

# GOOD WORK NEWS

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

Issue 102

September 2010

Subscription: A Donation Towards our Work

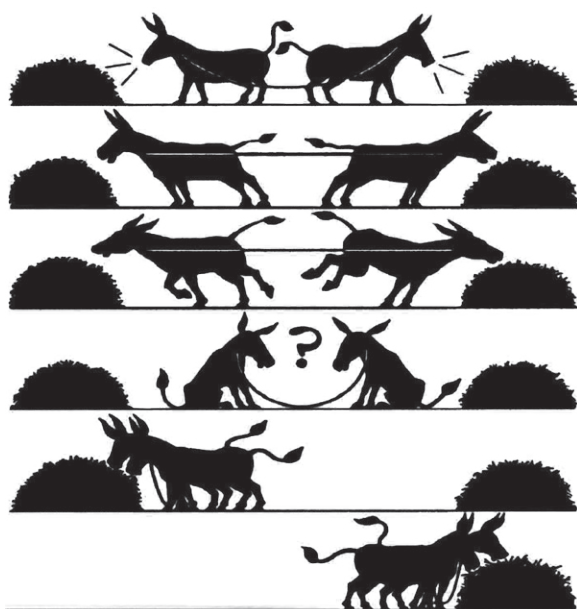
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## THE TWO MULES...



...COOPERATION!

## Walking with People's Stories

By Christa Van Daele

Stories are a human anchoring place in the work of The Working Centre. They move forward in time, binding the teller and the listener together. A story can be told all at once, in a rushed burst of feeling, or with restraint and reserve, over longer periods of time. Sometimes a story is a sum total of silences, gaps, awkward confusion and regret, tears, missed appointments. It is sometimes thought that stories related to employment are relatively straightforward. Is not a resume a straight up request, a simple request to put a person's life on paper, in order to achieve a job?

At The Working Centre, we have increasingly found that stories about the search for work can in fact be complex. Resumes, as veteran employment counsellors like to say, are the tip of the iceberg. Lives are often shaped by much loss and tragedy. There is turbulence in lives from every unexpected quarter. Outside

factors such as the conditions of the labour market are hugely important in times such as these, but so are the family and social interconnected webs in which any human is embedded. What is merely a temporary setback for some (unemployment) is a sickening headlong pitch forward into disaster for others.

A sociologist would study these factors and classify the social determinants of health that make the difference; those interested in psychology would look at resilience and resourcefulness within an individual to better understand the issues. Whatever the range of reasons – and there are many -- we at The Working Centre observe close up each day themes of discontinuity that make lives full of crater holes. In an individual life, nothing is quite as straightforward as it looks. Nothing quite adds up to a simple chronological narrative on a re-

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## Dark Night in Shining Armour

By Leslie Morgenson

The early city founders of Waterloo, living as they were in the late 19th century, a time before modern electricity as we know it, proceeded to enact a measure known as "the moonlight schedule". Gas lit street lamps were turned off during a full moon to make use of its reflected light to illuminate the city streets. At that time there would have been nothing unusual about this action. Until the 20th century, people everywhere lived in tune with the natural world. Indeed, according to the Royal Astronomical Society of Canada (RASC), "All civilizations through recorded history have

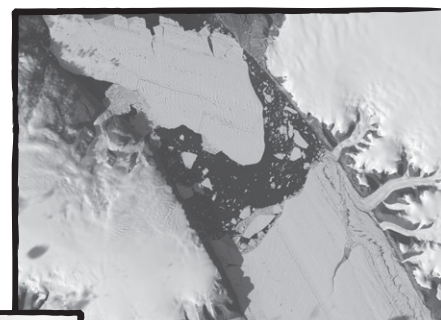
constellations woven into their culture." Did those early founders have any inkling when they drafted their 'moonlight schedule' that they were on the cusp of change that would mark them as the last generation for whom the darkness of the night landscape was as familiar as the day?

These people and their ancestors understood night as a time of respite when work ended and reflection began. Night offered privacy, and a time to be refreshed. In her book, **Brilliant**, Jane Brox recounts the beginnings of "insistent light" when cit-

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## Who cares about GLOBAL WARMING?

It's a good thing we don't care about carbon emissions. Otherwise we might be more than a little concerned when the Petermann Glacier in Greenland calves off a chunk of ice several times the size of the island of Manhattan. Or when record-breaking, scorching summer temperatures and prolonged drought have turned Russia's parched boreal forest



into a giant tinderbox, sending Moscow residents scurrying indoors to avoid the suffocating smoke and reducing the country's wheat harvest by a third. Or when the worst monsoon rains

in 80 years in Pakistan have caused unprecedented flooding and devastation in the country, leaving millions stranded.

- Jeff Rubin for the Globe & Mail, August 18, 2010



Twenty-Sixth Year

Issue 102

September 2010

Good Work News

Good Work News was first produced in September 1984. It is published four times a year by The Working Centre and St. John's Kitchen as a forum of opinions and ideas on work and unemployment. There is a circulation of 9,500 copies. Subscription: a donation towards our work.

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**What's Going On at Queen Street Commons Café?**



The New Vibes Jazz Quartet played to a packed house last April while the Café served its specialty dinner plate, the Community Thali.



The Urban Monks, featuring The Working Centre's Nathan Stretch with Pete Oldridge, provided lively entertainment in May.



43 Queen Street South  
 Downtown Kitchener

519-749-9177

Monday - Friday:  
 8:30am - 9:00pm

Saturday:  
 10:00am - 4:00pm

Queen Street Commons has undergone changes to improve the space. The new food service area now has a vegetarian sandwich bar. We are also serving smoothies and ice cream.

Take a look at our new menu at [www.theworkingcentre.org/ct/qsc/qsc.html](http://www.theworkingcentre.org/ct/qsc/qsc.html).

We have also added a stage at the back that will be used for concerts, poetry readings, debates, and movies.



**Menu**



Queen Street Commons Café  
 now offers free wireless  
 Internet access!

**Working Centre Activities**

**Small Business from the Inside Out**

This workshop explores the personality styles and strengths that ground a business idea. It takes place in two sessions, two Mondays in a row. It will help you map out your "motivated skills", and shares how an accurate inside out understanding of how an enterprising path differs from business ideas that will simply go stale. Held Mondays Sept. 20 and 27 from 1-4pm. Meet at main resource centre at 58 Queen St. S. to find room. Call Christa at 519-743-1151 ext. 123.

**BarterWorks Market Day**

Come celebrate the diverse range of local talents and gifts at the BarterWorks Market Day on September 25th from 11am to 3pm at 43 Queen St. S. You can enjoy fine vegetarian fare at Queen Street Commons Cafe, find unique crafts, meet local artisans and community minded entrepreneurs, and learn about trading through the BarterWorks network.

**Film Storyboarding Workshop**

Saturday, Sept. 25, 9:30-11:30am at 66 Queen St. S. This workshop covers storyboarding - the bridge that gets you safely across the gap

between your script to your edit ready footage. An illustrated to-do list for your movie, it helps you plan everything, from the title sequence to "The End" making sure you get all the shots you need.

**Toastmasters Club**

A weekly learn-by-doing group for effective communication and confident leadership skills. Meeting Time: Mondays, 7pm-8:30pm upstairs at 58 Queen St. S. Membership fee required. Guests welcome - free. Call Georgina at 519-743-7655 or email [gggreen@rogers.com](mailto:gggreen@rogers.com).

**The Commons Market**

Receive fresh food directly from local growers and producers including fruits, vegetables & herbs, meats from Traditional Foods, bread from Golden Hearth Bakery, cheese from Millbank Cheese, and wholesale items through Ebytown Food Co-op. Place your order on-line between Friday and Monday each week and pick up your fresh produce on Wednesday between 4-7pm.

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

**21<sup>st</sup> Annual Golf Tournament**



By Dave Thomas

The Working Centre / St. John's Kitchen golf tournament returned to its roots this year, returning to Rockway Golf Course, after being held elsewhere for several years.

The 21st outing, held August 18, brought together 140 golfers and 25 sponsors under sunny skies and a light breeze, to raise about \$14,000.

"Everything came together to make the day a great success," said player Chris Riehl, who is also one of the organizers. "It was a fun tournament."

This year's top foursome consisted of Jerry Dias, Bob Orr, Philip Paul and Bill Zillio. The women's team of Janis Turenne, Jill Turenne, Kim Carter and Cheryl Mederios received trophies, as did the mixed group of Marylou MacDonald, Raj Angl, Steve Allen and Ben Parcero.

Players had three opportunities to win \$10,000 for a hole-in-one, thanks to holes sponsored by HL Staebler Co., Neumberger & Scott Limited, and KOOL FM. Unfortunately, no one was able to claim the prize.

There were additional "specialty" holes too: Brick Brewing Co. sponsored the closest to the keg contest; Centre in the Square pro-

vided prizes for the longest drive for men and women. CHYM sponsored

a hot air balloon ride provided to the winner; Vincor provided prizes for the putting competition.

CAW Canada and Lear Corporation were the community sponsors, and MTD Products was a patron.

Once again, we are very thankful for the efforts of our tournament committee members in ensuring the success of the tournament: Frank Curnew and Steve Sachs of the Labour Program of Waterloo Region; Chris Riehl of UA 527; Fred Walker of Bingemans; and Tammy Heller (retired), Tim Mitchell, Paul Roderer and Jim Woods of CAW.

We would also like to thank our tee sponsors: Bennett Chevrolet Cadillac, BFI, Bluewater Thermal Products, Breckles Insurance, Canadian Labour Insurance Services, CAW Local 1106, CAW Local 1524, CAW Local 1524, CAW Local 1917, CAW Local 27, CAW Local 414, CAW Local 4304, CAW Local 444, CAW National Office, Global Benefits, IBEW Local 804, J.C. Vending, Lear, MTD, Ornamental Mouldings, Skilled Trades Council, Smart Serve, Sobara, Schumacher, McCann LLP, UA Local 527, and Ventra Plastics.

# St. John's Kitchen

## Dark Night in Shining Armour

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izens worldwide were not altogether happy with unnatural light flooding their streets. "Lantern Smashing" became a strategy used by citizens of Paris, France as an act of defiance toward their government.

But lighting arrived and though we were robbed of the night sky, the incandescent light bulb created a soft atmosphere making it pleasant for people to walk at night, casting an attractive broad beam down onto the streets. But today because of sodium vapour lighting with a stark glare shining upward, current generations are the first for whom many have not seen a star filled sky and may never see the Milky Way.

The closest we in the city came to experiencing the true night sky was August 14, 2003 during the Northeast Blackout, a massive power outage that affected 55 million people. There were bright spots, however, in what may have been viewed as a catastrophe. Neighbours emptied their fridges and freezer of food that would spoil and ate together in backyard gardens. Then we all ventured out. It was midnight and the streets were alive with giddy walkers, stopping to greet, barely able to see each other in the dark night, we had to rely on our voices to carry our good intentions. And from the city centre the Milky Way, for once, was clearly visible. It was a dark night of rare magic.

My friend Ron spends a great deal of time thinking about the fact that we live with significant light pollution because of poorly designed outdoor lighting. He is forever lamenting the demise of the incandescent light bulb fitted with brass which is a better conductor of electricity than aluminum fittings. With brass there isn't the excessive heat, making it a more efficient bulb.

He's not alone in his desperate bid to cling to incandescent lighting. In April 2009 the otherwise calm, conservative town of Tunbridge Wells, England began a light bulb revolt, refusing en masse to adapt to energy saving light bulbs and purchasing in large quantities all remaining incandescent light bulbs before the official ban was enforced. The list of complaints include: the dim light, the time it takes to reach full brightness and fact that the new light bulbs contain mercury.

The act of brightening our dark streets



*There is moonlight on the horizon however. In recent years a movement called 'Starlight Reserves' has claimed that we have "A right to starlight". The aim is to uphold the integrity of the night sky by maintaining areas unpolluted with light, where natural night sky conditions are kept intact.*

with glaring light to the point where the night sky is no longer available for our viewing appears to be a decision lacking in clarity. A report from the RASC in 2008, entitled 'Guidelines for Outdoor Lighting in Dark Sky Preserves' reports that excessive outdoor lighting has a profound impact on the health and behavior of humans. Our circadian rhythms are negatively affected by constant light. Our sleep patterns, mood, physical strength and blood pressure, body temperature and heart rate are all synchronized by the day-night cycle. The release of melatonin which regulates other hormones and repairs the damage we do to our bodies daily, is dependent on night. When we don't experience a dark night our bodies suffer and we have trouble fending off disease.

The most common reason attributed to night time lighting is to reduce crime. However the RASC reports that studies have disproven this assertion, stating there is no clear evidence that outdoor lighting reduces crime. In fact most property crimes occur in the day and violent crime typically occurs between people who know each other.



Brightening our night skies has made us into people who are unfamiliar with the dark night and hence we fear the dark. And the more we fear the dark, the more lights we think we need, when all we really need is to become enlightened about the cultural wasteland we have created of our night. Darkness is natural and necessary yet it has become an unknown and unfamiliar place for us.

"The more light we're accustomed to, the more we feel the need for security," says Jane Brox. "For many of us now, abundant artificial light, not darkness, feels natural after the sun goes down." And yet even as we ponder the need for turning back to the dark night of yore, it is a quest held only by western nations,

since many in the world still live without adequate electricity, and in fact are not at all tied to the electric grid.

There is little doubt that as our fear of the dark unfamiliar night grows, so too grows the fear of our own personal darkness. **Dark Nights of the Soul**, Thomas Moore writes lovingly about Hekate, the night goddess who is at home in "dark alleys, corners and alcoves". In your darkness, he says, "You may discover a part of you that is essential to your being." For we all possess that darkness, it's always present. Acknowledging that part of ourselves may be our greatest insight. Our inner darkness may hold gems that we repress or consciously suppress out of fear cutting ourselves off from this important piece of self. Hekate sanctions this mysterious

dark inner world in each of us and in doing so, liberates us.

There is moonlight on the horizon however. In recent years a movement called 'Starlight Reserves' has claimed that we have "A right to starlight". The aim is to uphold the integrity of the night sky by maintaining areas unpolluted with light, where natural night sky conditions are kept intact. The Starlight Reserves state that an unpolluted night sky should be considered, "an inalienable right of humankind equivalent to all other environmental, social, and cultural rights." The town of Tekapo, New Zealand is presently waiting UNESCO's approval on becoming the first Starlight Reserve. Other locations around the world that have expansive space to view the night sky away from light pollution are also proposing to become future sites of a 'night park'.

I have become smitten with the night sky. And I find courage in Vincent Van Gogh's reverence for the nocturnal, painting 'Starry Night Over the Rhone' from his sanatorium window at a time of great personal crisis; and later continuing with a series entitled "Study in the Night". I am heartened by the stories of my father, moving through the years of blackouts with the rest of Europe's citizenry during WWII. And then after the war, sitting among strangers under a new moon, waiting to cross from East to West Germany, hiding at the edge of a forest, the night sky a constant companion on an unfamiliar journey.

I know that I too feel a deep need for the companionship of Hekate, the moon in all its phases and perhaps one little incandescent light bulb.

## "Just Us" Award Recognizes Outreach Work

The Ontario Association of Chiefs of Police (OACP) announced the winners of a new annual Crime Prevention Award that honour a police agency and a community organization or group that have partnered an innovative crime prevention initiative or strategy to keep communities safe. This Ontario Crime Prevention award for a community-led program went to the "Just Us" project run by the Waterloo Regional Police Service in partnership with the Regional Concurrent Disorder Committee Waterloo Wellington.

The Just Us partnerships utilized a community mobilization strategy to develop a sustainable and successful initiative to rehabilitate crack houses or single room occupancy dwellings. Community mobilization strategies use existing resources while assisting individuals to become part of the solution.

The Outreach work that has grown out of The Working Centre and St. John's Kitchen has been an important part of the Just Us initiative particularly involving the Psychiatric Outreach Project and Waterloo Downtown Outreach.

The Just Us rooming house project that is focused in uptown Waterloo resulted in: the development of a clinic with a visiting doctor, nurse, outreach workers, crisis workers, support group and case management, the addition of a phone so residents could make calls, food distribution, building improvements, changes in management, a dinner for residents, neighbours, and community agencies, a community garden, sports with officers and residents, barbeques, increased access to health, addiction and mental health supports. This initiative is sustainable because it was built on existing resources.

The Just Us project involved meeting with residents who identified their needs and resulted in a series of initiatives including: installation of public phones, increased security, changes in management of the buildings, opening an on-site clinic, providing on-site drug support users group similar to Alcoholics Anonymous, providing training in overdose prevention and first aid to residents, and providing increased access to food.

# The Working Centre

## People's Stories

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sume, tidy and "sprayed in place" for the prospective employer to look at. A firm helping philosophy – a core of constancy -- in Working Centre approaches is therefore a skilled and hospitable one. It is an approach of constant adaptation, of response, as we, in multiple senses, become a part of the story. The approach is essentially one that has been helpfully rendered in Peter Block's **2008 Community: The Structure of Engagement**. We work at offering structures of improvised but authentic intimacy, in small groups or dyads, creating a flow of nurturing encounter that is based on mutual gifts and mutual accountability. Here is how it works.



There is Wanda, a highly educated and gracious New Canadian lady of Asian origin. She appears for every appointment exactly fifteen minutes before the hour. She is highly educated, well spoken, with exquisite manners. She has suffered a series of mental health setbacks that she herself clearly cannot name and identify. She knows only that she is in a deeper and deeper place of solitude, that she has nothing to do but search the internet for jobs, and that her mental health situation is absolutely culturally unacceptable for her to name and share. She is a proud former pathologist, a head of a unit in a large urban hospital. She trusts no one in her own community. When her daily flood of internet job applications are rejected, she speaks to no one about how to understand the sophisticated skill needs the employer is requesting. She has no friends. She is barely able to communicate about her suffering with two counsellors who meet with her regularly at The Working Centre. A feeling of wordless rejection extending into paranoia has settled over her, and intensive counselling or medication of any kind still seems a distant dream.

The situation is a tough one. It is rich with ambiguity. It is not clear in the chain of cultural and psychological misfortune where the experience of unemployment fits in; her tragedy of cause and effect is still unfolding. Fortunately, she has a husband and grown son who provide safety, income and attractive clothes, but she chooses not to communicate with them about her increasingly frightening inner experiences. For Wanda, a snappy professional resume is not the point. Recovery and treatment and support, and any deeper feeling of connected community in Wanda's life, is a long way away. In

*We sustain hope. We link and include others in the storyline. We increasingly reject the idea of easy outcomes, accepting as we are able that life plots are complex. Over the years, we have found that there is a fierce kind of hanging on involved in building authentic structures of engagement.*

this instance, The Working Centre approach is to hear out the story week by week until ways of connecting further with the mental health community open up. The naming process for the intense pressure of her inner fears has barely started. But an authentic and accountable relationship has been initiated, one that involves sustained correspondence, inquiry, and support in a small group of three people. Wanda is invited back for dialogue and exchanges of ideas every two weeks.

There is Sally Rose, who is 58 years of age. She has recently come to Kitchener-Waterloo from Alberta. She has a grade eight education, a smattering of pluck and an impish streak of hard luck humour, but she has lost her already marginal assets in a dramatic downturn and lives with her grown children. She is pained by her own situation, but brimming with hope nevertheless. She does not have enough money to put gas in the car, to buy bus tickets. With the help of a few counsellors who are teaming together, she is preparing to seek training in a highly advertised private school program that may just possibly result in employment. But the everyday barriers and chronic worries that attend each step of her progress are numerous, and there is much red tape involved in trying

to link to adult basic education to fit her needs. However brave she is, with the twinkle in her eye that speaks of admirable resilience, her current age, limited education, and fragile physical presentation make it seem unlikely that satisfying employment above the minimum wage is likely. Discussions with Sally Rose are never boring, and they are never about resumes – they are searches for strategy that make a challenging



journey somewhat more manageable in the daily slog to avoid the disaster of ill health, inadequate years of schooling, and poverty. She hopes against hope that a certificate from the private training school under current government funding allowances will make her fully employable. Sally Rose has entered a roller-coaster but safe world of discovery. She has been invited to bring along her best friend to meetings, a highly educated woman, to explore all the possibilities for local schooling that can be explored.

Finally, there is Peter, eighteen years of age, who might be considered a youth at risk. He has been hanging out with a crowd that deals drugs in London, but before that, things in his parents' marriage were not working out. Although his parents are well to do and highly educated, the bad timing around their divorce, and the fact that his mother has abruptly cut ties and moved away and started another life, has left a loss in his life he can't fill. Instead, there are empty places inside him, no plans in particular, no job, and week to week couch surfing in less and less safe houses

-- a common practice among kids who are seriously adrift. Peter, like many young people his age, cannot simply be told to "pull up your socks and go back to school". For reasons that have to do with his own issues in focusing his attention, he cannot settle his mind enough to find a job, to pay even modest rent so he can live in a good place, to fill out online applications for high school or college. These feats, down to earth steps that we typically expect in young people who are ready to leave the nest, are miles ahead in his life. Instead, his way of seeking help is to walk into The Working Centre and to abruptly state "I need a bus ticket – and I need a resume right now." An employment counsellor is able to see him right away, offering immediate encouraging words and perhaps a bus ticket. At The Working Centre, that is typically a first step -- an employment counsellor meeting Peter for the first time can offer dignity in honouring the stated request at face value.

Once a simple resume is provided -- what about the rest of the story?

It is an interwoven story with many chapters; it is a messy story that reaches far into the future. All the other jumbled circumstances in Peter's

life will take years to address, and the help of many committed persons who work closely and creatively together. The resume, perhaps a ticket to a part-time minimum wage job stocking grocery shelves, is really just a tiny step, a step that in itself will not push far into the holes and cracks and crevices in Peter's life. Mental health supports will be needed. An inner feeling of safety and home is needed. Decent housing is needed. Friends and fellowship, a place to go every day, are needed. A dream for the future is needed.

Structures of commitment, or engagement, as Block would say, unfold in most Working Centre projects each day. Friendships and mentoring encounters flow steadily through the contribution of clear-minded persistence in action. More than anything, the job of growing up, and functioning in a complex and demanding society, a society that is full of systems that are challenging to navigate for even the simplest things, is an extended job that can only be assumed by persons, at The Working Centre and elsewhere, who are deeply committed to walking with an individual for years. We may be fortunate enough in our own community to find an employment counsellor who is full of creative gumption for the job – a person who is willing to be part uncle, part friend, part hands-on crisis mediator. From this place of commitment, warmly engaging Peter in extended conversations that build trust, inviting him to volunteer or to work in

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### Targeted Initiative for Older Workers

Register for this project designed to help you find the work that suits your experience and goals. Jointly funded by the Provincial and Federal governments, TIOW offers

- A new look at your skills and how they match the current labour market
- Access to funds for training that is less than 6 months in length
- Potential for living allowance for those on a very limited income
- Incentives for employers to hire older workers
- Must participate 25 hours per week for a minimum of 8 weeks; for workers 55-64 years of age

Meet others, take a fresh look at your situation, build your skills. Comments from current participants include:

*"It lifted my spirits and gave me new energy to move forward."*

*"I learned to be more confident about my goals in the near future."*

*"Excellent for team building, learning skills and information about obtaining employment. Great for confidence building."*

*"We are never too old to learn. And we have transferable skills that can be used in more than one occupational area."*

For more information call us at The Working Centre at (519) 594-0113.

# Waterloo Region ASSETS+ Project

By Bob Shantz

WRAP - Waterloo Region ASSETS+ Project is a Service for Self-Employment, Training, and Support. It was established when the local MEDA chapter set out to start a micro-business project modeled on projects in Dayton, Ohio and Miami, Florida.

The resource group that researched this project, especially Marion Good, Jamie Schlegel and myself, realized the project could be financially viable if it were to nest within a like minded organization.



the three yearly graduation nights. With a viable micro-business plan, the graduates, surrounded by family and friends talk about their business idea and accept their completion certificate. Over these four years, we have seen almost one hundred graduates with business ideas for graphic design, jew-



The Working Centre readily agreed that establishing WRAP would be a great partnership towards providing relevant, non-bureaucratic supports to individuals starting their home businesses. We have set out to operate a thrifty project. Our downtown infrastructure of rooms, phones, computer equipment, Internet, employment counsellors, has contributed to the rapid success of WRAP.

WRAP started offering services in June of 2006. The project enjoys no formal government support and participants, in contrast to government supported operations, are not screened out by income criteria. We support individuals who have a wide scope of business ideas and especially those with low incomes and new Canadians. Three times a year, a group of seven to fourteen people gather once a week for ten weeks to go through the process of developing a business plan while learning some of the fundamentals of business development.

The WRAP project is mainly the 10 week self-employment course. But it is also the support that is provided to individuals who are thinking of taking the course and are researching their idea. This support continues through the course and afterwards as the realities of the start up phase takes hold. What we are attempting to create with the WRAP office nested within the daily swirl of The Working Centre's self-help employment resource centre is the ability to support individuals when they choose self-employment as a potential option. WRAP has given us the opportunity to set up a supportive-facilitating environment that nurtures a cooperative self-employment culture. Already this summer we have 20 individuals who are interested in pursuing their business ideas by taking the fall course.

It is always a joy to attend one of

elry, food preparation, food retail, bookstores, high end used goods retail, and herbal products to name some of the business ideas.

Between 10-20 percent of the businesses have a strong social mandate with the goal of creating products or services that can enhance cooperative living such as providing affordable eco-friendly lodging, a 100 mile local food buying club, herbal products, selling jewelry produced in Ghana for the benefit of the women who produce it, and creating cooperative services like a recording studio for musicians.

The WRAP project represents, for the local MEDA chapter and The Working Centre, a partnership that provides a community based structure to assist individuals to follow the pathway of small business development and to do this in a setting where there is constant support and encouragement for their idea through the ASSETS project, through fellow participants and through the involvement of MEDA members.

Some other examples of the 77 diverse businesses WRAP graduates have established include:

- Self representing artist
- Retail consignment store
- Design, Manufacturing & Sales of Electronics for Musical Instruments
- Business Telephone System installation, support & maintenance
- Commercial and Residential BBQ repairs & gas appliance installation
- Commercial & Residential building and renovations
- Home Daycare
- Sale of Fruits & Vegetables at Kitchener Market
- Sales, Service & Rebuilders of electric motors, alternators, starters etc.



## Grand River Car Share

By Matthew Piggott

Grand River CarShare is a non-profit carsharing co-operative, dedicated to making transportation services available to all members of society.

### Grand River CarShare- The Greenest Solution to Using a Car

A lot of people are going green these days and one of the first things almost everyone thinks about is the environmental impact of their car. Some people have considered hybrid cars like the Prius but because of the higher purchase price hybrids are not the best solution for everyone. Some people might even say, "What if you don't want to own a car at all?" Fortunately there is another solution, and it comes from an organization that started right here in Waterloo Region.

### What is CarShare?

Grand River CarShare, is a non-profit carsharing co-operative which has the goal of providing its members with self-serve access to a fleet of vehicles without the cost, hassle, and environmental impact of owning. After a quick orientation members are given a master key which allows them to make reservations online or by phone and then

use any of the vehicles in the fleet. At the end of each month you receive a monthly invoice (much like a telephone bill) that itemizes the costs of each reservation, i.e. hourly usage and kilometers travelled. Gas is included in the rates.

### Benefits of Being a CarShare Member

CarShare members can use different vehicles, like the stylish Mini Cooper, efficient Toyota Yaris, or do larger loads using the Lancer Wagon. That way you can use the right-sized vehicle depending on your needs. Using our online reservation system or phone, you can quickly make a reservation when you need a vehicle. You are also added to the co-operative's automobile group insurance plan, meaning that you maintain, develop, or redevelop an insurance history. And, as a member you are also part of a democratic organization meaning that you have rights and a vote that can be used at our AGM. As a co-operative we always put the needs of our members first.

### Where is CarShare Available?

At the moment there are 12 cars in Waterloo Region found at the Universities, Uptown Waterloo, Downtown Kitchener, and Preston Towne Centre. Many of our vehi-

cles are within easy biking or walking distance of our members, or accessible by public transit.

But the co-operative is always looking to expand wherever there is interest from the community. If you are interested in joining the CarShare, please do get in touch with us. We have a completely refundable associate membership, and we even offer an affordable trial membership. For more information please visit: [www.grandrivercarshare.ca](http://www.grandrivercarshare.ca) or call 519-578-1895.

### What if I Already Own a Car?

A common misconception is that "carsharing" is only for those people who don't want to own a car. Although somewhat true, many members have simply chosen not to own a car, whereas many others have chosen to downsize from two vehicles to one vehicle and use CarShare vehicles whenever needed as their "second" or "third" household vehicles. With all the costs of insurance, repairs, depreciation, and maintenance many members have found that owning just isn't worth it.

If you are interested in becoming a member, or have information about where we might station a vehicle please contact us at: 519-578-1895 [info@grandrivercarshare.ca](mailto:info@grandrivercarshare.ca) [www.grandrivercarshare.ca](http://www.grandrivercarshare.ca)

Matthew Piggott is the Member Services Coordinator for Grand River CarShare

# Multicultural Cinema Club in the Community

## Local Focus 3 Film Festival

This spring the Local Focus 3 Film Festival showed 28 new original, local movies produced by talented film-makers. This Film Festival recognizes and celebrates the creativity of aspiring and established film-makers. This year, with grants from the Ontario Arts Council and Region of Waterloo Arts Fund we were able to distribute over \$7,000 in filmmakers and producers artist's fees, cash prizes, and other awards.

We are thankful for all our sponsors: Ontario Art Council, Region of Waterloo Arts Fund, The City of Kitchener, Generation X, Princess Cinema, Neruda Productions, The Walper Terrace Hotel, Waterloo Regional Arts Council, K-W Record, Media Producers of Ontario and the many volunteers who gave of their time to organize the film festival.

This was the biggest turnout to date with 636 people attending the festival, and an average of 106 people per screening. The festival had three kinds of awards for the filmmakers: 24 hour film challenge, People's Choice Awards and Jury Awards. Jury awards were judged by Cinematography, Sound, Editing & Continuity, Story & Script, Performance & Acting, and Believability & Credibility & Accuracy. At the closing ceremony held in the Crystal Ball Room of the Walper Hotel, 100 people participated in an evening of entertainment and the handing out of the awards for the following categories Best Youth Director, Best Animation, Best Short Film, Best Documentary, and Best Feature Film. We are already looking forward to Local Focus 4 Film Festival.

## Ontario Trillium Grant

The Multicultural Cinema Club is pleased to announce that the Ontario Trillium Foundation has provided a \$112,800 three-year grant to hire staff and buy equipment that will allow the Multicultural Cinema Club to improve and expand an existing cinema program in downtown Kitchener. The majority of this grant will go towards the purchase of film-making equipment that is either rented out or used by MCC staff or volunteers in the production of movies and documentaries. This Ontario Trillium Foundation grant was awarded to a collaborative of organizations comprised of The Working Centre, Social Planning Council of K-W, Waterloo Regional Arts Council and the City of Kitchener who have worked to help establish MCC in downtown Kitchener.

## New Location

This fall the Multicultural Cinema Club will be moving into the front space of the second floor of The Working Centre's 43 Queen Street South location. To make this possible the sewing space was moved into the basement of 66 Queen and GROW Herbal and soap making moved to our Lancaster house. In its new space, MCC will have more room for volunteers to edit and other new partnerships that we hope to announce soon.

## New Film Projects

This year, MCC has completed four documentaries: the Impact Theatre Festival, community integration for Extend-A-Family, prostate cancer from the patient's perspective, and the services and programs of the Cambridge Self-Help FoodBank.



# MCC Wins K-W Arts Award

On June 6, 2010 The Multicultural Cinema Club's Film Festivals won the Christie Digital Festival or Event Award at the 2009 K-W Arts Awards.

We are so proud to receive this award, and we thank all our members, volunteers, and the advisory committee who deserve this honour. Thanks to all our supporters and



sponsors; this award is for all of you too. Thank you also to the anonymous person who nominated us, and thanks to all of you who gave amazing testimonies about MCC.

Other nominees in this category were: Perimeter Institute Quantum to Cosmos Festival, Michaelmas: A Numinous Feast for all Angels, The KW HIP-Hop Expo, and Tooney Tuesdays.

Congratulations to all winners and nominees in all categories at the 2009 K-W Arts Awards.

MCC will continue to dream and work hard.

Azam Fouk Aladeh  
Artistic Director  
Multicultural Cinema Club

# Volunteering at The Working Centre

## Queen Street Commons Café

Our café, which provides affordable healthy food, is run largely by volunteers who take orders, serve meals and drinks, clean tables, and work the cash register. The Café is open Monday to Friday from 8:30am to 9pm, and Saturdays from 10am to 4pm. Call Margaret at 519-743-1151 ext. 134.

## Worth a Second Look

Our furniture and housewares thrift shop at 97 Victoria St. N. is strongly supported by volunteer contributions. The store is particularly in need of drivers who can assist with deliveries and picking up donations. Open Monday to Friday from 9am-5pm, and Saturdays from 9am-4pm. Call 519-569-7566.

## St. John's Kitchen

St. John's Kitchen is always in need of volunteers to help prepare and clean up after the daily meal. The Kitchen is open Monday to Friday from 8am to 1pm and located at 97 Victoria St. N. Call 519-745-8928.

## Sewing Space

Volunteers needed to teach/support sewers. Times are flexible. Donations of fabric and supplies are welcome. Call Margaret at 519-743-1151 ext. 134.

## Maurita's Kitchen

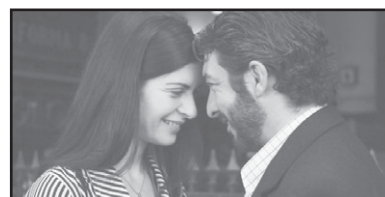
Maurita's Kitchen is where food for Queen Street Commons Café is prepared. Volunteers gain practical skills and experience as they learn to prepare a wide range of dishes. Call Margaret at 519-743-1151 ext. 134.

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**SIX AWARD-WINNING FILMS FROM AROUND THE WORLD**

**OCTOBER 5<sup>TH</sup> TO OCTOBER 10<sup>TH</sup>  
AT 7:00PM DAILY**

**KITCHENER CITY HALL, COUNCIL CHAMBERS**



**TUESDAY, OCTOBER 5<sup>TH</sup>**  
**THE SECRET IN THEIR EYES**  
(ARGENTINA, 2009)



**WEDNESDAY, OCTOBER 6<sup>TH</sup>**  
**TURTLES CAN FLY**  
(IRAQ, 2004)



**THURSDAY, OCTOBER 7<sup>TH</sup>**  
**FISH TANK**  
(UK, 2009)



**FRIDAY, OCTOBER 8<sup>TH</sup>**  
**LEMON TREE**  
(ISRAEL/PALESTINE, 2008)



**SATURDAY, OCTOBER 9<sup>TH</sup>**  
**THE STONING OF SORAYA M.**  
(IRAN, 2008)



**SUNDAY, OCTOBER 10<sup>TH</sup>**  
**A PROPHET**  
(FRANCE, 2009)



**★ ADMISSION FREE! ★**

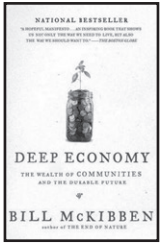
# Books for Sustainable Living

## 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!

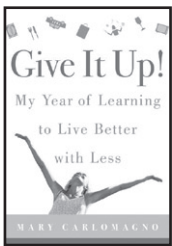
You can place orders by fax (519-743-3840), phone (519-743-1151 x111), or mail (see order form below)



### Deep Economy The Wealth of Communities and the Durable Future

*Bill McKibben*  
McKibben offers the greatest challenge in a generation to the prevailing view of our economy. He makes a compelling case for moving beyond "growth" as the primary economic ideal and instead pursuing prosperity in a more local direction, with more locally produced food and energy, and even culture and entertainment. Our purchases need not be at odds with those things we truly value, and the more we nurture the basic humanity of the economy, the more we may preserve our own.

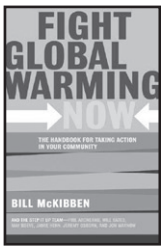
272 pages \$15.50 softcover



### Give It Up! My Year of Learning to Live Better with Less

*Mary Carlomagno*  
**Giving It Up!** approaches the self-improvement, makeover trends from a new angle: improving ourselves from the inside out. For one month each, Mary Carlomagno gives up alcohol, shopping, elevators, newspapers, cell phones, dining out, television, taxis, coffee, cursing, chocolate, and multi-tasking. In doing so, she gains a deeper appreciation for what she has, and for the world around her. **Giving It Up!** is a wake up call to think, to understand, and to enjoy the lives that we live.

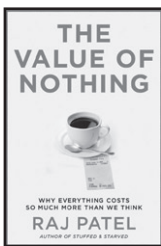
208 pages \$20.00 softcover



### Fight Global Warming Now The Handbook for Taking Action in Your Community

*Bill McKibben*  
With mounting evidence supporting man-made climate change, Bill McKibben, warns that it's no longer time to debate global warming, it's time to fight it. Drawing on the experience of Step It Up, a national day of rallies held on April 14, McKibben provides the facts of what must change to save the climate and show how to build the fight in your community, church, or college. They describe how to launch online grassroots campaigns, generate persuasive political pressure, plan high-profile events that will draw media attention, and other effective actions.

224 pages \$15.00 softcover



### The Value of Nothing Why Everything Costs So Much More Than We Think

*Raj Patel*  
As retirement funds shrink, savings disappear and houses are foreclosed on, now is a good time to ask a question for which every human civilization has had an answer: why do things cost what they do? The Value of Nothing tracks down the reasons through history, philosophy, neuroscience and sociology, showing why prices are always at odds with the true value of the things that matter most to us. It is easiest to see the gap between price and value by looking at things that are so-called free. Examining everything from Google to TV, from love to thoughts, **The Value of Nothing** reveals the hidden social consequences of our global culture of "freedom."

208 pages \$26.99 softcover



### Diet for a Hot Planet The Climate Crisis at the End of Your Fork and What You Can Do About It

*Anna Lappe*  
In this book, Anna Lappe predicts that unless we radically shift the trends of what food we're eating and how we're producing it, food system-related greenhouse gas emissions will go up and up and up. Lappe exposes the interests that will resist the change, and the spin food companies will generate to avoid system-wide reform. She offers a vision of a future in which our food system does more good than harm, with six principles for a climate friendly diet as well as visits to farmers who are demonstrating the potential of sustainable farming.

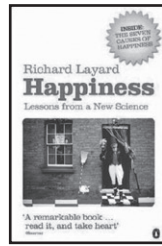
336 pages \$30.00 softcover



### City Farmer Adventures in Urban Gardening

*Lorraine Johnson*  
Woven through this inspiring book are the stories of guerrilla urban farmers in various cities of North America who are tapping city trees for syrup, gleaning fruit from parks, foraging for greens in abandoned lots, planting heritage vegetables on the boulevard, and otherwise placing food production at the centre of the urban community. Additional stories describe the history of urban food production in North America, revealing the roots of our current hunger for more connection with our food, and the visionaries who have directed that hunger into action.

256 pages \$20.00 softcover



### Happiness Lessons from a New Science

*Richard Layard*  
Richard Layard shows that there is a paradox at the heart of our lives. Most people want more income. Yet as societies become richer, they do not become happier. This is not just anecdotally true; it is the story told by countless pieces of scientific research. We now have sophisticated ways of measuring how happy people are, and all the evidence shows that on average people have grown no happier in the last fifty years, even as average incomes have more than doubled. Layard attempts to explain this paradox and discover what is really going on.

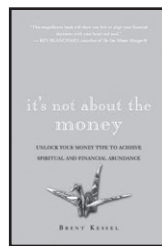
320 pages \$18.00 softcover



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

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

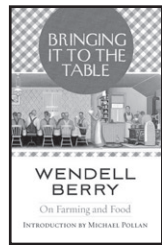
253 pages \$17.00 softcover



### It's Not About the Money Unlock Your Money Type to Achieve Spiritual and Financial Abundance

*Brent Kessel*  
**It's Not About the Money** expertly and compassionately guides you along the path to financial security and true peace of mind. Through extensive experience as a financial advisor and spiritual seeker, Kessel has discovered that people need to understand their core financial story in order to make meaningful changes. **It's Not About the Money** will help you identify your money type, providing information and resources as well as exercises and meditations to inspire a fresh approach to your relationship with money that will change your life.

336 pages \$19.00 softcover



### Bringing It to the Table On Farming and Food

*Wendell Berry*  
For the last five decades, Berry has embodied mindful eating through his land practices and his writing. The essays here address such concerns as: How does organic measure up against locally grown? What are the differences between small and large farms, and how does that affect what you put on your dinner table? What can you do to support sustainable agriculture? Wendell Berry reminds us all to take the time to understand the basics of what we ingest. "Eating is an agriculture act," he writes. Indeed, we are all players in the food economy.

256 pages \$15.95 softcover

## Books for Sustainable Living Order Form

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

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

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Cheque Enclosed (payable to The Working Centre)

Visa  Mastercard

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

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

Quantity	Title	Price

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

Mail completed forms to:  
Books for Sustainable Living  
58 Queen St. S. Kitchener, ON  
N2G 1V6

Total
Postage
Subtotal
5% GST
Order Total

# WATERLOO SCHOOL FOR COMMUNITY DEVELOPMENT

## Towards a Philosophy of Citizenship

*Democracy is the dissemination of a common culture as widely as possible among a people audacious enough to imagine their own present and future. It is not to be confused with ease of access by trained technocrats to this or that managerial elite. At its core is an educational ideal based on the principle that learning is life long but never quantifiable, a process rather than a product, a humanistic challenge rather than a technical quantification.*

- Declan Kiberd

By Joe Mancini

The Diploma in Local Democracy is a 14 week course that helps you develop, sort out and think through your own Philosophy of Citizenship.

At the final session of last year's local democracy class, Ken Westhues suggested that the most important part of a course such as this, is the ability to write some reflections on how the course material relates to your personal life. This is a way of understanding, "here is where I am and this is where I am going". The course is a means to develop an anchor, a clear sense of where you want to go. Experiences, moments in your biography are important forces that shape who you are. Local democracy is about finding the words, language, descriptions, actions that help individuals bring these democratic ideas into their relationships, projects, and community. It is also about reflecting on how those same ideals are often missing. It comes down to how each individual develops their own knowledge of democratic habit. The Diploma in Local Democracy is a way of building a rooted democratic culture.

This past year, three public lectures offered by the Local Democracy program outlined some of these ideas.



Mac Saulis emphasized that Local Democracy is when citizens work as equals toward the common good together. Everything in Creation is interrelated. Each individual is responsible for putting the community above themselves, the group is stronger when each looks after the

other. Without community you are left to face the world by yourself. Coexistence means seeking peace with others, walking in a good way, never just thinking of yourself. Aboriginal world view intertwines with the idea of local democracy because at its core, local democracy is an expression of building community, ensuring people are not left behind, practicing the skills of equality and peaceful coexistence.

Malkin Dare challenged the notion of government monopoly over social programs. She offered a challenging alternative interpretation of universal schooling. In her view, Local Democracy should mean the creation of flexible systems that involve the parents in the everyday workings of the school.

She asks the question, "Why is our education system so aligned against small, independent, skill specific schools?" Independent schools should be popping up in people's houses, community centre's, and rural areas. They would be dedicated to ensuring children get great education.

Ken Westhues' final lecture of the series contrasted the ethic of hierarchy with the ethic of democracy. Abraham Lincoln had a democratic attitude – "as I shall treat no man as a slave nor should I treat a man like a master." Ken read an essay his grandmother wrote in the 1890's on why women and men should be treated equally. He recounted the story of his ninety year old mother organizing fellow nursing home residents to protest their treatment, while at the same time caring for the humanity of the manager. These examples emphasized the democratic values of treating all equally, not setting one group above the other. Serving the ethic of democracy means challenging hierarchy and affirming equality.

This course is not about credentials. It is geared for individuals to think for themselves. We like to think of it as an advanced course in Local Democracy. If you are interested in this 14 week course, please contact Kara at 519-743-1151 x119.



## Diploma in Local Democracy

A 14-week course from  
October 2010 to May 2011

The Working Centre is a fitting place to explore the ideals of local democracy. This growing field of study is an expression of community building through learning the skills to respectfully challenge hierarchy by affirming equality. The Working Centre has spent the last 28 years learning the meaning of equality through creating dialogue, building reciprocal relationships, and practicing personalism. These are the skills that are at the heart of this learning experience.



- This course is intended for adults committed to serving local democracy in Waterloo Region.
- By exploring the ethic of democracy, one learns the skills of challenging hierarchy and affirming equality.
- Participants are offered the opportunity to reflect on their actual experience of democratic practice, positive or negative, in the workplace, public agencies, and civic initiatives.
- Expand your knowledge of diverse forms of democracy.
- Explore how local democratic values are integral for a flourishing community.

## Stories

continued from page 4

the Café, seeing about his housing, coming out to hear him read his poetry in evening events, affirming and shining a light on his gifts in small ways – all of these steps together provide a way of supporting his uncertain path.

A similar approach is being tried with Wanda, the highly isolated and distraught New Canadian physician, and Sally Rose, the resilient middle-aged Alberta lady with the twinkle in her eye. Helpful individuals in the community who may be interested in engaging with these two women from various perspectives are increasingly drawn in for advice and support, additional knowledge, and the guidance of good fellowship. Sometimes this support consists of one meeting; at other times, an entire course of fellowship and commitment unfolds. Thus, a wider community of genuinely affirmative persons and deeds is consciously yet quietly drawn in to form a circle of support around the person.

In this and many other senses that are typically shared on the pages of **Good Work News**, Working Centre life has a purposeful subtext. It intentionally offers pockets of community that are tapped to help Wanda, Sally Rose, and Peter integrate into "something real" -- something that makes the day worth getting up for. Rather than resorting to simply career counselling

techniques, mental health referrals, and prescribed job search tools in a checklist order of interventions, the whole issue of a person's unfolding life path – their "barriers", as the expression goes -- is witnessed in the richer more turbulent context of the individual's development as a person. It is for this reason that the statement "you listened to me" is the most important one that our visitors can make as we get to know them well.

In opening our ears to the linked themes of hundreds of unfolding Queen Street South narratives, we believe that we try to do our best work. We sustain hope. We link and include others in the storyline. We increasingly reject the idea of easy outcomes, accepting as we are able that life plots are complex. Over the years, we have found that there is a fierce kind of hanging on involved in building authentic structures of engagement. As issues become layered, difficult to name, to sort or to classify, we reach out thoughtfully as we turn to the wider community for help, as well as revisit our own linked project resources in all of the buildings and projects of The Working Centre. That is the compelling point of the powerful stories we absorb. Improvised authentic engagement is nevertheless deeply committed engagement in a thriving experience of community. We are convinced that life stories of the kind that Wanda, Sally Rose, and Peter disclose to us must be held in firmly committed relationship, well after the resume task is completed.