

# GOOD WORK NEWS

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

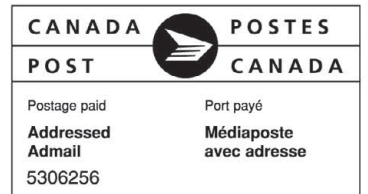
Issue 104

March 2011

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## The Spirit Level

### Why Equality is Better for Everyone

By Richard G. Wilkinson and Kate Pickett

"If, to cut carbon emissions, we need to limit economic growth severely in the rich countries, then it is important to know that this does not mean sacrificing improvements in the real quality of life – in the quality of life as measured by health, happiness, friendship, and community life, which really matters. However, rather than simply having fewer of all the luxuries which substitute for and prevent us recognizing our more fundamental needs, inequality has to be reduced simul-

taneously. We need to create more equal societies able to meet our real social needs. Instead of policies to deal with global warming being experienced simply as imposing limits on the possibilities of material satisfaction, they need to be coupled with egalitarian policies which steer us to new and more fundamental ways of improving the quality of our lives. The change is about a historic shift in the sources of human satisfaction from economic growth to a more sociable society."



### Reviewed by Joe Mancini

Wilkinson and Pickett are on to something. The title of their book is catchy. People immediately think that it suggests that we need to look at old problems with a New Spirit. The catchy title causes people to think about their own work and to wonder about the systems that they are dealing with. Worse, what about the overarching social issues such as

poverty, homelessness, and climate change? Do we ever need a New Spirit! We need a Spirit Level analysis of the systems and institutions that we have allowed to dominate our social landscape.

People sense that we need to address the combination of inequality and the misallocation of resources towards competition, bureaucracy,

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## Jim Erb's Table

By Dave Thomas

For Jim Erb, the kitchen table is more than just a place to eat. It's a metaphor for developing relationships, connecting people and building a stronger community.

The Guest of Honour at the 24th Annual Mayors' Dinner is perhaps best known for his years of service as an employee, later partner and owner, of Erb & Good Family Funeral Home, and also as a Waterloo city councillor for eight years in the 1980s.

His community work goes much further than that. Jim, 63, has been a Rotarian for 27 years, where he's led the donations committee, the Dream Home lottery and the group study exchange. Since 2008, he has chaired the annual Turkey Dive, which raises more than \$250,000 a year to support the House of Friendship's Christmas Hamper Project.

His other contributions over the years are almost too numerous to list: founding chair of the Wellesley Apple Butter & Cheese Festival; president of the Wellesley & District Board of Trade; founding board member of Habitat for Humanity Waterloo Region, as well as board member and treasurer of the national organization; president of the Centre for Family Business; chair of the Ontario Board of Funeral Service; an active Big Brother for 14 years, president of the Kitchener Waterloo Council of Churches, co-ordinator of the Kitchener Waterloo Community Prayer Breakfast, and member of numerous interfaith initiatives, to name just a few.

In his humble way, Jim says he just does what he does every day: extending the table to others, talking to people, shaping an environment where people can speak to and understand one another, building trust and rapport.

What led Jim on his life path? Growing up in a tradition that emphasized a simple lifestyle, uncomplicated faith and generosity is a big part of it. Jim can trace his Mennonite roots back several generations, from the Alsace Lorraine area in Europe, to Pennsylvania, then to Wellesley. ("Eight Old Order families set out from Pennsylvania," says Jim. "Seven went to Nebraska, and one to Ontario.")

His great grandfather was a blacksmith; he eventually opened a farm machinery dealership in Wellesley, which became the family business.

Jim's parents, Albert and Irene, were a big influence. Irene was active in the family business. Albert served on community groups, the Board of Trade, and was later the mayor of Wellesley for 13 years. After the death of Jim's grandfather Menno, Grandma Salome came to live with the family. She suffered from severe arthritis, but "we never considered putting her in a home," Jim recalls. "It was just part of the tradition to look after one another."

There were many similar examples that shaped Jim's life. There are two that stand out.

He clearly remembers a day when he was about 13, working part-time at the dealership, when a local farmer came in to look at a second hand piece of equipment that he desperately needed for his farm. Albert knew the man's situation, that the man could not really afford the item. When the farmer offered the full price of \$150, Albert insisted on selling it to him for \$100. "That act of generosity has always stayed with me," Jim says. "Helping that man when he was down was more important for my father than

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**Twenty-Sixth Year**

Issue 104

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**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.

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**Mayor Carl J. Zehr & Mayor Brenda Halloran**  
 will host the

**Twenty-Fourth Annual Mayors' Dinner**  
 in honour of  
**Jim Erb**

*Saturday April 2<sup>nd</sup>, 2011*

**Marshall Hall, Bingemans, Kitchener**

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

For more details call (519)743-1151 x119

*This year, we are celebrating our 24<sup>th</sup> Annual Mayors' Dinner. As of early March, we have reached capacity, selling 930 tickets.*

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

**Mayors' Dinner Guests of Honour**

- |                         |                               |
|-------------------------|-------------------------------|
| 1988 Dominic Cardillo   | 2000 Peter Hallman            |
| 1989 Jonas Bingeman     | 2001 Chloe Callender          |
| 1990 Betty Thompson     | 2002 Walter Hatchborn         |
| 1991 Milo Shantz        | 2003 Edna Staebler            |
| 1992 Sr. Aloysia Zimmer | 2004 Mary Bales & Martin Buhr |
| 1993 John Wintermeyer   | 2005 John Thompson            |
| 1994 Lorna Van Mossel   | 2006 Dr. Donna Ward           |
| 1995 Milton Good        | 2007 John Jackson             |
| 1996 Anna Kaljas        | 2008 Sylvia & Stephen Scott   |
| 1997 Ken Murray         | 2009 John & Donna Weber       |
| 1998 Steve & Eve Menich | 2010 Lynda Silvester          |
| 1999 Lucille Mitchell   |                               |



*An admission-free film festival celebrating local filmmakers from Waterloo Region and area*

**April 18 to April 23**

*At The Registry Theatre  
 122 Frederick Street, Kitchener*

**Monday, April 18**

- Starting at 6pm
- Opening Gala
- Starting at 7:30pm
- Roses Are Red
  - Go Home & Dream
  - Juiced
  - Serra
  - Life of Logan
  - Count Us In
  - Ribbons of Green - The River

**Tuesday, April 19**

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

**Wednesday, April 20**

- Starting at 7pm
- Crowdaddy
  - Je M'appelle Julia
  - Stolen
  - Milk & Honey
  - Queen of the Highway
  - The Catch
  - Gerima
  - Entourage Indie
  - Return to Africa

**Thursday, April 21**

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

**Friday, April 22**

- Starting at 7pm
- Tell Me A Secret
  - Case Study
  - Thicker Than Water
  - Channel Spiling
  - Dead Genesis

**Saturday, April 23**

- Starting at 10am
- 24-hour film challenge
  - Matrices: "Temporary" Migration in Canada
- Starting at 7pm
- Closing Ceremony at the Walper Hotel



**Sponsored by:**



# St. John's Kitchen

## Watching Our Language

By Leslie Morgenson

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

Language isn't just about words. We choose our words because they have deeply embedded meaning for us.

I find myself introducing St. John's Kitchen to people with the idea that one is entering a new culture and in doing so, there needs to be a recognition that each culture has a language all its own. When we learn a new language not every word is translatable and without being immersed in that culture, we may never truly comprehend the semantic significance and tremendous worth of a single word, a small gesture, or a look held a second too long. Every culture has its own code regarding staring in which nanoseconds count.



Julie Lonneman

It is commonplace for people to describe us at St. John's Kitchen in ways we would never describe ourselves. Just last week a woman told me she was glad we were there to help "needy people". I explained to her that we would never use the word needy to describe anyone at St. John's Kitchen or anywhere else, for that matter. Well, what word would you use, she asked? She then began a thesaurus list of words: marginalized, deprived, disadvantaged? She looked at me waiting for a response. None of the above, I said. We would not use any of those words that limit and box individuals into a single description, robbing them of the dignity they, yea all, deserve. It was not an unpleasant conversation. She, on other occasions has taught me about alternate language.

*On a daily basis I meet people who are parents, siblings, neighbours, poets, musicians, gardeners, retired farmers, labourers, volunteers, scuba diving instructors, university educated, small machine mechanics, fishermen, loyal, generous, accommodating, soul searching, colourful, lovable. To describe someone as "needy" dismisses them and misses the essence of the person. "Needy" is a word aimed at keeping someone in their place.*

On a daily basis I meet people who are parents, siblings, neighbours, poets, musicians, gardeners, retired farmers, labourers, volunteers, scuba diving instructors, university educated, small machine mechanics, fishermen, loyal, generous, accommodating, soul searching, colourful, lovable. To describe someone as "needy" dismisses them and misses the essence of the person. "Needy" is a word aimed at keeping someone in their place.

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

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

The power of language cannot be underestimated. It was a simple shift in words that proved to be central to the civil rights movement in the USA during the 1950's. By declaring the difficulty a "White problem" instead of the ongoing reference of a "Black problem" enough of a nudge was given to alter people's thinking.

In the 1930's an American Linguist, Benjamin Whorf developed a theory of Linguistic Relativity - the idea that language influences thought. Our view of the world and the formation of our thoughts is directly a function of our language, says the Whorfian hypothesis. It is through this lens that we should examine the words used by a culture,

our culture to describe for example, women; the stereotyping of an ethnic group; those with mental health issues; people with limited funds. When we label a person as "needy" for example, we tidily place them in a box from which they can't escape. And that single word suddenly encapsulates their entire being, robbing them of their dignity and limiting their chances for change.

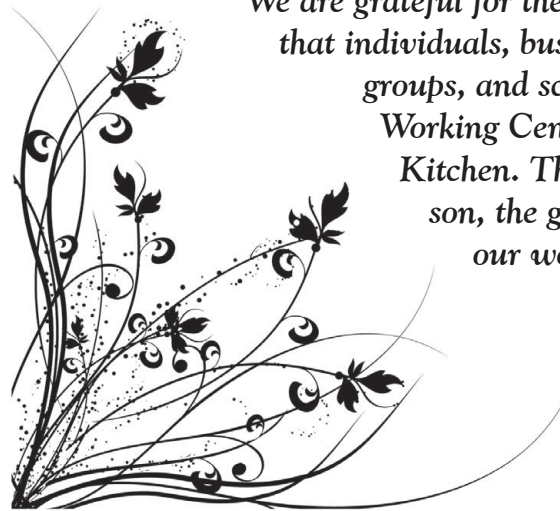
If the street population wanted to wage an uprising, they just might begin with words to change the way we think. They might question, for example, the ecological footprint of the culture who shuns them, for

here we have a group of people who wear recycled clothes, ride recycled bikes, ride the bus, walk, produce little garbage, use minimal electricity, eat food past its "best before" date and find creative ways of living together when an apartment affords extra space.

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



*We are grateful for the generous support that individuals, businesses, churches, groups, and schools offer to The Working Centre and St. John's Kitchen. This Christmas season, the generosity towards our work is a true blessing. A deep thank you to all those who make this work of building community possible.*



## Jim Erb's Table

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making a profit."

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

ing toilets, delivering furniture and mowing lawns. "The rest is history. More than 40 years later, I am still mowing lawns, washing cars and moving furniture," he notes.

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

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

Following his parents' example, Jim also participated actively in community and civic organizations. In 1980, he was elected to Waterloo City Council. While some may use municipal politics as a springboard to running for office at higher levels, Jim always had his sights set on the community here.

"I felt it was an opportunity to help make positive change," he recalls. After serving for eight years, Jim



Jim and Marianne Erb with their grandchildren.

As a teenager, Jim got a part-time job at the Futher Funeral Home up the street, washing cars, clean-

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## CTx GreEn: Community-based Technologies Exchange fostering Green Energy Partnerships

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

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

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

This past November, The Work-

ing Centre as the home base for CTx GreEn, received a delegation from The World Bank small projects group. CTx GreEn has been shortlisted with 24 other projects for potential demonstration funding of innovative, social entrepreneurial efforts related to climate change and local energy production. The visit was to learn about CTx GreEn's Waterloo Region base. To learn more about CTx GreEn and the Village Level Bio-diesel please see our website <http://www.theworkingcentre.org/wscd/ctx/ctx.html>. If you go to this site you can also watch a 10 minute video on Village Level Bio-diesel called **Drop by Drop**.

Over eight years, CTx GreEn has demonstrated the benefits of local production of bio-diesel. Below are some of these benefits as documented by Geeta and Ramani's work:



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

- **Income to local entrepreneurs from the sale of biodiesel services** (irrigation, oil expelling, lighting etc.) and secondary products from the production of biodiesel fuel: oil cake, glycerin and soap
- **An increase in agricultural productivity** through increased soil fertility by using biodiesel oil cake as fertilizer. This will reduce the need for slash and burn cultivation and permit the regeneration of local forests.

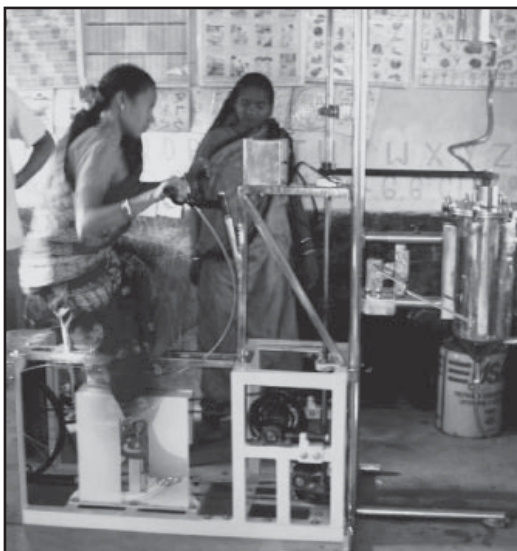
### Mohuda Pilot Plant & Training Centre

CTx GreEn's pilot plant and training centre in India, is located on the Gram Vikas campus in Mohuda Village, Orissa. Since 2004, the pilot plant has been at the heart of all the biodiesel operations. It was originally set up for the design, development and testing of machines and processes and to train "barefoot technicians". Biodiesel is the best form of energy for infrastructure-starved communities – these communities do not need electricity as much as they need fuel to run small farm equipment and livelihood machinery. Bio-diesel then becomes a boot-strapping technology, fueling agriculture, local value addition and livelihoods. The strategy for the future is to transform the pilot plant into a resource centre for biofuel-based livelihood strategies. It would also offer support to other NGOs and facilitate the installation and commissioning of new biodiesel units. South-North training sessions, knowledge exchanges, micro-energy research and the development of new collaborative partnerships are also planned.

### Local Production for Local Use

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

1. **Infrastructure and technology that supports the integrated model:** CTx GreEn has built or sourced the following appropriate technology equipment for use in the local production of fuel: Biodiesel reactor, ethanol processor, oil presses, micro-refiners, and soap-production equipment. Along with tillers, pumps, stoves.
2. **Training and demonstration package to integrate this model into a village:** CTx GreEn has developed the following training modules to assist groups to adopt Village Level Bio-diesel; feasibility assessments, production and operations, quality control and business economics for operators. These materials are used in training sessions with self-help groups, village members, managers, trainers and bare-foot technicians.
3. **Day-to-day support:** CTx GreEn has been working in the cluster villages for the past 8 years developing this model.



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

# Never a Dull Moment

## Reflections on Living with Dementia

By Jim Lotz

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

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

Both of us participated in a documentary, **Fighting for a Good Death**, commissioned by Dr. Laurie Mallery, an enlightened and perceptive geriatrician: Information on the one-hour film can be obtained by phoning 1-900-473-8603. It tells four stories of aging.

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

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

- We live in a Catch-22 world. If Pat knew she had dementia, she would not have dementia. So there is no point in telling her she has it.
- Every day smacks of Groundhog Day when we go over the same matters again and again, and Pat asks the same questions again and again, although this has been happening less frequently of late.
- Others report on the Alice in Wonderland world in which they live. Things vanish down rabbit holes, then suddenly appear in unlikely places. Conversations begin somewhere and end nowhere, and seldom make sense.
- At times I feel I am in the Monty Python dead parrot sketch as Pat denies something

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

obvious to me.

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

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

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



**Contented Dementia** (London, Vermilion, 2008) by Oliver James proved exceptionally valuable with its account of how Penny Garner developed SPECAL (Specialized Early Care for Alzheimer's.) This ordinary Englishwoman worked out a way to help her mother when she developed Alzheimer's that has proved beneficial for other sufferers.

The basis of SPECAL is simple:

1. *Don't ask questions.*
2. *Learn from them as the experts on their disability.*
3. *Always agree with everything they say, never interrupting them.* (p.3).

James notes: "Dementia [is] not a medical but a management problem." And that means developing ways of organizing shared lives. To decide whether it is time to place someone in a nursing home, list the positives and negatives of life with them. Garner placed her mother in a home. After an experience with an uptight, money-conscious place that could not handle her mother ("You did not tell us she was a wanderer"), Ms. Garner found a ramshackle place "with an atmosphere reminiscent of Fawley Tow-

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

**Contented Dementia** tells a good story and offers very useful

advice to those dealing with individuals with dementia. Penny Garner can be contacted at: The SPECAL Centre, Sheep Street, Burford, OX18 4ALS, England. email: info@specalburford.co.uk website: www.specal.co.uk

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

## Books by Jim Lotz

### The Lichen Factor

#### The Quest for Community Development in Canada

Jim Lotz



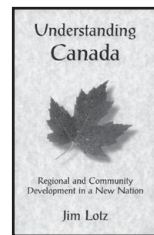
This book offers the collected wisdom of "a very wise man" describing how community development, governments, and individuals can work together to create better societies. He reviews the history of community development as he has seen it and explores its potential and limitations using practical experience 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

### Understanding Canada

#### Regional and Community Development in Canada

Jim Lotz



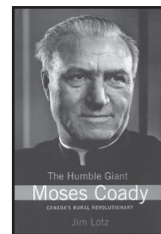
**Understanding Canada** traces the concept of community development from its beginnings in colonial Africa to attempts at self help in Canada, and relates it to the ideas of individualism and liberalism. Focusing especially on the Atlantic Provinces, the author looks at efforts to "help" the poor from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

197 pages \$19.95 softcover

### The Humble Giant

#### Moses Coady: 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 cooperative and credit union movements that now play a significant role in the social and economic life of people around the world."

141 pages \$19.95 softcover

## Jim Erb's Table

continued from page 3

wanted to spend more time with his young family, but it did not mark an end to his community or political involvement.

Through his volunteer work and his career, Jim met some very important people. In the early 1970s, he became a Big Brother to Rudy, who was seven at the time.

One fateful day, Jim made a routine trip to a beauty parlour to pick up some hair products for use at the funeral home. He met Marianne, one of the hairstylists there. It didn't take long for the two to begin a relationship. They got married in 1976; Rudy was the ring bearer. Soon after, Rudy became part of the family. Dave was born in 1977, and Mike followed in 1980.

The family has grown. Jim and Marianne now have six grandchildren, who all visit for dinner most Thursdays. Many family dinners also include their three sons and their partners. The kitchen table has never diminished in importance.

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

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

There is one key component to everything Jim does. "No matter what you're doing, you have to live your values every day, and share them with other people."

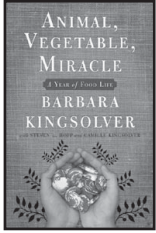
## Books for Sustainable Living

### Books for Sustainable Living



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

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

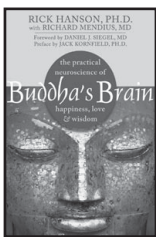


#### Animal, Vegetable, Miracle A Year of Food Life

Barbara Kingsolver, Camille Kingsolver, and Steven L. Hopp

Author Barbara Kingsolver and her family abandoned the industrial-food pipeline to live a rural life - vowing that, for one year, they'd only buy food raised in their own neighborhood, grow it themselves, or learn to live without it. Part memoir, part journalistic investigation, "Animal, Vegetable, Miracle" is an enthralling narrative that will open your eyes in a hundred new ways to an old truth: You are what you eat.

400 pages \$17.50 softcover

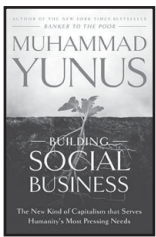


#### Buddha's Brain The Practical Neuroscience of Happiness, Love, and Wisdom

Rick Hanson and Richard Mendius

Buddha's Brain combines modern neuroscience with ancient contemplative teachings to show readers how they can work toward greater emotional well-being, healthier relationships, more effective actions, and deepened religious and spiritual understanding. It explains how the core elements of both psychological well-being and religious or spiritual life are based in the core functions of the brain: regulating, learning, and valuing. Included are exercises to help tap the potential of the brain and rewire it over time for greater peace and well-being.

200 pages \$21.95 softcover

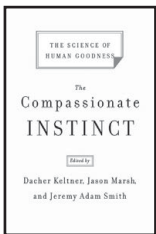


#### Building Social Business The New Kind of Capitalism That Serves Humanity's Most Pressing Needs

Muhammad Yunus

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

256 pages \$32.95 hardcover

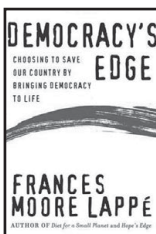


#### The Compassionate Instinct The Science of Human Goodness

Dacher Keltner, Jeremy Adam Smith, and Jason Marsh

Leading scientists and science writers reflect on the life-changing, perspective-changing, new science of human goodness. In these pages you will hear from Steven Pinker, who asks, "Why is there peace?"; Robert Sapolsky, who examines violence among primates; Paul Ekman, who talks with the Dalai Lama about global compassion; Daniel Goleman, who proposes "constructive anger"; and many others. A collection of personal stories and empirical research, This book will make you think not only about what it means to be happy and fulfilled but also about what it means to lead an ethical and compassionate life.

316 pages \$21.00 softcover

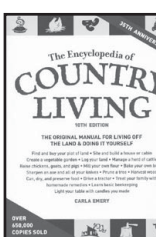


#### Democracy's Edge Choosing to Save Our Country By Bringing Democracy to Life

Frances Moore Lappé

America is at the edge, a critical place at which we can either renew and revitalize or give in and lose that most precious American ideal—democracy—and along with it the freedom, fairness, and opportunities it assures. Presidents from both parties have warned us of the danger of letting a closed, narrow group of business and government officials concentrate power over our lives. Yet today, a small elite group of people is making vital decisions for all of us. The answer, says Lappé, is Living Democracy, a powerful yet often invisible citizens' revolution surging in communities across America.

496 pages \$26.99 hardcover



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

Carla Emery

No home, whether in the country, the city, or somewhere in between, should be without this one-of-a-kind encyclopedia — the most complete source of information available about growing, processing, cooking, and preserving homegrown foods from the garden, orchard, field, or barnyard. The book has been continually revised, updated, and expanded, and has grown from a self-published document to an exhaustive reference of more than one million words. Emery's personal advice, reflections, and anecdotes ensure that this incredibly detailed, diverse reference is as enjoyable as it is useful.

928 pages \$30.95 softcover

## The Spirit Level

continued from page 1

consumerism and individualism. The level of social and community despair is running deep and we need a Spirit Level of change before the damage to our communities becomes irreparable.

The authors look at the cost of inequality by analyzing community life and social relations, mental health and drug use, physical health and life expectancy, obesity, education, teenage births, violence, imprisonment, and social mobility. It takes a while to get through the information presented, but it is worthwhile, because these are root social issues that need the attention of concerned individuals and communities.



Lynsey Hanley reviewing *The Spirit Level* in the Guardian suggested that the "most troubling aspect of reading this book is the revelation that the way we live in Britain is a serious danger to our mental health. Around a quarter of British people, and more than a quarter of Americans, experience mental problems in any given year, compared with fewer than 10 per cent in Japan, Germany, Sweden and Italy." In Canada, we are not too far behind the U.S. and U.K. It is estimated that 20 percent of Canadians suffer through mental health issues.

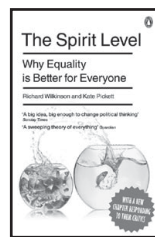
Wilkinson and Pickett use a series of scatter-graphs compiled through sources such as the United Nations, the World Bank, the World Health Organization and the US Census to show the evidence of inequality. Reviewers like Hanley shake their head and say the inequality "is impossible to deny."

What comes through on successive levels of analysis of quality of life to wellness to deprivation, is that there is a strong correlation between a country's level of economic inequality and its social outcomes.

This is not surprising to those who are in the midst of these issues. Canada comes out in the middle with Australia, and continental Europe. Scandinavian countries and Japan are more equal and have less social ills. The U.K, U.S. and Portugal have significantly higher levels of inequality. The poor social outcomes of the latter three countries belie the belief that trickle-down economics solves social ills. The overwhelming evidence presented in *The Spirit Level* is that it makes them worse.

Wilkinson and Pickett conclude by getting at the heart of the issue. What drives inequality? It is not just systems, it is also our hearts and minds that have to change. Inequality entails "placing a high value on acquiring money and possessions, looking good in the eyes of others and wanting to be famous. These kinds of values place us at greater risk of depression, anxiety, substance abuse and personality disorder". Recognizing this is the starting point to reduce inequality. The authors recommend that we shift the balance from "divisive, self-interested consumerism driven by status competition, towards a more socially integrated and affiliative society".

The potential to develop a true Spirit Level analysis is the recognition of the importance of the connections to each other that hold us all together. We have lost the language and the actions of the social bond, the relationships that glue us together for the sake of building the common good. This is the work that is calling for attention. We can derive new spirit from the conclusions of Wilkinson and Pickett's book.

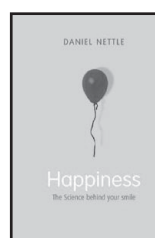


#### The Spirit Level Why Equality is Better for Everyone

Richard G. Wilkinson and Kate Pickett

One common factor links the healthiest and happiest societies: the degree of equality among their members. Further, more unequal societies are bad for everyone within them—the rich and middle class as well as the poor. The remarkable data assembled in *The Spirit Level* exposes stark differences, not only among the nations of the first world but even within America's fifty states. Renowned researchers Richard Wilkinson and Kate Pickett lay bare the contradictions between material success and social failure in the developed world. They suggest a shift from self-interested consumerism to a friendlier, more sustainable society.

368 pages \$20.00 softcover



#### Happiness The Science Behind Your Smile

Daniel Nettle

Bringing together the latest insights from psychiatry, psychology, and philosophy, Daniel Nettle sheds light on happiness, the most basic of human desires. Nettle, a psychologist, is particularly insightful in discussing the brain systems underlying emotions and moods, ranging from serotonin, to mood enhancing drugs, to the part of the brain that, when electrically stimulated, provides feelings of benevolent calm and even euphoria. In the end, Nettle suggests that we would all probably be happier by trading income or material goods for time with people or hobbies, though most people do not do so.

224 pages \$18.00 softcover

## Books for Sustainable Living

# The Empathic Civilization

The Race to Global Consciousness In A World In Crisis'

By Jeremy Rifkin

Reviewed by Nicola Inglefield

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

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

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

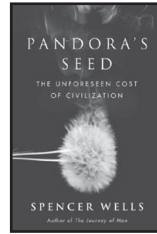
Even though our core drive motivates us to live in connection with one another, our society teaches us individualism. If the empathic drive is repressed by our parenting, the education system, our business practices, our social services, or our govern-

ment, the secondary drives emerge – narcissism, materialism, violence, aggression. Rifkin challenges us to critique and question those maleficent institutions in society from this new perspective of empathy. This means learning and living a whole new empathic sociability.

Rifkin encourages us to reconsider the way we think about the human experience and the very nature of ourselves as human beings. Perhaps we need to pay a bit more attention to our core empathic drive. This may well begin with our daily interactions with one another. Conceivably, if we work from a place of empathy and community, rather than one focused on individual gain, we could build solidarity with one another. This might start with simple actions with the aim of making space for the inclusion of others in our everyday lives, allowing for meaningful interactions with other people and, ultimately, creating attachments with others - maybe through something as easy and understated as a smile or by extending a helping hand to another person.

We are designed for empathy, to feel one another's plight, to stand in solidarity with others as we strive alongside one another to flourish on this earth. Could we extend our empathy to the entire human race, as an extended family, to our fellow creatures, to our common community? Rifkin proposes that if it is possible to imagine this, it could lead in us in a different direction on innumerable levels. Rifkin argues that, empathy will ultimately determine our fate as a species and the fate of the planet. Empathy for our fellow human beings, our fellow creatures is certainly a nice place to start.

To learn more and to browse the introduction of **The Empathic Civilization**, go to [www.empathic-civilization.com](http://www.empathic-civilization.com).

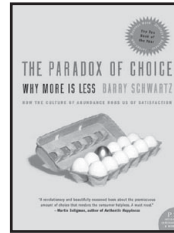


## Pandora's Seed The Unforeseen Cost of Civilization

Spencer Wells

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

256 pages \$31.00 hardcover

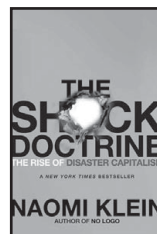


## The Paradox of Choice Why More is Less

Barry Schwartz

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

288 pages \$31.50 softcover



## Shock Doctrine The Rise of Disaster Capitalism

Naomi Klein

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

672 pages \$22.00 softcover



## Synaptic Self How Our Brains Become Who We Are

Joseph Ledoux

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

416 pages \$18.50 softcover

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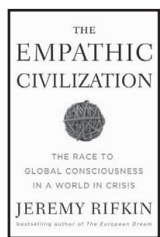
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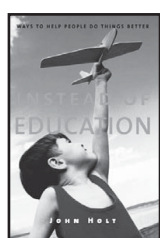
## The Empathic Civilization The Race to Global Consciousness in a World in Crisis

Jeremy Rifkin

In this book, Rifkin shows that the current disconnect between our vision for the world and our ability to realize that vision lies in the very way our brains are structured. Humanity, he argues, finds itself on the cusp of its greatest experiment to date: refashioning human consciousness so that human beings can mutually live and flourish in the new globalizing society. In essence, this shift in consciousness is based upon reaching out to others.

But to resist this change in human relations and modes of thinking would spell disaster in facing the new challenges around us.

688 pages \$35.00 softcover



## Instead of Education Ways to Help People Do Things Better

John Holt

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

250 pages \$16.95 softcover

# GROW

## Herbal Gardens

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

### GROW is growing!

Here's how you can get involved:

**1. Volunteer at the greenhouse!** With the recent addition of a greenhouse, GROW will now be able to provide fresh local microgreens to the Queen Street Commons Cafe and other local food vendors.

**2. Come out and join the fun as we work together to grow vegetable and flower seedlings.** For mini-

mal cost, we'll be able to provide you with the plants you need to get your garden growing! Stay tuned for dates and places.

**3. Look for our ongoing seed sales** between the third week of May to mid-June. We will be selling vegetable, herb, and flower seedlings at Worth a Second Look and Queen Street Commons Café.

**4. Get your hands dirty! Join us in the garden as we grow herbs and transform them into fantastic herbal products.** We're looking for volunteers to help make soaps, salves and other GROW Herbal Products to be sold at the Queen Street Commons Cafe.

**Look forward to our upcoming gardening workshops!**

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

## Food for the Soul 2

By Alison Feuerwerker

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

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

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

The Waterloo Chamber Players is a small self-run orchestra whose members volunteer their time and talents as musicians and in administrative tasks. We have been playing music together for many years,



as well as sharing responsibility for keeping the group going, and that has created strong bonds in the group that persist even as people come and go. We are more than an orchestra, we are a community of friends. We also believe that music is meant to be shared with with people from all walks of life, for the benefit of all.

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

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

### Waterloo Chamber Players Benefit for St. John's Kitchen

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

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

**For more information:**

519-884-2461 or 519-746-1374

prattcc@golden.net or afeuerwerker@hotmail.com  
WaterlooChamberPlayers.com



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



Join us for our new "A Share of Your Own" model! Select from shares of:

- Fresh, seasonal, affordable, local organically grown produce
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- Locally made cheese
- Freshly picked flower bouquets from our farmers' gardens
- Pies baked from farm produce
- Preserves prepared from the summer and fall plenty
- Eggs from free-range chickens

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

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

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



Join us as we celebrate good food!



Please go to [www.theworkingcentre.org/market](http://www.theworkingcentre.org/market) for a detailed flyer and registration form.

Email [market@theworkingcentre.org](mailto:market@theworkingcentre.org) for more information.



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