The Spirit Level

Why Equality is Better for Everyone

By Richard G. Wilkinson and Kate Pickett

“It, to cut carbon emissions, we need to limit economic growth severely in the rich countries, then it is important to know that this does not mean sacrificing improvements in the real quality of life – in the quality of our health, happiness, friendship, and community life, which really matters. However, rather than simply having fewer of all the luxuries which substitute for and prevent us recognising our more fundamental needs, inequality has to be reduced simultaneously. We need to create more equal societies able to meet our real social needs. Instead of policies to deal with global warming being experienced simply as imposing limits on the possibilities of material satisfaction, they need to be coupled with egalitarian policies which steer us to new and more fundamental ways of improving the quality of our lives. The change is about a historic shift in the sources of human satisfaction from economic growth to a more sociable society.”

Reviewed by Joe Mancini

Wilkinson and Pickett are on to something. The title of their book is catchy. People immediately think that it suggests that we need to look at old problems with a New Spirit. The catchy title causes people to think about their own work and to wonder about the systems that they are dealing with. Worse, what about the overarching social issues such as poverty, homelessness, and climate change? Do we ever need a New Spirit? We need a Spirit Level analysis of the systems and institutions that we have allowed to dominate our social landscape.

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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 10,000 copies. Subscription: a donation towards our work.

Editors: Joe Mancini, Stephanie Mancini, Jennifer Mains, John R. Smith

Contributors: Joe Johnson, Rebecca Mancini, Azam Fouk Aladeh, Jim Lotz, Alison Feuerwerker, Leslie Morgenson, Geeta Vaidyanathan, Ramani Sankaranarayanan, Don Gingerich, Andy Macpherson, Mary Jane Patterson, and Dave Thomas.

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Mayor Carl J. Zehr & Mayor Brenda Halloran will host the
Twenty-Fourth Annual Mayors’ Dinner in honour of
Jim Erb
Saturday April 2nd, 2011
Marshall Hall, Bingemans, Kitchener

Cocktails and Auction Preview: 5:30 pm
Dinner: 6:45 pm
For more details call (519)743-1151 x119

This year, we are celebrating our 24th Annual Mayors’ Dinner. As of early March, we have reached capacity, selling 930 tickets.

Over these 24 years, our guests of honour represent citizens who have made outstanding public contributions in commitment and dedication to our community.

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**Mayors’ Dinner Guests of Honour**

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<tr>
<th>Year</th>
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<td>1988</td>
<td>Dominic Cardillo</td>
<td>2000</td>
<td>Peter Hallman</td>
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<td>1989</td>
<td>Jonas Bingeman</td>
<td>2001</td>
<td>Chloe Callender</td>
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<td>Betty Thompson</td>
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<td>Milo Shantz</td>
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<td>Edna Snubler</td>
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<td>1992</td>
<td>Sr. Aloysia Zimmer</td>
<td>2004</td>
<td>Mary Bales &amp; Martin Buhr</td>
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<td>1993</td>
<td>John Wintermeyer</td>
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<td>Lorna Van Mossel</td>
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<td>Dr. Donna Ward</td>
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<td>Milton Good</td>
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<td>Anna Kaljas</td>
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<td>Sylvia &amp; Stephen Scott</td>
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<td>1997</td>
<td>Ken Murray</td>
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<td>John &amp; Donna Weber</td>
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<td>1998</td>
<td>Steve &amp; Eve Menich</td>
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<td>Lynda Silvester</td>
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**Monday, April 18**
Starting at 6pm
- Opening Gala
Starting at 7:30pm
- Roses Are Red
- Go Home & Dream
- Juiced
- Sierra
- Life of Logan
- Count Us In
- Ribbons of Green - The River

**Tuesday, April 19**
Starting at 7pm
- Zap Zap. By the Ascot Royals
- Polluted
- Too Low
- To the Wire
- Everyday Einstein – GPS and Relativity
- Ribbons of Green - The Pond
- Aakideh: The Art & Legacy of Carl Beam

**Wednesday, April 20**
Starting at 7pm
- Crawdaddy
- Je M’appelle Julia
- Stolen
- Milk & Honey
- Queen of the Highway
- The Catch
- Gerina
- Entourage Indie
- Return to Africa

**Thursday, April 21**
Starting at 7pm
- Lego Soccer Game - England vs. Brazil
- Penguin
- Strong Enough
- Deliveries
- In Good Hands
- Proudly She Marched
- JustUs
- A Symphony of Design
- Ribbons of Green - The Woods

**Friday, April 22**
Starting at 7pm
- Tell Me A Secret
- Case Study
- Thicker Than Water
- Channel Spieling
- Dead Genesis

**Saturday, April 23**
Starting at 10am
- 24-hour film challenge
- Matices: “Temporary” Migration in Canada
- Closing Ceremony at the Walper Hotel
By Leslie Morgenson

"Angst" is a word we in the Eng-
lish speaking world have adopted
from the German language because
we have no single word of our own
that completely describes the feel-
ing of fear and anxiety that encom-
passes a person's life. But though we
borrow the word and use it exten-
sively we cannot fully grasp its origin
because it is a word that has come
from a people who were at the cen-
tre of both World Wars. A word from
a culture with a historical tradition
of complex relationships with other
nations and because of those wars, it
may just be a culture that has had
to do more soul searching than any
other citizenry.

Language isn't just about words.
We choose our words because they
have deeply embedded meaning for
us. I find myself introducing St.
John's Kitchen to people with the
idea that one is entering a new cul-
ture and in doing so, there needs to
be a recognition that each culture
has a language all its own. When we
learn a new language not every word
is translatable and without being
immersed in that culture, we
may never truly comprehend the
semantic significance and tremen-
dous worth of a single word, a small
gesture, or a look held a second too
long. Every culture has its own code
of complex relationships with other
nations or because of those wars, it
may just be a culture that has had
to do more soul searching than any
other citizenry.

On a daily basis I meet people
who are parents, siblings, neigh-
bours, poets, musicians, gardeners,
retired farmers, labours, volunteers,
scuba diving instructors, uni-
versity educated, small machine
mechanics, fishermen, loyal, genu-
erous, accommodating, soul search-
ing, colourful, lovable. To describe
someone as "needy" dismisses them and
misses the es-
se of the person. "Needy" is a word
aimed at keeping someone
in their place.

There are words and subjects
that are not talked about in our
St. John's culture. Any topic that
typically falls under the category of
small talk would be unacceptable at
St. John's. That is being: vacations,
home decorating, cars. We would
tread lightly on the matter of the
weather and children. But politics
and religion always have the floor
with no holding back.

And when we from St. John's en-
ter the outside world there are codes
within the larger culture that create
barriers for the street population.
Most notably, in the winter, the ever-
present sign to remove one's shoes.
In accompanying people to ap-
pointments, never have I been with
someone who took off their shoes
and I too leave mine on. It would
be too painful to explain the reasons
and often for people it is easier to
simply avoid the appointment.

The power of language cannot be
 underestimated. It was a simple shift
in words that proved to be central
to the civil rights movement in the
USA during the 1950's. By declar-
ing the difficulty a "White problem"
instead of the ongoing reference of
a "Black problem" enough of a nudge
was given to alter people's thinking.
In the 1930's an American lin-
guist, Benjamin Whorf developed
a theory of Linguistic Relativity
- the idea that language influences
thought. Our view of the world and
the formation of our thoughts is di-
rectly a function of our language,
says the Whorfian hypothesis. It is
through these lenses that we should
examine the words used by a culture,
our culture to describe for example,
women; the stereotyping of an eth-
nic group; those with mental health
issues; people with limited funds.
When we label a person as "needy"
for example, we tidy place them in
a box from which they can't escape.
And that single word suddenly en-
capsulates their entire being, robbing
them of their dignity and limit-
ing their chances for change.

If the street population wanted to
wage an uprising, they just might begin with words to change the way
we think. They might question, for
example, the ecological footprint
of the culture who shuns them, for
we have a group of people who wear
recycled clothes, ride recycled
bikes, ride the bus, walk, produce
little garbage, use minimal electric-
ity, eat food past its' "best before"
date and live minimally efficient
together when an apartment affords
extra space.

The people least able to care for
themselves should not be respon-
sible for making change. But it just
may be that change in language,
thought, and behaviour have to
come from those in our culture who truly understand our adopted word: angst.

We are grateful for the generous support
that individuals, businesses, churches,
groups, and schools offer to The
Working Centre and St. John’s
Kitchen. This Christmas sea-
son, the generosity towards
our work is a true bless-
ing. A deep thank
you to all those
who make this work of build-
ing community
possible.

Jim Erb’s Table

As a teenager, Jim got a part-time
job at the Futher Funeral Home
up the street, washing cars, clean-
ing toilets, delivering furniture and
mowing lawns. “The rest is history.
More than 40 years later, I am still
mowing lawns, washing cars and
mowing furniture,” he notes.

After high school, Jim studied at
the Canadian School of Embalming
in Toronto. He returned to Welles-
ley, but he couldn’t pass up an
opportunity to work with Ed Good
in Waterloo in 1969. That is where he
made his career ever since.

The personal and caring service
provided by Erb & Good is well
known in the community.
Since death happens in all families,
rich and poor, it is essential to
provide compassionate care for all when
they are most vulnerable, Jim says.
That includes AfterCare, since grief
does not end with the funeral. Erb &
Good has the AfterCare services,
such as bereavement groups and on-
staff grief counsellors, for more than
20 years.

Following his parents’ example, Jim also par-
ticipated actively in community
and civic organi-
zations. In 1980, he was
elected to Waterloo City
Council. While some may
use municipal politics as a
springboard to running for
office at higher levels, Jim
always had his sights set
on the community here.
“I felt it was an opportunity to help
make positive change,” he recalls.
After serving for eight years, Jim
continued on page 5

continued from page 1

making a profit.”

The other happened earlier, in
1955, when Menno died. Jim was
only eight years old at the time.
Staff from the funeral home came
to pick up the body. After embalming
and dressing him, they brought
the body back to the family home – the
custom at the time – for viewing.
“During the visitation time at our
home, my cousins and I ran around
playing as if nothing had happened
– it was just a family get-together.
However, something did happen
for me. I was fascinated by the men
who came and gently lifted his body
from the bed where he died, and
then brought him back the next day
all dressed up, in a shiny oak cof-
f. I remember thinking to myself,
‘That’s what I’m going to do when I
grow up.’”

Jim and Marianne Erb with their
grandchildren.
CTx GreEn: Community-based Technologies
Exchange fostering Green Energy Partnerships

For over eight years, Geeta Vaidyanathan and Ramani San-karanarayanan have been slowly developing this Village Level Bio-diesel project through a non-profit corporation that they established called CTx GreEn. Both Geeta and Ramani have deep roots in The Working Centre community. Ramani produced his first batch of bio-diesel in the basement of 58 Queen. Geeta who assisted us with affordable housing initiatives has now completed her PhD from the University of Waterloo on the process of implementing Village Level Bio-diesel.

This past year Misha Gingerich and Amaryah DeGroote, who have assisted Geeta and Ramani over the years through their work at The Working Centre, both spent time at CTx GreEn's Mohuda Pilot Plant and Training Centre. They participated in the work of converting glycerin, the by-product of the bio-diesel process into soap products. Don Gingerich, Misha's dad and a Working Centre Co-ordinator who manages Worth A Second Look, visited CTx GreEn last winter and built a Waterloo County type fruit press from local materials. A picture of the press is included to the right.

The press is now being used to press cashew fruit juice to convert the juice into ethanol to use in etha

The pedal-powered reactor used to turn ethanol and oil into bio-diesel.

The following technologies have been developed by CTx GreEn.

• Renewable energy using local surplus seeds: fuel for a multi-purpose tiller which facilitates all types of land cultivation; fuel for secondary crop irrigation; fuel for essential daily water needs; fuel for electrification.

• Income to local entrepreneurs from the sale of biodiesel services (irrigation, oil expelling, lighting etc.) and secondary products from the production of biodiesel fuel: oil cake, glycerin and soap.

• An increase in agricultural productivity through increased soil fertility by using biodiesel oil cake as fertilizer. This will reduce the need for slash and burn cultivation and permit the regeneration of local forests.

• Local Production for Local Use

Village Level Bio-diesel is a “local production for local use” model for fuel production working with small farmers and local food producers. CTx GreEn has been developing this model over the last eight years. It has entailed developing pilot projects, sourcing the equipment, many trial and error attempts at demonstrating its viability, training young students as technicians, and encouraging villagers to take up this work.

1. Infrastructure and technology that supports the integrated model: CTx GreEn has built or sourced the following appropriate technology equipment for use in the local production of fuel: Biodiesel reactor, ethanol processor, oil presses, micro-refiners, and soap-production equipment. Along with tillers, pumps, stoves.

2. Training and demonstration package to integrate this model into a village: CTx GreEn has developed the following training modules to assist groups to adopt Village Level Bio-diesel; feasibility assessments, production and operations, quality control and business economics for operators. These materials are used in training sessions with self-help groups, village members, managers, trainers and bare-foot technicians.

3. Day-to-day support: CTx GreEn has been working in the cluster villages for the past 8 years developing this model.
Never a Dull Moment  Reflections on Living with Dementia

By Jim Lotz

My wife Pat developed cognitive impairment in 2007. In November, 2009, she was diagnosed with Alzheimer’s (end stage). I have been her main caregiver, and kept notes on her behaviour (and mine!). I hope these reflections will be helpful to others caring for loved ones with dementia.

Pat spent April, 2010 in a nursing home. Although it was clean and well managed, I was dismayed when I came to take Pat home. She seemed diminished, and I determined to look after her at home for as long as I can. Fortunately I am in good health, and we have no financial worries, continuing to live somewhat frugally as we always have. I have two free afternoons a week while caregivers keep Pat company. We have been fortunate with these young people who have bonded well with Pat. Friends have also been helpful in many ways.

Both of us participated in a documentary on Alzheimer’s, “Too Far Gone,” filmed at My Mother’s Place, commissioned by Dr. Laurie Maller, an enlightened and perspicacious geriatrician: Information on dementia, and it grows apace.

The good times we had together. and to keep alive the memories of the person she once was, have been married for 51 years, and I still think about that person -- and yourself. I trade in insights into dealing with individuals with neurological impairments. He tells how he searches for the vital spark in individuals with low IQs and other conditions, and fans it into flames that give them a better quality of life. He also tells patients not to bother with their mental problems and behaviour if they are not bothering them or others.

Every dementia is different because every sufferer is, and I look constantly for patterns in Pat’s behaviour and to create the best possible conditions for her.

Every dementia involves ongoing learning by phoning 1-900-473-8603. It tells the one-hour film can be obtained by phoning 1-902-473-8603. It tells four stories of aging.

Caring for a loved one with dementia involves ongoing learning about that person and yourself. I am not by nature a patient person. I like to get things done. I struggle to keep patience as Pat’s behaviour changes from day to day, hour to minute, to have been married for 51 years, and I still adore Pat and constantly seek for signs of the person she once was, and to keep alive the memories of the good times we had together.

There is an immense literature on dementia, and it grows apace. But the medical profession does not know what causes it, nor do they have cures for dementia. I’ve found literary metaphors and images useful in understanding Pat’s condition:

• We live in a Catch-22 world. If Pat knew she had dementia, she would not have dementia.

So there is no point in telling her she has it.

• Every day snacks of Groundhog Day when we go over the same matters again and again, and Pat asks the same questions again and again, although this has been happening less frequently of late.

• Others report on the Alice in Wonderland world in which they live. Things vanish down rabbit holes, then suddenly appear in unlikely places. Conversations begin somewhere and end nowhere, and seldom make sense.

• At times I feel I am in the Money Python dead parrot sketch as Pat denies something obvious to us.

• Our life together has its Kafkaesque aspects as Pat’s behaviour changes within minutes and I am bewildered at what she becomes.

Every dementia is different because every sufferer is, and I look constantly for patterns in Pat’s behaviour. I have found some sources helpful in my quest to make sense of Pat’s behaviour and to create the best possible conditions for her.

Oliver Sacks’ The Man Who Mistook His Wife for a Hat has lots of insights into dealing with individuals with neurological impairments. He tells how he searches for the vital spark in individuals with low IQs and other conditions, and fans it into flames that give them a better quality of life. He also tells patients not to bother with their mental problems and behaviour if they are not bothering them or others.

Obdurate is a man known as the professor presided over this establishment which practised “unconditional acceptance” of whatever residents wanted to do. After 72 hours “no one was ever a bit of trouble again.” This experience indicates the importance of acceptance -- no matter how demented a person, or he still a human being, and needs loving kindness. These are the pillars of care.

Contented Dementia tells a good story and offers very useful advice to those dealing with individuals with dementia. Penny Garner can be contacted at: The SPECAL Centre, Sheep Street, Burford, OX18 4AL, England. email: info@specalburford.co.uk website: www.specal.co.uk.

The positives of living with Pat far outweigh the negatives. She has retained her sense of humour and we still laugh a lot. I have found much joy and happiness in caring for my beloved wife.

Books by Jim Lotz

The Lichen Factor

The Quest for Community Development in Canada

Understanding Canada Regional and Community Development in Canada

Jim Lotz

Jim Lotz has documented the best of local initiatives that make a difference. He is known for his interpretation of the life and works of Moses Coady and has worked closely with those on the East Coast who have inherited the Antigonish movement. In The Humble Giant, Lotz tells the story of how Coady and his followers laid the foundations for the co-operative and credit union movements that now play a significant role in the social and economic life of people around the world.

197 pages $19.95 softcover

Understanding Canada Regional and Community Development in Canada

Jim Lotz

Understanding Canada traces the concept of community development from its beginnings in colonial Africa to attempts at self help in Canada, and relates it to the ideas of individualism and liberalism. Focusing especially on the Atlantic Provinces, the author looks at efforts to ‘help” the poor from the top down and from the bottom up. He analyzes the successes and failures of Antigonish Movement which flourished in the Thirties. Jim Lotz’s suggested models, goals and roles in community development indicate that we can meet rapid change in a positive and creative way.

288 pages $22.95 softcover

The Humble Giant

Moses Coady: Canada’s Rural Revolutionary

Jim Lotz

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141 pages $19.95 softcover

Jim Erb’s Table

The table work continues, maybe even more so since Jim has scaled down his formal involvement at Erb & Good. Part of the reason to his heart is his participation in interfaith activities in the community, bringing diverse groups together to find common ground, develop trust and create a more respectful and inclusive community.

Jim is well known for his efforts in a group that favours regional amalgamation, and he is well aware that it is a controversial issue. There are ardent supporters and ardent opponents. Jim respects everyone’s opinion, regardless of where they stand on the issue. Jim has grown up in small town Wellesley and living for more than 40 years in Waterloo, he advocates what he thinks is best for both rural improvement and the urban good.

There is one key component to everything Jim does. “No matter what you’re doing, you have to live your values every day, and share them with other people.”
Animal, Vegetable, Miracle
A Year of Food Life
Barbara Kingsolver, Camille Kingsolver, and Steven L. Hopp

Walter’s backyard is*kicked*A by. He has an industrial-food pipeline to live a rural life—vowing that, for one year, they’d only buy food raised in their own neighborhood, grow it themselves, or learn to live without it. Dart memoir, part journalistic investigation, “Animal, Vegetable, Miracle” is an enthralling narrative that will open your eyes in a hundred new ways to an old truth: You are what you eat.

400 pages $17.50 softcover

Buddha’s Brain
The Practical Neuroscience of Happiness, Love, and Wisdom
Rick Hansen and Richard Mandell

Building Social Business
The New Kind of Capitalism That Serves Humanity’s Most Pressing Needs
Muhammad Yunus

Leading scientists and science writers reflect on the life-changing, per

Muhammad Yunus, winner of the 2006 Nobel Peace Prize, has developed a new dimension for capitalism which he calls “social business.” By harnessing the energy of profit-making to the objective of fulfilling human needs, social enterprises act as a safety net, supporting viable commercial enterprises that generate economic growth even as they produce goods and services that make the world a better place. In this book, Yunus shows how social business has gone from being a theory to an inspiring practice, adopted by leading corporations, entrepreneurs, and social activists across Asia, South America, Europe, and the US.

256 pages $32.95 hardcover

The Compassionate Instinct
The Science of Human Goodness
Dacher Keltner, Jeremy Adam Smith, and Jason Marsh

Democracy’s Edge
Choosing to Save Our Country By Bringing Democracy to Life
Franco More Lappe

The Encyclopedia of Country Living
The Original Manual for Living Off the Land and Doing It Yourself
Carla Emery

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The Spirit Level
What comes through on successive levels of analysis of quality of life to wellness to deprivation, is that there is a strong correlation between a country’s level of economic inequal-

Yusuf Husayn reviewing The Spirit Level in the Guardian suggested that the “most troubling aspect of reading this book is the revelation that the way we live in Britain is a serious danger to our mental health.

Wilkinson and Pickett use a
divide, self-interest driven by status

368 pages $20.00 softcover

The Science of Human Goodness
The Practical Neuroscience of Happiness, Love, and Wisdom
Rick Hansen and Richard Mandell

546 pages $26.99 hardcover

The Spirt Level
Why Equality is Better for Everyone
Richard G. Wilkinson and Kate Pickett

One common factor links the healthiest and happiest societies: the degree of equality among their members. Further, more unequal societies are bad for health.

368 pages $20.00 softcover

Happiness
The Science Behind Your Smile
Daniel Pink

224 pages $18.00 softcover

The Spirit Level
Why Equality is Better for Everyone
Richard G. Wilkinson and Kate Pickett

One common factor links the healthiest and happiest societies: the degree of equality among their members. Further, more unequal societies are bad for health.

Pink, a psychologist, is particularly insightful in discussing the brain systems underlying emotions and mood, ranging from serotonin, to mood-enhancing drugs, to the part of the brain that, when electrically stimulated, provides feelings of serene calm and even euphoria. In the end, Nettle suggests that we would all probably be happier by trading income or material goods for time with people or hobbies, though most people do not do so.

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**The Empathic Civilization**

*The Race to Global Consciousness In A World In Crisis*  
By Jeremy Rifkin

Reviewed by Nicola Inglefield

Like many of us, Jeremy Rifkin is concerned about the health of our species and our planet. He encourages us to consider that our current ways of doing and being are leading towards an apocalyptic destruction of the earth’s biosphere.

Rifkin challenges some of the interpretations that we have attached to philosophers such as Adam Smith, Jeremy Bentham, Charles Darwin, Sigmund Freud. He chooses to interpret their theories from the vantage point of a theory of empathy.

Rifkin uses new research from a growing field, which is being conducted on the nature of human emotions. The essence of research is that human beings are soft wired with mirror neurons that cause us to experience another’s plight as if we are experiencing it ourselves. For example, if you see a spider moving up someone’s arm, you get a creepy feeling. Another example is that of babies in a nursery – when one cries, so do the others. If you witness someone get hurt, you cringe as if you can feel their pain. The conclusion of this new research, Rifkin and others claim, is that, in contradiction to how humans have looked at each other in the past, these new studies are demonstrating that we are not wired for aggression, violence, selfishness, or utilitarianism. We are soft wired for sociality, attachment, affection, compassion, and empathy. Our primary motivation, our primary drive is a drive to belong, to be in relationship with others, to be in community – it is an empathic drive.

Even though our core drive motivates us to live in connection with one another, our society teaches us individualism. If the empathic drive is repressed by our parenting, the educational system, our business practices, our fellow creatures is certainly a nice place to start.

**Instead of Education**

*Ways to Help People Do Things Better*  
John Holbo

It has become common knowledge that our educational system is in dire straits. Children graduate high school without knowing how to read while students are driven to violence by the brutal social climate of school. In *Instead of Education* John Holbo gives us practical, innovative ideas for changing all that. He suggests creative ways to take advantage of the underused facilities we already have. Reading this brilliant educator revolutionaries our thinking about what schooling is for and what we can do to accomplish its true goals.

250 pages $16.95 softcover

**Books for Sustainable Living**

**Pandora’s Seed**

*The Unforeseen Cost of Civilization*  
Spencer Wells

Pandora’s Seed takes us on a powerful and provocative globe-trotting tour of human history, back to a seminal event roughly two thousand years ago, when our species made a radical shift in its way of life. We became farmers rather than hunter-gatherers, setting in motion a momentous chain of events that could not have been foreseen at the time. Although this decision to control our own food supply is what propelled us into the modern world, Wells demonstrates that such a dramatic shift in lifestyle had a downside that we’re only now beginning to recognize.

256 pages $31.00 hardcover

**The Paradox of Choice**

*Why More is Less*  
Barry Schwartz

We assume that more choice means better options and greater satisfaction. But beware of excessive choice: choice overload can make you question the decisions you make before you even make them, it can set you up for analytically high expectations, and it can make you blame yourself for any and all failures. In the long run, this can lead to decisions-making paralysis, anxiety, and perpetual stress. Barry Schwartz explains at what point choice - the hallmark of individual freedom and self-determination that we so cherish - becomes detrimental to our psychological and emotional well-being.

288 pages $31.50 softcover

**Shock Doctrine**

*The Rise of Disaster Capitalism*  
Naomi Klein

The shock doctrine is the unofficial story of how the “free market” came to dominate the world, from Chile to Russia, China to Iraq, South Africa to Canada. It is a story about violence and shock perpetrated on people, on countries, on economies. About a program of social and economic engineering that is driving our world, that Naomi Klein calls “disaster capitalism.” Klein explodes the myth that the global free market triumphed democratically. Instead, she argues it has consistently relied on violence and shock, and reveals the puppet strings behind the critical events of the last four decades.

672 pages $22.00 softcover

**Synaptic Self**

*How Our Brains Become Who We Are*  
Joseph Ledoux

Lauded, a world- renowned expert on the brain, has produced a groundbreaking work that tells a profound story: how the little spaces between the neurons - the brain's synapses - the channels through which we think, act, imagine, feel, and remember. Synapses encode the essence of personality, enabling each of us to function as a distinctive, integrated individual from moment to moment. Exploring the function of memory, the synaptic basis of mental illness and drug addiction, and the mechanism of self-awareness, Synaptic Self is a provocative and mind-expanding work that is destined to become a classic.

416 pages $18.50 softcover

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Food for the Soul 2

By Alison Feuerwerker

“Times of economic hardship evoke divergent responses: they can lead to despair, isolation and giving up, or they can inspire creativity, reaching out, and working together. The second is a counter to the first, for it is by connecting with others that we end isolation, and it is by working for the common good that we push back despair. St. John’s Kitchen is an example of people joining together to meet basic human needs for food and connection; it is a light in the darkness. The Waterloo Chamber Players are choosing to offer what we do best and love to do most not only to benefit our selves but in service to the larger community of which we are part.” (from Good Work News, fall 2009)

Following on the success of Food For the Soul, a benefit concert for St. John’s Kitchen in October 2009, the Waterloo Chamber Players will present Food for the Soul 2 on Saturday May 7, 2011. This time we plan to bring the music home, performing on location at St. John’s Kitchen.

As with the 2009 concert, proceeds will be shared between the Waterloo Chamber Players and St. John’s Kitchen. Tickets will be sold to the general public, but all St. John’s Kitchen patrons are invited to attend as our guests.

The Waterloo Chamber Players is a small self-run orchestra whose members volunteer their time and talents as musicians and in administrative tasks. We have been playing music together for many years, as well as sharing responsibility for keeping the group going, and that has created strong bonds in the group that persist even as people come and go. We are more than an orchestra, we are a community of friends. We also believe that music is meant to be shared with people from all walks of life, for the benefit of all.

With general cuts to funding for the arts, especially in difficult economic times, we have had to find creative ways to keep our group afloat. One of the ways we have done so is by reaching out into the community, as both givers and receivers.

The May 7 concert, to be rehearsed and performed without a conductor, will include concerts featuring members of the group as soloists, some of our favourite repertoire from seasons past, and chamber music for smaller groups of musicians. There will be a wide variety and something for everyone to enjoy. We appreciate the opportunity to perform at St. John’s Kitchen and are looking forward to it.

Waterloo Chamber Players Benefit for St. John’s Kitchen

Saturday May 7, 2011, 7:30 p.m.
St. John’s Kitchen, 97 Victoria St. N., Kitchener

Tickets: $15 adult, $10 students and seniors, free for St. John’s Kitchen patrons

For more information:
519-884-2461 or 519-746-1374
prattcc@golden.net or afeuerwerker@hotmail.com
Waterloochamberplayers.com

GROW

Herbal Gardens

GROW Gardens provides members of the community with opportunities to develop urban gardening skills and join in a local food and craft initiative.

GROW is growing!

Here’s how you can get involved:
1. Volunteer at the greenhouse!
With the recent addition of a greenhouse, GROW will now be able to provide fresh local microgreens to the Queen Street Commons Cafe and other local food vendors.
2. Come out and join the fun as we work together to grow vegetable and flower seedlings. For minimal cost, we’ll be able to provide you with the plants you need to get your garden growing! Stay tuned for dates and places.
3. Look for our ongoing seed sales between the third week of May to mid-June. We will be selling vegetable, herb, and flower seedlings at Worth a Second Look and Queen Street Commons Cafe.
4. Get your hands dirty! Join us in the garden as we grow herbs and transform them into fantastic herbal products. We’re looking for volunteers to help make soaps, salves and other GROW Herbal Products to be sold at the Queen Street Commons Cafe.

Look forward to our upcoming gardening workshops!

For more information, contact Adam: 519-743-1151 x.113
adamk@theworkingcentre.org

Common Market

A Community Supported Agriculture project offering weekly deliveries of healthy, local, farm fresh food.

Join us for our new “A Share of Your Own” model! Select from shares of:
• fresh, seasonal, affordable, local organically grown produce
• freshly baked bread
• Locally made cheese
• freshly picked flower bouquets from our farmers’ gardens
• Pies baked from farm produce
• Preserves prepared from the summer and fall plenty
• Eggs from free-range chickens

You can design your own share – choose which items you would like to receive every week or every other week and receive fresh, local supplies to keep you eating well!

New this year – a half-share available every week for singles or for those who just can’t make it through a full share every week.

The CSA Model provides the growers and producers with a guaranteed market for their produce. By joining the CSA, we can offer them stability while discovering new recipes and ideas around cooking with local food.

Join us as we celebrate good food!

Please go to www.theworkingcentre.org/market for a detailed flyer and registration form.

Email market@theworkingcentre.org for more information.

Let us pick it up!

Worth a Second Look Furniture and Housewares offers free pick up of your used furniture and household items.

Call 519-569-7566 to make arrangements

Please note that we are only able to pick up large furniture items or significant collections of houseware items. Feel free to drop off smaller items during open hours.

March 2011

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