

Facilities Maintenance Mechanic Program

We are in the process of purchasing this program from St. Clair College for 25 students and will now be taking contact details from those of you who are interested.

The only admission requirement for this program is that you have an Ontario Secondary School Diploma (Grade 12) or GED.

Facilities Maintenance Mechanics are typically employed in residential, commercial and public buildings. They are trained in a wide variety of disciplines such as plumbing, ventilation, air conditioning, brazing and welding, water systems and appliances and laundry systems.

The program itself is divided into two phases (I & II). These phases will also include a significant

practical component. The course will be approximately 20 hours a week for 24 weeks. In addition there will be a 4 week job placement component.

We have prepared a course outline and anyone who is looking to change their career and thinks this may be the opportunity that they

have been waiting for should come down to the Adjustment Centre and pick up a package.

The names and phone numbers of those interested will be taken at this time.

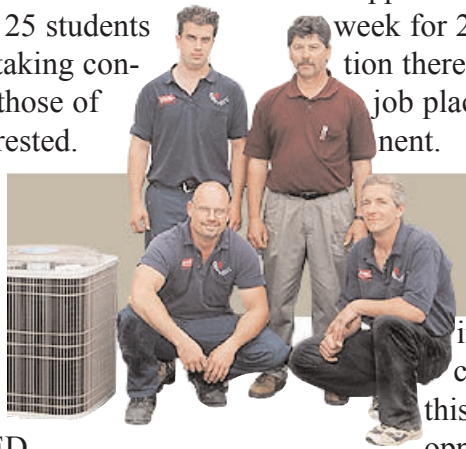
We will then call everyone and schedule an appointment for an assessment. This part

of the process will determine which applicants are best suited for this program. Successful applicants will then be contacted

to fill out the application which will be submitted to the MTCU for their final approval.

The closing date for applications is Friday, February 27th, 2009.

The course is scheduled to commence at St. Clair College on March 30th, 2009.



Free income tax service

This year we will once again be offering free tax services. This service will be open to all our members and their immediate families. This clinic will run on a first come first serve basis so make your appointment(s) early because once we are booked full, this will be our cut-off point for this program. To qualify for this program these restrictions must be met.

1. Maximum income restrictions before deductions is \$40,000.00
2. Basic Tax Only
3. No rental property



Dates and times of clinics

March 13/09 - 9am to 3:30pm

March 27/09 - 9am to 2:30pm

April 17/09 - 9am to 2:30pm

To book an appointment you can stop by your CAW 195 Labour Adjustment Services
1801 Walker Road, Suite 200
Or call: (519)256-4597



Ask Sue: EMPLOYMENT QUESTIONS & ANSWERS

Frequently I hear the same questions over and over. Maybe my answers will be of interest. I may not always have all the answers but I will try to give as complete an answer as possible. If I don't know the answer then I will do my best to find out what other professionals have to say. If you have a question that you wish to see answered in this space feel free to call your Labour Adjustment Committee representative and submit your question.

QUESTION: Why should I work for a temporary placement employment agency when I don't agree with the way they make their money?

ANSWER:

A large number of employers locally have found the services offered to them by the temporary employment agencies helpful in keeping down their operational expenses. They do not want to commit themselves to hiring permanent workers when they aren't certain if they will receive further production contracts in an uncertain economy. In this way also the company reduces their need for human resource and payroll personnel. The placement agencies offer their recruitment services for free as part of their contract with the com-

pany that is seeking workers.

Everyone has to decide for themselves what they will or won't do to make a living. There are a number of reasons of why a temporary employment agency should be considered.

This service enables the employer to observe a potential employee's work habits and skills. The employer can then decide whether to offer a good candidate a permanent position when their contract with the agency has ended (usually varies between 3 and 6 months). There is no promise that the employer won't just renew their temporary contract again. If this happens, then obviously that employer is either not willing or not able to offer permanency. This information is usually made clear by the agency and potential employer before you are hired. You need to be clear about what your goals are and what you hope to gain through temp work.

In the same frame of thought, employers are often more willing to take an inexperienced worker through a temporary work contract. This can represent an opportunity for an inexperienced person changing careers or a new course graduate to gain the experience needed to compete in their new career field. Find out about the agency's specializa-

tions, typical work assignments and the training that may be available to you. Some placement agencies offer permanent placement opportunities as well as temporary placements. Prepare for the appointment with the agency as you would for any job interview.

If a worker is in receipt of Employment Insurance and needs to show a sincere and effective job search, that sincerity and effective effort may be questioned if a claimant is refusing to consider a large percentage of job opportunities that are available through the temporary employment agencies. This may also be brought up when an EI claimant is asking to be considered for retraining. A request for retraining could be denied if the claimant can't prove that they have made every effort to gain suitable employment. Considering what the placement agencies have to offer is part of an effective and thorough job search. If you are asked to consider a job that will not meet your financial or experience needs, you are not required to accept that offer.

Be selective but also feel free to register with more than one agency at the same time.

Be the best you can be...The Emphasis in fitness

To train people for success, their success. The purpose is not to pass judgment, but to help each person be the best that he or she can be. I know that this sounds like a cliché we hear banter about the motiva-

tional speakers and self help books "Be the best you can be"-but the fact is that it is an over-

worked phrase doesn't make it any less true. To me being the best you can be means becoming as highly functioning as possible not just physically, but all around. Exercise makes you smarter because you are getting more oxygen to your brain. There are studies that show when children exercise at school they tend to get better marks. Studies also show that physically active people are more productive

and have far less absences from work. If you know that fitness makes you feel better and generally makes you better all around, then it can encourage you not to



accept less than the best in yourself. That will have a positive effect in many areas of your life. You will only know what it is like to be good at something and to achieve your own personal best, not by comparing to anyone else, if you PUSH YOUR OWN LIMITS.

MAHLE ADJUSTMENT COMMITTEE

CHAIRPERSON

John Toth

COORDINATOR

Max Nimmo

EMPLOYMENT COUNSELOR

Sue Kelsh

JOB DEVELOPER

BONNIE MACHACEK

PEER HELPERS

Bonnie Palazzolo

Richard Hart

Lisa Benest

Sara-Jane Coates

Lisa Todd

CONTACT INFORMATION

1801 Walker Rd

Suite 200

(519)256-2424

mahlepeerhelper@yahoo.ca

mahlelabouradjustment@yahoo.ca

This Adjustment Committee is made possible through funding from the Province of Ontario

In the next few months, we will be notifying our members on success stories of our other members who have created their own businesses. If you would like to receive their services all contact information will be provided. If you have started a business of your own and would like your own story to be put into our article please do not hesitate to contact us.

If you are interested in starting your own business you may also contact us at the Adjustment Committee. For more information on the Self Employment Assistance Program there is a session offered every Wednesday at 1:00 pm at 2570 Dougall Ave. At this information session you'll learn more about Self Employment assistance and have an opportunity to complete an eligibility form with them.

If you would like more details phone Self Employment Assistance at 519-972-7705

The urban trainer

Randy Borrink started this in home exercise program after being laid-off. He was employed at Falcon tool & die for 23 years.

Already being a personal trainer the decision to create this venture was not a difficult one.

Some of the advantages of home personal training.

One on one exercise instruction and motivation.

Generally between getting ready and transportation people usually spend one hour going to and returning from their



gym. In home training eliminates this waste of time.

Services offered.

Weight loss through exercise drills.

Muscle mass gain with free weights.

Strength, agility and flexibility through martial art routines.

Qualifications.

Personal trainer specialist since 2006.

CPR certified.

Recertifies every year through Can-Fit-Pro.

Fully insured.

He also has a membership with the City Fitness Centres, for a nominal fee Randy can help you with your workout in a no hassle gym atmosphere.

During these difficult times physical health reflects on mental health. Remember strong body/strong mind.

If you are interested in his services and would like to contact him for a free consultation do not hesitate.

Phone: 519-977-9779

E-mail: randyborrink@yahoo.ca

*** 1 complimentary hour long session is offered to laid off CAW employees ***

Budget Friendly Things to do for the upcoming weeks...

Winter Festival

February 15, 2009 @ Ojibway Nature Centre in Ojibway Park. 12pm-4pm

Admission to the centre is free. There will be free family activities and a winter scavenger hunt.



Festival of Ice

February 7, 2009 Colio Estate Wines in Harrow. From 11am-3pm Admission is free with a canned good donation.

See professional ice carvers. Taste sweet ice wine and chocolate treats. There will also be a bake/hot food sale and prizes.

Fun for the whole family.



Free upcoming training courses

to register for these courses please call 519-256-4597

These are excellent pre-employment courses to take, and will also look good on your resume and just may give you an edge with a prospective employer.

First Aid/ CPR

February 27th and March 2nd

A sixteen hour course that is split into two days.

At the Local 195

3400 Somme

9:00 am- 5:00 pm

30 people maximum



WHMIS training

Workplace Hazardous Materials Information System

March 9th

8:30 am – 12:30 am

at the Local 195, 3400 Somme



CAW education bursary

The CAW National and CAW Council annually offer a total of 25 bursaries valued at \$2,000.00 each. These bursaries are awarded to sons /daughters of CAW members in good standing entering their first year of full-time post secondary education (university, community college, technological institute, teachers' college, nursing school, etc.) One bursary will be available for CAW members with at least one year seniority of full-time post secondary education. **This is an entrance bursary and is not renewable for students entering subsequent years of study.**



Submissions should include:
An official application and signed by a local union officer.
Letter of recommendation from a teacher, principal or community activist.
Transcript/record of marks (most current records i.e. mid term report is acceptable).

tunity contact your Labour Adjustment Committee or visit the CAW website at www.caw.ca/education and click on bursaries.

Please note

The application deadline is April 30th (postmarked no later than April 17th), 2009.



For more information on this oppor-

Warning from Canada Revenue Agency

Occasionally, taxpayers may receive, either by telephone, mail, or email, a communication that claims to be from the Canada Revenue Agency (CRA) but is NOT. In all these cases, the communication requests personal information, such as a social insurance, credit card, bank account, and passport numbers, from the taxpayer.

Invariably, the communication argues that this personal information is needed so that the taxpayer can receive a refund or benefit payment. Another common scam refers the person to a Web site resembling the CRA's Web site where the person is asked to verify their identity by entering personal information. Taxpayers should not respond to such fraudulent communications.

To better equip taxpayers to identify those communications that do not come from the CRA, the following general guidelines are provided.

The CRA does not do the following:

- *The CRA will never request by email personal information of any kind from a taxpayer.
- *The CRA will not request information from a taxpayer pertaining to a passport, health card, or driver's license.
- *The CRA will not divulge taxpayer information to another person unless formal authorization is provided by the taxpayer.
- *The CRA will not leave any personal information on an answering machine.

When in doubt, ask yourself the following:

- *Am I expecting additional money from the CRA?
- *Does this sound too good to be true?
- *Is the requester asking for information

I would not include with my tax return?

*Is the requester asking for information I know the CRA already has on file for me?

*How did the requester get my email address?

*Am I confident I know who is asking for the information?

The CRA will continue to post notifications of fraudulent communications as we become aware of them and encourages you to check our Web site should you have concerns.

You will find an example of a fraudulent letter, email, and refund form on the CRA's Web site.

To report a fraudulent communication, please contact the Royal Canadian Mounted Police's Phonebusters by email at info@phonebusters.com or call 1-888-495-8501.