



COMMUNITY LABOUR ADJUSTMENT SERVICES



**The CAW 195
Community
Labour Adjustment
office has been
extended to
FEBRUARY 29,
2012**

**November
2011**



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You can now find the Employment Ontario Services Provides for Windsor /Essex on our website! Just go to our website at:

labouradjustment.com and you will find a tab named Service Providers at the top of the page.

Creative Gift Giving

By: Leslie Farough



It's almost Christmas again...This year when it comes time to Deck the Halls, things are not going to be the same as they have been in the past. However, for those who are stressing don't let yourself get bogged down in a Bah Hum-bug mood.

Fact is people need your presence more than they need your presents. Take a step back in time far back to a time when the pleasure of the Season came from the people you spent time with and not "keeping up with the Jones" in a race to get the biggest and best presents. The holidays have not always been about creating enough debt for one day that costs you the whole year to pay for.

There are so many different and inexpensive ways to make the holidays a special time without breaking your bank account. A lot of us are reaching the end of our unemployment claims and without any end to the recession in sight it's time to think creatively when it comes to gift giving this year.

Some alternative ways of giving this year that you may want to consider would be things such as:

- * Practice Random Acts of Kindness – do nice things without being asked to and when least expected.
- * Nothing says love like a gift that is home made there are all different kinds of ideas for homemade gifts that you can obtain from the internet.
- * Offer coupons for things you will do everything from snow shoveling to back rubs
- * Open the doors of your home for a pot luck dinner with family and friends
- * Pass down something that has always been important or valuable to you
- * Have a Dollar Store Christmas
- * Draw names instead of buying for every family member
- * Re-gift using items you have that are in good condition but that you find you have very little use for
- * Put a dollar limit on what you are spending thoughtful gifts don't have to be expensive
- * Try buying gifts from places like Kijiji or Ebay, even resale shops can have great finds.

I know sometimes it can be difficult to put a positive spin on things when times are difficult. It has been my experience that most people are about as happy as they make their minds up to be. So we can approach this coming holiday season with either dread remembering what used to be or hope with what can be and in that the choice is ours and ours alone.

So let this holiday season be the one where your love and appreciation are expressed using imagination and thoughtfulness instead of VISA or Mastercard.

This Adjustment Committee Is Made Possible Through Funding From The Province Of Ontario



Goodfellow's Holiday Food Baskets

With the generosity of Goodfellows we are once again offering our laid off members the Holiday Food Baskets. If you are interested in receiving a basket this year please stop by the office or give us a call @ 519-256-6142 and we will put your name on the list. **All names must be in by December 2, 2011.** The hand out date will be Wednesday December 14, 2011 at 11:00am at the 195 CAW Local @ 3400 Somme.



Computer Skills



Today's job searching can be difficult because you need to be able to work your way around a computer to be able to do your job searches, type or copy out your resume, or attach your resume to an email for a possible job opportunity.

Some may be intimidated by the thought of doing all this on a computer but we have some great news that could take those intimidating feeling away and give you the confidence to job search! We are in partnership with WEST (Woman Employment Skills Training) to bring you **basic computer skills** and **Microsoft Office Word skills**.

If you are interested in attending one of these classes please give us a call at the office at 519-256-4597 and we will sign you up for the next available class or stop by at 1801 Walker Rd to get your name on the list.



CAW Local 195 has arranged with Heinz to have specific days when members can go to the Company store in Leamington and take advantage of some really fantastic deals. Please remember to take your CAW 195 membership card with you when you visit.

The dates and times for CAW 195 members are as follows

December 12, 13, 14, 2011

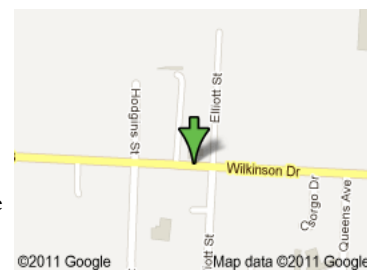
January 3, 4, 7, 2012

Mon to Wed 9:00am- 4:45pm

Sat 8:00am to 11:45am

Store Location

85 Wilkinson Drive
Leamington, ON



Windsor - Essex

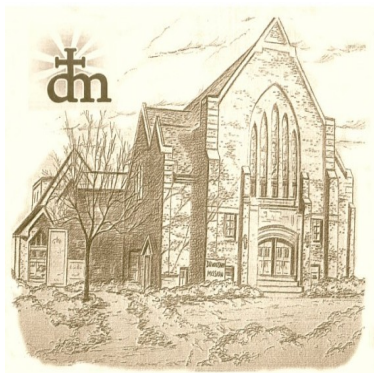
The following information is provided to anyone who has not been informed of this exceptional site that was created to assist people in their time of need.

211WindsorEssex.ca is a directory of over 3000 community, social, health and government services. You can access this service

24hrs a day. Some of the services include; Emergency and Crisis, Employment, Education, Training, Financial Assistance, Food Assistance and Housing. These are just a few of the number of services that are provided for you.

Remember, there is help available at the touch of a button. If you have any questions on how to access this service or how to use this service, don't hesitate to call us at the Labour Adjustment Centre.

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The Community Labour Adjustment Office is holding a CAN FOOD DRIVE for the Downtown Mission.

The Downtown Mission is in need to have their food bank filled.

The Mission provides over 120,000 meals each year through its various meal assistance programs and they do this all through the generosity of the community supporters. The Downtown Mission is a Registered Canadian Charitable Non Profit Organization and receives only community support to survive. Although we have all felt the pain of the economy over the last 5 yrs I'm hoping that you will find it in your heart as well as your cupboards to be able to donate a couple of canned goods to warm the hearts of others in need. I have included a list of non perishable items that the Mission is in need of.

If you are working and are not able to bring the donations to our office please give us a call and we can make arrangements to have someone meet you at the office or if it is a transportation problem we will arrange to have someone pick up your donation. You can drop off your donation at Community Labour Adjustment Centre 1801 Walker Rd.

Suite 200 or give us a call at 519-256-6142

Mission is in Need of:

- Canned Meats/Stews
- Children's Snacks
- Assorted Soups
- Peas & Carrots Canned
 - Potatoes
 - Sugar
- Canned Tomatoes
- Small Peanut Butter
- Coffee & Coffee Whitener
- Jams



Snow Angels is a voluntary snow removal service for senior citizens and persons with physical disabilities. The program attempts to match volunteers from the community with residents in their neighbourhoods requiring assistance.

In the past this has been somewhat challenging, as those needing the service have tended to outnumber volunteers.

Technical Support Division

1266 McDougall St.
Windsor, Ontario Canada
N8X-3M7

Hours of Operation:
8:00 am - 4:00 pm

Phone: 311

Fax: (519) 973-5476

Email: 311@city.windsor.on.ca



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Are you looking for a job?

The purpose of a resume is to get an interview.

If you're not getting the interviews it is probably your resume.

We can help, by looking at your resume and making some changes to it, to help entice those employers.

Maybe your resume is good, but you need help with your interviewing skills.

Well, that's what we are here for, come down or give us a call at 519-256-4597



Rent Bank and Energy Assistance

The Rent Bank program is available to low income tenants who, due to emergency or unforeseen circumstances, are in short-term arrears and facing eviction. The intent of the program is to help tenants sustain their accommodation.

Eligibility Criteria:

1. The applicant must:

- Be a resident of the recipient's Service Manager area and meet requirements for status in Canada
- Have an income that is not from Ontario Works or the Ontario Disability Support Program.
- Be in immediate danger of losing his or her residence due to unpaid rent N4/mediated agreement
- Not be receiving Rent-Geared-To-Income assistance
- Be at the residence for a minimum of one year

Have household income below the household income limits as set by the Ministry from time to time

2. Program Funding for each approved applicant shall not exceed two times the average market rent for the recipient's Service Manager area as set by the Ministry from time to time.
3. Assistance may only be issued once every two years.
4. Funding shall only be used for payment of rent arrears.

Application for the Rent Bank can be made by calling 519-255-5200 ext. 5289. For more information on this service please visit the Provincial Rent Bank website at: <http://www.mah.gov.on.ca/Page136.aspx>.



Local 195
Windsor, ON



Trillium Drug Plan Application Forms

If you are interested in applying for the Trillium Drug Plan we have the applications here at the Centre.



Drop by and pick one up!!

Energy Related Programs Keep the Heat:



Keep the Heat is an emergency assistance program which provides funding for heat and energy for those who are experiencing financial difficulties and are in receipt of a notice of termination of heating utilities. In addition, this program offers workshops to educate consumers on how to conserve and better use energy within their household.

Windsor Application Sites:

- Can-Am Native Non-Profit Homes 180 Tecumseh Road East 519-977-7782
- Housing Information Services 3450 Ypres Avenue, Suite 200 519-254-4824
- Unemployed Help Centre 6955 Cantelon Drive 519-944-4900

County Application Sites:

- Amherstburg Community Services 519-736-5471
- Lakeshore Community Services 519-728-1435
- South Essex Community Council 519-326-8629

For more information, visit or call 211

There Are Success Story's

Anne McNeil had attended our Food Service Worker Program at St Clair College that was organized and purchased by The Community Labour Adjustment Centre and funded by MTCU .



For nearly 13 years, Anne McNeil worked her way up from the shop floor to a quality assurance position at Qualicaps, Pharmaphil Division. When the pharmaceutical manufacturing company closed in June 2008, McNeil grieved the loss of a career she knew was dead.

When searching for a new occupation, McNeil found comfort in Alexander Graham Bell's famous quote, "When one door closes, another opens."

With persistence and basic networking, the 44-year-old McNeil overcame her career speed bump. Recently, she received her food service certification and found a position in Windsor Regional Hospital's dietary department, an industry and workplace she's always wanted to serve.

Throughout the struggle of losing her job, McNeil took an active role searching the local job market to learn which industries were actively hiring. She also made use of the Qualicaps/UFCW Local 175 Labour Adjustment Centre by networking and acting as a peer volunteer.

Mary Paré was the project coordinator for the United Food and Commercial Workers Union Adjustment Centre when McNeil faced her transition. Paré noticed McNeil desired an opportunity for change.

"She had initiative and let me know what opportunities she was looking for," said Paré.

Paré encouraged others to realize what she said McNeil already knew. "It's not necessarily the end of everything; there is opportunity to do other things."

With the fundamentals of job searching firmly ingrained in McNeil's mind, she investigated career boards and newspapers for trends in different fields and positions.

"There were many ads in the newspaper for work in nursing homes," said McNeil, who called the listed nursing homes asking advice on how she could qualify for the various positions being advertised.

McNeil's persistence led her to the realization she would have to go back to school and obtain a food service certification in order to enter the field of work she was passionate about. "If I hadn't made that phone call, I would have never known how to get into the field."

McNeil enrolled in the certification course as a part-time student. She admits she was concerned about being the oldest in the class.

"Going back to school was very hard and intimidating, I didn't know who I would be going to school with, but we we're all unemployed and about the same age."

Her classmates became her support group, sticking together until graduation five months later. When McNeil finished, she was proud of herself for going through the process. "I learned how strong I was," she said.

Before graduating, McNeil used her new-found persistence when applying at Windsor Regional. A few short weeks after graduating, her journey successfully came to an end as she secured a position in the dietary department of Malden Park's Continuing Care Centre.

Today, McNeil feels more fulfilled in her new career. She encourages others going through a similar setback to not be discouraged and suggests the key is remaining motivated.

"It's about asking a lot of questions, networking and being at the right place at the right time," said McNeil with a bright smile.

Her inspirational attitude recently came in handy when her husband of 23 years experienced a short-term job-loss.

Her ultimate advice? **"Stay focused."**

Story by Workforce Windsor Essex

OFFICE HOUR

Monday 9 to 4

Tuesday 9 to 4

Wednesday 9 to 4

Thursday 9 to 4

Friday 9 to 4

We're on the Web

www.labouradjustment.com

Composite Committee

1801 Walker Road,

Windsor, N8W 3P3

Tel: 519-256-4597

Fax: 519-977-9076

Chairperson

John Toth

Coordinator

Darlene Malcolm

Employment Counsellor

Sue Kelsh

Peer Helpers

Tony Sakr

Lou Schiavo

Candy Eagen

Ian Ditchburn

Newsletter

Candy Eagen



Food Bank

UHC

6955 Cantelon Drive

Mon to Fri

8:30 to 11:30 & 12:30 to 3:30

excluding holidays

Drouillard Place

within boundaries

Mon., Tues, Wed. and Friday

1:30 to 4:00

Goodfellows

401 Park St. W.

519 252-2739 for hours

of operation



Job Search Websites

GOVERNMENT RESOURCES

Windsor Employment & Insurance Office

www.servicecanada.gc.ca

HRSDC program & service info

www.hrsdc.gc.ca

Job Bank

www.jobbank.gc.ca

...another access to Service Canada

www.jobsetc.ca

Labour Market Information

www.labourmarketinformation.ca

Federal Government Jobs

www.jobs-emplois.gc.ca

Ontario Government Jobs

www.gojobs.gov.on.ca

Manitoba Job Information

www.mb.workinfont.ca

JOB SEARCH RELATED INFORMATION

Career Key Agency (advice and tips)

www.careerkey.com

WINDSOR SERVICES PROVIDERS

Career Development Services

www.careerdevelopmentwindsor.com

Multicultural Council

www.themcc.com

Unemployed Help Centre

www.uhc.ca

WEST (Women's Enterprise Skills Training)

www.westofwindsor.com

Windsor Women Working With Immigrant Women

www.wwwiw.org

CANADIAN JOB SEARCH RESOURCES

Aerotek (Technical & Professional jobs)

www.aerotek.com

Career Builder (also known as Head-hunter)

www.careerbuilder.com

Canada Jobs (mainly central area of Ontario)

www.canajobs.com

Career Click (Can. Newspaper Ads)

www.working.com

Also found using

www.indeed.ca

Globe & Mail

www.workopolis.com

Monster (local & global jobs)

www.monster.ca

Job Shark

www.jobshark.ca

Hot Jobs (Yahoo)

www.hotjobs.ca

CNC Global (IT technical jobs)

www.sapphireca.com

Canada IT (Information Technology jobs)

www.canadait.com

Technical Canada

www.techjobscanada.com

Teaching jobs

www.educationcanada.com

Hospitality related job listings

www.cooljobscanada.com

Finance

www.higherbracket.ca

Retail

www.allretailjobs.com

City of Windsor (Work for Windsor)

www.citywindsor.ca

Apprenticeship Vacancies

www.apprenticesearch.com

Older workers

www.seniorjobbank.org

Free Training Courses Available:



Safe Food Handling



Computers



WHMIS



First Aid & CPR



Smart Serve

Give us a call at 519-256-4597 for more information