



CAW Workers Adjustment Centre

Local 127 & 35

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462 Riverview Drive, Unit#7 Open Mon-Fri. 9am-4pm
 Phone: (519) 360-9595 Toll Free: 1-877-848-9595 Fax: (519)360-1589
www.caw-wac.com

OPEN HOUSE

All of our members and their families are invited to join us for an OPEN HOUSE on Friday April 9th, 2010 here at the Centre. It will be held between 11am and 3pm. We will be serving hamburgers and hotdogs. Several Chatham-Kent Service providers will be here to answer questions and assist you in any way they can. This is a great opportunity for you to see some familiar faces, network and investigate the many services that are available to you.

WE WANT TO HEAR FROM YOU!

If you are one of the few members that we have not heard from, it's never to late to contact us. If you are working or attending school, call us with the news of your success! If you know of someone that hasn't contacted us or been in the Centre, please tell them to stop in or call us. We have so much to offer our members, and all at no cost! Call us, come in or send us an email! We would love to hear from you! 519-360-9595 or adjustmentcentre@gmail.com

Tax Deadline Looming!

We continue to complete income tax returns for our members here at the Centre. You have until April 30th, 2010 to file your 2009 income tax return. Our peers, **Rodney Horne, Yvette Murphy and Melissa Lindsay**, are ready to assist you. There is no cost to you for this service, it is filed via e-file and all eligible members are welcome to take advantage of this free service! Call to book an appointment.

Canada Pension Plan & Old Age Security Workshop

Graham Cooper is back! He is a Citizen Services Specialist and will be here to give a presentation and answer questions related to the Canada Pension Plan and Old Age Security. The workshop will be held April 23 at 1pm here at the Centre. It is filling up fast; so please come in to the Centre to sign up! This is a very informative workshop that our members have benefitted a great deal from. If you are considering retirement, this workshop is a must.

Calling all "SKILLED TRADES"

All **CAW WORKERS** with **CURRENT GOVERNMENT CERTIFIED TRADE LICENSED** or **CAW TRADE CARDS**

If you are a license carrying member, **call the Adjustment Center** for **registration information** regarding a proposed meeting scheduled for April 16, 2010 @1pm to present potential employment opportunity.



FREE Urgent Dental Care

If your child has tooth pain, bleeding gums, cavities or a mouth injury, **Children in Need of Treatment Program** can help. The program provides **FREE** dental service to children from birth to 17 years of age, who urgently need care, and includes: fillings, extractions and sedation, preventive dental care; including cleaning and fluoride, and dental health support. Call or visit your local Public Health Unit today to see if you are eligible.

Oral Health Team at the Chatham-Kent Health Unit
435 Grand Ave. W., Second Floor
Chatham, Ontario 519-352-7270
CKhealth@chatham-kent.ca



ONTARIO SELF EMPLOYMENT BENEFIT: IMPORTANT NOTICE!

This program is no longer on hold!

If you were or have been interested in starting your own business, we recommend you call your Goodwill Action Center counselor today, even if you have been previously denied, to see what changes have been made.

Tech Tips by Stu

Password Pandemonium

Never before has so much information been so accessible to so many people. In many ways the "Information Age" is a wonderful time to be alive. But as is often the case, there is a dark side. The same technology that makes it really easy to search all the knowledge of the human race also makes it possible for others to get a hold of your personal information. When it comes to using computers and the internet we are challenged to create a plethora of **user names and passwords** to protect our information. But how do you make up a username and password that will be easy for you to remember but impossible for anyone else to figure out. So what makes for a good password? Here are some basic suggestions but in the end it will be up to you to come up with something that works for you:

- 1) **Avoid common names**, dates, phone numbers or things easily associated with you.
- 2) **Avoid common words** or phrases as they would be the first thing checked by password cracking software.
- 3) **Use a combination of numbers and letters**. For example, substitute numbers for letters and letters for numbers in a word or phrase.
- 4) **Make it something you can remember** all by yourself. Don't write it down anywhere!
- 5) **Don't use naturally occurring keyboard sequences** (like "qwerty" for example)
- 6) **Try to make it at least 8 - 16 characters long**. Obviously the longer the better.
- 7) **Plan on changing your password often**. Experts suggest changing your passwords at least every 6 months.

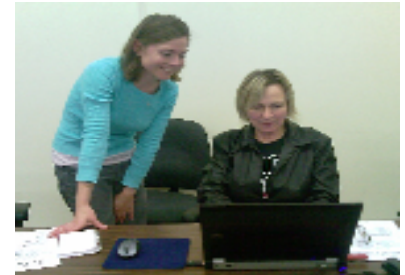
Whether it's about protecting the money in your bank account or just accessing your email online, you'll need to have good usernames and passwords to protect yourself. Choose wisely.

For more info go to <http://www.caw-wac.com/tips/tips-mar.html>

WORKSHOPS

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**WORKSHOPS NOW
SERVED!**



NEW WORKSHOPS!!!

Food Handler Certification Program

This workshop will give the successful candidate a document identifying them as a Certified Food Handler.

This workshop will increase your chances of finding employment in Food and Beverage industries.

Personality Dimensions

This 4 hour workshop is a comprehensive and interactive self assessment instrument designed to promote understanding and appreciation of individual differences.

Your Adjustment Committee

CHAIRPERSON Ken Brown **COORDINATOR** Jason King
Stu Winger Chantal Crow Rose Swallowell
Kyra Gall Shannon Brown Murna Myers

PEER HELPERS

Greg Breault, Johanne Beaurone, Shannon Brown, Chantal Crow, Don Carr, Greg Crew, Mike DePauw, Debbie Fritz, Kyra Gall, Rodney Horne, Natalie Heuston, Bobby Jones, Melissa Lindsay, Scott Loveday, Murna Myers, Yvette Murphy, Rose Swallowell, Ngan Thi Le, Stu Winger