

GOOD WORK NEWS

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

Issue 84

March 2006

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Dr. Donna Ward - Care Giver

By Kara Peters Unrau

Good Work is compassionate, dedicated, and makes a difference on whatever level it can, according to Dr. Donna Ward, this year's Mayors' Dinner Guest of Honour. For Donna, working in the area of Pain and Symptom Management and Palliative Care offers her the privilege of participating in good work. Through covenant relationships which move beyond the social contract of physician and patient, she is often drawn into the sacred space of life's end. Although she struggles with making sure she finds balance, Donna also finds rejuvenation at the bedside of her patients. She often witnesses the healing in the dying as individuals make time to express themselves to their loved ones. She also experiences the challenge of difficult deaths and broken relationships. However, Donna is quick to highlight the supportive environment of colleagues, chaplains, social workers, nurses, and many others who are committed to walking with a patient and their family.

Dr. Donna Ward began exploring the area of palliative care in the early 1980s. She met the young mother of one of her children's schoolmates, who was dying of cancer. This woman was a mirror of Dr. Ward, of similar age, and also a mother of three young children. Faced with terminal cancer, this young mother came to Donna for care. Donna soon realized that neither her training nor her experience as a family physician were adequate to prepare her to provide the care this woman needed to die at home. Without significant home care supports and with minimum pain management tools, Dr. Ward invested herself to find the re-

sources necessary outside of medical institutions. Donna was able to set up a network with a pharmacist who could help her find options for pain management, and then worked personally to support this woman to die with dignity in her own home.

Palliative care is ultimately about ensuring and sustaining the dignity of individuals who are reaching the end of life. This goal is embedded in the belief that life is meaningful and that all people have value, even when they are dying. Dr. Donna Ward uses this philosophy to guide her work as a physician caring for palliative patients. Influenced by writers such as Margaret Somerville, Cecily Saunders, Victor Frankl and Elizabeth Kubler-Ross, Dr. Ward brings her own compassion, empathy and search for meaning to her vocation.

Jean Vanier joins Victor Frankl, Margaret Somerville and others, in challenging human communities to move beyond the fear that limits us to living an anaesthetic life. This fear leads us to suspend ourselves over the real experiences of human living and human dying. Vanier challenges us to recognize that if we are working towards a vision of society in which human rights are respected and promoted we can not "systematically exclude segments of our population" (Vanier:1998,45). Caring for people who are dying with the belief that their lives have meaning and purpose, even as they are suffering and dying, is an inherent challenge to the medical system to move beyond the limits of science and procedure. Acknowledging death as an unavoidable right of pas-

"On May 1, 1933, Dorothy Day and Peter Maurin printed the first edition of *The Catholic Worker* newspaper, distributing it for a penny a copy to workers in New York's Union Square. That act sparked a movement which today encompasses over 150 communities in 8 countries. The aim of the *Catholic Worker* is to create a new society in the shell of the old where it is easier for people to be good through the Gospel practices of voluntary poverty, active non-violence, manual labour, personal responsibility for the works of mercy, communal prayer and living. Ultimately the *Catholic Worker* envisions the achievement of a green revolution, a decentralized society where people from all walks of life return to the land to create and share sustainable communities rooted in the earth, the seasons, and common good work freely offered for the common good. In accordance with the principals of anarchism and personal responsibility, there is no one to ask permission for beginning to live the *Catholic Worker*: the important thing is to get started." (James Loney)

A Gift Given Freely to the Common Good

By Andy Macpherson

The above text usually accompanies the illustration "Good Work" which first appeared in *The Mustard Seed*, a publication of the Catholic Worker Community in Toronto in 1998 and later in *Good Work News* in 2000. The illustration was a collaboration of

mine with Jim Loney when he was living at Zacchaeus House, a Catholic Worker house of hospitality in Toronto. I have been revisiting this illustration lately as I reflect on Jim's present detention in Iraq, the good and important work of Christian Peacemaker

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Twenty First Year

Issue 84

March 2006

Good Work News

Good Work News was first produced in September 1984. It is published four times a year by The Working Centre and St. John's Kitchen as a forum of opinions and ideas on work and unemployment. There is a circulation of 10,000 copies.

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

Contributors: Dwyer Sullivan, Kara Peters Unrau, Karin Kliewer, Joe Johnson, Andy Macpherson, Ken Williamsen, Margaret Motz, Charles Ogada, Tech Award Website, and Rebecca Mancini.

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Dr. Donna Ward -
Care Giver

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sage and not hiding from its reality, forces our communities to bring dying individuals out of the corner shadows and back into community life. Individuals who are dying have "profound lessons to teach us. When we do include them, they add richly to our lives and add immensely to our world." (Ibid).

One of the individuals who nominated Dr. Donna Ward for the Mayors' Dinner Guest of Honour said this of Dr. Ward:

"While the accomplishments on her resume are impressive, much more impressive is her overwhelming dedication to her patients, their families and the health care system... I see and hear first hand from many families who have experienced Dr. Ward's care, and how caring and sensitive she has been to the person who died and her counsel to the survivors. Her care is not only medical, but includes the whole person from a spiritual and holistic perspective."

This holistic approach to medical care begins right when Dr. Ward first meets a patient. She deliberately spends time getting to know the individual personally, asking them to tell her, in their own words, a history of their experience with this illness. This expectation that the individual brings their own knowledge and insight into

the sphere of medical response is at the heart of recognizing that the patient plays a pivotal role in managing their own illness. Being a member of this team of patient, medical practitioners and family members is an honour, according to Donna. Reflecting on Dr. Ward's care for a dying friend, one individual explained that Donna's belief in the family role as caregiver was significant in empowering them to let their mother die at home.

By challenging the medical system and our communities as a whole to acknowledge the importance of ensuring a place within our communities for human beings who are dying, Dr. Ward moves beyond the lines of science and medicine to force the system to recognize humanity at the centre of its purpose. This work lives within the tension of the dual realities of power to cure disease and extend life, and the inevitability of death as a part of life. Many local physicians, nurses, and volunteers share this vision for palliative care, working hard to create a network of medical, social and psychological supports to carry individuals and their families as they enter into this last stage of life.

Significant changes have occurred in the field of palliative care since Dr. Ward began her work. Palliative care is now being promoted as a vital part of

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Mayor Carl J. Zehr &
Mayor Herb Epp

cordially invite you to attend the

Nineteenth Annual Mayors' Dinner
in honour of

Dr. Donna Ward

Saturday, April 1st, 2006

Marshall Hall, Bingemans, Kitchener

Cocktails and Auction Preview: 5:30 pm

Dinner: 6:45 pm

For more details call 743-1151 x119



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

I would like to purchase:

- Individual tickets @ \$70.00, including tax receipt for \$35.00
- Community Group package @ \$520 includes 8 tickets, tax receipt for \$240.00 (one tax receipt only) and recognition in dinner program

Name: _____

Address _____

City: _____

Visa Mastercard

Amount: \$ _____

Card #: _____

Expires: _____

Signed: _____

**"...to know love and peace to the last,
to live until you die."**

-Dame Cecily Saunders
Founder of the Modern Hospice Movement

Palliative care is an aspect of the health service that many people are unaware of and yet it is an area that could provide us all with the most important healthcare we might ever receive.

It relates to the treatment of patients who are not expected to recover from their condition. For those of us who will die as a result of a long illness, palliation is the system of care in place to help make the final chapter of life less difficult and painful than it otherwise might be.

Originally, palliative care developed as a model for caring for terminally ill patients, but now it is increasingly being expanded to include other patients who are facing the reality of their own imminent death.

Good Work

Continued from pg.1

Teams worldwide, and my own exploration in doing "good work" as a teacher and illustrator.

The Working Centre continues to inspire me. The good work of the Working Centre and the "Good Work News" reads just like Dorothy Day's and Peter Maurin's vision for a society rebuilt in the shell of the old where it is easier for people to be good. The illustration continues to be sold at 43 Queen Street where 100% of the proceeds are given to the Toronto Catholic Worker Community.

Advent was a time of waiting and Lent is a time of purification for Christians. As Jim Loney and three other Christian Peacemaker Team members continue to be held in Iraq, and as countless others are held in captivity all around the world, we continue to wait, pray, reflect, hope and purify our

hearts in order that these captives be set free. Public prayer vigils continue at St. Mary's High School on Tuesday evenings in the chapel, 7:30 pm. All are welcome.



Mayors' Dinner

Continued from pg.2

health care delivery and community infrastructure. At all levels of government there is increasing recognition that how we help individuals die is significant in reflecting how we valued them in life. Considerable developments have been underway in terms of the acceptance of Hospice Palliative Care Norms of Practice, and Cancer Care Ontario's choice of palliative care as one of their priorities. Dr. Ward herself has participated in integrating palliative care into undergraduate medical curricula, creating an environment in which young doctors are introduced to the field of palliative care.

Dr. Donna Ward is being honoured as the 2006 Mayors' Dinner Guest of Honour. She is being highlighted as a leader in palliative care in our community. Donna embodies the values of community commitment and dedication as she brings her personal compassion to the art of caring for individuals who are facing the end of life. Dr. Ward reflects the commitment to working for a community where all are valued and considered meaningful members of society. May all our work reflect a dedication to the good of our community and the belief in the dignity and worth of each citizen.

By Dwyer Sullivan from the Toronto Star, Dec 11, 2005

Imagine this challenge. You're canoeing the Mississagi River between Elliot Lake and the Soo, and your friend Jim announces he urgently needs an "appropriate" photo to accompany some soon-to-be-published articles. That night, we brainstorm around our campfire, trying to envision what image might be best to show who Jim is and what his interests are.

We chose the photo at right. Jim is kneeling by the water, central but not domineering. His pose is humble, open, welcoming and respectful. He brings this attitude to his interactions with people.

I have seen it on canoe trips - in deciding menus, organizing transportation, determining the route and choosing campsites. I have also worked with Jim for several Septembers as we helped prepare young adults to experience living cross-class and cross-culturally for six months as part of the One World Global Education Program.

That is why I have no doubt Jim's openness and respect for each person is occurring presently with his abductors.

In the photo, his face conveys sincerity, honesty and directness. There is no lie in Jim. He has the gift of stating very clearly what he sees the problem to be and what the possible solutions are. He is trained to help arrive at a solution through conflict-resolutions skills. I value his input and knowledge at meetings, along with his facilitation skills.

What the photo cannot show is Jim's heart and mind, which have been committed to living a life focused on justice.

I first met Jim when he was a high school counsellor at Columbus Boys Camp, near Orillia, which welcomes underprivileged boys from downtown Toronto.

During his university years in Windsor, I know he was volunteering at homes for delinquent youth. After university, he co-founded the Toronto

Catholic Worker, which is committed to providing homes for homeless people and standing up against the causes of injustice (militarism, racism, discrimination, etc.). After several moves, the Catholic Worker community is solidly entrenched in Parkdale, living in a half-dozen houses in close proximity.

The river in the photo is constantly changing but always flowing in the same direction. This parallels my growing interaction with Jim--always evolving but always focused on working for peace and justice.

My wife, Sheila, and I have worked closely with Jim at the Boys Camp, through involvements with the Catholic Worker, One World and the Ontario Catholic Youth Leadership Camp. All of these have been meaningful



us, supportive of others, and led to a very deep appreciation of each other.

Jim cannot be separated from the outdoors. Sheila and I have arranged our last seven summers so we could join Jim and others climbing Mount Robson and the White Mountains of New Hampshire, canoeing the French River, hiking and canoeing in Algonquin Park and Georgian Bay.

We've planned another White Mountain trip for this coming Jan. 2.

Note Jim's clothing always simple,

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



Julie Lunnehan

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

only what is needed. The Catholic Workers are committed to voluntary poverty and live simply so others can simply live. The community also tried to manage a farm for several years, and Jim was a part of that project. It was an effort to harm the environment less by growing one's own food and making excess available for others.

Jim has also been associated with a small logging operation and bakery, in both cases to provide essentials to those who cannot afford the market price.

Showing Jim surrounded by nature allows us to recognize that he is concerned about and has stood up for the human rights of many peoples.

Sheila and I joined him for two weeks last year at Grassy Narrows Reserve to be in solidarity with the Anishinaabe who were blockading their Treaty 3 land from clear-cutting.

Jim had been to Iraq before, to document detainee abuse, and to Hebron in the occupied West Bank, to stand up for Palestinian human rights.

He also has protested against the security certificates that are holding four Muslim men in Canadian jails with no charges brought against them. These men have pleaded to their Iraqi brothers for the release of the four Christian Peacemaker Teams hostages on humanitarian grounds.

To know Jim is to appreciate his humanness, his passion for justice, his concern for others, his clarity of thought, his willingness to do physical work, his delightful sense of humour, his faith as a Christian in a compassionate revolutionary who stood up against unjust political and religious authorities, and his inclusiveness of all people regardless of economic or ethnic background which is truly small 'c' catholic, meaning universal.

This is Jim, living what he believes. The Catholic Worker Movement, of which there are now more than 150 communities in North America, is committed to non-violence, living the acts of mercy that are the cornerstone of the Gospels, voluntary poverty, manual labour, an ecological green revolution and personalism - which means each person working to help every other person.

This brief photo-glimpse of Jim may help portray the depth from which his actions flow and why his present involvement with the Christian Peacemaker Teams trying to reduce violence by "getting in the way" is integrally linked to his life journey.

Dwyer Sullivan, D.Min, lives in Kitchener and is the former Director of the Toronto Archdiocesan Youth Corps, and administrator of the One World Global Education Programs. He recently retired from teaching at St. Michael High School in Stratford.

This article appears courtesy of

TORONTO STAR

Learning at UCRC

By Sarah Anderson

A group of mothers, grandmothers and a few men, all farmers, are seated beside me at the Ugunja Community Resource Centre's Technical Institute. These 40 community members, known as the Change Team, have been attending trainings in participatory community twice a month for two years. My partner Julian and I arrived in western Kenya to spend five months volunteering, learning and developing the partnership between UCRC and The Working Centre. Today we are attending the Change Team graduation.

After a morning review session, the smallest woman stands up to lead the group in a song:

Kawuoth nono kang'ato.

Wach puonj ema okela dalani

I don't go to your home just for the sake of going.

I go with skills and information to share.

It feels good to sing with them, trying to follow the dancers' rhythm as they move in a circle.

The tin roof is heating the room in the mid-day heat, but during this season of almost daily short rains, I know that rain will fall on Ugunja; cooling me and watering the maize, skuma (kale), sweet potatoes, oganda (beans), bananas, sugar cane, and cassava and fruit and firewood trees growing in the hilly family farms all around us.

When I sing the words of the song later that day, my friend says "Yes, that is the Change Team song. They like to sing that one." Following the song's message, the Change Team will share their knowledge and skills with members of their groups, neighbours, friends and family to pass on practical ideas: how to build sanitary latrines; community mobilization tools; and – important for a district where livelihoods are based in large part on subsistence farming – the latest sustainable agriculture approach.

Christine, a Change Team member has offered some of her cassava to a group of farmers as part of UCRC's cassava multiplication initiative. Situated off a narrow red dirt road, Christine's farm brimmed with life: fruit trees, hanging birds' nests, flowers, chickens, cattle and skuma - a mixture of her agricultural skill and the new ideas she had gained through training.

Though less nutritious than maize and millet, cassava is important for local food security because of its ability to resist drought and pests. For several years local cassava production was stopped because of diseases affecting the crop and a general decrease in local soil fertility. To address the loss of this crop, UCRC sustainable agriculture extension workers researched disease resistant varieties of cassava and began introducing them to local farmers.

As part of the cassava multiplication initiative, farmers like Christine who received initial cassava cuttings from UCRC have grown them out, saving some for their own use. The majority of the crop is used to create more cuttings for other farmers who work



together using opangas to harvest and cut the cassava stalks into 4 inch cuttings. These farmers will next year offer part of their cassava crop for further multiplication.

UCRC applies this multiplication model in all of its programs: sustainable agriculture, women's empowerment, communication technology, health & disability, and education. Working within Siaya District where the impact of HIV/AIDS and soil infertility causes extreme poverty, UCRC supports people to identify and accessing local resources to address the needs of communities, improve livelihoods, and share experiences so that others can do the same.

Since Julian and I arrived here in Ugunja UCRC staff Charles Ogada has left to volunteer at The Working Centre for three months. Just like in the Change Team song, we visit each other's homes with skills and knowledge to share, and an openness to learning.



Learning at Working Centre

By Charles Ogada

This article by Charles is written to those he works with at UCRC. The partnership between UCRC and TWC is evolving around learning and sharing small practical projects that build community and relieve poverty. Charles returned to Kenya in mid February, but not before many people gathered to wish him well. We will miss his knowledge and broad understanding of the factors of poverty. More on the partnership in the next issue of Good Work News.

On November 11th, 2005, I arrived in Kitchener Waterloo at a local NGO known as The Working Centre (TWC). The organization started humbly as is said "a journey of a thousand miles starts with a step" and as such the organization began with the simple thinking of giving the community an opportunity to create and get employment. The organization has grown up gradually and organically with the people at heart, incorporating different programs as the need arises. Currently this organization is a major source of support to the community helping hundreds of people access employment, access affordable housing, access at least a meal for the day, help the incoming immigrants learn English and helping them find jobs.

When talking to the director, Joe Mancini, he simply stated that the aim is to provide "tools for living" especially to those who are at the lower status in the community (the resource poor).

It is at the middle of this challenge that I am working, sharing my experiences and learning. During my first month there has been more learning than contributing to the development of this organization. I have really tried



to apply some tools of PRA, staying with the community, learning why they act in a certain manner and together move with the community to create change.

Computer Refurbishing

TWC has a computer recycling project, where the community donates used computers. The computer recycling coordinator assesses each computer and enters the information in a database.

This information helps in building up new computers, breaking others which are beyond repairs and recycling the usable parts. This work is done completely by volunteers who come in a couple of days a week. The recycled computers are sold cheaply to the community, especially low income earners.

I have mainly participated in breaking apart the computers for recycling and selecting the re-usable parts for storage. In doing so, I contribute my labour and in return I learn some basic hardware maintenance. I was interested in this project because of its objectives of giving people access to technology through providing alternative and affordable means. At the UCRC computer lab, the challenge is the cost of maintaining the computer lab where high maintenance costs leave computers unusable. I have been developing links between computer recycling and the UCRC computer lab exploring how to establish an internet based clinic and sharing software, exchanging computer parts and how to strengthen UCRC computer maintenance.

Recycle Cycles

Bicycles are not only affordable means of transport; they are environmentally friendly, emit no carbon that contributes to global warming and promotes healthy living. Despite all the noted advantages, many people do not have a love for bicycle use. At TWC, there is a strong belief that bicycles are appropriate and fits well in the society.

Recycle Cycles promotes the use of bicycle transport in the community as opposed to over reliance on cars which is not only beyond reach by the poor but also is destructive to our environment. The community members are given an opportunity to come and learn about cycling and how to maintain the bicycles. Recycle Cycles gets bicycle donations from the community and like computer recycling, the bicycle donations are always not in good condition. The program coordinator thereby works with volunteers to build the bicycles back to condition by which they can be used. Once the bicycles have been mended, they are sold at a low cost or in exchange with other ac-

Tech Award Given to CT_x GreEn's Innovative Biodiesel Project

Congratulations to Geeta Vaidyanathan and Ramani Sankaranayanan for the recognition they have received from the Tech Awards for their work developing biodiesel technology in Orissa India. Before Geeta and Ramani left for India they developed their first batch of biodiesel at The Working Centre

The Tech Awards program (www.techawards.org) inspires global engagement in applying technology to humanity's most pressing problems by recognizing the best of those who are utilizing innovative technology solutions to address the most urgent critical issues facing our planet.

Project Overview

CT_x GreEn is an abbreviation for "Community-based Technologies Exchange – fostering Green Energy Partnerships." CT_x GreEn is a small voluntary sector organization that promotes green energy technologies and partnerships within the context of sustainable livelihoods. Their mission is to research, assess, facilitate and implement community-

based renewable (green) energy projects in a manner that improves the total quality of life in the community and the environment.

Problem Addressed

Absence of electric grid connection in 90% of rural tribal villages in Orissa. These tribal regions are in desperate need for infrastructure infusion and ecosystem regeneration to reverse large-scale deforestation in the aftermath of large scale illicit timber logging and prevalent shifting agriculture practices. Being remote there is no value addition to forest produce or agriculture produce.

Technology Solution

A small-scale renewable energy system in Orissa, India based on the utilization of local biomass. The system is being implemented in 4 villages, using indigenous oil seeds for extracting oil, and waste fruits for absolute ethanol. A pedal-driven oil seed grinder, oil seed press, and biodiesel reactor generate biodiesel to pump water for consumption and for irrigation. Small, remote villages using this application are unlikely to get an electric grid connection in the next 15 years.



tivities i.e. volunteering at the bike shop. Volunteers come to offer their services fixing bikes and there are bicycle clinic days where people can come in with his/her bicycle to learn how to repair it.

I started working at this unit learning how we can extend the same concept to UCRC. Bicycles are a major transport in Ugunja but not much focus is ever given to supporting bicycles.

St John's Kitchen

It is hard to acknowledge and believe that in a developed economy like Canada, some people hardly find love, food and space for self fulfilment. This city is faced with many challenges ranging from lack of employment among many people, influx of immigrants, increased number of street families and people with mental disabilities. These people find it hard to access meals, love from business minded community and access to medical care.

St. John's community Kitchen provides meals and a sense of belonging. The Kitchen provides an opportunity for people to volunteer, get information and forge linkages with numerous projects. Many activities are integrated in this kitchen from health care, social support to counselling that leads to transformation of life and characters.

I have been working with staff in the Kitchen to contribute my time and labour to support the manual work required. I have also been spending time with people who come for the services, to learn and understand the circumstances in which they live.

The big question occurring in my mind is, "how can we transfer such an activity to Ugunja and help the many families who go hungry always, the children headed household and the elderly?"

I take this opportunity to appreciate the sober thinking that led to initiation of this Kitchen. This has been challenging especially working with the people who have been ejected from their families due to various pressures such as drug addiction, war in their countries of origin, mental disability and economic instability.

What strikes me and motivates me about this unit is how the beneficiaries take up leadership and ensuring order. They also offer to contribute their time, energy and participate in the process of preparing the meals and clearing the facilities. Sometimes they organize for entertainments activities such as choir, piano playing and they really enjoy and feel free from the stresses they face.

Job Search Counselling

Community development involves a lot of counselling work that aims at walking people from situation of crisis to comfort. TWC reaches out by providing people with an opportunity to come and meet dedicated and experienced counsellors. The counsellors help members of the community to get jobs by working together in developing resumes, set job expectations, linkages and referrals to possible employment opportunities. People from all walks of life drop at TWC for these services, the counsellors' support them towards attaining self actualization, the counsellors too feel motivated and enjoy giving out the services.

To enhance the quality of work and improve on skills, the counsellors have developed a tool that guides the process and ensures harmony at TWC. Counsellors have a weekly meeting at which they share experiences, receive updates from colleagues and spare some moments to improve on their skills learning together.

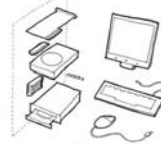
Access to Technology

Introduction to Computers (Computer Basics)

The 8-week Introduction to Computers course is designed to provide fundamental knowledge of computers to students who have had little or no computer experience. The next session begins Wednesday, March 15th, from 4-7pm. For more information or to register, contact Jess at 743-1151 ext. 236.

Computer Recycling

Computer Recycling offers fully refurbished computers at very affordable prices.



Monitors, printers, and other individual components are available as well.

Public hours are Wednesdays, from 1:00pm to 4:00pm. Volunteers to help refurbish computers are also welcomed Wednesdays and Fridays from 9:30am to 4pm; this is an excellent way to learn about the inner workings of computers. Contact Charles at 749-9177 ext. 225 for more information.

Income Tax Help

Do you need assistance completing your income tax return? Volunteers will be available Wednesdays from 9am-12pm/1pm-4pm, and Thursdays from 1pm to 4pm, to assist in completing tax returns. To register in advance (required), visit The Working Centre's 58 Queen St. location, or call 743-1151 ext. 125 for more information.

Remember to bring all relevant paperwork to your appointment!

English as a Second Language (ESL)

English (ESL) Drop-ins

Practice English in an informal setting. Three options to choose from:

- **English Corner:** Practice everyday English in a supportive setting
- **Health Care English:** Focus on medical terminology and pronunciation
- **Accounting English:** Focus on pronunciation of accounting and general business terminology.

Held Tuesdays from 4pm-5:30pm at 43 Queen St. South. For more information call Julia at 743-1151 ext. 114.



Speak English Café

Practice speaking English in an informal, café setting. Held every Thursday from 6-8pm at 43 Queen St. S. Contact Julia at 743-1151 ext. 114.

healthSPEAK

Advanced Workplace English for Internationally Trained Health Care Professionals.

- Monday, March 6th (6pm-9pm, 58 Queen St. S.) Gathering Information
 - Monday, March 13th (6pm-9pm, 58 Queen St. S.) Small Talk as a Tool for Building your Network
 - Saturday, March 18th (10-1pm, 43 Queen St. S.) Verbal and Non-verbal Therapeutic Communication
 - Monday, March 27th (6pm-9pm, 58 Queen St. S.) Exploring Communication and Elder Care
- For more information call Julia at 743-1151 ext. 114.



In-stock items include:

- beds
- coffee & end tables
- kitchen furniture
- cabinets
- dressers, magazines
- small appliances
- books & videos
- dishes & cutlery
- cookware
- chairs
- toys & games
- sofas
- music cassettes
- LP records
- art and crafts
- ...and more!



Now Open!

In December our doors opened with a collection of quality used items in a beautifully renovated store. We offer goods at very low prices, with the intent of serving the wide community. We are accepting used goods and they can be dropped off at the back of 97 Victoria during regular hours. Pick ups by truck are still backed up, but will be in full swing by May.

There's always something new in stock!

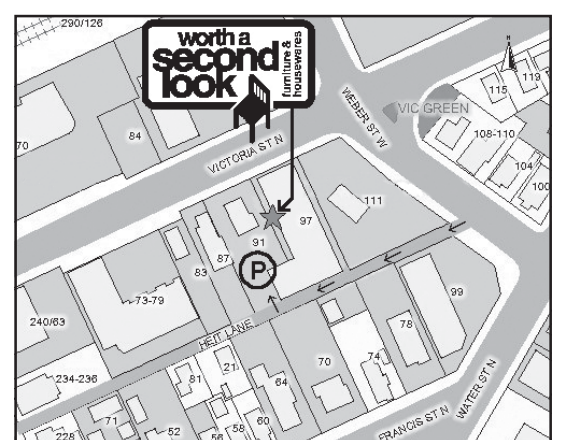
We are constantly receiving new inventory. Since opening in December, our inventory has turned over *four times!*

Hours:
Monday - Friday: 9am - 5pm
Saturday: 9am - 4pm

Location:
97 Victoria St. N.
Kitchener, ON
N2H 5C1
569-7566



Volunteers Invited!
Last month, 40 volunteers helped out at WASL. A variety of volunteer positions are available to contribute to this exciting community venture!



Whole Food Box

Community Supported Agriculture

Bringing the farm to Downtown Kitchener!

The Whole Food Box CSA program is a successful initiative that links 12 small local farms in the Waterloo Region with downtown residents. The Community Supported Agriculture model means that members pay for their boxes in advance of the season, allowing farmers to purchase the seeds, tools and supplies that are needed at the beginning of the growing year. Boxes contain top quality organically grown produce, as well as fresh herbs, berries, flowers and more. Being a non-profit program, the CSA is able to pay fair



prices to the growers, while at the same time offer affordable prices to members, many of who may not access fresh organic produce otherwise. Members "live along" with the farm, getting to know the ups & downs of the growing season through their weekly boxes, newsletter updates, and farm tours. The Working Centre's new commercial kitchen also offers opportunities to learn skills for cooking, canning and preserving with contents from the box. *Some CSA shares still available for 2006 - to register or find out more contact Karin Kliewer at 743-1151 ext. 113.*

Job Search Workshops

Focus Your Job Search

Now that you have a resume, how do you use it more effectively? Workshops are on Wednesday, March 8th and 22nd, from 2-3pm, and are held at 43 Queen St. S. Contact David V at 749-9177 ext. 232 for details.

Job Search Support Group

Are you working hard at finding a job and feeling like you are getting nowhere? Join others in the same position on Tuesdays from 9:15-10:30am and add structure to your job search. Held at 43 Queen St. S. Everyone welcome. Contact Karen J. at 749-9177 ext. 230 for more information.

Apprenticeship Information Series: Construction Trades

Interested in pursuing a trade? Want information about the trades? Explore the possibilities.... Wednesday, March 8th, from 4-6pm at Lutherwood, 165 King St. E. Call Irene at 749-9177 ext. 237 for information.

Job Interview Workshop - SPARing at Interviews

Learn the formula for success in interviews on Wednesday, March 15th, from 2-3:30pm. Held at 43 Queen St. S. Contact Sean at 749-9177 ext. 240 for more information.

Job Search Portfolios

Learn how to effectively create and use a portfolio to prove your knowledge, skills and abilities. Monday, March 13th, from 2-3:30 pm at 43 Queen St. S. Call Fauzia at 749-9177 ext. 239 for details.

Recycle Cycles

Basic Bicycle Maintenance and Repair Workshop

A 3-part workshop will introduce you to the basics of bicycle maintenance and repair.

Sessions are on Wednesdays, March 8th, 15th, and 22nd from 5:30 - 7:00.



The cost is \$20 (B\$ accepted).

Public Hours: Every Tues. 11-4 pm/ Wed. 1-4/Sat. 10- 2 pm. Fix your own bike with volunteer support. Reserve a spot in advance. Some extra public times are available - call to book.

Volunteer Hours: Thursdays 1-4 pm, and Fridays 11-2 pm. Bike Sale: Mar. 25th, 10-2pm.

To register for the workshop, or for more information, contact Kari at 749-9177 ext. 222.

Volunteer Position:

Whole Food Box CSA Driver Needed

Currently the Whole Food Box CSA program is searching for a part-time driver. This driver would be responsible for picking up weekly CSA boxes 1-2 mornings per week from June through December, handling quality control of produce at the pick-up sites, passing feedback to the growers, organizing bulk order pick-ups, and working closely with the CSA coordinator. This position requires reliability, organization, good communication skills, knowledge and/or interest related to organic growing, ability to lift heavy bushels of vegetables, a valid driver's license, and (ideally) access to a van or mini-van. Driver would be paid a monthly stipend, and remunerated for gas and mileage costs. All interested candidates please contact Karin Kliewer at 743-1151 ext. 113.

Construction Update

66 Queen and 97 Victoria

By Joe Mancini

We continue to be overwhelmed by the promising, yet large task of completely revitalizing two old warehouse buildings in downtown Kitchener. This is truly a project where we repeat the song from Brother Sun and Sister Moon - "step by step, stone by stone, take your time go slowly". This is not because we are dreamily going about the work. The details of these projects, so often intersecting with professional rule making, enforced through the fire and building code, ensures that every decision has to be drawn and redrawn, checked and double checked, inspected and reinspected.

But the frustrations of a community group trying to navigate the structures of the building industry, is just a piece of the story. What is enlivening is the hard work and effort that is taking place at every level of these projects. Our main source of labour has been through Service Canada's Job Creation Partnership that allows us to hire workers with a desire to gain work experience on a construction project. We provide training for a 6 month period. Over the last two years, with two different projects, we have assisted over 30 individuals to either learn about, or relearn, the daily realities of a construction site. Our second main source of labour has been through Job Café, using funds allo-

cated from Trillium and a Canadian Crime Prevention grant. 35 individuals through Job Café have provided basic construction labour on jobs such as moving materials, demolition, site cleanup, insulating, etc.

What has been accomplished? The exteriors of 66 Queen and 97 Victoria have both been transformed. There is still significant work on both properties to be completed, but at this point they have been greatly improved. At 97 Victoria, we started the construction work in the late spring and we were able to gain partial occupancy from the building department for the main floor during the first week of December. We opened Worth a Second Look on Monday December 14th to a flood of customers waiting for the reopening. Everyone comments on the dramatic improvement in the ambience of the store as a result of the renovation. Currently we are still working on the back 2,500 square feet of the main floor. By the next Good Work News in early June we expect that St. John's Kitchen will have moved onto the second floor. As of March 1st the ceiling has been drywalled, the walls framed and soon the walls will be drywalled. We have a large job ahead of us taping, mudding and installing flooring in the new space for St. John's Kitchen. We are hoping to recruit volunteers dedicated to helping us mud and paint



Maurita's Kitchen Volunteers Needed!

Maurita's Kitchen, the new commercial kitchen facility at 66 Queen, is ready for production! Kitchen volunteers will be busy Monday through Friday preparing healthful meals made with seasonal ingredients. Foods will include pizzas, dips, wholegrain breads, salads and baked goods. The kitchen will offer training as necessary, including food prep and food handling skills. Interested volunteers please contact Karin Kliewer at 743-1151 ext. 113.



this space over the next two months.

At 66 Queen, on Monday March 6th we finally open up the new space and received occupancy on the main floor and basement. The employment counsellors have moved into the space and soon enough the main floor of 58 Queen and 66 Queen will be one big employment resource space that already typically serves up to 200 people per day. Slowly the computer recycling and training project will move into the basement of 66 Queen and Maurita's Kitchen is moving into full production (see recruitment ad for volunteers on this page). As we complete the move for St. John's Kitchen all effort will then transfer to building the apartments on the second floor at 66 Queen that are also taking shape.

In all, a great deal of activity and vision have been dedicated to these community revitalization projects.

Volunteer Positions: Tapers and Painting

We are in the final stages of construction to relocate St. John's Kitchen at 97 Victoria.

Can you help us out with taping, sanding and painting?

Call Greg at 575-1041



The Alternative Work Catalogue is now on-line at www.theworkingcentre.org and is a great resource for:

- ◆ supporting small and home business entrepreneurs;
- ◆ helping people through job search and career change to find their most inspiring and rewarding work;
- ◆ community and spiritual development.

You can place orders by mail, fax or phone - see the back page order form. We try to ship all order within a day or two depending on availability. Feel free to call us about special orders.

AWC books are also available at The Front Window - The Working Centre's gift store at 43 Queen St. S. in Kitchener. All proceeds from this catalogue go to Working Centre Projects.

Alternative Work Catalogue



Four-Season Harvest

Organic Vegetables from Your Garden All Year Long
Eliot Coleman

Eliot Coleman now shows you how to produce fresh, delicious, healthy food from your home garden year-round. He shows you how to harvest organically-grown vegetables throughout the coldest months in all climate zones with very little extra time or effort. His success depends on growing a large variety of vegetables each suited to its season, and on simple, inexpensive designs for cold frames, unheated mobile green houses, and root cellars.

234 pages SU09 \$34.95 softcover



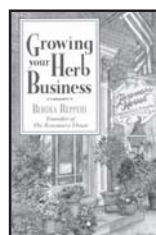
Farmageddon

Food and Culture of Biotechnology

Brewster Keen

Brewster Keen's powerful book looks at the impact of biotechnology on local economies. Biotechnology advances have been shrouded in secrecy, and through careful public relations management by the industry, the general public remains ignorant to the potentially destructive reality of biotechnology. Keen, a former farmer, sheds light on this mysterious industry and explains the importance of local community farming and the integral relationship between land, community and farmer.

231 pages GC04 \$19.95 softcover



Growing Your Herb Business

Bertha Reppert

Bertha Reppert shares the story of how she launched The Rosemary House, a Pennsylvania herb and spice shop in business for more than 25 years. She shares her secrets for developing a broad range of herbal products and includes imaginative ideas for effective packaging, hosting special seasonal events, wholesaling and mail order catalogue sales.

186 pages GC05 \$24.95 softcover



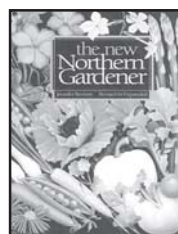
Sharing the Harvest

A Guide to Community Supported Agriculture

Elizabeth Henderson with Robyn Van En

The premise of Community Supported Agriculture (CSA) is simple: create a partnership between local farmers and nearby consumers who become subscribers in support of the farm. CSA members pay in advance and receive the freshest, healthiest produce throughout the season and keep money, jobs and farms local. This is a how-to manual while placing CSA's in the broad context of preserving farmland and growing healthy food.

254 pages SU10 \$26.95 softcover

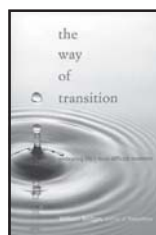


The New Northern Gardener

Jennifer Bennett

Originally published as The Harrowsmith Northern Gardener, Jennifer Bennett's first book was often seen as the only available wisdom on organic growing in climate-challenged sites. Features an enhanced herb section and updated sources and a new chapter on perennial and annual flowers, including an annotated listing of more than 100 hardy species that will flourish in a northern garden. The New Northern Gardener is the leading reference for planting and maintaining vegetable, herb and flower gardens across Canada for years to come.

255 pages GM07 \$26.70 softcover



The Way of Transition

Embracing Life's Most Difficult Moments

William Bridges

A memorial to all who have suffered loss and struggled through the trials of transition, this beautifully written, and uplifting story of the author's journey from darkness to light provides insights into unexpected passages that shape our lives.

226 pages RW05 \$19.95 softcover



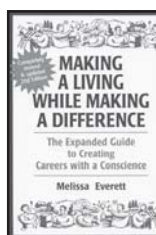
Going Local

Creating Self-Reliant Communities in a Global Age

Michael H. Shuman

Details how dozens of communities are regaining control over their economies by employing three new kinds of strategies: investing in locally owned businesses, focusing on import-replacing rather than export-led development, and asking the federal government for more power.

318 pages SB14 \$26.95 hardcover



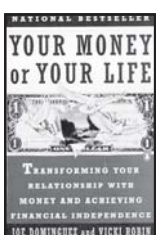
Making a Living While Making a Difference

The Expanded Guide to Creating Careers with a Conscience

Melissa Everett

This completely revised second edition updates the expanding career opportunities in socially responsible and green business, industry, commerce, and non-profits. Professional career counsellor Melissa Everett guides the reader through a 10-step program for career development that stresses personal fulfillment, integrity, and contribution using personal, social, and environmental values as the driving force for career decisions.

231 pages BA03 \$24.95 softcover



Your Money or Your Life

Transforming Your Relationship with Money and Achieving Financial Independence

Joe Dominguez and Vicki Robin

Does money own you? Do you spend more than you earn? Do you dislike your job but can't afford to leave it? There's a big difference between "making a living" and making a life. Dominguez and Robin took back their lives by gaining control of their money. In this book they explain how you can do the same.

364 pages PE02 \$19.95 softcover

Becoming Human

Jean Vanier

Jean Vanier, founder of L'Arche, an international network of communities for people with disabilities, shares his profoundly human vision for creating a common good that radically changes our communities, our relationships, and ourselves. He proposes that by opening ourselves to outsiders, those we perceive as weak, different, or inferior, we can achieve true personal and societal freedom. By embracing weakness, we learn new ways of living and discover greater compassion, trust, and understanding.

166 pages WC05 \$17.95 softcover

The Working Poor

Invisible in America

David K. Shipler

The Working Poor looks at the "forgotten America" where "millions live in the shadow of prosperity, in the twilight between poverty and well-being." For many, the American Dream lies well out of reach, despite a willingness to work hard. Shipler interviews working people to gain an intimate view of a life of constant struggle, dead-end jobs, and social (un)assistance. The author looks too at possible solutions to mass near-poverty from a governmental, business, community and individual perspective.

319 pages AB12 \$38.00 hardcover

Live Simply Guide

A Simplicity Circle Study Guide for the Waterloo Region

Edited by Fiona Heath

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

It is intended to support people interested in learning more about voluntary simplicity and putting it into practice in their own lives. The texts, from both local and international authors, illustrate the diverse range of lifestyles and concerns within the simplicity movement.

91 pages SL07 \$20.00 softcover

The Community Bake Oven

A Community Process for Building a Bread Oven

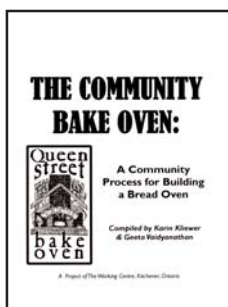
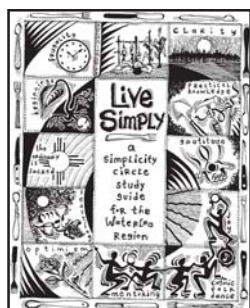
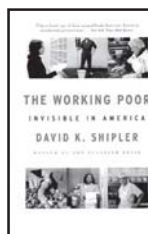
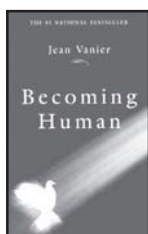
Geeta Vaidyanathan and Karin Kliewer

This handbook is intended to be a guide that will facilitate community groups in designing and building a masonry oven that meets their needs. The Working Centre and the Queen Street Bake Oven project share the story of how an inexperienced group of volunteers was able to build a beautiful oven, and how a community can come together for a common project.

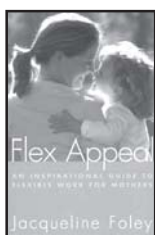
Incorporating journal text, step-by-step practical information, photos, drawings, resources and some necessary measurements, this handbook provides the basic information and encouragement needed for more community bake oven projects to begin.

Regardless of the style of community oven you decide to build, you can be assured that anytime the wood-fire is stoked, the first baking goes in, and the tantalizing smells start to waft through the air, the same magic will happen as diverse people start to gather around to share their ingredients, skills and stories.

50 pages GB02 \$20.00 softcover



Alternative Work Catalogue



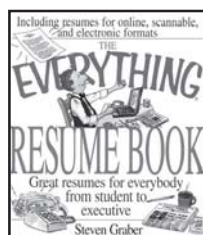
Flex Appeal

An Inspirational to Flexible Work for Mothers

Jacqueline Foley

This book shows mothers that they can have more time with their children by turning to flexible work. It will show you how to: create a personal vision of work/family balance; figure out the right flexible work arrangement; prepare a compelling proposal and pitch it to your boss and adjusting to taking one foot off the career track.

163 pages SC40 \$19.95 softcover



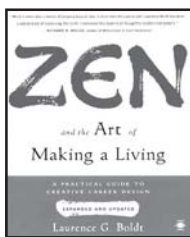
The Everything Resume Book

Great Resumes for Everyone from Student to Executive

Steven Graber

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

301 pages JH40 \$22.95 softcover



Zen and the Art of Making a Living

A Practical Guide to Creative Career Design

Laurence G. Boldt

For career consultant Laurence Boldt everyone is the artist of his or her own life. In this comprehensive, useful and potentially life-changing book, he offers a new vision of work. The first part is about identifying work that is deeply satisfying. The second part provides practical, active steps to finding or creating that ideal work. With over 500 quotations from sages of every stripe, and

120 easy-to-use worksheets, this book goes far beyond other career guides in helping you widen the horizons of what is possible - then focus in to make the ideal real.

367 pages PE01 \$25.99 softcover



The Interview Kit

Third Edition

Richard H. Beatty

The best sales people find out first what their prospects need, then adapt their product to satisfy those needs. This classic sales strategy is at the heart of this approach to interviewing. This book shows how to take control of the interview by encouraging the interviewer to discuss their criteria before you concentrate on your skills. Beatty offers invaluable insight on how to handle the 50 toughest questions anyone will ever face in an interview.

248 pages WI09 \$22.95 softcover



Outwitting the Job Market

Everything You Need to Know to Locate and Land a Great Position

Chandra Prasad

You'll learn the basics on resume and cover letter construction, how and when to network, tricks to winning over an interviewer, and tactics for enhancing your marketability. You will find advice from human resources personnel, career counselors, recruiters, and hiring managers from companies large and small. You'll also learn from other people's mistakes—what *not* to do along the path to your dream job.

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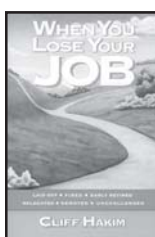
The Job Hunter's Word Finder

The Complete Guide to Key Words and Phrases for Resumes, Cover Letters, Interviews, and Job Descriptions

James Bluemond

This is a guide to key words and phrases for resumes, cover letters, interviews and job descriptions. Includes the latest "buzzwords" and industry-specific terms for more than 100 careers. Thousands of synonyms for overused words. Handy reference for career counsellors and anyone writing resumes.

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When You Lose Your Job

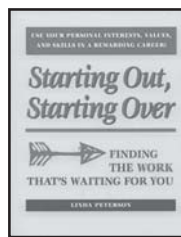
Laid Off - Fired - Early Retired - Relocated - Demoted - Unchallenged

Cliff Hakim

When You Lose Your Job is a creative guide to overcoming job loss - or preparing for a future job change. It provides detailed guidance on what to do - emotionally and practically - when you are laid off, fired, retired early, dissatisfied, or searching for a new career path.

Unlike other career books it is written as a story, providing a personal, revealing account of an individual's shock, fears, struggles, and eventual successes over the months following job loss.

254 pages WI13 \$23.95 softcover



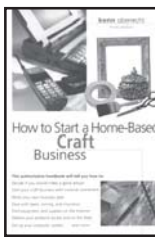
Starting Out, Starting Over

Finding the Work that's Waiting for You

Linda Peterson

Peterson helps you address the most important issue in every career decision - understanding who you are and what motivates you. Identify your personal style and transferable skills, recognize the core dynamic impulses that drive your interests and motivation, and pinpoint areas to enhance your personal and professional effectiveness.

208 Pages CP20 \$23.95 softcover



How to Start a Home-based Craft Business

Kenn Oberrecht

Successful home-based woodworker, Kenn Oberrecht, shares his experiences and advice to help you estimate your start-up costs, manage your cash flow, and stay profitable once in business. From painless record keeping to finding craft supplies on the Internet, his step-by-step methods are practical and understandable. Includes handy worksheets, quizzes, and checklists. Learn how to earn a living or just make extra money from crafts like jewelry making, folk art, silk-screening, pottery, etc.

247 pages CI02 \$29.95 softcover



Job Hunting for the So-Called Handicapped Or People Who Have Disabilities

Richard Nelson Bolles and Dale Susan Brown

Guides readers through the often frustrating, but ultimately rewarding process of securing independence in their lives and careers. The authors begin with job-hunting strategies tailored specifically to people with disabilities. Thoroughly revised and expanded to reflect the contemporary job market, this is an indispensable resource for the next generation of job-hunters with disabilities.

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