

Creative Gift Giving



It's almost that time of year again... you know what I am referring to yes it's almost that HO HO Time of year.

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 Humbug 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.

By: Leslie Farough

May the joy and peace of the season bring blessings to you and yours.

If you are interested in receiving a Goodfellows basket please contact us at the office to put your name on the list.

*Sincerely,
Your Committee*



Chromeshield Labour Adjustment

Where to find us

1801 Walker Rd
Suite 200
519-256-6142
Ext 226 (New)

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Unemployed Help Centre Job Development Placement Support

We invite you to utilize our Job Development Placement Support services to access employment opportunities. You will have an opportunity to foster and enhance your skills in conjunction with your individual career goals. This endeavor will be achieved through subsidized and non-subsidized on-the-job training placements, job trials, and job shadowing.

In addition to our placement services, we also provide in-depth follow-up, and qualified Job Developers are available for consultation. We strive to ensure that both the employee and employer work in a harmonious and team focused environment.

We have built trusting and loyal relationships with employers and provided quality professional services for over 25 years in Windsor and Essex County.

Eligibility requirements are as follows:

- Men and Women who are in receipt of Ontario Works or have been unemployed for a minimum of 6 months.
- Must be 25 years of age or older.

Are not eligible for or not receiving Employment Insurance (E.I.).

Note: Some exceptions may apply.

For more information, **contact us at the CAW 195 Community Labour Adjustment Services @ (519) 256-4597 for a referral**

McGuinty Government Announces New Supports for Apprentices

Premier Dalton McGuinty today announced new measures to help workers enter and complete apprenticeships.

New supports and incentives include:

- * Grants of up to \$2,000 to apprentices and \$1,000 to employers when training is successfully completed.
- * Giving apprentices the choice to complete more of their in-school training up front if work placements are temporarily unavailable.
- * Grants of up to \$1,500 per term to help apprentices with the cost of school if they are not eligible for employment insurance.

These steps are part of the government's plan to strengthen Ontario's apprenticeship and skilled trades system and ensure Ontario has the skilled workers it needs to succeed in tomorrow's economy.

QUICK FACTS

- * These new measures represent an investment of \$8.3 million from the 2009 Ontario Budget to provide additional help for apprentices, employers, and training providers.
- * The 2009 Budget would make the Apprenticeship Training Tax Credit (ATTC) the most generous tax credit of its kind in Canada and increase the maximum credit to \$10,000.

There are 120,000 Ontario apprentices learning a trade today -- nearly 60,000 more than there were in 2003.



Certification & Re-certification for the following:

Lift Truck

(date to be determined)

Smart Serve

(date to be determined)

Food Safety

(date to be determined)

Peer Helper Training

(date to be determined)

Net Success Internet Working

November 7 @ Local 195

If you are interested in any of these please contact us or stop by the Adjustment office and we will get you signed up



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!!



Unemployed Help Centre Job Club



Job Club is a three-day group employment preparation program. Counsellors work with you to develop a wide range of job search techniques and resume writing skills. This program is designed to fully prepare and motivate you to secure successful interviews and employment opportunities.

Job Club includes the latest information & instruction on:

- Accessing the Hidden Job Market
- Professional resume writing
- Personalized cover letters
- Effective interview techniques
- Application procedures
- Letters of Recommendation, etc.



Clerical services (for cover letters and resumes) are provided at no cost to you during the program. Photocopies available for a nominal fee.

Benefit from a professional & friendly atmosphere, trained Counsellors to help you with additional concerns & employment issues, as well as group support from other job-seekers.

Programs designed to motivate and build confidence. Discover transferable skills.

Workshops run 3.5 days (Monday to Wednesday from 9:00 am to 3:00 pm, and Thursday from 9:00 am to 12:00 pm), and are offered on a regular basis at the Unemployed Help Centre.

For more information, **contact us at The CAW 195 Community Labour Adjustment Services @ (519) 256-4597 for a referral**

**EMPLOYMENT
ONTARIO**

This *Employment Ontario* project, program or service is funded by the Ontario government.



Just a little bit of historical content

How old is this picture, I'm not sure but thought I would share it with you



Workshops for Adults Returning to School At the Unemployed Help Centre



Workshops

1. General Tips for Adult Learners

The general tips session covers topics like the “new college experience”, defining your support network, setting time priorities, creating a place in the home to study, getting the kids involved in household chores, finding college resources, and discovering your learning style to improve your learning success.

2. Study and Test Taking Strategies (two parts)

The test taking workshops covers topics such as determining test content, organizing for study sessions, good study tips, preparing for multiple choice tests, preparing for short answer tests, preparing for essay style tests, and preparing for math tests.

3. Effective Report Writing (two parts)

The Writing workshop covers topics such as general essay writing tips, collecting resources, determining if resources are appropriate or not, formatting reports, and the writing process.

4. Effective Reading Strategies (two parts)

This workshop covers the dos and don'ts of reading for learning, the SQ3R and the KWL strategies for critical reading, reading to understand difficult material, and reading scientific material.

Schedule

Workshop	Dates and Times	
General Tips for Adult Learners	Mon, Nov. 16, 2009	1:00- 3:00
Study and Test Taking Strategies Part One	Fri, Nov. 20, 2009	1:00- 3:00
Study and Test Taking Strategies Part Two	Mon, Nov. 23, 2009	1:00- 3:00
Effective Report Writing Part One	Fri, Nov. 27, 2009	1:00- 3:00
Effective Report Writing Part Two	Mon, Nov. 30, 2009	1:00- 3:00
Effective Reading Strategies Part One	Fri, Dec. 4, 2009	1:00- 3:00
Effective Reading Strategies Part Two	Mon, Dec. 7, 2009	1:00- 3:00

There will be room for up to sixteen participants in each workshop.

If you are interested please contact Connie Sandros at the Unemployed Help Centre by phone at 519-944-4900 ext. 135

You can now access our newsletter from the website!



You can now view all adjustment committees newsletters including Chromeshields right from the website and also translate it to your preferred language. View it at www.labouradjustment.com. You will see a tab on the left side of the website Monthly Newsletters current & archives.

**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 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 call and make an appointment

211WindsorEssex.ca

Update about Second Career

Ontario is making changes to Second Career that will allow this popular retaining program to continue providing important opportunities for laid-off Ontario workers.

Second Career is an overwhelming success. It was designed to help 20,000 people over a three years and in just 16 months it has helped 21,000 people begin a retraining program.

The Ministry of Training, Colleges and Universities will be bringing in new rules so that it can continue to provide Second Career opportunities for laid-off workers who will benefit from job retaining. Changes to Second Career will be introduced this fall.

At present, the ministry will continue to approve a limited number of applicants for the Second Career and the Ontario Skills Development Program.

Applications will be considered on a first come first served basis.

The majority of these applications will be assessed under the new rules in time to meet January school enrolment dates.

The ministry will not be accepting further applications for the Ontario Self-Employment Benefit Program and the Labour Market Partnership Program at this time. The ministry will continue to provide support to Ontarians currently enrolled in these programs.

Food Banks

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

Salvation Army

355 Church St.

519 253-7473 for more
information



GoodFellow Baskets

If you are interested in receiving a basket this year please drop by the Centre and ask your Peer Helper to sign you up



St. Clair Collage Dental Program

St Clair's dental hygiene clinic is open to the public from September thru April.

The services available are:

- Ø A complete dental inspection
- Ø Necessary x-rays
- Ø Periodontal scaling
- Ø Polishing
- Ø Fluoride treatments
- Ø Sealants
- Ø Oral hygiene instruction
- Ø Diet counseling to prevent tooth decay
- Ø Basic restorative fillings

Tooth whitening and mouth guards are also available. The dental clinic is a teaching facility so patients should expect to come for 3-5 visits of approximately 2.5 hours. Students are supervised by registered dental hygienists and a licensed Dentist.

To be put on the waiting list – call 519-972-2709.



Fee: \$25.00



Our Office Hours

Monday 9-4

Tuesday 9-4

Wednesday 9 –6

Thursday 9-4

Friday 9-4

Saturday 9-4 New

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

Kelly Nicholls

Alberto Somarriba

If you are in need of a coat, coats will be distributed from **November 7th to November 13th** at the sites listed below. Hours vary, so please view hours of distribution:

DISTRIBUTION SITES IN WINDSOR

UNEMPLOYED HELP CENTRE

6955 Cantelon Drive

Phone: 944-4900

Hours of Distribution

Nov. 7th 10 am to 2 pm

Nov. 9th 10 am to 3 pm

Nov. 10th 10 am to 3 pm

Nov. 11th CLOSED

Nov. 12th 10 am to 3 pm

Nov. 13th 10 am to 3 pm

WINDSOR HOMES COALITION INC.

900 Howard Ave.

Phone: 258-4501

Hours of Distribution

Nov. 7th 10 am to 4 pm

Nov. 9th 10 am to 4 pm

Nov. 10th 10 am to 4 pm

Nov. 11th CLOSED

Nov. 12th 10 am to 4 pm

Nov. 13th 10 am to 2 pm

SEVENTH DAY ADVENTIST COMMUNITY SERVICES

5350 Haig Ave.

Phone: 945-2388

Hours of Distribution

Nov. 8th 1 pm to 5 pm

Nov. 9th 1 pm to 5 pm

Nov. 10th 1 pm to 5 pm

Nov. 11th 1 pm to 5 pm

CENTRES FOR SENIORS

635 McEwan Avenue

Phone: 254-1108

Hours of Distribution

Nov. 10th 11 am to 3 pm

Nov. 11th CLOSED

Nov. 12th 11 am to 3 pm

Nov. 13th 11 am to 3 pm

DISTRIBUTION SITES IN THE COUNTY

AMHERSTBURG

Amherstburg Community Services

will be distributing at

Amherstburg Community Church

Phone: 736-5471

Hours of Distribution

Nov. 7th 10 am to 4 pm

Nov. 9th 11 am to 4 pm

Nov. 10th 2 pm to 6 pm

Nov. 11th CLOSED

Nov. 12th 2 pm to 6 pm

ESSEX

Essex Community Services

Phone: 776-4231

Hours of Distribution

Nov. 7th 9 am to 4 pm

Nov. 10th 8:30 am to 5 pm

Nov. 11th CLOSED

Nov. 12th 8:30 am to 5 pm

BELLE RIVER

Lakeshore Community Services

will be distributing at

New Life Pentecostal Church

Phone: 728-1435

Hours of Distribution

Nov. 7th 10 am to 2 pm

Nov. 9th 9 am to 4 pm

Nov. 12th 9 pm to 4 pm

Nov. 13th 9 am to 4 pm

LEAMINGTON

South Essex Community Council

Phone: 326-8629

Hours of Distribution

Nov. 7th 10 am to 2 pm

Nov. 9th 2 pm to 8 pm

Nov. 12th 2 pm to 8 pm

HARROW SITE INFORMATION - 519 776-4231

