

GOOD WORK NEWS

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

Issue 85

June 2006

Subscription: a donation towards our work

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Queen Street Commons



Coffee Culture Community

By Joe Mancini

Clyde Gilmour, writing in a Record Insight column, recalled the Kitchener downtown in the 1960's when, "As a teenager; I remember I could have a glorious time downtown, both day and night. Saturday afternoons were exhilarating and it was a fun place to hang out."

The downtown of any city needs to be vital, providing people with practical reasons to gather. The Kitchener Market on a Saturday is an obvious example. The more opportunities where people can meet for conversation with friends and acquaintances, to hear people tell their stories, to listen to local musicians, to create a forum for speakers and cultural events and to generally hang out in an informal setting, are examples of the type of 'third places' that can make the Kitchener downtown vital.

At the Queen Street Commons we are endeavouring to create a 'third place' in the Kitchener downtown that will offer:

- A café with affordable prices so that all are welcome.
- Healthy vegetarian foods using locally produced in-season foods as much as possible.
- Volunteer job skills-training through hands-on customer service and food preparation.
- Activities such as music nights, free community meeting space, Speak English Café, etc.

Here are some examples of activities that have recently taken place at the Queen Street Commons:

- 50 people came to the Friends of Ugunja presentation where Sarah and Julian talked about their five month experience in Kenya and to hear about Katherine and Noel's upcoming trip.
- Michael Kelly, Mary Ann Epp and Mike Daly have all offered their musical talents at the café.
- A meeting place for outreach work-

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Micro Business Program to be Offered in Fall

By Bob Shantz

This spring, after three years of community consultation and study, the Waterloo Region MEDA (Mennonite Economic Development Associates) chapter board agreed to support the development of ASSETS + (A Service for Self Employment Training and Support). This project will develop a comprehensive business development program that fosters economic self-sufficiency through small business and self-employment for low-income women, people with disabilities and other economically disadvantaged individuals. We will offer business training, business development services/business consulting, and mentors to support the development of small and micro businesses.

The Working Centre has agreed to partner with MEDA to offer the ASSETS + program as an extension and enhancement to our programs. The Working Centre currently has a number of initiatives that try to develop personal and entrepreneurial skills of individuals such as paper making, bicycle recycling, employment counselling to mention just a few.

ASSETS+ business training and support program for low-income individuals is unique to Waterloo Region and will provide vital community de-

velopment activity. It fits well into The Working Centre's approach of providing access to tools in practical ways to help individuals earn a living.

It is not the intention of this project to compete with or duplicate what is currently available. The research conducted by the MEDA chapter found that there were many barriers for the working poor, refugees and women to access self-employment training. Often, participation is predicated on an individual receiving some sort of government assistance. We hope to expand access to those who have the largest barriers to opportunities.

The Operating Committee for Waterloo Region ASSETS Plus (WRAP) will be comprised of 1 member from The Working Centre, 2 members from the MEDA local chapter, the ASSETS + Program Coordinator and 1 member from the community at large.

MEDA has developed the ASSETS+ program in a number of U.S. cities. This will be the second ASSETS+ program in Canada. MEDA will provide the training, support materials, instructor manuals and participant guides to operate the program and will provide support over the first year. Local MEDA chapter members will provide a minimum of \$50,000 finan-

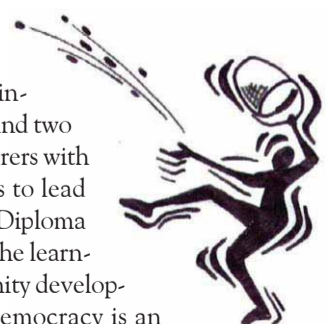
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Diploma in Local Democracy

16 Week Course Starting in September

Starting in September 2006, we will once again offer the Diploma in Local Democracy course.

This is a 16 week course that will run between September and April. Course curriculum includes class presentations, assigned readings, and two written assignments. We will invite guest lecturers with broad community development experiences to lead some of the classes. Participants in last year's Diploma in Local Democracy course were gratified by the learning approach that built on their lived community development experiences. The diploma in Local Democracy is an opportunity to understand deeper what daily actions promote equality and respect for our common humanity and those situations that pull people apart.



Please see page 6 for more details.

Twenty First Year

Issue 85

June 2006

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, Leslie Morgenson, Margaret O'Shea Bonner, Joe Johnson, Ken Westhues, Jim Lotz, Bob Shantz, and Rebecca Mancini.

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Canada Post Bulk #05306256

Charitable Registration #13092 9607 RR0001

19th Annual Mayors' Dinner



By Dave Thomas

Over 800 people gathered at Bingeman's Marshall Hall and in the air was the sound of a special community gathering. Neil Aitchison, as usual told stories and entertained the large crowd; the speakers, including Donna were excellent - each reflecting on what it means to commit to others. The meal prepared by Bingeman's was exceptional. Neil ably managed the live and silent auction featuring over 200 donated items. When Donna finished her speech just after 10:00 pm, over \$35,000 was raised for The Working Centre and St. John's Kitchen.

Tributes came from two of Donna's sons: Jonathan Cescon, who is an associate lawyer at Torys LLP, in Toronto, and David Cescon, a medical resident at the University of Toronto.

Particularly memorable for Jonathan was a day when as a high school student he accompanied his mother on a trip to visit several AIDS patients. He was amazed at his mother's energy, stamina and compassion. "It was very tiring - both physically and emotionally - to try and keep up with her," he said.

David and John pointed out how Donna met each of the criteria for selection of a Guest of Honour, such as public good over personal interest. "This one's easy," said John. "My mom is being honoured for her work in palliative care in Waterloo Region. She spends her days (and nights, and usually weekends too) trying to comfort those in pain, always striving to ensure that both the patient and their families can enjoy the time they have together. I think if she was being honest with you, she would tell you that she doesn't even consider it to be a job or 'work'. It's just what she is called to do."

Michael Higgins, President of St. Jerome's University, introduced Donna by comparing her to Dorothy Day, founder of the Catholic Worker Movement: "Embodied in her life and work are many of the same qualities that we find so abundantly on display with Donna. Day had little truck with compromise, half-measures, laboured diplomacy, behind-the-scenes jockeying or empty exhortations. She

was, in a word, authentic."

Michael lauded Donna for her "pioneering work with palliative care, the liminal science, her capacity for attention, her gift of touch ... the role of faith in her life - constitutive of all that she does - (she is) always the perfect quiet witness, neither showy nor triumphalist, working assiduously in the shadow not of the grave but of the empty tomb, full of hope, tender in the last moments. Simply there."

In expressing her appreciation at being selected as Guest of Honour, Donna said that it was a recognition of not just her work, but also that of many others. "By this honour the committee affirms also the virtual army that works with me in our region and beyond committed to providing palliative care aimed at alleviating the physical emotional psychosocial and spiritual suffering of patients in our community. Suffering occurs when the integrity of the person is threatened," she said.

"Effective palliative care requires the wisdom and dedication of systems as well as persons. So this army needs nurses, therapists, pharmacists, educators, volunteers, spiritual care providers, dietitians, social workers, personal support workers, secretaries, maintenance staff and physicians but it also needs administrators, planners, fundraisers, philanthropists, politicians, and even senators. The work crosses



all barriers and takes place in institutions, through home care and in our communities.

"Many of the members of our local team are present tonight and I salute each one of you personally, share tonight's honour with you and declare that our work reflects your unique contribution.

"None of us lives to himself and none of us dies to himself. If one member suffers, all suffer together; if one member is honoured, all rejoice together."

Many worked very hard to make this event so successful: Mayor Carl Zehr, Mayor Herb Epp, Marc Guilbeault and Cyndi Vienneau-Cormier of Bell, Lorna Van Mossel, Arleen Macpherson, Roman Dubinski, Neil Aitchison, Lawrence Bingeman, Fred Walker, Dominic Cardillo,

Margaret Motz, Harry Froklage, Dave Kropf at Encore Communications, Murray Haase, Don Allen and many others including the Patrons of this event for their financial support and interest in our



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Please join us for the

17th Annual Golf Tournament



In support of The Working Centre and St. John's Kitchen

Wednesday, August 23rd, 2006 at Foxwood Country Club

\$125 per Golfer plus a \$15 Golf Bonus Package To reserve your spot call Kara at 743-1151 x119

Sponsored By:



Your Generosity is Very Much Appreciated

The Working Centre and St. John's Kitchen are grateful for the many contributions we receive from individuals, businesses, churches, schools, groups, and organizations. It is with a sense of deep gratitude that we thank those who make regular contributions to our work. We recognize in doing so that we leave out many who contribute in so many important ways to our work.

Carmeta Abbott, All Saints Anglican Church, Dr. Jennifer Ashworth, Matthew & Nina Bailey-Dick, Wayne Moser - Bast Tire & Auto, Brian & Trudy Beckberger, Ray Beskau, Blessed Sacrament Parish, Bloomingdale United Church, Andrea Bootsma, Vernon Bowman, Bridgeport Lions Club, David Brohman, Alex Brown, Paul Bulla, Ilene Burkhardt, C.A.W. Local 1451, C.A.W. Local 1524, C.A.W. Local 4457, C3 Battler Inc., Marian Campbell, Canadahelps.Org, Mel & Donna Ward Cescon, Gina Chhatwal Trust, Church Of The Holy Saviour, CKCO CTV Janet Taylor, Coleman Equipment Inc., J.Douglas & Muriel I. Coleman, Cote Lock Smith, Yvan Couture, Cowan Insurance Group, Donald Cowan, Lawrence Crawford, Crosby Volkswagen Ltd., Kenneth R. Davidson, Neil & Donna Denison, Mr. & Mrs. Steve Dosman, Roman Dubinski, Maureen & Patrick Beaus Duffy, Ecoplans Limited, Martin Edmonds, Edward R. Good Funeral Home, Emmanuel United Church, First Church Of Christ Scient., Charles Fletcher, Patrick Flynn, Forest Hill United Church, William Fox, Steven Furino, Ray Gabel, Andrew Glenn, Charles Greb, Ron & Lorraine Green, Ronald

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W Naval Assoc., Cecil Kavanaugh, Kitchener Octoberfest Lions, Kiwanis/Cameron Heights/Bingo, Greg Klymko, Knights Columbus 1504, Angela Koch, Lloyd & Erla Koch, Dianna Koebel, Jacobus & Pauline Kok, James Krakovsky, Kathleen Kruspe, K-W Pilates, Jessica Kwik, Jim Langton, Laurentian Hills Christian School, Lear Canada, Brenda & Gary Leis, Sally Lerner, Local 527 Plumbers & Steamfit., Walwyn S. Long, Lucknow Christian Reformed, M.R. Jutzi Properties, Ron & Vicki MacDonald, K. MacIsaac, Hermesen Macnaughton Planning, Lois Magee, Randy Malleck, Dr. Catherine Mancini, Rebecca Mancini, Manulife, Ed McCarron, James McDougall, Frank Millerd, Millwrights Local 1916, David Moore, Margaret Motz, Gary & Margaret Mousseau, Ken & Marilyn Murray, Oecta - Waterloo Unit, J. Oudyk & S. Mooibroek, Doug & Colleen

Cathy Gravelle & Peter Cineinra, Hospice of Waterloo Region Volunteers, Kitchener Downtown Business Association, K-W Naval Association, Melloul-Blamey Construction, Margaret Motz, Margaret & Bob Nally, Our Lady of Lourdes Church, St. Jerome's University, St. Jerome's University Catholic Community, St. Louis Parish, St. Mary's Hospital Foundation, St. Mary's Hospital Palliative Care Team, The Record, Township of Woolwich, Village of Winston Park, and the Waterloo Catholic District School Board.

Thank you to those who made special contributions including Mary Bales, Urie Bender & Linda Jean Bender, Brava Tex Inc., Martin Buhr, Mary Cameron, Canadian Auto Workers Local 1524, Annita Enns, Patrick & Noreen Flynn, Full Circle Foods, Garasto Masonry & Construction, Fred Grespan, Gerry & Pat Grundy, John Kokko & Sue Anderson, Theron & Joy Kramer, Steve & Eve Menich, Pace Consulting Group, Audrey Reitzel, Joyce & Bill Stankiewicz, Dr. Tim and Aggie Szozda, Cristina Vanin & Michael Kelly, Dr. Louise Vitou, Peter & Patricia Walsh, and Dr. Alan Watson.

Owen, Parkminster U. C. W., Parkminster United Church, Mary Jane Patterson, Nancy Lou & Palmer Patterson, Hulda Penner, Brigitte Penzen-dorfer, Gladys Porter, RBJ Schlegel Holdings Inc., RDM Corporation, Marvin Rempel, Resurrection Catholic Secondary School, Ruth Ristau, River Of Life Fellowship, Rotary Club Of Kitchener-Grand River, Royal Canadian Legion Br. #412, Brian Ruby, Marguerite Rueb, Mr. & Mrs. John Scheele, Schiedel Construction, Ronald Schlegel, Edward & Marie Schnarr, Harold Seegmiller, Ruth Shackleton, Violet Shadd, Glen Shantz, Mitsuru Shimpo, John Shortreed, Sisters of Providence of S.V.P., Sisters of St. Joseph, Snyder Metal Fabricating, Stuart Snyder, Roman Catholic Diocese of Hamilton-Social Awareness Office, Christopher Springer, St. Agatha Religious House, St. Andrews Presbyterian Church, St. Anthony Daniel Parish, St. John The Evangelist Church, St. Louis Parish, St. Mary's High School, St. Peters Evangelical Lutheran Church, St. Agatha Church, St. Jerome's University, St. Mary's Hospital-Palliative, Stirling Avenue Mennonite Church, Strassburger Supplies Limited, John Surian, Iva R. Taves, Terraces By Hallman, Trinity United Church, Union Gas, United Way of Kitchener-Waterloo & Area, Unity Centre for Practical Christianity, University Catholic Community, John & Patricia Wainwright, David Walsh, Waterloo & Halton Elks, Waterloo Christian Reformed Church, James & Brenda Welch, Ken Westhues, Lewis & Julie Winger, Zehrs, and Zellers.

Thank You to Our Most Generous Donors!

The following individuals, businesses, and groups have made exceptional contributions in support of The Working Centre.

Aardvark-Vanaheim Inc., Ace Bakery, Alice Gabel, Bell Community Development, David & Nancy Matthews, Doyle Capital Corporation, Florence Clark, Jason and Therese Schattman, Manulife Financial Food/Friend, Margaret and Robert Nally, Robert Veitch, Steve and Eve Menich, St. Mary's High School, St. Michael's Church, and Virginia Frank.

We Extend a Special Thank You

To those who have made substantial contributions to the building projects at 66 Queen Street South and 97 Victoria Street North

Jim & Sue Hallman - \$50,000 towards 97 Victoria and \$60,000 towards 66 Queen
Lyle S. Hallman Foundation - \$83,545 towards the medical clinic at 97 Victoria
Cowan Foundation - \$30,000 towards Maurita's Kitchen
Strassburger Windows and Doors - Windows at 66 Queen and 97 Victoria
Canadian General Tower - \$7,000 worth of roofing membrane



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

2006 Brings Another Successful Coin Can Drive!

This year's coin can drive was a great success, thanks to the efforts of these generous local churches, schools, and individuals: Blessed Sacrament Church, Blessed Sacrament School, Bridgeport United Church, Christ Lutheran School, Christ the King United Church, Church of the Holy Saviour, Church of the Holy Trinity, Emmanuel United Church School, Faith Lutheran Church, Grance Lutheran church, Hope Lutheran Church, Cecil Kavanaugh, Jim Langton, Olivet United Church, Rockway Mennonite Church, St. Aloysius School, St. Anthony Daniel Parish, St. Dominics, St. Louis Church, St. Luke's Catholic School, St. Mark's Catholic Parish, St. Mark's School, St. Matthew's School, St. Paul's Lutheran Church, and the University Catholic Community.



Thank You, Centre in the Square!

For providing people from Working Centre and St. John's Kitchen with free tickets to shows like Evita and Randy Bachman! This is the Centre in the Square's commitment to provide opportunities for all to enjoy their productions.



Carl and Eleanor Kaufman - \$10,070
Edna Staebler - \$24,440
Canadian Auto Workers - \$70,000
Motz Family Foundation - \$10,000 towards 97 Victoria
K-W Community Foundation - \$10,000 towards 66 Queen and \$21,700 towards 97 Victoria
Newman's Own Foundation - \$5,000 towards 97 Victoria

19th Annual Mayors' Dinner

Continued from page 2

work, the individuals and businesses who contributed to the auction, and The Centro de Trabajo Band.

This year Bell offered a major Sponsorship, substantially contributing to the event. A special thank you to our generous patrons: Zehrs Markets, Terraces by Hallman, Bell Canada, RDM Corporation, MacNaughton Hermesen Britton Clarkson Planning Limited, Strassburger Windows and Doors, FaithLife Financial, Edward R. Good Funeral Home Limited, RBJ Schlegel Holdings Inc., Cowan Insurance Group, St. John the Evangelist Anglican Church, and Dr. Mel Cescon.

Thank you to our Community Tables: Aberdeen Homes, BDO Dunwoody LLP, Best Western Country Inn; St. Jacobs, Bingemans, David Brohman & Ann Robitaille, Catholic Family Counselling, Community Palliative Care Team, Erb & Erb Insurance Brokers, Grand River Hospital,

St. John's Kitchen

Friendly Downtown Kitchener

By Leslie Morgenson

Downtown Kitchener is such a friendly place that I need extra time to get to work so I can have conversations along the way. In fact it's not uncommon for the outreach workers to be at the door to St. John's Kitchen, attempting to enter the building, but stalled temporarily having first to proceed through many greetings. The streets of downtown Kitchener are filled with talk and if you listen long enough, you hear the stories and eventually you have not only a relationship, but a community... a functional network that you can depend upon.

Building a functional network around people is what outreach work is all about. There are approximately 12 outreach workers in downtown Kitchener who often position themselves at St. John's Kitchen when the crowd gathers at noon. They arrive with their various engaging interpersonal styles, some direct and fiery, some with a quiet approach, but all similarly passionate about their work, the work of inclusion. The outreach workers represent different agencies but they work together as an effective team. And while we may give out vouchers or information, make referrals, fill out forms, advocate or accompany, the formal process always begins informally with stories. Telling one's own story gives a person a sense of pride, appreciation for being heard and a new channel for support.

"Outreach," as the term suggests, means reaching out to people when they are not being served well, not being heard. Outreach often touches people in a manner we all want and need, a person or network present in our most desperate hour. Someone to ask the difficult questions when we can't.

When I began working at St. John's Kitchen seven years ago, I was shocked to hear someone say that they wanted to go to prison for the winter because "at least it would be warm" or that their childhood years had been spent, "without ever having a hot meal or three meals a day." Personally, it took me a long time to understand the difficulties in something I took for granted. This was totally outside of my world, out of my scope.

Eventually, I realized that what I understood as a behavioral norm could differ considerably from what others might define as a norm. What I take for granted, for example, might offend or be completely unfamiliar to someone else. A scheduled office appointment--something I do take for granted--can be quite a hurdle for people who carry many burdens and have many complex, ongoing difficulties. Assuming an equality of opportunity, anyone can and would be entitled to make such an appointment. There does not, however, exist an equality of conditions for everyone. Hence,

scheduling and keeping an appointment can be intimidating because of power imbalance or of limited access to a phone, an alarm clock, or the literacy needed to negotiate a phone book. In outreach, the workers venture out to serve the population they intend to reach by confronting and negotiating ways through such obstacles with people, accompanying them and advocating for them when needed.

The current government is a rather poor model with its lack of support to the St. John's Kitchen community through punitive and miserly financial assistance. Our society's lack of understanding of the complex needs this population faces provides a precedent for the rest of society. With such difficulties however, they continue to thrive in at least one very important way--they all have stories to tell and, through the telling of these narratives, relationships are formed and a community is built. Unbeknownst to the broader community, a vibrant local culture is being built day by day, and preserved daily in downtown Kitchener.

It's the sort of building of local culture that essayist Wendell Berry writes about. Berry says, "If you don't know one another's stories, how can you know whether or not to trust each other? People who do not trust one another do not help one another, and moreover fear one another." This statement speaks clearly to the perception of downtown Kitchener by those who do not visit the downtown. Some in our community are afraid to venture downtown. And there is a mutual fear among street people and some agencies or businesses. The point could simply be made--they haven't listened to each other; such listening is predicated on patience and acceptance.

During the past election, we all anxiously watched and waited for the changes that might have an impact on our lives particularly with a newly formed government. But it is important to remember that we don't always need politicians to redesign a social system; there is much happening at a grassroots level speaking to the needs of the people as opposed to a government budget dictating policies that trickle down to the street level.

This may not always be easy to grasp; we are often more comfortable in this "age of experts" to have pronouncements come from above instead of listening to our own politics, our own families, our own communities. We do not need politicians or so-called experts of any kind to dictate our social standards. If we live and model our own standards there is a greater opportunity for kindness. Governments, on the other hand, are rarely kind. Large institutions have great difficulty touching the individual, particularly

those who are isolated. If we want to live in kind communities, it must begin with the people.

I feel very fortunate to work with an outreach team, members of which understand that the problem rests not with the person in front of them, but falls squarely at the feet of all of us, the wider society. The outreach workers proceed with a positive regard for the person. To act otherwise would be as South African black nationalist Steven Biko once said, "Not only are whites kicking us, they are telling us how to react to being kicked." Positive regard is demonstrated not by turning people away or placing them on waiting lists

as has so often happened in their lives; not being told their 50 minute hour is up or that they are too old or too young or too drunk. It's never a question of "Can we do it?" but rather "How will we do it?"

With a team of many, the tasks are less daunting and involve active support for everyone involved. Outreach workers support people and guide them into and through the community with the recognition that the involvement is long term. The person being served is treated with unconditional support and preserving their dignity is paramount. It is a doorway to one's sense of security in the community.

St. John's Kitchen Moving by Mid July

The work of St. John's Kitchen, a project of The Working Centre, is invaluable to our community, and has grown tremendously over the past five years, serving up to 350 meals each day. For twenty one years, located at St. John's Anglican Church, St. John's Kitchen has ensured that individuals without means are able to access a nutritious meal each day. The Kitchen offers basic human dignity and respect, providing the opportunity to participate in producing food and community.

The 97 Victoria project will provide:

- Upgraded facilities for St. John's

- **Kitchen.**
- **Medical Clinic** used by Psychiatric Outreach project and KDCHC.
- A common meeting place for Downtown Outreach Workers.
- **Public Showers and Laundry** facilities.
- Upgraded **public washrooms** to serve the downtown homeless.
- **Job Café** which connects individuals to part-time work opportunities.
- **Worth a Second Look Furniture and Housewares Retail and Recycling Centre**, offering very low-cost used furniture and houseware items.



Construction Wraps Up

After a full year of construction, the revitalization of 97 Victoria is drawing near the end. Worth a Second Look has been operating in its newly renovated space since December and in mid July, St. John's Kitchen will begin serving its daily meal from the second floor.

There is much anticipation after two years of planning as ceramic tiles go on the floor, colourful paint on the walls and the new kitchen takes shape.

Most satisfying is the labour of workers getting work experience, volunteers offering their skills and trades people working cooperatively with our crews. We know that the good spirit engendered by this work will carry over everyday in the daily operation of St. John's Kitchen.

As this phase of the construction project is wrapping up we are still asking for donations to help us complete the project.

Yes, I want to support the 97 Victoria Project!

I would like to donate:

- \$35
- \$50
- \$75
- \$100
- \$200
- Other \$ _____

Credit Card Payment:

Visa Mastercard
 Card #: _____
 Expiry Date: _____
 Amount: _____
 Signature: _____

Name and Address for Tax

Receipt:
 Name: _____
 Address: _____
 Town/City: _____
 Postal Code: _____

Please make cheques payable to:
 The Working Centre
 c/o St. John's Kitchen Building Fund
 58 Queen Street South
 Kitchener, ON N2G 1V6

Thank You!



Café Recreates Space at 43 Queen Street South

continued from page 1

- ers along with numerous community meetings such as OWR's summer youth recreation project group.
- The John Chamberlain Refugee Education Fund held its annual reception announcing those refugees the fund will support in the next year.
 - The monthly Linux User Group.
 - BarterWorks Monthly Market Day.
 - Movie Nights starting in July.

Artisan Gift Shop

Queen Street Commons will continue the 43 Queen Gift Shop (formerly known as The Front Window), carrying a unique assortment of hand-made items, including herbal products, soaps, pillows, knitted goods, jewelry, clothing, books, recycled paper, and more. All items in the gift shop are made by local artisans & crafters who are associated with The Working Centre. The gift shop offers a way to showcase these talents, as well as providing a source of income for beginning artisans. Many Barter

Works members display their goods in the store.

The Queen Street Commons Café is already developing into a fixture in the Kitchener downtown, filling a gap that Christopher Lasch describes as essential for community living.

"As these observations ought to suggest, it isn't because they "get you through the day" that third places are valuable but because taverns, coffeehouses, beer gardens, and pubs encourage conversation, the essence of civic life. Conversation is most likely to flourish, according to Oldenburg, in informal gathering places where people can talk without constraint, except for the constraints imposed by the art of conversation itself. Like Emerson, he believes that conversation is the city's *raison d'être*. Without good talk, cities become places precisely where the main concern is simply to "get through the day."

Contact Margaret at 749-9177 x232 for more information or to book space.

Maurita's Kitchen: A Sustainable Kitchen Preparing a Diet for a Small Planet

By Karin Kliewer

Over the past decade The Working Centre has been developing programs in support of the local food movement. Our "urban agriculture" projects offer a place for city folks to engage directly in work that promotes environmental sustainability, as well as makes fresh, healthy food available to those who have little access to land. Through The Working Centre's initiatives, various unused lots have been converted into thriving community gardens, dozens of gardening workshops have been taught, hundreds of organic plots have been tended, a CSA food box program that links farms to city has been started, a large-scale herb garden has been established, and, over the years, a multitude of volunteers have been involved in the rewarding efforts of producing food in the city.

Three years ago, a wood-fired masonry bake oven was built at the Queens Greens community garden, just down the street from The Working Centre's main location. With the development of this oven, it became possible to prepare food using what was directly on hand at the garden. Weekly baking days, where pizzas made with fresh garden herbs and vegetables were served, became a hub of activity. Pedestrians would slow down to watch, neighbours would gather, and recipes would be shared. Taking part in the traditional form of baking with a slow wood-fire reminded passers-by of something often forgotten in our fast-paced world – the connection we can feel to the land, the seasons, our community, and our bodies, experienced through food that is both grown and prepared with care.

With the completion of Maurita's Kitchen this spring, we have eagerly expanded this concept of communal food production using locally grown foods. The new commercial kitchen facility offers a non-threatening, informal, hands-on learning environment where varied community members come together preparing

affordable meals for the Queen Street Commons Café. With a commitment to using seasonal and organic ingredients wherever possible, we include produce, grains, herbs, dairy, honey, and eggs sourced from local farmers, the Kitchener Market, and our own gardens.

Each day in the kitchen is busy, unique and diverse. The exchange of ideas and skills happens organically, shaped by those who have come to help get the work done. Early each morning, the kitchen is filled with warm, sweet, and savory aromas as the first volunteers bake fresh whole-grain muffins, scones and cookies. By 10 am the kitchen has become a flurry of activity, as the café's daily vegetarian special is completed and preparations for the next day's meals are made. Pizzas are baked, salads are mixed, beans are cooked, soups are stirred, and cakes are iced, every item incorporating the creativity of volunteers who have helped that day. Volunteers include high school students earning hours for an alternative learning program; new Canadian women who are building social networks of support by cooking together; "at-risk" youth developing food service work experience; a welder gaining experience as he makes a career change toward becoming a chef; a university-aged nutrition student sharing her knowledge; community members hoping to learn more about healthy vegetarian cooking; a local chef from a high-end restaurant mentoring others during her day off; and a local farmer taking a rainy day away from her garden work to lead a pie-making session.

Maurita's Kitchen offers incredible opportunities for teaching and learning. We hope to continue to build connections between people and the food they eat, through the act of preparing this good food together.

For more information about volunteer opportunities, see page 6, or contact Karin at 743-1151 ext. 113 or karin@theworkingcentre.org.



Queen Street Commons

Hours:

Mon. & Fri.
8:30am-5:00pm
Tues. - Thurs.
8:30am-8:00pm
Saturday
10:00am-2:00pm



On the Menu:

- Daily specials
- Local, vegetarian, organic ingredients
- Pizzas
- Fair-trade coffee
- Fresh herbal tea
- Cappuccino
- Specialty drinks
- Desserts & muffins

43 Queen St. S. Offering:

Downtown
Kitchener

(519) 749-9177

- Free community meeting space
- A gift shop carrying a unique variety of hand-made items
- Music nights, workshops, & lectures

Events

KW Linux Users Group

A meeting of Linux enthusiasts
First Monday of each month,
6:00-9:00pm

Live Music

Support local musicians including
Mike Daly, Mary Ann Epp, &
Michael Kelly
Wednesdays & Fridays

Speak English Café

Practice english in an informal,
café setting
Thursdays, 6:00-8:00pm

Movie Nights

A range of ercative, entertaining,
and educational films will be
presented regularly
on Tuesday evenings

66 Queen Update

When The Working Centre unexpectedly purchased 66 Queen on a power of sale from RBC in February 2003, we knew the project would take some years to complete. After three years of planning and doing the construction ourselves, we now have partial occupancy on the main floor and basement. Maurita's Kitchen is operating (see above) and the apartments are framed and ready for drywalling.

The most exciting change has been the combining of all our employment counselling work on the main floors of 58 and 66 Queen St. S. By re-establishing a long abandoned double door between 58 and 66 Queen, the Job Search

Resource Centre has added over 4000 square feet of floor space. The colourful open concept space benefits the community substantially by enhancing the services that support over 2500 people per year who use the space for job searching. Look for a detailed update on the new space in September Good Work News.



Volunteering at The Working Centre

Worth a Second Look Furniture & Housewares

Worth a Second Look is a thrift shop that provides the community with very low-cost used furniture and assorted houseware items. Volunteers are needed for:

Customer Service / Cashier

Duties include:

- Handling cash/sales of goods
- Dealing with customer inquiries

Pricing

Duties include:

- Determining pricing for new donations
- Arranging items on store shelves

Driving

Duties include:

- Driving a truck to deliver furniture
- Lifting and loading heavy furniture on and off the truck

Location: 97 Victoria Street North

Times: Monday to Friday from 9:00am to 5:00pm and Saturdays from 9:00am to 4:00pm.

To Volunteer: Contact Don at 569-7566.

Whole Food Box CSA

The Whole Food Box CSA provides affordable, seasonal, local, & organically grown produce. We are looking for:

Whole Food Box General Help

Duties include:

- Helping with receiving and organizing orders
- Helping to distribute bulk orders
- Member supports, including helping to carry food boxes to member vehicles

Drivers to pick-up and deliver produce

Duties include:

- Handling quality control at pick-up sites
- Passing feedback to growers
- Organizing bulk order pick-ups
- Lifting heavy bushels of vegetables
- Must have valid driver's license, ideally with access to own minivan

Volunteer drivers will have gas/mileage covered, and will earn a monthly stipend.

Location: 66 Queen Street South

Times: Tuesday and/or Thursday morning from June to December

To Volunteer: Contact Karin at 743-1151 ext. 113.

Computer Recycling

Computer Recycling gives computers a second life, providing people with access to affordable computers. Volunteers can learn about computer hardware by helping to repair donated computers.

Location: 43 Queen Street South

Times: Wednesdays and Fridays from 9:30am-4:00pm.

To Volunteer: Contact Charles at 749-9177 ext. 225.

Maurita's Kitchen

The kitchen offers a practical learning environment, where volunteers make all the meals for Queen Street Commons from scratch using fresh whole foods. Volunteers are needed for:

Kitchen Help

Duties include:

- Food preparation for the café
- Baking breads and desserts
- Gain experience in operating large-scale kitchen equipment

Location: 66 Queen Street South

Times: 9:00am-4:00pm, Monday - Thursday

To Volunteer: Contact Karin at 743-1151 ext. 113.

Queen Street Commons

Queen Street Commons is a volunteer-run café at 43 Queen St. S. that offers a local, organic, vegetarian menu, community events, music nights, and a unique gift shop. We are looking for:

Customer and Food Service volunteers

Duties include:

- Handling cash/sales of café and gift shop items
- Taking orders and handling customer inquiries
- Making coffee and specialty drinks

Food-Prep volunteers

Duties include:

- Preparing light meals, salads, and sandwiches in the café
- Serving food to customers, presentation of food
- Making coffee and specialty drinks

Kitchen Help/Runner Volunteers

Duties include:

- Bussing tables, dishwashing
- Maintaining café displays, pricing items, making café signs
- Cart prepared foods from Maurita's Kitchen to the café
- Helping distribute promotional materials

Location: 43 Queen Street South

Shifts available: 8:30-11:30am, 11:30am-2:30pm, or 2:30-5:30pm

To Volunteer: Contact Margaret at 749-9177 ext. 232 or Amaryah at 749-9177 ext. 238.

Sewing Space

Sewing Space offers beginner and advanced sewing classes. Volunteers assist with learning the machines, working from patterns, and sewing techniques. Those with experience are invited to assist with classes.

Location: 58 Queen Street South

Times: Mondays from 9:00-12:00 and 1:00-3:00, Tuesdays from 12:30-2:00, and Thursdays from 12:30-3:30.

To Volunteer: Contact Amaryah at 749-9177 ext. 238.

ASSETS+: A Service for Self-Employment Training and Support

continued from page 1

cial support during the first year of operation. The Working Centre will provide significant in-kind support to make the project possible. The Operating Committee will investigate the possibility of providing a micro financing component to the program in the future.

The program model will consist of;

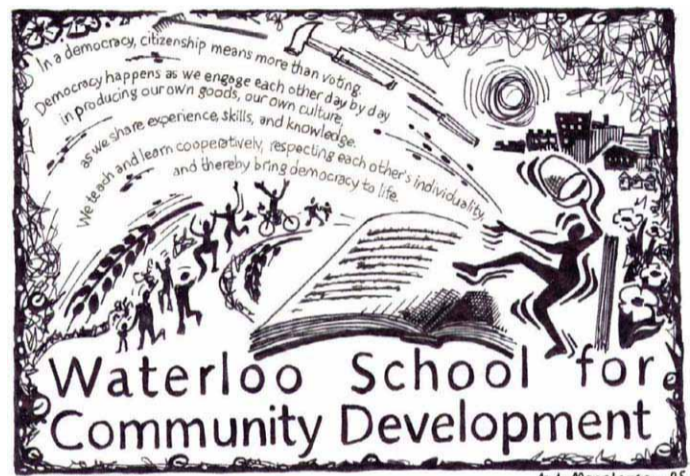
Business Planning and entrepreneurship readiness course. Through the *Foundations* business planning course, participants will complete a simple, comprehensive business plan. The *Foundations* course was developed by Mountain Microenterprise Fund (MMF) in Asheville, NC and has been used to teach more than 1,800 entrepreneurs how to plan for a microbusiness. Offered on a sliding fee scale, this 20+ hour course is practical in nature and involves such steps as performing market research, developing a marketing plan, learning budgeting skills and developing financial statements for their business. Both start-up and existing businesses can benefit

from the information and planning that this program provides.

Business Development Services/ Business Consulting workshops and one-on-one consulting are provided in areas such as tax preparation, marketing and product development, book-keeping, management, etc.. We will provide this assistance both as a formal set of technical assistance modules delivered in a group format and through one-on-one coaching offered by a group of local business professionals who have agreed to volunteer their time and expertise to support our entrepreneurs.

New businesses will also be linked with a trained **Mentor** currently in business, who will provide problem solving and support. These community volunteers provide another point of contact for participants and enable them to navigate the difficulties experienced by new business owners.

For more information contact Bob Shantz at The Working Centre at wrap@theworkingcentre.org or 743-1151 x206.



Diploma in Local Democracy

The Waterloo School for Community Development's second diploma course in Local Democracy will begin on Wednesday, September 20th 2005.

The curriculum will be guided by sociologist Ken Westhues, who brings his 35 years of university teaching experience to this project. The course will explore historical and biographical examples of individuals and projects whose inventiveness has resulted in cooperative, inclusive and democratic structures.

Who Should Apply

In the course of the program, each *Candidate* will plan and write an essay on some aspect of local democracy in relation both to the assigned readings and to his or her own experience. The essay will be at least 3000 words in length, and of a quality suitable for publication in *Good Work News* or on the Working Centre's website. Candidates will shape the learning they are seeking through presentations and suggestions for content.

How to Apply

To apply see the Waterloo School for Community Development link at www.theworkingcentre.org or call Kara at 743-1151 x119. Paper copies of the

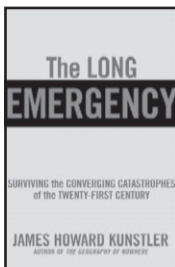
application can be requested at the front desk at 58 Queen St. South.

The Diploma program is intended for mature adults who are committed to serving democracy, practically and effectively, in Kitchener-Waterloo: for office-holders in our municipal governments; for people employed in public service as administrators, police officers, or front-line workers in social work, recreation, or development; for leaders of churches, service clubs, business organizations or unions, the media, the performing arts, elementary and high schools. This program is designed for active citizens in whatever line of paid or voluntary work, people with a keen sense of their community and commitment to improving it, the kind of people who read the opinion pages of local newspapers and are tempted to write letters to the editor.

Tuition

There is no application fee. All-inclusive tuition for Candidates enrolled in the eight-month Diploma program is \$400. Bursaries will be available for Candidates invited to enroll in the program, but unable to accept for financial reasons. It is possible that some candidates may be sponsored by their workplace.

Alternative Work Catalogue



The Long Emergency Surviving the Converging Catastrophes of the Twenty-First Century

James Howard Kunstler

324 pages RW06 \$17.95 softcover

Reviewed by Joe Mancini

James Howard Kunstler is a witty author whose writing has taken aim at suburban sprawl – namely the destruction of small communities in favour of endless tracts of housing and strip malls. His small town sensibilities make it obvious to him that auto dependant suburban development based on cheap oil and natural gas is a losing proposition. His book postulates a Long Emergency from the inevitable oil and gas shortages and the resulting economic dislocation. For Kunstler, the Iraq war is an example of the resource wars that will result from oil dependency.

- The Long Emergency analyses converging trends that are hard to ignore,
- The dramatic effects of global warming in the Arctic
 - The logical increase in oil prices as oil production struggles to keep up with oil consumption that grows beyond 82 million barrels a day.
 - The ramped up production of ethanol and oil sand synthetic oil even though the manufacturing process devours a third of the energy produced.

The Long Emergency is all about the voracious use of oil, what Paul

Hawken's calls, "Planet Earth's once in a billion year carbon blow out sale, all fossil fuels priced to move." Kurt Vonnegut despairs about our deep denial, "and like so many addicts about to face cold turkey, our leaders are now committing violent crimes to get what little is left of what we're hooked on"

Kunstler has a message for those who see where all this is leading. He sketches out what a society with minimal access to gas and oil would look like, reminding us how dependant North American society is on two commodities that are not renewable. At best he offers a vision of reintegrating work back into communities. Sounding like Wendell Berry he suggests "preparing for a vocational life doing something useful and practical on the small scale".

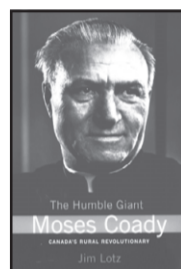
There are many similarities between Jane Jacobs' last book, **Dark Age Ahead** and **The Long Emergency**. Jacobs was mostly concerned with the possibility of interconnected failures resulting from the decline in what she called the pillars of our culture. **Dark Age Ahead** explored the serious trouble that she observes in

these five pillars, namely; families and communities, education that is dedicated to credentials, centralized taxation that does not find a way to credit differences in cities or support innovation, the hegemony of self policing professions which are increasingly finding themselves embroiled in nasty crimes and messes and finally the application of science and technology that has become so complicated it often fails to recognize obvious anecdotal evidence at great expense.

Jacobs pointed out the obvious evidence of how cultural and economic failure easily feeds onto itself in an ever feeding loop that collapses downward. Jacobs, who died this spring at the age of 90 added, "Beneficent corrections are not guaranteed."

Jacobs' offers a positive antidote, "A society must be sufficiently self-aware

to recognize the threat of accumulating cultural weaknesses and try to correct them, and so stabilize its complex cultural network." For both Jacobs' and Kunstler, society's resources should be dedicated to building affordable and liveable communities. The efforts of work must not be wasted in ventures that produce more waste but rather activities that truly nourish the community with useful goods. Local communities have a critical role in such a transformation. It is necessary to ask very familiar questions. How can local communities produce their own food? Why do we allow cars to devour resources at an alarming rate? How can local markets and artisans thrive? Why do large institutions habitually discourage innovation? These are just some of the questions that need to be asked during these times.



The Humble Giant Canada's Rural Revolutionary

Jim Lotz

141 pages RL06 \$19.95 softcover

Jim Lotz's dedication to community development has been enhanced by his prolific writing career documenting the best of local initiatives that make a difference. He is known for his interpretation of the life and works of Moses Coady and he has worked closely with those on the East Coast who have inherited the Antigonish movement. In **The Humble Giant, Moses Coady, Canada's Rural Revolutionary**, Lotz tells the story of "how Coady and his followers laid the foundations for the co-operative and credit union movements that now play a significant role in the social and economic life of people around the world". The following quotes from Lotz's introduction set the tone of this short but powerful primer on foundational ideas behind what today is known as community economic development.

"Coady and his people did not view men and women as 'hands' or 'factors of production' or 'human resources.' They saw them as God's creation, imbued with potential for becoming fully human, with a divine spark that could be fanned into flame through adult education. As Coady put it, 'We are not building credit unions. We are building men.' Coady, ahead of his time in this as in so many other things, had the highest regard for women. He treated them as equals, gave them positions of power and encouraged them to develop their potential to the full."

"The present biography sets Coady

and his work in the context of social movements. These, by their very nature, create expectations about better worlds that may never be realized. Myths — and even fairy tales — cluster around such movements, obscuring their reality. But they can inspire others to work towards better lives for themselves and others. We need myths and fairy tales that point to wonders and possibilities excluded from rational thought."

"Coady's vision of a new society based on adult education and co-operative action did not come into being everywhere. But this is no reflection on that vision or on the way that Coady went about presenting it. If, like Moses in the Bible, he did not reach the Promised Land, he caught sight of the shape of it in the small collective ventures that his movement fostered."

"What Moses Coady and his colleagues did would be known as community development these days. It bids fair to become the flavour of the millennium with its talk of decentralized activity and economic democracy. Coady and his people made these words flesh at a time when hope had fled. My research, teaching and involvement in community development have been enriched by Coady's words, ideas and actions and those of the people who worked with him. For this I am profoundly grateful, as are so many others who strive to follow the path that he blazed for us as we work towards a more egalitarian, just, human and creative world."

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 Queen Street Commons Gift Shop at 43 Queen St. S. in Kitchener. All proceeds from this catalogue go to Working Centre Projects.

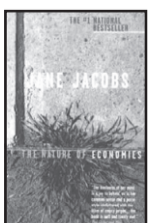


Dark Age Ahead

Jane Jacobs

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

241 pages GB01 \$21.50 hardcover



The Nature of Economies

Jane Jacobs

A highly original look at the connection between economy and nature. Jacobs proposes that economies are governed by the same rules as nature itself, and the more we learn of these processes and the better we respect them, the better our economies will get along.

208 pages RW02 \$16.95 softcover



Lichen Factor

The Quest for Community Development in Canada

Jim Lotz

The collected wisdom of "a very wise man" describing how community development, governments and individuals can work together to create better societies. Reviews the history of community development as he has seen it and explores its potential and limitations using practical experience combined with vision.

288 pages WC04 \$22.95 softcover

Alternative Work Catalogue



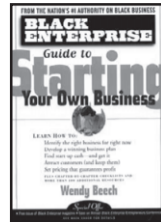
Live Simply A Simplicity Circle Study Guide for the Waterloo Region

Edited by Fiona Heath

This study guide helps a small number of people (6-10) to work and learn together without need of outside resources or leaders. This guide provides all necessary information to start a circle of your own, including practical organizational tips, facilitation skills, and healthy conversation habits.

It is intended to support people interested in learning more about voluntary simplicity and putting it into practice in their own lives.

90 pages SL07 \$15.00 softcover

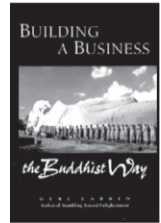


Black Enterprise Guide to Starting Your Own Business

Wendy Beech

Offers essential, timely advice on all aspects of entrepreneurship, including defining and protecting a business idea, researching the industry and the competition, confronting legal issues, choosing a good location, financing, and advertising. You'll learn how to make the most of the Internet by establishing a Web presence.

465 pages SB13 \$30.95 softcover

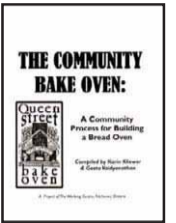


Building a Business the Buddhist Way

Geri larkin

Put a new spin on entrepreneurship by shifting the focus to emphasize balance and integrity. You'll learn how to start or expand a rightlivelhood business while attaining real satisfaction and remaining true to yourself. She maintains her sense of humor and a balance between career success and personal success, between business goals and personal goals, between the good life and a good life.

142 pages SB16 \$19.95 softcover

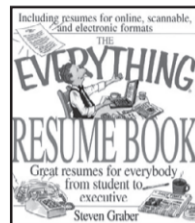


The Community Bake Oven A Community Process for Building a Bread Oven

Compiled by Karin Kliewer & Geeta Vaidyanathan

This handbook is intended to be a guide that will facilitate community groups in designing and building a masonry oven. The guide tells the story of how an inexperienced group of volunteers was able to build a beautiful oven, and how a community can come together for a common project. Incorporating journal text, step-by-step information, photos, drawings, and resources, this handbook provides the basic information and encouragement needed to begin a community bake oven project, and for the tantalizing smells of fresh baking to start wafting through the air.

45 pages GB02 \$15.00 softcover

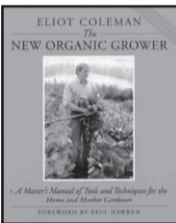


The Everything Resume Book Great Reumes for Everybody from Student to Executive

Steven Graber

Whether you're writing your first resume, or are an old pro looking for new insights, this book has what you are looking for. Topics include: resume basics; the do's and don'ts; resume makeovers; electronic resumes; plus additional job search info and over 200 sample resumes.

321 pages JH40 \$22.95 softcover



The New Organic Grower A Master's Manual of Tools and Techniques for the Home and Market Gardener

Eliot Coleman

A welcome source of knowledge for those interested in small-scale, commercial farming and gardening without pesticides. The small grower learns of cost-effective, environmentally sustainable production techniques along with learning how economy of effort transforms gardening from a task to a craft. Like any practice, it can only be learned through repetition, dedication, and good teaching.

340 pages SU08 \$34.95 softcover

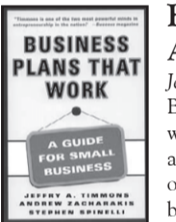


Starting a Successful Business in Canada

Jack D. James

Everything you need to know about turning your good idea into a profitable business is explored and explained in this informative guide. The fifteenth edition of this Canadian bestseller is full of practical, useable information that will help you master the start-up procedure. The skills you learn will help you every day and in every aspect of your business. Plus you'll be able to lay a solid foundation for future success. Workbook included.

180 pages SC06 \$19.95 softcover



Business Plans that Work A Guide for Small Business

Jeffry A. Timmons, Andrew Zacharakis, & Stephen Spinelli

Business Plans That Work arms entrepreneurs and small business owners with an easy-to-follow template for writing persuasive business plans, along with proven models that can be used to analyze potential business opportunities from initial idea to viable venture. This value-packed book will show both entrepreneurs and current business owners how to:

Determine what to include in each plan, why, and for whom, Recognize and avoid common pitfalls in the process, Use the renowned "Timmons Model" to analyze potential business opportunities.

183 pages EF13 \$31.95 softcover

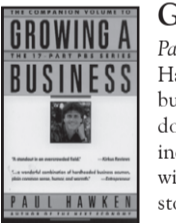


Creative Cash How to Profit from Your Special Artistry, Creativity, Hard Skills, and Related Know-How

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.

296 pages CI04 \$28.95 softcover

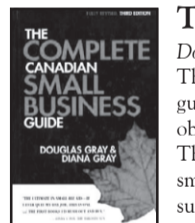


Growing a Business

Paul Hawken

Hawken dispels the myth of the risk-taking entrepreneur. The purpose of business, he points out, is not to take risks but rather to get something done. He shows that the successful business is an expression of an individual person. According to Hawken, your idea for a small business will grow from something that is deep within you, something that can't be stolen by anyone because it is so uniquely yours that anyone else who would try to execute your idea would fail. Of all the start-your-own books, this is probably the most unique and realistic.

251 pages DC03 \$21.00 softcover



The Complete Canadian Small Business Guide

Douglas Gray & Diana Gray

This revised and updated edition is one of the most comprehensive guides on the subject. It's detailed, very informative, scrupulously objective, and written in a style that is refreshingly clear of jargon. The strength of this book is its attention to the practical needs of the small business. And it's full of tips and strategies on how to successfully open and operate a business. There are also many helpful sample forms and checklists.

626 pages MH24 \$42.99 hardcover

Alternative Work Catalogue Order Form

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