



Robert Trymbulak

**Ironworker Journeyman
Supervisor, Gordie Howe International Bridge Project
Bridging North America
Amherstburg, Ontario**

Robert Trymbulak has been an ironworker for 27 years, a large portion spent supervising the construction of wind farms across Canada, including the Cape Scott project on Vancouver Island in 2014. He currently oversees the ongoing erection of a 760-foot tower crane as part of the construction of the 722-foot, inverted-Y-shaped bridge tower on the Canadian side of the Detroit River that will support the road deck and cable stays of the new Gordie Howe International Bridge. Rob was certified as a Kundalini yoga and meditation instructor in 2021 and teaches classes regularly in the Windsor-Essex County area. He has been invited to speak on the topic of addiction and recovery as it relates to the construction industry at several conferences, and he sits on the IHSA Opioid Advisory Committee. Rob has participated in interviews with both recovery- and construction-based publications including a three-part video series by Daily Commercial News. He has been featured on local podcasts regarding his lived experiences and spoke at RESCON's Third Annual Mental Health and Addictions in Construction Symposium.