

# GOOD WORK NEWS

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

Issue 100

March 2010

Subscription: A Donation Towards our Work

## Inside This Issue:

- 1988 at St. John's Kitchen
- 25 Years of a Community Kitchen
- Outreach Projects at St. John's Kitchen
- Dialogue and Pluralism in the Midst of High Unemployment
- Toastmasters Club
- Jim Lotz's Understanding Canada
- Axioms, Aphorisms & Anecdotes for Activists



CANADA	POSTES
POST	CANADA
Postage paid	Port payé
Addressed Admail	Médiaposte avec adresse
5306256	



## Lynda Silvester

### 23<sup>rd</sup> Annual Mayors' Dinner

### Helping Kids Get a Strong, Smart Start

By Dave Thomas

"Embrace the change and enjoy the learning."

Those are words that Lynda Silvester has lived by throughout her career. As an educator, she has been active for decades helping children to learn, through many changes in school systems, curriculum, resource levels, parental expectations and societal demands. There's one constant among all that change, though: Kids want to learn, and with the right help, they can.

As the Guest of Honour at the 23<sup>rd</sup> Annual Mayors' Dinner, Lynda is being celebrated for her contributions to education, in her many roles that include teacher, special education consultant, teacher education instructor, vice-principal, principal and founder of Strong Start, an organization that helps young children with literacy basics. It is a mission to which Lynda has devoted her professional life for more than 40 years.



To understand why Lynda is so committed to helping kids learn, you have to consider her early life, growing up in a happy family in North York. In those days, it was not in the middle of the sprawling GTA. She grew up in the area of Keele Street and the 401, before the 401 was even there. ("For many years there were only a few houses within sight of ours" she recalls.) The daughter of an airplane mechanic and a homemaker, Lynda was the second of four children, growing up in a loving and supportive environment that nourished her own love of learning. She completed grades 4, 5 and 6 in two years, and in high school she was enrolled in an enrichment program. It was a natural choice to go into teaching, which at

continued on page 5

## Diploma in Local Democracy Guest Speaker Series

This lecture series brings together three speakers with experience in practicing the art of Local Democracy.

### Democracy as an Expression of Aboriginal Worldview

Presented by Mac Saulis, March 24<sup>th</sup>, 7:30pm

Professor Mac Saulis is the co-ordinator of the Wilfred Laurier University Faculty of Social Work - Aboriginal Field of Study program and a First Nations scholar. In this discussion, Saulis will explore the idea of worldview as a useful tool in examining the purpose of one's life, and how community and democracy can flow from a shared worldview.



### Society for Quality Education

Presented by Malkin Dare, April 21<sup>st</sup>, 7:30pm

Malkin Dare, originally an elementary school teacher, is currently the president of the Society for Quality Education, a group dedicated to improving the education system and giving students a better chance at successful learning. In her discussion, Dare will explore the need for increasing the level of democracy in the education system as a way of improving the quality of education received by students.



### Democracy, Community, & the Limits of Law & Politics

Presented by Ken Westhues, May 12<sup>th</sup>, 7:30pm

Ken Westhues is a Professor of Sociology at the University of Waterloo and author of *The Working Centre: Experiment in Social Change*. Westhues' discussion will look at how groups must look to their own members rather than large institutions to create real, inclusive, and meaningful communities.



Hosted at St. John's Kitchen, 97 Victoria St. N., Kitchener

Call 519-743-1151 ext. 119 for more information

Twenty-Fifth Year  
 Issue 100 March 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 10,000 copies. Subscription: a donation towards our work.

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

Contributors: Joe Johnson, Rebecca Mancini, Azam Fouk Aladeh, Georgina Green, Andy Macpherson, Jesse Robertson, Jim Lotz, and Dave Thomas.

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

The Working Centre  
 58 Queen Street South  
 Kitchener, Ontario, N2G 1V6  
 Phone: (519) 743-1151, Fax: (519) 743-3840  
 e-mail: joej@theworkingcentre.org  
 www.theworkingcentre.org  
 Canada Post Bulk #05306256  
 Charitable Registration #13092 9607 RR0001



Mayor Carl J. Zehr &  
 Mayor Brenda Halloran  
*cordially invite you to attend the*  
**Twenty-Third Annual Mayors' Dinner**  
*in honour of*  
**Lynda Silvester**  
*Saturday April 10<sup>th</sup>, 2010*  
**Marshall Hall, Bingemans, Kitchener**

Cocktails and Auction Preview: 5:30 pm  
 Dinner: 6:45 pm

For more details call (519)743-1151 x119

The Mayors' Dinner is an evening that celebrates outstanding contributions to our community. It is also an important fundraising event for The Working Centre and St. John's Kitchen.



I would like to purchase:

- Individual Ticket: \$80  
 (includes one tax receipt for \$40)
- Contributor Sponsorship Package: \$195  
 (includes 2 tickets, recognition in dinner program, and one tax receipt for \$115)
- Community Group Package: \$600  
 (includes 8 tickets and one tax receipt for \$280)

Name: \_\_\_\_\_  
 \_\_\_\_\_  
 Address: \_\_\_\_\_  
 \_\_\_\_\_  
 City: \_\_\_\_\_

Visa       Mastercard  
 Amount: \$ \_\_\_\_\_  
 Card #: \_\_\_\_\_  
 Expires: \_\_\_\_\_  
 Signed: \_\_\_\_\_

**Local Focus** **3**  
**Kitchener 2010**

Presented by the Multicultural Cinema Club  
 at The Working Centre

**An admission-free film festival  
 screening locally produced short,  
 feature, documentary, and  
 animated films.**

**March 18<sup>th</sup> - March 21<sup>st</sup>  
 at Kitchener City Hall**



Local Focus 3 is the 9<sup>th</sup> film festival organized by Multicultural Cinema Club (MCC) and the third film festival dedicated to local filmmaking. In this festival we continue celebrating excellence, aiming to highlight the work of local filmmakers and provide an opportunity for the public to meet these film-makers, casts and crews. And for the second year MCC presents: Youth Directors (18 and under) in addition to the main competition: Feature, Short, Documentary and Animation.

For more information, e-mail film-making@theworkingcentre.org, call 519-743-1151 x146, or visit www.kwmcc.org.

**1988 at St. John's Kitchen**

*Editor's Note: This year marks St. John's Kitchen's 25<sup>th</sup> year as a community kitchen in downtown Kitchener. Each Day, we see the pressing issues of poverty and unemployment. Here is a reflection from Good Work News Issue 14, June 1988.*

St. John's Kitchen, which serves over 200 meals/day, provides food and friendship for people who live on the margins of our economy. Many people who come are ex-psychiatric patients, older single unemployed, physically disabled or are combating an alcohol or drug problem.

But there is a group of people at St. John's Kitchen who earn minimum wage or move in and out of low-paying, insecure jobs.

Martha, who moved to Kitchener about three months ago, has been coming to the kitchen, off and on, for 2 months. Her husband has a job that pays \$6.50/hr. Martha is looking for permanent work.

"I've had some work with a temporary agency, but it isn't steady and I can't rely on it. I'd like to learn word processing so I can get a good full-time job. I have lots of basic secretarial experience, but you can't get a good job without having word processing.

"I couldn't get a cashier's job, because of the secretarial experience on my resume because they didn't think I would stay around very long. How am I supposed to make ends meet if I can't get a job that pays enough to live on?"

Dave is 61 years old and has no family and few friends. He came to Kitchener 2 years ago because he thought that he could find work here. He is now retired and living in a rooming house.

"I gave up on factory jobs last December & retired early. The physical work was hard and I didn't have anything to show for it. I get my veteran's pension so I don't have very much to live on, but its better than getting such low wages for hard work."

Pam, has lived in Kitchener all her life, and is living on social assistance while she finishes her high school degree. She is trying to make a better life for herself.

"There aren't any opportunities without having more education. There are lots of jobs that don't pay much. But you're better off getting some sort of pension than making minimum wage. You can't live on that."

There are many different stories to relate, but they share a common concern. Work without meaning, which does not provide a decent living wage, takes away the dignity of the worker.



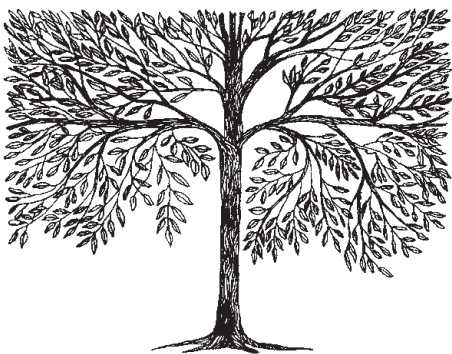


# St. John's Kitchen

## 25 Years of a Community Kitchen

By Joe Mancini

When you walk up the stairs to the new St. John's Kitchen around lunch time, you are immediately confronted by 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, a barber is giving haircuts by the washrooms, the serving line stretches past the laundry, and a few people are waiting their turn to use one of the two shower rooms. This can all be observed within ten feet of the stairs. To the right is the actual serving area and of course the dining hall filled with some 150 people.



This is the place that is St. John's Kitchen. Here, each weekday, hundreds work together to ensure a community meal is served. Here the full meaning of community comes to be understood. How to welcome the stranger? How to ensure all have access to a full meal? How to involve the many in the work of producing a meal? How to support those who tenuously cope with a barrage of problems that raise them up and knock them down? How do we do this with love, without judgment, in a way that respects the dignity of all involved?

The location of St. John's Kitchen changed in 2006, but the immediateness of the pressing issues that people face, the daily production of the meal and the daily gathering of

over 200 people has changed little over 25 years. Standing in the serving line on January 14th 2010 is a thankful reminder of the 1000's of people who have contributed to the daily meal over the last 25 years. When the journey began with the first meal served on January 14th, 1985, we hardly understood the precious community effort that would evolve into the present St. John's Kitchen.

During the lunch rush the serving line usually stretches over 50 people for over an hour. There is no sense that the line needs to be hurried through. The experience of the line is rather an emphasis on the communal nature of lining up together. The conversation is free flowing with people acknowledging each other, catching up on the latest news and exchanging gossip. When you get to the servers dishing out each plate, this is also about conversation, friendly smiles, and asking people about their preferences. Would you like the vegetarian option today? What kind of dessert – cookies or fruit salad?

It is essential at St. John's Kitchen that the serving line not become a instrument for isolation, where friendliness is abandoned and stringent rules are used to keep order. Dave Conzani, a long time friend of St. John's Kitchen, wrote about what it feels like to have your dignity taken away while in a line.

**"I'll never forget in one particular hostel we were all lined up for a meal and handing our ticket to 'the staff' at the front when someone at the back went, 'Moo! Moo!' in the best imitation of a Holstein cow I'd ever heard. We all burst out laughing (to keep from crying). We all knew exactly what that guy meant, all of us that is except 'the staff' at the front with the puzzled look on his sainted brow."**

contribution.

Later that week, we were informed that Manulife Financial Local Employee Spirit of Giving Committee had chosen St. John's Kitchen for a \$5,000 donation on behalf of Manulife employees in Kitchener-Waterloo.

We are deeply grateful for the total donation by Manulife Financial of \$20,800 to St. John's Kitchen.

*A very deep Thank You to all those who contributed so generously to The Working Centre and St. John's Kitchen during the Christmas Season*



Anna Hogan

*So many donations were received, both large and small that help make possible all the projects of The Working Centre. We appreciate all the support you provide to make this work possible. In the June issue of Good Work News, we look forward to thanking the many who generously support this work.*

Another essential feature of St. John's Kitchen is that since 1990, when our original Community and Social Services Ministry grant was withdrawn, St. John's Kitchen has relied on our donors for 95% of our revenue. The serving of the daily meal and the welcoming of over 300 people each day has always entailed a few staff roles while the majority of the work has come from patrons who are there every day serving, cooking, clearing plates, dishwashing, mopping floors and final cleanup. This work is supplemented mostly by students and retired individuals. A

daily workforce of 30-40 people combine pride in the work accomplished, helpfulness to pitch in to make sure daily tasks are completed, and learned hands-on knowledge that freely transfers the skills from one to another. Each day, the changing work crew is always thoughtful, trustworthy and determined to do the best job possible. This is the daily work of culture and neighbourliness. At St. John's Kitchen each day are the opportunities for good honest work.

When you sit down with the other hundred patrons at St. John's Kitchen to enjoy your meal and look around, you are immediately taken by the bright, colourful, functional design of the open kitchen and dining area. There is dignity in regular places that do not impose poverty on people.

Looking back over these 25 years it is important to consider how closely the social vision of this project has stayed rooted in the deepest meaning of community.

It is striking to consider some of the quotes from the first KW Record article written about St. John's Kitchen. In that article you hear the voices of those who are at the heart of the St. John's Kitchen project.

"What do you think people do

when the cheques run out?" Claude Des Roches, who was 57 at the time, is quoted as asking Frank Etherington who was writing the Record story. Claude, who was almost 80 when he passed away, for many years included busking on King Street and St. John's Kitchen in his daily routine.

Nellie Pautler was also there on the first day. She was 63 and told Etherington that she manages with part time work and never takes welfare or U.I. Nellie, who passed away in November 2001 volunteered at the Kitchen for the next 16 years.



Etherington also noted that our central idea was that volunteers – many of them people coming in for lunch – would be the main staff of the Kitchen.

Des Roche described another underlying reason to set up a community kitchen. "You learn that because you have to go without...your stomach adjusts and you drink lots of water or whatever is free. I can go without food but I have a bad time if I can't buy any tobacco. Even for those who know how to budget – and most don't – it's impossible to eat and stay warm after you pay rent. If a guy's lucky, he's left with less than \$90 a month. That means you often go hungry."

The original goal of St. John's Kitchen was to serve and reach out to those living in the core area who struggled with the complexities of broken community. St. John's Kitchen in no way solves poverty but in many ways offers a place of hospitality that attempts to glue the pieces of community back together.

Thank You to

 **Manulife Financial**

For many years, Manulife Financial has provided a Christmas Lunch for all of its employees in Kitchener-Waterloo. In return, employees are asked for a small donation that is distributed to Food Programs in Waterloo Region. This year, St. John's Kitchen received \$7,800 from the Food for Friends Lunch. Manulife this year matched that Food for Friends gift with a further \$8,000

# Outreach Projects at St. John's Kitchen

By Stephanie Mancini

The base of St. John's Kitchen is the daily meal, the showers, the laundry and the community meeting space. Over the last ten years, this base has been expanded as St. John's Kitchen now serves as the core of many community outreach activities.

In an upcoming edition of Good Work News, we'll share some of the stories that help to bring these activities to life, but following is a brief update on the kinds of outreach activities that weave together in creative and responsive ways.

## Street Outreach Workers

Since 2002 Street Outreach workers have extended a sense of hospitality to people who are homeless or at risk of homelessness in the downtown cores of Kitchener and Waterloo, and act as a liaison with downtown businesses. Street Outreach workers work with over 600 people a year, and activities include:

- connecting people to other community services
- noticing when someone is not doing well and helping to connect them with other supports
- Assisting people through the many complexities they face – income support issues, bill payment problems, housing problems, health issues
- accompanying people to various appointments or to the emergency department
- simply providing a listening ear.

Street Outreach workers connect extensively with other agencies, and are also the base point for many of our other Outreach activities such as the Hospitality House, the Psychiatric Outreach Project, At-Home Outreach and Streets to Housing. Each afternoon, the Bridgeport Café at Emmanuel United Church is open as a Waterloo drop-in place.

## Psychiatric Outreach Project

Endearingly referred to as POP, this project brings psychiatric supports and the ensuing medical support to people who are homeless or are at risk of homelessness, in places where people are most comfortable. POP works through St. John's Kitchen, Mary's Place, House of

Friendship, ROOF, on Laurel Street in Waterloo, Mental Health Court, and in coffee shops and streets in the downtowns. Over 800 people are registered with POP. Most people are without a family doctor, and have poor access to medical and psychiatric supports. This model works with three psychiatric-outreach nurses, two GP's, a Psychiatrist, a doctor doing residency, and a counselor.

## Hospitality House

We have seen a growing number of the St. John's Kitchen community become sick and dying in unsupported environments. Last year, as an extension of our outreach activities, we opened this six-bed Hospitality House to provide a stable home for people who are homeless or are at risk of homelessness with illnesses

that are post-acute and pre-palliative. We also assist people during pre or post-operation times, or for a period of medical stabilization.



## At-Home Outreach

This project serves people who are at risk of homelessness and who have health related issues, helping to connect people to health services as needed and accompanying CCAC workers.

## Streets to Housing

This project provides intensive supports for people who have been persistently homeless, helping to find and maintain housing and integrate more extensively with our community.

## Links and collaborations

Links and collaborations with many other agencies are a crucial part of this outreach activity, including Waterloo Region Homes for Mental Health, Canadian Mental Health Association, St. Mary's Counselling, John Howard Society, Waterloo Regional Police, Mary's Place, House of Friendship, ROOF, Grand River Hospital, Kitchener Downtown Community Health Centre, the Queen Street Commons Café, Working Centre Housing Desk, Integrated Supportive Housing, and Job Search Resource Centre, Worth a Second Look, and many others.

The description of these activities looks daunting as a list, but the work is based in ongoing relationships that are guided by the following key principles.

As a first principle, we walk with the person. A deep trust and respect for the person is the base for any relationship. We seek primarily to follow the person, and to think creatively in responding to the needs articulated. This means that we do not deliver a particular service, but are able to work creatively at the problem at hand, or just to spend time as the person needs.

We do not say the word "no". Each person, each question is greet-

continued on page 5

# Dialogue and Pluralism in the Midst of High Unemployment

By Joe Mancini

The recession has resulted in 27,000 people in Waterloo Region unemployed, according to Stats Canada surveys. No doubt those surveys do not include the 8,000 people on Ontario Works and about that same number for those on Ontario Disability Support Program (ODSP). That adds up to over 43,000 people unable to productively work in our Region. Such a number does not include those working part-time or in the temporary workforce with little chance of increasing hours or finding steady work.

But still, many feel as if the recession has passed over Waterloo Region. One would only need a short visit to St. John's Kitchen, The Working Centre's Job Search Resource Centre on Queen Street, Mary's Place, the House of Friendship's food distribution program and you would quickly see the heart wrenching stories of people coping with tough times. When money is scarce, paying rent, purchasing groceries, finding a place to live, holding relationships together, becomes an everyday struggle. The stock of social housing, social services and community relationships are necessary, but these are only a drop in the bucket compared to the situations that individuals face.

During the last ten years, the economy aggressively perpetuated the long term trend of high tech jobs for knowledge workers and part-time temporary jobs for over 20 percent of the labour market. In

*Is this a time of declining resources or a time to reflect on the true abundance that already exists? Can this be a time of dialogue and pluralism? An openness to reconsider the solid boxes we draw around programs and attitudes?*

the last three years, thousands of manufacturing jobs have been lost in the region. Construction jobs are not in decline only because of the infrastructure spending. With growing government retrenchment, we can expect high unemployment and a corresponding rise in social costs.

Is this a time of declining resources or a time to reflect on the true abundance that already exists? Can this be a time of dialogue and pluralism? An openness to reconsider the solid boxes we draw around programs and attitudes? And an

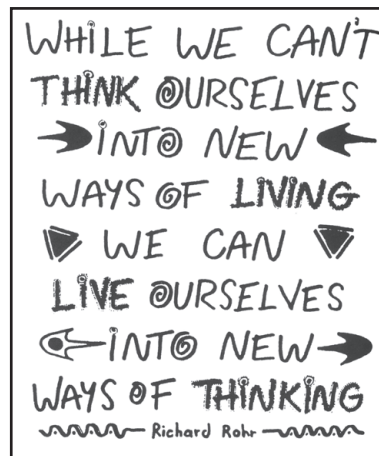
openness to see the world through the lenses of the other?

Statistics on unemployment hide the full extent of individuals excluded not only from work but wider society. Those with fixed limited incomes work at making ends meet while often facing insurmountable challenges. Rather than turning a blind eye, is it possible to open up in substantial ways, new possibilities to change priorities?

What does it mean to see the drug addict as a critic of society and hear his plea; to understand the pain of the injured and to find a way for that person to participate in a meaningful way; to see the devastating effect that alcohol imposes on the drinker; to understand the fog that surrounds the head of someone battling a mental health crisis? What would it mean to listen to the other and understand the world through the shoes of the other?

Pluralism of action could mean redefining on hundreds of levels how we understand work, our car culture, and large social service, government and health bureaucracies. How do these larger structures effect those left behind? It is deeper than only finding common ground, it is searching for the common good, what can be done together, to free ourselves from prejudice. It is opening ourselves to the other. It is not about dishing leftovers but offering a full meal.

This can be a time of new ways of thinking, but as Richard Rohr says "We do not think ourselves into a new way of living; we live ourselves into a new way of thinking."





# Lynda Silvester

continued from page 1

that time did not require a degree before a year of teachers college. So, at the young age of 18, Lynda became a teacher.

In the fall of 1965, Lynda began teaching with the North York school board. When she married Ken Silvester, the young couple moved to Stroud, a small community just south of Barrie. At first, Lynda commuted to North York to her job. In the rapidly growing city, there were a lot of resources available through the school board. It was a very different situation in 1969 when she accepted a teaching position closer to home in Stroud, with the newly amalgamated Simcoe County school board. She fearlessly accepted the challenge of teaching a 1-2 split class in which the children had not had kindergarten. It was a two-room school, with one additional portable, and the principal located at a different school, five miles away.

"I had the tolerance and personality to deal with the challenges," Lynda says. "I could tell that a few of the kids were really struggling. But there was only one special education consultant for the whole board" - a very different situation from the urban environment she'd been working in while in the city. So in those early days Lynda had to strive extra hard. This effort was soon recognized when in 1970 she was offered the opportunity to establish the first learning disabilities class. She was honoured to be asked, not knowing that special ed teachers in Simcoe County did not always get a lot of respect in the profession. Nonetheless she accepted the new position enthusiastically.

In those days there was no legislation requiring special education or mandating much in the way of resources. So Lynda had to create a lot of the materials and programs herself and hone her skills of persuasion in order to advocate for her students. As a result, by the age of 26, she was teaching Ministry of Education courses to other teach-

*As the Guest of Honour at the 23rd Annual Mayors' Dinner, Lynda is being celebrated for her contributions to education, in her many roles that include teacher, special education consultant, teacher education instructor, vice-principal, principal and founder of Strong Start, an organization that helps young children with literacy basics.*



ers to train them in special ed. She also learned the importance of involving parents in their children's education. "Parents really had to push, to be advocates for their children," she notes. (She also points out that this is still very much the case now.)

In the years that followed Lynda and Ken both earned degrees from Wilfrid Laurier University, going to distance education classes in Orillia on weekends; and they had two kids, Kevin and Karen, who are a great source of joy and have given deep meaning to their lives.

Eventually the family moved to Waterloo Region, and Lynda began working with the public board here. Over the following years, she got a master's degree from University of Toronto and Supervisory Officers certification, and worked in many roles, on the front lines as a teacher, leading as a principal or Assistant to the Superintendent, and providing specialized assistance as a special education consultant and teacher education instructor for the University of Western Ontario. She valued the opportunity

to see education from so many different perspectives, because it has supported her own learning, and increased her understanding of the different situations that families have.

"It's about the kids you help. That's the most important part," Lynda says. "The power of family and parents in the education of the child is crucial. To parents, she says: "You will be the common thread. Teachers will come and go; principals and consultants will come and go. You'll be there throughout your child's life." To new teachers, she says, "the most important thing to learn is to recognize parents as partners" in the education of the child. "When helping children with special needs, fifty percent of the job of the teacher is working with the child; the other fifty percent is working with the family."

Since retiring, Lynda has continued to work to involve everyone in the community in the education of its children. Her own family was enriched by Kevin's wife Alissa and a granddaughter Katelyn. Not content to be idle after stepping down in 2000, Lynda was looking for special projects to develop when, as fate or chance would have it, she got a call from KW philanthropist Lyle Hallman. He wanted to establish a program to help young children to learn to read. So Lynda designed a pilot program, Lyle provided the resources it needed, and Strong Start was born.

Initially piloted at two schools in 2001, the first Strong Start program, Letters, Sounds and Words, was an immediate success. Harnessing the

## Strong Start Goals

- ✓ Assist young children in learning some initial reading skills.
- ✓ Build community by encouraging those who live and work in the community to be involved in supporting its children.
- ✓ Provide a meaningful volunteer opportunity.

power of volunteers, with straightforward elements that can be taught to volunteers in a matter of hours, the program helps young children get extra helping learning some basic reading skills through three sessions a week for ten weeks. Since those initial pilot demonstrations of the program, it is now used in several school boards, in more than 150 schools, helping 1,900 students per year, through the efforts of over 1,800 volunteers.

Lyle Hallman died in a car accident in 2003, so he was unable to see the full results of his generosity, but the continued support of the Lyle S. Hallman Foundation and many other generous donors has allowed Strong Start to expand its programming to help many more kids, even infants, with learning during that crucial period of early brain development. There are now programs being developed to help

3 ½ year olds get ready for school, help parents provide literacy experiences for their babies and help older immigrant children faced with learning to speak and read English at the same time.

Lynda is proud of all the efforts that schools, donors, staff and volunteers have contributed to Strong Start, and she is reluctant to take too much of the credit. She says her main contribution has been to be an example, to be open to the new challenges that come, and to welcome the learning that comes with that.

Recently, Lynda has been showing courage and resolve in another type of challenge: dealing with cancer. So far she has not let it stop her. "Every day Ken and I have occasion to think how blessed we are," she says. "If you live your life thinking the cup is half full, rather than half empty, that can carry you a long way." She is amazed at how kind and supportive people have been. "We're grateful for all the positive energy."

"I have had lots of experience pioneering things, so I can live with the unknown. Whatever I need, I'll find it. It will come."

## Outreach Projects

continued from page 4

ed with a smile, with a commitment to follow the question, to see if we can find a way to bring a situation forward.

In relationship, each person remains open to the other, can be changed by the other. In each moment we must allow for surprises and mutual exchange. Someone who at one moment is having a very difficult time suddenly offers an insight or an act of kindness.

We welcome the other person unconditionally. The person is accepted fully, is offered a safe place. We work to meet each moment with reverence and love. Much joy is found together when we accept one another unconditionally.

We invite each person to extend the welcome of our community to the stranger and to each other. Within this community we accommodate and adapt around the unique needs of each person to create a place where all are welcome.

Our assumption is that we are all part of the village. We are each other's community - we watch out for each other, we look after the sick, we listen to one another, we recognize one another. This village is wider than our circle of outreach - it hopefully includes all of us, which is why we are always working to build new connections between people. The work must be done together, each to their own ability. We rebuild the village together, one day at a time, and our wider community becomes stronger in the exchange.

## Can You Help Us by Donating an Old Minivan?



Working Centre errands and jobs. Sometimes vehicles are past their prime, not worth much on a trade-in, but are still functional for light duty. A tax receipt can be issued to the donor for the Red Book value of the vehicle. We would be most appreciative if anyone is willing to donate their old minivan for this purpose.

Thank you for considering this request. If you can help us, please call 519-743-1151 x112.

St. John's Kitchen is in need of a replacement minivan to be used for bringing food to the kitchen, helping people get around, and for other

# Celebrating Local Food in a Creative Community Market



The Commons Market is a creative community market that supports a group of local farmers who are working to create sustainable livelihoods. We do this through CSA shares and a pre-ordered market.

By joining The Commons Market, we can support these growers while learning to build our eating habits around the food that can be grown locally. As we eat what growers produce, we can discover new recipes and ideas around food that help us to understand what it means to eat locally.

- Receive fresh food direct from local growers and producers including fruits, vegetables & herbs, meats from Traditional Foods, bread from Golden Hearth, cheese from Millbank Cheeses, and wholesale items through Ebytown Food Coop.



- Support local farmers by ordering directly on-line every week.

Members of the Commons Market CSA Receive a box filled with affordable, seasonal, local organically grown produce and support local farmers at the same time.

- Boxes are filled with a wide selection of fresh produce including lettuces, tomatoes, eggplant, zucchini, broccoli, carrots, beans, peas, berries, leeks, and much more!



- Available as half shares (10 boxes over 20 weeks) or full shares (20 boxes over 20 weeks).



For more information, contact Rebecca:  
519-743-1151 x130, [market@theworkingcentre.org](mailto:market@theworkingcentre.org),  
or visit [www.theworkingcentre.org/market](http://www.theworkingcentre.org/market)



**A community resource for bicycle repair and maintenance, refurbished bicycle sales, and volunteering / skill building opportunities.**

**43 Queen Street South  
Kitchener (Second Floor)**  
519-749-9177 x222  
[recyclecycles@theworkingcentre.org](mailto:recyclecycles@theworkingcentre.org)

**Tuesday - Friday:**  
10:00am - 5:00pm  
**Saturday:**  
10:00am - 2:00pm

**Please call to reserve a bike stand for repairs!**

Recycle Cycles, founded in 1993, is a community bicycle resource centre which provides:

- ⊕ Inexpensive reconditioned bicycles
- ⊕ Bike shop facilities for repairing your own bike
- ⊕ Used, refurbished, and new bike parts
- ⊕ Opportunities to gain bicycle repair experience in a supportive environment

## Understanding Canada

continued from page 8

published, Lotz was asking important questions about the level of government intervention in the lives of Canadians. How does such intervention distort our sense of identity and purpose? Can the State really help us to develop as individuals and as citizens?

The original cover jacket summarized *Understanding Canada* as tracing the concept of community development from its colonial African beginnings to recent attempts at self help in Canada and relates it to the ideas of individualism and liberalism. Lotz looks at efforts to “help” the poor from top down and from the bottom up. He analyses the successes of the approach of the Antigonish Movement which flourished in the Thirties.

Lotz emphasizes that the title of the book “derives from living and working and travelling in Canada, and the parallel process of seeking to better understand myself, as I reacted to what I saw and experienced. My years in Canada have been a journey outwards and a journey inwards in a country that has an enormous range of landscapes, people and activities”.

*Understanding Canada* provides a unique history of community de-

velopment up to the 1980’s. At one time it seemed to offer a cheap and easy way of bringing outsiders into the mainstream of Canadian society – or perhaps a new form of government social control. Lotz analyses why the Democratic Deficit – the gap between the government and the people they claimed to serve – has in fact, widened over those years.

In *Understanding Canada*, Lotz first developed his critique of the Cargo Cult approach to development. This is the belief that development will result when outside money, skills training, consultants, and managers work together to lift people out of poverty. Jim has observed and documented enough projects where all the good intentions in the world fall flat by not involving those who are to be assisted in meaningful ways. Human beings reach their true potential through subtle processes that involve factors far beyond the managerial control and outside funding that is usually offered. Integral development for Jim involves “self-help, mutual aid and cooperation that can help individuals and communities to create better lives for themselves through their own efforts”. We consider it a privilege to make this book available to better understand Canada and community development.

## Toastmasters Club

By Georgina Green

This past year The Working Centre has been pleased to host a project sponsored by Toastmasters locally.

Speechcraft provided an introduction to public speaking techniques over six sessions. Each session ten people practiced making effective presentations for interviews and meetings, in an environment that emphasizes positive exchange and feedback. This introductory series was a great confidence booster for the many people who participated, including many New Canadians. There was always an atmosphere of support, respect and laughter during the classes.

“Anuli is a doctor from Nigeria trying to get accredited in Canada; Rahim is an engineer from Pakistan looking to get hired by the Region; Brenda is a newly promoted supervisor asked to develop a team; Michael has been asked to do a presentation at next year’s conference”, relates the Speechcraft leader in talking about the kinds of people who attended the sessions.

As a result of a very active year of Speechcraft sessions, local Toastmasters groups involved in Speechcraft approached The Working Centre with an invitation to be the location for an ongoing Toastmasters group. Following is the invitation from Toastmasters, to become part of this new group starting in

April in downtown Kitchener.

Toastmasters, the world’s largest educational institution, is ready to help you develop self-confidence, build strong leadership skills, conduct effective meetings and learn to speak clearly.

Toastmasters offers its programs for less than \$3 a week. That’s less than some people spend on coffee each day!

The atmosphere of mutual support and positive learning encourages each member to develop communication and leadership skills, which foster self-confidence and personal growth. Members learn by doing. Efforts are evaluated, not judged. The goals of the organization are to “help men and women learn the arts of speaking, listening and thinking – vital skills that promote self-actualization, enhance leadership potential, foster human understanding and contribute to the betterment of mankind.”

If this sounds like an atmosphere for growth you want to be part of, join people like Anuli, Rahim, Brenda and Michael, on Monday, April 12 at 7:00 pm sharp upstairs at The Working Centre, 58 Queen Street South, in downtown Kitchener. A new Toastmasters club will be launched. There’s a seat waiting for you!

For more information: Georgina Green ACS, CL, 519-743-7655, [gggreen@rogers.com](mailto:gggreen@rogers.com) [www.kwtoastmasters.ca](http://www.kwtoastmasters.ca)



# Alternative Work Catalogue

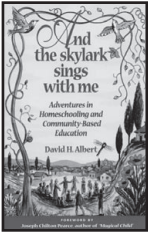


## Sustainable People A New Approach to Community Development

Jim Lotz and Gertrude Anne MacIntyre

How do individuals and groups encourage personal and community development? This book moves the discussion about social and economic change from the abstract of "community" or "development" to documenting the role of the community entrepreneur, the organizations they create, the learning process, and the moral basis of their initiatives.

177 pages \$19.95 softcover

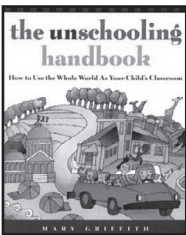


## And the Skylark Sings with Me Adventures in Homeschooling and Community-Based Education

David H. Albert

Albert listened carefully to how his children expressed their own learning needs. Leaving traditional homeschooling methods behind, he followed his daughters' interests - from astronomy and botany, to opera and mythology - and found resources and opportunities to meet those needs within the community. Albert reassures any parent who feels they must have an education background before homeschooling their children.

240 pages \$19.95 softcover

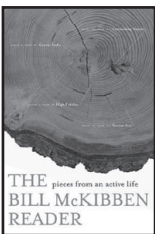


## The Unschooling Handbook How to Use the Whole World as Your Child's Classroom

Mary Griffith

A growing percentage of homeschoolers are becoming unschoolers. Without bells, schedules, and rules about what to do and when, the knowledge they gain through mindful living and explorations is absorbed more easily and enthusiastically. Successful unschooling parents know how to stimulate and direct their children's learning impulse.

230 pages \$25.95 softcover



## The Bill McKibben Reader Pieces from an Active Life

Bill McKibben

McKibben's groundbreaking books have helped awaken and fuel a movement to restore local economies. The best of McKibben's essays - fiery, magical, and infused with his uniquely soulful investigations of modern life - are collected here in a single volume. Whether meditating on today's golden age in radio, the natural place of biting black flies in our lives, or the patriotism of a grandmother fighting to get corporate money out of politics, McKibben inspires us to become better caretakers of the Earth-and of one another.

464 pages \$20.00 softcover

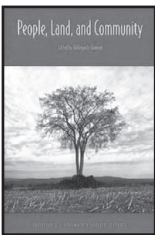


## The Great Good Place Cafés, Coffee Shops, Bookstores, Bars, Hair Salons, and other Hangouts at the Heart of a Community

Ray Oldenburg

"Third places", or "great, good places" are those public spaces where members of the community gather to put aside the concerns of daily life, enjoy the company of their peers, and engage in lively conversation. Oldenburg argues that these places are essential to a community's wellbeing and are a basis for grassroots democracy. He portrays, analyses, and promotes these places of informal discourse as crucial elements of any healthy community.

336 pages \$18.95 softcover



## People, Land, and Community Collected E. F. Schumacher Society Lectures

Hildegard Hamnum, editor

In this forward-looking book, experts in the field of ecological economics consider the impact of environmental and community degradation. Starting with the ideas set forth by E. F. Schumacher in *Small is Beautiful: Economics as if People Mattered*, the contributors discuss how current economic systems must adapt to work within the Earth's limitations, and suggest ways for citizens to halt further social and environmental degradation.

240 pages \$26.00 softcover

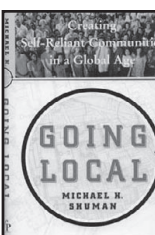


## Better Not Bigger How to Take Control of Urban Growth and Improve Your Community

Eben Fodor

Rapid urban growth leaves communities permanently damaged, indebted, with unaffordable housing, a lost sense of community, and environmental degradation. Fodor attacks the myth that growth is good for us and that more development will bring in more tax money, add jobs, lower housing costs, and reduce taxes. *Better Not Bigger* provides insights, ideas, and tools to empower citizens to control urban growth.

176 pages \$17.95 softcover

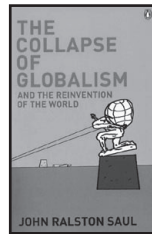


## Going Local Creating Self-Reliant Communities in a Global Age

Michael H. Shuman

Communities are losing control of their economies to outside interests as national chains are squeezing local shops out of business, and corporate downsizing ships jobs overseas. *Going Local* describes how some cities and towns are fighting back. They are taking over abandoned factories, switching to local produce and manufactured goods, pushing banks to loan money to local citizens, and investing locally.

320 pages \$26.95 hardcover

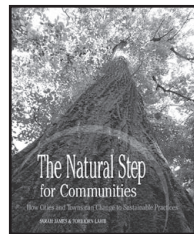


## The Collapse of Globalism And the Reinvention of the World

John Ralston Saul

The collapse of globalization has left us with a paradox - a chaotic vacuum. Governments and citizens are unexpectedly reasserting their national interests. The U.S. appears determined to ignore its critics. Europe struggles with racism, terrorism and renewed internal nationalism. Elsewhere, the world looks for answers to African debt, the aids epidemic, and fundamentalism. As well as analyzing Globalism's negative aspects, Saul also examines its successes, such as the astonishing rise of India and China. Insightful and prophetic, *The Collapse of Globalism* is one of the seminal books of our time.

320 pages \$20.00 softcover



## The Natural Step for Communities How Cities and Towns Can Change to Sustainable Practices

Sarah James and Torbjorn Lahti

This book offers inspiring examples of communities that have worked towards sustainability and explains how others can emulate their success. It first clarifies the concept of sustainability, exploring principles that help identify sustainable action. It introduces eco-municipalities in Sweden that have adopted changes to sustainable practices. The

third section explains how they did it and outlines how other communities in North America and elsewhere can do the same.

279 pages \$24.95 softcover



## Small is Possible Life in a Local Economy

Lyle Estill

In an era when complex issues like Peak Oil and Climate Change dominate headlines, practical solutions at a local level can seem somehow inadequate. *Small is Possible* introduces us to "hometown security," with this chronicle of a community-powered response to resource depletion in a fickle global economy. This is the story of how one small southern US town found actual solutions to actual problems. Unwilling to rely on government and wary of large corporations, these residents discovered it is possible for a community to feed itself, fuel itself, heal itself, and govern itself.

240 pages \$17.95 softcover

The Alternative Work Book Store 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, job searching, simple living, and more!



You can place orders by fax (519-743-3840), phone (519-743-1151 x.111), or mail (see order form below).

## Alternative Work Catalogue Order Form

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

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

City/Town: \_\_\_\_\_ Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Telephone: \_\_\_\_\_

Cheque Enclosed (payable to The Working Centre)

Visa  Mastercard

Card #: \_\_\_\_\_

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

Quantity	Title	Price

Postage: \$3 for the first book, \$1 for each additional book. Free postage for orders over \$200.

Mail completed forms to:  
Alternative Work Catalogue  
58 Queen St. S. Kitchener, ON  
N2G 1V6

Total
Postage
Subtotal
5% GST
Order Total

# WATERLOO SCHOOL FOR COMMUNITY DEVELOPMENT

## Jim Lotz Understanding Canada

By Joe Mancini

Last April, Jim Lotz spent three days with us when he was the guest speaker at our Local Democracy Lectures. We had been encouraging Jim to visit us as we have admired Jim's ability to describe the community development process through his books and his astute observations.

We spent much of the three days showing Jim the many projects of The Working Centre. Our lunch at St. John's Kitchen was memorable for all the conversations and stories that were shared with so many people. He also participated in the Aga Kahn Foundations consultation on development organized by Paul Born. Later that night, at the well attended Local Democracy Lecture, Jim spoke about his people-centred community development approach. One of Lotz's main themes is that Community Development does not need to be mysterious, there is common knowledge in all communities, experts do not need to dominate the landscape, but subtle energy must be applied to listen to those involved, to find ways to increase meaningful participation, to describe your work far and wide so others can understand it, to stay small, to keep good records, and to be as flexible as possible.

Jim, who is over 80 is a prolific author. He recently completed a draft of a new book which he has titled, **Community Entrepreneurship: The Quest for Economic Democracy**. Among a host of other books, Jim has also written **The Li-**

**chen Factor The Quest for Community Development in Canada, Sustainable People** and two books on the Antigonish Movement – **Moses Coady: The Humble Giant Canada's Rural Revolutionary** and **Fr. Jimmy: Life and Times of Jimmy Tompkins**. During his stay we had a long discussion about **Understanding Canada: Regional and Community Development in a New Nation**, a book I was not familiar with.

Two weeks after Jim had returned home to Halifax, a large package of materials arrived at The Working Centre. It was like opening a treasure when I saw that the package included a copy of **Understanding Canada**, which was published in 1977 by NC Press Limited. In Jim's opinion the book sank without a trace, but it is "one of the few books that deal with the turmoil in Canada in the 1960's when community development was the flavour of the decade."

When I read the book I found it to be an excellent primer on Canadian community development. We asked Jim if we could reproduce a limited run of copies to make this Canadian community development classic book available to students and practitioners who want to learn more about this history. We are excited to announce that Jim will visit us on April 14<sup>th</sup> and we will have a book launch at the Queen Street Commons Café to celebrate this event. (see ad below for details)

In 1977, when the book was

continued on page 6

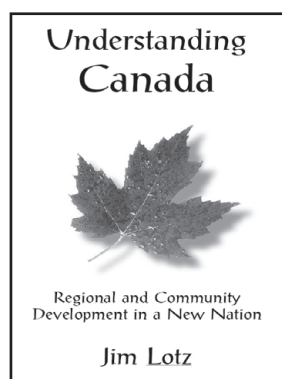
### Book Launch

Jim Lotz

## Understanding Canada: Regional and Community Development in a New Nation

Wednesday, April 14, 2010

Queen Street Commons Café  
43 Queen Street South



The Working Centre is pleased to reprint this Canadian social history, **Understanding Canada**. This lost treasure will now be available for exploring the roots of Canadian community development. At the book launch, Jim Lotz will present his ideas on the emergence of community development in Canada.



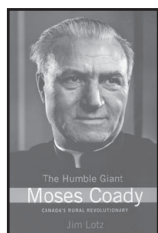
### The Lichen Factor

The Quest for Community Development in Canada

Jim Lotz

This book offers the collected wisdom of "a very wise man" describing how community development, governments, and individuals can work together to create better societies. He reviews the history of community development as he has seen it and explores its potential and limitations using practical experience combined with vision. Using the cooperation of algae and fungi in lichen as a model, he suggests how goals, rules and structures encouraging community can be identified, enhanced and strengthened.

288 pages \$22.95 softcover



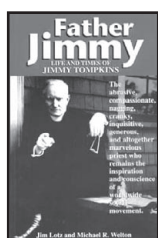
### Moses Coady: The Humble Giant

Canada's Rural Revolutionary

Jim Lotz

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

141 pages \$12.50 softcover



### Father Jimmy

Life and Times of Jimmy Tompkins

Jim Lotz and Michael R. Welton

Father Jimmy Tompkins was the spiritual leader of the co-op movement in Nova Scotia. When he insisted that the university should serve the average person, his bishop banished him to work among the poor. Tompkins encouraged cooperation, self-reliance, and adult education - testing the roots of what became the Antigonish Movement. Angered by injustice, fortified by compassion and faith, Tompkins and his cousin Father Moses Coady used the power of their roles to get people to make a difference in their own lives.

176 pages \$14.95 softcover

## Axioms, Aphorisms & Anecdotes for Activists



By Jim Lotz

Napoleon, annoyed with the activities of a royalist opponent in Belgium, sent a hit squad out to kill him. Joseph Fouché, his chief of police, observed: "It's worse than a crime. It's a mistake."

Paper is always strongest at the perforation.

"The only thing I am reasonably sure of is that anybody who's got an ideology has stopped thinking."  
- Arthur Miller

"The world is a comedy to those that think, a tragedy to those that feel."  
- Horace Walpole

"No one can know what the ultimate things are. But if what you do makes you and those you love happy, you can say: 'This is the will of God.'  
- Carl Jung

"Federalism is not a subject for tidy minds."  
- Alan Cairns, Canadian political science professor

"Protest long enough that you are right and you will be wrong."  
- Yiddish saying

"If we could read the secret history of our enemies, we should find in each man's life sorrow and suffering enough to disarm all hostility."  
- Longfellow

"The whole of science is nothing more than a refinement of everyday thinking."  
- Einstein

"Never attribute to malice that which can be attributed to incompetence."  
- Anonymous

"The arrival of a good clown exercises a more beneficial effect upon the health of a town than 20 asses laden with pills."  
- Sir Thomas Sydenham

"Opportunity is missed by most because it is dressed in overalls and looks like work."  
- Thomas Edison

"There are three treasures. Guard them well. The first is compassion. The second is frugality. The third is the desire not to be foremost in everything."  
- Las Tse