

JOB SKILLS' COMPASS MAGAZINE



WHAT BEING
CANADIAN
MEANS TO ME

GETTING
OUTSIDE
THIS
SUMMER

GREAT SMALL
BUSINESS
IDEAS

VOLUNTEERING
ABROAD

**JOHN
GIBBONS**
Former Toronto Blue Jays Manager

GIBBY TALKS BLUE JAYS
& HIS NEW BOOK

PG. 15



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Job Skills' Compass Magazine Summer Edition

Dear Friends,

Welcome to the summer edition of Job Skills' Compass Magazine. Summer comprises longer days with warm sunshine; beaches, picnics and vacations. We are pleased to bring you this issue that is filled with articles inspired by the season.

With baseball season in full swing, it is with great pleasure to bring you an interview with John Gibbons, former manager of the Toronto Blue Jays. He shares his experiences and thoughts regarding employment and work ethic.

We are also excited to bring you a list of suggested books to enjoy on the beach or on the porch swing. An article on fabric will inspire your creative flair through design. We have also shared some summertime recipes for you to enjoy.

I hope you enjoy reading our summer edition of Job Skills' Compass Magazine and may you enjoy a relaxing and fun season with family and friends!

Bethany Obermayer | Editor in Chief

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MY JOURNEY

Volunteering Abroad

When most people picture a vacation, they don't picture waking up at 6:00 a.m. and working 11-hour days. Nor do they imagine spending the day in 40°C temperatures picking up elephant poop or scrubbing enclosures. For me, however, this was exactly the kind of vacation I was looking for.

After spending four years of my life buried in books while completing my bachelor's degree, I struggled like many adolescents to figure out what I wanted to do with my life. I was looking for a way to further my personal growth, develop new skills, and get a unique hands-on experience that would set me apart from others.

Having a passion for protecting endangered species and rescuing animals from cruelty, I came across a wildlife animal sanctuary located in Thailand called Wildlife Friends Foundation Thailand (WFFT); it seemed like a perfect fit for what I was looking for. This incredible organization's mission is to rescue wild animals in Thailand that have been abused, neglected and exploited in tourist industries, logging camps or breeding camps. Because these animals grew up in captivity, they are unable to be released into the wild. WFFT are leaders in demonstrating a "hands-free approach" meaning these animals are not to be held or touched as much as possible. This foundation respects that these animals are wild and tries to provide a home for them that replicates their natural habitat as closely as possible. WFFT currently cares for over 500 wild animals including Asian elephants, tigers, monkeys, reptiles, nocturnal animals and bears.

The work was long and exhausting, as volunteers typically worked six days a week from 6:30 a.m. – 5:30 p.m. The accommodations were small, communal and there was no hot water. However, getting the opportunity to feed, walk and shower elephants made it all worth it. One of my favourite activities was creating "enrichments" for the elephants. This is when we would get creative in designing different ways to hide food in their enclosures so that the elephants had to solve puzzles to get to their food. These enrichments prevented elephants from boredom and forced them to learn and develop strategies to find their food, similar to the way they would scavenge if they were in the wild.

I also got the chance to work on a wildlife project for a few days where I had the opportunity to hand feed a blind ape, and interact with and learn about animals I have never heard of before such as muntjac deer, cassowaries and slow lorises.

My journey travelling alone was scary and at times lonely. I had never travelled far by myself, let alone halfway across the world. This was an exciting endeavour that forced me to challenge myself and step outside of my comfort zone. Having the chance to interact with individuals from around the world allowed me to learn about various cultures, experiences and perspectives.



Many of the volunteers at the sanctuary were there for the same reasons as me; they wanted to travel and explore, were looking to make a difference, were passionate about animals and were trying to discover more about themselves and their place in the world. Meeting people from around the globe taught me so much about the beauty and diversity of the world. I am so fortunate to have had this once-in-a-lifetime experience where I created incredible memories and built a worldwide network of friends.

My overall experience has given me the eye opening growth and personal development I had hoped for, but the very best part of my time there was seeing the kind of difference that I was making in the animals' lives. Hearing the stories of where the animals came from and the horrible lives they lived was heartbreaking. A lot of these animals suffer from PTSD and anxiety due to the trauma they've experienced. At times, it can be easy to turn a blind eye to injustices because you feel powerless to make any kind of a difference; however, volunteering at WFFT taught me that even the tiniest contributions can make a meaningful impact.

During my time in Thailand, I was able to witness firsthand how my work provided these animals with safe and loving homes. Even though I was a very small part of this initiative, I take pride in my work and this turned out to be far more rewarding than any paycheck I have ever received. If you too are looking for ways to further your personal development, I would encourage you to look for opportunities to make a difference, whether it's in your own community or thousands of miles away.



Erin Bennett-Rilling | Contributing Author

Erin Bennett-Rilling is a Resource and Information Specialist at Job Skills with a Bachelor's Degree in History and Sociology. She has background experience in research, editing, communication and customer service.



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ASK THE HIRING MANAGER

I am graduating and will have my degree. What do I do now?

Congratulations! Time to celebrate! But don't let the party last too long because now networking is your main priority. Letting people know that you've graduated can open up many conversations. Reach out to connections you made through school, connect with people on LinkedIn who work at companies that interest you or who hold positions you see yourself holding.

This is the time to be proactive in your career search. Take a look at the workshops Job Skills has to offer. Building your resume, making the most of LinkedIn, how to network... all of their workshops are FREE! Looking for work is now your full-time job.



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Where do Great Small Business Ideas Come From?

More and more people are considering starting a small business – either as a full-time job or as a side hustle to supplement their income, but what’s the right idea? Good business concepts don’t usually come out of nowhere.

Here are five sources to help you decide if starting a small business is right for you.

1. Your Own Life

Individuals’ own lives or work experiences make up more than 60% of new business ideas! In your past role, were you always thinking a process could be implemented in a better way or a service could be delivered more efficiently? Do you have a passion or hobby that could be turned into a long-term money-making endeavour? Your own background is a valuable source for ideas!

2. Other People

Feedback from individuals who are already active in businesses you’re interested in is a great research source. Don’t overlook reaching out to your existing networks for collaboration and feedback on your new ideas. Even the biggest companies have developed successful new products based on feedback from within their own teams – McDonalds’ fillet-o-fish and hot apple pie were created based on the ideas of their own franchisees!

3. Literature

Many sources of trade and business literature are free and full of information both in print form and online. Research journals, trade magazines, databases, business blogs, websites and online forums are excellent sources to stimulate your creative thinking.

4. Organizations

Small business ideas and statistics can be found in all kinds of organizations including government, non-profit, chambers of commerce, and other professional associations. Many of these sources can assist you when starting your business and provide options if you are in need of financing.

5. Good Luck

Being in the right place at the right time has been the flame that ignited the careers of many entrepreneurs. A new housing development could be an opportunity for new services. A successful business owner retiring could provide an opening for someone with just the right skills to assume the business. “Out of the blue” business opportunities do happen. No matter what, you still have to do your due diligence and take the time to evaluate a business idea no matter where it comes from!



Catherine Turner | Senior Writer

Catherine has been writing for print publications for 30+ years as well as on-air broadcasting for radio and film voice-overs. As an entrepreneur in both Canada and the West Indies, and since 1988 with Job Skills, she has worked with more than 2500 micro and ‘not so micro’ business startups across all sectors including services, hospitality, wholesale, retail, online and manufacturing.



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DO YOU HAVE WHAT IT TAKES TO BE CONSIDERED TECH-SAVVY IN TODAY'S ECONOMY?

With so many options and constant upgrades to technology, it may feel overwhelming to stay up-to-date. To help you, here are the top basic computer skills you need to know:

Be familiar with your hardware

Whether it's a portable laptop or desktop computer, a cellphone or landline phone – be familiar with your equipment and its unique features. By identifying the features, you can determine which ones best suit your lifestyle.

Get the right software

Install the right applications and software that work for you. Once you've set up your software, learn how to use it properly. Keep in mind, there's usually existing default software already included in your setup which may save you time and energy.

Understand how to communicate

Observe internet and social media posts to understand the common language and acronyms used as well as learning how to navigate the platforms.

Proper use of technology can help you become more efficient and organized when you learn how to make the most of your time by using tools like scheduled notifications and other customizations that suit your lifestyle and personal needs. Try to reframe your perspective from “No more tech” to “Technology can work for me!”

Get the support you need from a computer skills training program near you!

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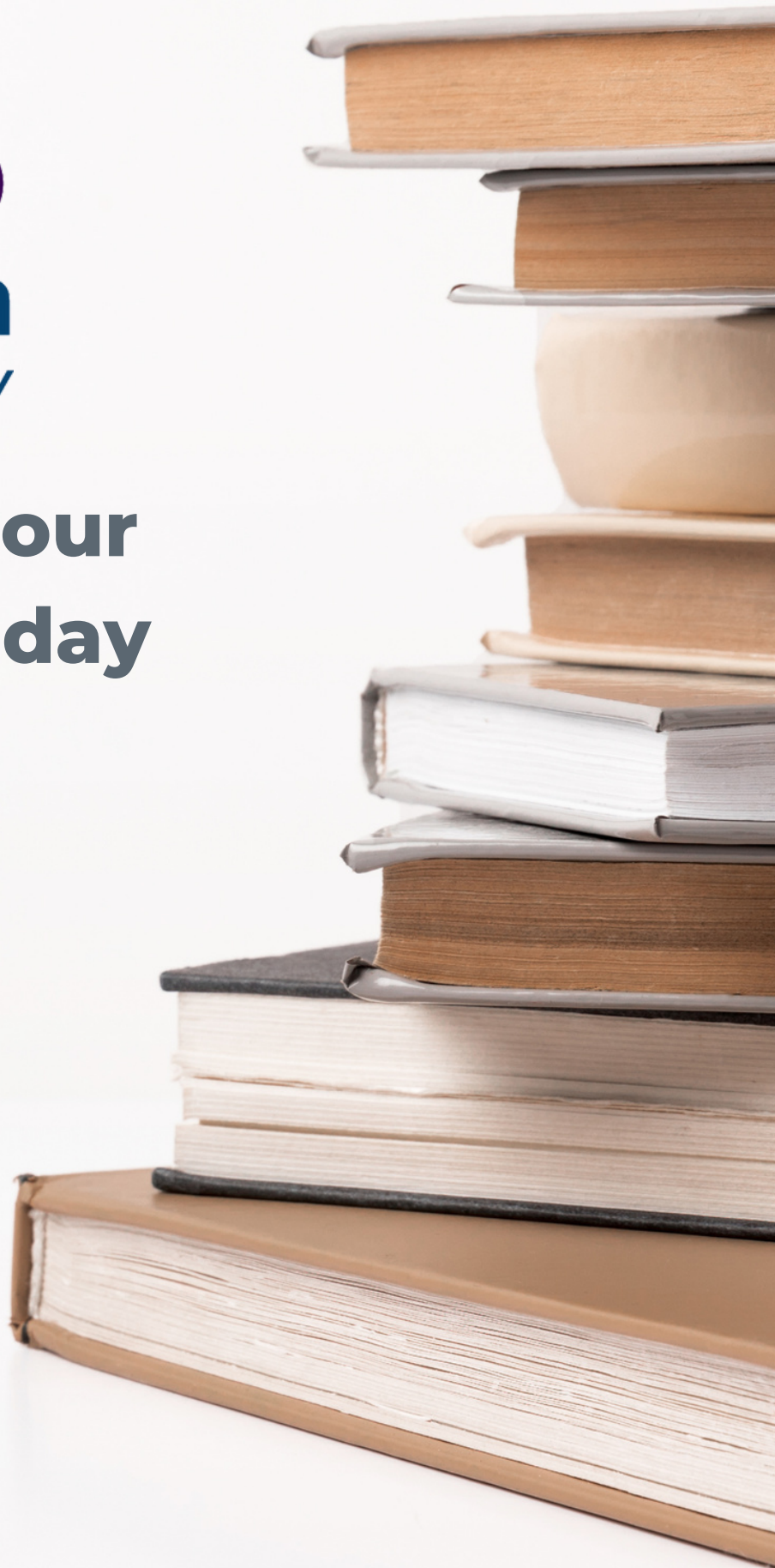
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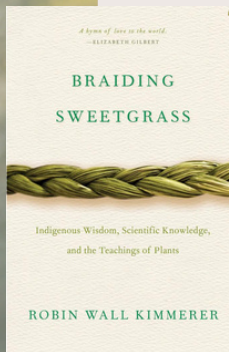
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Summer Reading List

4 books to devour this summer !

Summer is finally here. You can feel the slight shift in the air and the sun on your skin and with that comes more time to pick up a book. There's no denying that there is something special about reading in the summer. Maybe it's the longer days or the ability to spend time outside. Perhaps it's the feeling of wanting to be in another world for a while. Whatever it is, it's the perfect time to visit your local bookstore or library and pick up your next read. If you're not sure where to start, here are four books in four genres to include on your summer list. Happy reading!



Non-Fiction to fill your days with knowledge

Braiding Sweetgrass, Robin Wall Kimmerer

Written in the form of personal essays, this is a perfect book for those who want to deepen their connection to nature and become conscious of their impact on the world. Kimmerer, botanist and member of the Citizen Potawatomi Nation, seamlessly blends scientific knowledge and Indigenous wisdom to invite the reader to question their relationship with the natural world and understand the value of reciprocity.



Romance to swoon over at the beach

Seven Days in June, Tia Williams

Set in Brooklyn, New York, this binge-worthy romance novel follows two former lovers, now published authors, who reconnect for seven days after 15 years of secretly writing to each other in their books. This novel is absolutely perfect to take with you on a beach holiday or read in a café on a lazy Sunday. You will laugh and cry with this real and flawed but extremely charming cast of characters.



Horror to give you chills on a sunny day

What Moves the Dead, T. Kingfisher

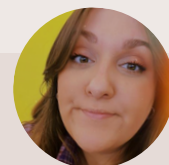
For those who enjoy more chilling stories, this short and fast-paced novel is the perfect summer read to devour in one sitting - it is deeply atmospheric and beautifully written. Set in a remote countryside home, this story follows a group of friends who are trying to understand a mysterious illness that seems to be haunting not only the house and its residents but also the wildlife and nature around them.



Lit-Fic to read along with your friends

Butter Honey Pig Bread, Francesca Ekwuyasi

If you're looking for the perfect book club selection, look no further. Butter Honey Pig Bread tells the stories of three Nigerian women - a mother and her twin daughters. After years of being estranged, the sisters return to their home in Lagos to address the wounds of the past and find love in each other again. This beautiful book about queer love, friendship, faith and family will stay with you for a long time.



Monika Deoniziak | Contributing Author

When she's not reading, Monika enjoys adventuring in new places, spending time outside and watching horror movies with her friends. You can find her on Instagram @books_with_m where she features her current reads and shares other interests. With many years of design experience and a life-long passion for art, she's currently working as a Marketing Assistant at Job Skills.



AMBROSIA SALAD

Ingredients

- 796 ml or 1 can of Fruit Cocktail, drained
- 284 ml or 1 can of Mandarin Orange segments, drained
- 650 g Strawberry Stirred Yogurt
- 1 L Frozen Whipped Topping
- 200 g Sweetened Flaked Coconut
- 300 g Multi-coloured Miniature Marshmallows
- 1 cup Fresh Grapes, halved

Instructions

1. Mix all the ingredients together in a bowl
2. Let sit for a minimum of 3 hours or overnight in the fridge



BLUE HAWAIIAN

Ingredients

- 1 ½ ounces Coconut Rum
- 1 ounce White Rum
- 1 ½ ounces Pina Colada Mix
- 3 ounces Pineapple Nectar
- 1 ounce Blue Curaçao

Instructions

1. Add all ingredients to a cocktail shaker
2. Fill the shaker half way up with ice and shake
3. Pour over ice



Alternative Option FROZEN BLUE HAWAIIAN MOCKTAIL

- 3 ½ ounces Berry Blue Hawaiian Punch
- 3 ounces Pina Colada Mix
- 3 ounces Pineapple Nectar

1. Combine all ingredients in a blender
2. Add ¾ cup of ice
3. Blend until creamy
4. Pour into glass and garnish with a pineapple slice

SUMMER IS HERE

AND IT'S A GREAT TIME TO JOIN A LOCAL CSA!

What is CSA?

Community Supported Agriculture (CSA) is a system of growing and distributing organic produce that links farmers and customers in the surrounding communities to share in their harvests. CSA programs operate on hundreds of farms in Ontario.

Becoming a member of a local CSA program allows households to purchase a "share" of the year's harvest from a local organic farm. CSA shareholders pay for their produce at the beginning of the growing season, providing the necessary start-up funds for farmers to purchase seeds, supplies and soil amendments.

CSA is a system that benefits everyone; the farmer gains a healthy, economically viable farm business, the consumer receives affordable, fresh, healthy organic food, the local economy is strengthened, and the local environment becomes healthier as CSA cuts down on transportation and packaging.

CSA members receive a pre-packed basket of freshly harvested and washed vegetables. A CSA farm usually provides an option based on the size of the family so you don't end up with more fruits and vegetables than you can use in a week; most aim for 10-11 seasonal items in each basket. Most items are harvested the morning of delivery so that you are receiving the freshest vegetables possible! Farms can grow over 50 types of vegetables and can usually customize your basket to ensure you get the choices you know you will use. Farms will often collaborate with another farm to include produce or fruit that they don't grow.

Members normally receive an email a few days before each pick-up and some farms will even offer a delivery service to your home or a local collection site. My CSA farm usually includes recipe ideas for the items in my basket as well as storage tips to keep the produce fresh as long as possible. Some farms offer their CSA baskets during the spring, summer and fall, while others offer CSA baskets year-round.

Being a part of a CSA program is a great way to eat fresh, seasonal food, allows you to know where your food comes from and supports your local farmers!

To find out where a local farm participates in the CSA program near you, go to <https://directory.organiccouncil.ca/directory?view=map>.

Catherine Turner | Senior Writer



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July 1st CANADA DAY



This is a special day to celebrate all the wonderful things our country has to offer. Did you know that Canada is home to 20 unique species of loons?

These beautiful birds are an iconic symbol of Canadian wildlife and a source of national pride!

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Explore Your Summer

If you haven't already, this is your sign to dust off your shorts, sunglasses and sandals because summer is here! Summer is a time to relax, have fun, and make memories. However, it can also be an expensive time of year, with the cost of vacations, theme parks, and other activities quickly adding up. The good news is that plenty of exciting summer activities won't break the bank. Here are a few ideas to add to your bucket list!

Explore Your City

One of the best ways to enjoy the beauty of summer is to explore our own backyard! Not your actual backyard, of course, that could be quite anti-climactic... but I'm not here to judge. I'm talking about the city, town or community that you belong to. It's likely busting out the seams with things to do that you have yet to discover.

I remember back in 2019, when I was finishing my last year of college, a coworker signed me up (without my knowledge I might add) to join her in a dragon boating competition. What's dragon boating you ask? Sorry to disappoint, but no, it does not involve any type of mythical creature. Dragon boating is a competitive team sport where 8-18 members work together to paddle in sync with your boat's drummer and follow the commands of your steersman to race to the finish line. Winning is typically the goal, but staying upright in one of those things was the main thing on my mind. Looking back, I would have probably been too intimidated to sign up for the race on my own accord. As nervous as I was, the opportunity brought me so much excitement and joy to be able to try a new sport, make an incredible memory and enjoy a fierce workout. My point is, you never know what experience you might stumble across by stepping outside your comfort zone and trying something different this summer.

For those who prefer a stroll as their daily activity, getting outside for a walk is a great start, but I can attest that just walking to walk is not always as exciting as we hope it will be; you forgot your headphones, you're walking the same streets and looking at the same houses with the same territorial terrier telling you to get off his lawn. To jazz up your routine, try finding a charitable cause close to your heart and see if they have a walk/run/roll event you could participate in. There's something so special and rewarding when you set out to make a difference for a cause bigger than yourself. Eventbrite.ca is a great resource for finding these types of events. Say it with me now - "daily exercise doesn't have to be boring!"



Soak Up The Sun

For sun lovers like myself, going to the beach is a classic summer activity to enjoy by yourself or with a whole bunch of people; if it's my turn to choose, we usually land at Cobourg Beach, but there are many options surrounding the GTA. Pack a cooler with snacks and drinks, bring an umbrella or a canopy for shade, and enjoy a day of swimming, sunbathing, and relaxing. If laying in the sun isn't your thing, why not try your hand at a beach sport or activity? My friends like to plan for games like Spikeball and beach volleyball during our days in the sun. Don't forget - as beneficial as sunshine is for our health, it can easily become harmful if we forget the SPF. Pack plenty of sunscreen and water to be safe.

Low-Cost Outings and Events

If you prefer the more rural route, road-tripping can be a great way to enjoy travel without making a huge financial commitment this summer. Take the time to research your area and plan a day trip or two to explore! Day-tripping to different parks and nature attractions around Ontario can give you that spontaneity you've been looking for without overspending. Unlike the girl-group TLC's cautionary advice, I highly recommend that you do go chasing waterfalls!

If you're a fan of social gatherings, attending a concert or sports event can be an exciting and memorable experience. Whether you're a die-hard fan or just looking for a fun night out, the energy and excitement of a live event can be unparalleled.

There's something special about being part of a crowd, singing along to your favourite songs or cheering on your team. From outdoor music festivals to a classic Blue Jays game, you'd be surprised how affordable some of these tickets can be if you catch the right deal (there is even a chance to win free tickets in this magazine!)

Many communities offer similar free events, like art gallery exhibitions and outdoor movies to enjoy on warm summer nights. To find a list of events happening this summer in the GTA, go to page 23.

With scorching days forecasted for Ontario this season, it can be tempting to take refuge indoors with our trusty friend 'AC'. As best you can, try to embrace the sunshine and warm weather, and be creative! Don't let the heat hold you back from experiencing all the excitement and adventure that summer 2023 has to offer.



Chantal Beauchamp | Editorial Assistant

Chantal has worn many hats over the years with experience in roles from sales to staging to management.

In 2022, Chantal shifted her career focus to an area where she could highlight her passions in the workplace. Her customer service expertise and eye for detail beautifully collided to land her in her current position at Job Skills as a Quality Assurance Service Specialist.

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If you're a local business, corporation, or philanthropist interested in giving back to your community and investing in the next generation of workers, we urge you to consider sponsoring Job Skills. By doing so, you'll not only be supporting our mission to help job seekers find meaningful employment, but you'll also be investing in the future economic growth of your community.

As a sponsor of Job Skills, you'll receive visibility on our website and in Compass Magazine, giving you and your business greater exposure in the community. Plus, you'll be aligning yourself with a trusted and reliable partner for your philanthropic efforts.

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Finding a fulfilling job that fits your skills and interests is crucial to achieving long-term financial stability and personal satisfaction. However, navigating the job market can be a daunting task, especially for individuals facing additional challenges such as newcomers, persons with disabilities, Indigenous peoples, or youth with complex needs.

This is where Job Skills comes in - a non-profit organization with over 35 years of experience in providing customized employment solutions to individuals and businesses alike.

At Job Skills, we take a client-centric approach to crafting personalized employment solutions. We focus on understanding the unique needs and goals for each individual job seeker, mapping out a strategy to help them gain the skills and experience they need to succeed. Our solutions not only include traditional in-person workshops and coaching, but also cutting-edge e-learning and motivational interviewing techniques to help individuals and businesses meet their employment goals.

As a non-profit organization, Job Skills is committed to contributing to the betterment of the communities we serve.

We receive funding from all levels of government, as well as partnerships with organizations such as the Ontario Trillium Foundation and the United Way Greater Toronto.

Our board of directors, made up of dedicated volunteers, is responsible for guiding our strategic plan and ensuring operational excellence.

In addition to providing services to job seekers, Job Skills also offers customized employer services to help businesses meet their specific labour market needs. We offer recruitment services, placement and retention support, and financial incentives for hiring. Our expertise in working with a diverse range of job seekers also means that we can help employers build a more inclusive and diverse workforce.

Overall, Job Skills is deeply committed to providing effective pathways to sustainable employment for individuals and businesses. Our proven track record in employment solutions, our client-centric approach, and our dedication to our communities make Job Skills a leader in facilitating fulfilling employment outcomes. Contact us today to learn more about how we can help you achieve your goals!

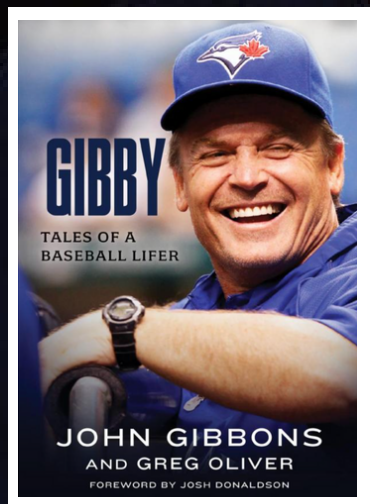
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Gibby talks
'Tales of a Baseball Lifer'

JOHN GIBBONS

Former Toronto Blue Jays Manager

JOHN GIBBONS

LIFE, FAMILY, & BASEBALL

AN INTERVIEW WITH A TORONTO BLUE JAYS

Legend

John Gibbons'

name is synonymous with baseball. However, the former manager of the Toronto Blue Jays says that despite spending 40 years in professional baseball, hosting a popular podcast, releasing a book, and becoming a social media phenom, he doesn't like the spotlight.

For no reason other than being a nice guy, John Gibbons agreed to be interviewed for this edition of Job Skills' Compass Magazine. Throughout my career, I have been able to interview sports figures from all different eras, sports, and positions. I'm not exaggerating when I say I have never spoken to anybody more friendly, humble, and genuine than John Gibbons. I was impressed with his openness; he made me feel comfortable immediately, and he made me laugh... a lot. For thirty minutes, John Gibbons told me stories about moving with his family when his father was stationed at different US Air Force bases and playing his first little league baseball game in Canada before eventually being raised in San Antonio, Texas. From little league to being drafted in the first round of the 1980 MLB Draft, to becoming one of the most beloved managers in Blue Jays history, John Gibbons is a "baseball lifer."

Ray Rauth: When I told people I would be interviewing you, I was peppered with requests for shout-outs and questions people wanted me to ask. The reaction to this interview is telling of how much you meant, not just to the city of Toronto but to the entire country of Canada. Reflecting on your career with the Blue Jays, how does it feel that you've left such a lasting impression on Blue Jays fans?

John Gibbons: "You know, that probably means more to me than anything. I had two stints there. The first go around wasn't all that (good). The team wasn't that good, I was an unknown, people didn't really (understand) me. My second time around (in Toronto) things started to change. We finally connected. I have great admiration for Canadians. (They're) good hardworking, honest people. You know, I tell people all the time, I don't want to insult you Canadians, but I feel like I'm a lot like you."

RR: Let's go back to how you found your passion for baseball. What are your first memories of baseball, and what made you fall in love with the game?

JG: "The first real little league game I ever played was in (Happy Valley-) Goose Bay, Labrador when I was seven years old. They had a US Air Force base up there. My dad was stationed there for two or three years. They had a little league team there, and my dad took me to try out. I was so scared I wouldn't get out of the car. Finally he said "I can't keep waiting here" and he took me home. Luckily, one of the guys he worked with was one of the coaches on the team, and he put me on the team. When we moved back to the States, I was like most kids, I just fell in love with the game, collected baseball cards, and all of that stuff. But, it all started there in (Happy Valley-) Goose Bay, Canada."

RR: Here at Job Skills, we work with many young people searching for their first job. Oftentimes, they don't know what to put on their resume. What lessons and skills do athletes learn while playing baseball or other sports that will help them professionally?

JG: "Sports, you learn competition. You learn how to lose and you learn how to fail. There's only one winner. You learn how to take things in stride, you're not going to win every time, and you have to just keep moving on. It's important to work hard. I think young kids sometimes think they're just going to step into top-level jobs. You have to start your way at the bottom and work your way up. Get ready to be the low man, but set your goals and set your sights high. There's nothing wrong with being on the bottom rung, that's where a lot of people start."



WIN BLUE JAYS
TICKETS OR A COPY
OF GIBBY'S BOOK

RR: You made your Major League debut as a player with the New York Mets on April 11th, 1984 and began your coaching career with the Mets in the 1990s. You had two different opportunities to manage the Blue Jays from 2002-2008. Then you returned in 2013 and were with Toronto until 2018. Between your time with the Jays, you were the bench coach with the Kansas City Royals. You managed the San Diego Padres Double-A affiliate, the San Antonio Missions. It's exhausting just reciting your career. You dedicated many hours of your life to the game of baseball. How difficult is it to prioritize time for family when baseball demands so much of you?

JG: "You know, that's a great question. It's tough to do. When I got married and eventually had kids, I always wondered; when I'm gone seven or eight months of the year, how will that affect my children in the long run? When (my kids) were young they would come visit me for a couple months of the year. When they got a little older, I didn't see them as much. That was always something that hung over me because family has always been the most important thing to me. My kids adjusted well, but they also got to do some things that other kids don't get to do. They got to hang around a Major League clubhouse, they got to see the whole country, see the big cities, and they got to do a lot of great things. But still, a lot of times their dad wasn't around and that put a big burden on their mother. Their mother was raising them. For most of the year, it was like a single-parent household. The baseball profession messes up a lot of marriages and takes its toll on the family. (Kids) need their (dad) around."

RR: You released a new book on April 4th this year; "Gibby: Tales of a Baseball Lifer." When you wrote the book and you reflected on moments and stories from your career as a player and manager, was there anything that surprised you or that you learned about yourself that maybe you had never thought about before?

JG: "I was drafted in the first round in 1980 by the New York Mets. There (were) three (players taken by the Mets) in the first round that year; Darryl Strawberry, who was number one in the nation, Billy Beane was 23rd (overall) - Beane was (the general manager of the Oakland A's) that the Brad Pitt movie 'Moneyball' was based on - and I was 24th overall. There were a lot of high expectations for the Mets and my own expectations (were high). I went through some injuries, some schedules, and my playing career never went the way I dreamed it would. So, I got into coaching and somehow ended up in Toronto. But, I guess what I learned (was), you have to persevere. We may have our sights on something different, but there was something else there for you. I used to look at coaches in the Minor Leagues and wonder, what are these old guys still doing this for, and then the next thing I know, it's me! But, it turned out pretty good, and you never know where you'll end up."

RR: José Bautista will be remembered as one of the greatest Blue Jays players ever. However, his story is more polarizing than his on-field performance. After playing for four different teams as a utility player, he finally found a home in Toronto and became an MLB superstar. You were present for many of those years and were able to watch Bautista firsthand. You have mentioned Bautista's work ethic on your podcast "The Gibby Show" more than once. Can you talk about Bautista's attitude and work ethic and how they helped him become a great player?

JG: "(José) didn't come into his own until later in his career. Early on (in his career) he was considered a utility man, and he didn't really have a position. He was a journeyman, and teams would take him and then discard him; that really frustrated him. When I came across him I said, you're not going to deny this guy. He's going to achieve his goals. He came ready to play more than any other player I've ever been around. He had that little chip on his shoulder, rightfully so, but it motivated him. He's an emotional guy. He understood that fans loved watching him play. He wasn't always well-liked by guys on other teams because he beat them too many times - he was that good of a player. He was emotional, he would argue with umpires. He's a unique guy, does a lot for charities, he gives a lot back, he gives back as much as anybody. He was probably the most driven guy I've ever been around. Back during the 2015 (postseason) and the bat flip home run (against the Texas Rangers), it couldn't have happened to a better guy. He was the face of the franchise, he was the perfect guy after 23 years of frustration in Toronto."

RR: The Blue Jays returned to the postseason in 2015 for the first time since 1993. As a Toronto sports fan, I had never experienced anything like the atmosphere of the Rogers Centre. However, it wasn't just inside the dome. The entire country was buzzing. We heard many players say how special it was to represent Toronto and the whole country of Canada. From your perspective at that time, what was it like being a part of that atmosphere, and was there added pressure knowing your team was playing for the entire country?

JG: "It had been so long (since the Blue Jays were in the playoffs), but I had always heard that if the Blue Jays make it into the playoffs, watch out. Then it happened, and the entire country caught fire. Everything that I heard would happen, happened. I felt a larger responsibility; this isn't just Toronto's team, this is Canada's team. Even when we would travel to the States, it always amazed me how many fans travelled from Canada to watch us play. I always heard people say that players don't want to play in Toronto. I spent 15 years in Toronto, and I never heard a single player complain about playing or living in Toronto. It was because of the people. When it comes to Canadians, if you give them a real honest effort, they'll love you. Everybody I've known has loved it up there."

When the interview concluded, John and I spoke for a few minutes, and I shared a conversation I had with friends where we all agreed that he was such a beloved figure in the Greater Toronto Area. John was touched; it wasn't about how many games he won with the Blue Jays but more importantly the community that he was able to be a part of. John said it warms his heart that he was able to make an impact on people, "that's what's important in life."

Ray Rauth | Senior Content Editor

For over 15 years, Ray dedicated his life to the social service sector, assisting job seekers in meeting their employment goals. In 2017, Ray launched a digital media and brand ambassador company partnering with companies throughout Canada and the United States to build brand awareness. Some of the brands that Ray has partnered with are Amazon, Fanatics, Manscaped, Draft Kings, NewBreak App, SportsCastr, Halftime App, and ColorCast.





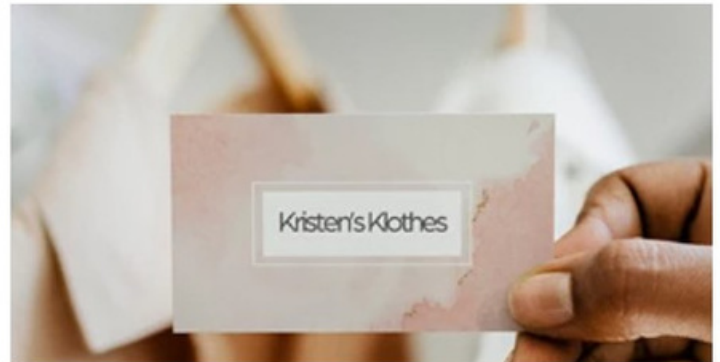
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FOR THE LOVE OF FABRIC

Surface Pattern Design

Of the many art hobbies I've dabbled in, designing and working with fabrics has always been my favourite.

When did this start?

I honestly cannot remember - I started painting and embroidering motifs onto plain white fabric and sewing them into pencil pouches. It was an enjoyable hobby as I got to personalize blank canvases and use them to create something - fun and unique pencil pouches!

When I graduated college and took some time off to explore my interests, I discovered Skillshare; a wonderful educational platform that provides training taught by experts in many fields. Knowing that I was drawn to fabric, I searched for anything related to it and fell upon surface pattern design. To my surprise, it was a popular art medium that I'd never heard of before and I was really eager to start watching some classes.

After a couple of lessons on the newly discovered surface pattern design world, I was in awe - it was everything I'd dreamed about - it opened up possibilities of designing my own fabrics!

In the courses, many artists laid the groundwork of what expertise was needed to become a pattern designer; drawing motifs, being familiar with repeats, getting comfortable with Adobe Illustrator, designing fabric collections and eventually how to make a name for yourself in the exciting industry.

From then onward, I started following a bunch of pattern design artists and enrolled in additional courses taught by successful designers in the industry.

I learned all the technical skills needed to design a repeat pattern, started creating patterns one by one and eventually developed a couple of collections too!

Surface pattern design is not just fabric focused - the actual definition is: creating art for any surface. Industries that artists can design for include: stationery, wallpaper, wrapping paper, upholstery, apparel, quilting, floor coverings and many more.

I was drawn to design for stationery. This is how Cozee Blues - my art pseudonym began! Using the motifs and patterns I created over the past couple of years, I thought it was time to start putting my name out there and sharing my art.

I decided to open an Etsy shop (something grade 11 Annie would be proud of) and listed a few items of my artwork including sticker sheets, memo paper and art prints. It has been an enjoyable journey thus far, seeing my art turn into physical products and having people purchase it!

I have many dreams for Cozee Blues, big and small, but I hope to check some of them off my list. I hope to design and see my characters on more products - pencil pouches, mini scarves, apparel, wrapping paper and much, much more.

For any artsy people out there who love drawing, creating motifs and characters and want to see their art on real products, I recommend peeking into the exciting surface pattern design world.

RESOURCES TO EXPLORE BEFORE YOU GET STARTED:

- Skillshare
- Instagram
- Adobe Illustrator
- Bonnie Christine (surface pattern design queen)
- Traditional art mediums or drawing tablet

Annie Chen | Graphic Editor



An all-around cozy girl who loves crafting and learning new art mediums. You can find her on Instagram and Etsy @CoozeeBlues where she shares her artwork on stationery products.

A lover of simple moments in life: drinking tea, eating snacks, napping and spending time with loved ones.

Welcome Centre Immigrant Services:

Our mission is to help immigrants and newcomers achieve their goals and thrive in Canada



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Moving to a new country can be an exciting and nerve-wracking experience.

Immigrants and newcomers often face a range of challenges as they seek to adjust to their new surroundings, build new social networks, and navigate unfamiliar laws and regulations. And if they don't have the right support, it can be an overwhelming experience.

This is where Welcome Centre Immigrant Services comes in. We are a one-stop-shop for immigrants and newcomers who are looking to access the services they need to make their transition to Canada a smooth and easy one.

We know that the immigration process can be complex and overwhelming, so we have built a highly skilled team of experts who are here to help you navigate every step of the way.

We can help you understand your rights and obligations as an immigrant, connect with government services and community resources, and provide you with important information about the job market and other aspects of life in Canada.

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Language training: We offer a range of language classes and programs to help you improve your English language skills. Whether you're a beginner or an advanced learner, we can help you improve your communication skills so you can succeed in Canada.

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Settlement services: We can help you get settled in your new community by providing information and support on a range of issues including housing, health care, transportation, and more. Our settlement services team can connect you with other immigrant communities and social networks to help you build a sense of belonging and community.

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With seven Welcome Centres located throughout York Region and Durham Region, it's easy to access our services. We also offer mobile unit services to support immigrants settling in some rural areas. So, no matter where you are in Canada or what kind of support you need, we are here to help.

At Welcome Centre Immigrant Services, our mission is to help immigrants and newcomers achieve their goals and thrive in Canada. Whether you need help with language learning, employment, settlement, or accessing government services, we have the expertise and resources to help you succeed.

If you're an immigrant or newcomer and need support, come and visit us today.

Call 1-877-761-1155 or visit www.welcomecentre.ca



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A lesson to remember!

My parents arrived in Canada over 50 years ago, with one suitcase between the two of them. As I was growing up, Mom and Dad recounted stories all the time about their struggles. There were no ESL classes, they had little to no money and little to no family for support.

I was the spokesperson for our family. I went to the bank on Fridays with my mom to help her deposit cheques. I wrote the cheques to pay for rent and I was the go-between for my parents whenever they needed an interpreter. I was six and I grew up much faster than a normal kid.

Sometimes I resented it, most times I just went with it. There's one story my mom would tell me whenever I got frustrated. It goes like this:

“It's the end of the week and we only have one piece of meat left in the sauce. It goes to my father because he's a construction worker and he needs to eat well.”

My mom laid out dinner that night and gave my father the meat, and placed an egg on her plate and one on mine.

My father was furious. He took the meat and cut it into three parts - one for each of us - and told my mom to make another egg.

My father said, “In a team, we're all treated equally”.

Anna Ottaviani-Kirkham | Contributing Author

Anna Ottaviani-Kirkham is a dedicated manager with Job Skills, who has a passion for connecting with people and helping them to become their best selves. With her experience and education, she informs, mentors and coaches clients and staff to reach their potential.



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WHAT DOES BEING *Canadian* MEAN TO YOU?

In 2015, I came to Canada from Syria at the age of fifteen.

Back home, I didn't see any multiculturalism. Almost everyone in the city I lived in shared the same culture, traditions, and appearance.

It was fascinating experiencing multiculturalism here in Canada. To me, being Canadian means being proud of who I am here in Canada. I feel that I have rights and have a voice within the Canadian society. Being Canadian means being in a country that respects other cultures and differences.

I am a very outgoing person and it was a challenge for me to connect to others because of the cultural differences and barriers. I went to a Catholic high school and being a student of colour there was very tough.

I faced immense feelings of isolation and being excluded. Fortunately, I overcame those challenges by joining sports clubs and afterschool programs, making friends and getting involved in the community by volunteering.

I have learned the value of being a part of a multicultural community and the importance of the ability to adapt to different religions, cultures and backgrounds.

I have learned to be open-minded with friends that I made throughout my years living in Canada. I have a very open-minded approach to interacting with colleagues and I make sure to welcome their culture, ideas, thoughts, and religious beliefs and traditions.

Omar Al Shaarani | Contributing Author



Hi, my name is Omar Al Shaarani, I am a computer engineer from Syria, I have almost 2 years of working experience as an IT specialist and a strong focus on Cybersecurity. I am very passionate on expanding my knowledge and technical skills within the field. During my free time, I enjoy playing soccer and pool.



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Upcoming Events

TO CHECK OUT THIS SUMMER!

- ☐ **Canada's Wonderland**
Open May 5th, 2023; located in Vaughan
- ☐ **Toronto Jazz Festival**
June 23rd – July 2nd, 2023; Nathan Phillips Square
- ☐ **Ribfest Toronto**
June 29th – July 2nd, 2023; Centennial Park
- ☐ **Summerlicious**
July 7th – 23rd, 2023; All over Toronto
- ☐ **Honda Indy**
July 14th – 16th, 2023; Exhibition Place
- ☐ **Taste of the Danforth**
August 11th – 13th, 2023; Danforth area
- ☐ **Canadian National Exhibition (CNE)**
August 18th – September 4th, 2023; Exhibition Place
- ☐ **Medieval Times**
Ongoing; Exhibition Place

Check-off the list as you go!

See page 26 for reasons to get out this summer! - By Tali Gluck



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Volunteering can help you enhance your job search skills, interview skills, and improve your confidence. It can also expand your network, help you find mentors and future references while providing you with opportunities to explore other industries.

“A recent survey found that half of employers questioned reckoned that job applicants with volunteering experience were more motivated than their idler peers and three-quarters agreed that it gives a boost to career prospects. It can also expose unsuspected skills and interests.” (Tims, 2010)

Volunteering can be a fantastic way for individuals to gain valuable skills and experiences, while also making a positive impact in their community. If you are a student looking for your first job, volunteering can give you some much-needed experience.

IF YOU:

- Are a student looking for your first job, volunteering can give you some much-needed experience.
- Are currently between jobs, volunteering can fill in the gaps of unemployment.
- Are building your career, volunteering can broaden your horizons and give you leadership opportunities you may not have in your current role.
- Work in a stressful environment, volunteering can bring you peace and happiness.
- Are retired, semi-retired or will be soon, volunteering can provide you with a sense of belonging and keep you busy while contributing to your community.



Volunteering is a passion project; start with something meaningful to you - you will likely stick with it and get more out of the experience. Sports organizations, school groups and social programs are always looking for volunteers.

The best news is that studies have shown that volunteers experience a 6.5% increase in their mental health. Frequent volunteering can also lower blood pressure and make you happier overall. *

Routes Connecting Communities has volunteer opportunities in every one of our programs that can help you achieve your goals and make our communities a better place.

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Carolyn Grossi | Senior Manager at Routes

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This includes economic prosperity; safe and convenient travel; a healthy environment; and language and culture revitalization. Our hope is that all people who walk with us on these lands, the traditional lands of the Anishinaabe, share in this vision as we all strive for and enjoy that good life – ‘Bemaudiziwin’.

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The program includes learners who may have a range of barriers to learning.” <https://www.tcu.gov.on.ca/eng/eopg/programs/lbs.html>

Our programming is available for those 19+, or 18+ for those who have been out of school for at least 6 months. Our goal at each type of session is to include a cultural component, to incorporate our traditional ways of knowing. We aim for all of the knowledge in our community to be accessible to all community members

For more information on the literacy program, please contact Brianna Big Canoe at 705-437-4327

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GETTING OUTSIDE

this summer

As spring comes to an end and winter becomes a distant memory, it is only natural to look forward to the sunny and warm days ahead. With longer days and shorter nights, a day outside becomes more possible. Why should I go outside? How does this help me? These are valid questions, and though you may be wary to ask them here is your answer.

Going outdoors and getting fresh air has been proven to boost your mental health. Your mental health is one of the most important things you need to nourish. Being in nature especially has been shown to reduce stress and create a sense of peace for many individuals. If being out in nature and doing activities like hiking, camping, or going to a park is not something you enjoy, there are still lots of other opportunities to get outside.

Another benefit of being outside in the sun is getting more vitamin D. Vitamin D gives an important boost to your immune system and is an integral part of feeling your very best!

Make this summer all about enjoying time with your friends and family and trying new things. I am the type of person who enjoys eating out and trying new food. In the summer, there are many outdoor events that will allow you to try new things. *Ribfest* is a popular spectacle that occurs all over Ontario and many cities hold similar events all summer long. If you prefer to go downtown Toronto and spend the day in the city, there are other events such as *Taste of the Danforth* and *Summerlicious*. These events allow you to get together with friends and family and experience different types of food that you may not have tried before.

Being in the sunshine, whether in the park or the concrete jungle, is equally beneficial for your health. Improving your mental health is all about doing what is best for you, and personalizing your summer experience based on events around your interests. Getting out and trying new things is a good way to relax and have fun.

An amazing opportunity to do that would be to attend the *Canadian National Exhibition (CNE)* in Toronto. The CNE is Canada's largest annual fair and gets over a million visitors each year. It is a busy, fun-packed, incredible experience that includes food vendors, rides and attractions, and live music. This is a good social activity to keep you busy all day long and get you out of your typical environment with a chance to have some fun. Exploring the city and trying new things is an excellent way to improve your mood with fresh air and adventure.

Are you a daredevil who particularly enjoys a thrill? Then a fun summer activity to visit is *Canada's Wonderland* where there are many rollercoasters to ride if that is something that interests you. If you are getting outside with kids this summer, Wonderland has an amazing children's area with character meet-ups and small rides. On a hot day, cool off at the water park and enjoy the sun!

If music is something that makes you feel bright on a gloomy day, the *Toronto Jazz Festival* might be something you'd like to enjoy this summer. The jazz festival is an amazing opportunity to enjoy different artists and experience celebration in the city. You can expect to see a variety of food vendors, merchandise for sale, jazz artists, and live shows at this festival.

If you love cars but don't know where to go except the *Toronto Auto Show*, why not explore the *Honda Indy*? You'll see fast cars and new builds, explore different types of mechanics, and get to eat fun food while watching the race. Located at the Exhibition Place, it is accessible by public transit and is located in the heart of downtown Toronto. After the thrills of the day, you can find *Medieval Times* next door. This is a great opportunity to experience the life of the past; watch jousting competitions, horses doing tricks, and enjoy delicious food.

Getting outside this summer is an amazing way to improve your mental health. Consider exploring what else may be happening around you.

Try something new and see; it might become your next yearly tradition.



Tali Gluck | Contributing Author

Tali Gluck is a registered Social Worker who has completed her Master's Degree. She has experience with different aspects of Social Work including mental health, counselling, geriatrics, and community care. Her role at Job Skills is to support both staff and clients with their wellness and mental health needs.



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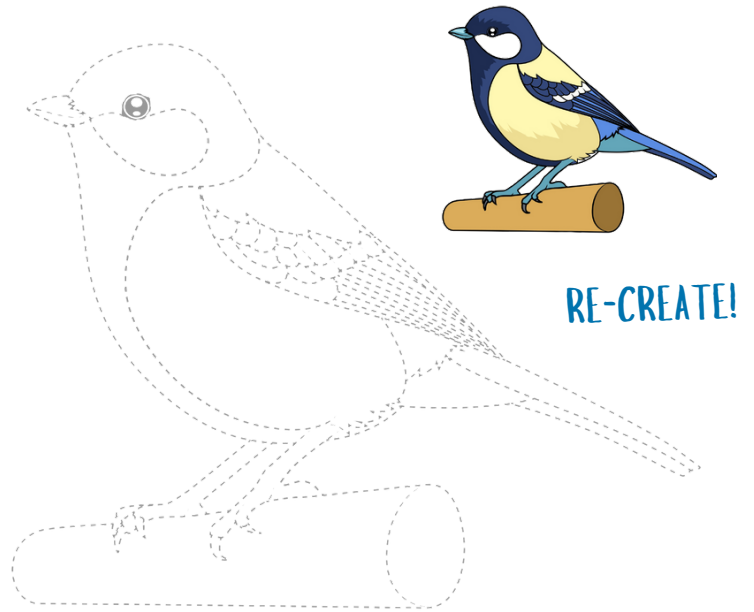
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40 Metropolitan Cres.
Keswick, ON

Summer Break



How many Blue Jays have you encountered this summer?



SCAN TO WIN
BLUE JAYS TICKETS OR A
COPY OF GIBBY'S BOOK

SUN TIPS!



EMBRACE

Equity, Diversity & Inclusion

The month of June

- PRIDE MONTH
- ITALIAN HERITAGE MONTH
- FILIPINO HERITAGE MONTH
- PORTUGUESE HERITAGE MONTH

Summer Break

Job Skills hosted their Staff Appreciation event at The Old Town Hall - a fun day filled with mingling, food and solving murder mysteries.

A big thank you to the production group at 'bigtimemurder' for putting on a captivating show!



Who put scissors in John's back!?



Visit bigtimemurder.com for upcoming shows near you!

KNOCKIN'EM DEAD SINCE 1992

FUNNY COMICS!



"Daddy showed me where he works! We went to a murder scene and the morgue and everything!"



"So much for the 'secret' swimming hole."

EMBRACE

Equity, Diversity & Inclusion

June 2023

- 04 International Day of Innocent Children Victims of Aggression
- 05 World Environment Day
- 12 World Day Against Child Labour
- 13 International Albinism Awareness Day
- 16 Guru Arjan Martyrdom
- 19 Juneteenth
- 20 World Refugee Day
- 21 National Indigenous Persons Day
Litha, Summer Solstice
- 23 St-Jean-Baptiste Day
- 26 International Day in Support of Victims of Torture
- 27 Multiculturalism Day
- 28 Eid al-Adha - Muslim Festival of Sacrifice
Pride Day

July 2023

- 01 Canada Day
- 03 Dharma Day
- 06 Dalai Lama's Birthday
- 09 Martyrdom of the Bab
- 11 World Population Day
- 12 Malala Day
- 18 Mandela Day
- 19 Muharram Islamic New Year
- 23 Birth of Haile Selassie
- 26 Tisha B'Av
- 30 International Day of Friendship

August 2023

- 01 Lammas Day
- 05 Grande Parade (Caribana)
Taste of the Danforth begins
- 08 Peace Festival in Augsburg
- 09 International Day Of The World's Indigenous Peoples
- 10 Ascent of Saint Dominic
- 11 International Youth Day
- 13 Obon begins
- 14 Pakistan Independence Day
- 15 Obon ends
- 17 Birth of Marcus Garvey
- 19 World Humanitarian Day
- 20 Onam begins
- 21 World Senior Citizen Day
- 22 International Day of Commemorating the Victims of Acts of Violence Based on Religion or Belief
- 24 Santa Rosa de Lima
- 26 National Day of Repentance
- 31 Onam ends



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Across from Bramalea City Centre

Cyril Clark

Near Loafer's Lake Park

Four Corners

In downtown Brampton

Gore Meadows

In the community centre

Mount Pleasant Village

Just steps from the GO station

South Fletcher's

In the Susan Fennell Sportsplex

South West

In the Lionhead Marketplace

Springdale

Near Bramalea Rd. and Sandalwood Pkwy.