

GOOD WORK NEWS

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

Issue 133

June 2018

Subscription: A Donation Towards our Work

Inside This Issue:

- CAB Develops Partnership with Dropbike
- Worth A Second Look Furniture and Housewares-Thrift Store
- Eating to be Kinder to the Earth and to your Body
- Is a Whole Food Plant Based Diet Expensive?
- WRX Fundraising Adventure



In honour of telling the story of St. John's Kitchen April 7, 2018

Expanding Urban Agriculture

By Joe Mancini

In *The Pleasure of Eating*, Wendell Berry reminds us of the importance of being involved in the work of producing food. He urged readers to

“participate in food production to the extent that you can. If you have a yard or even just a porch box or a pot in a sunny window, grow something to eat in it. Make a little compost of your kitchen scraps and use it for fertilizer. Only by growing some food for yourself can you become acquainted with the beautiful energy cycle that revolves from soil to seed to flower to fruit to food to offal to decay and around again.”

Why have we limited our imagination when it comes to questions about food? Berry

challenges us to create new ways of working that will regenerate the landscapes around us. He suggests quite literally that we have to recreate the paved-over paradise of our urban environments to return to agriculture that sustains community and the soul.

Urban agriculture will flourish when we are committed to producing and consuming locally grown food. How do we learn to incorporate more local foods into our daily diet, year round? This means stretching our imagination and our ability to grow and consume as many local greens, vegetables, tubers and fruits as we can. In her article, Caterina Lindman shows all the benefits plus the affordability.

Gene Logsdon, in his final book,

continued on page 5

Telling the Story of St. John's Kitchen

by Joe Mancini

970 people packed Marshall Hall at Bingemans to celebrate the 31st Mayors' Dinner. This year the evening highlighted the story of St. John's Kitchen by recognizing three women who have been part of St. John's Kitchen for over 30 years. Arleen Macpherson, Gretchen Jones and Jennifer Mains form a continuum of service that has ensured that St. John's Kitchen has been a place of respect and dignity for all who come for a meal.

St. John's Kitchen has served a meal of necessity for 32 years. The evening recognized the pure and beautiful effort of so many people to take surplus food and from those gifts create a meal to serve the greater good of the community. These actions make hospitality and service come alive each day.

Early in the evening the role of St. John the Evangelist Anglican Church was acknowledged as the first home for St. John's Kitchen between 1985 and 2006. St. John's Church filled three tables at the



dinner showing their ongoing support for this project.

Since 1985 St. John's Kitchen has been a place of refuge in downtown Kitchener. The doors at St. John's Kitchen open at 8:00 am, where a continental breakfast is served. This is also the time when the food preparation begins for the 400 meals that are served each day. The volunteer effort to serve this continuous meal is a story that in itself is truly remarkable.

Another story that grows from St. John's Kitchen is the development of an integrated hub which makes St. John's Kitchen an important place that provides immediate supports each day. These services of support include outreach workers who are available to walk with people through challenges with legal, income and housing issues, the showers and laundry service and the medical clinic with a doctor,

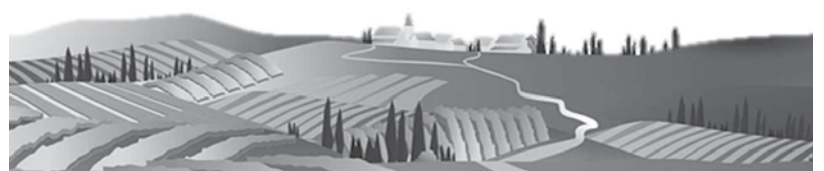
continued on page 3

The Working Centre Welcomes Mary Berry



WEDNESDAY AUGUST 1ST | 7PM - 9PM

Join us for a Fermented Thoughts evening with Mary Berry and the opening of the 3rd Annual Summer Institute running on August 2-3. See back page for more details.



Thirty Third Year

Issue 133

June 2018

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. Four issues of Good Work News constitutes our annual report. There is a circulation of 12,000 copies. Subscription: a donation towards our work.

Editors: Joe Mancini, Stephanie Mancini, Jennifer Mains.

Contributors: Kyle Murphy, JP Smola, Andy Macpherson, Jane Snyder, Douglas MacLellan, Isaiah Ritzmann, Heather Montgomery, Caterina Lindman, Tessa Jennison.

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

The Working Centre

58 Queen St. S., Kitchener, Ontario, N2G 1V6

Phone: (519) 743-1151 • Fax: (519) 743-3840

E-mail: kara@theworkingcentre.org

Web: www.theworkingcentre.org

Canada Post Bulk #05306256

Charitable Registration #13092 9607 RR0001

CAB Develops Partnership with Dropbike

by Jane Snyder

Good Work News readers may recall reading about the partnership that Community Access Bikeshare (CAB) was forming with Dropbike in the September 2017 edition.

Since 2011 CAB has opened 15 new bikeshare stations, welcomed bikeshare members, hosted events, trained volunteers and interns, engaged sponsors and advertisers and contributed to the cycling culture of Waterloo Region.

Bikesharing systems that have been used in the past by cities such as Toronto, Montreal and Hamilton relied on a model with expensive infrastructure. Knowing that this type of funding was rare to find in Waterloo Region, CAB conducted a 2011 bikeshare pilot project using a low-tech bikeshare with initial seed money from the City of Kitchener. Using feedback from the 2011 pilot project and research conducted by interns, students and Working Centre staff, CAB 2.0 launched in 2013 using off-the-rack key sharing technology paired with conventional bikes, allowing for a system at one quarter the price of other bikeshares.

Watch for new stations to pop up across the Region! It is expected that Dropbike will be launching in late July 2018.



Last summer, The Working Centre started a partnership with Dropbike, a Canadian startup based out of Toronto, that has extensively researched and developed a mobile app to allow people to rent bikes for \$1 an hour with no infrastructure cost. Dropbike will work with the Working Centre in concert

dropbike

Every season CAB was continually looking for an upgrade in technology that would make bikesharing easy and affordable. In 2017 CAB ran a pilot project that tested a bluetooth-enabled smartlock that allowed people to buy a membership, lock and unlock a bike using their smartphone. This pilot was successful with over 100 new members and demonstrated that people are looking for a simple, inexpensive way to access bikes through the use of a smartphone. However, the smartlock technology we were using was not ready to scale into a bigger bikeshare.

with the Region of Waterloo, and the cities of Waterloo, Kitchener and Cambridge to create a new, smartlock bikeshare system that contributes to an active transportation network.

While CAB has been working with Dropbike since last summer, the process of approval has taken longer than expected. As of mid-May 2018, we are in the middle of getting formal approve of their agreement with Dropbike from the Kitchener, Waterloo and Cambridge city councils and Regional council.

As we move towards a smartlock bike share system, we are often asked what alternatives are available for those without smart phones. We have found through our operation of CAB over five years that the services of Recycle Cycles are an excellent alternative to bike sharing. For many different reasons the community bike shop is a great place to learn about getting one's bike repaired, tuned up and to access affordable used bikes. The bike shop is a consistent support that works very well for thousands of bike riders each year.

Dropbike will start the season with CAB's initial stations, allowing The Working Centre to sell advertising spaces on the bright orange bike racks. Watch for new stations popping up across the region! It is expected that Dropbike will be launching in late July of this year.



worth a
second
look

furniture &
housewares
thrift store

97 Victoria St North
Kitchener

Visit Kitchener's busiest thrift store!

WASL volunteers sort and price thousands of affordable used items weekly

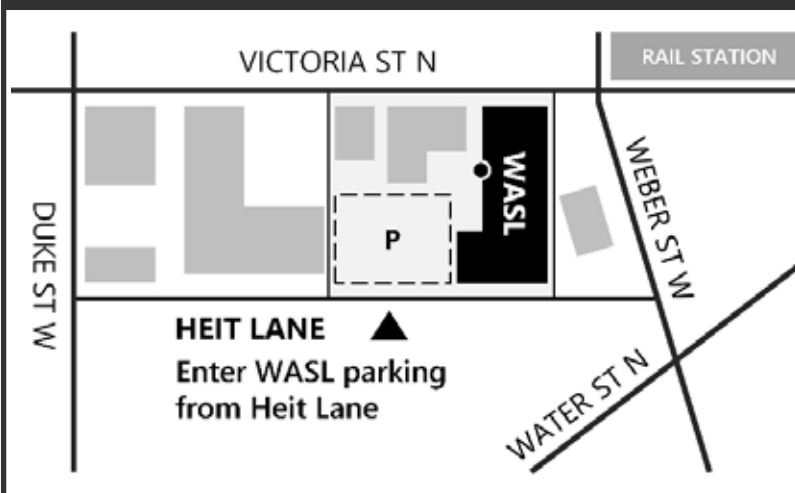
Volunteers and donations are welcome

Drop-off large and small items at our convenient location

We also offer pick-up and delivery services

**Furniture & Small Appliances | Housewares
Linens | Electronics | Beds & Beddings
Books | Toys | Music & Movies | Tools**

We are located at 97 Victoria St North



**Weekdays 9am - 5pm | Saturdays 9am - 4pm
519.569.7566 | wasl@theworkingcentre.org**



31st Mayors' Dinner

continued from page 1

a nurse practitioner, nurses and outreach support. There is also the Hospitality House, the bunkies and the dental clinic, all focused on serving those who find themselves either homeless or in constant upheaval.

The highlight of the evening was the use of video clips about St. John's Kitchen using the themes of Inclusion, the Space of St. John's Kitchen, and Access. Patrons and workers described the vitality of St. John's Kitchen through these themes, traveling over the 30 years of St. John's Kitchen giving hints to how this project has vitally rooted in downtown Kitchener.

The strength of the evening was in the six stories told by Arleen, Gretchen and Jennifer that captured the spirit of St. John's Kitchen. The stories journeyed with the people who have been part of St. John's Kitchen describing the rich and colourful history of walking together. These stories demonstrated how the serving of food builds community. Each story layered upon the other

describing a growing community of outreach. In one story, Jennifer framed the pain and frustration of one person through his question, "Who cares about me?"

Arleen, Gretchen and Jennifer ended the evening by inviting everyone to take home the table graphic created by Andy Macpherson (Arleen's son). The graphic (see front page) summarized the themes of the night, "We flourish and blossom when we give and receive love and understanding..." and "Seek beauty in the other." Jennifer ended by asking, "does seeking beauty in the other pave the way for unconditional love?"

It was a wonderful celebration of the 30 years that Arleen, Gretchen and Jennifer have offered in the work of nurturing a community of support in the Kitchener downtown. All who attended learned about how this 30 year journey of serving a free community meal has created deep friendships and commitment. Thank you to the many people who helped to make this a meaningful community celebration.

Arleen Macpherson, Mayor Berry Vrbanovic, Gretchen Jones, Mayor Doug Craig, Jennifer Mains and Mayor Dave Jaworsky together on stage.



Thank you to all the individuals and businesses who contributed over 140 auction items. The auction helped raise over \$23,000. Neil Aitchison did another wonderful job as Master of Ceremonies.



Telling the Story of St. John's Kitchen

Thank You to the Patrons

- Activa
- Bell
- Bob & Judy Shantz
- City of Cambridge
- Erb & Good Family Funeral Home
- Hallman Construction
- Harris Law
- Jones Electric
- King Paving
- Wilfred Laurier University
- Lyle S. Hallman Foundation
- McIntyre Group
- MHBC Planning
- PCL
- RBJ Schlegel Holdings
- Schorn Consultants Inc
- Strassburger Windows and Doors
- St. Jerome's University
- St. John's the Evangelist Anglican Church
- Steve & Pat Manske
- Swiftspace

Thank You to the Community Tables

- Andy Macpherson & Susan Fowler
- The Boardwalk
- Bingemans
- Capacity Canada
- City of Kitchener
- City of Waterloo
- Communitech
- Community Resources for People In Conflict with the Law
- Country Gardens RV Park
- Dev Mukerji
- Duncan, Linton LLP
- Expressway Ford
- The Food Bank of Waterloo Region
- House of Friendship
- In Memory of the Honourable Andrew Telegdi, PC
- Margaret and Bob Nally
- Margaret Motz
- Reception House - Waterloo Region
- Region of Waterloo
- Ron & Sue Doyle
- St. John's Kitchen Pizza Group
- Walter Fedy
- Waterloo Catholic District School Board
- Waterloo Region Police Services
- Waterloo Wellington Local Health Integration Network



Eating to be Kinder to the Earth and to Your Body

by Caterina Lindman

For a decade now I have been trying to reduce my carbon footprint. What I learned is that it is possible to walk more simply on the earth through a diet that is focused on minimally processed plant foods. I also learned something that seems to have been a secret. The key to human health is eating fruits, vegetables, beans, nuts, seeds and whole grains because of the thousands of phytonutrients they provide that are essential to good living. Most amazing are the studies showing how plant-based eating improves body weight, cholesterol levels, blood sugar, digestion, and well-being.¹

Almost 35 years ago, Dr. Denis Burkitt, a surgeon who worked in Africa, wrote:

“Many of the major and commonest diseases in modern Western cultures are universally rare in third-world communities, were uncommon even in the United States until after World War I, yet have comparable prevalence today in both black and white Americans. This finding compels the conclusion that these diseases must be due not to our genetic inheritance but to our life-style. This conclusion in turn argues that they must be potentially reversible.”²

We often think that genetics plays a major role in chronic diseases. Perhaps, chronic diseases tend to run in families because families tend to have similar eating habits. Plant-based eating has the benefits of being responsive to the growing list of chronic diseases that people face in North American society as well as being earth-friendly.

People are beginning to realize that the Standard American Diet (SAD) is not an optimal diet for health. The SAD began after WWII,³ as people in the U.S. and Canada started eating more meat and fewer fruits and vegetables, and more processed foods. The SAD includes a great deal of dairy products, eggs, fish, and meat (about 200 lbs. of meat consumption per person per year).

A whole-foods, plant-based diet is the only diet that has been shown to not only prevent, but reverse many chronic diseases including

What I learned is that it is possible to walk more simply on the earth through a diet that is focused on minimally processed plant foods.

heart disease, type II diabetes, and obesity. A whole-foods, plant-based diet goes a bit further than a vegan diet (which also excludes animal products) because whole-plant foods are chosen over processed plant-foods. To illustrate, unpeeled baked or boiled potatoes are chosen over french fries, beets are eaten as a vegetable rather than in the form of beet sugar, and whole-grain breads, baked without preservatives, are chosen over mass-produced white bread. Fat is obtained from nuts and seeds — that is, whole foods, rather than from oil, which is a refined product. Sweetness comes from eating fruit, rather than from processed sugar or artificial sweeteners. Herbs and spices are chosen over adding lots of salt. It should be noted that a whole-foods, plant-based diet is a radical shift from the SAD. But with this radical shift in eating comes a radical shift in positive health outcomes and resource use.

Most people think that we need to eat animal-based protein to stay healthy. Research has shown that this is not the case.⁴ Filtering animal-based protein puts strain on our kidneys, but this is not the case with plant-based protein. I like the analogy that food is a package deal: animal protein comes in a package with saturated fat, cholesterol, and no fibre; while plant protein comes in a package with no cholesterol, very little fat, fibre, and phytonutrients (plant-based nutritional compounds). The fibre found in whole, plant-based foods is helpful in feeding beneficial gut bacteria, which helps us absorb more nutrients and reduce inflammation. About 97% of people do not get enough fibre.

There are many issues with animal agriculture — including the risk of food poisoning, high cholesterol, IGF-1 (a carcinogen found in meat), bioaccumulation of toxic pollutants, saturated and trans-fats, and the amount of grains

fed to livestock while people in need are malnourished. The production of beef uses approximately 10 times the resources of alternate livestock categories, such as poultry and pork. Alternate livestock categories use about the same amount of water and from 2 to 6 times the resources of plant-based foods.⁵

During the Christmas holidays of 2014, I watched the documentary *Forks over Knives*. The premise of this movie is that many chronic diseases in our society are caused by the Standard American Diet (SAD), and can be prevented and even reversed by eating whole, plant-based foods. The title *Forks over Knives* is based on the use of forks (ie. eating choices) rather than knives (scalpels used in heart surgery).

I began to consider how eating animal products was not in line with my values, as I want everyone on this planet to get enough food to eat, and I don't support the destruction of the rain forest and the creation of ocean dead zones because of our voracious appetites for meat. Switching to more plant-based diets has been singled out as an important strategy to mitigate climate change because it would use less land and energy for growing food.⁶ Using less land for growing food would allow that land to revert to natural vegetation, which would store carbon, thereby mitigating climate change and preserving biodiversity.

I began to experiment with whole-food, plant-based cooking. The experiment was successful. I wasn't looking to lose weight, but I did, and now I weigh what I weighed when I was in my young 20's. My cholesterol levels are no longer in the “borderline high” zone, and the extra energy I feel is much appreciated!

Changing one's diet is not an easy choice to make – it involves engaging with the people you eat with, and a commitment to eating different foods or the same foods,

Switching to more plant-based diets has been singled out as an important strategy to mitigate climate change because it would use less land and energy for growing food.⁶ Using less land for growing food would allow that land to revert to natural vegetation, which would store carbon, thereby mitigating climate change and preserving biodiversity.

prepared differently. It is a process of trial and error to find foods that you enjoy, and it requires an open mind to try new foods and to establish new cooking and eating patterns. The journey of changing to a whole-foods plant-based diet has many rewards. I invite you to consider how you might want to change some of your eating patterns to help show kindness to the Earth and to your body.

Caterina has retired after a 35-year actuarial career with Manulife. Caterina is active in promoting awareness of climate change and the benefits of whole, plant-based foods. She helped develop the Actuaries Climate Index and is the co-founder of Actuaries for Sustainable Healthcare.

¹ www.Nutritionfacts.org/topics/phytonutrients

² Dr. DP Birkitt, SA Medical Journal, 28 Jun 1982.

³ B Popkin, Agricultural Policies, Food and Public Health. EMBO Rep. 2011 Jan; 12(1): 11–18.

⁴ Kontessis, P et al. Renal, metabolic and hormonal responses to ingestion of animal and vegetable proteins. *Kidney International*. 1990 Jul;38(1):136-44.

⁵ G Eshel, A Shepon, T Makov, R Milo, Land, irrigation, water, greenhouse gas, and reactive nitrogen burdens of meat, eggs, and dairy production in the United States. *Proceedings of the National Academy of Sciences*, Vol 111, no. 33, August, 2014.

⁶ Hawken, Paul Ed. *Drawdown: The most comprehensive plan ever proposed to reverse global warming*. New York, New York, 2017.

Is a Whole-Food, Plant-based Diet Expensive?

by Caterina Lindman

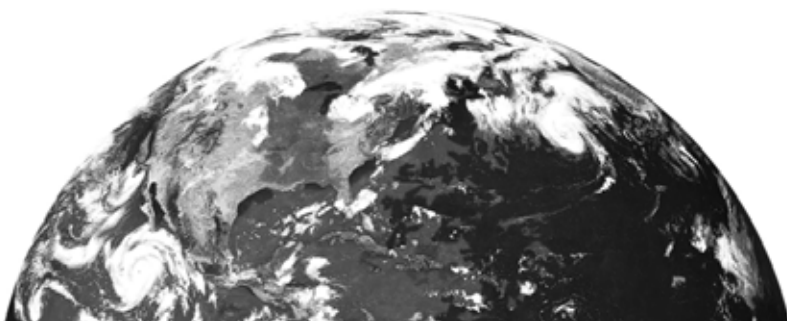
No, in fact you may find that your grocery bill goes down as you eat more whole, plant-based foods.

One reason your grocery bill may go down is that you will be buying much fewer processed foods. Processed foods are generally more expensive than whole foods. For example, a box of cheerios, with the main ingredient being whole oat flour, costs about 26 cents per one-cup serving, which weighs one ounce. The cost for a one ounce of rolled oats is about 8 cents. Even organic oats can be obtained for about 18 cents per ounce, which is also less expensive than cheerios. Another example is coffee, which is less expensive when brewed at

home, compared to buying it already made in a coffee shop.

Another reason your grocery bill may go down is that you will not be buying whole categories of foods – you will skip the pop and chips aisle entirely, as well as the entire meat, eggs and dairy section of the grocery store. As you transition to a whole-foods, plant based diet, you may want to purchase imitation meats and cheeses, which can be as costly as meats and cheeses. But as you get more comfortable with cooking whole plant foods, you may find yourself replacing imitation meats and cheeses with, homemade cashew spreads and bean burgers.

continued on page 5



Whole-Food, Plant-based

continued from page 4

If you are getting by on a reduced or minimal income it is possible to eat well on a whole-foods plant-based diet for as little as \$200 a month. The savings that come from not purchasing processed foods would go to purchasing whole foods that have substantial health benefits. The main items that you would try to purchase would be bulk whole grains (oats, brown rice, quinoa), tubers (potatoes and sweet potatoes), dried beans, seeds, and fresh and frozen fruits and vegetables.

Dr. John McDougall has spent 40 years teaching the benefits of a starch-based diet that focuses on potatoes, grains and legumes which can all be purchased in bulk, are inexpensive and can provide all the calories, nutrition and fibre you need. When you reduce the high calories from oil and meats these items are a perfect, healthy replacement. His website is loaded with nutritional information <https://www.drmcDougall.com/> Beans and legumes are much less expensive than buying meats or cheese. For example, one cup of cooked chickpeas can be made from 37 cents worth of dried chickpeas, or, if buying organic, for 66 cents.

It is also important to include some perishable fruits and vegetables. These items are more expensive than starches and only need to be incorporated in small amounts. There are always good deals for purchasing fruits and vegetables at the local farmer's market.

When transitioning from the Standard American Diet (SAD) to a whole-foods, plant-based diet, one can expect that the food may taste bland at first, until your taste buds adapt. It may take a couple of weeks for your taste buds to start tasting all the flavours contained in foods that are not covered in

sugar, salt and fat. You will want to make use of herbs, spices, citrus zest, vinegars, and ground nuts and seeds to flavor your food. Nuts and seeds are a way to make your food more filling, and they are important to have with salad greens and green leafy vegetables because many of the nutrients are fat-soluble. The nuts and seeds are nutritious themselves, plus they help your body take in the nutrients found in greens. Fruit is a good way to satisfy your desire for something sweet. Refined sugar is not good for your body, as it causes a spike in blood sugar, and it makes your pancreas secrete more insulin to handle the extra sugar in the blood. This can then lead to a drop in blood sugar, which can make one feel lethargic. Fruit does not cause a spike in blood sugar, due to the fibre that is in the fruit, so it is energizing without a spike and subsequent crash in blood sugar levels.

Eating a whole-foods, plant based diet is an interesting adventure, with many benefits. It requires an open mind. It can be super-affordable, plus maintaining and regaining your health and energy is priceless!

The ability to strike out independently of the food system begins with five simple starting points:

1. Cook or eat as few processed or packaged ingredients as possible.
2. Work towards growing as much of your food as possible.
3. Make direct contact with farmers in order to buy your food from the source.
4. Work towards preserving enough local food in the fall to take you through the winter and spring.
5. A whole food plant-based diet adds new insights to urban food options.

Expanding Urban Agriculture

continued from page 4

Letter to A Young Farmer, How to Live Richly without Wealth on the New Garden Farm, captured this spirit which he called, "the rise of decentralized agriculture based on the home economy,"

"I mean to celebrate the rise of the smaller-scale, bio-intensive, environmentally friendly garden farm, a place where food quantity and food quality merge to bring about food sufficiency."

In the chapter *The Economic Decentralization of Nearly Everything*, Logsdon was enthused by the growing number of people, in small and large ways, who are engaging the growing of food through back yard gardens, one and two acre market gardens often using the CSA (Community Shared Agriculture) model, to artisan food producers for restaurants and farmers markets.

Nurturing vegetables is slow work. As they grow you have to keep the weeds at bay, feed the plants nutrients and water and watch over them for bugs and airborne disease. At the point when the vegetables are ready for harvesting, that is when the work starts to double as it takes patience and knowledge to harvest at the right time and to do it carefully to preserve the yield.

All this work is time consuming and that is why some people have the wrong idea that growing food is uneconomical. It is not economics

that is attracting increasing numbers of people to spend time helping plants root in the soil. It is the work itself that is enlivening, by tilling the soil, breathing the fresh air, digging out compost or harvesting the produce.

The Hacienda Sarria Market Garden is an excellent example of how to turn three acres of vacant land into a thriving and productive greenspace. Over the last six years we have markedly improved the topsoil and increased the ecological diversity. This has been possible because of Ron Doyle the owner, and his daughter Nadine Day, who is President of the Hacienda Sarria, both of whom have welcomed us to their land with the goal of making it better. Together we have created an oasis of urban agriculture only three kilometers from the Kitchener downtown.

Each season the Hacienda Sarria Market Garden hosts over 150 volunteers, as well as 4 or 5 interns who participate in an intensive community-based market gardening program. These volunteers and interns make up the backbone of the Hacienda Market Garden team.

In order to facilitate learning from the garden, we have developed an integrated model of weekly workshops led by members of the gardening community. This learning compliments the daily work of preparing beds, planting, weeding, and harvesting.

The Sustainable Gardening Workshop Series will take place on Friday afternoons from 2:30-3:30 beginning in May. This year, the garden received a community environmental improvement grant from the City of Kitchener to develop their workshop curriculum, which will cover topics such as Soil



continued on page 8



256 King Street East
Downtown Kitchener

Weekdays 8:30am - 4pm
Saturdays 9am - 4pm

Fresh Ground Café

Conversation Coffee and Culture

We present plant-based whole food options that help us to tread gently and eat lightly.

Our focus is on healthy ingredients: vegetables, fruits, nuts, seeds, legumes, and whole grains. We avoid oil and processed products, for a fresher, lighter taste.

Enjoy a meal with a cup of our fair trade, organic, fresh roast coffee.





WRX Fundraising Adventure

by Tessa Jennison

Editors Note: WRX (Waterloo Region Crossing) was a 20 hour fundraising journey walking the Walter Bean Trail from Galt to the Kissing Brige in Montrose. Tessa, Ashley, Dave and a big group of friends started at 7:00 am and finished at 3:00 am. Below is an excerpted version of Tessa's article, for the full article see <https://www.livescape.ca/single-post/2018/02/16/Waterloo-Region-Crossing--Trek-Report>.

Sometime in early January, local news ran a story on the impacts of sub-zero temperatures for homeless citizens in Waterloo Region. The shelters were beyond capacity, people were being sent to motels during frigid nights. Since the end of December there had been many bitterly cold nights.

I work for a small female-founded clean technology company. Livescape builds living walls and green roofs, so without any green roofs to work on, winter is a slower season for us. We decided to use our idle time to undertake a spontaneous fundraiser. The goal was to walk across Waterloo Region in 24 hours on a local trail system and try to raise \$1000 to donate to The Working Centre, a local non-profit dedicated to addressing poverty and homelessness. We named it Waterloo Region Crossing.

I've completed endurance events before, but I'd never planned my own event, nor had I undertaken such a feat during sub-zero temperatures. My work colleagues were equally inexperienced. Winter is a volatile season, and the weather conditions can fluctuate by the hour. We knew we would need help, so we started sending emails and making phone calls.

Before we knew it, the day arrived. We started at 7am at the Walter Bean trailhead north of Galt. We were joined by Charles and Geoff from The Grand Valley Trails Association.

The first section of the trek took us through a beautiful snowy forest. After the first hour the trail joined Blair Road, onward to

Fountain Street, continued on to the pedestrian footbridge across Highway 401 before trekking through the Doon Valley Golf Course and on to Pioneer Tower.

The snow was falling softly as we trudged enthusiastically along the trail and up the hill to Pioneer Tower. 2.5 hours into the trek we were full of energy. David Bebee of The Record came to meet us on the hill with his snowshoes and his puffy marshmallow coat, snapping photos. As we approached the tower we were greeted by Kitchener Mayor Berry Vrbanovic.

We trekked on through Lackner where the highlight at 3pm was being met by three of my brothers-in-law, my nephew, my husband, and my daughter to give hugs and walk with us. We said goodbye to Charles and Geoff who had walked with us for eight hours.

For the next couple of hours, we traversed through the most stunning sections of the trail. Kolb Park was serene and beautiful, the gently falling snow quietly blanketing the river and trees. We crossed at Victoria Street, and stopped in at the BMW dealership to refill our water bottles.

Once we arrived in the Bingemans parking lot, we were greeted by a group of Ashley's friends and housemates who had been to two prior checkpoints trying to connect up with us. They'd brought hot chocolate, apples, and doughnuts, a welcome treat after our long section of trekking alone.

Trekking on to the Marsland Landing, Brad was again waiting for us with warm socks and a change of clothes; at this point in the trek the elements were beginning to take their toll and warm dry socks felt like a real luxury.

We passed a fire hall and three firefighters welcomed us in and let us use their washrooms. They'd seen us on the news that evening.

Our next stop was at RIM Park, where, Paul Salvini (CEO for The

Accelerator Centre), had driven out to see us, twelve hours after we'd seen him at Pioneer Tower. Brad had a tent with a heater set up, and he inspected Dave and Ashley's blistered aching feet. Our colleague Nicole McCallum had come out to trek the final five hours alongside us. We changed our socks, restocked our food and water, and had some final hugs before we began the final section of our trek at 10:30pm.

The stop had cooled our bodies, and we were heading into the longest trail sections through unbroken two-foot-deep snow. This was the most challenging part of the day. No matter how much I moved, my body would not warm up. I focused on the footprints ahead and didn't look up for the next hour, willing myself to keep walking despite my discomfort. Suddenly, out of the darkness, we noticed a shadowy form approaching us from the opposite direction. It was Gaelen, who had come to break in the trail and lead us through to the next stop. My body finally started producing heat as we ended the trail



section and came out on the road.

Brad was waiting again with the truck, and we changed socks one more time before beginning our country road section where we would trek from North Waterloo to West Montrose in one fell swoop.

The country roads were hard on our hips, knees, ankles, feet, and our spirits; a real physical and mental challenge. From midnight to 3:35am we walked along the asphalt in the dark, with nothing but open fields surrounding us. We were exposed to the weather and knowing we had no more stops until the end, we felt very alone. Our beacon of light

His encouragement was a lovely treat during this difficult stretch. My feet felt like lead and my knees felt brittle, like dry firewood.

Ashley and Dave were limping along, slowly but with determination as we approached the final few kms. Ashley had pre-existing injuries before the trek, and had never completed any kind of endurance event, and I admired her perseverance and dedication.

When we passed through Winterbourne, it felt like we still had a hundred miles to go. But West Montrose was just a few kilometres away. When we finally reached the bridge, I had never been so happy to see truck headlights. Brad and Cam were waiting for us at the finish, there to capture our exhausted final few steps. We barely had enough energy to muster a smile for the camera, but we had completed our journey. It wasn't until the next day that we realized we'd also reached our fundraising goal. We had surpassed our \$5000 target for The Working Centre.

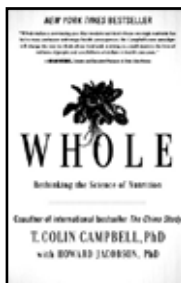
My colleagues and I trekked all the way across Waterloo Region, walking non-stop for 20 hours in the cold. We were fortunate. We were well-equipped. We had manageable temperatures and light snow. We didn't have rain. We didn't have sleet. We didn't have -20 degrees with a windchill. At the end of all of this, I'm left feeling like there are no circumstances under which I could possibly relate to what it's like for homeless citizens who have to endure through harsh Canadian winters. Waterloo Region's homeless citizens are resilient beyond my capacity for understanding. They endure not only through the unforgiving climate, but also persevere despite the hopelessness and despair. It has given me a profound respect for these true survivors, and a newfound motivation to help ease their struggle in whatever small way I can.

We completed the trek as a trio, but we reached our goals as a community. Thank you so much to everyone who played a role in this event. We will complete Waterloo Region Crossing again next year, and the years after that. We hope you'll join us next time.

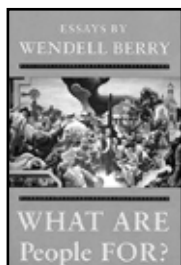
Livescape is a botanical design and installation company specializing in living wall and green roof solutions. Ashley, Dave and Tessa are seen here with Mayor Vrbanovic at Pioneer Tower. Ashley DeMarte is the founder and lead designer, Dave Wall is the engineering project manager and Tessa Jennison is the maintenance specialist/community relations. Contact Livescape for more information on plans for next years WRX fundraiser. <https://www.livescape.ca/>



Books for Sustainable Living



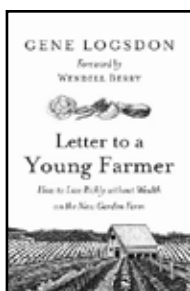
Whole
Rethinking the Science of Nutrition
T. Colin Campbell
 Nutritional science, long stuck in a reductionist mindset, is at the cusp of a revolution. The traditional “gold standard” of nutrition research has been to study one chemical at a time in an attempt to determine its particular impact on the human body. These sorts of studies are helpful to food companies, but provide little insight into how those chemicals contribute to our health. T. Colin Campbell explains why the array of chemicals in plant-based foods taken together creates a healthy way of eating. Whole is an eye-opening, paradigm-changing journey through cutting-edge thinking on nutrition, with powerful implications for our health and for our world.
352 pages \$19.99 softcover



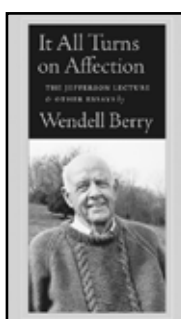
What Are People For?
Essays
Wendell Berry
 “However destructive may be the policies of the government and the methods and products of the corporations, the root of the problem is always to be found in the private life.” In this popular collection, Kentucky farmer, Wendell Berry proposes and hopes, that people can learn again to care for their local communities to begin a healing that might spread far and wide.
210 pages, \$24.00 softcover



The Backyard Homestead
Produce All the Food You Need on Just a Quarter Acre!
Carleen Madigan
 This comprehensive guide to homesteading provides all the information you need to grow and preserve a sustainable harvest of grains and vegetables; raise animals for meat, eggs, and dairy; and keep honey bees for your sweeter days. With easy-to-follow instructions on canning, drying, and pickling, you'll enjoy your backyard bounty all winter long.
368 pages \$25.00 softcover



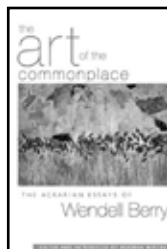
Letters to a Young Farmer
How to Live Richly without Wealth on the New Garden Farm
Gene Logsdon
 In Letter to a Young Farmer, his final book of essays, Logsdon addresses the next generation—young people who are moving back to the land to enjoy a better way of life as small-scale “garden farmers.” It’s a lifestyle that isn’t defined by accumulating wealth or by the “get big or get out” agribusiness mindset. Instead, it’s one that recognizes the beauty of nature, cherishes the land, respects our fellow creatures, and values rural traditions.
232 pages \$31.00 softcover



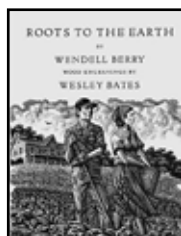
It All Turns on Affection
The Jefferson Lecture & Other Essays
Wendell Berry
 When he accepted the invitation to deliver The Jefferson Lecture—the US’s highest honor for distinguished intellectual achievement—Wendell Berry decided to take on the obligation of thinking again about the problems that have engaged him throughout his long career. He settled on “affection” as a method of engagement and solution. The result is the greatest speech he has delivered in his six decades of public life. It All Turns on Affection will take its place alongside *The Unsettling of America* and *The Gift of Good Land* as major testaments to the power and clarity of his contribution to American thought.
160 pages \$21.95 softcover



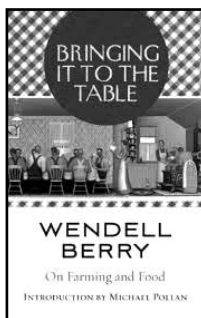
Four Season Harvest
Organic Vegetables from Your Home Garden All Year Long
Eliot Coleman
 Eliot Coleman now shows you how to produce fresh, delicious, healthy food from your home garden year-round. He shows you how to harvest organically-grown vegetables throughout the coldest months in all climate zones 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.
236 pages, \$34.95 softcover



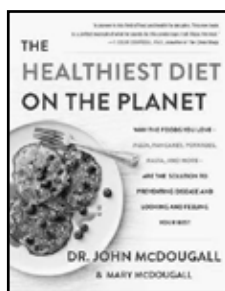
Art of the Common Place
The Agrarian Essays of Wendell Berry
Wendell Berry
 A gathering of twenty-one essays by Wendell Berry that explore ideas such as Why is agriculture becoming culturally irrelevant, and at what cost? What are the forces of social disintegration and how might they be reversed? And, how does the corporate takeover of social institutions and economic practices contribute to the destruction of human and natural environments? These essays express support of local economies, farming communities, and family integrity.
352pages, \$23.50 softcover



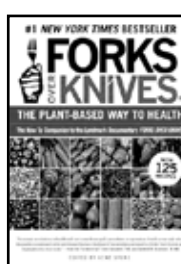
Roots to the Earth
Poems and a Story
Wendell Berry and Wesley Bates
 In 1995, *Roots to the Earth* was published alongside the wood etchings of celebrated artist and wood engraver, Wesley Bates. Bates viewed his wood etchings as companion pieces to Berry’s poetry, revealing “tenderness and love as well as anger and uncertainty” as well as expressing concepts of how farming is viewed by an increasingly urbanized society.
96 pages, \$37.50 hardcover



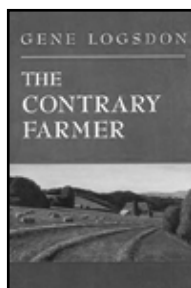
Bringing it to the Table
On Food and Farming
Wendell Berry
 Long before organic produce was available at your local supermarket, Berry was farming with the purity of food in mind. Berry has embodied mindful eating through his land practices and his writing. The essays address such concerns as: How does 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 agricultural act,” he writes.
256 pages \$19.95 softcover



The Healthiest Diet on the Planet
Why the Foods you Love are the Solution to Preventing Disease and Looking and Feeling your Best
Dr. John McDougall
 Reclaim health by enjoying nutritious starches, vegetables, and fruits. McDougall takes on the propaganda machines pushing dangerous, high-fat fad diets and cuts through the smoke and mirrors of the diet industry. He offers a clear, proven guide to what we should and shouldn’t eat to prevent disease, slow the aging process, improve our physical fitness, and be kind to the environment.
224pages \$21.00 softcover



Forks Over Knives
The Plant Based Way to Health
Edited by Gene Stone
 Can degenerative diseases be controlled, or even reversed, by rejecting our present menu of animal-based and processed foods? For decades, that question has fascinated a small circle of impassioned doctors and researchers—and now, their life-changing research is making headlines in the hit documentary *Forks Over Knives*. Their answer? Eat a whole-foods, plant-based diet—it could save your life. Dr. Caldwell Esselstyn explains how meat, dairy, and oils injure the lining of our blood vessels causing heart disease. Dr. Colin Campbell describes how cancer and other diseases skyrocket when eating meat and dairy is the norm—and plummet when a traditional plant-based diet persists. More and more experts are adding their voices. You can learn more about the benefits of a plant-based diet through this accessible guide.
224 pages \$21.95 softcover



The Contrary Farmer
Gene Logsdon
 Gene Logsdon is known as a rabblouser in progressive farm circles, for stirring up debates and controversies with his popular *New Farm* magazine column, “The Contrary Farmer.” One of Logsdon’s principle contrarities is the opinion that - despite popular images of the vanishing American farmer - greater numbers of people in the U.S. will soon be growing and raising a greater share of their own food than at any time since the last century.
256 pages \$28.82 softcover



The Starch Solution
Eat the Foods you Love, Regain your Health, and Lose the Weight for Good
John McDougall
 In *The Starch Solution*, bestselling diet doctor and board-certified internist John A. McDougall, MD, and his kitchen-savvy wife, Mary, turn the notion that starch is bad for you on its head. The *Starch Solution* is based on a simple swap: fueling your body primarily with carbohydrates rather than proteins and fats. This will help you lose weight and prevent a variety of ills.
368 pages \$18.99 softcover

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

You can place orders by fax (519-743-3840), phone (519-743-1151 x119)

THE WATERLOO SCHOOL FOR
COMMUNITY DEVELOPMENT

PRESENTS

THE 3RD ANNUAL
SUMMER
INSTITUTE
IN GRASSROOTS SUSTAINABILITY

August 1st - 3rd 2018

**Fresh Ground | 256 King Street East
Kitchener, Ontario**

The Summer Institute is a set of workshops designed by The Working Centre staff that is geared to describing the philosophy and skills that enable The Working Centre to walk the fine line of rooting themselves in community while remaining responsive, reflective, and guided by virtues.



■ **WEDNESDAY AUGUST 1ST | 7PM - 9PM**

Join us the Fermented Thoughts evening with Mary Berry for a discussion about her father's work exploring the connection between land, people, and community. Cost is \$25 per person includes food and drink.

This year we are pleased to welcome **Mary Berry**, Founder and Executive Director of **The Berry Center** in New Castle, Kentucky



■ **THURSDAY AND FRIDAY WORKSHOPS**

Workshops include: The Working Centre as an Eco-system, Nurturing Local Culture through Community Tools, Addressing Bureaucratic Barriers, a Philosophy in the Pub Night focusing on emergence, effectuation and placemaking, Tour of St. John's Kitchen Hub, and the Nuts and Bolts of an Alternative Organization.

Cost for the Summer Institute is \$250 per person. There are only a few spaces left! To register or for more information, connect with us at:

waterlooschool@theworkingcentre.org

www.theworkingcentre.org/summer-institute/725

Emergent Thinking • Personalist Practices • Local Democracy

THE SECOND
**DAILY
CIRCUS**

**WEDNESDAY AUGUST 1ST 2018
9AM - 5PM | FRESH GROUND
256 KING STREET EAST | KITCHENER**

Join us for a day-long gathering of friends, food, and clarification of thought engaging the work of Wendell Berry

*Lunch is provided by The Working Centre
Suggested payment is \$10*

Space is limited - please RSVP
waterlooschool@theworkingcentre.org

Presented by the Waterloo School
for Community Development



Expanding Urban Agriculture

continued from page 5

Building, Water Management, Fruit Trees, Seeds and Seedlings, Composting, Pollinators and Insects, Sustainable Food Systems and more. The public is welcome to join these sessions at the Hacienda each Friday afternoon through the summer.

The Hacienda Sarria Market Garden is an example of the kind of imagination that is necessary to stretch the idea of growing and consuming more local vegetables. Look around and see other projects and initiatives that are taking root throughout Waterloo Region. Join in the work of expanding urban agriculture in its many forms.

Diploma in Local Democracy

A healthy democracy cannot depend solely on formal mechanisms of checks and balances. A healthy democracy needs a strong democratic culture. It needs a base where everyday relationships are themselves democratic

The Diploma in Local Democracy is designed to engage people from all walks of life to expand their democratic knowledge. It teaches the skills of identifying the best and worst of democratic relations in community groups, workplaces and wherever humans cooperate together. Local democracy is the foundation of democracy. Without this base, without local democracy, our larger democracy suffers.



11th Course starts on Wed January 9th 2019

For more information:

waterlooschool@theworkingcentre.org

www.theworkingcentre.org/diploma-local-democracy/188