



# CAW Workers Adjustment Centre

Local 127 & 35

462 Riverview Drive, Unit#7

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[www.caw-wac.com](http://www.caw-wac.com)

Open Mon, Tues, Thurs, Fri 9am-4pm Wed 1-8pm

## Open House BBQ Friday, May 22nd!

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We'd like to welcome all of our members to come on in from 11am-3pm, check out the centre and have a free hotdog or hamburger & pop. This will be a fun and informal way for you and your family members to see first hand all that the centre has to offer. Bring your kids as there will be face painting .

This could be an excellent way for you to catch up with your co-workers. Since we opened on April 6th, we have started a database, set up workshops, established a job board and most importantly, helped the members who came in looking for direction or a friendly ear.

Please join us at the CAW Workers

Adjustment Centre, see what services we provide and let us know what you would like us to provide in the future.



## First Workshop is a Lifesaver!

The first workshop offered at the CAW Workers Adjustment Centre was a huge success. Twenty one graduates received their certification in FIRST AID/CPR which is recognized for 3 years. The students felt that the two day session at your centre was informative, comfortable and beneficial at **no cost** to them. Through the training that was received all graduates feel confident in their ability to deal with emergency situations that arise. This certification also looks good on a resume.

We also have had other graduates in the SMART SERVE program. This enables one to find work at any establishment which is licensed to serve alcohol. Several of your brothers and sisters have also taken the MONEY TIPS AND TRICKS WORKSHOP, which in these trying times are a valuable asset.

**OTHER WORKSHOPS AVAILABLE:**

SKILLED TRADES AWARENESS = Apprenticeship awareness for men and women, taught by a

C.A.W. Skilled Trades Coordinator that will provide the knowledge in skilled trades and certification in Ontario.

FORKLIFT CERTIFICATION=accredited certification with or without experience.

COMPUTER JOB READINESS= learn practical computer skills including keyboarding, Microsoft Word, Microsoft Excel and Power Point.

IF THERE ARE OTHER WORKSHOPS YOU WOULD LIKE OFFERED, LET US KNOW



"If I've gotta do typing and stuff like that, I want more money!"

Special points of interest:

- We are open!
- **Your centre, your needs.**
- By all means, if you have been successful in landing a job or starting your own company stop in and share your experience.
- Drop in for a coffee and find out what we're all about.

**IMPORTANT! DID YOU KNOW YOU MUST BE AUTHORIZED BY SERVICE CANADA PRIOR TO TAKING TRAINING OR ATTENDING SCHOOLING WHILE ON EMPLOYMENT INSURANCE**

# Planning Ahead

## Tax Planning:

Paying taxes is the responsibility of the tax payer. It is not the responsibility of the employer. Tax payers need to be aware that in the case of multiple employer, employment insurance (EI), odd jobs without source deduction, withdrawing RRSP's or severance/ retirement packages or starting your pension income, you will likely be in a tax payable position.

## How much tax should I withhold?

A good rule of thumb for individuals is to look at the pay-cheque. If they are bringing home more than 70 cents net for every gross \$1 that they are earning – they are likely not having sufficient taxes withheld at source. Of course, this is after the personal exemptions are taken into consideration. In other words, if you have made \$35,000 & you make an additional \$1,000 – you should only be bringing home \$700. Again, this is a rule of thumb & you should check with your financial advisor/tax professional for more accurate information.

\*Note see more by visiting our website. [www.caw-wac.com](http://www.caw-wac.com)

*Marilyn Buttery, Financial Advisor & Tax Planner*

## Language Translation



On our website ([www.caw-wac.com](http://www.caw-wac.com)), use the icon shown above to translate our entire website to the language of your choice. If you click on one of our links (eg. Service Canada, Job Listings, Second Career Ontario...) after you have translated, the link will also be translated.

*Stu Winger*

## Get The Ball Rolling



Many of us are anxiously awaiting the results of upcoming contract negotiations in order to start planning for our future employment. Why not stay ahead of the crowd, start planning and get the ball rolling. If we get the call to come back we can always modify these plans if necessary. Nobody wants to be proverbially 'caught with their pants down' in this harsh economic climate and highly competitive job market.

Come in to your centre now and find out how we can help you stay ahead of the game. Take the time to examine your individual situation and take advantage of what we have and will have to offer you. *Rose S*



Community gardens are now being cultivated. Join the CAW Workers Adjustment Centre Coordinator, Jason King and grow a row to feed your family or volunteer a row for charity. Gardening is an excellent outlet for stress relief and good low impact exercise. An added bonus is that volunteer work looks really good on your resume. Warm up your green thumb and visit your adjustment centre for more details.



With summer around the corner, always remember to have Hats & Sunscreen on hand for the family. The sun rays are stronger every year and we must take precautions to prevent our skin from being damaged, especially with young children. Stay safe!

### Your Adjustment Committee

CHAIRPERSON

**Ken Brown**

COORDINATOR

**Jason King**

COMMITTEE

**Stuart Winger**  
**Kyra Gall**  
**Rose Swallowell**  
**Chantal Crow**  
**Shannon Brown**  
**Mike Bastow**

PEER HELPERS

**Bobby Jones**  
**Greg Breault**

**Greg Crew**  
**Johanne Beaurone**  
**Ken Coates**  
**Melissa Lindsay**  
**Melissa Pinsonneault**  
**Murna Myers**  
**Natalie Heuston**  
**Ngan Thi Le**  
**Phillip Legroulx**  
**Rob Jones**  
**Rodney Horne**  
**Scott Loveday**

*This Adjustment Centre is made possible through funding from the Province of Ontario.*