

C. L. A. S. COMPOSITE COMMITTEE MONTHLY NEWSLETTER

OCT.
2010



Local 195

www.labouradjustment.com

Clothing Assistance

Organization Name(s)	Located In
Blessed Sacrament Roman Catholic Church	Windsor West
Canadian Red Cross, Windsor-Essex County Branch	Windsor East
Downtown Mission of Windsor Inc	Windsor Central
Drouillard Place, Emergency Aid and Christmas Assistance Program	Windsor East
Essex County Medical Society	Windsor Central
Ontario. Ministry of Community and Social Services	Windsor Central
Salvation Army Windsor Community and Rehabilitation Centre	Windsor Central
Society of Saint Vincent de Paul, Chilver	Windsor Central
Society of Saint Vincent de Paul, Wyandotte	Windsor Central
Ukrainian National Federation	Windsor Central
Windsor Lifeline Outreach	Windsor East
Women's Enterprise Skills Training of Windsor Inc	Windsor Central

Coats for Kids

Organization Name(s)	Located In
Essex Community Services	Essex (Town of)
South Essex Community Council, Coats For Kids	Leamington
Unemployed Help Centre of Windsor, Coats For Kids	Windsor East

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Heinz Dates

Open to
CAW 195 Amalgamated
Employees/Members

Purchase a variety of products
at a discounted price!



Store Hours

October 18, 19, 20, 23, 25, 26, 27, 30

Monday thru Wednesday 9:00am -
4:45pm
Saturdays 8:00am - 11:45am

85 Wilkinson Drive, Leamington
(AMCO Storage Building)

CDS Workshops are offered to all registered clients at NO COST

All workshops are held weekly and run from 9:30am-12:30pm or 1:00pm-4:00pm

Location: 400 Wyandotte St E @ Windsor Water World

Phone: (519) 977-6444

Career Development Services customizes the workshops according to the participants attending with emphasis on the type of work you are looking for

CAREER DECISION MAKING:

Group and / or individual sessions are designed to assist you to choose career goals.

RESUME:

Group session interactive workshop designed to identify transferable, academic and practical skills sets. A skills based resume will be created for you, by you. No computer, No problem. The clerical staff at CDS will type the final draft and forward it to you for review via email, or hard copy.

INTERVIEW:

Group session workshop designed to prepare job seekers for behaviour based interviews. This half-day session includes information on the latest behaviour based interviewing questions, how to follow-up with employers on successful interviews, and a practice one-on-one mock interview is available.

JOB SEARCH:

Group session interactive workshop that looks at local labour market trends, job posting sources, internet based job boards, access to temporary lists, industry directories, and insight into accessing the hidden job market. Note: all workshops are 3 hours and scheduled once a month

SECOND CAREER STRATEGIES:

Group information sessions are held for eligible individuals to guide you through the application process to access government funding.



**EMPLOYMENT
ONTARIO**

The Unemployed Help Centre Workshops

Human Rights Workshop

-offered on **Thursday, October 28th from 1:30 pm - 3:30 pm**

Topics to be discussed: The Canadian Charter of Rights and Freedom, What is the purpose of the Charter?, How does the Charter protect me against discrimination? The Human Rights Commission, How to file a complaint, Other services offered by Bilingual Legal Clinic

Presenter: Judy Aikman-Springer Lawyer Bilingual Legal Clinic

Health and Safety Workshop

-offered on the **second Friday of each month from 9 am to 11:30 am**

This workshop is free of charge and can save your life by giving you a broad overview of Health and Safety in the workplace. Our guest speaker (Roly Marentette) has over 30 years experience as a Health and Safety representative in the automotive industry.

Don't miss out, spaces are limited!

Interview Techniques

- offered on the **2nd Wednesday of every month from 4:00 pm to 7:20 pm**

This is geared to those who have had their resume and cover letters completed, but are not successful in their job search. Whether you took our program or an alternative, if you are still unemployed, it will give you an opportunity to hone your interview skills. The session will include: interview skill development, and taped mock interviews.

Contact Brenda or Sean at the Unemployed Help Centre (944-4900 ext. 128) .

What's on in October

41st Annual Migration Festival

Oct 15, 2010 to Oct 17, 2010 - A celebration of Jack Miner, heritage, bird migration and conservation, the 41st Annual Migration Festival will include events for all ages. Enjoy the Opening Ceremonies at Jack Miner Sanctuary, Outdoor Show at Lakeside Pavilion and Marketplace at the High School. Wine with a Wild Side will be hosted at Pelee Island Winery. Childrens' activities, parade and entertainment too!

Hours: Fri 6pm-8pm, Sat 10am-4pm, Sat Night 6pm-10pm, Sun 10am-4pm

Cost: \$2

Venue: Various locations, Kingsville

asmith@kingsville.ca

www.migrationfestival.ca

Phone 519-733-2123 for more information.



2nd Annual Ladies Expo Windsor 2010

Oct 17, 2010 - In support of The Seeds for Hope program and The Windsor and Essex County Cancer Centre Foundation, The 2nd Annual Ladies Expo Windsor offers a WONDERFUL day of all that is woman! With over 100 exhibitors, ladies can discover an exciting array of products, services, fashion, food, wine, health tips and information, guest speakers, entertainment and so much more.

Hours: 10am - 5pm

Cost: \$8.00

Venue: Caboto Club, Windsor

freedomep@yahoo.com

www.theladiesexpowindsor.com

Phone 519-817-2968 for more information.

LaSalle Antiques and Nostalgia Fair Fall Show

Oct 23, 2010 to Oct 24, 2010 - 25+ dealers, antiques, collectibles, vintage, advertising, toys, silver, furniture, tins, jewelry, china.

\$2.00 per person - 12 under free.

Free parking - ATM on site.

Hours: Sat Oct 23 10:00-5:00 / Sun Oct 24 11:00-4:00

Cost: \$2.00

Venue: Vollmer Recreation Complex 2121 Laurier Drive, LaSalle

jtinc@bell.net

www.lasalleantiquesandnostalgia.com

Phone 519-945-0331 for more information.



Murder Mystery

Oct 30, 2010 - There has been a murder amongst the townsfolk! Bring your team of Super Sleuths to help us solve the case!

Hours: 6 p.m. to 10 p.m.

Cost: \$5.00 per person

Venue: Canadian Transportation Museum and Heritage Village

6155 Amer Towline, Kingsville

media@ctmhv.com

www.ctmhv.com

Phone 519-776-6909 for more information.

Alternative Fencing By Brian

Do you have a chain link fence, but wish you could afford a privacy fence?
Well now you can!

We use your existing chain link fence post as the frame, saving you hundreds to thousands of dollars!

This is a very affordable way to get the privacy you want; without the high cost
If you are interested in finding out the cost for your privacy please contact Brian at

519-945-2734



or email Brian at lbulmer2@hotmail.com
Let Brian open the gate to your privacy

**Home Inspection
Thermal Image Scan.
(Infrared)**

**Serving all of
Essex County.**

**Owned and Operated by a
former CAW member.**

**Phone: Dean White
519-567-3326**

Email: directcheck@live.com

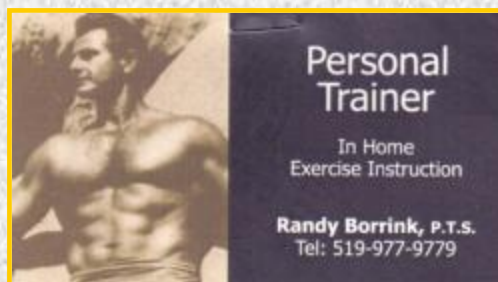
Website: www.directcheck.vpweb.ca



Randy Borrink - Certified Personal Trainer
"The Urban Trainer"

(519) 977-9779

randyborrink@yahoo.ca



CALL RAUL TODAY (519) 977-7513 (Former CAW Member)

HERE IS WHAT WE CAN DO FOR YOU

- Clean any facility
- Clean your back & front yard
- Cut grass
- Gardening
- Junk removal
- Pick up old appliances & scraps
- Yard waste removal



**FAST & FRIENDLY
RELIABLE SERVICE !**

**REFRESH RENEW CLEAN UP !!
GET RID OF THAT UNWANTED STUFF TODAY !!**

EMPLOYMENT QUESTIONS & ANSWERS

“ASK SUE”

Frequently I hear the same questions over and over. Maybe my answers will be of interest. 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: I have been asked if I'm ready for a job interview, but never understood what they meant by that question. How should I be preparing for an interview?

Answer: This is another one of those lengthy topics. I will answer part of the details in this newsletter and continue my answer next month.

In an Interview, it is the interviewer's task to find the right person for the job. It is your task to sell yourself as the ideal candidate. The interview is your opportunity to sell your skills and experience in an enthusiastic, positive manner for the position.

The interviewer needs to determine:

Can you do the job?

Will you do all aspects of the job?

Will you fit in with the other workers?

Prepare for the Interview:

1. Find out everything you can about the company

- What kind of product do they make?
- Who are their main competitors?
- What is the company mission statement? (this is often included in the company website)
- What makes this company special, better or different?
- Are they expanding or restructuring?
- What trends are emerging in their field?

2. Review the job requirements and relate them to your qualifications, skills, and experience

Write a list of the requirements found in the job ad and then list beside each how you meet these requirements through training, and experience. It is almost a certainty that there will be a related question in the interview and you are more likely to remember everything when you are facing the interviewer if you wrote it down first.

3. Prepare for Questions

Have a clear understanding of why you want this job. Be able to identify your relevant qualifications and experience to the position and be prepared with specific examples from your past jobs. Be prepared to answer tough questions on gaps in work history, frequent job changes, why you left your last position, your salary expectations, lack of a specific skill or even possible over qualification. Focus on what you can do for this company such as how you can cut costs, improve customer service, increase production or improve quality.

4. Take to the interview:

- 3 or 4 clean copies of your resume and a copy of your reference list or letters
- Pen and paper for notes
- A completed application form if previously provided one by the employer
- Your research notes
- A list of questions you have for the company
- Your personal business card or "job calling card" if you have one

Next month I will provide information on what to wear, and how to answer questions with some specific examples. There are a number of employment agencies that can help you practice how to answer questions in a job interview.

Assessment Centre

1410 Ouellette Ave.,
Windsor, ON N8X 5B2
Phone: (519) 971-9698

Unemployed Help Centre

6955 Cantelon Drive
Windsor, ON N8T 3J9
Phone: (519) 944-4900

Invest Career Counselling Centre

215 Talbot St. East
Leamington, ON N8H 3X5
Phone: (519) 326-9657

Career Development Services

400 Wyandotte St. East, (at Windsor Water World)
Windsor, ON N9A 3H6
Phone: (519) 977-6444



Contact Information



The Office will be closed for the Thanksgiving Holiday on Monday October 11th. We wish you all a safe and happy Thanksgiving Weekend!

This Month's flowTIP:

Do the opposite! Conducting a job search and networking are both challenging tasks, to say the least. Most likely you've received information from a number of different sources. Some of that information is obviously right on while other tidbits are way out there. If you've been networking or conducting a job search for a while now and find that you are experiencing limited results, try and do the opposite of what you've been doing. After all, what you've been doing is obviously not working, so what do you have to lose? Let's suppose that you've been contacting people through email. Stop and start contacting them in person. Or let's suppose that you've been looking online for job leads. Stop and start visiting employers in person. Take a week and make it your "opposite week." Not only is it psychologically refreshing, you'll be surprised what can happen when you tackle the same issue with a different approach!

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Training Courses

If you are interested in the following training programs please contact us @ 519-256-4597

Forklift Truck



Smart Serve



Safe Food Handling



WHMIS



First Aid & CPR



YOUR LINK TO COMMUNITY INFORMATION AND REFERRAL
Call 211. Alternate: (519) 258-0247 TTY: 1-866-488-9311
or visit: www.211windsorsex.ca

C. L. A. S.

Composite Committee

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John Toth

Coordinator:

Darlene Malcolm

Job Developer:

Max Nimmo

Employment Counselor:

Sue Kelsh

Peer Helpers:

Tony Sakr

Lou Schiavo

Lori Cusson

Ian Ditchburn

THIS ADJUSTMENT
COMMITTEE
IS MADE POSSIBLE THROUGH
FUNDING FROM
THE PROVINCE OF
ONTARIO