



# TANIS BENDER

**Administrative Assistant**  
Nisku, Alberta

**Congratulations on winning the Guiding Principles Award. How did it feel when you found out you had won one?**

I was pleasantly surprised to receive the honor of the award. It made me quite happy for the rest of the day. Of course, I had to let my family know I was so proud to receive the award.

**How do you implement the Guiding Principles in the work environment?**

I make sure everyone is working in a safe environment. I also think that all the guiding principles come into play all day and every day.

**It's rewarding to know colleagues nominated you for this award, what events in 2019 or leading up to it, do you believe helped you be recognized?**

With the reduction of staff in the front end, this increased my workload substantially. I have been able to keep on top of things in a timely manner.

**Which Guiding Principle do you think you best represent?**

Teamwork because I enjoy working with all my colleagues.

**Which Guiding Principle does your team represent?**

I would have to say Excellence because we always strive to have our best work going out the door. (Better Performance Every Day)

**Since the roll out in September 2014, in your opinion, how have the Guiding Principles altered the way Cathedral operates?**

When the Guiding Principles were presented, it provided us with an organizational map of the work related qualities that staff should continue to work towards in an effort to stand out as a company that people want to work for, and that a company that people want to do business with.

**You are dedicated with a strong drive for excellence, what motivates you?**

I can credit that my parents instilled in me a great work ethic, although it's easy to have the drive for excellence when you love the work you are doing.

**In your opinion, what is the best way to lead and motivate your team?**

To lead by example, following the Guiding Principles set out by Cathedral.

**What do you think your most significant accomplishment is with Cathedral?**

I believe my most significant accomplishment to date is the completion of the supervisory courses, through the University of Alberta Faculty of Extension. As well, learning the Allocate system, some of the Great Plains software, and being asked to go some of the other locations to assist in training others on Cathedral's behalf.

**What is it about your work ethic that you take pride in?**

I am quite proud of the fact that I am able to deal with a multitude of tasks consecutively, and am comfortable in doing so. With the amount of daily work that I am given, I take pride in that I can process the work quickly and efficiently even while under pressure.

**What do you think separates Cathedral from our competition?**

I think it is the product we send out to the work sites that separates us because we strive to have the best out there.

**What makes your work location successful?**

The work location, in Nisku, is helpful to the success of our business as it gives the company the ability to bring raw materials into the shops with ease. When the products are completed in manufacturing and set to ship to customers. The location is also helpful for transportation down a major highway to a variety of locations.

**How do you see the future of Cathedral and the role you'll play?**

I am hopeful that Cathedral will continue to weather the economic storm in Alberta and the US. I am committed to being part of the CES team throughout both the good and tough economic times.

**Winning an award generally comes from support around you, is there anyone you'd like to thank?**

I have appreciation for my direct management team, (Peter and

// STAFF SPOTLIGHT

**How long have you been with the company?**

16 years

**Do you have a nickname?**

Tanny

**What do you like to do outside of work?**

Hanging out with my family & friends and going to the gym

**What's your favorite quote, or what motto do you live by?**

"Believe that tomorrow will be better than today"

**Where are you originally from?**

Stony Plain, Alberta

**If you had a super power what would it be?**

Flying



Brian) as well as all the staff at Cathedral. We have worked together for 16 years, they continue to show me that there is more to learn and strive for.

**Do you have any advice for other persons looking to win this award?**

I would like to say that this award is available to absolutely every person in this company, and that it is attainable for them if they choose to follow the outline that Cathedral has set out for us.

**Any last words, honorary mentions or comments?**

Once again, thank you to Cathedral Energy Services for presenting me with this award, I will cherish it and display it with pride

Photo from right: Brian Affleck, Tanis Bender, Randy Pustanyk

CONGRATS TO OUR 2019 NOMINEES!

**Dan Swinemar** Oklahoma  
**Tyler Olbrych** Oklahoma  
**Isaac Austin** Oklahoma  
**Heath Whitmore** Denver

**Kalon Koenan** Oklahoma  
**Zach Stover** Oklahoma  
**Zachary Madkins** Oklahoma

**Carlos Castillo** Houston  
**Garrett Cameron** Calgary  
**Patrick Thorburn** Calgary