

Resource Counselling Newsletter

KATIMAVIK PROGRAM

for YOUTH 17-21

Katimavik, Canada's leading national youth volunteer program, gives Canadians between 17 and 21 years old the unique opportunity to take part in an intensive 6- 9 month volunteer service program.

As a Katimavik volunteer, you will work for not-for-profit organizations that play an important role in the development of Canadian communities. While on the program, you will live with 10 other young people in two or three different regions of the country.

Katimavik allows you to develop your leadership skills, gain valuable work experience and discover new places while making a difference in communities across Canada.

There are wonderful new programs at Katimavik including **Eco-citizenship and Active Living, Cultural Discovery and Civic Engagement, Second Language and Cultural Diversity program.**

Please contact them at:

Ontario regional office
301-265 Carling Avenue
Ottawa, Ontario K1S 2E1
Telephone: 613 722-8091
Fax: 613 722-1359
Email: info@katimavik-ont.org

WORK SHARING 2009

Work-Sharing is an adjustment program that enables employers to deal with business cutbacks and still avoid layoffs. Under a Work-Sharing Agreement, the employer shortens the workweek by one to three days and pays reduced wages accordingly. For the hours, days, or shifts not worked, Service Canada arranges for Employment Insurance eligible workers to draw benefits, to help compensate for the lower wages they receive from the employer.

What is the objective of Work-Sharing?

The objective of the Work-Sharing program is to help employers and employees avoid layoffs during periods of temporary workload reduction and remain viable during the period of the agreement, in order that the business may recover and employees may return to normal hours of work.

Management and workers must agree to participate in Work-Sharing and apply together.

Permanent full-time or part-time employees of a company may participate. In order to receive Work-Sharing benefits, workers must be eligible to receive regular EI benefits. A minimum of two employees is necessary for a Work Sharing Agreement.

For more information:

Call 1-866-891-5319
(TTY: 1-800-926-9105)

Did You Know ???



Tips for Fuel-Efficient Driving

With simple changes to driving habits, most drivers can save 10 to 15% on gas.

- **Slow Down and Save:**
For every 10 km/h you go over 100, fuel efficiency drops by 10%. Driving 120 on the highway instead of 100 is like paying 20% extra for gas.
- **Easy on the Pedal:**
Jackrabbit starts from one stoplight to the next save only 2.5 minutes per hour, but increase fuel consumption by 37%.
- **Slow Down and Save:**
On the highway, keeping a steady speed uses less fuel. Accelerate smoothly and avoid hard braking by leaving room between your car and the one in front.
- **Be Idle Free:**
Just ten seconds of idling uses more fuel than restarting the engine. In ten minutes the average car will burn through 300 ml of fuel - almost 1/3 of a litre.

- **Warm Up on the Go:**
Today's cars shouldn't be idled to warm up, and too much idling can cause damage. Driving gently for the first few minutes lets your transmission, steering, and engine all warm up at once.
- **Combine Trips:**
Trips under 5 km are the most polluting because the engine and the pollution control system never reach peak operating temperature. Combining several trips into one can cut fuel use and emissions by 20 to 50%.
- **Travel Light:**
Every extra hundred pounds reduces fuel efficiency by up to 2%, so keep your trunk clear of unnecessary items, and in the winter remove all snow and ice.
- **Make the Most of Your Transmission:**
Using overdrive at high speeds saves fuel and reduces engine wear. With a manual transmission, shifting up gently but quickly to higher gears allows the engine to work more efficiently.

INSPIRATIONAL QUOTES:

Three rules of work: Out of clutter find simplicity; From discord find harmony; In the middle of difficulty lies opportunity. **Albert Einstein**

Keep away from those who try to belittle your ambitions. Small people always do that, but the really great make you believe that you too can become great. **Mark Twain**

Shoot for the moon. Even if you miss, you'll land among the stars.
Les Brown

Yesterday is history, tomorrow is a mystery, and today is a gift; that's why they call it the present.
Eleanor Roosevelt