



WEST

Inc.

INSPIRING & EMPOWERING

NEWSLETTER

ISSUE 2 APRIL 2010

The legend of the Easter Bunny



Submitted by Corina Ailenei—MTCU

As spring approaches its way towards us quickly with its warm embrace, blooming flowers and twittering birds, people all around the world can be seen celebrating the beauty of this season through individual customs and traditions. One such celebration is that of Easter which is considered to be one of the most religious holidays celebrated by Christians worldwide. While Easter is associated with many religious practices, it is also a time that many children look forward to with excitement and anticipation. Much like Christmas where Santa Claus delivers presents to all the good boys and girls, Easter is also a holiday associated with gift giving from a fluffy woodland creature called the Easter Bunny.

There are many legends associated with the history of the Easter Bunny although it seems to have been first mentioned in German writings in the 1500s and later introduced to America by German settlers in the 1700s. Some legends suggest that Easter got its name from the Goddess Eostre, one of the most worshipped Pagan deities. Eostre, was a fertility goddess who brought an end to winter by making days longer and brighter with a passion for new life. Believers felt that Eostre's presence could be felt by everyone in the spring as the newly flowering plants, and the new births of babies both human and animal were happening all around.

The legend claims that the goddess Eostre, felt very bad for arriving late one spring and in order to help make amends

for this she decided to save the life of a bird whose wings had frozen in the snow. Eostre made this bird her pet. Feeling compassion for this bird of hers because he no longer had the ability to fly, Eostre decided to turn him into a rabbit named Lepus. She gave him the ability to run very fast so he could avoid hunters and she also gave him one more special gift. In remembrance of his life as a bird, Eostre gave Lepus the ability to lay eggs. Not only could the newly formed Lepus lay eggs but these eggs would also come out in all the different colors of the rainbow. Sadly, there was only one downfall to this great ability Lepus had, he could only lay these eggs one day each year, on the day we now celebrate as Easter.

And from this simple legend sprang the beloved Easter Bunny with his basket full of colored eggs that still thrives today. When the tradition was brought to America, children would build brightly colored nests, often out of caps and bonnets, in secluded areas of their homes.

The Easter Bunny would, if the children had been good, lay brightly colored eggs in the nest. As the tradition spread, the nest has become the manufactured, modern Easter basket, and the placing of the nest in a secluded area has become the tradition of hiding eggs for children to find.



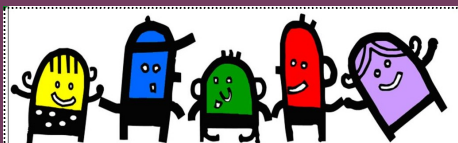
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WEST CHILDMINDING



FUN PLACE WHERE CHILDREN LEARN AND GROW

Childcare is available for the children of women enrolled in LINC · GED / OSSD · ELT

Contact WEST at 519-256-6621, for more information.

Enhanced Language Training (ELT) Program Graduates Celebrate

Submitted by Elizabeth Nagy—ELT



On February 18, 2010, the ELT program held its 3rd graduation ceremony to celebrate its 30 recent participants' success. The graduates have not only succeeded in completing the ELT program but conquering many of their personal challenges, limitations, and insecurities. The staff of the ELT program has come up with a list of simple lessons for their clients, who were asked to remember them, as they were travelling on their journey towards success.

Steps to Success:

1. **Hard work and humility.** Become members of the two-H club
2. **Be passionate.** Do what you love, even if you do not love it every day
3. **Be persistent.** Persistence will pay off both in getting the job you want and getting your goals accomplished
4. **Resilience**
5. **Be fearless.** Have the courage to take risks
6. **Service is better than selfishness,** and usually a lot more rewarding.
7. **Find the joy.** Life goes by in an instant. In this fast-paced world, slow down enough to appreciate even little things.
8. **Be kind.** In a world that seems occasionally judgmental, be kind to your friends, be kind to your family, be kind to yourselves.

While most newcomers destined for the Canadian labour force have adequate conversational language skills when they arrive, many employers report gaps in recent immigrants' language skills, vocabulary in the workplace and employment experience.

In 2003–2004, the Government of Canada announced funding for the Enhanced Language Training (ELT) initiative to help newcomers overcome these barriers. WEST is fortunate to receive funding from Citizenship and Immigration Canada (CIC) to offer this valuable program that is designed to assist internationally-trained professionals to enter and remain in the administrative or finance/accounting fields of work.

Program participants complete a 15-week classroom training first, and then they move onto the employment placement component. The five-week work placement provides valuable opportunities for the participants to learn about Canadian workplace culture and communication by interacting with and observing staff. During this placement, clients can also practice their skills that they have developed and enhanced during the ELT training session and prove their commitment to their employers, which are essential qualities of job seekers. While the clients are completing the work placement component, ELT staff starts providing them with one-on-one job development support. Our ultimate goal is to see ELT participants all being employed in jobs related to their goals and to become productive Canadian citizens.

Success... "is not a matter of chance, it is a matter of choice: it is not a thing to be waited for, it is a thing to be achieved."

Winston Churchill





ENHANCED LANGUAGE TRAINING (ELT)

DO YOU NEED TO RAISE YOUR ENGLISH LANGUAGE SKILLS?

Then this is for YOU!!

- Earn College credits
- Client Service Association Membership and Certification
- Microsoft Word and Excel Certification
- Simply Accounting training

REGISTER NOW!!

All Programs and Services are available at NO COST

Including

- Childminding services
- Transportation assistance

Call: 519-256-6621

20 week Sector Specific Training Targeting Women for Careers in

- ♦Administration and Client Service
- ♦Finance and Accounting

Program Features:

- Higher level English language instruction
- Development of job search skills
- Volunteer work placements

Program Benefits:

- Gain knowledge of business language and writing
- Gain skills required for entry-level positions
- Improve oral communication, interpersonal and clerical skills

• • •

Eligibility: Permanent Residents
Other eligibility requirements apply

Where: Women's Enterprise Skills Training of Windsor Inc.
847 Quellerie Avenue, Suite 201

When: Monday to Friday - 9:00am - 3:00pm

For further information or to enroll in this program please call WEST Inc. at 519-256-6621





Funded by:
Citizenship and Immigration Canada Citizenship and Immigration Canada

Work and Life Balance

Submitted by Neda Kalman—MTP

Work life balance has become one of the hot topics among workers today. With changes occurring in today's labour market such as the demand for a broad knowledge base and continuously increasing workloads, it has become rather challenging for many to efficiently balance different life's priorities.

It is becoming universally accepted that the continuous education is key to career advancement. However, how does one fit the education into their already busy schedule? Career counselors suggest different techniques for managing time and balancing priorities such as family, chores, work and education. For tips on how to balance work and life, see your career counselor.



September 2009, LINC participants picking apples at Thiessen Orchards

Thiessen Orchards is located in the most southern part of Canada for ideal growing conditions. In December of 1926, Grandfather Jacob Thiessen came to Canada from the Ukraine (South Russia). He worked as a sharecropper on a farm owned by a Mr. Scott for seven years before he purchased a tobacco farm in 1933. Jacob grew tobacco for many years before he turned his hand to growing cucumbers in a new greenhouse he had built in 1941, and in 1949 he tried his luck with chrysanthemums. Mums bloom naturally in the fall, and as other producers saturated this market, Jacob began using black out systems in order to harvest weekly on a year round basis.

Son Peter came home from schooling at Michigan State University in 1961 and began to help his father on the farm. With new ideas and young energy, Peter decided to trial some rose plants in 1965. Grandfather

Jacob had planted 10 acres of apple trees prior to Peter's return from school. These trees were harvested in 1969. At this time, the wholesale market for apples was less than desirable, so Gloria (who married Peter in September of 1966) decided to sell apples at the road. She placed a little wagon with apples at the roadside, and a year later, Pick Your Own Apples at Thiessen Orchards was open. The first year was very slow, and has since grown to an apple picking season of 7 days a week, 6 weeks a year, with numerous other amenities available.

Family helped Peter and Gloria in the beginning years - making pies, selling apples, helping in the "Kountry Kitchen". After several years, the business became self-sustaining, and is now operated with very reliable staff and friends who help in making the business successful. The founders, Peter and

An Apple a Day Keeps The Doctor Away

Submitted by Luciana Nechita—LINC

Gloria, are still very active in the business, and are happy that the next generation is showing an interest in the operation.

“An apple a day keeps the doctor away”?

But why? Do you really know what makes an apple so special? Why is it that we never hear an orange or a banana a day keeps the doctor away? Apples have properties that no other fruits have and its benefits have been proven overtime. You will be able to get the benefits of these properties individually with other fruits, but an apple combines everything and makes it simpler. It has been shown over and over that if it's not simple, easy and fast, people won't take care of their health.

Share your thoughts on health, places to visit, recipes and more at:

<http://blog.westofwindsor.com/linc/>

WEST of Windsor Events

April 2010

Mon	Tue	Wed	Thu	Fri
			1 WEST Orientation 9:30 a.m.	2 Good Friday WEST Closed
5 EASTER Monday WEST Closed	6 Summer Jobs for Youth 4:30 - 5:30 p.m.	7 ELT/MTP Orientation 10:00 a.m. WEST Orientation 1:00 p.m.	8 WEST Orientation 9:30 a.m.	9
12 Job Search Workshop 1:00-3:00 p.m. ELT Administration Session begins	13	14 ELT/MTP Orientation 10:00 a.m. WEST Orientation 1:00 p.m.	15 WEST Orientation 9:30 a.m.	16
19 Job Search Workshop 1:00-3:00 p.m.	20	21 ELT/MTP Orientation 10:00 a.m. WEST Orientation 1:00 p.m.	22 WEST Orientation 9:30 a.m.	
26 Job Search Workshop 1:00-3:00 p.m.	27	28 ELT/MTP Orientation 10:00 a.m. WEST Orientation 1:00 p.m. Woman in Transition Support Group 1:00 - 3:00 p.m.	29 WEST Orientation 9:30 a.m. Women's Club 12:00 - 1:00 p.m.	30

Women's Enterprise Skills Training of Windsor Inc. (WEST) exists to provide training for severely employment disadvantaged visible minority women in order to improve their employability in the workforce and/or to further their education.

www.westofwindsor.com

Also find us on:



<http://www.facebook.com>



<http://twitter.com/WESTINC>



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WEST Programs are sponsored in part by:



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Immigration Canada

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Immigration Canada

