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The Flying Hammer No. 10 (December 2005)

Women Unlimited Staff

Women Unlimited

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THE FLYING HAMMER

December, 2005

No. 10

From the Executive Director

As the holidays roll around, people in road and bridge construction and other trades are often on winter layoff. This is an excellent time to look into further training. The broader your skill-set is, the deeper your experience, the more valuable you will be in your occupation.

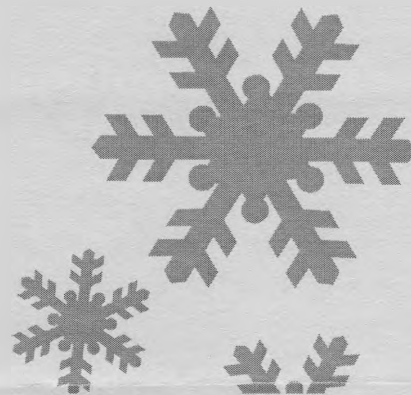
Perhaps you might want to have as your New Year's Resolution to take one course per year to improve your current skills. Many employers will pay for you to take the courses, and some are free. Women Unlimited will be offering courses, as well as other organizations such as ABC and ACM. Also, if you think your math and reading skills are a little bit rusty, look into the Adult Education programs throughout the state. For many people, the basic courses may not be enough, so for more advanced training, we recommend you contact your closest Community College. There are seven Community Colleges throughout the state and they offer a wide array of courses. They are registering now for the spring semester – you can find the contact information at the bottom of the page.

Then again, you might be interested in starting your own business. The Maine Centers for Women, Work and Community offers great courses for budding entrepreneurs. They also offer good courses in money management; I know most of us need some help in that department.

Remember to mark your calendar for the Maine/New England Tradeswomen's Conference at the Doubletree Hotel in Portland on March 17, 18 and 19th. There will be a great Construction-Related Career Options Fair on Friday the 17th from 12:00 to 6:00; it is open to anyone interested in a career in construction. Many Maine employers will be there, all who are interested in hiring people for the upcoming construction season.

Women Unlimited and the many other organizations we work with exist to help you with your education and career needs. Always feel welcome to contact us for advice - often we can provide information for a number of community services. Remember there is no community action without financial support, and we could definitely use yours if you are able.

Have safe and wonderful holidays and remember to enjoy the time with the people you love.



Central Maine	1250 Turner Street	Auburn	755-5100	www.cmcc.edu
Eastern Maine	354 Hogan Road	Bangor	974-4600	www.emcc.edu
Kennebec Valley	92 Western Avenue	Fairfield	453-5000	www.kvcc.me.edu
Northern Maine	33 Edgemont Drive	Presque Isle	768-2700	www.nmcc.edu
Southern Maine	2 Fort Road	South Portland	741-5500	www.smccme.edu
Washington County	One College Drive	Calais	454-1000	www.wccc.me.edu
York County	112 College Drive	Wells	646-9282	www.yccc.edu

A Women Unlimited "*Partner for Success*" -

Northern Maine Community College

NMCC's programs provide the most relevant, technically advanced information required in the trades industry.

Most programs are grouped into three major cluster areas.

Mechanical trades include Automotive Body Repair, Automotive Technology and Diesel Hydraulics Technology.

Electrical/electronics includes Computer Electronics and Electrical Construction and Maintenance. The building trades

cluster consists of Computer-Aided Drafting Technology, Electrical Construction & Maintenance, Plumbing & Heating,

Residential Construction, as well as Welding & Metal

Fabrication. In the Precision Metals Manufacturing program students are involved in all aspects of the machining process.

There is even an on-line, career-certificate program in Home Inspection for under \$600.

Call or visit their website for more information. Don't put it off - spring semester classes begin January 9th!

www.nmcc.edu

768-2700

33 Edgemont Drive

Presque Isle, ME 04769



The Gift of Giving

Believe it or not, there are three things that go well together: the holiday season, donations, and taxes.

During the holiday season, giving is in the air, regardless of the holiday one celebrates. The inner satisfaction that one receives when they are able to provide for those who are in need is immense.

Regardless of the amount of time or money, people appreciate the thought that goes into making the decision to help. Here at Women Unlimited, we hear the stories daily. Sometimes, just listening to a person's story is gift enough, for them, and for us. We are grateful for the opportunity to impact so many lives.

When donations are made to Women Unlimited, they go towards the greater good. Your dollars don't go towards salaries or the electric bills.

We've been fortunate enough to find other funding for our day-to-day expenses. What we are *not* funded for are those seemingly simple items that others need to succeed. We take your

dollars and help someone get those steel-toed boots or the pair of gloves that fit for their first day at work. By giving a donation to Women Unlimited, big or small, you are providing for someone who may have been just given his or her first big break in a long time - a good-paying job with a future.

As a donor, you don't only provide yourself with the inner peace you will feel by making a donation, but also, you can provide Uncle Sam with fewer of your very valuable tax dollars as well. The IRS allows you to deduct any and all of your charitable donations as long as you don't exceed 50% of your income *and* you itemize your deductions. Even if it isn't a tax benefit for you, remember back when someone gave you a gift that changed your day, your first day of work, or your entire life.

Donate - Provide a Gift - Provide Hope!

Have a very happy and peaceful holiday season!

*~ Jessica Childs
Finance Director*



ACCOMMODATIONS

The DoubleTree Inn is a great place to stay, and the staff there is going all-out to make sure we are comfortable and have all the space we need. However, if you decide to use other accommodations, you are still most cordially invited to attend the Conference on one, two, or all three days.

Details on room rates, registration, fees, directions, and all of those other important details will be on our website in January – just click on the Tradeswomen's Conference link.

WORKSHOPS

We have some great workshops lined up, on topics from money management to sexual harassment avoidance, from green building practices to starting your own business, from writing a resume to weather-proofing a home, and there is still room for more!

Would you or your organization like to present a workshop? We are looking for 90-minute segments pertinent to women who are entering, thinking of entering, or currently working in non-traditional occupations. If you don't want to run a workshop, but have a great idea for one, let us know SOON! You are "out there", you know what information is in demand, and we need your input.

For more details about workshop times or to receive a workshop proposal form, call us at 1-800-281-5259 or send an email to conference@womenunlimited.org.

The submission deadline for proposals is Tuesday, January 17, 2006. We will provide confirmation by Friday, January 20.

Workshop presenters will receive a Tradeswomen's Conference t-shirt and possibly other compensation as well. We know you have talents and knowledge to pass on – get involved!

EMPLOYERS

Call us for information and rates for the Career Options Fair! Space is available on a first-come, first-served basis.

2006 MAINE/NEW ENGLAND

TRADESWOMEN'S CONFERENCE

PORTLAND, MAINE

On-The-Job-Training Update

Thank you to all of the On-the-Job Trainees this year for making the 2005 training season a success!! The year is almost over, and that means that the OJT Program is officially winding down for the winter. Have you thought about enrolling for training classes yet? It's not too late to register for classes from *SafetyWorks!*, ABC, or ACM. You can find links to these organizations on our website. If you completed an OJT this year, I will be sending you information soon.

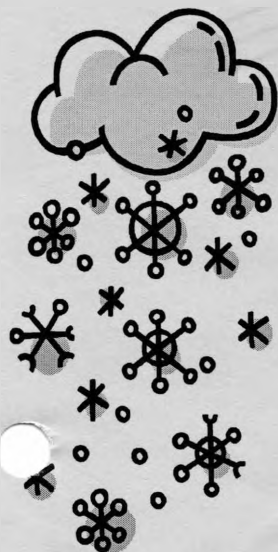
For further questions about trainings, please contact our Career Developer, Trisha Mosher.

Happy holidays!!

Kami Cross

OJT Coordinator

ojt@womenunlimited.org



Career Developer's Corner

December 3rd was the date for our Exploration In Welding Day. We had a less-than-expected turn out - nine women registered but only five turned up. Still, it was a great success and we had **so** much fun! The first few hours of the day were spent in the classroom on safety and some basic welding theory. Later, we headed to the shop where we tried out all four types of welding: MIG, TIG, Stick and Heli-arc. Our instructor, Mr. Warren Swan of the New England School of Metalwork, was exceptionally patient and duly impressed with our ability to learn quickly. Thank you, Warren - you are one in a million. For anyone looking to get started in a metal trade we recommend the New England School of Metalwork. Give them a call at 753-1360 for more information. What a great environment for hands-on learning!

We are hoping to do another Exploration in Welding Day again in the spring, so if you missed this one keep reading your newsletter, we will let you know when we schedule the next session. We have requests for welding training quite frequently and this is a great way to determine if you want to invest your hard-earned money and time in the training it takes to get certified as a welder. There is a demand in the construction industry for welders so if you have put any thought into making a change and think welding might be the direction for you, give us a call and watch the newsletter.

Or, just call the school directly. The community college system also offers welding training at some locations, as do some adult education programs. Contact us for additional information if you are interested.

This is the time of year to get in all the additional training you can. Road and bridge construction season has ground down to nearly a halt. SafetyWorks! training calendars are here in the office and they are also online if you want to check it out. The trainings are free and are often related to meeting OSHA requirements. Also, ABC and ACM might be a great source for training if you are looking for something specific. In the spring we hope to be holding another CDL class, along with Exploration in Welding, Heavy Equipment Introduction, Introduction to Blueprint Reading, and Construction "Boot Camp". Boy, I'm busy! We hope you will be too! All of the things we put together are geared towards meeting the requests of our JobBank members as well as helping contractors to get better-qualified applicants. Please keep in mind when you are signing up for a training that our resources are limited - if you register we expect that you will show up for the class. We may have had to turn away other members because the class was full. Thank you for your consideration. Keep in touch! E-mail me at tmosher@womenunlimited.org or call me at 623-7576, or toll-free (800) 281-5259 (extension 26).

Trisha

Career Developer/Program Coordinator
(I do whatever they ask me to!)

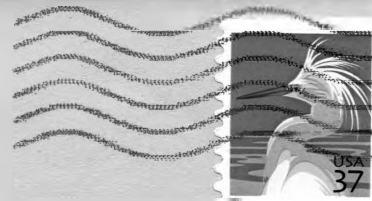
Now get to work!!

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AUGUSTA ME 04330-5505
www.womenunlimited.org



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03 JAN 2006 PM 2 T



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