

# THE STATION

WINTER 2007

## BEST WISHES FROM CASTLEGAR YOUTH EMPLOYMENT

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### SUCCESS!!!

Although we are winding down the year for 2007, it is obvious that we were much busier this past year than in previous years. We did not expect to find ourselves with a 300% increase in the job placement statistics. That is good news by anyone's standards! Congratulations to all the new hires!

### ALSO:

Casual Jobs played the largest part so it is gratifying to both Christie and myself that the citizens of Castlegar are utilizing the talents and energies of it's youth. Even though it is not always the perfect fit, by and large, we have many hardworking and reliable youth!

We also want to thank the employers for realizing that many of our youth are in school and being flexible with the odd jobs being done after school hours and on week-ends.

### WHAT'S NEW FOR 2008?

If you are a resident or youth living in the Blueberry Creek area, check out the Blueberry Community School Newsletter! We are coming to YOUR AREA...

*Best Wishes for 2008 from the staff of*

*Castlegar Youth Employment*



## YOUTH EMPLOYMENT

### Hours:

Mon - Thurs  
9:00 to 4:30

Fridays  
9:00 to 6:30

*(closed between 12-1pm for lunch)*

875 Columbia Ave., Castlegar

Phone: 365-8432

Fax: 365-8404



## WANT TO BE ON OUR CASUAL LIST?

WE ARE ACCEPTING NEW MEMBERS TO THE CASUAL JOB LIST SO IF YOU ARE INTERESTED IN MAKING A LITTLE OR A LOT OF SPARE CASH TO FILL IN SOME TIME AFTER SCHOOL OR ADDING TO A PART TIME JOB THEN DROP IN TO THE CENTER TO SIGN UP. WE OFFER WORK SAFETY TRAINING WORKSHOPS AND ARE MORE THAN HAPPY TO ASSIST YOU IN WRITING COVER LETTERS AND RESUMES. WE UPDATE OUR JOB BOARD EACH WEEK SO KEEP POPPING IN TO SEE IF THERE IS SOME-

THING THAT CATCHES YOUR ATTENTION.

WE ALSO SUGGEST CHECKING ON THE WEBSITE JOB BOARD AT:

[www.stationyouthcentre.com](http://www.stationyouthcentre.com)

Or call

**250-365-8432**

(CHRISTIE or SUE)

# KEEPING ALL GOOD THINGS IN BALANCE

If you're looking at the Holidays as just another stress to add to your already overloaded schedule and life, I've got some tips you won't want to miss. Keep reading for Stress Buster Tips that will keep you moving through the Holidays at warp speed with a smile, plenty of laughter, and cheer to spread around.

1. **Minimize.** Cut out the excesses, whether it's food, people, gifts, expenses, or extra duties, cut them out of your life.
2. **Personal Time.** Give yourself a few minutes of down time every day to regroup, refocus, meditate, and alleviate stressors.
3. **Focus.** Do one thing at a time. Don't try to get it all done at once, choose one thing and do that, then do the next thing. (It does help to have a list and mark off each item as you complete it.)
4. **Allocate Chores.** Delegate chores to others and allow everyone to carry the load normally left for you to bear. Move toward cooperative living.
5. **Simplify.** Who says the party has to have three kinds of desert? How about providing one desert that is extra special and plenty for everyone to have seconds if they choose? Or add a delightful selection of toppings?
6. **Housekeeper.** Hire a housekeeper for the holidays. Even if it's just once a week for a couple of hours to dust and vacuum, if you hire someone else to get that part done, the rest is easier to face.
7. **Services.** When companies offer services to go with products you purchase, accept them, allow them to take care of details and you enjoy an extra five minutes at the spa getting your nails done.
8. **Laughter.** Take time each day to laugh. If you feel the stress building up, take a moment right then and read a funny story. Enjoy life! Laughter was created to bring joy - LET IT!
9. **Rejuvenate.** The most relaxing thing you can do some days is simply to take a nap. It doesn't have to be long, but five minutes can revive you.
10. **Resourcefulness.** Be resourceful. If you think you can't do it, you probably can't, but...if you think you can, you'll find a way. Look for options that you might not normally think of. Brainstorm solutions.
11. **Ask a friend to lunch.** Take a moment during this season to remember your friends and family. A real moment, actually sit down across the table from one person and focus on all the things you've missed in that persons life. Truly catch up.
12. **Enjoy.**

Take time to enjoy C

