

GOOD WORK NEWS

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

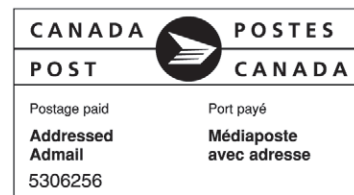
Issue 103

December 2010

Subscription: a donation towards our work

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Sing Noel

Sing Hallelujah

A CHRISTMAS MUSICAL

Sunday December 12, 7:30pm
& Monday, December 13, 7:30pm

Featuring The Festival Choir and the Kitchener-Waterloo Symphony	Location The Centre in the Square 101 Queen St. N., Kitchener
With guest artists Brian Belleth, tenor Marion Samuel-Stevens, soprano Kevin Pauls, recording artist Kevin Ramessar, guitar Norbert Reda, baritone	Sponsored by Historic St. Paul's Lutheran Church 519-745-4891

Suggested Donation: \$15.00
Proceeds support The Working Centre and St. John's Kitchen

Disaggregate Inequality Indicators

By Joe Mancini

Neva Goodman, writing for the New Economics Foundation, illustrated the 'bias towards the status quo' that we easily accept in the daily reporting of economics data. So much effort goes into producing relevant aggregate growth statistics like GDP, manufacturing production, and housing sales. These numbers are in contrast to the sloppy patchwork of statistics that she pointedly called disaggregate inequality indicators. What is she referring to? Consider the unemployment labour force statistics – hardly any economic statistic is more disaggregated and uninformative than these. They not only fail to give a full and accurate picture of what is happening on the ground, they also mislead the majority of families, for whom this information is crucial to help them understand their role in the labour market.

Piecing together the true unemployment rate or the actual number of work opportunities is an exercise in assumption making. Consider the reality that a fifth of working age Canadians cannot find full time work. How many people are working part-time or on temporary contracts? How many families are just getting by on one income, despite our dependence on two incomes per family? How do these realities relate to an unemployment rate that claims to be only 7%

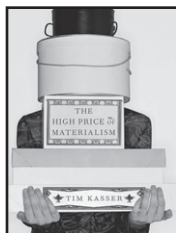
Consider the reality that a fifth of working age Canadians cannot find full time work. How many people are working part-time or on temporary contracts?

in Waterloo Region.

In Ontario alone, since 2007, the number of individuals on social assistance has grown from 200,000 to over 450,000. This is a growth of 250,000 individuals who have exhausted their savings and have liquidated their assets in order to be eligible for the minimal social assistance of Ontario Works. There is a large group of 45-60 year old males who were recently well employed in manufacturing who have lost their jobs and are exhausting their unemployment benefits. One job searcher recently told me about the kind of competition she is facing. In the last five months, she has sent out 450 resumes, she has had six interviews and two employers were close to hiring her. She has not yet found work.

You have to dig deeply into labour market trends to get a realistic picture of the labour market as people actually experience it. Andrew Sharpe, an economist and Director of the Centre for the Study of Living

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The High Price of Materialism

by Tim Kasser
165 pages
softcover
\$18.95

pursuits, accumulation of things, and presentation of the "right" image provide real worth, deep satisfactions, and a genuinely meaningful life...

Research on the happiness of wealthy and poor people makes it clear that how much we have bears relatively little relationship to our wellbeing, beyond the point of ensuring sufficient food, shelter, and clothing to survive... Because society tells us repeatedly that money and possessions will make us happy, and that they are significant goals for which we should strive, we often organize our lives around pursuing them. But what happens to our wellbeing when our desires and goals to attain wealth and accumulate possessions become prominent? What happens to our internal experience and interpersonal relationships when we adopt the messages of consumer culture as personal beliefs?"

- Tim Kasser

*Chase after money and security
And your heart will never unclench.
Care about people's approval
And you will be their prisoner.
Do your work, then step back.
The only path to serenity.*

- Lao Tzu

"Twenty-five centuries ago, the Chinese philosopher Lao Tzu penned these six lines, warning people of the dangers of materialistic values. Sages from almost every religious and philosophical background have similarly insisted that focusing on attaining material possessions and social renown detracts from what is meaningful about life. Although we may nod our heads in recognition of this ancient wisdom, such advice is largely drowned out by today's consumeristic hubbub of messages proclaiming that material



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Hundreds of new books are available at Queen Street Commons Café, 43 Queen Street South, Kitchener.



Twenty-Sixth Year

Issue 103

December 2010

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 11,000 copies. Subscription: a donation towards our work.

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

Contributors: Joe Johnson, Rebecca Mancini, Thomas Mancini, Paul Nijjar, Larry Shantz, Michael Bernhard, Carol Tarback, Kara Peters-Unrau, Tim Kasser

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The Working Centre is pleased to announce that

Jim Erb

will be the Guest of Honour for the
 24th Annual Mayors' Dinner

Saturday April 2nd, 2011

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

It is a special pleasure to announce that Jim Erb has been chosen to be the Guest of Honour for the Twenty-Fourth Annual Mayors' Dinner in support of The Working Centre and St. John's Kitchen. For Jim, community building means extending the table, and always making room. New ideas take root in the community when we are inclusive, and when we share our gifts with others. This is Jim's community philosophy, and we are recognizing his unique way of putting philosophy into action.

When Jim became a partner, and then an owner, of Erb & Good Family Funeral Home, he expanded the vision of funeral services by integrating grief counsellors, bereavement groups, and welcoming spaces for grieving family members. Funerals teach us about our common humanity.

Jim has had extensive involvement with groups like Big Brothers and the United Way of K-W. He has been active as a director of the K-W Community Foundation, a founding member of Habitat for Humanity, the Canadian Clay and Glass Gallery and an organizer of the Community Prayer Breakfast. Jim has been a member of the Kitchener Conestoga Rotary Club for 27 years and since 2008 has taken the lead in helping the Club raise over \$185,000 per year to provide the gift of food to nearly 10,000 people through the House of Friendship Christmas Hamper Project.

We are celebrating Jim's commitment to the work of community building by developing relationships, connecting people and extending the table to others.

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

For more details, please call Kara at (519)743-1151 x119.

Inequality Indicators

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Standards spent some time adding up the hidden variables in a paper entitled Indicators of Labour Market Conditions.

In the last two years, Waterloo Region's unemployment rate has moved between 7 and 9 percent. What proportion of the existing jobs are not traditional full-time employment? About 13% of full-time jobs are temporary positions where workers are hired and laid off in a constant cycle determined by the companies need for labour. Temporary work needs to be distinguished from part-time work, even though these two modes of work are often lumped together. A temporary worker usually works full-time until laid off, while the part-time worker is working less than 20 hours per week. 20 percent of the workforce is made up of part-time work. The involuntary rate of part-time workers, those looking for full-time work is about 4.3 percent. This number can be added directly to the unemployment rate, because these workers are also job searchers. Roughly 15% of workers are self employed. Of this number a good proportion are attempting to make ends meet with no other prospect for full-time employment.

A tally of these aggregate numbers demonstrates the high level of inequality for those on the edge of the labour market. How large is this reserve or contingent labour force? If you add together an unemployment

rate of 8%, plus another 13% of temporary workers, and a further 4.3% of part-time workers looking for full-time, include the part-time labour force in general, and about 50% of the self-employment workforce, you come up with an estimate that is at minimum 25-30% of the labour market. Those workers in the bottom section of the labour market usually have no benefits, are constantly job searching, work for minimal wages, are often in the process of being laid off, and if they are working they are unsure what kind of work they will get in the next week. This explains why the The Working Centre's job search resource centre is full with up to 5,000 different people each year.

London School of Economics professor, Richard Layard sums up the situation best. "We must be mad to be richer, but make work less secure and more stressed for portions of the work force." And yet with projections for slower growth ahead, large deficits, an aging population and sluggish hiring, it is hard to be optimistic about changing this structural reality of the labour market. It is important to consider the continuing social cost of a large, unsettled, temporary workforce.



Queen Street Commons Café
 Coffee, Culture & Community

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Saturday:
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Community Events

Live Music

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St. John's Kitchen

Mental Health Court: Changing Lives

*Editor's Note: On September 20, 2010, The Mental Health Court held a reception at St. John's Kitchen to recognize its 5th year of operation. The reception was arranged by Lynette Fritzley, assistant Crown Attorney. The event also launched a resource book: **Mental Health, the Justice System, and You**. The Court is a local initiative that was established to provide proper attention to those with mental disorders or intellectual disabilities who are in conflict with the law. Carol Tarback, Martin's Sister, spoke eloquently about the impact the Court had on her brother's final year. Her Speech is printed below. Also, the introduction of the Select Committee on Mental Health and Addictions report is printed below. The report advocates similar types of initiatives that are compassionate, open, and responsive to people's distress.*

By Carol Tarback

About 2 ½ years ago, the Mental Health Court saved my brother Martin's life. He was at court to defend against a charge of petty theft (he had stolen some pudding cups), and those present at court that day knew my brother, and were all quite worried about his health. As part of the order of his sentencing, Martin was required to submit to a full medical workup at Grand River Hospital, which in turn led to the discovery that Martin had terminal cancer.

If the Mental Health Court hadn't intervened that day the way they did, which never would have occurred in the regular court system, Martin's cancer would likely never

doing advocacy work for some time. Not in any organized or planned way. Martin did advocacy work just by being Martin. There were so many elements of his personality that endeared him to people, in spite of his situation, that he began inspiring change even before he knew he was doing it. But the medication gave him the confidence to take things to the next level in a conscious and deliberate way. Martin was able, with the help and encouragement of Lynette and others, to speak to a room full of police officers about what they could do to improve relations with others' living on the streets. So powerful was his visit with them that day, many of the officers were moved to tears, and the videotape of Martin's visit is still being used today as training material for new officers.

I think the quality most embodied by Martin was his humanity. And it



Judge Hearn speaking about the Mental Health Court

was the quality he most respected in others. And those who knew him know that he had a keen knack for spotting it in other people. I am so thankful that the meaning this advocacy work brought to Martin's life, and the important legacy that it's left for his family and his community, lives on, thanks to the Mental Health Court, in the dedication of this booklet.

I know that Martin would have been extremely honoured by this, but more importantly, he would have been extremely proud of everything the Mental Health Court has accomplished.

Many, many thanks. And congratulations. You are definitely changing lives.



Select Committee on Mental Health and Addictions Introductory Statement

The Select Committee on Mental Health and Addictions is pleased to present its final report. We began our investigation of mental health and addictions care in Ontario more than 18 months ago, when the Select Committee was created in February 2009.

Since then, we have been privileged to share the stories of Ontarians living and often struggling with mental health and addictions issues. It is an understatement to say that we have been moved by what we have heard. Rather, we have been changed by what we have heard, and are now convinced that a radical transformation of mental health and addictions care is necessary if Ontarians are to get the care they need and deserve.

From the parents sleeping by their front door to prevent their son from slipping out to buy drugs, to the daughter who dealt with more than 20 health care providers and social service agencies on her mother's behalf, to the husband who was in the room when his wife committed suicide, we have listened to your sto-

ries. These were extremely difficult moments for families to share with the Select Committee.

There were uplifting moments as well. The Select Committee was delighted to meet the woman who could finally speak publicly about her anxiety disorder, the young man confronting his addictions and working to prevent others from taking the same path, and the mother whose son finally managed his schizophrenia, got a job, made new friends, and thanked her for all she had done.

But it is fair to say that these positive stories were in the minority. In general, Ontarians wait too long for treatment. Youth are caught in the gap between programs for children and adults, repeating their case histories to a series of unconnected service providers. First Nations people struggle with above-average rates of mental illness, addictions, and youth suicide owing in part to a history of poverty and the consequences of residential schooling. Francophones are misdiagnosed because they are not treated in their first language. Linguistic and cultural barriers may

also affect newcomers and refugees. Seniors unnecessarily languish with depression, often undiagnosed, while society as a whole must face what has been called the coming tsunami of Alzheimer disease.

Similarly, individuals with autism, eating disorders, Fetal Alcohol Spectrum Disorder, or a dual diagnosis are orphaned by a system that seemingly has no place for them.

Seriously ill people are often turned away from emergency departments, or released from hospital before their condition has stabilized or without a discharge plan. Those with a concurrent disorder are told to deal with their addictions first.

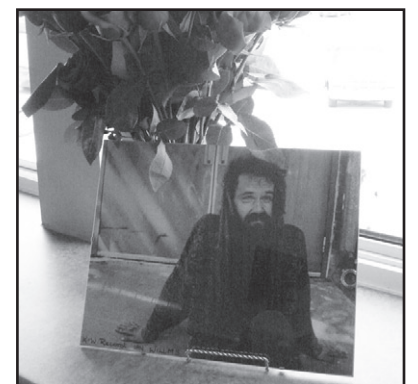
Approximately one in ten people suffer from highly treatable, yet overlooked, conditions such as anxiety disorders. Finally, "community support" often means that an individual is cared for by a stressed, over-burdened family struggling along without assistance.

In sum, the Select Committee heard so many stories of distress that we unanimously agreed that we must do better. Furthermore, because the Select Committee was given an extremely broad mandate—considering the mental health and addictions needs of the entire province—we have decided to focus on recommendations that we believe will affect the entire system.

To ensure that we address as many concerns as possible, the Select Committee is recommending the creation of a new organization responsible for overseeing the entire mental health and addictions system. We are also recommending that a core basket of services be made available in all regions of Ontario. We believe that these recommendations, along with several key proposals in the areas of justice programs and mental health legislation, have the best chance of producing the greatest improvement in care for the greatest number of people.

The Select Committee held a frank discussion about the fact that it often takes a crisis to accomplish a major social or political change. We are convinced that this crisis has arrived. However, it is one suffered silently, as those experiencing a mental illness or addiction are ignored, stigmatized, and lack the social power to demand change. These individuals are expecting us to finally take action. We, in turn, expect our recommendations to be adopted. We strongly encourage the Legislature to endorse our recommendations and advocate for their implementation.

(See the full report at: http://www.ontla.on.ca/committee-proceedings/committee-reports/files_pdf/Select_Report_ENG.pdf)



have been diagnosed properly, and he would have died a very different kind of death, probably on the streets, and probably alone. Instead, Martin received top-notch medical care as the first homeless person with a mental illness to stay in a palliative facility in the K-W region. The care he received made an immeasurable improvement on Martin's quality of life during his fight with cancer and also prolonged his life significantly, for which my family and I will be forever grateful.

But the way in which the Mental Health Court saved Martin's life was two-fold. As a part of the medical care that Martin received for his cancer, he also began taking anti-psychotic medication for the first time. Now, unintentionally, and unbeknownst to Martin, he had been

The Working Centre

Work Placements

The Working Centre invites employers to provide work placements, on-the-job training, and job trials for:

- New Canadians
- Workers over 55 years of age
- Others seeking work experience and/or training in their field

Candidates for work placements are job-ready and qualified – there is usually some particular skill or experience that has prevented them from being hired.

We can provide on-the-job training financial incentives through both **Employment Supports** and **Targeted Initiative for Older Workers**.

The Working Centre's free Job

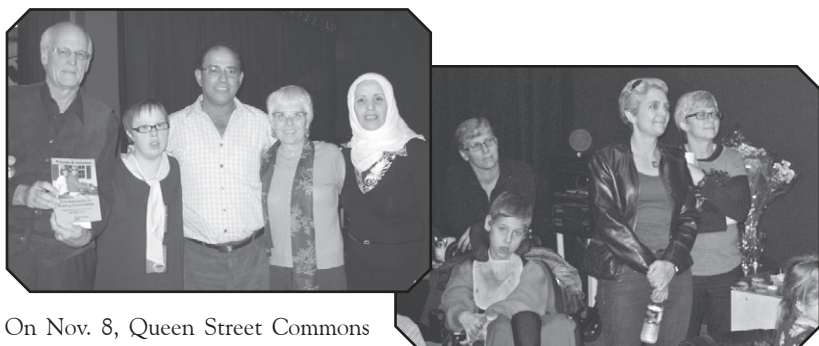
Posting site has over 5,000 hits per week. We work to understand your hiring needs, and to help you find good candidates to interview.

If someone we introduce to you needs some additional skills or experience, we can help to provide financial incentives for on-the-job training.

Our style is low-key and responsive.

Feel free to contact us by phone at (519) 743-1151, Dave Thomas - extension 289, Cameron Dearlove - 166, or by email at employers@theworkingcentre.org

Visit our website for more information: www.theworkingcentre.org/employers



On Nov. 8, Queen Street Commons Café hosted the book launch reception for Peggy Hutchison, John Lord, and Karen Lord, who jointly authored the book **Friends and Inclusion: Five Approaches to Building Relationships**.



In October, The Working Centre hosted all candidate meetings for Kitchener Wards 9, 10, and Kitchener Regional Council at Queen Street Commons Café, informing the public about the municipal elections.



An early morning breakfast meeting hosted 65 members of the local Mennonite Economic Development Associates (MEDA) Chapter at Queen Street Commons Café, where they heard a presentation on WRAP - the Waterloo Region AS-SETS+ Project, which is modeled on MEDA self-employment training. The project has operated out of The Working Centre for 5 years with the financial support of local MEDA members.



On Oct. 25, the Diploma in Local Democracy was handed out to 15 participants at the graduation ceremony. The graduation was held at St. John's Kitchen. Sean O'Seasain gave the comment address.



Our annual volunteer dinner was held at St. John's Kitchen on Nov. 18. Over 150 volunteers were served a delicious meal in recognition of their hard work and contributions that make our work possible.



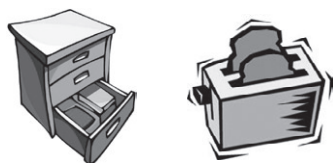
Prakash Venkataraman, president and CEO of Redragon, has hired several candidates that he has met through The Working Centre. "We always meet strong candidates from The Working Centre," he says. "They do an excellent job of pre-screening the candidates." One of those people is Nahim, who participated in an Employment Service work placement at Redragon as a material controller. During the placement, he received further on-the-job training in managing just-in-time inventory, dealing with vendors and customers, and using SAP business software. Prakash says the placement gave Nahim the opportunity to gain additional skills, and gave the company an opportunity to train him to work within the company's setting. "It's a win-win situation," says Prakash. "He's still with the company today."

Nancy was a health care worker before coming to Canada. She decided to make a transition to the settlement services field. She participated in a placement at a local settlement agency. During that time she had an opportunity to develop and apply her skills, and she learned the ropes through working alongside supportive colleagues. Assisting others to successfully settle into Canadian life is a passion for Nancy. She continues to work for the agency. Mordecai, one of her supervisors, said Nancy is a dedicated employee who is eager to take on new challenges.

Experience Thrift this Holiday Season!



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- Jewellery
- and Much More!



**For pick-up service, call
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Creative & practical projects...

Every month over 10,000 people use Working Centre services and projects.

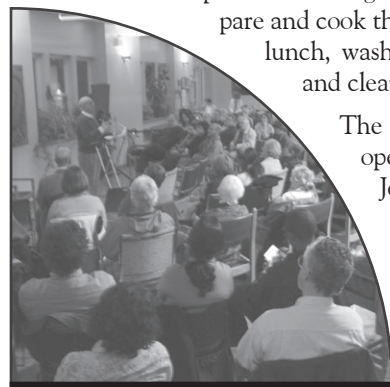
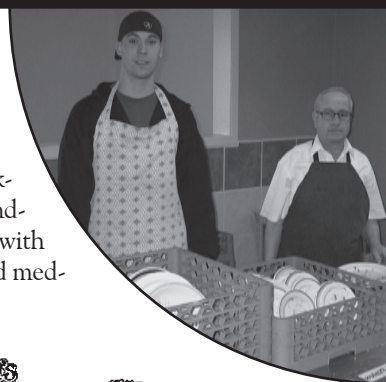
The Working Centre is an integrated community where people can find assistance and supports like job searching, a daily meal, bicycle repair, public access computers, used furniture, and transitional housing. Communities of support grow from each project as people help each other through the struggles and opportunities they face.

St. John's Kitchen

For 25 years St. John's Kitchen has made a daily hot lunch available. We open each morning at 8:00 am offering coffee and breads. When you walk up the stairs to the new St. John's Kitchen around lunch time, you are immediately faced with the buzz of activity. There are people everywhere, some are entering the medical clinic where the psychiatric outreach project has open hours, others are scraping and piling dishes to take to the dishwasher, the serving line stretches past the closet where two washing machines and dryers are constantly at work and where a few people are waiting their turn to use one of the two shower rooms. The work of St. John's Kitchen includes volunteers from the community and patrons who together pitch in to prepare and cook the donated food, serve lunch, wash dishes, mop the floor and clean up after each meal.



ness. Over 1000 people are supported through counselling, medications, and coordinated medical and psychiatric supports. Downtown Outreach offers further supports walking with individuals, finding trust as they deal with income, housing, and medical challenges.



The Psychiatric Outreach Project operates out of the medical clinic at St. John's Kitchen. It is a creative, cost efficient, integrated approach that meets the most vulnerable where they are at. It demonstrates the way an integrated and supportive community can support people through the issues of mental ill-

Access to Housing

The Working Centre has created 35 units of transitional, Integrated Supportive Housing for both men and women. These units directly help individuals who are at risk to build stability and find support. The Housing Desk helps over 400 people per year find housing.



Community Tools

These are productive projects where people get involved to serve a need in the community like recycling, transportation, skill-building, and community building.

Worth a Second Look Furniture and Housewares is Kitchener's largest Furniture & Housewares Recycling Centre. With quick turnover of inventory, there is always something new in stock!

Maurita's Kitchen teaches the art of practical whole food cooking and baking in a commercial kitchen setting and provides food for Maurita's Kitchen.

Queen Street Commons Café offers an affordable vegetarian menu and fair trade coffee. It hosts a range of events from live music to movies to political debates. Books for Sustainable Living are sold here.



Recycle Cycles provides affordable refurbished bikes for sale made ready by volunteers, and offers facilities for people to fix their own bikes.

The Commons Market is a community shared agriculture project that links members to small local farmers. You can order online at market.theworkingcentre.org and receive fresh produce delivered weekly or bi-weekly.

Community Gardening Projects include support for two community gardens, the GROW Herbal garden, and GROW Herbal products like soaps and salves sold at Queen Street Commons.

BarterWorks is a network for local businesses, individuals, and groups to exchange goods and services with a local currency.

The Multicultural Cinema Club is a community film-making project which offers workshops, videography services, equipment rentals, film festivals, and animation/film camps.

Job Search Resource Centre

The Job Search Resource Centre is constantly overflowing with people from all walks of life and diverse cultures trying to replace a lost manufacturing job, looking to write a resume, preparing for interviews, accessing resources for food and housing.

The labour market is as tough as ever and last year over 3000 individuals used our job search services in their search for work.

A drop in area offers daily newspapers and job leads, resumes, phone/mail/fax message service, and public access computers.

Public Access Computers are available in our resource centre to help people in their job searches.

Employment counsellors provide individual assistance to help people update resumes, write cover letters, prepare for interviews, access job leads, and link to other services.



Job search workshops and networking events help inform people about the job market and offer tips on finding work.

Assistance for New Canadians includes the Speak English Café, support for New Canadian professionals, and the Immigrant Loan Program.

Mature Workers are supported through the Targeted Initiative for Older Workers and the Experienced Workers 45+ project.

Waterloo Region ASSETS+ Project (WRAP) is a 10-week home-business training course that helps entrepreneurs develop a business plan and offers support once their businesses are operating.

Computer Training is available in the form of computer basics classes and self-directed training courses.

Computer Recycling offers affordable used computers and training opportunities through volunteering to help refurbish donated computers.

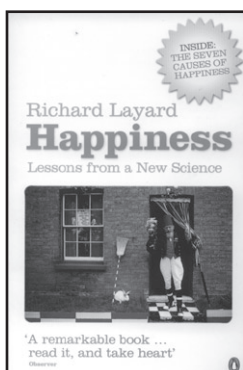
Books for Sustainable Living

Books for Sustainable Living



Books for Sustainable Living at Queen Street Commons Café offers a wide selection of books on such topics as the environment, education, poverty, social alternatives, the philosophy of work, simple living, and more!

You can place orders by fax (519-743-3840), phone (519-743-1151 x111), or mail (see order form on page 7)



Happiness Lessons from a New Science

by Richard Layard

310 pages, softcover, \$18.00

Reviewed by Joe Mancini

Happiness for Layard is trying to understand the growing disconnection in western societies. His first point is that “growing incomes in western societies no longer make us happier.” His second point is that, “more individualistic, competitive societies make us positively unhappy.”

The core of Layard’s argument is that in the West we are richer than we acknowledge, we don’t work nearly as long as our great grandparents did, we have universal access to health care, we can travel anywhere we want, we live longer, but yet we are no happier and society as a whole is more anxious, distressed, disconnected and constantly fighting addictions.

Layard is all in favour of people enjoying their work and the camaraderie that develops through meaningful endeavours. But when work is dominated by the quest for more money, then economic policy must deal with the distorting pollution that results from the struggle for status.

“When material discomfort has been banished, extra income becomes less important than our relationships with each other: with family, with friends and in the community. The danger is that we sacrifice relationships too much in pursuit of higher income.”

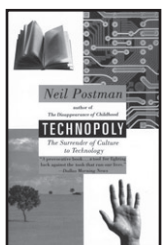
Layard demonstrates convincingly that the substantial increase in emotional distress or mental illness is related to national economic cultures that are emphasizing competition and money over relationships. A school of thought calls depression, anxiety, substance abuse, impulse dis-

order, deep psychological responses to unpleasant, harsh environments that people increasingly encounter. These realities can be traced especially to three dearly held freedoms.

The first is the development of insecure working conditions. Layard points out, “we must be mad to be richer, but make work less secure and more stressed for portions of the work force.” The second is the embracing of a mobile society with minimal roots. This wreaks havoc on our domestic lives. And thirdly we have placed too high a value on materialism – money, possessions, appearances and popularity over authentic relationships.

“We live in an age of unprecedented individualism. The highest obligation many people feel is to make the most of themselves, to realize their potential. This is a terrifying and lonely objective. Of course they feel obligations to other people too, but these are not based on any clear set of ideas. The old religious world view is gone; so too is the postwar religion of social and national solidarity. We are left with no concept of the common good or collective meaning.”

Happiness, according to Layard is as much about changing the outer circumstances of society as much as changing our inner attitudes. While it is important to find the positive force in ourselves, it is just as important to see, to nurture and to bring out the positive in others. What would our culture look like if our main goal was meaningful work that reduced barriers between people? Learning how to share the abundance of our society would be another step forward. For Layard, his research is all about, “inspiring us in our daily lives to take more pleasure in the happiness of others, and to promote it. In this way we might all become less self-absorbed and more happy.”

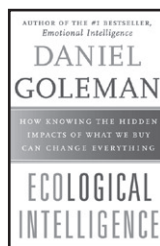


Technopoly The Surrender of Culture to Technology

Neil Postman

In this witty, often terrifying work of cultural criticism, the author chronicles our transformation into a Technopoly: a society that no longer merely uses technology as a support system but instead is shaped by it—with radical consequences for the meanings of politics, art, education, intelligence, and truth.

240 pages \$17.99 softcover

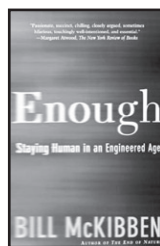


Ecological Intelligence How Knowing the Hidden Impacts of What We Buy Can Change Everything

Daniel Goleman

Ecological Intelligence reveals the hidden environmental consequences of what we make and buy, and how with that knowledge we can drive the essential changes we all must make to save our planet and ourselves. Goleman explores why so many of the products that are labeled green are a “mirage,” and illuminates our wild inconsistencies in response to the ecological crisis. He explains why we as shoppers are in the dark over the hidden impacts of the goods and services we make and consume, victims of a blackout of information about the detrimental effects of producing, shipping, packaging, distributing, and discarding the goods we buy.

288 pages \$19.00 softcover

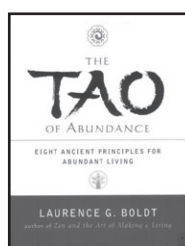


Enough Staying Human in an Engineered Age

Bill McKibben

In this book, McKibben turns his eye to an array of technologies that could change our relationship not with the rest of nature but with ourselves. He explores the frontiers of genetic engineering, robotics, and nanotechnology and shows that each threatens to take us past a point of no return. McKibben offers a celebration of what it means to be human, and a warning that we risk the loss of all meaning if we step across the threshold. This wise and eloquent book argues that we cannot forever grow in reach and power—that we must at last learn how to say, “Enough.”

271 pages \$15.50 softcover

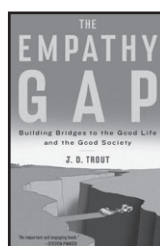


The Tao of Abundance Eight Ancient Principles for Abundant Living

Laurence G. Boldt

In *The Tao of Abundance*, Boldt applies ancient wisdom to modern times, presenting eight guiding principles from Taoist philosophy geared to help readers make practical life changes that will bring them a truer and deeper sense of abundance. Boldt encourages readers to strike a balance between material and spiritual wealth and argues that increased material wealth comes as a natural byproduct of psychological fulfillment. With exercises designed to help readers find their own balance between societal demands and their own deepest desires, this helpful, inspiring book offers the chance to experience a new feeling of abundance in all aspects of life.

353 pages \$28.00 softcover

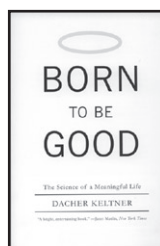


The Empathy Gap Building Bridges to the Good Life and the Good Society

J. D. Trout

Philosopher and cognitive scientist J. D. Trout recruits the latest findings in psychology, behavioral economics, and neuroscience to answer the question: How can we make better personal decisions and design social policies that improve the lives of everyone? Empathy towards the risk and suffering of our fellow citizens can lead to moral outrage, more decent laws, and fairer policies. But new research on judgment and decision making has revealed that the human mind makes decisions that undermine the best interests of the individual and society alike. Empathy needs to be balanced by rationality if we are to develop a responsible social approach to decent and democratic policy making.

306 pages \$28.50 hardcover



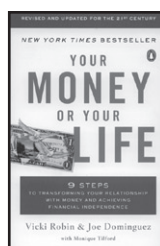
Born to Be Good The Science of a Meaningful Life

Dacher Keltner

If humans are indeed motivated by self-interest, then what are we to make of the prevalence of emotions like compassion, modesty, and awe in social groups as disparate as the isolated inhabitants of New Guinea and the crowded people of New York? Keltner argues that the secret to happiness lies in the balance between good and evil in your life, and demonstrates that the simplest of touches and the slightest of smiles are encoded signals of our innate capacity to engage with others in cooperative communities.

This informative and amusing book shows that survival is actually a matter of who is kindest.

336 pages \$21.00 softcover

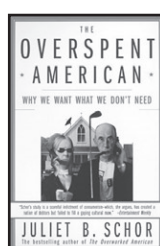


Your Money or Your Life 9 Steps to Transforming Your Relationship with Money and Achieving Financial Independence

Vicki Robin and Joe Dominguez

In this completely revised and updated edition of the bestselling *Your Money or Your Life*, you'll learn how to take back your life by changing the way you relate to money in order to live more deliberately and meaningfully. This new edition will show you how to: get out of debt and develop savings; reorder material priorities and live well for less; resolve inner conflicts between values and lifestyle; convert problems into opportunities to learn new skills; attain a wholeness of livelihood and lifestyle; save the planet while saving money, and much more.

328 pages \$17.50 softcover



The Overspent American Why We Want What We Don't Need

Juliet B. Schor

The Overspent American explores why so many of us feel materially dissatisfied, why we work staggeringly long hours and yet walk around with ever-present mental “wish lists” of things to buy or get, and why Americans save less than virtually anyone in the world. Unlike many experts, Harvard economist Juliet B. Schor does not blame consumers’ lack of self-discipline. Nor does she blame advertisers. Instead she analyzes the crisis of the American consumer in a culture where spending has become the ultimate social art.

253 pages \$16.95 softcover

Books for Sustainable Living



Falling Behind How Rising Inequality Harms the Middle Class

by Robert H. Frank

148 pages, softcover, \$23.50

Reviewed by Joe Mancini

In *Falling Behind*, Robert Frank an economics professor at Cornell University, analyzes the conundrum in which middle class families find themselves enmeshed. For several decades wages have been stagnant for the middle class and in order to spend more on houses, cars, and all kinds of consumer items, families have had to take advantage of every angle from working longer hours, reducing savings, going deeper into debt, buying cheaper houses further away that result in longer commutes, and sleeping less. All these options are stressful, they increase the pressures of work, and they feed consumer buying that reinforces the problem.

Frank does not blame all of this on a character defect of the middle class. He thinks that they have been falsely led into what he calls "a positional arms race" and the worse results are the large welfare losses. He compares the process to the reality of a military arms race where each side has no choice but to respond to the other.

"When people contemplate working longer hours to buy larger houses, they anticipate additional satisfaction not only from having larger houses in absolute terms, but also from having a larger house in relative terms. For

the move to appear attractive, the anticipated sum of these two gains must outweigh the loss of satisfaction associated with having fewer hours of leisure. When all make the same move in tandem, however, the distribution of relative house size remains essentially as before. So no one experiences the anticipated increase in relative house size... As in the familiar stadium metaphor, all stand to get a better view, but when all stand no one sees better than when they were all seated."

The large welfare losses from a "national arms race" include reduced education, health and social services spending. The welfare losses from the "positional arms race" include reduced leisure, increased stress on families, dislocation and fewer dollars for supporting the environment we live in – money that could be used to develop the infrastructure for community living – bike lanes, interconnected transit, naturalized parks, water conservation, etc.

Frank wants to engineer a form of detente to slow down the positional arms race which would be beneficial to both sides in this faux competition. The losses that are accumulating are taking their toll on communities throughout North America. *Falling Behind* is essential reading for the middle class to understand how their economic behaviour has often been manipulated against their better interests.

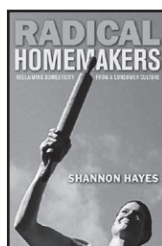


Four-Season Harvest Organic Vegetables from Your Home Garden All Year Long

Eliot Coleman

Eliot Coleman now shows you how to produce fresh, delicious, healthy food from your home garden year-round. He shows you how to harvest organically-grown vegetables throughout the coldest months in all climate zones with very little extra time or effort. His success depends on growing a large variety of vegetables each suited to its season, and on simple, inexpensive designs for cold frames, unheated mobile green houses, and root cellars.

236 pages \$32.50 softcover



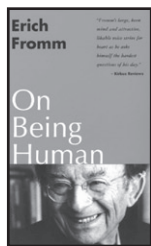
Radical Homemakers Reclaiming Domesticity from a Consumer Culture

Shannon Hayes

Radical Homemakers is about people who focus on home and hearth as a political and ecological act, and who have centered their lives around family and community for personal fulfillment and cultural change. It explores what domesticity looks like in an era where domination and oppression are cast aside and where the choice to stay home is no longer equated with mind-numbing drudgery, economic insecurity, or relentless servitude.

Homemakers nationwide speak about empowerment, transformation, happiness, and casting aside the pressures of a consumer culture to live in a world where money loses its power to relationships, independent thought, and creativity.

352 pages \$29.95 softcover

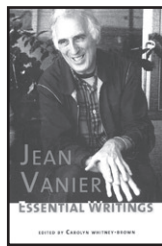


On Being Human

Erich Fromm

Fromm frequently refers in his writings to the humanistic aspect of man: humanistic science, humanistic socialism, humanistic religion, humanistic psychoanalysis. This posthumous volume includes writings from one of Fromm's most fertile periods, the 1960s, during the last twenty years of his life. They are based on lectures, works written for specific occasions, and manuscripts intended as books. Of special interest is the extended essay on two very difficult thinkers, Meister Eckhart and Karl Marx.

180 pages \$33.95 softcover



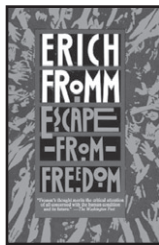
Jean Vanier Essential Writings

Edited by Carolyn Whitney-Brown

Through l'Arche, and later Faith and Light, Jean Vanier showed how the world can be transformed when we open our hearts to the experiences of people who have known life only at the margins. In this selection of excerpts from the works of Jean Vanier, editor Carolyn Whitney-Brown explores five decades of inspiring words and actions. Vanier sees the challenge as the need to "change the world, with love, one heart at a time." The result is a compendium of essential and deeply moving readings that reveal

the powerful insights, the gentle wisdom and the profound spiritual significance of a truly great Canadian: Jean Vanier.

176 pages \$21.95 softcover

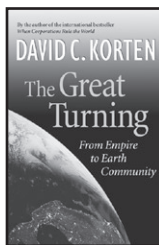


Escape from Freedom

Erich Fromm

If humanity cannot live with the dangers and responsibilities inherent in freedom, it will probably turn to authoritarianism. This is the central idea of *Escape from Freedom*, a book that is as timely now as when first published in 1941. If the rise of democracy set some people free, at the same time it gave birth to a society in which the individual feels alienated and dehumanized. Using the insights of psychoanalysis as probing agents, Fromm's work analyzes the illness of contemporary civilization as witnessed by its willingness to submit to totalitarian rule.

301 pages \$18.00 softcover



The Great Turning From Empire to Earth Community

David C. Korten

Korten argues that "Empire," the organization of society through hierarchy and violence has always resulted in misery for the many and fortune for the few, but now it threatens the very future of humanity as Empire has become unsustainable and destructive. Korten traces the roots of Empire and charts the evolution of its instruments of control, from absolute monarchies to the multinational institutions of the global economy. He describes efforts to develop democratic alternatives to Empire, such as the founding of the United States, and how imperialist elitists have undermined the "American experiment."

402 pages \$25.95 softcover



A Simpler Way

Margaret J. Wheatley and Myron Kellner-Rogers

Constructed around five major themes -- play, organization, self, emergence, and coherence -- *A Simpler Way* challenges the way we live and work, presenting a profound worldview. In thoughtful, creative prose, the authors help readers connect their own personal experiences to the idea that organizations are evolving systems. With its relaxed, poetic style, *A Simpler Way* will help readers increase their organizing capacity and free them from the daily stress that disorganization brings.

135 pages \$21.95 softcover

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N2G 1V6

To the Readers of Good Work News

Dear Friends,

The Working Centre community demonstrates that when people work together cooperatively, the potential for developing grassroots, practical projects grows exponentially. Each project is frugal, cooperative, and based on the mutual support people offer to each other.

This is community building where people work together to provide basic services in our community like the 300 meals served daily at St. John's Kitchen, the supports offered by the Psychiatric Outreach Project, the job search assistance that supports over 3,000 people per year, the 50 people who use our transitional housing, the 800 bicycles recycled by Recycle Cycles, and the 3,000 items recycled each week at Worth a Second Look.

We rely on your donations and contributions to make this work of community building possible where meals are served, job searches are supported, transitional housing is made available in a circle of relationships and engagement.

Our diverse community supports thousands of people with hospitality and direct assistance. Your support enables older workers, New Canadians, the unemployed, those who lose their housing, and people struggling with mental illness and physical disabilities to find deeper connections in our community.

For your contribution to our work, you will receive our quarterly newspaper Good Work News reporting on community building in downtown Kitchener with articles about community tool projects, simple living, growing diversity, ecology and stories about mutual aid.

Sincerely,

Joe Mancini, Director

Yes I want to support this work in K-W!

Enclosed is my donation for:

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

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

Name: _____

Address: _____

City: _____ Postal Code: _____

Please direct my donation to:

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

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Amount: \$ _____	
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Expires: _____	
Signed: _____	

To donate by phone, please call 519-743-1151 ext. 111.



An Alternative Christmas Gift Idea

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

Please direct my gift to: St. John's Kitchen The Working Centre

Please send a Name: _____

Christmas card to: Address: _____

City: _____ Postal Code: _____

Your name and address: Name: _____

(So we can send you an Income Tax Address: _____

receipt). If more space is needed, City: _____ Postal Code: _____

please use a separate sheet.

Help Support Others in Your Community this Holiday Season!

An Invitation to Creative Gift Giving!

Your donation to The Working Centre can be turned into a creative gift giving idea. Cards detail the kind of work supported through your donation and are produced with a variety of activities and donation amounts – you can select the one that best suits the person you are gifting. **As the donor, you will receive a tax receipt, plus the card to give as a recognition of your gift.**

Public Access Computers

Every week over 100 different people use our 25 public access computers to access internet, e-mail, word processing and printing. A \$50 donation will go towards costs such as paper, toner, computer licenses, and repairs.

Lunch for 300 at St. John's Kitchen

300 people per day join us for a hot lunch-time meal at St. John's Kitchen. St. John's Kitchen is a place where people gather, work together to prepare and serve a meal, access a wide range of community services, and support one another. A \$65 donation will go towards costs to cover food not donated by the community.

Lunch, Shower, Clean Shirt

Each day, 5 to 10 people do their laundry, take a shower, and access clean clothing if needed. This offers much needed resources for those without stable housing, or those who live in rooms

without access to showers and/or laundry. A donation of \$50 will go towards costs such as laundry detergent, soap, and toiletries for a month.

Lunch at the Queen Street Commons Café for Someone In Need of a Meal

The Queen Street Commons Café provides an affordable café in the downtown, and is significantly supported by volunteers. The café is an integrated part of the downtown community and serves as a base for many of our Outreach activities. Often we share a cup of coffee or a meal with people in difficult circumstances. A donation of \$10 will go towards the cost of a meal and a coffee to two people.

A Free Bicycle for a Child

Recycle Cycles receives donations of used bicycles and refurbishes them with the help of volunteers. This year we have been giving free bikes to children. We recycle bikes



that would otherwise end up in the land-fill, volunteers learn skills and contribute to community good, and kids get a free bike to help them to get around. A donation of \$25 will go towards such costs as providing a free bike for a child.

Bus Tickets

The Working Centre provides a number of ways to help people get around. We participate in the Transit Reduced Income Project (providing discounted bus passes for people living on a limited income), and often providing a needed bus ticket for an important appointment. A donation of \$25 will go towards covering costs such as 10 bus trips.

Refurbished Computer

Computer Recycling receives donations of used computers and refurbishes them for people living on a limited income. These computers are often useful for families with children, or for someone who is building their computer skills for employment purposes. Your donation of \$80 will go towards costs such as providing a fully licensed refurbished computer for someone living on a very limited income.

Transitional Housing for a Month

Our Transitional Housing helps many people facing addiction issues. Often the first of the month arrives and someone does not have enough money left for their rent because of their addictions. We often choose to let someone stay for the month, even though the rent money is gone. We work carefully to decide if this can help us to stay focused on the long-term goals. A donation of \$350 will go towards costs such as one month's rent in our Transitional Housing.



More gift options available.
 Call 519-743-1151 ext. 119
 for more information.