

GOOD WORK NEWS

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

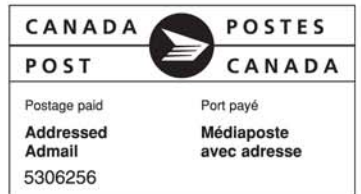
Issue 82

September 2005

Subscription: a donation towards our work

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Maurita's Kitchen

Building on the Traditions of Communal Food Preparation

By Joe Mancini

By late fall, The Working Centre will welcome Maurita's Kitchen into its array of Community Tools projects. Located at 66 Queen, Maurita's Kitchen will offer a facility for:

- processing harvest from GROW Herbal
- offering natural food cooking and canning workshops
- offering food safety training sessions
- expanding bread making opportunities
- preparing retail food products to be sold at the Front Window at 43 Queen
- assisting new small food entrepreneurs

Maurita's Kitchen will compliment Working Centre Urban Agriculture projects by providing a certified kitchen for processing, learning and gathering around food projects. These projects include:

- **GROW Herbal Gardens:** Offers volunteers a half-acre garden of therapy, enterprise and training to maintain it. The GROW garden produces quality culinary and medicinal herbs, seedlings, herbal related products and herbal craft-

ing workshops.

- **Queen Street Bake Oven:** A wood-fired bake oven located at Queen Greens Community Garden in downtown Kitchener. The bake oven, built by The Working Centre, with a grant from ACE Bakery, offers baking workshops, pizza days, bread baking and community use. Volunteers contribute as bakers and fire builders.
- **Kitchen Community Garden:** This one-acre garden grows bushels of fresh organic vegetables, berries, herbs and flowers for St. John's Kitchen. Located on a farm, on the outskirts of the city, the garden provides a unique opportunity for patrons to participate in the work of growing food.
- **Whole Food Box Community Supported Agriculture:** The Working Centre has supported a 50 member CSA food box program, supporting local farmers and providing a wide selection of seasonal, organically grown produce at affordable prices. Members participate in canning workshops, farm tours, workdays and more.
- **Youth Mentorship in Urban**

On October 8th, we will have a special event with Maurita's family and all interested to name the new Kitchen at 66 Queen, Maurita's Kitchen, recognizing her unique contribution to the projects of The Working Centre. At the same time, we want to acknowledge and thank the Cowan Foundation for their very generous \$30,000 contribution to build and furnish Maurita's Kitchen.

Agriculture: This summer up to 12 youth have participated in a training experience funded through HRSDC to learn first hand about organic market gardening, herbal gardening and herbal product development, and artisan baking and food preparation.

The Working Centre's urban agriculture projects have as their main goal the teaching of the food cycle. As Wendell Berry makes clear, too few of us know where our food comes from or the way packaged food products are prepared. Through these different projects, we offer the combined experience of growing and

cooking food. These two are usually separated but they need not be. Urban agriculture creates many opportunities for individuals to participate in the art of turning soil, compost and seed into vegetables and the art of preparing fresh vegetables and grains into delicious meals.

In a similar way, there is a gap between the hard work and skill necessary to produce food and how little that work and effort is acknowledged. Our society is poorer when it forgets that the food cycle is mostly a labour of love. Even if most want to ignore such labour, one of the most basic human means is digging up soil, adding compost, seeding and nurturing that plant as it grows. At the heart of communal celebrations

are people coming together to prepare feasts that are served to all. Community builds from the traditions of food preparation that the many participate in.

These are the traditions and hopes that we bring to the establishment of Maurita's Kitchen, a community kitchen that will build on the communal nature of food preparation. We are pleased that the name Maurita's Kitchen comes from Maurita McCrystal, The Working Centre's Board President for 15 years, who passed away after a two-year illness with cancer. For Maurita, social justice was ensuring that St.

John's Kitchen could serve a meal each day and that those looking for work or with few resources would have a community-based centre that would provide support and assistance. Please join us on October 8th when we will gather with Maurita's family to officially name the Kitchen.

"I begin with the proposition that eating is an agricultural act. Eating ends the annual drama of the food economy that begins with planting and birth. Most eaters, however, are no longer aware that this is true. They think of food as an agricultural product, perhaps, but they do not think of themselves as participants in agriculture. They think of themselves as "consumers." If they think beyond that, they recognize that they are passive consumers. They buy what they want—or what they have been persuaded to want—within the limits of what they can get. They pay, mostly without protest, what they are charged. And they mostly ignore certain critical questions about the quality and the cost of what they are sold: How fresh is it? How pure or clean is it, how free of dangerous chemicals? How far was it transported, and what did transportation add to the cost? How much did manufacturing or packaging or advertising add to the cost? When the food product has been manufactured or "processed" or "precooked", how has that affected its quality or price or nutritional value?"

Wendell Berry, "The Pleasures of Eating" from *What Are People For?*



Twentieth Year

Issue 82

September 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.

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

Contributors: Dave Thomas, Karin Kliewer, Don Gingerich, Leslie Morgenson, Sarah Anderson, Christa Van Daele, Joe Johnson, and Rebecca Mancini.

Editorial comments, changes of address and new subscriptions should be directed to:

The Working Centre
58 Queen Street South
Kitchener, Ontario
N2G 1V6

Phone: (519) 743-1151, Fax: (519) 743-3840

e-mail: genmail@theworkingcentre.org

www.theworkingcentre.org

Canada Post Bulk #05306256

Charitable Registration #13092 9607 RR0001

Changes to Ontario Works

By Leslie Morgenson

In a recent report, *Making a Difference*, the World Health Organization equated the suffering of depression with the suffering of paraplegia and the suffering of schizophrenia as being equal to quadriplegia. This bold and clear "karate chop" of a statement applies to a voiceless population within our own community whose already complicated lives are being negatively changed through new regulations in the Ontario Works (OW) program.

The Ontario Liberal government has changed the amount single people can earn beyond their \$536 monthly OW cheque. Under the old model, a single person was permitted to earn up to \$143 beyond their monthly allotment. This was an ideal arrangement for many who collect OW, for whom full-time employment

is not an option because of a variety of physical and/or mental health issues, single parenting, addiction struggles, or reeducation. This allowed earnings to be the approximate amount of \$680 which it had been before previous cuts.

The new model allows a single person to make any amount beyond their \$536 monthly, but half of all earnings beyond the monthly \$536 benefit must be paid back to OW. For people capable of working full-time, this plan will very possibly be an incentive toward employment, but this change does not address the population with whom we work at St. John's Kitchen... and for whom this amendment is going to be life altering.

This group is often only able to find minimal work. Under the new rules, if someone earned the \$143.00 that they were able to earn previously, they

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By Dave Thomas

Our 16th annual golf tournament raised nearly \$20,000 to support the ongoing work of The Working Centre and St. John's Kitchen, thanks to the efforts of close to 200 golfers, plus many staff and volunteers.

Wednesday, August 24th was a perfect day to hit the links; the sun was shining and the temperature mild. More importantly, everyone had a good time, said long-time tournament supporter and dinner Master of Ceremonies Bruce Davidson.

The CAW Local 1524 continues to play a pivotal role in organizing and signing up golfers for this tournament. The Tournament takes a great deal of work to organize - and it all seems worthwhile when so many unions, businesses and individuals contribute to the event and when everybody thoroughly enjoys themselves playing golf and meeting friends.

Our major sponsors were CAW National Office, Lear Corporation, MTD Products and Dennis Murphy Pontiac GMC Buick. There was major prize support from The Record, Radisson, MTD Products, Downtown Auto Centre, Terri Lynne Woods and TLC Travel, and the Plumbers and Steamfitters Local 527.

Our tee sponsors this year were AV Canada, Bell, Best Western, Brent Arbitrations Inc., Canadian Labour Congress, CAW Area Skilled Trades Council, CAW Local Unions 27, 61, 127, 195, 222, 252, 302, 304, 397, 444, 504, 1090, 1451, 1520, 1524, 1973, 1986, 2168, CAW National Office, Dennis Murphy Pontiac GM Buick, Frank Reilly Arbitration/Mediation, Knights

of Columbus, Elementary Teachers Federation - Waterloo, Global Benefits Plan, International Brotherhood of Electrical Workers, Lear Corporation - Michigan, Lear Corporation - Kitchener, Ontario Federation of Labour, Plumbers and Steamfitters Local 527, Decoma Polycon Industries, Staebler Insurance, Union Benefit Plan Service, Waterloo Region Labour Council, Waterloo, Wellington, Dufferin & Grey Building & Construction Trades Council, Workers Health & Safety Centre, SmartServe, MTD Products, Cadillac Fairview Corporation, and Septimatech.

There were prizes for the top players. Top men's foursome: Steve Morrison, John Germann, Boyd Soper, and Sean Strickland. Top women's foursome: Kim Carter, Cheryl Medeiros, Susan Oberle, Janis Turenne.

We'd like to extend a special thanks to our organizing committee (John Germann, Tammy Heller, Eric Kingston, Rob Pyne, Paul Roeder, Janis Turenne, Fred Walker, Jim Woods, and Vladimir Malidzanovic) who brought great enthusiasm and energy to planning the event.

The 17th Golf Tournament date is set for August of 2006 at Foxwood Golf Course.

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CANADA

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CORPORATION



Partnership with Ugunga Community Resource Centre

By Sarah Anderson

When Aggrey Omondi visited Waterloo Region in 2002, he got to know The Working Centre as a volunteer and friend. He was intrigued by the informal nature of the community meal at St. John's Kitchen, volunteers fixing bikes and computers, and the support individuals were given in their job searches. The relationship has continued in small ways since Aggrey returned to his work as founder and director of the Ugunga Community Resource Centre (UCRC) in Kenya. Earlier this year, an opportunity came up that brought renewed energy to developing this friendship.

UCRC works within the village of Ugunga, located near the northeast corner of Lake Victoria in Western Kenya, responding to community interest in issues such as sustainable agriculture, women's empowerment, education and ways of integrating new technology that is publicly available. Examples of UCRC's initiatives include their response to community members' desire to embrace sustainable agricultural practices to increase the amount of fresh produce grown for the community. UCRC also trains peer health workers to talk with community members about HIV/AIDS, which remains an unacknowledged disease, though it has severely impacted the Ugunga community.

In acting as a community resource, UCRC shares in the spirit of The Working Centre's Community

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In May of this year, The Working Centre was asked by the Kenyan Ugunga Community Resource Centre and Canadian Crossroads International (CCI) to participate in an official partnership. This will mean a series of volunteer exchanges between the organizations to share skills and perspectives in community building.

Tools approach: putting productive tools - such as bikes, organic growing techniques, and computers - into the hands of the community.

In May of this year, The Working Centre was asked by UCRC and Canadian Crossroads International (CCI) to participate in an official partnership that was established between the two centres. The formalized relationship brings funding and coordination through CCI. This will mean a series of volunteer exchanges between the organizations to share skills and perspectives in community building.

The partnership also creates the interesting challenge of keeping The Working Centre's relationship to UCRC meaningful. The Working Centre concerns itself with creating reciprocal relationships with others. As Ken Westhues describes in "Building Relationships Where People are Real":

"reciprocity describes an ongoing relationship in which the parties talk and lis-

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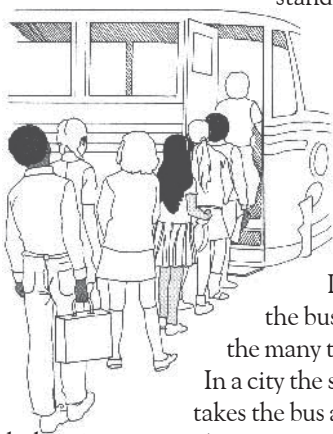
St. John's Kitchen

Its Simple; Ride the Bus

By Leslie Morgenson

On July 2 of this year, Live 8 concerts were staged all over the world in an effort to raise awareness of the poverty in Africa. I have trouble connecting the dots on this one. How does one reconcile stories of the champagne-drinking "golden circle" front stage, multi-millionaire performers and speakers whose combined net worth exceeds the GNP in most African countries and the lavish gift bags of upwards of \$10,000 given to the performers with the poverty that exists? Can there possibly be room for awareness of poverty in this mix?

People came away wanting to do "something" but not knowing what... a thought that probably evaporated within a day. Clearly, performing or attending such a concert is not the answer to world poverty in Africa or anywhere. But countless people were swept away by the bizarre logic that attendance at a concert could make a difference and reduce world poverty. They believed this to be true simply because they were told that it was, without any concrete evidence. We are so caught up in appearances (in this case, being able to say, "I at-



tended") that we now truly believe we've made a difference when in fact the obscene excess required to produce such events and the disparity around who can afford to attend them only widens the socio-economic gap the events purport to bridge.

If we stopped listening to hype and perhaps listened to our hearts, the necessary efforts to diminish the gap might become clearer. People often feel immobilized by not knowing exactly what they can do to effect change. But no successful bridging of the poverty gap can be accomplished without first connecting with people. A change, for example, as simple as taking the bus can be the first step. In large cities one logs many hours on a bus, regardless of one's socio-economic standing.

In London, England years ago, I spent many hours on the buses. And, although a single bus trip within that city could be an hour long, it rarely felt like a hardship. For in London, life plays out on the buses as surely as it does in the many theatres along the route.

In a city the size of London everyone takes the bus and as a result the social class structure is leveled to a greater extent. People socialize or just observe but nonetheless rub shoulders with those they might never meet, were

St. John's Kitchen Update

We are hopeful that the move of St. John's Kitchen to the second floor of 97 Victoria St. will take place at the beginning of January but we are also realistic about construction delays.

The move was made necessary by the increased numbers of people who use the Kitchen and the growth in services provided. The 97 Victoria Integrated Community Project will combine St. John's Kitchen with Job Café, access to showers and laundry, medical clinic space and Worth A Second Look. It is a unique project that uses our access to tools philosophy to integrate work experience, skill building, recycling, and opportunities to positively contribute to the community.

The renovation project and the day to day operations of St. John's Kitchen rely on the donations of businesses, unions, service clubs, foundations, churches and individuals. During this period of change, we are hopeful that you will support this work with donations. We are grateful for your generosity.

they to ride alone in their cars.

Likewise, the "Metropolitan Diary", a weekly column in *The New York Times*, is an assortment of anecdotes collected from around



New York, delightful snippets of overheard conversations or absurdities greeting people in the city. Most often these stories happen on public transportation. The result of these tales is that one is left with the feeling that within a great big city there is a village life, small and quaint.

The bus becomes then a vehicle to

building a stronger community. The man in a suit sets his briefcase down to help the mom lift a stroller inside; moms form impromptu support groups exchanging stories of their children; people quietly read their way through bestsellers amid the noise and heat; recipes are swapped. Life on the buses, in other words, is rich.

Meeting with people from an economic bracket different from our own is not a common occurrence in our community. We don't mix and mingle easily. We are in fact a somewhat isolated country and our isolation seems to suit us. Though individually we Canadians can find ourselves just about anywhere along the introversion-extroversion scale, as a nation, I believe, we are introverted. We are controlled, emotionally stable, proud to turn inward for answers and not elsewhere. But this long fought for independence has perhaps been detrimental to our sense of community. And geographically it is difficult to feel intimacy with the far corners of this country.

But when the public meets, people become more connected with a deeper understanding of others' lives, offering chances for change or perhaps simply the chance for a smile. We begin to show concern for people we see on a regular basis, whether we know their names or not. We wonder if they're ok when they're absent. When we ride buses, we're more likely to connect with a broader group and, in doing so, begin to understand their needs. The abundant importance of the journey as opposed to the destination becomes clear.

Of course, as well as bridging economic inequalities and connecting with the broader community, leaving the car at home is a sound environmental decision, especially in Waterloo Region where 81% of residents ride—alone—to work in their cars. And our own Grand River Transit is preparing to initiate an express bus line connecting Waterloo and Cambridge, along with many other upgrades such as bike racks on all buses, in the hopes of persuading more than the current 4% of residents to ride the bus to work.

No one is going to be out there selling bus tickets as a method of fighting poverty. There will be no "rock concert style" hype associated with the decision to ride the bus. It's just common sense.

Ontario Works Changes

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would only be able to keep \$71.50.

For those unable to work full-time, having perhaps four hours a week allowed people to contribute to and be part of their community, maintain a schedule, develop a bridge to further experiences, and provided much needed additional monies to their monthly cheque which divides into \$335 for shelter and \$201 for basic needs. Anyone who has searched for an apartment realizes the limitations to finding appropriate housing for \$335.

The Job Café project, working with the Kitchener Downtown Business Association, the two renovation projects at The Working Centre, and with outside employers, has created the means of assisting those least able to work with the opportunity of working 8-10 hours a week. This decision to claw back earnings by 50 percent can only be described as bad form on the part of our provincial government, leaving our local regional government (which does strive to accommodate local needs) to deal with this unpopular change. In their rush to push through this new program, the provincial government has created po-

For those unable to work full-time, having perhaps four hours a week allowed people to contribute to and be part of their community, maintain a schedule, develop a bridge to further experiences, and provided much needed additional monies

tential crises for people for whom housing is already precarious.

The logical option will be to choose not to work the extra hours that have, in recent times, given people's lives greater meaning. Also, a rift has been created between the people on disability pension (ODSP) who now have greater access to available day jobs and are unaffected by the OW changes



and the target group of people on OW who are unable to work double hours for the same pay.

The aim of OW, says the government, is to direct people into full-time employment. This is a fair statement for some of the people on OW who are able-bodied and eager to get off the system. But this sweeping gener-

alization is most unfair to those least able to work. The new "Employment Incentives" seem like a disincentive to work if you have a limited ability to work more hours. In order to implement these "incentives" there needs to be some recognition of the multiple barriers individuals face when attempting to participate in the dignity of work.

What has happened to the safety net of which we Canadians used to be so proud? Somewhere along the line these important purposes seem to have been lost. If some within this population are unable to work full-time, then the problem is with the government's blanket mandate not the people. The population least able to make money will now be taxed 50%.

What our government seems to have forgotten is that poverty is not caused by people's character. Poverty is caused by a society that fails to take care of its own. For those in our community who are unaffected by mental health issues, poverty and addictions, the responsibility is yours as the privileged to speak up for those who are suffering the greatest.



Newly Renovated Retail Space Set to Open in October at 97 Victoria St. N.

By Don Gingerich

A great deal of planning has resulted in Worth A Second Look - Furniture and Housewares. It is a shared project between The Working Centre and the Society of St. Vincent de Paul (SSVP) that will evolve over many years. By cooperating together, we will better serve the local community through increased access to used goods. The St. Vincent de Paul Thrift Store has operated at 97 Victoria for the past 20 years. The new store will involve substantial changes including a major renovation, more open retail space, a new name and more support of the concept of recycling used goods.

This project got off to a tricky start during the first week of May. On Saturday May 3rd, SSVP moved out all of its used clothing to its new clothing store at 365 King St East between Water St. and Francis St. Preparations for a new store were able to begin on the Monday. SSVP continued to sort the furniture and clothes in the back area of 97 Victoria.

With half the store emptied of clothing, all the furniture and housewares were displayed in half of the store. A hording wall was built down the middle of the space and immediately the first phase of construction started. This included fire rating the ceiling, preserving the beam structure, replacing the windows and framing the perimeter walls for insulation and fire rating the front exit.

The Working Centre opened the

store on Thursday May 8th. It was chaotic, with construction taking almost two thirds of the retail space. We quickly realized that all the housewares were on fixed shelving next to the only door we had access to. This meant that we would have to move an endless stream of bulky couches and furniture through a narrow aisle up to the front.

Thankfully, these temporary limitations did not deter customers. Everyday new items would come in to the store and be quickly sold. We have been surprised by the range of reusable items that come through.

It was an incredibly successful first three months. And it was made possible by all the help that was provided by SSVP at the back. Pat Laurette was very helpful in supporting the transition. We were also very lucky to have George Ashcroft who

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Workers put the finishing touches on a new sign for Worth a Second Look.

- decreasing the amount of furniture and housewares that end up in landfills



Volunteering at Worth a Second Look

Worth A Second Look will be a great place to utilize your skills, socialize with others and serve the community. You can call Don at 569-7566 for more information. We will be looking for volunteers to help out in the following areas:

⇒ Cashiers	⇒ Books, Music,	⇒ Crafts and Art
⇒ Furniture	Magazines	⇒ Electronic Testing
⇒ Housewares	⇒ Pick-up and	⇒ Silent Auction
⇒ Hardware	delivery	⇒ Receiving

Worth a Second Look Furniture & Housewares, working in conjunction with SSVP, is a retail outlet whose goal is to provide the community with low-cost used furniture and assorted houseware items while keeping reusable goods out of landfills and creating opportunities for employment by:

- providing pick-up and delivery services to increase access to used furniture and housewares
- incorporating a fix-it facility to clean, test, repair, and refurbish usable goods
- assembling packages consisting of beds, blankets, tables etc. for families and individuals looking for a home, but having few resources
- creating opportunities for skill development and community involvement

Donating Items to Worth A Second Look

The store will need a constant supply of new inventory. Our goal will be to make it easy to donate items:

- Working with SSVP, we will offer a pick up service for large furniture items that can also include small items and clothing
- Discarded items from apartment buildings and condominiums
- Opening at convenient hours so that people and groups will have ample opportunity to donate

Affordable Pricing

We offer used goods at very low prices. It is possible to purchase a chair and couch together for under \$25.00. Many furniture items are priced at \$5 - \$10 and even kitchen appliances like coffee makers and toasters are sold for \$3 - \$7. These prices are very reasonable and affordable for most.

Through merchandise sales and with the help of volunteer labour, we intend the store to be a self-sustaining resource for the community for many years.

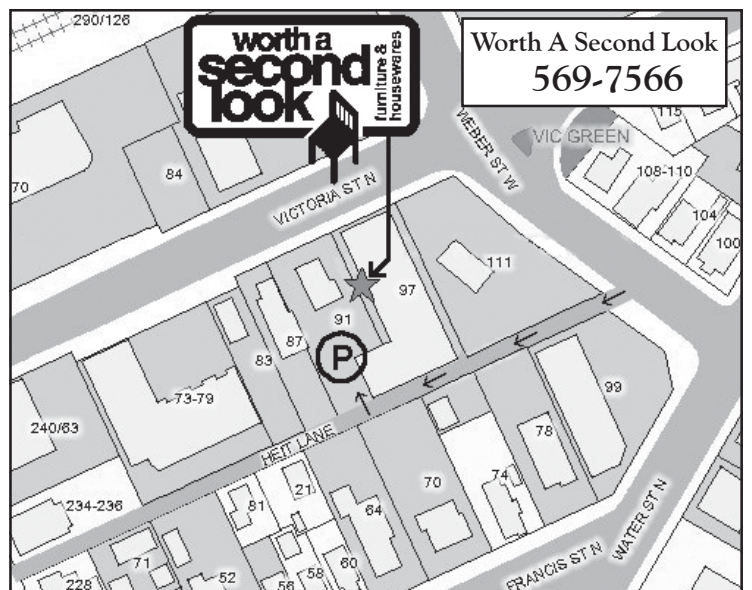
The Job Café Connection

The Job Café, which serves to connect individuals to part-time work opportunities in and around the downtown, will also operate out of 97 Victoria, and will work in conjunction with Worth a Second Look to provide labour for the store. The Kitchener Downtown Business Association provides Job Café with a major contract to sweep and clean the streets of downtown Kitchener, among other work. Jobs such as landscaping, snow removal, and various other clean-up tasks are also available through the Job Café.

What You'll Find (and What We Need) at Worth a Second Look

- | | |
|------------------------------------|-----------------------------|
| • Beds | • Books and Magazines |
| • Sofas and Chairs | • LP Records |
| • Coffee and End Tables | • Video Cassettes |
| • Kitchen Chairs and Tables | • Toys and Games |
| • Dressers | • Sports Equipment |
| • Cabinets | • Luggage |
| • Mirrors | • Carpets |
| • Pictures, Prints, and Frames | • Electric Appliances |
| • Craft Items and Artwork | • Lamps |
| • Vases and Household Decorations | • Microwaves, Coffee Makers |
| • Baby Furniture and Accessories | • Toasters / Toaster Ovens |
| • Dishes, Glasses, and Silverware | • Televisions |
| • Pots, Pans, and Cooking Utensils | • Stereos |

We also collect CLOTHING for the St. Vincent de Paul Society



Summer of Construction

Renovations Continue at 66 Queen St. S. and 97 Victoria St. N.

By Joe Mancini

In the early spring, The Working Centre found itself renovating two buildings in downtown Kitchener. It was never our intention to be in this situation. We were confident that the 66 Queen project would wrap up as the 97 Victoria project started up. But the realities of renovations caught up to us, and we were scrambling to have crews working at both locations.

Renovations at The Working Centre are not accomplished through hiring a general contractor who supervises the construction. In each of our four buildings we have not only been the general contractor, but the labour force as well. There is both organizational turmoil and satisfaction from this dual role. As everyone knows, renovation by definition causes upheaval. In our case we have the pleasure of experiencing the upheaval in a very close way.

What we are trying to achieve is an integrated approach that has practical results. On one level, supervising our own construction puts us fully in control of the renovation. We have found that the final result weaves around changing the original plan to accommodate the actual building, dealing with construction mistakes and incorporating newly developed ideas for space use. All of which is an organic part of a construction process that involves those who will one day use the building.

At 66 Queen, we have constantly revised the plans for space use. Greg Roberts, who has led the construction

work since last January, has combined his carpentry framing background with environmental and planning interests. He has led crews that are getting construction experience that also comes with an emphasis on getting along, respecting each other and taking pride in accomplishment. As well the construction process means tak-

ing particular care with how the layout feels, how proportional it is, and how can we accommodate multipurpose use through construction.

The 66 Queen and 97 Victoria sites have provided over 30 people with broad training in construction work while supporting the ability of individuals to stay attached to the labour market. Many have used these projects as a way to learn new skills or to help them get readjusted into the labour market after a significant absence. This training project has provided participants with an excellent opportunity to gain work experience and posi-

tively contribute to a growing community project.

There is another practical side to this method of construction. We have been able to reduce costs by approaching the job with a spirit of volunteerism including:

- using our own crew of workers, the majority of whom are gaining work experience through the HRSDC Job Creation Partnership
- using hundreds of hours of volunteer labour,
- involving trades who are willing to contribute their time at a reduced rate,
- encouraging an awareness that this is a community building project where everyone is conscious of keeping costs low.

Fall Projects

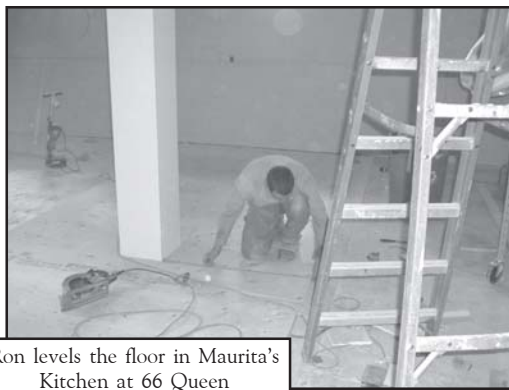
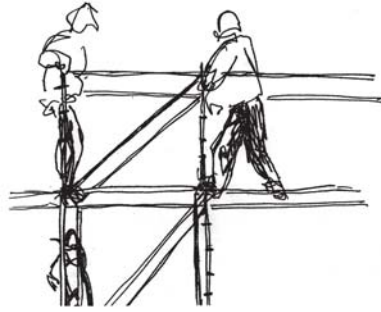
As October approaches, we still have a long list of projects to accomplish this fall:

- Completion of the main floor at 97 Victoria to allow Worth A Second Look to operate
- Completion of the main floor at 66 Queen which will allow a needed expansion of employment resource space
- Completion of the 2nd floor at 97 Victoria for the relocation of St. John's Kitchen
- Continued work and progress on the apartments at 66 Queen.

Construction Volunteers Needed!

Experienced volunteer workers are needed for the 97 Victoria renovation Project. If you have experience in any of the following areas, please contact Greg at 575-1041. Thank You!

- ⇒ Drywalling
- ⇒ Taping
- ⇒ Construction Clean-up
- ⇒ Tiling
- ⇒ Painting
- ⇒ Framing
- ⇒ Transporting materials



Ron levels the floor in Maurita's Kitchen at 66 Queen



View of the space to be converted into St. John's Kitchen at 97 Victoria

New Store Set to Open in October



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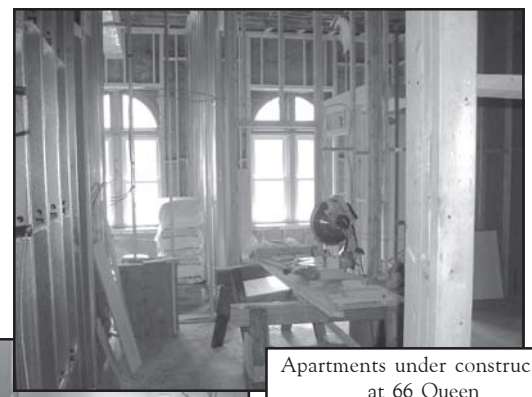
volunteered in the store four days a week. We also had volunteer help from Ernst Ritzman, Mary Gannou, Joseph Rencourt, Marnie Crysdale, and Christina Mancini. Bryan Patterson, a summer student at St. John's Kitchen, helped out a couple hours each day.

By August, the renovations had caught up to the store and it was time to close for two months to allow the completion of renovations in the retail space. When we open in October the store will look great, but we will have to wait a month or so to have a fully functioning store with proper facilities for accepting used goods, sorting and retail space.

Over the next couple of months there will be an integration of Job Café labour into the daily pick up, sorting and clothing recycling work.



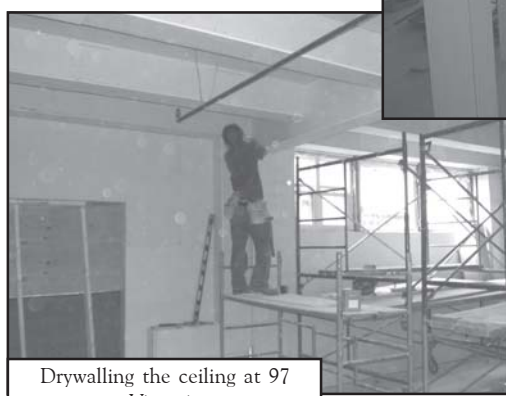
Jim Woods, President of the CAW local 1524, and Anna Labaj of the CAW Social Justice Fund, present a \$70,000 cheque to the St. John's Kitchen Building fund



Apartments under construction at 66 Queen



View of the main floor of 66 Queen from the mezzanine



Drywalling the ceiling at 97 Victoria



Finishing the construction work in the retail space at 97 Victoria

Workshops at The Working Centre

Job Search Workshops

Job Search Support Group

Tuesdays, 9:15am - 10:30am
Are you working hard at finding a job and feeling like you are getting no where? Join others in the same position, add structure to your job search, build contacts, find a supporter or mentor, set goals, and help others, too! Held at 43 Queen St. S. Everyone is welcome.

Contact Karen J at 749-9177 ex.230

Focusing Your Job Search

Wenesday September 7th and 21st 2:00pm - 3:00pm

Now that you have a resume, how do you use it more effectively? Sessions held at 43 Queen St. S.

Contact David at 749-9177 ex. 232

Job Search Portfolios



Wednesday September 29th, 2:00pm - 3:30pm
Create and use a portfolio to prove your knowledge, skills, and abilities. Held at 43 Queen St. S.

Contact Fauzia at 749-9177 ex. 239

Apprenticeship Information Series: Trade Talks

Wednesday, October 19th, 4:30pm - 6:00pm

Panelists from the industrial sector, including tool and die, millwright, electrician, industrial woodworker, and apprenticeship consultant. Held at 43 Queen St. S.

Contact Irene at 749-9177 ex. 237

English as a Second Language Workshops

Health Care English Drop-in

Are you a newcomer looking for ways to improve your english skills for a health care setting?

Join us for a Health Care English Drop-in session every Tuesday in **October from 4:00pm - 5:30pm @ 43 Queen St. S., Kitchener**

- Focus on pronunciation of medical terms in a small group
- Practice english in an informal setting
- Meet other health care professionals
- Build the english skills you need to learn

Contact Julia at 743-1151 ex. 114



The English Corner

Tuesdays 4:00pm - 5:30pm @ 43 Queen St. S.

Study English in an informal setting

- Shape your own learning: bring questions or a prepared activity
- Volunteers available for support
- Possibilities are endless: TOEFL practice, conversation, terminology, pronunciation, online quizzes, reading passages, grammar hand-outs and more!

Contact Julia at 743-1151 ex. 114

Strengthening Bridges for Internationally Trained Health Care Professionals

By Christa Van Daele

"So many times I feel like I am getting the *cold shoulder*." The New Canadian doctor sharing this statement in a workshop at The Working Centre chooses her words carefully. She laughs, partially with pleasure at mastering a snappy new idiom. But the pain evident in her laugh is also clear. Her nicely mastered grasp of informal English tells us, and the rest of her peers, what the everyday situation of being a doctor – that is, the reality of *having* been a doctor in her country of origin - feels like in a present day, freefalling reality.

Here, in Kitchener, the doctor works as a volunteer in a hospital setting while sorting out next steps in a career path. The mixed message in her verbal cues signals a familiar story: a newly arrived health professional in Canada who has heard, through the immigrant community grapevine, that it is indeed tough to land an occupation directly related to past satisfactions, achievements, and health sector expertise. But the reality of finding that out first hand, over years of struggle, even outright rejection, is a deeply painful conversation that is re-

peatedly shared in the meeting spaces of 43 and 58 Queen Street South.

Hundreds of such persons – doctors, nurses, physiotherapists, psychologists, lab technologists, and individuals from dozens of countries with various medical specialties - present their stories to The Working Centre each year. We work along side of, and increasingly in co-operation with, agencies such as the New Canadian Program, Focus for Ethnic Women, Working for Work, YMCA Cross-Cultural Services, and the K-W Multicultural Centre to meet the needs of the "internationally trained individuals" who settle in our community.

Long time readers of *Good Work News*, and readers of the *K-W Record's Diversity* series, will now be familiar with the situation as described in previous stories on these pages, starting back in late 2003. That's when we first started sharing print information about how necessary the supportive *Focus on Health Care* programs have become over the years – programs that strive, through providing direct mentor links, professional contacts, and speakers and workshops offered by the local medical and

Focus on Health Care

September 26 - November 4 9:00am to 12:30pm

Are you a health care professional trained outside of Canada?

Invest six weeks to find work in a related field while developing a long-term career plan.

- ♦ Learn about your field of work in Canada
- ♦ Develop an education and career plan
- ♦ Understand Canadian job search techniques
- ♦ Get assessments of your credentials and your english language skills
- ♦ Learn specialized terminology
- ♦ Expand your knowledge of local health care employers and understand the labour market
- ♦ Meet experts and tour local facilities

For more information, contact:

Fauzia Mazhar: 749-9177 ex. 239

Dave Thomas: 749-9177 ex. 289

Accounting English Drop-in

September 14 & September 28th October 12th & October 26th 4:00pm - 5:30pm

@ 43 Queen St. S. in Kitchener

Are you a newcomer looking for ways to improve your english skills for an accounting setting?

- ♦ Focus on pronouncing accounting terms in a small group
- ♦ Practice english in an informal setting
- ♦ Meet other accounting professionals
- ♦ Build the english skills you need to learn

Contact Julia at 743-1151 ex. 114

healthSPEAK

Mondays in October, 6:00pm - 9:00pm

Advanced workplace english for internationally trained health care professionals.

Contact Julia at 743-1151 ex. 114

Speak English Cafe

Each Thursday 6:00pm - 8:00pm

Practice speaking English in a cafe setting.

Contact Julia at 743-1151 ex. 114

hospital community, to meet many urgent adult learning needs in a hands-on way. In *Focus on Accounting*, a similar approach has been adopted in group workshops created for the learning needs of accountants. In addition, highly targeted language learning classes in medical terminology and workplace culture issues are offered most nights at The Working Centre to accelerate the progress of those New Canadians who wish to re-enter their fields.

Over the past years, we have learned that there is no one "blueprint for success" for those who must patiently navigate the swirl of conflicting social, economic, and professional messages they absorb in the settlement process on daily basis. Recently, we have re-visited the issues. We have paused to take stock of the things that work.

Where are we now, in the fall of 2005, in our ongoing efforts to "build the bridges" for New Canadians? One insight has been that we need to work

Partnership with UCRC

continued from page 2

ten to one another in turn, each responding to the other so that what actually happens is genuinely new, beyond what anybody could have decided in advance."

As the two volunteers leaving The Working Centre in October to spend 5 months at UCRC, Julian and I have become personally interested in the dynamics of this relationship. Though oceans divide the organizations, it is the personal connections created and nurtured that will bring newness to the relationship. We hope that the upcoming exchange of volunteers will help to build on the reciprocity that existed in the relationship Aggrey began with The Working Centre three years ago.

In preparation for our volunteer internships, Aggrey identified a couple of areas where UCRC will benefit from our skills and experience. Julian will be using his graphic design, technical and communication skills to provide training to the UCRC staff that will increase their capacity to do fundraising. At present UCRC is almost entirely run by youth who, despite their education, are faced with little opportunity for work in their community. They volunteer their energy and skills to UCRC and hope that eventually some of them will be able to earn a living from their important contributions.

My role will be connected to the creation and development of Independent Learning Resource Centres within rurally isolated villages near Ugunga. UCRC has been involved in an extensive project to support these organizations in developing their own models for responding to community needs. I am looking forward to learning from this participatory community development process, while contributing my own skills and insight.

When we return, we will be using our internship experience to support The Working Centre in its efforts to generate support for UCRC within the local K-W community. In listening to Aggrey, it has become clear that by developing a local Friends of Ugunga network, there will be ways to contribute significantly to the efforts of UCRC.

.....

hard to continue to create and maintain the network of health sector contacts initiated a few years ago. The on-site hospital partnerships we are creating now require effort, goodwill, and helpful personal relationships with groups and individuals in the community who want to pitch in to make a difference.

Projects with clearly defined hospital partners at Grand River Hospital and St Mary's Hospital have been shaped, so that health professionals from other countries can obtain clear direction and focused professional support from willing on site mentors in medical settings. Combined with enhanced language classes offered in a partnership with the Waterloo District School Board, it is our hope that the "cold shoulder" of the typical settlement experience will translate more humanely into hospitable entry experiences for the New Canadian health professional in our community.

Alternative Work Catalogue

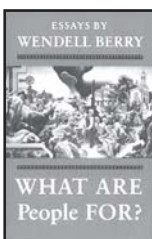


The Alternative Work Catalogue is now on-line at www.theworkingcentre.org and is a great resource for:

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

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

AWC books are also available at The Front Window - The Working Centre's gift store at 43 Queen St. S. in Kitchener. All proceeds from this catalogue go to Working Centre Projects.

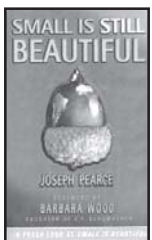


What are People For?

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.

224 pages WC01 \$19.50 softcover



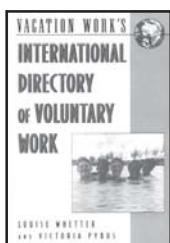
Small is Still Beautiful

A Fresh Look at *Small is Beautiful*

Joseph Pearce

More than a quarter a century ago, E.F. Schumacher rang out his timely warning that rampant consumerism would result in gross economic inefficiency, pollution and inhumane working conditions. Joseph Pearce develops Schumacher's legacy while taking up the themes of economic and political 'smallness' for our day. He continues Schumacher's clarion cry against the idolatry of giantism by highlighting the beauty of smallness.

254 pages SB22 \$34.95 hardcover

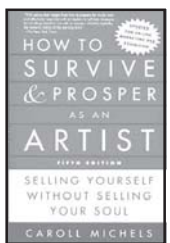


International Directory of Voluntary Work

Louise Whetter and Victoria Pybus

Volunteers wanted! Teach english in Guatemala, assist in a Romanian orphanage, track wolf packs in Canada or restore cathedrals in England. This directory, in its seventh edition since it was first published in 1979, profiles more than 700 organizations. It lists both short and long term projects and work for skilled and unskilled volunteers.

319 pages SL15 \$24.50 softcover



How to Survive and Prosper as an Artist

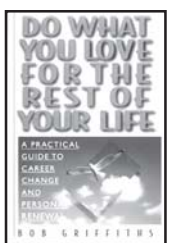
Selling Yourself Without Selling Your Soul

Caroll Michels

This classic handbook puts to rest the popular myth of the starving artist. There is plenty of room in the art world for artists to make a good living - if they are willing to take an active stand in promoting their careers and themselves. Included are innovative ways to present your work, how to make international connections and how to negotiate with dealers. Plus insider's advice on resumes, press releases, doing your

marketing and public relations, and getting your work into a gallery.

369 pages FW01 \$24.95 softcover



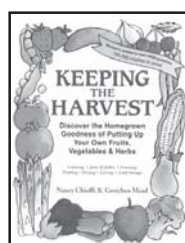
Do What You Love For the Rest of Your Life

A Practical Guide to Career Change and Personal Renewal

Bob Griffiths

Following one's heart is the key to fulfillment. This book is a unique 'whole person' approach to career transition that helps readers through the emotional and spiritual, as well as the practical, elements of this major change in their lives.

307 pages SC32 \$37.95 hardcover



Keeping the Harvest

Discover the Homegrown Goodness of Putting Up Your Own Fruits, Vegetables, and Herbs

Nancy Chioffi & Gretchen Mead

For 25 years this classic handbook has aided countless gardeners in their quest to create all sorts of preserves from fresh produce. Timesaving methods and tricks of the trade are passed on to the reader through step-by-step instructions on canning, freezing, pickling, drying, curing, cold storing, and jam and jelly making that will teach you to save some of the homegrown goodness of summer for the colder months ahead.

201 pages GB01 \$23.95 softcover



Cold-Climate Gardening

How to Extend Your Growing Season By At Least 30 Days

Lewis Hill

Undaunted by the challenges of weather and climate, author Lewis Hill confronts the difficulties of gardening in cold-climate regions and offers advice for dealing with early and late frosts, arctic winds, and inhospitable terrain. With information on growing food, protecting plants, warming up the soil, and types of plants can survive in cold weather, Cold Climate Gardening will give you the knowledge, guidance and encouragement needed for a successful gardening season despite the chilly weather.

308 pages GM14 \$25.95 softcover



The Complete Book of Year-Round Small-Batch Preserving

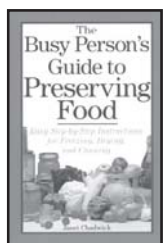
Over 300 Delicious Recipes

Ellie Topp and Margaret Howard

Few people have the time to spend a whole day preserving food, so Topp and Howard have found recipes that will allow you to preserve a few jars of whatever is available quickly and easily. Inside The Complete Book of Year-Round Small-Batch Preserving are recipes for delicious jams, jellies and marmalades such as Sour Cherry

Gooseberry and Cherry Orange Freezer Jam, and recipes for butters, pickles, salsas and chutneys that are sure to make your mouth water.

351 pages GM17 \$19.95 softcover



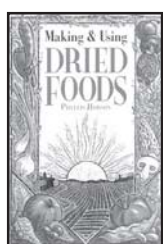
The Busy Person's Guide to Preserving Food

Everything You Need to Know to Become a Rural Entrepreneur

Janet Chadwick

Discover the quick and convenient way to preserve and store fresh fruits, vegetables and herbs with this valuable guide. Packed with time-saving tips and advice for freezing, canning, cold-storing and drying, instructions for alternative preserving methods, and delicious recipes, The Busy Person's Guide to Preserving Food will teach you to effectively preserve food in the shortest possible amount of time.

212 pages GM19 \$23.95 softcover

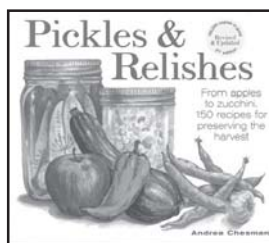


Making and Using Dried Foods

Phyllis Hobson

Easy, economical, and nutritious, dry-food preserving is a natural, great-tasting alternative to canning or freezing. With Making & Using Dried Foods, getting started is easy. Simple step-by-step instructions guide you through the process of drying and storing more than a hundred varieties of fruits, vegetables, grains, meats, and herbs. Also included are dozens of delicious recipes, and complete plans for building your own food dryer, making preserving food fun and easy!

182 pages GM11 \$22.95 softcover



Pickles and Relishes

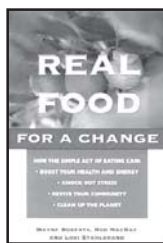
From Apples to Zucchini, 100 Recipes for Preserving the Harvest

Andrea Chesman

Turn a fruitful harvest into delectable preserves with Andrea Chesman's helpful book "Pickles and Relishes".

In less time than you may think you can make additive-free freezer pickles, salt-free pickles, bread & butter and chutney pickles, and relishes made from all sorts of fruits and vegetables from apples to zucchini. Learn to relish your pickles and preserves today!

153 pages GB02 \$14.95 softcover



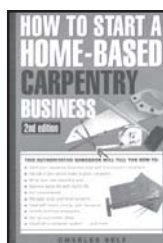
Real Food for a Change

Now the Simple Act of Eating Can Boost your Health and Energy, Knock out Stress, Revive your Community, and Clean Up the Planet

Wayne Roberts, Rod MacRae and Lori Stahlbrand

Locally grown and organic food can be difficult to find. This visionary guide helps you make choices about what you eat and what you can produce. Food is a great sideline activity, perfectly adapted to be grown and prepared in the nooks and crannies of opportunity left over from other activities. This is a book filled with ideas on how to make use of unused capacity for food production.

243 pages RH05 \$21.95 softcover



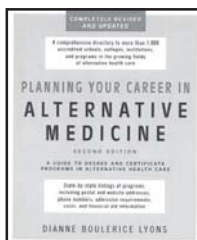
How To Start a Home-Based Carpentry Business

Charles Self

What does it take to begin a carpentry business from home? Any person with a background in carpentry will benefit from the advice shared by Charles Self, a successful work-at-home carpenter who explains the basics of how to work with wood from home. From bidding competitively to networking, this balances basic business advice with practical insights on the carpenter's trade.

173 pages GE14 \$25.95 softcover

Alternative Work Catalogue

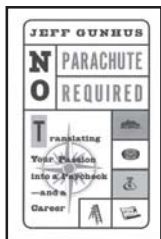


Planning Your Career in Alternative Medicine A Guide to Degree and Certificate Programs in Alternative Health Care

Dianne Boulterice Lyons

Take control of your professional path with this extensive directory of opportunities in the alternative-health field. The rapidly expanding field of alternative health care is in need of professionally trained providers. Planning Your Career in Alternative Medicine, Second Edition, will assist in choosing the right alternative health-care program best suited to your goals.

522 pages AC08 \$32.99 softcover



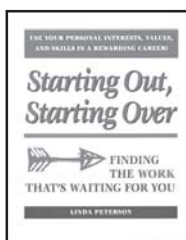
No Parachute Required

Translating Your Passion into a Paycheck - and a Career

Jeff Gunhus

Stop wasting time trying to decide on the colour of your parachute. Instead dive headfirst into this fresh, new alternative source of everything-you-need-to-know about how to land the job of your dreams. This informative guide, filled with great tips, will arm you with what you need in today's marketplace.

407 pages CP15 \$18.95 softcover



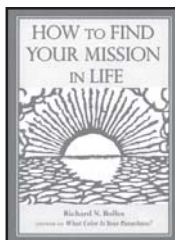
Starting Out, Starting Over

Finding the Work that's Waiting for You

Linda Peterson

Peterson helps you address the most important issue in every career decision - understanding who you are and what motivates you. Identify your personal style and transferable skills, recognize the core dynamic impulses that drive your interests and motivation, and pinpoint areas to enhance your personal and professional effectiveness.

190 pages CP20 \$23.95 softcover

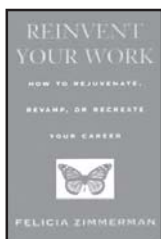


How to Find Your Mission in Life

Richard N. Bolles

In this intimate treasury of wit and wisdom, Richard Bolles explores the spiritual aspects of finding one's place in the world. For anyone who has wondered how to make the most of their natural gifts, or how to find a vocation that is both socially responsible and personally fulfilling, this enlightening and empowering volume provides immeasurable guidance.

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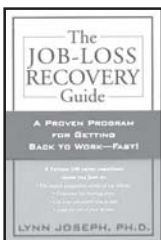
Reinvent Your Work

How to Rejuvenate, Revamp, or Recreate Your Career

Felicia Zimmerman

Today, workers at all levels face significant shifts in their workplace, situation, or goals. This is the first practical handbook to help people take charge of the reinvention process, redirecting energies in a productive, agile fashion to survive workplace changes and pursue smart courses of action.

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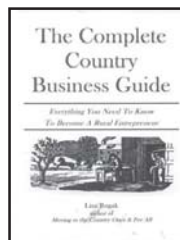
The Job Loss Recovery Guide

A Proven Program for Getting Back to Work - Fast!

Lynn Joseph, Ph.D.

This is a practical guide for using the power of imagery to recover from the trauma of job loss by making body-mind-spirit connections. Dr. Joseph's strategies are easy to follow and will help you move toward success and healing. If you are in an unexpected career transition, take back control with this leading edge program.

137 pages CP33 \$22.95 softcover



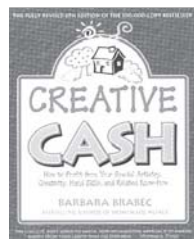
The Complete Country Business Guide

Everything You Need to Know to Become a Rural Entrepreneur

Lisa Rogak

The Complete Country Guide will show you how to: choose the business that's right for you, buy an existing business or start one from scratch, find the markets that will grow your business, network with other rural entrepreneurs, deal with rural government, and much more. Plus 20 successful rural entrepreneurs describe how they started their businesses.

224 pages AC04 \$39.60 softcover



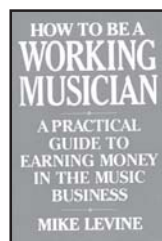
Creative Cash

How to Profit from Your Special Artistry, Creativity, Hand Skills, and Related Know-How

Barbara Brabec

Turn your creativity into a profitable business. This book is packed with dozens of moneymaking ideas and the success secrets of more than 100 professional crafters and industry experts. It is chock-full of moneymaking strategies for craftspeople at every level.

290 pages CI04 \$28.95 softcover



How to be a Working Musician

A Practical Guide to Earning Money in the Music Business

Mike Levine

Written by a professional instrumentalist, composer, arranger and producer, this book provides advice to aspiring musicians. It includes guidance on performing in bars, clubs, celebrations and business functions, providing accompaniment in theatres and cabarets, working at recording sessions, and composing for television and radio advertisements.

224 pages CP01 \$27.95 softcover



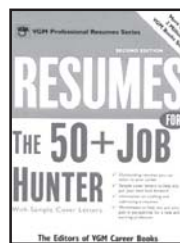
Blue Collar Resumes

Job Winning Resumes for Artisans, Technicians, Carpenters, Bookkeepers, and Everything In Between

Steve Provenzano

Practical and helpful guide that takes you through the process of writing a job-winning resume. Includes more than 100 sample resumes for every type of job imaginable.

224 pages JH01 \$18.95 softcover

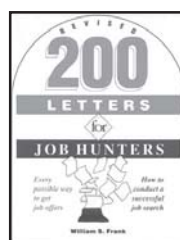


Resumes for the 50+ Job Hunter

The Editors of VGM Career Books

This book identifies the key ingredients of outstanding resumes for this unique situation to help you write a concise, stylish, and information-packed resume that will get noticed. You'll find tips and techniques for crafting a successful resume and much more including: sample resumes, sample cover letters, worksheets, advice on layout and submitting resumes electronically.

144 pages JH32 \$17.95 softcover



200 Letters for Job Hunters

Every Possible Way to Get Job Offers; How to Conduct a Successful Job Search

William S. Frank

Frank provides a sourcebook for conducting a successful job search by mail. Hands-on and user-friendly, it's packed with real-life letters that work. This new edition contains updated, more effective examples of key letters and a thorough index.

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