

CHROMESHIELD VOICE



Getting My Life Back

Back in May 2008 I was laid-off from Aradco ULC. Consequently I lost my house and my marriage of 15 years. I ended up with my hands empty with no job, no family and no home. I experienced one of the worst moments of my life, after all the struggles that I faced I realized that I have to go back to the beginning when I first came to Canada in 1992. I was 22 years old and now I am 39 but with a lot of will to refocus on my original goals.

In order to move on in these hard economical times that the City of Windsor has

been going through, I decided to enroll in the Second Career Program supported by the Provincial Government. I started knocking on some doors and I was full of determination and I didn't let anything discourage me from my dreams to have a profession that would support me and my children.

Now I am taking a Dental Assistant Level One and Two at Everest College and I'm back living in a house and working part time at the CAW 195 Labour Adjustment Services where I have the opportunity to help

other laid off workers that are going through the same struggles that I have gone through. Giving people hope and guidance to help them achieve their goals gives me great pleasure. So, I'd advise all laid off workers to come down to the Labour Adjustment Services and take action and advantage of the programs that are available to you.

Pursue your dreams and be the best you can be.

By: Jaime Hernandez



Chromeshield Labour Adjustment Where to find us

1801 Walker Rd
Suite 200
519-256-6142
Ext 226

Is It Time To Get Your Life Back?

As the month of August has arrived we are now into our 8th month of being laid off. Wow how time has passed!

But we will be coming to the end of our E.I in a few months and some of us even sooner.

If you have read the previous story Getting My Life Back by Jaime Hernandez you will see that there are other people that have gone or are going through the same job loss, financial struggles, emotional stress with family, self worth, and just the day to day living with the uncertainty of where do I go from here.

Myself? Well I enjoy working at the Adjustment Centre helping you get your life back with getting your high school, GED's, Second Career chooses, and just being there to listen if that is what you needed. I also enjoy publishing this newsletter and helping you by giving you the information for school, career opportu-

nities, helping with information on emotional stress, financial fitness, and family activity on a low income.

But what I was giving you, I wasn't doing for myself. For many reasons like fear of going to school at my age, denying the fact that times have changed in what we need to obtain employment again.

It took me sometime to realize that I would have to work pass the fear of going back to school at the age of 40 something and start over.

I sometimes still find it so surreal that I have to start over but in order to get that self worth back, I need to change and that meant that I had to do for myself what I have been doing for you. So....

I'm taking my life back also. I will be going back to school at St. Michaels to get my high school OSSD in Aug. and then I'm going to take home inspection as my second career.

Am I scared YES!

Will I let it stop me NO! Because it is up to me and each of you to find the strength within yourself to change and accept change.

We are all stronger then we think. We have to be, we all survived the years of endangering our health on a day to day basis at Chromeshield.

There are a lot of members from Chromeshield that have started to take their lives back and that are in school now getting the chance for a second career in something that they want to do. Not because of the money but because it is something that they are interested in. A chance to be in a atmosphere that they are happier and healthier in. The feeling of wanting to go to work because of that atmosphere.

Just remember the fear of going back to school is greater then the task of actually going to school.

By: Candy Eagen

*As of Sat. Aug 29
we will be opening
on Saturdays for a
trial period to
provide you with
services on
weekends. This is
on a trial basis.*

INSIDE THIS ISSUE:

<i>Community Resources</i>	2
<i>Financial Fitness</i>	3
<i>Family Fun Corner</i>	4

CHROMESHIELD ART WORK

Just some of the art work we have seen over the years



I don't think there is one person that doesn't know who this is!!
 Drawn on a pod skid as if he was standing there himself.



Ew that smell! Not sure which was worse the chemicals or this. Keep Smirking Ken!

I found these on Facebook on the Chromeshield group page.

I would like to Thank the artist (no names please) for giving us a laugh.

If you have any pictures (old or new) or drawing like these, could you email them to me at: ceagen@sympatico.ca

I would like to put a book together along with some history of Chromeshield. Any information you have on the Company's history would also be a great input.

I remember a saying that one of our members have said for years "As I slide down the banister of life, Chromeshield will always be remember as the throne in my a\$\$

COMMUNITY RESOURCES

IT'S BACK TO SCHOOL TIME!

If needed I have included a list of retail stores

CLOTHING / RESALE SHOPS IN OUR AREA

Organization Name(s)	Located In
<u>All Saints Anglican Church, Clothing Cupboard</u>	Windsor Central
<u>Bibles for Missions</u>	Windsor Central
<u>Drouillard Place, Emergency Aid and Christmas Assistance Program</u>	Windsor East
<u>Et Cetera Shoppe</u>	Leamington (Town of)
<u>May Court Club of Windsor, May Court Shop</u>	Windsor Central
<u>Salvation Army South Western Ontario Recycling Centre</u>	Windsor Central
<u>Salvation Army Thrift Store, Essex</u>	Essex (Town of)
<u>Salvation Army Thrift Store, Leamington</u>	Leamington (Town of)
<u>Society of St Vincent de Paul (The), Retail Store, Harrow</u>	Harrow
<u>Society of St Vincent de Paul (The), Retail Store, Leamington</u>	Leamington (Town of)
<u>Society of St Vincent de Paul (The), Retail Store, Windsor, Chilver</u>	Windsor Central
<u>Society of St Vincent de Paul (The), Retail Store, Windsor, Wyandotte</u>	Windsor Central
<u>The Ark</u>	Windsor East



Attention: Men and Women, Boy and Girls

Marvel Beauty School has given us 10 free Complimentary Hair Cut Coupons. If you are interested please call your Adjustment Committee and we will sign you up. The first 10 people will be contacted when the coupons come into the Centre and you will be called to come down and pick them up.

COMMUNITY RESOURCES

FINANCIAL FITNESS FOR LIMITED INCOME PART 2

Designing a spending plan

Once you have your income and expenses identified, you can now start to organize them using a spending plan sheet (included).

First write down all your monthly expenses into the categories listed.

Next identify which expenses are **fixed**, which are **flexible** and which are **periodic**. This will give you an idea of which expenses you can make changes to easily and which ones may take a little more effort.

Fixed expenses are ones that do not change; they are the same every month. For example: rent, mortgage, car, insurance.

Flexible expenses are the ones you have every month but they may not be the same amount every month. For example: food, utilities.

Periodic expenses are the ones you have but not on a monthly basis. For example: gifts, car repairs, vet bills.

Add up all of your monthly expenses. This figure must not exceed your monthly income. If it does, you must adjust your income, expenses or both.

Sometimes, in order to balance our spending, we have to make choices about what we will continue to spend our money on. With our values firmly in mind, we can make good choices.

Knowing your needs is another important factor when we are faced with making choices. We all have basic needs.

Basic needs are needs for the things in life that keep us alive. We all need food to live: shelter, clothing, and some of us need medication. These would be con-

sidered basic needs.

Once your basic needs are covered, you can bring other things into your spending plan depending on their importance to you and what they cost.

On a limited income, it is important to be aware of all the options available to you so that you can make choices that will be the best for you and your family.

Housing and Shelter

Are your accommodations appropriate to your situation? Can you meet your shelter expenses easily or do they consume most of your income? For lower income earners, shelter cost can easily represent 75-80% of their disposable income.

Other savings that can be achieved in the shelter category are through energy savings, such as dialing down the thermostat, living where utilities are included in the rent, air dry clothing instead of using the dryer, and conserving water.

Food cost are the next major expense. The cost of food has increased to such an extent that it can be extremely challenging to eat nutritiously and stay within your budget for food. There are several community programs that help with food costs, from food banks to food cooperatives; school meal programs will help feed kids. Check for the programs in your area.

Having a stock of basic staples on hand in your kitchen can help to cut food cost. Other cost cutting measures are to eat less meat, pay attention to your portion size, increase vegetables and whole grains, plan your meals, stick to basic foods, reduce the amount of packaged foods you

purchase and remember convenience is costly!

Medications is a costly necessity that can quickly upset a spending plan. There are social programs that can help defray the cost of medication. The Trillium Drug plan is one, social assistance and disability programs can help or you can ask your doctor for samples.

Clothing costs can be contained by shopping in second hand or bargain stores like: Value Village, Salvation Army Store, Giant Tiger and The Bargain Shop.

Kids needs and wants are tied to the emotional side of spending. On the one hand, kids are under tremendous pressure to fit in and as parents we want the best for our kids. We often experience **feelings of guilt** if we cannot provide what we feel our kids need. Local community agencies help with coats for kids, Christmas gifts and summer programs. The health unit may provide **emergency dental care** for children who qualify.

Finding ways to make your money go further and be more effective can help reduce the stress associated with living on less. Be sure to keep your core values in mind and focus on the really important things in life. The key to success is **ATTITUDE**. Believe in yourself, don't be afraid to seek assistance when you need it and know that no matter what, **you still matter**.

I have included a **Personal Budget sheet** for you to work with. Fill it out and try to keep to up with it every month. Not only may this help you figure out where you spend money but may also show you how to put some money away.

In the Community Resource section you will find a variety of support services that you may find helpful for you and your family.

If there is something that isn't included in here that you need information on please don't hesitate to contact us at the office. Remember that your call is confidential. Sincerely,
Your Committee

211WindsorEssex.ca

Food Banks

Downtown Mission of Windsor

664 Victoria Ave
519-973-5573
Mon. Wed. Fri 1:30-3pm
Emergency service
Documents required

Unemployed Help Centre

6955 Cantalon Dr.
519-944-4900
Mon.- Fri.
9-11:30am 12:30-3:30pm
Low Income
Needs Assessment

Windsor Lifeline Outreach

4490 7th Concession
519-972-6086
Mon-Fri.
9am-4:30pm
Anyone
Documents required

We're Open

FAMILY FUN CORNER

Our Office Hours

Monday 9 –4

Tuesday 9 –4

Wednesday 9 –3

Composite committee
available 3-4

Thursday 9 –4

Friday 9 –4

We're on the Web

www.labouradjustment.com

Chromeshield Adjustment Committee

Chair

John Toth

Your Committee

Tammy Anger
(Co-coordinator)

Peer Helpers

Candy Eagen
John Bencak
Leslie Farough
Kelly Nicholls
Trevor Spells
Alberto Somarriba
Azad Sinjari

Published By:

Candy Eagen

34th Annual Tecumseh Corn Festival

Thursday, August 27th through Sunday, August 30th



Thursday, August 27th

Carter Shows Carnival - 3pm

Miss Tecumseh Pageant - 7 pm at L'Essor High School

Knights of Columbus Festival Tent

Friday, August 28th - Senior's Day

Free corn for all seniors 1pm – 5 pm

Complements of: The Optimist Club of St. Clair Beach

Olde Fashioned Bingo

Saturday, August 29th - Family Day

Largest Small Town Parade - 11 am

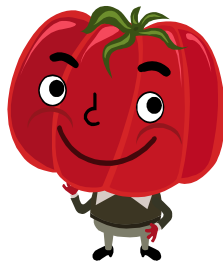
Corny Crafts (for children ages 10 & under) - Sponsored by Bonduelle Ontario Inc.

Finger Eleven - Saturday, August 29th at 9 pm - Sponsored by 89X

Sunday, August 30th

Mass in the Corn Festival Tent starting at 8:30 am

Breakfast served starting at 9 am at the Knights of Columbus Tent



2009 Leamington Tomato Festival

Wednesday, August 12th - Sunday, August 16th

The Tomato Festival, in its 26th Year, holds a strong identity within the Community and throughout the Southwestern Ontario region. The Festival invites Community and Visitors alike to celebrate its continuing prosperity, its past achievements, and generally to have a great deal of Family Fun.



The 150th Comber Fair

Hosted by:

The Comber Agricultural Society

Weekend of August 7-9, 2009

Starring:

Michelle Wright

Jade Lester

The Sammons Family

The River Junction Band

Fair Highlights:

Classic Show & Shine

Miss Comber Fair Competition

Antique Tractor Show

Animal Exhibits

Horse Shows and Competitions

Home Arts Competitions

Lawn Mower Races

Music, Parade and Kids' Talent Contest

Sunday Demolition Derby

Beer Tent Events

Essex County 4H Club Events and Auctions

Additional Parking at north end of Comber by 401. Free Shuttle Service between parking and main gate fair grounds.