by everyone.

"I think I'm going to learn how to be a 'real' occupational health physician, on the front lines. This job is so broad in scope; it covers every aspect of occupational medicine. I'm thrilled to be living and working in Kitimat doing the dream job of a lifetime. There are very few jobs

like this left in the field. It's perfect for me," she concluded.

Lorri is enjoying venturing out into the community of Kitimat and is appreciative of the absolute beauty of the mountains, the valley, and the side trips, one recently to Prince Rupert. For relaxation, Lorri enjoys traveling, walking, reading and listening to music.

"Once I've gained a degree of comfort, the next step is to explore the priorities, with a view to setting health agendas," she noted. "I firmly believe the number one priority and goal of this job is about employee health in the workplace."

– Lorri Galbraith

Nechako Reservoir at-a-Glance



Current elevation

As of April 12, the reservoir elevation was 2793.78 feet above sea level.

Long-term average

The long-term average for this time of year is 2791.39 feet above sea level.

Inflows

The inflow into the reservoir during March was 56.6 cubic meters per second. The reservoir storage at present is at 154.6 per cent of the long-term average storage.

Spillway discharge

Spillway discharge is currently set at 32.2 cubic meters per second.

Planning on retiring?

Are you planning on retiring within the next few years? Alcan and the CAW, Local 2301, offer retirement workshops for those employees who are contemplating leisure.

Fulfilling your goals and dreams during your golden years culminates from a lifetime of dedicated service to yourself and to your employer. For many people that means 40+ years in the workforce.

You've planned ahead. You've secured your financial freedom and now retirement looms and you're planning to enjoy the fruits of your labour.

Retirement is supposed to be a pleasant journey, safe and worry free. Financial security means you and your spouse or partner can globe trot or participate in recreational activities or putter around your home and garden or on the golf course. Retirement means maintaining the financial lifestyle you have become accustomed to during your working years.

Retirement also means developing a more leisurely lifestyle. Some people are not quite prepared for this shift, from a fast-paced, hectic work life to a life of leisure.

Alcan and the CAW, Local 2301 now offer information pertinent to your financial security and leisurely freedom.

Retirement workshop

Alcan and the CAW hosted a pilot workshop for a group of 40 employees and spouses or partners. Their six-week journey of learning about retirement began on March 25 at the Kitimat Valley Institute.

Human resources manager and sponsor Josey Girard opened the workshop and welcomed the 'future retirees' to the sessions. She provided a brief background on the structure of the workshop, how it developed and she particularly stressed that employee feedback would be vitally important for Alcan and the CAW to plan for future sessions.

A letter was sent to 183-day shift hourly-paid employees to participate at the pilot workshop for 40 available spots.

Future workshops will be based on feedback from the pilot group to allow the organizers to fine-tune length of workshops, material content and to schedule future guest speakers. They anticipate the next workshop will be held in the fall of 2006.

Workshop sessions

During the first weekend the couples learned about the finer details of Canada's retirement income systems – Old Age Security and Canada Pension Plan. This was a very informative session and well presented by client service officer of Income Security Programs Ifigenia Fasogiannis.

The following weekend focused on stress management and the impact of retirement on the quality of life. Guest speaker Patricia Sutherland, Ph.D. of Wilson Banwell, presented this interesting session over two full days.

The morning session focused on understanding the causes of stress, identifying stress management strategies and identifying activities in retirement. The afternoon session focused on



Feedback from employees

Ingot was invited to attend the first session on the Canada Pension Plan and Old Age Security. It was informative and *Ingot* could tell that the employees were extremely appreciative of the information offered by client service officer of income security programs Ifigenia Fasogiannis. *Ingot* talked with a few employees who provided this valuable feedback about the session.

Dave Virk said he appreciated the workshop. He learned quite a bit of information he was unaware of. "It has helped me and now I can help others who are planning retirement. The only thing I don't like – having to come to these on my days off."

Bimm Singh said he hopes to attend all of the sessions. He thinks the program is very informative. "I wasn't aware of most of this stuff. It seemed very complicated to me before but now it makes much more sense. It gives me something to think about."

Ming Lo said he likes the program. "I think the union and the company have made very good arrangements to set this up for future retirees. It gives us a lot of information. I plan on retiring in July."

Larry Blackmore said he thought the workshops were well put together. "I'm impressed with the information the first speaker has provided and am looking forward to the rest of the sessions."

Giselle Sisson said, "The information is very good and I hope they continue providing the workshops for future retirees." Giselle is planning her retirement in 15 months.

John De Silveira said, "It's been informative and perhaps as citizens we will be able to offer input for future changes to social security programs."

Bob Brown said, "I'm looking forward to the entire series of workshops. Based on the first session, I think it will be very informative." Bob's wife Wendy added, "The presentation was excellent and easy to understand."

Rick Pettet said, "A fellow at work was asking me about Old Age Security, so I'll be able to go back to work and explain it to him. He'll be happy."

Gary Warren said, "These sessions are vitally important for planning your retirement. How well you keep informed is how well you are going to look after yourself in the future."

quality of life issues, dreams, life expectancy, getting your papers and assets in order.

The third session was central to physical health after age 50, focusing on prevention and management of chronic diseases, self-management tools and community facilities to promote healthy, active lifestyles. Presenters included Laurel deGoeij, a registered nurse, Lise Luppens, a registered dietician and Anne Anson, a physiotherapist.

The fourth session related to planning for your estate in retirement and beyond. Notary public Rhoda Witherly talked about power of attorney, wills and estates and the benefits of having a representation agreement (living will).

Alcan's benefits and pension administrator Lucy Miani explained the hourly-paid Alcan Pension Plan during the fifth session, focusing on spousal options and Alcan's benefits program at retirement.

Concluding the workshop series in May centers on financial planning for retirement by financial planner Cliff Yolland. He will speak about calculating the cost of retirement, establishing a realistic retirement budget and developing an action plan to achieving one's retirement objectives.

"The speakers and the quality of their presentations has been impressive, and based on the feedback from our future retirees, the information has been extremely useful for them. Personally, organizing these workshops with the support and help of the Joint Benefits Committee members has been a welcome challenge and a rewarding experience," concluded benefits and pension administrator Lucy Miani.

Joint Benefits Committee

Alcan Representatives

Lucy Miani
Marjorie Oleniuk
Dwight Magee

CAW Representatives

Kirk Ives
Rick Belmont
Ross Slezak
Brent Morrison
Gord Lechner

Getting certified the 5S way



5S principles = Sort + set in order + shine + standardize + sustain. Employees at the Kitimat smelter and Kemano powerhouse showcase their 5S work.

You've heard it before and you'll hear it again – the 5S program is about establishing a more organized and focused approach to managing housekeeping. Concepts include focusing on labeling to identify stock and strategically placing materials and equipment for ease of access. Most importantly, the 5S principles are about reducing safety risks and introducing ergonomically designed work areas for employees, ultimately helping to improve the workflow.

The process of implementing 5S takes commitment from area management and the people who work in the area. *Ingot* talked with some of the men who were instrumental in setting up their work areas the 5S way.

Potshell repair

Welders Brian Tweedy and Dave McRae appreciate the ease of maneuverability in the tool crib now. Leery of the 5S process initially, Dave now sees the advantages of setting up the area, and in the future, keeping it sustained. Both men believe that 5S in the bays at 226 potshell repair shop would be advantageous for all of the welders.

Rectifier pit

Rectifier and sub-station electricians Bob Walker and Simon Cammish set up the rectifier pit. "It's been a lot of work over the last year and a half. But it's worth the environmental and safety improvements that it has made for Bob and myself," Simon said. "For the first time in history, the rectifier pit is completely organized. When a transformer comes in for repair, the tools are visibly set up and readily available. No hunting around here for the right tool."

The 5S improvements at the rectifier pit will see less slip, trip and fall injuries – hoses are now strategically stationed overhead on reels. The oil containers once located on the floor have been moved to the containment area, eliminating oil spills.

A-casting tool crib

Tool crib attendant Cam MacBean is a true convert to the 5S process and appreciates the ease of locating items. "It took me close to two years to get this place whipped into shape. I was initially skeptical about the process, especially, throwing out material that we might need. But now, it's so organized, I know where everything is and believe it or not, there is even more material set up in the shop than ever before."

Wharf storage

Wharf operator Mike Szmata took the lead on organizing building 501 storage area. Kitimat Works 5S specialist Mike Biron said it was one of the more disorganized storage units he's seen and is impressed with the work done. Szmata appreciates the ease of keeping the area organized now that everything has a place.



The A-casting maintenance tool crib in building 112B was 5S organized by **Cam MacBean** and supported by supervisors **Joe Bruno**, as 5S specialist **Mike Biron** presents the certificate.



The potshell repair tool crib in building 226 was 5S organized by employees **Brian Tweedy** and **Dave McRae** and supported by supervisor **Ron Perrier** and superintendent **Ralph Braun**, as 5S specialist **Mike Biron** presents the certificate.



Transformer pit in building 157 was 5S organized by employees **Bob Walker** and **Simon Cammish** and supported by supervisor **Bob Walker** and superintendent **Dave Dhaliwal**, as 5S specialist **Mike Biron** presents the certificate.



Kemano's **Graham Kerr** organized the grounds maintenance shop, supported by supervisor **Peter Cotter**, as 5S specialist **Mike Biron** presents the certificate.



The wharf storage area in building 501 was 5S organized by **Mike Szmata** and supported by supervisors **Brent Green** and **Paris Xilopanikas**, as 5S specialist **Mike Biron** presents the certificate.



Kemano's **Randy Livingston** organized the waste and tire storage area, supported by supervisor **Peter Cotter**, as 5S specialist **Mike Biron** presents the certificate.

Interested in 5S-ing?

For anyone interested in learning more about 5S, you can contact Mike Biron. Mike is available for consultation to help you develop and implement 5S in your work area. He also has an interesting presentation on 5S, outlining the principles, methods and ideas behind the strategy.

What are the 5S principles?

1. Sort: Distinguish between the necessary items from the unnecessary and eliminate the unnecessary from the workplace.

- 2. Set in order:** Arrange material so that it's easy to find and put back after use. Labeling, painting and outlining tools help to maintain the second 'S'.
- 3. Shine:** Keep the equipment, tools and work environment clean.
- 4. Standardize:** Continually improve the work area by making housekeeping a priority.
- 5. Sustain:** Ensure housekeeping is sustained by making it a part of the daily routine.

Ingot welcomes new writer

As of April, Sean McQuaid has joined *ingot* as a freelance writer/photographer.

Born and raised in Prince Edward Island, Sean McQuaid traveled the country and lived in several provinces before settling in Kitimat with his wife, Carol Schneider, now a teacher at St. Anthony's.

Educated at the University of Prince Edward Island (UPEI), the University of Windsor and Holland College, Sean has an English degree in addition to studies in various other fields.

A veteran freelance writer/editor, Sean got his start at UPEI's student newspaper, the *X-Press*, as a writer and cartoonist who later served as the paper's editor-in-chief. He went on to become a longtime contributor to *The Buzz*, P.E.I.'s arts & entertainment newspaper, serving as editor for several years.



Sean McQuaid

He expects the interviewing skills he honed during that time to be an asset in his Alcan work. "I like meeting people and getting to know them," he said. "It's one of the best parts of this kind of job."

More recently, he has worked with American publisher Marvel Comics (originator of popular characters such as Spider-Man and the X-Men), most notably as a regular contributor to various editions of their *Official Handbook of the Marvel Universe* series.

Sean has also been active in theatre since the early 1990s, mostly as a playwright and director. He worked with a wide variety of P.E.I. community theatre groups and small professional companies, logging several seasons as a writer and director with the ongoing, quasi-improv theatrical soap opera series *Enemies*.

Since moving to Kitimat, he has done volunteer work with On Cue Players and served as assistant stage manager for their *Cooking with Gus* production.

Still relatively new to Kitimat, Sean looks forward to learning more about the community in general and Alcan in particular as he assumes his new duties.

Got a story?
 Contact *ingot* editor Cathie Stevens at local 8519 to arrange for an interview with Sean.



ANNIVERSARY MILESTONES

5 Years



Jacques Brassard
Continuous Improvement Champion

10 Years



Warren Copeland
Painter Journeyman

15 Years



John Rilko
Coordinator Power Operations
Maintenance

20 Years



Susan Eisenberger
Supervisor Warehouse
and Maximo Pilot



Bill Pacheco
3rd Class Power Engineer

25 Years



Harold Bruins
Buyer



Paul Osadchuk
Coordinator Training and Development

30 Years



Joe Dias
General Supervisor A-Casting



Francis Tooth
Millwright Journeyman

35 Years



Ajit Singh Banwait
Welder



Employees celebrating an anniversary are asked to make an appointment for a photo by calling Cathie Stevens at local 8519.



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You can also visit us at:
www.alcaninbc.com/kitimat/index.html

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AFFNO Association (Maple Fest)
Alcan Pioneers Lacrosse Club
Caledonia Dry Grad Terrace
CAW Canada (Chevalho drug talks 2005)
Classic Old Timers Hockey Club
DARE Program through RCMP
Envision, New Year's Baby Bonds
Kitimat Centennial Museum
Kitimat Chamber of Commerce Business
Excellence Awards
Kitimat Concert Association (Y1)
Kitimat Industrial Challenge Bonspiel
Kitimat Minor Hockey (sign at rink)
Kitimat Multicultural society
(International food fair)
KWSA Hockey 50th Anniversary
Look Inside Productions, all native basketball

Mr. & Mrs. Golf Tournament
Nipper Kettle Race Calendar
NWCC Skills Competition
On-Cue Players (tickets)
PNW Music Festival Ad
Relay for Life
Skeena Zone Drama Fest 2006
St. Anthony's school sign for 2007 50th
Anniversary
Success x 6 program , T&D Credit Union
Terrace Art Gallery
Terrace Curling Association (lady's 50th
Anniversary)
Terrace Horse Show
Terrace Peaks Gymnastics Club
Terrace Trade Fair - Booth

Please recycle