

# GOOD WORK NEWS

The Working Centre, 58 Queen St. S. Kitchener, ON N2G 1V6

Issue 83

December 2005

Subscription: a donation towards our work

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## “Ample in Space, Hospitable and Tolerant in Spirit”

By Joe Mancini

Integration is a word that we have used frequently this year. We call the 97 Victoria project – an integrated community resource centre and we describe our accessible space as integrating many different projects serving similar goals. “Ample in space, hospitable and tolerant in spirit” is how Jane Addams described the essence of Hull House, an early 1890’s American settlement project.

Integration can be forced or it can happen naturally through the connections people make between one another. Space, hospitality and tolerance work together to provide the leaven for a natural integration that builds community.

Jack, who worked all summer and fall on the construction project, wrote us a letter that emphasizes this spirit. “I strongly believe that I have gained valuable hands on experience and knowledge of various aspects of the construction industry. I am thankful for having the opportunity of working for a non-profit organization that has dedicated its time and resources to making a better community for everyone. I very much enjoyed being part of the team.”

Another thank you letter came from a new Canadian who wanted to extend his gratitude to the counselors. “The intervention by your agency was therefore the saving grace that rescued me from a continuous fruitless job search and frustration. I am thankful for the devotion, commitment and encouragement and for painstakingly working

with me through all the period of resume writing to securing the job.”

Community is nurtured in the subtext of such stories. Counselors and those making the construction work possible have created environments of hospitality, trust and tolerance. This type of dedication can fade with time or it can continually resonate.

It is with thankfulness that the spirit of hospitality continues to resonate in many ways. At 97 Victoria volunteers and Job Café workers have proudly created Worth A Second Look. A store brimming with stock and dedicated to serving the community. On the second floor, construction workers, some skilled, some in training, are installing windows, framing the perimeter and shoring roof joists as the outline of the new St. John’s Kitchen takes shape.

The job search centre worked with 2400 people with 52,081 visits, this past year. This work is in the context of public access computers, computer training, housing desk, bike recycling, the whole food box CSA, Barterworks, the sewing space, Speak English Café, Health Speak, Focus on Health Care and accounting, to name some of the projects integrating and supporting each other. Similarly, the 300 meals served at St. John’s Kitchen are complimented by patrons distributing the market food, Psychiatric Outreach supports, Downtown Street Outreach workers and the Kitchener Downtown Health Centre.

We are blessed by so many who continually participate in new and renewing forms of hospitality.

## Support Circles

By Leslie Morgenson

A professor of mine once tried to make a case for arranged marriage, arguing that it was the ultimate test of love: to come to care deeply for a complete stranger. All these years (and experience) later, his argument now makes more sense. Romantic love, filial love, the love of like-minded friends, these relationships do not require us to challenge the depth of our compassion. It is important for us to come to understand another, to care what happens in their day, to worry about their absence, to demonstrate loving concern for someone you have not chosen, but who has been placed in your path.

When people cross our paths we are not always obliged to build and sustain long term relationships with them; but we are, I believe, always required to show goodwill toward them. A smile, a nod, just a word can mean all the difference in someone else’s day.

Social activist Jean Vanier has said that we direct goodwill towards another when we look long enough to “see something in them”, some inner beauty or strength, something precious. Goodwill costs nothing, requires very little time but can deliver so much. It does not require providing weekly meals for someone to demonstrate goodwill. It is simply demonstrated concern for a fellow human being. No matter how our community thrives in economic terms we will never have a healthy or “rich” community without goodwill.

But often today it is counter-cultural to expect goodwill. Millions of people are absorbed with the current inundation of “survivor” style TV shows, with

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the chief goal to divide and eliminate. The rest of us reading or watching the news are hit with a similar reality on the global stage as nations seem intent upon searching for the enemy, all of which is a far cry from building community.

At St. John’s Kitchen we see the face of loneliness as often as we see the face of hunger, a reflection of our world weariness in a society that doesn’t encourage community building. Those who arrive at St. John’s Kitchen are often in crisis. Over the past few years support circles have been developing among an inter-agency collaboration of outreach workers in downtown Kitchener, all of whom work together to circle, support and advocate for people in crisis until their lives have some stability. This ensures that the person is accompanied to appointments, to get clothing, to the hospital, the pharmacy, or to interviews for housing.

Likewise, at Mary’s Place, an emer-

continued on pg. 3



**Unique Selection of Holiday Gifts!**



**The Front Window**  
features unique handcrafted local items - cards, natural soaps, herbal products, knitted goods, jewelry, books, and more!

Twentieth Year

Issue 83

December 2005

Good Work News

Good Work News was first produced in September 1984. It is published four times a year by The Working Centre and St. John's Kitchen as a forum of opinions and ideas on work and unemployment. There is a circulation of 9,500 copies. Subscription: a donation towards our work.

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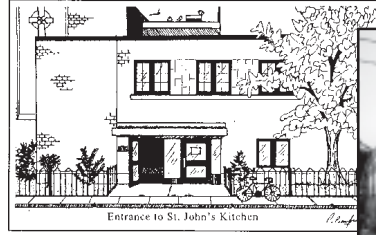
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97 Victoria: An Integrated Community Resource Centre



The integrated community of St. John's Kitchen at 97 Victoria will include:

- A Kitchen and Dining area to accommodate up to 300 meals per day. The new space will make it easy to involve volunteers in all aspects of the meal production, improve food storage and food handling, develop space for market food distribution, and create a hospitable multi-use community space for groups and workshops.
A Medical Clinic offering services to the homeless and to those at risk of homelessness. The Kitchener Downtown Community Health Centre will continue to provide primary health supports, an ID clinic, and referrals. Psychiatric Outreach will provide mental health services. Waterloo Regional Public Health will provide flu shots, immunizations, and other primary care.
A common meeting place for Downtown Outreach Workers
Showers and Laundry for those who are homeless or not able to access such facilities.
Upgraded public washrooms designed to serve the downtown homeless
Job Café on the main floor will serve to connect individuals to part-time work opportunities. The Job Café seeks to "build relationships through work and service", developing a broad concept of work that enables wide participation by individuals in need of part-time work, but not able to work in the full time labour market.
Worth a Second Look Furniture and Housewares Retail and Recycling Centre will provide low-cost used furniture and housewares while keeping reusable goods out of landfills. The project combines a retail store with pick-up and collection services, and space to refurbish usable goods. Settlement packages and vouchers will be available for those requiring essentials to set up a new home. The project will create opportunities for employment, skill development and community involvement.



Renovations Recreate 97 Victoria

The work to revitalize 97 Victoria is in full swing. Renovations include a complete upgrading of electrical, heating, plumbing, roofing, insulation, and windows. In order to keep costs down, we do the construction work ourselves. The Job Creation Partnership of HRSDC has provided us with 8 workers for 6 months each. They gain construction work experience and provide valuable project labour. All of the trades and companies that we have worked with have provided significant contributions of expertise, materials and equipment.



At this time the 97 Victoria revitalization project is harnessing community support in the form of gifts of services, time, and money. Many have supported this project to help make it a reality. A contribution will be an important gift that will serve the community for decades to come.

Yes, I would like to support the 97 Victoria Integrated Community Resource Project!

Enclosed is my donation for:

- Donation options: \$35, \$50, \$75, \$100, Other

Please make cheque payable to: The Working Centre
58 Queen St. S., Kitchener, Ontario, N2G 1V6

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Payment options: Visa, Mastercard, Amount: \_\_\_\_\_

Payment options: Mastercard, Expires: \_\_\_\_\_

Card Number: \_\_\_\_\_

Signature: \_\_\_\_\_



The Working Centre is pleased to announce that

Dr. Donna Ward

will be Guest of Honour for the 19th Annual Mayors' Dinner

In recognition of the innovation and commitment of those dedicated to hospice palliative care in Waterloo Region.

Saturday April 1, 2006

The Mayors' Dinner is an evening that celebrates individuals who have made outstanding contributions to our community

Palliative specialists, hospice personnel and volunteers in many capacities have advocated for the needs of individuals living with life threatening illness. Dr. Donna Ward is known for her "commitment to excellent holistic palliative care accessible to all persons" in need. Hospice palliative care aims to relieve suffering and to improve the quality of living and dying. It strives to help patients and families address physical, psychological, social, spiritual and practical issues and their associated expectations, needs, hopes and fears. It helps patients and families to prepare for and manage self-determined life closure. Hospice Palliative Care promotes opportunities for meaningful and valuable experiences, personal and spiritual growth, and self-actualization.

We want to recognize Dr. Donna Ward as a leader in palliative care transformation. Her generosity and compassion has supported countless individuals needing palliative care. In the same way, we want to recognize palliative care providers that enhance our community by creating caring and nurturing environments.

We invite you to become involved by buying tickets, purchasing a community table for your group, company or church, purchasing sponsorships or contributing an item for the auction.

For more details, please call Stephanie at 743-1151 x110.



# St. John's Kitchen

## Support Circles

Continued from pg. 1

agency shelter where women often return because of loneliness, a formal program called Circle of Friends is offered, whereby a group of volunteers is matched with a woman who has a limited network of support. The Circle of Friends program is long term, offering sustained support to enable a woman to live independently with a circle of support on which she can rely. The model of care they have built is non-hierarchical, allowing each person to contribute in her own capacity. The hope is that women will no longer need to use emergency shelters as a means to community living.

Building community was what a police officer, Rob Davis, had in mind when he recently spoke to a group of high school students at St. John's Kitchen. When asked how often he had been called to St. John's Kitchen he replied, "Never". He further told them that the sidearm he carries is not nearly as powerful as the words used to calm a situa-

tion. Nobel Peace Prize winner Rigoberta Menchu has said that her weapon was to learn the language of her oppressors. Words lead to community; community leads to understanding.

When people are willing to show good will, the door is open to compassion and there is much compassion at St. John's Kitchen. Often, even before the outreach workers need to intercede, the community takes care of itself. Compassion, in the true sense of



the word, is not simply being kind but entering into another's suffering. Compassion then, says Dutch priest Henri Nouwen, is radical. Many speak of the face of God being present at St. John's Kitchen where the origin of the word compassion is represented by "walking

with someone else through their suffering." A young man with an elaborately pierced body and multicolored hair, leans down to tie the shoes of an old woman; a woman struggling with her own mental health issues, suddenly has a moment of absolute lucidity and defuses an eruption of tempers and sends both parties on their separate ways; the homeless guy sits with his hand on the shoulder of another having a bad day and shepherds the fellow back to his apartment. I once was asked to close my eyes; when I did, I was sprayed with perfume. He had purchased the perfume so he could relive, through the essence of her perfume, a time when he was with his partner... a time when life was happier and easier. Many useful things could have been purchased with that perfume money, but the need for spiritual food was greater.

In this setting, where there is little opportunity for economic gain, there are fewer hidden agendas and, therefore, more occasion for direct expression and meaningful connection. Against this backdrop, people clearly see and comment on seeing the face of God in others. Outside of the economy, people can realize their giftedness and the fact that they have something to give. Henri Nouwen distinguishes a

"fruitful life" from a "successful life"; fruitfulness being, in a sense, the opposite of success. When we live a fruitful life, we give to another. Noewen speaks of caring, not curing. We do not need to be searching always for solutions. Living through suffering is experiencing life to the fullest.

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**It has come to our attention that from time to time individuals claim to be raising funds for St. John's Kitchen by collecting money door to door. While we do drop flyers door-to-door, we have always asked that donors mail or drop-off donations directly at the Centre.**

### DINING OUT

## Friends and food

**Meals are an enjoyable experience when shared and nothing says sharing like St. John's Kitchen**

BY ANDREW COPPOLINO  
FOR NIGHTLIFE

Last week, I visited a dining room of a different sort. I volunteered at the St. John's Kitchen at the corner of Duke and Water streets in downtown Kitchener and helped out with their Thanksgiving dinner. The kitchen, and the many volunteers working there, served nearly 500 turkey dinners to appreciative patrons for whom finding a hot meal is difficult.

I am lucky to be able to dine at the finest restaurants in our region on a regular basis and write about my experiences. But I was just as fortunate to be able to meet some wonderful volunteers who help make St. John's Kitchen a place where food and community are available for people in need of a meal.

I met Norm Maier, a retired public school teacher from Kitchener who's been volunteering once a week at St. John's for three years: He's there for the people and is dedicated to creating this communal atmosphere.

"I believe everybody has the right to food and the right to eat, so I help by volunteering. I enjoy the people."

The dinner that Maier was helping prepare was no different from a meal we might get at a local restaurant. It was no different from the meal we had at home this past Thanksgiving weekend: roast turkey, creamy mashed potatoes, broccoli, stuffing, gravy cran-

berries, ice cream and pumpkin pie - it all tasted great.

In the three or so hours I was at St. John's, I unloaded trucks delivering groceries, bused tables, ran food out to the two buffet-style counters, spooned out the cranberries, ladled out the gravy and served up the buns and rolls.

But the taste of the food wasn't what hit home for me: it was the sense of community that I got.

When people eat at restaurants, they are sharing a communal experience both with their companions and the other patrons around them. It begins with food, but it is really about the shared experience. This very experience - though quite different in degree if not kind - was present at St. John's.

At the tables in the St. John's church gym, friends and acquaintances sat together to recognize the time of the season. People chatted and told stories in small groups, though a few sat alone to eat by themselves. A table of four young men played cards after dessert. I and several of the patrons joked about falling asleep after eating plates of turkey and mashed potatoes and gravy.

There's little distinction between patrons, volunteers, and staff at St. John's Kitchen - there's little distinction where the goal is to provide a bit of a refuge in a friendly no-questions-asked environment, prepare some well-



ROBERT WILSON, FOR NIGHTLIFE  
Guillaume Boucher, 20, of Quebec, visiting during a 2-month placement with the Canada Works Youth Program, volunteers at the St. John's Kitchen.

cooked food, and serve it to people in need of a meal. There's little distinction between those who have been cooking and cleaning up, and those folks who are visiting as they all sit down together to eat.

And who are the patrons sharing in this communal experience? They vary in age, and the split seems about even in gender. I chatted with a twenty-something young man with his two kids whom he was wiping down after their dinner. At another table, while I cleared their plates, I spoke with new Canadians struggling with English and listening to me intently. They held up a tattered piece of the Yellow Pages that they were trying to decipher, and I did my best to figure out what they needed.

There were patrons of various socioeconomic backgrounds; there were

patrons with issues of mental health. And there was one woman who waited for me courteously in her wheelchair as I carried a couple of boxes past her to the storage area. One solitary diner asked me if he could bring food back to his buddy who was sick in bed. He waited in the long line-up a second time and had a hearty meal packed in a take-away container.

During all of this, food was the focus of this community but always with laughter and companionship. Etymologically, a companion is one with whom you break bread; it is someone to share a meal with. Dining out, when all is said and done, is about this companionship even more than it is about the food.

But the special kind of companionship and food that is important at places like St. John's Kitchen can't happen without the entire community's help.

The food banks in Cambridge, Guelph, and Kitchener help supply food to tens of thousands of individuals and families all year long, but they need your ongoing help.

As winter approaches and so to the holiday season, do whatever you can to ensure that there's lots of good food for the region's food banks and community kitchens like St. John's. Donate your time or donate financially to help ensure that nutritious meals and a vital sense of community are always there.

Everyone deserves that.





# Waterloo School for Community Development

## Local Democracy as Response to Specific Situations

By Ken Westhues

The biggest challenge for an educational program in local democracy is how to avoid contradicting the topic in how the program is organized. One cannot learn about small-scale democracy except by practicing it. An authoritarian structure for the program would subvert its purpose. We would not be smarter by the end, but stupider.

Fortunately, the twenty participants in this inaugural offering of the Working Centre's Diploma Program in Local Democracy bring such rich and diverse backgrounds of democratic thought and action that they would not tolerate an authoritarian program structure anyway.

Our course got off to the best possible start by participants' exchange of the gifts of their own thoughts and experience, in a series of 20-minute introductory presentations.

It was amazing how well participants understood one another's gifts and were able to take and build on them in discussion, despite the vastly different cultures, religions, classes, and occupations the presenters come from, and how varied are the authors and intellectual traditions they cite.

The participants' common ground is the less than ideal situations in which we all find ourselves, day by day, throughout our lives. Some of these situations result from forces outside our control. Others we choose ourselves, but without fully realizing what we are getting into.

However such a situation comes to be, here it is, and the question is what to do. Local democracy means acting in the situation at hand in some creative way that promotes the equality, the common humanity, of ourselves and the other people involved. Antidemocracy means acting in a way that pulls people apart, distances them from one another, reinforces the hierarchies dividing them.

What made the presentations powerful was the stories told of specific little events, interactions, decisions that were turning points toward democracy, or toward its opposite.



In mid December, Job Café workers were busy in the Kitchener downtown decorating lampposts with Christmas decorations. Job Café street cleaning for the Kitchener Downtown Business Association wrapped up November after a very successful third season. Many thanks to the KDBA for making this project possible.

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**If local democracy means anything, it means taking turns listening and talking to the people around us, being alive to one another.**

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One participant told of the day an official in a far-off land visited her father and proposed that he place his daughter in a well-paying job for the dictatorship. "We would sooner eat grass," the father replied.

Another student told of helping her father with Christmas hampers. He was disabled from a chronic disease, but had insurance benefits enough to main-



Participants of the first Diploma in Local Democracy course

tain a decent standard of living. They were taking the hampers to others with the same disability, but without the insurance.

On the other hand, a veteran of Canadian peace-keeping missions told of a commanding officer in his uniform overseeing impoverished native laborers unloading a shipload of Christmas turkeys for the troops. Their work took several days. The question was what to pay them. "One turkey or two," the officer pondered aloud, twirling his moustache and fearing to be too generous.

I told a story from my youth in rural Missouri, where segregation between blacks and whites was still the norm. It was far from an ideal world. A white farmer I knew hired several black day-laborers to work with him. He said lunch would be provided. Came time for lunch, he led them into his house and motioned them to the dining table, which his wife had set for all the men working that day. The black day-laborers hesitated. The local custom was that they would eat separately, typically at a table on the back porch. The

farmer said to them quietly, "You work in our fields, you eat at our table." I remember thinking even as a child that that farmer, in the real situation of his imperfect world, was serving a value on democracy. He reduced human apartness just a little, and word of his action travelled.

Exchanging honest

stories is the heart of our program on local democracy, but there is more.

We have given ourselves assigned readings for the December/January break, some great ideas from activist thinkers like Christopher Lasch, Jane Addams, and Moses Coady.

We also took time this fall to listen to Geeta Vaidyanathan and Ramani Sakaranarayanan describe for us their biodiesel program for local economic democracy in some villages of eastern India. The World Bank funds their project. They were en route to California to pick up an international award for it.

There is no telling what we might do in the second half of our course.

Yet the stories of democracy and antidemocracy from participants' own first-hand experience have been front and centre in our course so far. No apologies for that. Abstract ideas are essential but dangerous. If local democracy means anything, it means taking turns listening and talking to the people around us, being alive to one another.

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## Dedication of Maurita's Kitchen

On Saturday October 8<sup>th</sup>, 2005 family and friends of Maurita McCrystal and friends of The Working Centre gathered for a special dedication of Maurita's Kitchen in the midst of the ongoing construction at 66 Queen St. S.



Irene Price, Maurita's family, (above) Andrew Telegdi and Rudi Weber share stories about Maurita. Andrew, who served on The Working Centre Board with Maurita in the late 1980's reminisced about Maurita's long term commitment to community work.



## A Long-Overdue Nod to the Working Poor

**The Globe and Mail Editorial: Friday November 18, 2005**

Buried in this week's mini-budget, virtually ignored amid the parliamentary squabbling, is a novel notion with a sadly bureaucratic moniker, the Working Income Tax Benefit (WITB). Overlook the name. Whoever wins the next election should implement the scheme as an innovative way to ease struggling families off welfare and into the work force. It would mark a huge step in adapting social policy to the 21st century.

As it stands, the system is a mess. Some how, as Ottawa and the provinces tinkered with their welfare and tax systems over the decades, as they allotted scarce dollars wherever the need was greatest without heed for the bigger picture, they forgot what happens to families who want to get off welfare or earn a few extra dollars or go for that small promotion to raise their meagre earnings. Today, those families might as well not bother. The collision of clawbacks and tax rates and benefit losses is so catastrophic that they wouldn't be much better off. Many might even be worse off.

A telltale chart tucked into Finance Minister Ralph Goodale's Plan for Growth and Prosperity tells the tale. Using the average social-assistance rates from eight provinces, the chart tracks the fate of a single parent with one child on welfare who manages to

scrounge an extra \$10,000 in income. The marginal tax rate, the tax on those extra dollars of income, is virtually unbelievable: 78 per cent. Now imagine that this poor soul manages to add an extra \$10,000 in income, bringing his or her working income to \$20,000. The marginal rate on this extra \$10,000 is, wait for it, 43 per cent. Amid these figures do not include the loss of in-kind benefits from welfare such as subsidized prescription drugs and housing. The welfare trap is a sinkhole.

Mr. Goodale's WITB would help to compensate for that loss, and help low-income working families who have managed to make ends meet without resorting to welfare. The Finance Minister has sketched the outlines of a refundable tax credit that would add 30 per cent to annual family earnings in excess of \$3,000. The maximum benefit of \$1,000 would be reached when family income hit \$6,333, and would start to decline gradually as net family income edged above \$18,000. The benefit would disappear when net family income nudged above \$28,000. The WITB would likely rise over time; Mr. Goodale has put aside \$500-million in 2008 and 2009, and a full \$1-billion in 2010. It is a carrot in a world of tax sticks. Or, as Finn Poschmann, associate research director of the C. D. Howe Institute, has noted, "The very idea of doing something potentially effective is terrific."

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And long, long overdue. Yves Savoie, executive director of the Family Service Association of Toronto, has repeatedly warned that workers in every community are truly vulnerable because the job market has changed. Many are self-employed or are juggling part-time, seasonal or contract jobs. Others may have steady jobs, but the pay is not good enough to lift them out of poverty. Nearly half of all low-income children live with parents who actually participated in the labour market for an entire year. The WITB could be a god send.

The bottom line is that, at a time when Canada needs more workers with more incentive to work, Mr. Goodale may have provided a tactical solution. The WITB may not be catchy but, in a mini-budget crammed with alluring tax cuts and strategic investments, it may stand as the Finance Minister's most useful legacy.



## The Working Centre Online!

At The Working Centre's website, you will find a wide range of information about the Centre, including:

- ▶ Detailed descriptions of programs and projects
- ▶ Information for job seekers and employers
- ▶ An outline of the philosophies and ideas upon which The Working Centre was founded
- ▶ Listings of computer training courses that we offer
- ▶ Monthly calendars of events and workshops
- ▶ GROW Herbal Gardens catalogue
- ▶ The Alternative Work Catalogue Online
- ▶ Back issues of Good Work News
- ▶ ...and much more!



[www.theworkingcentre.org](http://www.theworkingcentre.org)

(new look coming soon!)



## Opening in December!



### Come see what's in Stock!

- ▶ tables
- ▶ chairs
- ▶ cabinets
- ▶ small appliances
- ▶ used books
- ▶ dishes / cutlery
- ▶ toys and games
- ▶ ...and more!

### Volunteers Invited!

Positions available for volunteers, contribute your time to the community!

**97 Victoria St. N**  
**Tel: 569-7566**

We were not able to open Worth A Second Look at the end of October. The construction work on the street caused us many delays, and Victoria Street in front of the store was dug up for much of November.

On the bright side, this gave us time to set the store up, and it is now completely renovated with new windows, shelving, a childrens section, a large used books section and is overflowing with used goods of all kinds. Come out and check out the bargains.

## The Whole Food Box CSA Community Supported Agriculture



### The Whole Food Box offers

- ✓ Organically grown vegetables
- ✓ Local and seasonal produce
- ✓ Very affordable prices
- ✓ Support to local farmers

Half and full shares are available for 2006, \$18.50 per box. Register Now!

Contact Karin Kliewer at 743-1151 x113 for details or visit [www.theworkingcentre.org](http://www.theworkingcentre.org)



## Waterloo School for Community Development

The Working Centre has had an educational dimension from the start. Most of the education is informal, a by-product of participation in the Help Centre, St. John's Kitchen, and specific projects like Recycle Cycles or The Front Window. People watch each other work, they ask questions and get answers, they converse. Thereby they teach and learn.

Some of the education at the centre is more formal. The ongoing program of workshops, discussion groups, study circles, and information sessions at the Queen Street locations is part of it. So is the centre's newsletter, Good Work News. So is the book catalogue now sent widely across Canada, and publication of occasional books by the centre itself. Another part of more formal education at the Working Centre is speaking engagements to inform the wider public of the centre's work.

The ideas behind The Working Centre revolve around the basic building blocks necessary to create community. Some of these ideas, as we have defined them are **community tools, access to tools, lack of hierarchy and bureaucracy, building relationships, work as gift, respect for the environment, producerism, humility, cooperation and serving others.**



## Projects of The Working Centre

### Job Search Resource Centre

This community setting is a busy place, where each day over 150 people use our employment counseling services, resume assistance, newspapers, fax, photocopier, telephones, phone message service and computers. We offer a wide range of practical supports including links to employers for jobs, job trials, work placements, and mentorships.

- We assist hundreds of people who struggle to make ends meet through temp jobs, part-time work, and contract work.
- Almost half of the people we work with are Internationally Trained Professionals working on licensing and certification and/or finding work in a field related to their profession.
- Many people we work with are older workers looking to find work that suits their skills and experience.
- We also serve a wide range of other adults who are looking for work including those seeking apprenticeships, a positive work change, and/or meaningful work.
- We help many people facing crisis and the mounting stresses of unemployment, providing support, positive advocacy and problem solving.

Last year over 2,400 people used The Working Centre job search services with over 52,081 visits and 205 workshops attended by 1692 people. This active community centre combines support and practical resources.



### St. John's Kitchen

This year, St. John's Kitchen has averaged over 300 meals each weekday with a volunteer labour force of over 150 people preparing, cooking, serving and cleaning for the daily meal. Peer support is provided at the Kitchen as patrons work to support each other through this work.



St. John the Evangelist Anglican Church has generously hosted St. John's Kitchen for the past 20 years. During this time, St. John's Kitchen has continually expanded as a place of hospitality, refuge and support. While some days serving over 350 meals, we also provide coffee, bread and muffins for breakfast, a market program to redistribute fresh food, and increasing links crisis support, outreach and mental health services.

Presently we are engaged in major renovations at 97 Victoria St. N. to create an integrated community resource that will provide a new kitchen and dining area for St. John's Kitchen, showers and laundry, facilities for primary health support, a home for Job Café which provides access to employment and Worth A Second Look Furniture and Housewares Retail and Recycling Centre. By integrating these links to services, health supports, job opportunities and basic human necessities into one place, they will better serve the community that needs them.

### Access to Technology

Every day, our computers are humming with activity through public access computers, self directed computer training, computer workshops, and community voice mail. Computer Recycling provides a lab for refurbishing old computers while creating a practical environment for those learning to operate and fix computers. Each month our public access computers are used between 900 - 1200 times. Computer training sessions have supported 99 individuals learning basic computer skills.

### Community Tools Projects

These community tools projects provide a combination of direct service, skill building, and training. This work provides opportunities for community building and links to employment. Each project provides a productive means of contributing to the community. These projects include Recycle Cycles, Computer Recycling, Urban Agriculture, The Front Window, BarterWorks, PaperKraf, GROW Herbal Gardens, Sewing Space, and Worth a Second Look Furniture and Housewares.



### Transitional Supportive Housing

The Working Centre provides 10 affordable transitional housing units in its two buildings on Queen Street. Presently, we are building 5 more units for up to 10 more people at our 66 Queen Street location. This past year we have started up 5 units of transitional housing for women and we provide a transitional house for refugees in cooperation with the Mennonite Coalition for Refugee Support. Our model of shared housing provides immediate shelter and an opportunity to search for work and long-term housing. The Housing Desk has assisted over 400 individuals searching for affordable housing.



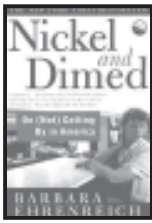
### Support for the Downtown

The Working Centre is taking a larger role in developing community partnerships that have resulted in new and practical supports in the downtown. The Job Café provides casual labour for clean up jobs in the downtown, The Downtown Street Outreach Workers develop trust through providing direct support that helps individuals reconnect with community supports. The Psychiatric Outreach project is an innovative, street based support that provides direct psychiatric help one day a week to those at risk of homelessness. In total, this work is providing significant supports in downtown Kitchener.





# Alternative Work Catalogue



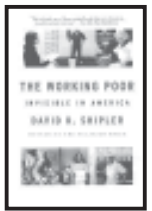
## Nickel and Dimed On (Not) Getting By in America

Barbara Ehrenreich

Millions of Americans work full-time, year-round, for poverty level wages, motivated in part by the rhetoric surrounding welfare reform, which promised that any job equals a better life. Ehrenreich moved from Florida to Maine to Minnesota, taking the cheapest lodgings available and accepting work as a waitress, hotel maid, house cleaner, nursing home aide, and Wal-Mart salesperson. She soon discovered that even the

"lowest" occupations require exhausting mental and physical efforts. And one job is not enough; you need at least two if you intend to live indoors. Nickel and Dimed reveals low-wage America in all its tenacity, anxiety, and surprising generosity - a land of Big Boxes, fast food, and a thousand desperate stratagems for survival.

230 pages AB13 \$18.50 softcover



## The Working Poor Invisible in America

David K. Shipler

The Working Poor looks at the "forgotten America" where "millions live in the shadow of prosperity, in the twilight between poverty and well-being." For many, the American Dream lies well out of reach, despite a willingness to work hard. Shipler interviews working people to gain an intimate view of a life of constant struggle, dead-end jobs, and social (un)assistance. The author looks too at possible solutions to mass near-poverty from a governmental, business, community and individual perspective.

319 pages AB12 \$38.00 hardcover



## Dorothy Day Portraits by Those Who Knew Her

Rosalie G. Riegler

This beautifully written book offers unique glimpses into the richness and complexity of the person of Dorothy Day. The personal testimonies recounted in the book portray Day in fully human terms, conveying her autocratic and anarchic leadership style, her sense of humour, and her great passion. As a mother, grandmother, Christian friend, and advocate for the poor, Day emerges as one who exuded a powerful, engaging presence. Day has become a model of hope for many who, like herself, seek to live whole and holy lives amidst personal and external struggles.

211 pages AB13 \$18.50 softcover



## Peter Maurin: Apostle to the World

Dorothy Day and Francis J. Sicius

Apostle to the World is Dorothy Day's biography of her mentor, friend, and partner in founding The Catholic Worker, Peter Maurin. In describing the life and times of Maurin, Day paints a clear picture of the man who was "holier than anyone we ever knew" and who "...opened our minds to great horizons." This eloquent tribute to Maurin's vision, wisdom, and integrity will convey to the reader why Day revered him and why he had such great influence on her and others.

187 pages AB13 \$18.50 softcover

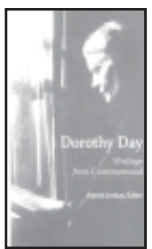


## Dark Age Ahead

Jane Jacobs

A Dark Age is a culture's dead end; a result of a society gone awry. Jacobs argues that our own culture may soon be facing a dark age as we move from an agrarian economy to an increasingly technological one. How do we make this shift without losing ourselves in the process? Jacobs identifies several key aspects of society that are slowly degrading, and suggests that to reverse the decay, we must hold on to those key cultural values.

241 pages GB01 \$29.95 hardcover



## Dorothy Day: Writings from Commonweal

Patrick Jordan, Editor

Dorothy Day, arguably the most influential person in the history of American Catholicism, was best known for her writings in 'The Catholic Worker'. However, some of her most insightful articles and letters were written for the Catholic journal 'Commonweal'. In this book you will find a collection of Day's Commonweal writings that offer the reader an overview of her exceptional life, prophetic insights, spiritual depth, and unforgettable prose.

173 pages AB13 \$18.50 softcover



## Community and Growth

Jean Vanier

This book is essential reading for anyone who has ever thought of "community" as a way of life or a deep communion with others. Vanier writes from a wealth of knowledge and experience gained through real community involvement, sharing in the hard work and day-to-day obstacles faced by the community, as well as the joyous celebrations and hard-won accomplishments. In the end, Vanier conveys the value of community, and shows the reader that without struggle there can be no success.

331 pages GB02 \$33.95 softcover



## Becoming Human

Jean Vanier

Jean Vanier, founder of L'Arche, shares his profoundly human vision for creating a common good that radically changes our communities, our relationships, and ourselves. He proposes that by opening ourselves to outsiders, those we perceive as weak, different, or inferior, we can achieve true personal and societal freedom. By embracing weakness, we learn new ways of living and discover greater compassion, trust, and understanding.

163 pages WC05 \$17.95 softcover



## Radical Gratitude

Mary Jo Leddy

In this thoughtful book Mary Jo Leddy presents radical gratitude as God's merciful remedy for the middle class quest of upward mobility and for the permanent dissatisfaction of not having the good time one thinks some others enjoy.

182 pages GB05 \$27.95 softcover



## Beyond Our Vision Journey of a Married Priest

Michael O'Kane

In Beyond Our Vision, Michael O'Kane recalls his life as a Christian missionary to Brazil and South America. In sharing with the reader personal accounts of the people he encountered, and of the events that transpired over the course of 40 years of missionary work, O'Kane explains how he came into conflict with the institutions of church and politics, and how they have failed the poor, particularly in Latin America. Ultimately, he describes how both his life and faith were enriched deeply through his unique experiences.

324 pages AB13 \$18.50 softcover

*This fall, Arleen Macpherson invited Michael O'Kane and his wife Carol to The Working Centre to talk about their journey. We shared stories of how influences of the early 1960's were still relevant today. In this excerpt from Beyond Our Vision, Michael describes two educational experiences from the early 1960's where he came in contact with the Antigonish Movement and Ivan Illich's CIDOC.*

### Learning about Cooperation from the Antigonish Movement

"In response to massive unemployment and widespread poverty, the Antigonish diocese championed the work of Coady and Tompkins. Using the facilities of St. Francis Xavier University, an education program was implemented for the training of local community leaders. Through the commitment, dedicated work and vision of Coady and Tompkins, local leaders were trained and the people of small communities came together. The farmers and fishermen in their remote communities were connected with one another. The skills of people and community resources were used in a common effort to overcome their economic difficulties. Co-operatives and credit unions were the financial and educational instruments in the movement. The Antigonish Movement was born. Through the years it brought great financial stability and a degree of prosperity to the lives of united communities in Cape Breton and other areas of Nova Scotia.

"My year at the Coady Institute exposed me to this model of grass roots economic and social development. As well as our lectures and studies at the Institute, we made field trips to farming and fishing communities, to marketing co-operatives and credit unions. Such exposure brought us into contact with the leaders of communities and the managers of the co-operatives. These discussions supplemented our formal studies and we were present at meetings at the local level. Men and women at the managerial level shared their insights and experience. Wage earners and their families shared their experiences with the movement and its benefits in their lives..."

### Ivan Illich in Brazil

"Illich and his team gave me a new way of thinking that was both exciting and fearful. For the first time in my adult life it allowed me to move out from that harbour of safe and protected thought. It forced me to think for myself, to challenge what I had accepted without question! Was our safe little Catholic world the best world? Did the church practice what it preached? Was the church itself faithful to the gospel message? What were we, as smug, self-righteous American missionaries, presuming to do in Brazil? We had come, no doubt, with Christ in our suitcases, with all the goodwill in the world to respond to the religious needs of the Brazilian church and people. But within that packaged suitcase, were we also carrying our prejudices, our shadowy view, and our superior American attitude? Did not the Latin American church and people have something to teach us? ...

"In his short time with us Illich took on the role of a devil's advocate par excellence. He dared to upset our religious and civil utopias. Illich was like the Old Testament prophet Micah with his piercing black eyes, his sharp nose and his gaunt figure. He rattled us to such a degree that at times we retreated to the safer havens of idyllic myths where we were the products of a perfect church, and lived in an all but perfect civil and political society! At other times we responded in a defensive manner. Illich was tearing down the safe world we had created. Suffice to say that Ivan Illich did not so much teach us what to think, as to how to think. This methodology had the desired effect of upsetting our traditional thought processes, producing a period of confusion, and finally allowing us to see and think differently. It was a process that changed the way I looked at myself, and certainly the way I would continue as a missionary."

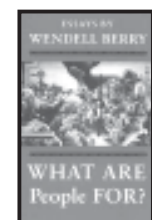


## Who Cares? Rediscovering Community

David B. Schwartz

Emphasizes humane ways of integrating developmentally and physically disabled individuals, with responses that are community driven rather than reliant on social service organizations. Schwartz does not advocate the dismantling of social services, but proposes responses that lead to richer better lives for the recipient and the caregiver and community.

169 pages WC08 \$48.00 softcover



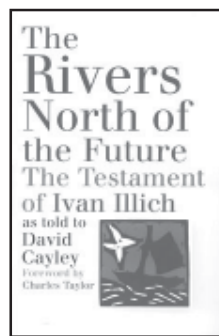
## What are People For?

Wendell Berry

"However destructive may be the policies of the government and the methods and products of the corporations, the root of the problem is always to be found in the private life." In this popular collection, Kentucky farmer, Wendell Berry proposes and hopes, that people can learn again to care for their local communities to begin a healing that might spread far and wide.

210 pages WC01 \$19.50 softcover

## Alternative Work Catalogue



### The Rivers North of the Future

#### The Testament of Ivan Illich

David Cayley

Based on a series of interviews between Cayley and Illich exploring Illich's views of Western civilization as a corruption of the New Testament. Christ set love higher than law, as illustrated by the Good Samaritan, but when love was made into law an entirely new type of power was produced, institutionalizing, and managing Christian vocation. Illich calls this, "The corruption of the best is the worst." Illich's analysis of contemporary society as a congealed and corrupted version of Christianity draws heavily from historical contexts, and serves as an invitation to believers to revise and renew their understanding of Christianity.

252 pages GB01 \$24.95 softcover

*In the forward of Rivers North of the Future, Charles Taylor writes, "We all owe a debt to David Cayley for bringing to the public this statement of the core thinking of Ivan Illich." Printed below is an excerpt of one of Illich's core beliefs.*

### The Practice of Self-Imposed Limits

"One of the reasons the two of us got involved in the project of doing these conversations was to explore the question of what it is necessary to renounce in order to live in the present world. I'm not talking about the renunciation preached by the deep ecologists, or by New Age teachers of enjoyment whereby I can have more fun or a lovelier life. I'm speaking of a type of renunciation which has been, from the precondition for the practice of love.

"I think I would start a little bit too high if I began now to speak about Jesus' absolute request that, if you came from solid, middle-of-the-road, practicable Judaism into his little sect, you renounced the freedom to separate from your wife. You renounced an opportunity which the Jew had. You renounced the need to belong to the "we" in order to find your "I". The place outside of Jerusalem, Golgotha, where the cross was put up, became the symbol of this renunciation. As in the Temptation, he renounced changing the world through power. Christians who imitate him soon discover that little practices of renunciation, of what I won't do, even though it's legitimate, are a necessary habit I have to form in order to practise freedom.

"What a beautiful, innocent world it was when people could still practise this renunciation by not eating chicken soup on Friday. I still remember that world. It made no sense in Europe during the Second World War when meat was rationed anyway, and I forgot about it. But when I came to New York, I found that people really were concerned about not eating meat on Friday. And, during the six weeks of Lent, they would give up something which was hard for them in order to learn how to give up other things. I remember my boss on the first days of the first Lent which I spent in the United States. We sat down for breakfast, and he was as grouchy as anything. And I asked him twice, Sir, did I do something wrong? No! Did I offend you? No! Do you feel badly? Yes, it's Lent and I've given up smoking my cigar. Well, punishing me was a funny way of going about his renunciation, but I love to think of it because it reminds me of the things which, in the modern world, we can give up — not because we want a more beautiful life, but because we want to become aware of how much we are attached to the world as it is and how much we can get along without it. These unnecessary things have now multiplied to such an extent that you can't easily give a social shape to them. Some people will give up writing letters on a computer — not because it's bad, and not because they don't like to have to answer letters at the speed of e-mail. Others will give up the services of physicians or, as somebody whom I know has done, guaranteeing that each of his children will get a college degree.

"The certainty that you can do without one of the most efficacious ways of convincing yourself, no matter where you stand on the intellectual or emotional ladder, that you are free. Self-imposed limits provide a basis and a preparation for discussion of what we can renounce as a group of friends or a neighbourhood. I have seen it, and I can witness to it. For many people who suffer from fears and a sense of impotence and depersonalization, renunciation provides a very simple way back to a self which stands above the constraints of the world.

"And such renunciation is especially necessary in the world in which we live. Tyranny of old was exercised over people who still knew how to subsist. They could lose their means of subsistence, and be enslaved, but they could not be made needy. With the beginning of capitalist production in the spinning and weaving shops of the Florence of the Medicis, a new type of human being was being engendered; needy man, who has to organize a society, the principle function of which is to satisfy human needs. And needs are much more cruel than tyrants."



### The Expanding Prison

#### The Crisis in Crime and Punishment and the Search for Alternatives

David Cayley

Cayley argues that crime and punishment in the West is in a state of crisis, with overcrowded prisons encouraging crime more than preventing it, and completely failing in its attempts at rehabilitating criminals. Our rapidly growing prisons, says Cayley, are a reflection of a society that is becoming increasingly polarized, not of one experiencing a genuine increase in crime. The prison system is an industry now, supported by a criminal justice system that uses it as a tool to address any number of social ills that it is incapable of handling constructively. Cayley then offers provocative alternatives to the existing system where justice is based on restitution and repentance, rather than retribution and vengeance.

405 pages SB08 \$22.95 softcover

## A Great Gift for Someone Searching for Meaningful Work

Gift Certificates for the Alternative Work Catalogue are available this holiday season. We will send the certificates to recipients, after which they can order books through Good Work News, The Front Window at 43 Queen St. S., or [www.theworkingcentre.org](http://www.theworkingcentre.org). The certificates are ideal for:

- supporting small and home business entrepreneurs;
- helping people through job search and career change to find their most inspiring and rewarding work;
- encouraging community and spiritual development.

You can place orders by mail, fax or phone - see the back page order form. We try to ship all orders within a day or two depending on availability. Feel free to call us about special orders.

All proceeds from this Catalogue go to Working Centre projects.



### Upstairs in the Crazy House

#### The Life of a Psychiatric Survivor

Pat Capponi

"This is where they sent me. This is where they said I belong". Those harsh words were brought to mind when Capponi found herself trapped in a decrepit boarding house after a brief stay in a hospital psychiatric ward. Her once fulfilling life had been reduced to illness, isolation, poverty and despair. Capponi conveys her experiences, and how she came to know the other residents, each one a painful reminder of how easily people can fall through the cracks in our society.

She explains how by understanding and working with the other residents, she was able to escape the boarding house and take back her life.

208 pages AB14 \$22.00 softcover



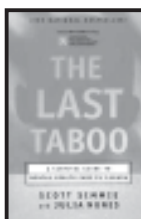
### The Face of Friendship

#### A True Story of Hope and Transformation

Bill Clarke SJ

When Bill Clarke, a Jesuit Priest, finds himself sharing a room in a small farming community with a hard-drinking ex-trucker, he wondered just what he was getting himself into. Over the years however, the two became close friends and shared in each other's struggles and accomplishments. Moving and at times humorous, The Face of Friendship is a memorable story of friendship, hope, healing and transformation. It shows how we can all learn compassion and acceptance and overcome the barriers to friendship and love.

256 pages GB06 \$22.95 softcover



### The Last Taboo

#### A Survival Guide to Mental Health Care in Canada

Scott Simmie & Julia Nunes

This book provides sympathetic and practical information on: the cause of mental, mood, anxiety, eating and personality disorders, substance abuse, schizophrenia, where to go for help, giving help, medication, psychotherapy, alternative medicine, stigma, suicide, and others. Written by a journalist who experienced a breakdown, this book is a must read for anyone interested or involved in issues of mental illness and health.

339 pages AB01 \$22.99 softcover



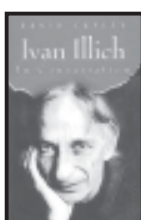
### Live Simply

#### A Simplicity Circle Study Guide for Waterloo Region

Edited by Fiona Heath

A study guide for small groups (6-10) to learn about voluntary simplicity and put it into practice in their own lives. Information to start a circle of your own with organizational and facilitation tips. The guide provides 10 sessions, with discussion background information, international and local authors, local resources and examples.

90 pages SL07 \$15.00 softcover



### Ivan Illich

#### In Conversation

David Cayley

Ivan Illich in Conversation contains the first major interviews granted by Illich in over 15 years. This book examines how institutions dominate modern life. Do advances in education, medicine and transportation systems actually liberate the human spirit, free us from ignorance, or give us independence? Illich's thesis is that institutions that grow beyond a certain scale force people to consume what institutions produce. These conversations range over the whole of Illich's published work and public career.

320 pages SB02 \$17.95 softcover



# To the Readers of Good Work News

Dear Friends,

Once a year we come to you asking for financial support. We represent vital projects in downtown that support over 500 individuals daily.

The projects of The Working Centre and St. John's Kitchen provide innovative supports that create a spirit of neighbours looking after each other. These projects and the ideas behind them continue to grow. This year, we are engaged in the building and renovating of new transitional housing, expanding the job search resource space, developing employment projects for street kids, widening computer training and recycling, implementing practical construction training projects, recreating a thrift store, and integrating St. John's Kitchen into a community of services and support.

We rely on your contributions to make this creative work possible. These projects build community tools that are made available to those with few resources. They make possible a community where hundreds participate by pitching in and helping each other in countless ways.

For your contribution to our work you will receive our quarterly newspaper, **Good Work News** that reports on ecology, book reviews, the changing nature of work, and inspiring stories of the time honoured methods of self reliance. **We are asking for your support because our work is so important to the many people who rely on us.** We hope that you are able to make a Christmas time donation to help sustain us throughout the year.

Sincerely

Joe Mancini  
Director



**Yes I want to support this work in K-W!  
Enclosed is my donation for**

- \$35     \$50     \$75     \$100     Other

**Please direct my donation to:**

- St. John's Kitchen    The Working Centre    Where it is needed most

*Please make cheque payable to: The Working Centre, 58 Queen St. S., Kitchener, Ontario, N2G 1V6*

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## An Alternative Christmas Gift Idea

Each year we are grateful for donations made in the name of family, friends or associates. If you use this order form, we will gladly send a Christmas card acknowledging your gift. Please fill out the form carefully. The cards that we send have been designed by Andy Macpherson.

Please direct my gift to:

- St. John's Kitchen     The Working Centre

**Please send a  
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## Alternative Work Catalogue Order Form

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