

Forging Ahead



Mahle Labour Adjustment Newsletter

November 2008

Back To School!

The Composite and Mahle Labour Adjustment Committee would like to congratulate our members who have been accepted into our *Food Service Worker Program* that starts on October 28, 2008 at St. Clair College. These individuals have

worked very hard to obtain this opportunity at retraining. They have completed many tasks that were asked of them to do and also great strength for taking on something outside of the Automotive Industry. Hats off to all of you.



Naomi Macyshyn
Ken Jubenville
Anika Radic
Souria Farhat
Dalibor Glisik

Dorothy Kerr
Michael Lapointe
Tiffany Daley
Francisco Michelena
Ricardo San Juan

Brandon Williams
Curtis Robinson
Tanya Viens
Julio Vasquez
Debbi Little

Josie Liolli
Anne McNeil
Sabria Simo
Dina Ymana
Rosemarie Zduncih

Family Service Windsor-Essex County

Professional counseling is available when you need it. Here are some of the ways counseling services can help:

Anxiety
Critical Incident Stress Debriefing
Elder Care
Grief/Loss
Job Loss/Job Stress
Physical or Sexual Abuse Recovery
Re-settlement Adjustment
Self-esteem Revitalization
Stress Management
Addiction Referral
Coping with illness or Injury
Depression
Family Issues/Family of Origin Issues
Parenting
Personal Concerns
Retirement Issues
Separation and/or Divorce
Trauma Recovery
and other emerging issues

Counseling can help when your problems are personal, or involve your marriage or family. Support individuals suffering from depression to live a meaningful life. When you cannot work out the conflict with your partner or you want to improve the relationship.

Families and individuals with both the short and long term effects of being victims of violent crimes.

When there is family violence. Mothers and fathers who are single parents deal with the stresses of being a single parent. When you find it difficult to talk to your children or get them to listen. People who are overwhelmed by stress on the job find strategies to maintain their job or make a job change. When you are separated and trying to establish a new life for yourself. Families dealing with painful custody issues. When the loss of a job turns your family's world upside down. Individuals who are struggling to overcome the often-debilitating effects of anxiety.

Some people think that to seek outside

help for their personal problems is a sign of weakness or failure however it really is a sign of courage and wisdom. When you decide to come for counseling, you have faced the fact that you have to do something about your situation. People come to see us from all walks of life, many cultures and faith groups, and with the virtually every circumstance imaginable. Whatever your situation.

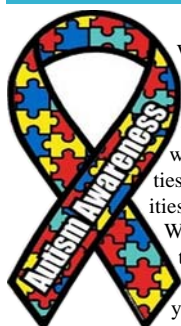
Your Role

You can gain the most from counseling when you recognize that talking about your feelings and your thoughts is important. You understand that bringing about a change requires work on your part and will take time. You are prepared to take responsibility for trying out new avenues as discussed during counseling. You are willing to come regularly for your counseling appointments and participate actively. You raise any concerns or dissatisfactions about the way things are going with your counselor.

For more information you can visit:

Family Service Windsor-Essex County at: 235 Eugene Street West, Suite 105A Windsor, On N8X 2X7
Phone: (519) 256-1831 Fax: (519) 256-5258 Email: famserv@mnsi.net

You are not alone



Several families in Windsor/Essex County are impacted by downsizing, job loss and plant closures, and at the same time they're stricken with loved ones with disabilities. Autism is one of the disabilities that affect people's lives. What makes it most difficult is that these individuals have the inability to communicate. If you suspect that your child has

a problem with speaking, contact your physician immediately. Early detection is very important when dealing with this disability. I am a parent of a girl diagnosed with Autism Spectrum Disorder, and I am here to tell you that there is hope. There are programs implemented throughout the city to help your child. Below is a list of the establishments that are available to assist you.

John McGivney Children's Centre
3295 Quality Way
(519) 976-9214

Thames Valley Children's Centre
3295 Quality Way
(519) 976-9214

Summit Centre for Children with Autism
3735 King st.
(519) 255-9226

Autism Ontario Windsor Chapter
3735 King st.
(519) 250-1893

Children's First
3295 Quality Way
(519) 2501850

Autism Services Windsor/Essex

County
3600 Curry
(519) 966-7283

If you have any questions or concerns please feel free to contact me at (519) 251-1770

Thank you....Jeff Desjardins



Ask Sue: EMPLOYMENT QUESTIONS & ANSWERS

QUESTION: Some of you may remember that we recently were able to obtain Ministry of Training, Colleges and Universities funds to run a Food Services Worker Certification course for our interested members. This course has full participation for the 20 seats available at St Clair College and they start on the 28th of October 2008. A recurring question from most of the people interested in the course involved the following issue: **"I can't find my high school diploma or I was not able to bring my educational papers from my home country when I came to Canada. What do I do now that I am asked to produce them in order to return to school or when an employer wants to see these documents?"**

ANSWER: Anyone educated in Ontario would need to go in person to the school they graduated from to request a copy of their transcript of marks. It will cost around \$5.00 and you are required to sign a release of personal information form before the administration staff will process your request. Wait times can vary depending on how busy the staff are that day. A transcript of marks is all that will be necessary for proof of credits achieved and includes a line stating that the Ontario Secondary School Diploma was issued as of (year of graduation) and the date it was issued. For someone who wants an actual copy of their diploma the cost is \$25 to \$30.00 and involves obtaining an actual copy of the diploma used by your school in the year that you graduated. This usually takes from 4 to 6 weeks to get your diploma (of



course it will not be signed by the original principal).

Anyone educated outside of Canada but has their original documents will find the process can take about 4 to 6 weeks to complete. One of the first steps may mean having the original document translated into English. The Multicultural Council of Windsor and Essex County can provide Translation and Interpretation Services in as many as 50 different languages. The service rate for translation is \$35.00 + GST per document (200 words and under). The Multicultural Council is located at 245 Janette Ave., Windsor ON (519) 255-1127. The CAW 195 Local will provide funds to cover this cost if you are presently laid off or from a plant closure. To enquire on how to obtain reimbursement for this cost, contact your CAW Labour Adjustment Services, Peer Counsellor at (519) 256-4597. Once your document is translated into English then the next step is to have your document(s) such as high school diploma and College or University Diplomas sent to a recognized evaluation serv-

ice agency. They are listed below:

International Credential Assessment Service of Canada (ICAS)

Ontario Agricentre
100 Stone Road West, Suite 303,
Guelph, ON N1G 5L3
Phone: +1 519 763-7282
Toll-free +1 800 321-6021
Web Site: <http://www.icascanada.ca/>
Cost for a general report is \$80.00

*Applications are available on-line or at the CAW Community Labour Adjustment Services office at 1801 Walker Rd. Windsor, ON. Your Peer Counsellor (519) 256-4597 will arrange to have your CAW 195 Local office prepare a cheque that can be mailed away with your application to cover this expense.

Comparative Education Service (CES)

University of Toronto
315 Bloor Street West,
Toronto, ON M5S 1A3
Phone: +1 416 978-2190
Web Site: <http://www.adm.utoronto.ca/ces/>
Cost for a general report is \$100.00

Canadian Council of professional Engineers (CCPE)

Engineering International-Education
Assessment Program (EIEAP)
180 Elgin Street, Suite 1100,
Ottawa, ON K2P 2K3
Phone: +1 613 232-2474
Web Site: <http://www.engineerscanada.ca>



Tim Croppo
Certified personal trainer

It's the time of year again, when the sun dips lower in the southern sky, the days get shorter, and the leaves start to turn. Living in a four season climate the change is welcome by some, and dreaded by others.

In the summer months for most, the activity levels are generally much higher and we seem to eat less. In the cooler months our activity levels start to drop as gardening, lawn care ...etc. are all but done.

Now is the time (autumn) to get out there and have some fun with an active lifestyle. Long walks are a great way of keeping the pounds off, without the irritating humidity and pesky bugs of summer walks. They must be at a brisk pace for your resting metabolism rate to rise. Walking, jogging, or running are aerobic exercises. If your metabolism rate is high your body eats most of your caloric intake, if your metabolism rate is low from inactivity your body stores more fat.

Bicycling is a great way to burn fat because it incorporates aerobic and anaerobic exercise. Anaerobic exercises are load bearing, such as resistance training etc. The of aerobic and anaerobic burns fat at an accelerated rate, and for a longer period of time (even while you are sleeping). Windsor and the surrounding

Health & Fitness

areas have a vast system of walking and bike paths to offer, from beginner to expert. Malden Park has both on and off road trails that are geared for both children and adults. Ojibway Park has a great system of walk-

ing trails where you can spot a whitetail deer on your walk. tem of bike and walking trails exist coupled with the brilliance of fall colours, pack a picnic lunch and take the family out for the day.



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The Chrysler greenway starts in Oldcastle and finishes up in Leamington. This is an old railbed and is geared more for cyclists. The riverfront is one of one of worlds most beautiful waterfronts and has both walking and cycling paths. This path stretches from the Ambassador bridge to Hiram Walker brewery. Also if you want to cycle and don't have one, you are able to rent them in front of the casino, on the bike path. In the 3rd week of October Point Pelee National Park is truly a beautiful place to visit. With a vast sys-



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