



FABCO PRESS



IMPORTANT MEETING !!!

There are currently 65 people working in the plant as of March 6th with 4 people on layoff notice for Monday March 9th. The company is running an EXTREMELY minimal operation without any room to accommodate absences.

We are planning a Union Meeting for Saturday, March 28th at 10:00 am at CAW Local 195 Hall at 3400 Somme



The agenda includes Elections for Chairperson, Safety Representative, General Council Delegates, Alternate General Council Delegates

Elections will also be held for the following committee vacancies. Recreation Committee (1) Election Committee (1) Bylaw Committee (1). Sports and Recreation funding requests will also be dealt with at this meeting as well as Regular Business.

THE "NEW" PRESS - 1 ST. EDITION

We've now have our own newsletter and have changed the look from any that you may have seen in the previous months.

The new format is much more appealing to the eye and makes the information stand out better.

There are a number of articles in this newsletter which should interest a good number of our members.

To contact the Fabco Union office please call the switchboard @ 519-969-9580 and ask for ext. 867

These range from 195 days at the Heinz plant in Leamington to the Career Forum to an update on how the Adjustment Centres website has improved.

If you think you have an idea for an article(s), or comments on our newsletter we would love to hear from you.

Lou Francescutti - Peer Helper

Q. & A. SPOT

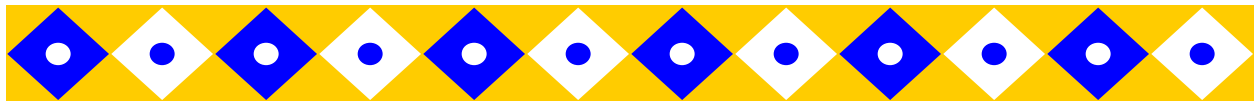
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Question: I need to get a copy of my Transcript of Marks from High School. How do I get one?
Answer: This question has come up quite a lot recently as growing numbers are going back into school for re-training. Should you need to obtain a copy of your 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
 1325California St.
 Windsor, ON
(519) 253-2481

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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.

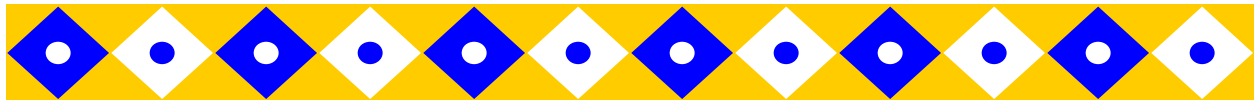
Seating is limited, therefore we ask that you call or visit the Labour Adjustment Centre to register in advance. If you are unavailable to attend, you may be able to send a family member in your place.

Where: [CAW Local 195](#)

When: [Wednesday, April 8th](#)

Time: [12:30pm](#)

To register call [519-256-4597](tel:519-256-4597) or [519-256-2424](tel:519-256-2424)



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 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 address is: 85 Wilkinson, Leamington.

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 SERVICE !!

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 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,

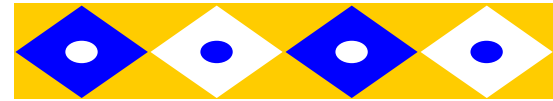
9am to 3:30pm

March 27th & April 17th

9am to 2:30pm

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



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

Fabco Committee

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Ken Maheux

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Sue Kelsh

- Job Developer:

Bonnie Machacek

- Advisor:

John Toth

- Peer Helpers:

Arlene Lacroix

Louis Francescutti

Ann Atkins

Alex Henderson

Karen Roy