



## Comox Military Family Resource Centre

19 Wing Fitness & Community Centre, Bldg 244, 1575 Military Row  
PO Box 310, Lazo, BC V0R 2K0

Ph: (250) 339-8290 Toll-Free: 888-246-0222 Fax: (250) 339-8199  
Website: [www.comoxmfr.com](http://www.comoxmfr.com) Email: [info@comoxmfr.com](mailto:info@comoxmfr.com)

MFRCFS: 10/012

March 16, 2010

### COMOX VALLEY EDUCATION AND CAREER FAIR 2010: THE POWER OF BELIEF

By Sara Zubiak

In keeping with the Olympic spirit so passionately demonstrated by our athletes at the recent Vancouver Winter Games, the Comox Valley Education and Career Fair has chosen *Believe in You* as this year's theme. Job seekers are encouraged to come out and re-invigorate their belief in a bright future Friday, May 7<sup>th</sup> from 10 a.m. to 4 p.m. at the 19 Wing Fitness and Community Centre.

Don't let these tough times discourage you! Even though the recession has impacted the Comox Valley, opportunities are still available and we believe we've found a winning formula to help you find what you're looking for. Exhibitors, representing a wide cross section of career and education options, will be present in our main exhibit area to answer questions and provide career information and inspiration. Some employers will be taking applications and résumés on-site and links to other local employers who are hiring will be available at our HR Booth.

We believe interactivity is a big draw for those who like to get "hands-on". Once again fair-goers interested in the skilled and technical trades will want to check out our Trades and Apprenticeships room which will feature returning favourites as well as new faces. Instructors from North Island College will be on hand to discuss training, while those who work in the field will be showing off their trades, and encouraging you to try your hand at a variety of skills. Could you be the next Mike Holmes?! You can if you believe you can!

Belief in yourself is vital if you choose to work in a non-traditional environment, which is exactly what several of our trades and apprenticeships exhibitors have done. They are women making their mark in the skilled trades, career fields traditionally dominated by men. As a result, this year's fair-goers will get the chance not only to learn what it takes to be a painter, a carpenter, a millwright, a refrigeration technician or a residential designer – they'll also get some perspective on what it means to be a woman working in these jobs. Increased participation by women in trades and technology fields is absolutely vital to Canada's economic future if industry is to overcome skilled labour shortages which are predicted to worsen as baby boomers continue to retire. Pink work boots may not be a requirement, but mental toughness, physical fitness, and a keen intelligence with excellent skills in literacy, math and problem solving certainly are. So, if life in a cubicle just isn't for you, regardless of your gender, stop by and chat with our trades exhibitors about the rewards of one of these exciting careers.

We also firmly believe that laughter reinforces learning. This year's fair will again feature performances by the popular Valley Impromptu Players. The members of VIP, skilled actors augmented by enthusiastic participants from the audience, explore thorny workplace issues in a humorous yet informative way. This year they tackle the topic of those intimidating behavioural interviews – the latest trend in employment interviewing – as well as the always relevant topic of workplace safety.

So mark your calendar. Career Fair is THE place to be to ignite the flame of possibility for your future. Admission is free, (although we do ask that everyone bring a donation for the food bank), and of course all are welcome. We believe in linking employers with job seekers. We believe in helping people get excited about their education and training options. We believe that a bright future is still possible in the Comox Valley. At Career Fair, we BELIEVE IN YOU.

For more information about the Comox Valley Education & Career Fair, please contact Debi Genereux, Education and Employment Service Coordinator at 250-339-8211 Local 7004, email [Debi.Genereux@forces.gc.ca](mailto:Debi.Genereux@forces.gc.ca) and make sure to check out our website at [www.getagoodjob.ca](http://www.getagoodjob.ca). The Government of Canada has contributed funding to this initiative.

**To accomplish great things, we must not only act, but also dream; not only plan, but also believe. Anatole France**

- 30 -

Comox MFRC Media Contact: Nancy Callaghan, Communication & Marketing Coordinator, 250-339-8211 Local 6655.

