



# Worklink Newsletter



## Manager's Report

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Welcome to our first newsletter for 2009, it's hard to believe it is April already. The first quarter has been extremely busy with governance training for the management committee, the development of a new consumer reference group which will be representative of all consumers, staff training, and of course lots of job search training and support for job seekers. Both the PSP and DEN programs are performing at a high standard and achieving excellent results for their clients.



I would also like to extend a warm welcome to our new staff which brings the Worklink team to 26. They are Michelle Philp who is based in Mossman and Lisa McFarlane and Jennifer Joyce who are based in our Cairns office. Our team looks forward to working with you to achieve great outcomes for the clients of Worklink in 2009.



### Special points of interest:

- Where else can you look for work

## Promotions Corner

Given the Global Economic Crisis it's time to think outside the box in regards to finding work. One of the more successful ways is through building relationships. I have been attending lots of networking functions and am happy to report that there are still positive and inspiring business people out there. Networking is a very important function not just for business people. Networking is a good way to let people know that you are looking for a job,

and it does not have to be difficult or cost money. Start off by talking to your family, friends, neighbours and anyone that you meet – let them know you are looking for work. Networking will increase your confidence so that when it comes to handing in your resume to a workplace you will feel confident. Networking works!



## Where Else Can You Look For Work?



**If you have access to the internet, add these addresses to your "Favourites" for easy access in your daily job search routine.**

[www.jobsearch.gov.au](http://www.jobsearch.gov.au) This is one of the main sources for jobs. All listings for the big job network agencies are found on this site. Anyone can apply for these jobs online or call your EDO if you need help. It helps if you ask your EDO to upload your resume to Centrelink so that you can send it on to the agency yourself.



[www.jobs.careerone.com.au](http://www.jobs.careerone.com.au) This is the Cairns Post site where you will find all the jobs in the paper listed. You will need to put details of the area in which you want to work etc. Just follow the prompts and fill in the boxes, and next time you log in, the jobs in the industries you have indicated will just 'pop up'.

[www.seek.com.au](http://www.seek.com.au) This is a huge site, where you can look for jobs from all around the world if you wish. Again, you need to supply information about your areas of interest and location, to narrow the field. There seem to be more business and administration jobs listed on this site.

[www.gruntlabour.com](http://www.gruntlabour.com) This is a great site when looking for labouring work, seasonal jobs eg. harvesting cane, bananas, mangoes etc. They also list jobs in administration and sometimes hospitality and retail, but their main focus seems to be outdoor work, construction, gardening etc.

There are dozens more internet job search sites which your EDO can show you. They are also listed in your Worklink Information Booklet which you would have been given when you registered. We can give you a new one if you have lost yours.

### ***Other places to look.***

**Check out the local free paper the Cairns Sun.**

Nearly everything happening around town is contained within its pages. There may not be a big job section, but it is a great source of industry knowledge. If you are cold calling businesses, the Sun would be a great place to research.

**On cold calling, have you thought of looking up the Yellow Pages?**

Find the industry of your choice and ring or visit all the businesses on the list, email your resume, pop an 'Expression of Interest' letter into the mail to each one. You never know when they might be short of a staff member! If you would like an 'Expression of Interest' letter that you can



copy off in bulk to hand out, see your EDO. In some industries a quirky approach works well. You can even get your EDO to help you make up a flyer with pictures or some business cards to hand out when you go marketing yourself.

**Have you talked to your neighbours and friends,**

church, playgroup, P & C Association, footy club, basketball team members, weight watchers etc? Let all of your acquaintances know that you are looking for work. There is no better network than 'word of mouth'. Also, check local notice boards at the shopping centres, libraries, bus depot's, sporting facilities.



**Be willing to demonstrate your skills** to a potential employer through a Work Experience Placement. Sometimes this is all it takes to convince an employer that you are serious and can do the job. No, you don't get paid, but hey, it could lead to paid employment! Your EDO can arrange a **Work Experience Placement** for you in an industry of your choice.

**Did you know** that currently the Federal Government is **throwing training money** at industries that require workers? Yes, FREE training available in dozens of industries, and you come out of it at the end with an accredited Certificate, which will help get you into those industries. These are called **Productivity Places Programs**. Some are in the form of face to face study with a teacher, and others can be done online. Speak to your EDO if you would like to find out more. Example of courses available: childcare, aged care, administration, cleaning, retail, warehousing and logistics, pathology.....the list goes on!



Lastly, if you are going to sell yourself to an employer, you need to **show motivation and enthusiasm, smile, be courteous, dress well, have a shower, be on time and tell the employer what you can do for him/her.** Don't waste opportunities – nearly every conversation you have out there can be a potential self-marketing opportunity – be the best you can be!

***Attitude is everything,  
everything is attitude***

***Everyday may not be good, but there is something good in every day.***

***If you clearly and vividly imagine yourself doing, being, having the things and qualities you truly want, then you begin a change that fulfills that image.***

## Jobs Achieved between December & March

Well done to all.....



- Kitchen Hand x 4
- Cleaner x 4
- Customer Service x 4
- Indigenous Coordinator
- Labourer x 5
- Childcare x 2
- Night fill
- Handy Person
- Night Auditor
- Truck Driver
- Trades Assistant x 2
- Junior Accountant
- Sales Assistant x 3
- Support Worker
- Book Keeper
- Store Manager
- Factory Hand
- Mechanic Assistant
- Food Attendant
- Maintenance Worker x 2
- Administration Assistant x 6
- Traffic Controller
- Deck Hand x 2
- Takeaway Assistant
- Delivery Driver
- Teacher
- Project Officer
- Bakery Assistant



### Client Training

The next First Aid course will be held on Thursday and Friday 23<sup>rd</sup> and 24<sup>th</sup> April. Please contact your EDO or PSP Officer to register your interest.

During February and March, 20 clients completed their full First Aid certificate, 2 updated their CPR and another 22 client undertook a Manual Handling and Workplace Health and Safety Workshop. These training workshops were held in

our training room and conducted by Tropical North Queensland Institute of TAFE. Comments from participants included that they found the atmosphere and trainer very welcoming and encouraging and the subject matter extremely useful.

The last 4 "Options" sessions were also well attended. Topics were: "Motivation", "Physical Exercise and Fitness", "Sleep" and "Food for Mood". Feedback from clients and staff was that they were very interesting and helpful in everyday life. The afternoon tea provided was also excellent. Further dates are to be set soon, so don't miss out next time!

### Fun Free Fitness

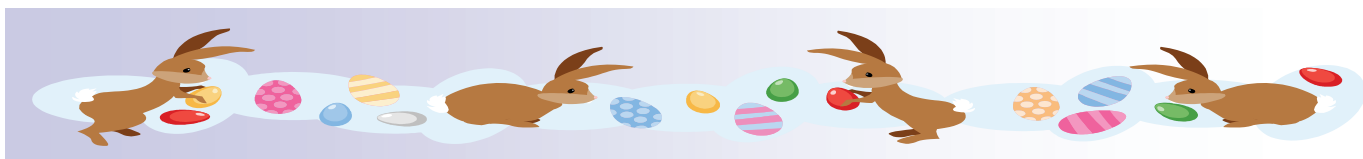
Get fit, have fun and do it for ~~free~~ at The Cairns Esplanade.

ALL CLASSES MEET AT THE LAGOON CAFÉ WITH THE EXCEPTION OF SUNDAY ROLLER SKATING LESSONS—THESE MEET AT THE SKATE PARK

#### Winter Program April—June

<b>MONDAY</b>	Aqua Aerobics	7.00 am
	Walk/Run Circuit	5.15 pm
<b>TUESDAY</b>	Yoga	7.00 am
<b>WEDNESDAY</b>	Sarge's Army Boot Camp	5.30 pm
	Beach Volleyball Clinic	5.30 pm
<b>THURSDAY</b>	Pilates	7.00 am
	Petanque	10.00am
	Aqua Aerobics Class	6.15 pm
<b>FRIDAY</b>	Aqua Aerobics	7.00 am
<b>SATURDAY</b>	Sahaja Yoga meditation	7.30 am
	Boxercise	8.00 am
	Aqua Aerobics	8.30 am





## The Easter Bunny

The Easter Bunny is not a modern invention. The symbol originated with the pagan festival of Eastre. The goddess, Eastre, was worshipped by the Anglo-Saxons through her earthly symbol, the rabbit.

The Germans brought the symbol of the [Easter rabbit](#) to America. It was widely ignored by other Christians until shortly after the Civil War. In fact, Easter itself was not widely celebrated in America until after that time.

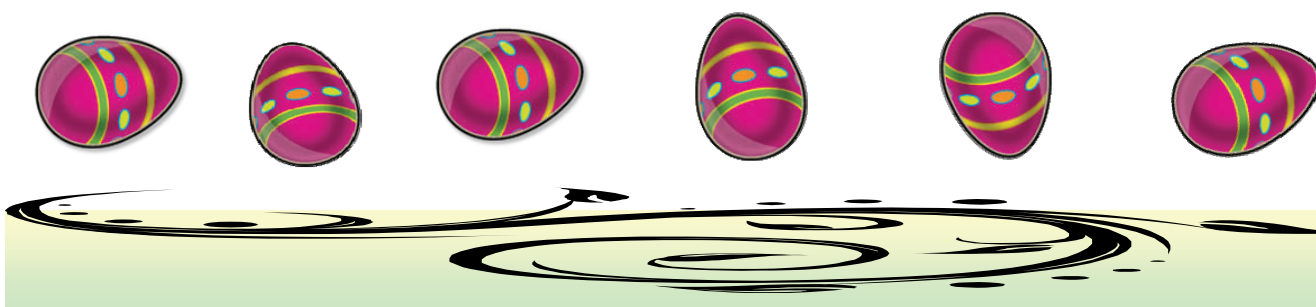


### The Easter Egg

As with the Easter Bunny and the holiday itself, the [Easter Egg](#) predates the Christian holiday of Easter. The exchange of eggs in the springtime is a custom that was centuries old when Easter was first celebrated by Christians.

From the earliest times, the egg was a symbol of rebirth in most cultures. Eggs were often wrapped in gold leaf or, if you were a peasant, colored brightly by boiling them with the leaves or petals of certain [flowers](#).

Today, children hunt colored eggs and place them in Easter baskets along with the modern version of real Easter eggs -- those made of plastic or chocolate candy.



## Family Easter Stories

I come from a large family & we have lots of nieces & nephews to buy Easter eggs for, so a few years ago to save everyone some money, my sisters & I came up with a cheaper way of buying. We all buy a couple of things (Easter Eggs, Chocolate Bars or Bunnies, to the approximate value of \$15, and we do a

big Easter Egg hunt. All the children bring their eggs to the table & we sort them out so that everyone gets the same amount. It's amazing how well the kids enjoy themselves hunting for the eggs and how much money we all save. It is also very popular with the kids.

One of my fond childhood memories of Easter is hunting for Easter eggs. On Easter Sunday, while we were still asleep, dad and my aunties would be out hiding the coloured boiled eggs. There were eggs hidden in trees, flower beds, above

posts, water tanks, in the grass and harder places for the older kids. This tradition still continues, amongst our scattered families, only now we hide chocolate eggs, make phone calls or send Easter Cards.

Coming from an Eastern European background we followed the traditional Easter celebration when we were children. Mum would bake Walnut and Poppy Seed Rolls and Dad would dye and paint eggs. It is traditional to visit your friends and relatives and the men would come with a bottle of co-

logne, usually 4711. In return for a dyed red egg and sometimes a kiss, the man would sprinkle a woman with the cologne. The children would build nests out of straw and wait for the Easter Bunny to come on Sunday with his chocolate eggs and bunnies.