

GOOD WORK NEWS

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

Issue 112

March 2013

Subscription: A Donation Towards our Work

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Join our Community Supported Agriculture (CSA) project this spring and enjoy fresh, local, organically grown vegetables from June to October.

Add to your vegetable share...

- ♦ freshly picked flower bouquets
- ♦ freshly baked cookies and pies
- ♦ local meat and eggs
- ♦ freshly and locally roasted coffee



The Working Centre's Hacienda Sarria Market Garden is a vibrant urban garden that grows healthy, fresh produce using organic methods, and is within biking distance of both downtown cores. It is a volunteer-driven, community-based project that demonstrates, promotes, and shares knowledge about sustainable urban food production.



For more information you will find our CSA sign up sheet on our website at: www.theworkingcentre.org/CSA

Email: hacienda@theworkingcentre.org • Phone: 519-743-1151, ext. 113

Training, Supports and Friendships

By Stephanie Mancini

The Working Centre has been blessed by the presence of the people involved in the Targeted Initiative for Older Workers (TIOW). Last year, you may recall, there was a question of whether this project would continue this year, but it was renewed just in time to continue until March 2014. Due to the overall reduction in our funding for employment programs last year, we closed the separate resource centre for the TIOW project at 90 Queen, and we tightened our space at our main Job Search Resource Centre at 58 Queen St. S. After the initial adjust-

"Targeted Initiative for Older Workers (TIOW) ... has been a great experience to me...it has provided a 'second chance' to contribute and feel that I can still be a value to society."

ment, TIOW participants began to feel welcome in the new space, and continue to meet together, cluster in corners for shared lunches, share greetings as we all pass each other in the hallways and open spaces.

Walking by a meeting room a

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The Many Sides of Ron Schlegel

By Dave Thomas

Ron Schlegel is like a polygon: he has many sides.

This year's Guest of Honour at the Mayors' Dinner has led a remarkably active life as a professor, philanthropist, community leader, business owner, farmer, land developer, husband, father, grandfather ... There are too many roles to count. All of those facets of Ron's life have a common thread: using one's talents and resources and working with others towards a common goal, to create a better community.

Ron has certainly made his mark on the community through avenues such as the retirement/long-term care residences of Schlegel Villages, shaping neighbourhoods in KW through Schlegel Urban Developments, and developing innovations in care through the Schlegel-University of Waterloo Research Institute for Aging (RIA).

Though Ron has been recognized more than once for these many accomplishments - he was granted an honorary Doctor of Laws degree from UW in 2005, and named an Officer of the Order of Canada in 2012 - he says he has "just tried to make the world a better place" through hard work, collaboration and innovation.

Ron credits his success to the values he learned early in life from his family and community. Born in Punkeydoodles Corners 70 years ago, he was the son of a farming and business family. His father, Wilfred Schlegel, was also a Mennonite minister who believed strongly in taking on community responsibilities - a characteristic he instilled in his son. His father also had a creative mind which led to many innovations and

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community developments.

Ron began managing his dad's five farms while still in high school; he went on to buy his own first farm at age 21 when in university. It was also during his high school career, two years of which he spent at Rockway Mennonite Collegiate in Kitchener, that he met Barbara Becker, who would marry him and become his lifelong partner.

Wilfred also ran a small nursing home, where Ron worked helped out as a youngster while in grade school. It was there that he first got interested in the dignity and welfare of seniors, which would have a major influence on Ron's career and life direction. He attained a B.A (Hon) at the University of Western Ontario, M.Sc. from the University of Illinois, and a Ph.D. in social psychology from Ohio State University.

He researched how environmental factors affect people's behaviour. He applied this in the area of addictions for his doctoral dissertation and later to the field of aging. It was while he was a graduate student that

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Twenty-Eighth Year

Issue 112

March 2013

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 Zehr and Mayor Brenda Halloran
Invite you to celebrate...

The 26th Annual Mayors' Dinner

in honour of
~ Ron Schlegel ~

for his lifelong commitment to building
a social model of compassionate senior care

Saturday April 6, 2013

Held at Marshall Hall, Bingemans, Kitchener

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

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

To purchase tickets and for more details

call (519) 743-1511x119

You can purchase tickets online at
www.theworkingcentre.org/dinner

- Individual Ticket:** \$100 (includes one tax receipt for \$55)
- Contributor Sponsorship Package:** \$250 (includes 2 tickets, recognition in dinner program, and one tax receipt for \$160)
- Community Group Package:** \$750 (includes 8 tickets and one tax receipt for \$390)



Targeted Initiative for Older Workers

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couple of weeks ago, I dropped in on one of the groups, inviting people to tell me why/how the Targeted Initiative for Older Workers project is important, mainly so that we could share with others the realities of the experiences faced by older workers, and the creative ways the TIOW project responds to these issues. Within a few days, we had invited all 125 active participants to contribute to this conversation, and I sit here now with almost 30 comments and responses.

The range of responses reflects the diverse realities of this group. The Targeted Initiative for Older Workers program offers a unique combination of resources – the main focus is on trying to find sustainable work and includes potential funding for training, travel, and living allowance (for those who are most severely impacted financially by job loss). Following is a selection of responses from people involved in TIOW.

"All the predictions we used to hear about rapidly changing technologies, multiple careers and the constant need for education, have come true. But what was ever done to create a social and economic environment that would help people deal with this? I started working in

electronics over 40 years ago and it's been a case of chickens and eggs the whole time - when I have a job I'm too busy to study, but if I don't study my skills go out of date and I end up in jobs with no future. The last 5 years I worked in production machining but had to quit because my elbow wore out. Since I had no medical evidence, EI rejected my claim for benefits, saying the need for re-training is not 'just cause' for leaving a job.

It seems to me a ridiculous waste of the country's resources that a person who can design electronic circuits and program computers, and who has used this knowledge to create award-winning art, should be sweeping the floor somewhere or be forced to retire at the age of 59. Fortunately TIOW agrees."

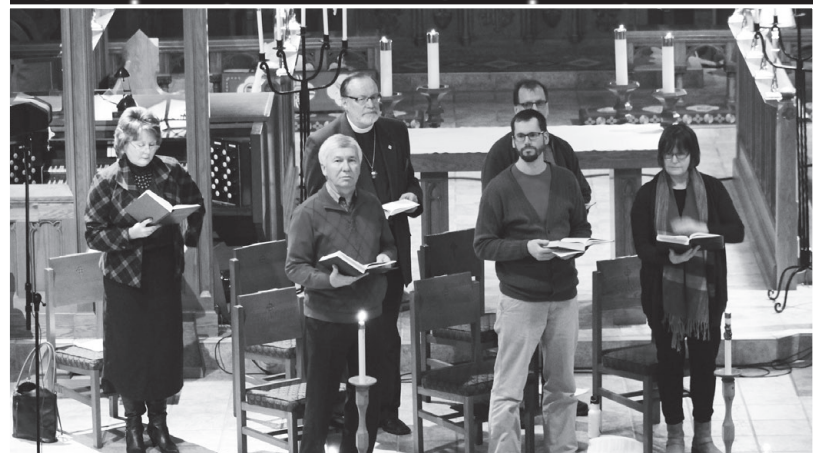
"I jotted down a few thoughts about TIOW and what it has meant to me with regards to job search.

1) Knowing that you are not alone - One of the worst aspects that I found with regards to job search is the fact that you are "isolated". Friends try to help but unless they are in the same situation do they know what you are going through. TWC offered a place where a person who was job searching could come and feel

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A Christmas Carol

A Dramatic Reading to Raise Funds and Spirits



St. John's Anglican Church hosted a dramatic reading of Charles Dickens' *A Christmas Carol* on December 16th, 2012, an event that raised over \$1000 in support of St. John's Kitchen.

Featured readers included Bob Egan from Blue Rodeo, Mayors Carl Zehr and Brenda Halloran, Canon Christopher Pratt, and Jennifer Mains and Tom Friesen of St. John's Kitchen.



Ron Schlegel's Many Sides

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Ron bought his first nursing home.

Ron taught at the University of Windsor from 1968 to 1972, then worked as a professor at the University of Waterloo between 1972 and 1991, where he was a as the principal developer of the Department of Health Studies and Gerontology.

Agriculture operations continued and expanded, as Ron acquired additional farms, producing cash crops and establishing chicken and turkey growing operations west of London. The land development projects began with some modest developments in Kitchener, and eventually grew to include the Williamsburg Town Centre, based on the concept of a village, designed to maximize social interaction and a sense of community.

Other life events had a major impact. Barb had a stroke at age 39, which started a continuing journey of recovery. Ron and Barb raised three sons, Rob and twins Brad and Jamie. It's evident when Ron speaks of his sons that he is immensely proud of them.

All three sons are active in RBJ Schlegel Holdings Inc., the umbrella for the various business ventures. Rob and Jamie are both CA's by training. While Ron is the Chairman, Jamie serves as the President/CEO, Rob is the CFO and Brad is Vice-President of Design and Construction. Brad returned to the company a few years ago, after a professional hockey career that included time in the NHL with the Washington Capitals and Calgary Flames, as well as playing on the silver medal-winning Canadian men's hockey team at the 1992 and 1994 Winter Olympics and was Captain of the 1992 team in Albertville, France.

Ron is confident the family business will continue well in his sons' hands. "They are all capable, and have their own specific areas of expertise," he says. "It makes it a lot easier when their abilities complement each other."

The Schlegel Villages are a central component - and perhaps the

most visible part - of Ron's endeavours. From Windsor to Whitby to Barrie there are fourteen long term care and retirement continuum-of-care facilities already open or in the works, including The Village of Winston Park in Kitchener and a soon to be started research and teaching complex on the North Campus at the University of Waterloo.

The goal is to provide homes where seniors can live in dignity and comfort, where they can still be a part of a community. "It's important to live a life with purpose until the very end. We seek to provide an environment where that's possible," says Ron. Design is an important part of that. Bringing together his academic expertise about behaviour and environment with his experience creating livable urban environments, Ron has always championed the idea of a village. One of the company's publications, "Transforming The Continuum Of Care Into A Village" outlines the main features of the concept:

The Village design borrows from new urbanism design principles (for town planning) to create three levels of social experience, just as in the general community:

- Each resident home area is "the house" where the person lives...
- The street connecting these resident home areas is "the neighbourhood" where residents mingle with each other...
- This in turn links to the overall Village Main Street and Town Square for the entire village continuum, where residents all congregate and interact socially, and in activities of common interest.

The evolution of this model continues, informed by research and feedback from residents. Ron has always derived much satisfaction from speaking with seniors and their families. He says they have taught him as much as he has ever learned at university.

As his many projects grew, Ron found himself busier than ever. He stepped away from his role as professor at UW in 1991 to focus on business operations, but that certainly did not mean the end of his

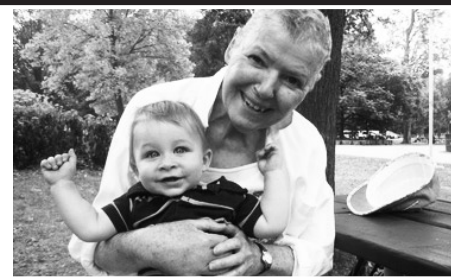


We are grateful for the generous support that individuals, businesses, churches, groups, and schools offer to The Working Centre and St. John's Kitchen. This past Christmas season, the generosity towards our work is a true blessing. A deep thank you to all those who make this work of building community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

Estate Donations

We are grateful for two generous estate donations that we received in December to The Working Centre Community.

Rosilda Janelle owned and operated Janelle Hair Studio on Ontario Street for 20 years. Rosilda had a philosophy to be productive and to be helpful. She loved new ideas and saw The Working Centre as an important place on Queen Street.



Miriam Sokvitne died in her 96th year this summer. Miriam was a direct descendant of the original Schneider family on Queen Street. She always commended our work of restoring the Queen Street buildings and she also cared deeply for our social mission.

relationship with the university. In 2005, he committed several million dollars to establish the Schlegel-University of Waterloo Research Institute for Aging (RIA), to create specialized research chairs and provide infrastructure funding for the Institute. Conestoga College participates as a core workforce development partner. It proved to be a huge step for supporting innovation within an integrated continuum of care for seniors, fostering multidisciplinary avenues of research and development of best practices.

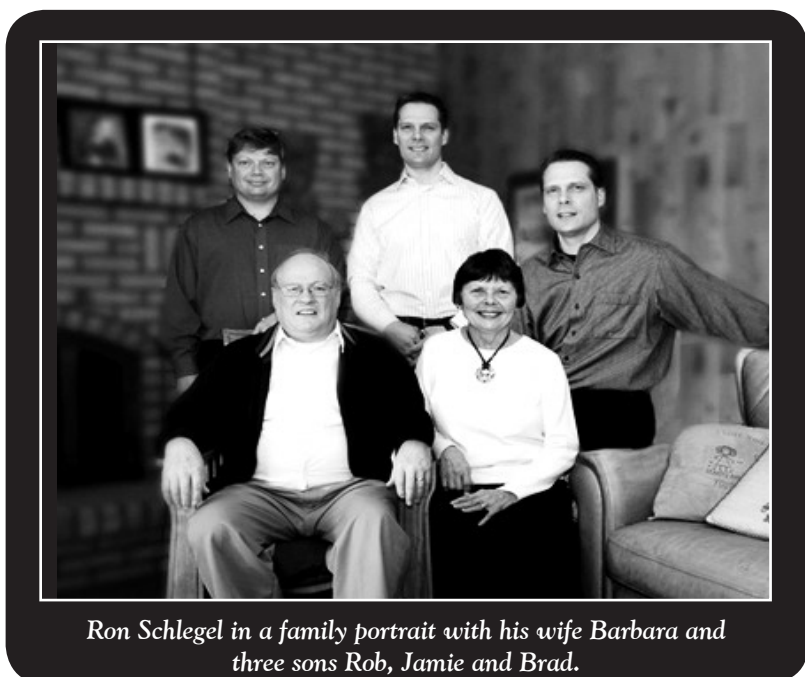
The citation for his honorary degree summed up this alliance: "As a visionary in all dimensions of life, Dr. Schlegel is not content with 'what is' but strives for 'what can be'. To that end, the many retirement and long-term care facilities that he built across Ontario represent an innovative model of continuum of care for older adults. In partnership with UW, he crafted the unique Research Institute for Aging which transfers research directly into quality of care and quality of life for long-term care residents on-site."

The "Schlegel Model" of research focuses on "incubation, acceleration and dissemination for innovation" and harnesses the resources and expertise from UW, Conestoga College, Schlegel Villages and other partners. There are incubator sites at the UW campus (research and training); Winston Park & Williamsburg

In 2005, Ron committed several million dollars to establish Schlegel-University of Waterloo Research Institute for Aging (RIA), to create specialized research chairs and provide infrastructure funding for the institute. It would be a huge step forward for developing an integrated continuum of care for seniors.

Town Centre in Kitchener (extending the continuum-of-care to those living in the general community); Riverside Glen and Homewood in Guelph (therapeutic care innovations). There are research partnerships with the University of Guelph (nutrition and aging), University of Western Ontario (vascular aging, dentistry and oral health), and McMaster University satellite campus in Kitchener (geriatric medicine). Satellite colleges in other parts of the province that provide training include Sheridan, and St. Clair.

The Schlegel family's recent acquisition of Homewood Health Centre and Homewood Human Solutions created new opportunity to extend the research-to-practice paradigm to include addictions and mental health, and Ron quickly moved in that direction by revitalizing and expanding the



Ron Schlegel in a family portrait with his wife Barbara and three sons Rob, Jamie and Brad.

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HACIENDA SARRIA presents a Special Musical Evening with **John McDermott**

In support of McDermott House Canada and The Working Centre

Special Guests

"Over the Rainbow" finalist A.J. Bridel

Singer/Songwriter Suzanne Doyle

Saturday, March 23, 2013
Hacienda Sarria, 1254 Union St., Kitchener
 Doors open at 6pm, Performance starts at 7pm
 ~ \$75 per person ~
 Light Refreshments • Cash Bar • Silent Auction

• For more information or to purchase tickets visit: www.musicwithmcdermott.ca
 • Or reserve your tickets on-line at: www.ticketwindow.ca or call 877-700-3130
 • Tickets also available at the Hacienda Sarria

All proceeds going to:
 MCDERMOTT HOUSE CANADA
 THE WORKING CENTRE

Special Thank You to Our Supporters:
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 McCARTER GRESPAN LAWYERS
 Miller Thomson lawyers | avocats
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 Royal Highland Fusiliers

Waterloo Chamber Players Concert
 in support of St. John's Kitchen

An evening of diverse classical music featuring musicians from our own community

Saturday, June 1 at 7:30pm
 Church of St. John the Evangelist
 23 Water St. N., Kitchener

Donations at the door: pay-what-you-can

For more information:
www.waterloochamberplayers.com
 519-208-5508
waterloocp@gmail.com

Proceeds to be split between:
 Waterloo Chamber Players
 St. John's Kitchen

Book Launch & Book Celebration

Home
 By Leslie Morgenson with Engravings by Michelle Purchase

Homegrown & Handmade
 By Karin Kliewer & Diane Eastham

Thursday, March 23 from 4:00-6:00pm @ Queen Street Commons Café
 43 Queen St. S., Kitchener

By Judith Miller

Queen Street Commons Café is hosting a Book Launch and a Book Celebration—all in one event.

The *Book Launch* is for the chapbook *Home*, reflections by Leslie Morgenson and engravings by Michelle Purchase.

Leslie has worked for many years with the St. John's Kitchen and its community. Her reflections on the idea of home come out of her own personal life as well as the experiences and stories of people she values, who live in unconventional ways, often on the streets. They—and she—extend our assumptions about home.

Michelle Purchase is an artist who lives in Kitchener and works from her space at Globe Studios. This book includes photographs of her engravings, images of tree houses, which may be small, large, Victorian or cabin style, many of them with a dreamlike, even Gothic atmo-

sphere. In a different way, Michelle too, challenges ideas about houses and the very notion of home, with her whimsical imaginings. What if we all lived in the trees?

The *Book Celebration* is to be for *Homegrown and Handmade* by Karin Kliewer and Diane Eastham.

Karin is a well known presence in sustainable living circles. Through their work at Little City Farm and in their classes, Karin, Greg Roberts and their daughter Maya, show us the possibilities of an urban homestead, of "making or making do."

Karin's essay, with its accompanying list of resources, reaches out to a wide audience.

Diane Eastham left her job as a secondary school principal to establish life as an artist, facing many challenges and changes, making her home within her own creativity and that of others. This chapbook includes photographs of her fibre art pieces. For Diane, a sustainable life includes colour, texture and expression.

Thank You for 20 Years of IT Support, InTown

The Working Centre offers congratulations to Harry Vanderzand of inTown Internet, who has recently announced the successful merger of his company with BoltonSmith Inc.

For the past twenty years, Harry has assisted The Working Centre with IT and database consulting services in addition to providing email and web servers free of charge, demonstrating through action his commitment to the community. Tristan Bolton and Tony Smith, the founders of BoltonSmith, are two young technological entrepreneurs who are determined to honour Harry's legacy of generosity towards The Working Centre and look forward to building upon that relationship.

In their own ways, these writers and artists manifest the values of respect, sustainability and caritas which underpin The Working Centre, as its people live and work to remind us of what William Faulkner called "the eternal verities" of decency.

Stonegarden Studios, the Waterloo non-profit publisher of these chapbooks, heartily endorses such values and is guided by them. Indeed, we probably do what we do in large measure because of the Working Centre and its models of work. Which, by the way, has not always been a four letter word. It began its life in Anglo-Saxon as woerc.

Do join us to meet these artists and writers, to share conversation and to enjoy refreshments.

Happy Birthday

Ron and Suzanne Doyle held a wonderful birthday celebration at the Hacienda Sarria in early February. All donations went to The Working Centre. Suzanne Doyle performed along with many friends.

BoltonSmith
 STRENGTHENING THE LINES OF BUSINESS.
www.boltonsmith.com

Diploma in Local Democracy Graduation



The fourth convocation of the Diploma in Local Democracy was held in early January at the Queen Street Commons Café. The convocation speaker was Martin DeGroot who reflected on his many experiences of local democracy in Arts organizations. He described the democratic culture that is necessary for the internal debates, the development of new initiatives, and the efforts to create stable organizations. Martin's examples all reinforced his own long-time commitment to local democracy.



Class facilitator, Sean O'Seasain, Joe Mancini and Martin DeGroot presented graduates: Arleen Macpherson, Adwitya Das Gupta, Layla Protopapa, Asifa Kassam, Thandiwe Msimarga, Sven Merk, Susan Hedges, Narine Dat Sookram with their Diploma in Local Democracy. As each graduate spoke of their experiences of local democracy, they reinforced the goal of listening and documenting the stories of cooperation and mutual aid that are central to Local Democracy.

The graduation evening served as the first gathering for this year's class of 17 people, rooting the Local Democracy project in the teaching of practical skills and the long tradition of grassroots community building.

Small City Bike Share

Plans are under way to launch Small City Bike Share. We have been working with the Region of Waterloo, the City of Kitchener, and the Ontario Centre's of Excellence towards the development of a community based bike share project.

Small City Bike Share will provide a fleet of bicycles that are available at an affordable cost to members for short-distance trips within the city. Each station will consist of a key box, hosted by a local business or group, a bike stand located near by. These strategically placed stations will provide an opportunity for promoting local businesses and building partnerships which reflect community values as we work to provide innovative transportation alternatives.

There are several ways that local businesses can consider participating in this project.

- 1) Support our project by providing space to host a key box at



- your business;
- 2) Become a community sponsor by donating to our project;
- 3) Purchase advertising space on one of our bike stands.

Small City Bike Share is a natural extension of our existing commitment to creating access to bikes. Recycle Cycles Community Bike Shop provide free facilities for people to repair their own bicycle and offers access to used, refurbished or new bicycle parts. In 2011, 3,089 public bicycles were worked on and 1,020 bicycles were saved from going to the landfill.

Donated Suits Offered Freely at St. John's Kitchen



For the third year, The Working Centre and St. John's Kitchen received over one hundred gently used suits and men's dress clothes through Moores Annual Canadian Suit Drive. On Tuesday, December 18th, 2012, we opened our doors and welcomed over 100 people into St. John's Kitchen from 3:00-5:00 pm where many took home a free suit. It was a fun and successful event; our sincere thanks to all in attendance and to Moores Clothing for Men.

Indie Acoustic Christmas Fundraiser



Indie Acoustic Christmas has become a staple for many people around Christmas time. For several years, Kerry O'Brien has been a driving force behind creating a venue at The Registry Theatre where newer artists can join with his friends from Sleeper/Awake for a night of indie folk/rock/jazz infused Christmas favourites.

This year Hope Lynn and Richard Garvey aptly set the tone with a blend of covers and originals. Suggested donations were often exceeded, and after selling out of the baked goods and refreshments, the event raised \$1135.15 for The Working Centre. The concert was hosted and organized by Waterloo Mennonite Brethren Church.

Thank You for All Your Creative Help!

In this issue of *Good Work News*, we have highlighted a number of really creative ways people have been helping to raise funds to help sustain Working Centre projects and community building activities. There are more ideas that haven't found their way on to these pages - for example, Dierdre Nally and Dan Vanderbelt are celebrating their birthdays and inviting donations in lieu of gifts.

The Working Centre strives to develop and sustain community enterprises that seek to build projects where we respond frugally to

complex issues with dignity, inclusion, listening, and lots of hard work. The energy and initiative that emerge from this exchange is enlivening and challenging. Lots of what we do does not fit into traditional funding pockets, but it responds to the human spirit - as you will see in all of our spaces that are overflowing with people.

We welcome and celebrate all the different ways people support this work - with time, presence, donations, and bringing others together in enjoyable ways to help raise funds.



New GROW Projects

By Adam Kramer

It's been a busy winter at The Working Centre greenhouse! At Grow Gardens staff and volunteers have been growing and selling herbs, teas, and hydroponic microgreens for several years. Now, not only are we expanding to offer living wheatgrass, sunflower and pea shoots, but with the addition of a new aquaponics system, we can add tomatoes, strawberries, and fresh basil to that list.

Grow, in partnership with Arvind Venkataraman and Evan Bell of Waterfarmers, will now have the ability to grow and market even more fresh local herbs and vegetables 12 months of the year. The new system is similar to growing hydroponically (in water), but is different in that a large tank of fish provides the ecosystem and nutrients neces-

sary for plant growth. In continued partnership with Arvind and Evan, the greenhouse will be able to offer even more opportunities for learning about growing local food.

As spring approaches, the greenhouse focus will shift toward seedling production. Planting seeds is perhaps one of the most rewarding tasks at the greenhouse as you watch your seedlings grow. This year we won't only be growing for the Hacienda Market Garden and our seedling sales at Worth a Second Look, but will also grow 6000 seedlings to be sold to the Green Party for a fundraising effort. A dedicated group of volunteers welcomes you to join in!

For more information on how to get involved, call 519-743-1151 x113, or email grow@theworkingcentre.org. To learn more about Waterfarmers, please visit waterfarmers.ca.



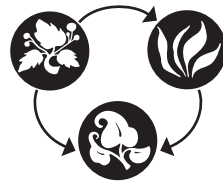
Seed Starting Workshop

Join us on Saturday, April 6 at 10am at the Grow greenhouse (79 Lancaster St.) for our Third Annual Seed Starting Workshop.

Cost is \$5 with all materials provided. You'll head home with your planted tray of 48 herb, vegetable, and flower seedlings as well as instructions on how to care for them.

Hope to see you there!

To register, call 519-743-1151 x113 or email grow@theworkingcentre.org



Plant Swap

Perennials, Ornamental Grasses, and Shrubs

Looking for new and interesting plants? Looking to split and dig up others? Our first annual plant swap will give you a chance to bring plants to trade with your fellow gardeners and donate the extras to the Hacienda Sarria Market Garden. New gardeners are welcome.

Date: Sunday May 5, 2013
Set up: 1pm **Trading:** 2 pm
Location: Hacienda Sarria Market Garden
1254 Union St., Kitchener

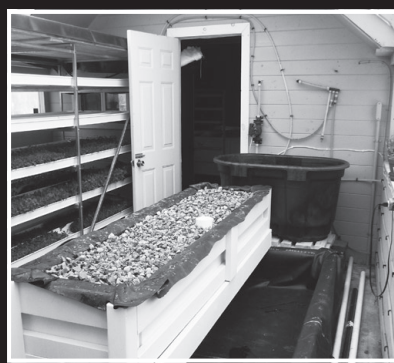


We are looking to fill in space in our perennial beds with some of your extra perennials, grasses and shrubs. Good cut flowers are preferable and grasses that are at least a foot tall. If you are finding yourself without anything to offer, but want to take some plants home, we welcome your labour to get the donated perennials in the ground at the Hacienda that day.

Please try to label each plant and note necessary growing conditions.

Register by Thursday, May 2.

To register, call 519-743-1151 x113 or email hacienda@theworkingcentre.org.



Freshly Roasted Coffee at...



When you walk into the Queens Street Commons Café, the smell of freshly roasting coffee surrounds you. We are roasting a variety of roasts and blends which are available to drink in house or to take home with you by the pound. The coffee roaster is tucked behind the new Coffee Bar, where you can purchase specialty coffee and teas, choose a regular cup of coffee from a selection of roasts or pull up a stool and enjoy the atmosphere of The Commons. Come by to see these changes to our lively cafe and enjoy a meal from our constantly changing, delicious and affordable vegetarian menu.

We roast Fair Trade varieties on site while you wait such as Kenyan, Doi Chang, Nicaraguan, Colombian and Ethiopian Yirgacheffe.



St. John's Kitchen Annual Christmas Dinner



Matthew Kieswetter, organizer of the St. John's Anglican Christmas Carol reading and Canon Christopher Pratt joined our annual St. John's Kitchen Christmas Dinner held on December 20 2012. In the picture Matthew and Rev Pratt presented a cheque from the proceeds to Gretchen Jones and Joe Mancini. After joining the long line up with 500 other folks, Rev. Pratt was served by Waterloo Regional Chair Ken Seiling and Kitchener MP Stephen Woodworth.

Ron Schlegel

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Homewood Research Institute.

A significant portion of the sustainability of the RIA comes from continuing support from the Schlegel businesses. Ron firmly believes that he and his family can provide greater support to the Institute through further contributions rather than creating an endowment. "We can leverage our business and talents to create more cash flow to support this endeavour. A philanthropy component is built into each business model," he says.

Ron has not limited his contributions to RIA. He has also supported Mennonite Economic Development Associates, House of Friendship, Habitat for Humanity and Grand River Conservation Foundation projects. He created the Wilfred Schlegel Memorial Fund, in memory of his father, to support "visionary" and "risky" social enterprises to foster community.

His modeling of generosity has rubbed off on others as well, in his family and throughout the company. His nominators for the Order of Canada recognition set it out in some detail:

"Ron lives his vision for a better world every day. He marks every day with acts of kindness - in his professional, community and personal life. He has instilled the same values that

The "Schlegel Model" of research focuses on "incubation, acceleration and dissemination for innovation" and harnesses the resources and expertise from UW, Conestoga College, Schlegel Villages and other partners.

guide his own life in his three sons, all of whom are leaders in their own right, participating in the various Schlegel enterprises, and giving back their time and resources to worthy social and community projects.

"Through his academic career, Ron has touched the lives of thousands of students, and personally guided and inspired hundreds of them. In addition, the values that guide the Schlegel family are modeled and promoted throughout the workforce of over 4,000 staff working in various Schlegel enterprises.

"For example, with support and leadership from Ron and his sons, a team of staff from the Schlegel Villages participated in the Weekend to End Breast Cancer for four years in a row, raising more than \$250,000 for Princess Margaret Hospital. An annual Hand Up for Haiti fun run and community event raised over \$60,000 in its first two years to provide a 'hand up not a hand out' to aid victims of the devastating earthquake in Haiti."

For Ron, it all comes back to that model of building a caring, interconnected community coming together in a village square - perhaps the most meaningful type of polygon.



Targeted Initiative for Older Workers

continued from page 2

welcome when going through the process of job search.

- 2) **Upgrade skills** - I managed to upgrade in MS Office products as well as couple of accounting programs offered in conjunction with Conestoga College.
- 3) **Being realistic about goals and what is and is not reasonable**- When going through the actual TIOW program - it made you do a lot of soul searching - finding out who is really me and what do I want and what are the routes one should take to achieve the goal.
- 4) **Being able to meet with a counsellor**- This one I find is crucial - having someone to review what is happening and trying to keep one on track."

"This wonderful program brings hope, support, knowledge and provides the support to guide and direct us into position to see our own potential. That helps us to dig deep into our past experiences to rekindle dreams and renew past talents and move forward to a new career and open up new doors for meaningful and prosperous full employment. There is hope, opportunity and we

must not give up."

"TIOW funded a training course to allow me to pursue a certification in a rewarding and emerging field. I would not have been free to afford to take the course without the financial support and ongoing support that TIOW provides. Despite not yet having completed the program, I am already making a side income from related work that I was able to secure while in progress for the certification."

"TIOW ... has been a great experience to me...it has provided a 'second chance' to contribute and feel that I can still be a value to society."

This reflection will continue into the next issue of Good Work News. As I was writing this article, I received an email from a 59 year old worker who has worked his whole life, but now finds himself facing a mortgage foreclosure. The challenges pile one on top of another at a time of major life change.

"TIOW has given a new beginning to my life, something I thought almost impossible to achieve. I came to Working Centre looking for help, and I found not only help but solutions, support and new friendships."

Books for Sustainable Living

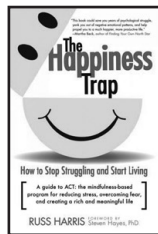
Books

for Sustainable Living



Books for Sustainable Living at the 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 x119)



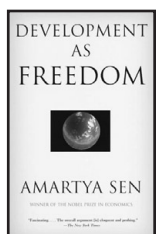
The Happiness Trap

How to Stop Struggling and Start Living

Russ Harris

Are you, like millions of people, caught in the happiness trap? Russ Harris explains that the way most of us go about trying to find happiness ends up making us miserable, driving the epidemics of stress, anxiety, and depression. This empowering book presents the insights and techniques of ACT (Acceptance and Commitment Therapy), a revolutionary new psychotherapy based on cutting-edge research in behavioral psychology. By clarifying your values and developing mindfulness (a technique for living fully in the present moment), ACT helps you escape the happiness trap and find true satisfaction in life.

240 pages \$19.95 softcover



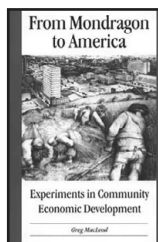
Development as Freedom

Amartya Sen

Freedom, Sen argues, is both the end and most efficient means of sustaining economic life and the key to securing the general welfare of the world's entire population. Releasing the idea of individual freedom from association with any particular historical, intellectual, political, or religious tradition, Sen demonstrates its current applicability and possibilities. In the new global economy, where, despite unprecedented increases in overall opulence, the world denies elementary freedoms to vast numbers--perhaps even the majority of people--he concludes, it is still possible to practically

and optimistically retain a sense of social accountability.

384 pages \$19.00 softcover



From Mondragon to America

Experiments in Community Economic Development

Greg McLeod

This book is the most thorough explanation of the community economic development experiments in Spain and their applications to communities in Mexico and in Canada. Father Greg MacLeod shares both the philosophy and the practical application of methods used in encouraging development in the Basque community of Mondragon. This book gives real-life examples to teach activists a better way to do business.

192 pages \$24.95 softcover



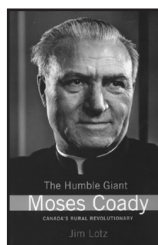
The Lichen Factor

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



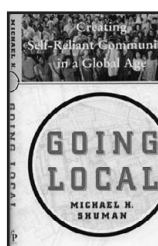
The Humble Giant

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 \$15.00 softcover



Going Local

Creating Self-Reliant Communities in a Global Age

Michael 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.

336 pages \$48.50 softcover



Hacienda Sarria Market Garden

The Hacienda Sarria Market Garden is a volunteer-driven project that provides fresh, high-quality produce to our community as it demonstrates, promotes, and shares knowledge about sustainable urban food production.

1254 Union St., Kitchener • 519-575-1118 • hacienda@theworkingcentre.org

Market Gardening: The First Year

By Adam Kramer

Over the winter months there is time to pause for reflection on the progress made in our first season at the Hacienda Sarria Market Garden. An ever expanding community of volunteers and contributors made this impressive garden possible. We look forward to continued growth of the garden and community in the years to come.

Two acres of land, ten-thousand square feet of interlocking brick, two-hundred truck loads of topsoil and compost, tens of thousands seeds and seedlings, and countless hours of hard work in rain, sun, and snow are the ingredients to the Hacienda Sarria Market Garden.

It is a vibrant space where all are welcome to share in the good work of building a thriving urban garden. It is a space of both learning and sharing, sore muscles and laughter. It is a space centred around growing healthy, fresh, delicious food within walking distance of the downtown cores.

With optimistic projections of tripling production in the coming year, we will adopt new practices and break new ground. Our first year was none-the-less a productive one. We sold 700 lbs of beets, 150 lbs of tomatoes, 800 bunches of herbs, 350 lbs of carrots, 650 bunches of kale, 450 bunches of chard, 350 lbs of leeks, 200 bunches of green onions, 550 lbs of salad greens, and more! Not to mention the multitude of

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Now, as we prepare for the season ahead we are invigorated by the promise of sun, rain, and friendships new and old.

Help out with our regular garden activities, such as watering, weeding, planting, and harvesting and lend your expertise or desire to learn. New additions to the project include composting, irrigation and water management, cover-cropping, bee friendly gardening, the construction of new outbuildings, and cut flowers.

To get involved or learn more please call 519-575-1118 or email: hacienda@theworkingcentre.org.

The Living Classroom

By Meg Herod

Beginning this spring the garden welcomes students from Blessed Sacrament Catholic Elementary School to participate in the Living Classroom pilot project. It is a new initiative, part of the urban agriculture project at the Working Centre, to integrate youth education and mentorship into daily life at the Hacienda Market Garden. Together we will learn about the steps involved in local food production.

This will include a combination of experiential learning and classroom workshops. At the garden, students will help to pull weeds, spread compost, pick produce and prepare a meal. This will be followed up with classroom workshops that encourage students to reflect upon their role in the local food system.

If you are interested in becoming involved, please contact Meg at meganh@theworkingcentre.org or call us at 519-743-1151 ext. 113.



Community Supported Agriculture at the Hacienda

By Kim Knowles & Meg Herod

Community supported agriculture (CSA) has a long-standing relationship with the Working Centre. Over the past ten years our CSA has connected downtown consumers with local produce while at the same time supported old order Mennonite and Amish farmers in Wellesley County. This year our farmers have decided to explore other options for selling their produce. With appreciation for years of delicious vegetables and best wishes for the Commons Market CSA farmers, The Working Centre is opening a new CSA based out of the Hacienda Sarria Market Garden that will continue to promote environmental sustainability and support local markets.

The Working Centre's Hacienda Sarria Market Garden is a vibrant urban garden that grows healthy, fresh produce using organic methods, and is within biking distance of both downtown cores. It is a volunteer-driven, community-based project that demonstrates, promotes, and shares knowledge about sustainable urban food production.



The new Hacienda Sarria CSA will include 40 vegetable shares with add-on options including meat, eggs, baked goods, fresh flower bouquets, freshly roasted coffee as well as other local handmade items available at weekly neighbourhood pick-up locations.

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As CSA member, you will purchase your shares of vegetables, meat, eggs, baked goods or flowers in March, and then receive your produce weekly throughout the growing season, from June and into October. This relationship helps to support the farmer cover the initial costs of buying seeds and inputs like manure, prepping the soil and planting. As well, the community shares the risk of unpredictable weather and celebrates the bountiful harvests that happen most of the time. As a CSA member, you will belong to community where you are welcome to volunteer on the farm and see and appreciate how your food is grown and harvested, swap recipes, have potluck suppers together and participate in organized work bees.

Weekly CSA pick up locations:

- **The Tannery District**
188 Joseph St., Kitchener
Wednesdays from 4–6pm
- **Queen Street Commons Café**
43 Queen St. S., Kitchener
Wednesdays from 4–6pm
- **Hacienda Sarria Market Garden**
1254 Union St., Kitchener
Thursdays from 4–6pm

For more information see our online CSA sign-up sheet at theworkingcentre.org/CSA, or email us at hacienda@theworkingcentre.org or call 519-743-1151 ext. 113.