



Ready for a career change? Let us help!

Our services are always free for job seekers.



ADMINISTRATION ACCOUNTING IT MARKETING SALES MANAGEMENT EXECUTIVE LIGHT INDUSTRIAL CALGARY 403.508.1000 WWW.ABOUTSTAFFING.COM

Get spring cleaning – in your workplace and your mind

When we start a new job, we are on our best behaviour, we put our best foot forward and we dress for success.

Then, as we move through our career, we begin to get more comfortable and it is tougher than nails to get excited about going to work every day.

The January blahs and the February blues have come and gone, and we are moving towards spring fever. We may get tired of working like a dog, although dogs don't work very hard, so perception is in the eye of the beholder!

We may work with people we think are dumber than a sack of hammers, or salespeople who can sell ice to the Inuit, but hopefully we mostly work with people who are sweeter than pie.

Business may be hopping busy at this time of year or perhaps as slow as molasses in January. We wish there was some middle ground, but alas, no such luck.



About Staffing

We are either swamped or slow, love our co-workers, customers and bosses, or are tired of dealing with them all.

Sometimes all we need is a bit of a facelift at work.

We need to bring in some spring flowers, move furniture around and organize our workspace so we don't get snowed under at this time of year.

An important rule of thumb is that we feel better when we look good and when we feel good, we are more productive and happier.

This is the time to get

some spring cleaning done around our workplace, update our hairstyle and our wardrobe — even one small thing makes a big difference.

It will feel so good if we are bright as a penny at work, every day, being as positive and productive as possible.

We should keep an open mind at this time of year and clean up all types of work clutter, including what's on our mind. We don't want to burn bridges, so if we decide to deal with workplace issues in March, we should remember

we also need to be organized in our minds.

We should think back to when we started the job. We usually start a new job with high hopes. But time passes, likely without changing a single thing. We fill up our spaces with people and stuff that wear us down over time.

So, as we move into the March spring, the early bird gets the worm.

Make an effort to bring back

that lovely feeling at work, and go back to the honeymoon stage we felt when we started.

Brighten up and clean up physically and mentally, and look as sharp as a tack for the spring season!

Sharlene Massie is the CEO of About Staffing Ltd., a dynamic personnel

agency specializing in direct-hire and temporary placements.

Questions for Sharlene? Visit the About Staffing website at www.aboutstaffing.com, and click on the link under the Sun logo. This article may be reproduced or transmitted if done so in its entirety, including this copyright line: Copyright 2012, by About Staffing Ltd., all rights reserved

www.iceriversprings.com

Ice River Springs takes great pride in producing the highest quality spring water in North America from our protected natural springs. We are currently requesting applicants for the following position in our Calgary facility:

Licensed Maintenance & Electrical Technicians
Bottling experience required

Truck Drivers with Tanker Endorsement

We Offer:
Excellent Wages • Company Benefits
Clean & Safe Work Environment

Qualified candidates are invited to submit their resume's to hrcalgary@iceriversprings.com

We thank all applicants; however only those selected for an interview will be contacted. Ice River Springs is an equal opportunity employer.

2012 TURNAROUNDS

Electricians & Instrumentation Technicians wanted for Turnaround work in the Edmonton and Red Deer areas from April - August.

For more information please contact **Andrea Mercer at (403) 342-1666** or email your resume to amercer@studon.com

A leader in the heavy construction industry is looking for experienced and entry level employees to help us build Calgary's future.

With a very busy construction season approaching, we are now accepting applications in the following areas to start in the spring:

- Experienced Heavy Equipment Operators (hoe and dozer operators given priority)
- Experienced Asphalt Operators and Workers
- Experienced Pipelayers (those with residential water and sewer experience will be given priority)
- Heavy Duty Mechanics
- Class 1 and 3Q Drivers
- General Labourers

All the above positions are available with competitive wages and benefits. Applicants must be willing to submit to substance abuse testing as these positions are safety sensitive.

Please submit applications/resumes to:

Volker Stevin Contracting Ltd.
Box 5850 Station A
Calgary, Alberta T2H 1Y3
In person: 7175 - 12 Street SE, Calgary
Online: <http://www.volkerstevin.ca/>

Looking at a career change that offers domestic and global growth opportunities?
Looking to work with an aggressively expanding company?

United Safety Ltd. is seeking **consciously committed people** focused on career advancement and personal growth **to join our dedicated team of H₂S Safety Supervisors**

United Safety is a world leader in providing personnel, equipment, technology, and solutions for safety services in both upstream and downstream sectors of the oil & gas industry, including plant turnaround services, onshore/offshore drilling and well servicing activities, and construction projects.

The company currently operates globally in nine different countries and is aggressively expanding to meet our clients' worldwide demands.

What's in it for you?

- ❖ Global opportunities
- ❖ Academic & career development
- ❖ A work schedule to balance work and personal life challenges
- ❖ Competitive industry wages
- ❖ Great benefits/company pension plan

Required Qualifications

- ❖ Experience in drilling, well service, pipeline, well stimulation, well testing, or other upstream-related areas is preferred
- ❖ Strong interpersonal skills
- ❖ Clean and valid driver's abstract
- ❖ Valid pre-requisite industry safety tickets including: H₂S Alive, First Aid, and PST/CSTS

Learn more about United Safety and the position in our website: www.unitedsafety.net
Please reference the position when applying and forward your resume in confidence to:

United Safety Ltd.
Fax: (403) 948-5190, Email: careers@unitedsafety.net; Apply online under Careers
All resumes will be reviewed and short-listed candidates will be contacted.
"Working safe is a condition of employment"
United Safety is an equal opportunity employer and encourages a diverse workforce.