



# Urban Spirit Newsletter

ACCESS envisions an urban Aboriginal community empowered through culture, wellness, achievement and self sufficiency.

Aboriginal Community Career Employment Services Society  
Administrative Office: 108-100 Park Royal  
West Vancouver, BC V7T 1A2

November 2013

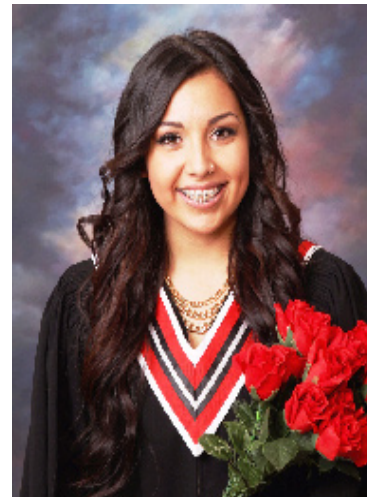
## *Name that Golfer!*



*This ten-year ACCESS staff member played in the USF 1st Annual Urban Aboriginal Charity Golf Tournament held on Aug 15th. (His name revealed on Page 7)*



*Congratulations to the following ACCESS staff members for ten years of service to ACCESS and the Aboriginal community: (Left to right) Lucie Lacaille, Helen Boyce, Eddie Taylor, Elaine Clare and Lisa Bruce*



*2013 Urban Spirit Foundation Scholarship recipients are: (left) Native Education student Julie Stevens with USF Director of Development Lucie Lacaille, and Catherine Adams. (Right) high school graduate Lakisha Encarnacion from Surrey School District is also a 2013 USF scholarship recipient.*



# TEN YEAR MILESTONES FOR ACCESS STAFF



Blair Bellerose  
Director of EAS



Lucie Lacaille  
Director of Programs



Helen Boyce  
Director of Trades



Gary Jobin  
BladeRunners Manager



Shannon McMillan  
Employment Counsellor



Lisa Bruce  
Client Services



Eddie Taylor  
BladeRunners Coordinator



Elaine Clare  
Program Officer



Linda Federation  
Program Officer

*Congratulations and thank you to the staff above who have given ten years of service to ACCESS and the Aboriginal community*

# OLDER WORKERS FACING CHALLENGES



Older workers are facing new challenges that they never thought they would ever have to face again: looking for a job! According to Statistics Canada (2011) nearly one person in four in the labour force is 55 or older.

Many retirees return back to the work force due to a lagging economy, and some are victims of downsizing which forces them back into a competitive and often more youthful job search market. Other people want to stay working longer and keep busy while sharing their skills and expertise with the next generation.

Sometimes older workers face discrimination. Employers see them as a risk or "over the hill," or may think that they are biding their time until retirement. What some employers don't realize is that hiring an older worker could be very beneficial for their company. The older worker not only plays a valuable mentorship role, but also teaches the new generation strong work ethics. Older workers take pride in their work, are reliable and take very little sick time off.

By following these 5 simple steps older workers can overcome discrimination and find meaningful employment:

1. Update your image and appearance, get a new hairstyle, buy some trendy affordable interview outfits to show that you are current. Having a youthful appearance shows you have a youthful outlook and are open minded. Hitting the gym is also a good idea. Keeping fit makes you not only look younger, but keeps you in good health, mind and body.

2. Keep current on Labour Market Trends. Keep a calendar of where you send your resume, and to which companies. Find out all you can about the company that grants you an interview. You will wow them with the details and knowledge of their company.

3. Be humble, yet confident. Be sure to blow your own horn about what you are good at and tell them about the experience you have behind you. Tell them why they should hire you.

4. If you have a smart phone or an iphone, show it to the potential employer. It shows that you are up to date with technology and not afraid to learn something new.

5. Network with a job club or sign up for a volunteer position. Update your resume; delete anything past ten years. Consider consulting if you have lots of experience and want to share with small businesses. Remember to maintain your sense of humour. That will keep your heart young forever!

And, last but not least, remember to smile!

Check out 55+ Older Worker program at YWCA's Job Options BC pre-employment program.  
<http://www.vanymca.org/cs/experienceworks.html>



# BLADERUNNERS



## TRACY JOHNSON

Tracy is a very proud mother of five children whose ages range from 7 to 13. She first enrolled in Bladerunners in November of 2012. In the spring Tracy felt the timing was right to get back into the work force. With the support of Bladerunners and Westbank Projects Corporation, Tracy started working on Westbank's development at 70th and Granville with Icon Pacific West. Tracy more than impressed

her project manager Brian Lockhart with her punctuality and work ethic. Brian approached Bladerunners about training Tracy to become a hoist operator. Bladerunners registered Tracy into a hoist operating course in June and she passed the course with excellent marks. Today she is the hoist operator at Granville and 70th with Icon Pacific West. Tracy continues to be a model ambassador for Bladerunners and more importantly, her community and family.



## JEREMY FELIX

Jeremy came to Bladerunners in June of this year showing much determination and an attitude to move forward in his life and to provide for his two sons Kohen aged 2 and Colby aged 7. After graduating Jeremy was placed with Hall Contractors Corp at the Vancouver Landfill in south Delta. Jeremy quickly earned the respect of his co-workers by demonstrating

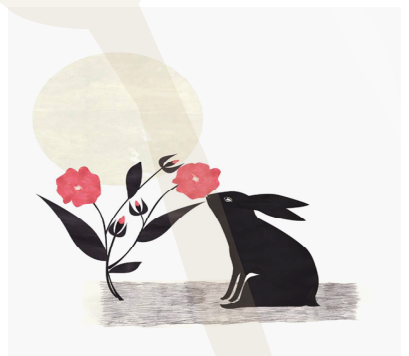
a great attitude and a willingness to learn and show up on time. In August, Hall Contractors gave Jeremy a raise and now he is being paid a very good salary and receives a health care benefits package. Project manager Darcy Lehtinen exclaimed, "If all Bladerunners worked as hard as Jeremy I know this could be the start of a great partnership!"

*"Bladerunners gave me a great start to a bright future in the construction industry now I can provide for myself and my kids."*



Artwork by Richard Shorty

*"When I first came to Vancouver I had no knowledge of the city. Bladerunners helped me jump start my career into the industry. Their amazing staff provided me with training, tools, work gear and ongoing support, and for that I'm very grateful."*



Rabbit by Julie Flett

# ACCESS SUCCESS STORIES

## **BRYAN SPARROW**

Bryan Sparrow is from the Musqueam Nation. He is attending Ryerson University and is enrolled in his 4th year of journalism. For the past few summers, he was employed as a summer student through ACCESS programs with Canadian Aboriginal Aids Network. Bryan plans to work toward his masters degree in journalism and eventually have a career in Communications. Bryan shared his story at the Urban Spirit Foundation Golf Tournament on August 15th. Good Luck, Bryan.



## **RYAN HANSEN**

Ryan is from the Metis Nation. His Grandmother was Slavey born in the Northwest Territories and his Grandfather was Ojibway from Scantebury, Manitoba. Ryan received the Continuation of Learning award through Vancouver School District Outreach program. He plans to attend the Aboriginal Studies program at Langara College and after that take the Alternative Teaching program at SFU or UBC. We wish Ryan the very best of luck in his future endeavours.



## **JANE CONNOLLY**

Jane Connolly from the Gitwangak Nation graduated in 2007 from the Home Care Assistant/Residential Care Program at Native Education College, a program sponsored by ACCESS. Immediately upon graduation, she became employed by Vancouver Coastal Health Authority as a Residential Care Aide at G.F. Strong Rehabilitation Centre where she continues to be employed at this time. In the past few years, she has upgraded her education and completed some first year university-level courses as prerequisites for the Licenced Practical Nursing Program, which she hopes to enter into in the very near future. ACCESS wishes you all the best!





# ESSENTIAL SKILLS FOR ABORIGINAL FUTURES

My name is Virgil Awasis; I am a Cree man with 2 kids from Saskatchewan. I would like to express my gratitude and support for the incredible program Essential Skills for Aboriginal Futures.

I have been working all my life and for the past 20+ years working with community (youth). Last year I had applied for a youth worker position and what I found was that the target for getting a job had changed. I had lots of work experience and skills. I was shocked by the level of education needed for me to find work, lots of people with University degrees! I was told about ESAF and I wasn't sure if this would help me as my confidence was low. I was very dejected to see how much faster the world was today and I felt like I wasn't relevant anymore.

*"This program helped me reach a level of confidence that I didn't know was achievable. Many thanks to the Staff at ESAF for all their dedication!"*

I attended an information session; I felt a welcoming energy and I decided to join and give it a chance. This program helped me reach a level of

confidence that I didn't know was achievable.

The Essential Skills Program helped me identify the gaps I had. I was stronger in certain areas and in other areas such as document use I struggled.

I decided to give it 100% and see what happens. The program opened my eyes and helped instill confidence in me. This program has sharpened my current skills and it has given me new energy and confidence to pursue my dreams. I am now successfully employed with a First Nations agency and I am looking to get back to University to finish my degree. I believe that I would not have applied.



Cycle of Life by Brooke Ashley  
Native Education College Northwest Coast Jewellery Arts Program



Artwork by Julie Flett

# URBAN SPIRIT FOUNDATION



The 1st Annual Urban Aboriginal Charity Golf Tournament was a huge success thanks to the players, sponsors, staff and especially our volunteers. The event raised \$28,000 for Urban Spirit Foundation. Proceeds go toward assisting Aboriginal people living in the Metro Vancouver area with employment and training, scholarships and relief of poverty. Mark the 2nd Annual in your calendar for July 2014.

Please visit us online at [www.urbanspiritfoundation.com](http://www.urbanspiritfoundation.com) or to make a donation you may contact the Foundation directly at (604) 913-7933

Front page mystery player: Eddie Taylor, BladeRunner Coordinator

\* Special thank you to our wonderful volunteers



# 2013 USF SCHOLARSHIPS AWARDS



*Randal Hink (BCIT Piping Program)*



*Chusia Graham (Vancouver School Board)*



*Courtney Brown (Surrey School District)  
and USF Director Stewart Anderson*



*Lyle Mac Sween and Dana Tough  
(Native Education College)*

## GIVING TUESDAY™

Most people know about Black Friday and Cyber Monday ...now Giving Tuesday is coming to Canada on December 3, 2013. It is a new Canadian movement for giving and volunteering, taking place each year after Cyber Monday. The "Opening day of the giving season," it is a day where charities, companies and individuals join together to share commitments, rally for favourite causes and think about others. On December 3rd visit our website [www.urbanspiritfoundation.com](http://www.urbanspiritfoundation.com) to view the poster and find out how you can make a difference and donate.

### Mission Statement



To increase Aboriginal participation in the labour market

ACCESS Website: [www.accessfutures.com](http://www.accessfutures.com)

