

MARCH
2009

COMPOSITE COMMITTEE
MONTHLY NEWSLETTER

MAGGIE MAY HAVE LOST HER JOB, BUT SHE'S
FOUND HER WAY ~ IN SCHOOL !

A few weeks ago one of our Peer Helpers, Maggie Robertson, was interviewed for the local 'A' News' by Sacha Long.

This interview showed that Maggie has taken a whole new direction in her life and has overcome great obstacles despite facing adversity.

She is 55 years old and when she lost her job at Standard Induction almost eighteen months ago, she was devastated.

"it's like at my age, what am I going to do. I went through depression, I didn't know which way to turn but it was through talking to people that I was able to find direction." she said.

Sacha said that after Maggie had dealt with her depression she turned to the Community Labour Adjustment Services to figure out a



Maggie Robertson

plan of action.

Sacha also spoke with one of the Adjustment Centres Coordinators, Darlene Malcolm, about the importance of re-training.

"Getting our members into re-training is becoming a huge part of our work because a lot of our members are realizing that we're just not going to have the same number of automotive jobs that we've been used to in the past" said Darlene.

So Maggie decided to go back to school. She's currently enrolled at Everest College studying Accounting & Business Administration.

Maggie said that she has a vast list of experience and added "I'm very hopeful and optimistic about the future, you're never too old to learn."

She also hopes she can be an inspiration to the hundreds of middle aged people who find themselves in the same situation.

Courtesy of 'A' News

C.L.A.S. CHANGES TO A NEW LOOK

Over the last few weeks we've held several meetings about the look and the format of our monthly newsletter.

So we decided to put some ideas together to see how they would compare with the existing publication.

The result of those meetings and ideas is what you now have in this months edition of the C.L.A.S. newsletter.

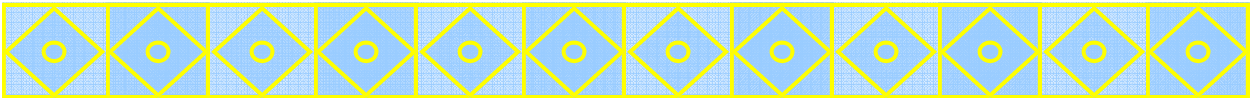


We think that it is a much brighter and better laid out format. The content will still be as relevant as it always has been and if anyone has any suggestions about an article or a series of articles they would like to see, please let us know and we'll fit it in. We hope you enjoy it.

Darlene Malcolm—Coordinator

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STARTING A BUSINESS ??



ROSE HAS GOT IT NAILED

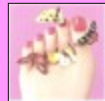
As you saw in February's edition we ran a story on a member, Randy Borrink, who had decided to go out on his own and start his own business.

This month we're focusing on another member, Rose Montplaisir, who made the same decision quite some time ago to go out and start her own business. Some of you may recall we ran an article on Rose at that time. We thought that in this month's issue we'd check back in with her and find out how her business was doing, so she popped into our office the other day and we had a chat.

"Well things are getting tough right now with the economy being this bad, but you have to take the rough with the smooth." she said and went on to add that "I'm still so happy doing what I'm doing, I should have done this years ago."

The clientele that she's built up has remained pretty faithful to her, "I love working with the seniors and some of them get a little lonely and look forward to my visits." she said.

I asked her if she had managed to continue to pick up new clients during the recent downturn in the economy.



She replied, "Yes, I've picked up some new people and as long as my customers are happy that's the main thing. Sometimes word of mouth is still the best form of advertising."

She went on to tell me that she's even expanding her business into other areas.

"Now I do chair massages too. Some of my clients were complaining about headaches and back pain, so I did a little research and took a course on chair massage. Since I've started it the response has been really positive. It's nice to get that kind of feedback."

There's no stopping Rose. Now she also does Pedicure & Manicure parties, and the host gets their choice of a free pedicure or manicure.

She's even planning to add another string to her bow. Haircutting!!

I asked her how she came up with that idea.

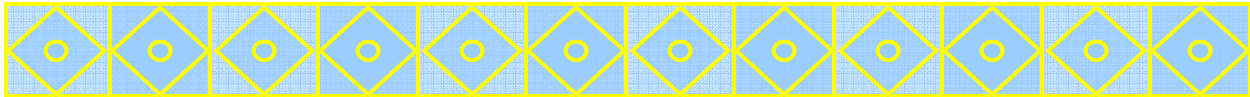
"Well", she said "there were a few who just happen to mention that they thought I should try this too. So I asked around my clients to see what the interest was like. It was good. So now I'm looking around a few places to see where I can take a haircutting course. Then I'll be able to add that also to my list of services."

You can make an appointment with Rose by calling her at **519-254-3099**.

She also has an e-mail address at rosesnailsonthego@hotmail.com

Please pass this on to anyone you think may be interested in using Rose's wide range of services.

Max Nimmo— Coordinator



NEED YOUR EDUCATIONAL DOCUMENTS ASSESSED??

International Credential Assessment Service of Canada (ICAS)

ICAS prepares Assessment Reports that describes your education completed outside Canada and gives you the comparable level of education to the Canadian Grade 12, post secondary and technical equivalents.

ICAS (and ICAS staff) are members of numerous national & International organizations such as:

- Canadian Education Association (CEA)
- Ontario School Counselors' Association (OSCA)
- Association of International Educators (NAFSA)
- America-Mideast Educational Training Service (AMIDEAST)
- European Association of International Educators (EAIE)
- Canadian Association of Prior Learning Assessment (CAPLA)
- Officers of Ontario (CRAALO)
- Association of Registrars of Universities and Colleges of (ARUCC)
- Canadian Bureau of International Education (CBIE)
- Committee of Registrars, Admissions and Liaison



Getting your qualifications evaluated is a great idea. Let us help you with the process.

Your Labour Adjustment Center will cover the cost for the general report which is \$80.00.

If you have any educational documents that you need evaluated contact us at 519-256-4597 or 519-256-2424 to find out how to apply.

For further detailed information go to www.icascanada.ca.

Lisa Benest - Peer Helper

ONTARIO TRILLIUM DRUG BENEFIT PROGRAM SEMINAR

The Trillium Drug Benefit Program has been established to help residents of Ontario who are without benefits, obtain prescription medication. The program covers the cost of regular prescription drugs, less a deductible amount. The annual deductible is based on income relative to prescription costs. Generally (with many exceptions) the deductible is based on approximately 4% of a families annual net income. There are many offsets to this formula depending on family size and other variables. However as a base example, a family with an annual NET income of \$20,000 would have an annual deductible of \$800.00. The deductible is spread out over each quarter so that your deductible for a 3 month period would be \$200, afterwards the cost of medication would be covered by the program (less a \$2.00 co-pay). To qualify, you must be a resident of Ontario with a provincial (OHIP) health card.

We realize that there are many of our members are no longer covered by company benefits, or perhaps their



benefits are set to expire soon. Therefore, we have arranged for a representative from the Ministry of Health to discuss this program with affected members at an information session at CAW Local 195.

Assistance will also be provided for the application process at this time.

Seating is limited, therefore we ask that you call or visit the Labour Adjustment Centre to register in advance. If you are unavailable to attend, you may be able to send a family member in your place.

Where: [CAW Local 195](#)
When: [Wednesday, April 8th](#)
Time: [12:30pm](#)
To register call [519-256-4597](#) or [519-256-2424](#)

John Toth - Chairperson

Language Instruction for Newcomers to Canada

This is a program that provides free English instruction from beginner to advanced levels to eligible adult immigrants.

You must have your eligibility for LINC and level of English determined by a certified LINC assessor at the Language Assessment and Resource Centre located at 1410 Ouellette Ave., Windsor.

Who is eligible for LINC? The program is free to newcomers who are:

- Not yet Canadian Citizens
- 18 years and older
- Permanent Residents (landed immigrants)

- Convention Refugees or Protected Persons in possession of a Notice of Decision from the Immigration and Refugee Board

- Certain others who are not yet landed, but have been allowed to remain in Canada and who have appropriate authorizations issued by Citizenship and Immigration Canada (CIC).

Note: Classes in Windsor are available on a part or full time basis. Evening classes are also available.

To make an appointment please call (519) 253-2724.

Office Hours:
8:00am to 4:30pm
Monday to Friday

Darlene Malcolm—Coordinator



OUR WEBSITE - A NEW, FRESH LOOK

Have you heard about our website yet? It is full of exciting and informative articles. The internet address for the site is www.labouradjustment.com, and the information is updated daily.

The fresh and improved site now has links to some community services such as 211 and a very helpful job bank collection. This currently allows you to access the Service Canada Job Bank and job search through the list that we have selected for our members. It is not a complete inventory of all the jobs available. We are planning to revamp this aspect in the near future to include more options.

The website also has a unique feature of a "News Front Page", with postings that will appeal to many of our general membership. Many of the programs and courses being offered by the Labour Adjustment Centre are featured in this new format, and again it is updated daily. As a point of interest; one of our members was out of town recently but checked the website regularly and saw a course that he wanted to take as it would help him in his job search. He called us and managed to get his

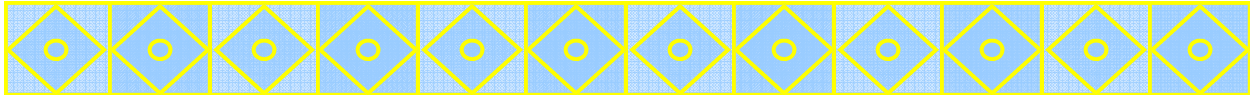
information to us in time to enroll in the class. That class was full before he returned to Windsor. Thanks to the web site and a telephone call he's all set. If he'd waited until he came home to get his newsletter it would have been too late. There are many other helpful features on our website.

If you need any assistance with resumes, cover letters, EI claims or just general information it's all there with the links on the home page and our office is open to help you Monday thru' Friday. There is a map section and another with all our contact information. If you want to check out upcoming events we have a web page for that as well.

So remember, the internet is not only a useful job search tool. Our website has some very practical information that you will need or it may even hold the key to success for a new and stimulating career change. Try it, bookmark it today in your favourites or designate it as your Home Page.

Sara Jane Coates - Peer Helper





CREDIT

In these tough economic times everyone is trying to keep their heads above water but with endless layoffs and plant closures it is not easy but there is help out there.

It is important that as soon as you start to fall behind in your payments that you communicate with your creditors to keep them informed. The longer you wait, the harder it will be to reach a solution.

When speaking to someone on the phone it is very important to speak to someone who is in charge. Also keep a record of who you talked to, the date, time, phone number and what and how



it was said. Also keep in touch with the person you talked to and never make a promise you can not keep.

COUNSELING

If you offer to make a payment make sure you can afford it because missing a payment could jeopardize your arrangement with them.

For more information please contact us at the Labour Adjustment Center and you can come in and fill out a Confidential Referral Form for Credit Counseling Services of Southwestern Ontario. Your first visit is free and if required we will pay for two \$25.00 sessions after that. Also, if you know that you are getting laid off it is a great service to use to help you get on a budget to stay on the right track.

Lisa Todd—Peer Helper

HEINZ DAYS

CAW Local 195 has arranged with Heinz to have specific days when members can go to the plant in Leamington and take advantage of some really fantastic deals.

Two days have been arranged for the end of this month but the bulk of the dates, as you can see, are in the month of April.

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:

March
30th & 31st

April
1st, 4th, 6th, 7th, 8th,
14th, 15th, 18th,
20th, 21st, 22nd & 25th.

Times
Mon to Wed 9am - 4:45pm
Sat 8am to 11:45am

Richard Hart - Peer Helper



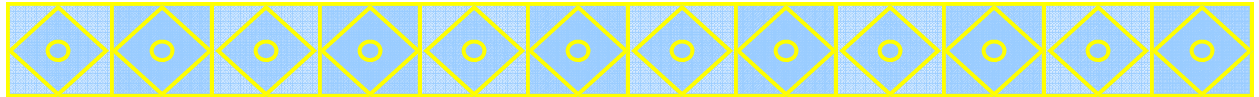
Career Forum



On Wednesday, April 29 representatives from numerous industries will be in Windsor to discuss future opportunities in their field. You will be able to meet and discuss future career openings in areas such as Health Care, Education, Construction, Mining, Transportation and others. Career Representatives from these sectors will be on hand to answer your questions about requirements needed to fill the jobs of the future in many diverse sectors.

The Career Forum is sponsored by the South Western Ontario Industry Education Council (SWOIEC) and will be held at the Caboto Club from 9am to 7pm. Workshops are scheduled throughout the day so keep in contact with your Labour Adjustment Centre to make sure that you can attend those sessions that interest you.

John Toth - Chairperson



FREE INCOME TAX SERVICES

As we wrote last month, we are running our Income Tax Service again this year. It's on a first come first serve basis. There are only a limited number of appointments available, so booking early would be wise.



To book an appointment you can stop by the Labour Adjustment Centre at 1801 Walker Road or call at the following numbers:

519-256-4597 or 519-256-2424

To qualify for this program the following restrictions must be met:

- Maximum income before deductions is \$40,000
- Basic Tax only
- No rental property

Dates and times of clinics:

March 13th,
9am to 3:30pm

March 27th & April 17th
9am to 2:30pm

Q & A SPOT

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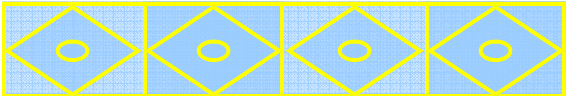
Question: I need to get a copy of my Transcript of Marks from High School. How do I get one?

Answer: This question has come up quite a lot recently as growing numbers are going back into school for re-training. Should you need to obtain a copy of your past high school "Transcript of Marks" it can easily be obtained from your former high school for an administration fee of \$5.00. If your former school has changed names or no longer exists, your transcripts will have been transferred to another school. Just call the following school boards depending on which school system you attended.

Public School Board
Greater Essex County District
451 Park St. West
Windsor, ON
(519) 255-3200

Catholic School Board
Windsor-Essex County Catholic District
1325 California St.
Windsor, ON
(519) 253-2481

Sue Kelsh—Employment Counsellor



Composite Committee

- **1801 Walker Road,
Windsor, NSW 3P3**
- **Tel: 519-256-4597**
- **Fax: 519-977-9076**
- **E-Mail Addresses**
- **darlene_labouradjustment@yahoo.ca**
- **composite195@yahoo.ca**

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John Toth

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Darlene Malcolm

Employment Counselor:

Sue Kelsh

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Richard Whyte

Naomi

Ann Hirst

Tim Croppo

Maggie Robertson

Jaime Hernandez

Jeff Desjardins

**THIS ADJUSTMENT COMMITTEE IS MADE POSSIBLE
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