

# GOOD WORK NEWS

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

Issue 140

March 2020

Subscription: A Donation Towards our Work

## Inside This Issue:

- 33rd Annual Mayors' Dinner Saturday March 28th 2020
- Responding to A Growing Homeless Situation
- Climate Change Complexity
- Building Water Street House
- Remembering Merv Villemaire
- Books for Sustainable Living
- Diploma in Ecological Economics
- Agrarian Values at Hacienda Market Garden & CSA Shares



## Frances Westley

*"Times of great complexity offer the possibility of transformation"*

- from Getting to Maybe



## Responding To A Growing Homeless Situation

By Joe Mancini

A major cold snap and snow storm was forecasted on Monday Nov 11, 2019 and for a third year in a row there were few overnight options for people without housing, with the Kitchener shelters at capacity. Once again we were facing a cold November while significant numbers of people had no chance of finding shelter.

Over the fall, a survey by Working Centre outreach workers and Specialized Outreach Services had identified 263 people who were homeless or at risk living near the downtown. Of that group 66% (175 people) were both homeless and dealing with concurrent issues of addictions and mental health. This is reflected in the fact the Charles Street Men's Shelter operated by House of Friendship has consistently been at full capacity (51 beds) since the summer of 2018, which meant that in September 2019 alone, they had to turn away 193 different people who were seeking shelter, because they were full.

### Setting Up at St. Mary's

The Region's Overflow Shelter was not scheduled to open until Nov 25th despite the ongoing snow and cold. This seemed to be an intolerable situation with so many people left camping, sleeping in doorways or finding a couch somewhere. As the snow whipped up and the temperature dropped to -10°C, phone calls were made to see if a temporary shelter could be found. Fr. Toby Collins, CR, from St. Mary's Roman Catholic Church answered

*Over the fall, a survey by Working Centre outreach workers and Specialized Outreach Services had identified 263 people who were homeless or at risk living near the downtown. Of that group 66% (175 people) were both homeless and dealing with concurrent issues of addictions and mental health.*

the call and offered the church hall as a temporary warming site.

The Working Centre crew quickly went to work. Blankets and pillows seemed to just show up. The Foodbank of Waterloo Region sent snack foods, juices and fruits. Church groups made sandwiches. Organizations from the Inner City Health Alliance - the House of Friendship, Kitchener Downtown Community Health Centre, Centre for Family Medicine, Ray of Hope and Sanguen offered staff. Each night we needed a total of 12 workers - a daunting task without a regular team. The cooperation was amazing.

St. Mary's Church has already been increasing its capacity to support those marginalized in downtown Kitchener and they already had plans to renovate the basement hall with a new kitchen, washrooms and durable flooring. After Nov 11th, this plan accelerated with the parish team and parishioners becoming fully immersed. The first night over 50 people used the space and by

continued on page 5

## Climate Change & Sustainability

Frances Westley, J.W. McConnell Emeritus Professor of Social Innovation, University of Waterloo will host the 33rd Mayors' Dinner focusing on the work of developing sustainable practices in the midst of rapid acceleration of climate change.

Frances brings four decades of research and community organizing around social innovation, sustainable development, strategic change, visionary leadership and inter-organizational collaboration.

As Host of The 33rd Mayors' Dinner, Frances will share a message of challenge and hope, highlighting the work being done at the grassroots in Waterloo Region. What is the role of civil society to meet the challenge of climate change?

Read more about the Mayors' Dinner on Page 3

## Thank You to Waterloo Region Crossing



On Saturday February 8th at 6:00 am, in -8 C weather, 110 people started the 65 Kilometer walk across Waterloo Region from Cambridge to West Montrose in support of The Working Centre's Water Street House



## DIPLOMA IN ECOLOGICAL ECONOMICS

*Finding the roots of economy in community and nature*

Read more about our new learning series on Page 6

## Thirty Sixth Year

Issue 140

March 2020

# 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

**Contributors:** Kyle Murphy, Isaiah Ritzmann, JP Smola, Frances Westley, Adam Kramer, Rachael Chong, Rebecca Mancini, Kiegan Irish, Andy Macpherson, Tom Friesen, Nancy Bird, 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](mailto:kara@theworkingcentre.org)

Web: [www.theworkingcentre.org](http://www.theworkingcentre.org)

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**Dave Berry Kathryn  
Jaworsky Vrbanovic McGarry**

The Mayors of Waterloo, Kitchener and Cambridge invite you to celebrate the

## 33<sup>rd</sup> Annual Mayors' Dinner

*with special host Frances Westley*

**Climate Change and Sustainability**

Teaching Our Children | Welcoming Refugees  
Growing Our Own Food

## Saturday March 28th, 2020

Marshall Hall, Bingemans, Kitchener

Cocktails and Auction Preview: 5:30 pm

Dinner: 6:45 pm

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

To purchase tickets and for more details

call (519) 743-1151x154

or [mayorsdinner@theworkingcentre.org](mailto:mayorsdinner@theworkingcentre.org)

You can purchase tickets online at

[www.theworkingcentre.org/dinner](http://www.theworkingcentre.org/dinner)

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



## Waterloo Crossing 2020

This is the third year that Waterloo Region Crossing has inspired trekkers to walk **65 kilometers** in one day in snowy, cold winter conditions. Waterloo Region Crossing not only raises money but it helps the walkers to reflect on the kind of endurance of people who are homeless must have. The walk reflects on the reality of those without shelter who each day contend with winter weather while not having a regular place to sleep or a way to keep warm.

The Working Centre thanks Tessa, Ashley and Dave for turning Waterloo Region Crossing into an annual event that raises **up to \$40,000** towards affordable housing.



[www.waterloocrossing.com](http://www.waterloocrossing.com)



**QUEEN STREET  
COMMONS  
CAFÉ**

**FRESH ROASTED COFFEE**

**VEGETARIAN MENU**

**FRIENDLY ATMOSPHERE**

**Come see our recent renovations and upgrades!**

Queen Street Commons Café is hosted with the help of volunteers, inviting people into reciprocal relationships and working to build respect, inclusion and conversation. We invite people to enjoy our affordable, vegetarian home-style meals, snacks, desserts, and fresh-roasted coffee. Meals served at the café are prepared daily by workers at Maurita's Kitchen.

**43 Queen Street South in Kitchener**

**Monday - Friday: 8:30am - 9pm | Saturdays: 10am - 4pm**



## Climate Change Complexity Pathways To A New World

By Frances Westley

For many people, in our community, the idea of dealing with the potential consequences of climate change is both frightening and overwhelming. The threat is real, but its very complexity makes it hard to tackle, hard to address. What can we do to protect ourselves, our children and the places that we love and want to preserve?

For many years, the Waterloo Institute for Social Innovation and Resilience has been exploring what we, as individuals and communities, can do to address complex issues. Some of our work was summarized in the concept of *Getting to Maybe*, and the idea that while change in the face of such challenges as climate change is not in itself an ordered and predictable process, it is nonetheless possible and we are surrounded by groups and individuals who have taken on such challenges and won.

*Getting to Maybe* is about acting deliberately and intentionally in a complex and uncertain world by virtue of being in and of that world. For as the social innovators we chronicle climb each mountain of maybe and reach the summit of realized possibilities, a new mountain of maybe inevitably becomes visible in the distance.

The examples we studied, through multiple conversations with social innovators in most cases and careful study of autobiographies in others revealed an archetypal narrative that goes something like this. Some active caring person becomes increasingly distressed by some problem (HIV/AIDS), injustice (racism), or situa-

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tion (gang violence). That person decides that something must be done. The impossibility of things staying as they are gives birth to the possibility of change – what we’ve called getting to maybe – and that moment of recognition and birth is the beginning of the social innovation journey.

By determining to take action this person becomes what we’ve come to call a social innovator. The cases we studied suggest that those who are ultimately successful begin their journey by more fully understanding the situation and the system that is the source of their discontent. As they observe, think, analyze, ponder, they also act. They look at where they are, who they are, where they might find allies and what scope of change is needed, and in so doing, they encounter the entrenched powers that benefit from and hold in place the existing system – the very system they want to change. That encounter with “powerful strangers” helps them discover, re-frame and unlock critical resources

Then the pace often picks up, sometimes dramatically, as our social innovators find themselves

in flow, in sync with others, moving rapidly forward in unexpected and unpredictable, even previously unimaginable ways. They thought they were looking for something and suddenly find that it has found them. “Maybe” suddenly has the feel of “will be” or “must be.”

But remember, this is a story of nonlinear dynamics and the unexpected – it does not unfold smoothly. New barriers emerge. Threatened powers fight back, for they too see what may be coming, and they don’t like it. Resistance is aroused. Things start falling apart. The premise that things will likely get worse before they get better becomes fact, not theory. Doubt surfaces, grows, overwhelms – well almost. It certainly feels that way. In this phase of the journey, the social innovator has descended unsuspecting into what we call “cold heaven”.

Then, sometimes at the darkest moment), “hope and history rhyme”. What seemed like a local, personal social quest suddenly connects with larger forces. It turns out that the timing is right, the moment has come, not through planning, not through rational goal setting, not through careful management and forceful control, but by being in the right place at the right time: a historical moment made conscious and intentional (not simply accidental or serendipitous) by the prepared mind. Intentionality joins possibility joins historical forces and becomes, in the words of poet Seamus Heaney, “the outcry and the birth-cry

of new life at its term.” In our words, social innovation has succeeded.

Looking back, the social innovator has a sense that a door opened – however briefly. At the beginning there could be no certainty that the door would open. Still it opened. Knowing it had opened, seeing it open, having the will to move through it was made possible by intentionality, the consciousness that comes from paying attention to real-world dynamics, and the vision of the possible.

This year at the Mayors’ Dinner, we will look squarely at the likely consequences of climate change for the Kitchener Waterloo area. Despite our best efforts to reduce emissions and energy use, we are likely to experience not only climate warming, but also an influx of climate refugees, that will fundamentally challenge our notion of community. However, there is time to prepare and if we use that time well, we can meet that challenge. The world as we know it will change, but that change need not be catastrophic and can, maybe, augment our humanity and enrich our experience of community.

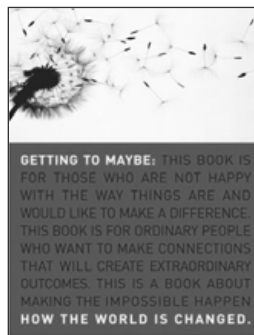
*The sections above are copied (with minor modifications) from Westley, Zimmerman and Patton, 2006, Getting to Maybe; how the world is changed. Random House, Toronto*



Frances Westley will be the special host at the 33rd Annual Mayors’ Dinner on March 28th, 2020

## Getting to Maybe

by Frances Westley, Brenda Zimmerman, and Michael Patton



Many of us have a deep desire to make the world around us a better place. But often our good intentions are undermined by the fear that we are so insignificant in the big scheme of things. We tend to think that great social change is the province of heroes - an intimidating view of reality that keeps ordinary people on the couch. But social change is about harnessing the many forces around us. The trick in any great social project is to stop looking at the discrete elements and start trying to understand the complex relationships between them. Getting to Maybe studies real-life examples of social change through this systems-and-relationships lens, teasing out the rules of engagement between volunteers, leaders, organizations and circumstance.

272 pages | \$22.00 softcover



## Workshops at Fresh Ground

We invite you to join us for a weekly discussion where we explore the ways that each of us can take action and help to create a hopeful and regenerative future. Come and swap ideas, gather resources, and build solidarity and creativity as we sort through these complexities. All are welcome!

256 King Street East in Kitchener

**May 7th** | *Introduction & Lament for a world lost and Reflections on a way forward*

**May 14th** | *Food as Ecology and Nourishment: Regeneration, Reconnecting to Soil and the Outdoors*

**May 21st** | *Getting Around the Slow Way: Transportation, Community Bonds, Changing our Relationship to Space*

**May 28th** | *We have Plenty, Now How Do We Share: Changing the conversation around buying habits*

If you are interested in participating, please send us an email to:

[freshground@theworkingcentre.org](mailto:freshground@theworkingcentre.org)

# BUILDING WATER STREET HOUSE

**June 2018**  
Purchase of property

**Sept 2018**  
Closing of property

**Oct 2018**  
Property planning begins

**March 2019**  
Submission of site plan agreement

**April 2019**  
Submission of building permit documents

**July 2019**  
Structural repair permit

**Sept 2019**  
Site Plan approval & building permit issued; Excavation of new foundation

**Dec 2019**  
Building mostly closed in

**Feb 2020**  
Interior electrical, plumbing, HVAC, drywall & painting ongoing

**April 2020**  
Anticipated completion

## About Water Street House

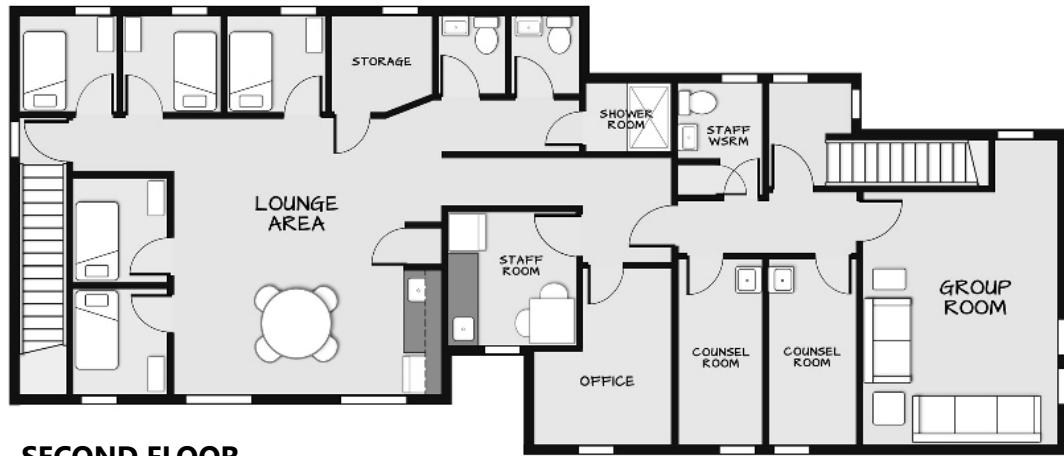
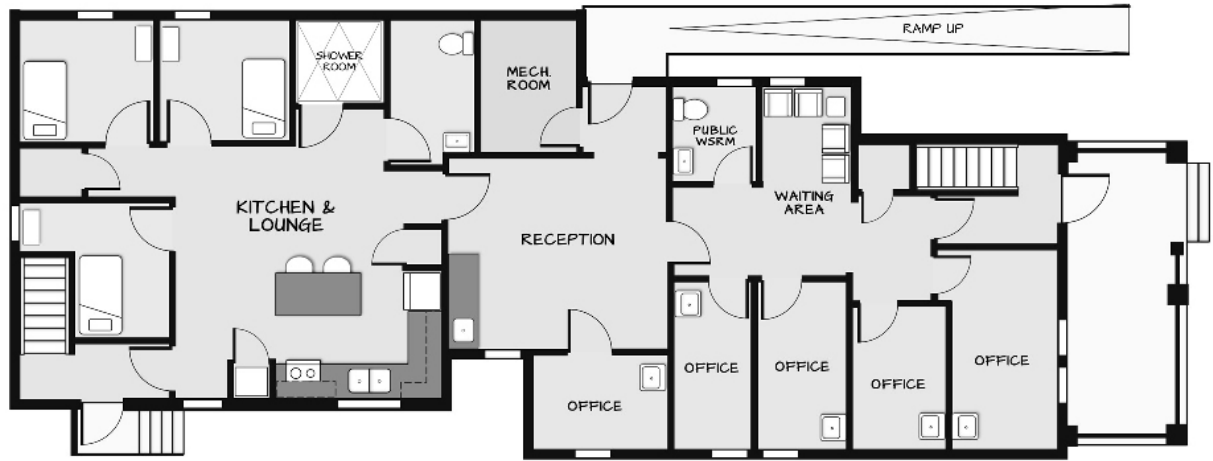
After renovations are completed, **our goal is a place of inclusion, welcome, and support** for people who use substances. It will be a place of rest, where people can access harm reduction supports, primary health care, and a relationship-based approach to mental health and addiction supports.

There will be 3 beds for police drop-off, 3 beds that align to hospital care for those using injectable drugs unable to stay in hospital for treatment, and 2 respite/rest beds.

The house will offer meals, showers, and a relationship-based model of service for those unable to access mainstream supports. It will have a common space and provide integrated housing/respite opportunities, washrooms, showers, laundry.

There will be space for primary health care, mental health and addictions supports.

We envision peers with lived experience who will support house activities along with healing groups like CBT groups, drum/teaching/sharing circles.



**ARE YOU THE ONE?**

Addiction is a complex issue. United Way WRC knows it takes collaboration and innovation to best serve the community and support those using substances. That's why we created the Addressing Addictions Fund. This fund supports local services helping individuals living with addictions in Waterloo Region.

We are proud to show our #LocalLove through support for the Inner City Health Alliance.

**United Way**  
Waterloo Region  
Communities

Proudly supporting:

**Water Street House**  
Building new supports towards recovery.

## A Place of Healing

By Stephanie Mancini

A project of the Inner City Health Alliance, sponsored by The Working Centre, the Water Street House will form an important component of our growing web of access to healthcare supports for people who are homeless or who are at risk of homelessness. One harsh reality of homelessness and intravenous drug use is the rampant infections that can take over the body. A small wound quickly accelerates, long-term untreated infections invade the body. These infections often require 6 weeks to 3 months of treatment. Hospital environments are not a suitable environment for this treatment - what is required is a harm reduction response, with active support, rest and nutrition, in a place where people feel welcome.

This is a resilient group who face severe illness and infection stoically. It is not unusual to watch a wound get reinfected over and over again, with little hope of healing the wound. One young man has a severe wound on the back of his neck, treated daily by our collaborative teams. He is isolated and alone in a hotel room, trying and often failing to stay away from drugs. His wound has to heal before he can access a treatment program, but the drugs are an easy way to avoid the pain and irritation of the infection. The drugs only encourage picking at the wound, which deepens the infection. Water Street will offer a potential place of healing, where we can support medical treatment, watch movies together, eat healthy meals, and perhaps help to shift drug seeking behaviours.

This story is repeated over and over again, varied to different situations. Motels and shelters are an ineffective place for healing, and we look forward to the integrated interim housing and health care opportunities of the Water Street House.

# Responding To A Growing Homeless Situation

continued from page 1

the second night there were almost 100.

Over two weeks, between Nov 11 and Nov 24 there were 240 different people who came to the St. Mary's Warming Centre. The 240 people who used St. Mary's are for the most part the same people described in the Downtown Survey numbers.

It is clear that the number of people facing homelessness has grown substantially over the last four years. Affordable housing units are not being built; at the same time units are being lost to gentrification. Meanwhile the cost of renting has almost doubled. The widespread availability of crystal meth, opioids and cocaine is also a factor. Those caught in the web of these drugs often lose the ability to maintain either their mental health or any kind of a housing situation.

The St. Mary's Warming Centre demonstrated that a barrier free option supported the wider group of people who are unable to access shelters or who have behaviour issues that don't work in the shelter setting.

## Moving to the Tim Hortons

Sunday November 24th was the last night for the St. Mary's Warming Centre. The YW Overflow at St. Mary's was opening the next night but their stated capacity was 45. The numbers were not adding up. The former Tim Horton's at Frederick and Lancaster was open to accommodating us. We signed a one-month lease to provide shelter and learn more about a barrier free shelter. During the day on Monday we quickly got it ready to be a drop in that evening.

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And what a lot we learned, as we welcomed people without questions, helped them to connect to available shelter beds where possible; if they chose to stay we offered a mat/blanket/pillow and some floor space in the Drop-In. We are working to understand why some folk choose not to access formal Shelter spaces, so we decided to offer as few restrictions as we could, providing open space and welcome. We continued to listen. If people were coming to sleep on the floor of an old Tim Horton's, what was making them feel welcome? What was holding them back from other shelter options? What could we learn about true equity? How can we make shelter options available to people who are living outside, who are couch surfing, who are not able to choose existing shelter options, in spite of the great challenges they face?

We have only begun this learning, as we listen actively. How do we make it possible for people to come inside during the winter months, to remain connected in community,

to access shelter and health care in ways that allow them to be as well as they can be?

While hosting the drop in, we stayed in constant dialogue with the Region of Waterloo, the House of Friendship and the Inner City Health Alliance to assess the situation. People who came to the Tim Hortons Drop In were often not suited for shelters and are not only unhoused but significantly unwell dealing with concurrent disorders or mental health and crystal meth/opioid drug use. It was clear many had histories of trauma, self-medication, and psychosis. This is not about personal choice, but the intersection of complex challenges and vulnerabilities.

The Region of Waterloo often stated that there was capacity in the shelter system. However, this was a technicality for two reasons. Most of these beds were in Cambridge and we had learned that it was just not feasible for people to travel to Cambridge each night, nor was it likely, even if we offered to drive. Also, there are many people who cannot access the shelters because of past behaviours. Together this large group was a greater number than the number of beds available.

The four weeks at Tim Hortons was a meaningful time of piecing together an overnight drop in. Not only did we provide a place of warmth, food and a friendly caring environment but also a spirit of collegiality grew among the workers and volunteers who felt like they were doing the work the city needed them to do. Working together to provide an alternative drop-in generated commitment and solidarity that will be remembered for a long time. The effort included not only the welcoming drop-in but also the moving and procuring of food and snacks, the washing of the blankets, the maintenance of the Tim Horton's space, and the daily cleaning.

Our decision to close on Dec 19th recognized that the holidays were coming and the lease would soon end. Averaging 90 people a night was more than the space could handle. In order to make the closing acceptable, we helped encourage some changes such as the YW Overflow space increasing their capacity to 60 beds. We were working with 50 - 70 youth consistently at St. Mary's and Tim Hortons. The Region of Waterloo agreed to fund OneROOF to open 25 more beds as an overflow for youth. We also worked to get shelter restrictions lifted on individuals.

We were able to support a number of people into motels who were most unwell and unable to access shelter.

It was an inadequate solution to a complex problem. With the closing, we once again saw increased numbers of people crashing apartments.

We continue to have discussions about the need for a night-time Drop-In space (should this be at St. John's Kitchen?), while also encouraging the Region to think of increased Shelter capacity and a spectrum of options for shelter that meet different needs. When people are not sleeping, when they face the disruption of looking for a warm space every night, when they spend time outside – this all makes people more unwell, physically and mentally, and encourages self-medication through drug use.

This work has underlined the importance of The Water Street House which is designed to support people with hospitality and medical support. But the need for shelter is greater still. Where are these 100-150 people to go for support when they are so unwell, often captured by powerful drugs, dealing with wounds and medical issues, struggling every night in the cold?

The long term answer is building affordable housing, but this takes time. In the meantime, we need to be focused on shelter and rest.

## Coffee for St. John's Kitchen



For over 12 years Gold Roast Coffee has been generously donating coffee to St. John's Kitchen. They supply us with our giant coffee maker that can accommodate the large demand of our 300+ coffee loving community. As is the case in Kitchener, hard water and regular heavy use means that our machine breaks down from time-to-time. When it does, Bruce and his team are always quick to respond!

We so deeply appreciate the years of quiet support that Bruce Cutting and the team at Gold Roast have been to us. They give generously of their time and resources asking for nothing in return. It is such partners that keep St. John's Kitchen going.

Three cheers to y'all at Gold Roast!



## NO COST EYE CLINIC

### THURSDAYS AT THE WORKING CENTRE

58 Queen Street South in Kitchener

For people living on a low income

For more information, or to make an appointment, call **519.743.1151 x101**

OFFERED THROUGH A PARTNERSHIP OF



UNIVERSITY OF WATERLOO

SCHOOL OF OPTOMETRY & VISION SCIENCE

A PROJECT OF THE INNER CITY HEALTH ALLIANCE



INNER CITY HEALTH ALLIANCE

# Remembering Merv Villemaire

## 1927 - 2019

By Joe Mancini

Merv Villemaire was a long-time supporter of The Working Centre's determination to provide community service with minimal bureaucracy. Merv died in early January at the age of 92. I first encountered Merv in the early days of Tri-Tech Recycling – a recycling project started by The Working Centre in 1988. He arrived unannounced early one morning with Mayor Cardillo at his side. All around us were the tons of cardboard, fine paper and other recycling that were spilling out onto the drive-up loading area. Merv was the landlord's lawyer and he had come to tell me in no uncertain terms that we had to have a plan to keep the recycling inside the warehouse.

Merv did not pretend that our use of the parking lot for storage was acceptable, but he understood our dilemma. He had long been a City and Regional Councillor and knew the importance of recycling initiatives. The amount of recycling continued to overwhelm the warehouse space, no matter how many phone conversations we had. The problem only went away with the forced closing of Tri-Tech during the recession of 1991. Yet, we had managed to develop a good relationship with the landlord. Most likely it was Merv in the background convincing us to clean up enough to be respectful and at the same time convincing the landlord not be too hard on us.

Seven years later, Merv became The Working Centre's lawyer when we were in a position to purchase 43 Queen South for a price that was less than \$200,000. It took a family of Villemaires from John Villemaire, Rita Levato and Merv to help make it possible. Merv offered to do all the legal work associated with the purchase as a donation. That became an ongoing offer and Merv became an integral part of helping The Working Centre purchase buildings. When issues came up, Merv's understanding



of law was priceless. When he was in your corner, you knew he had an answer and every base covered.

Merv's Catholic faith inspired him. He made the most of his opportunity to study at St. Michael College and graduated from Osgood Hall as a lawyer. Opinionated but humble, Merv started most days by going to mass, his focused way of rooting each day in his faith. Merv was a close friend to his hockey star cousin Ted Lindsay. Their shared Northern Ontario roots gave them both a fire that was directed at contributing to the common good in their daily work.

Over time, Merv handed The Working Centre file over to Gary Keller, a partner at Sorbara Law, who has generously continued to follow the example that Merv started. The Working Centre building purchases have become more complicated, and Gary has been as committed as Merv in providing the best quality support pro bono. This ongoing gift has been so important to help build The Working Centre community.

In the last couple of years Merv was more likely to phone on Boxing Day to arrange a visit for a donation that he liked to give personally. Then we would continue our long ongoing conversations about new books, social issues, Jean Vanier and Catholicism. We are grateful for this beautiful friendship forged over many years.

## Walter John "Wally" Kaczmarzyk

April 6, 1943 - November 29, 2019

*Street Musician • Pool Shark • Queen Street Commons  
Cafe Piano Player • Kitchener Downtown Fixture*



Illustration by  
Andy Macpherson

# COMMUNITY LEARNING



**DIPLOMA IN  
ECOLOGICAL  
ECONOMICS**

*Finding the roots of economy in  
community and nature*

The Working Centre is excited to announce a new pilot program launching this spring: **The Diploma in Ecological Economics.**

This community-based class explores the critical question: can we have an economy that meets human needs while at the same time being in harmony with nature? Since the early 1980s the

Working Centre has sought to reflect on our wider economic and ecological contexts while responding in small, creative, personal ways to the needs of people in our community, weaving communities of support around access to tools in downtown Kitchener. We have asked ourselves: how do we build community, live sustainably, and meet human needs at the same time?

The traditional wisdom of the world recognized that what keeps us alive and happy is ultimately the gifts of the earth. Human beings are to use such gifts responsibly or forfeit them. Our first economics was, therefore, ecological. In the past centuries a different economics has emerged focused on dollars, machines, and the need for growth to create jobs. Such an economics has forgotten its foundation in and its responsibilities to the earth.

In this class we will share our own experiences with nature & the economy and connect our stories to larger ideas explored by economists and ecologists. We will seek to connect personal stories of our experience with the economy and consider what alternatives could evolve. The class will both give an introduction to the key concepts of ecological economics and be a practical forum for discussing personal action. This class is open to everybody, no previous knowledge of the topic is needed.

**SUMMER  
INSTITUTE**  
IN GRASSROOTS SUSTAINABILITY

The **Summer Institute** is a set of workshops designed by 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.

Join us for the **5th annual Summer Institute**  
July 29th - 31st 2020

Emergent Thinking • Personalist Practices • Local Democracy



FOR MORE INFORMATION ON THESE PROJECTS

[waterlooschool@theworkingcentre.org](mailto:waterlooschool@theworkingcentre.org)

519.743.1151 x175

# BOOKS FOR SUSTAINABLE LIVING

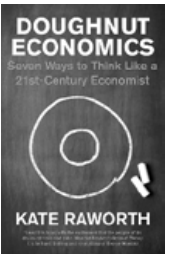
You can place orders by phone (519-743-1151 x111), or by visiting [catalogue.theworkingcentre.org](http://catalogue.theworkingcentre.org)



## For the Common Good Redirecting the Economy toward Community, the Environment, and a Sustainable Future

*Herman Daly and John B Cobb*  
Daly (economist, the World Bank) and Cobb (philosophy, Claremont Graduate School) expose the outmoded abstractions of mainstream economic theory. They conclude, in particular, that economic growth—the prevailing yardstick for measuring economic success—is no longer an appropriate goal as energy consumption, overpopulation, and pollution increase. Instead, they propose a new measure for the economy—the Index of Sustainable Economic Welfare.

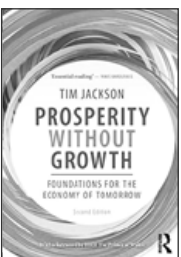
544 pages | \$44.00 softcover



## Doughnut Economics Seven Ways to Think like a 21st Century Economist

*Kate Raworth*  
Sets out seven key ways to reframe our understanding of what economics is and does. How we can break our addiction to growth; redesign money, finance, and business to be in service to people; and create economies that are regenerative and distributive by design. Raworth handpicks the best emergent ideas—from ecological, behavioral, feminist, and institutional economics to complexity thinking and Earth-systems science—to address this question: How can we turn economies that need to grow, whether or not they make us thrive, into economies that make us thrive, whether or not they grow?

384 pages | \$ 24.95 softcover

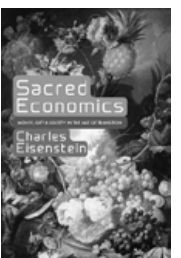


## Prosperity without Growth Foundations for the Economy of Tomorrow

*Tim Jackson*  
What can prosperity possibly mean in a world of environmental and social limits? *Prosperity without Growth* was a landmark in the sustainability debate, challenging conventional economic goals: the continued pursuit of exponential economic growth. Its findings provoked controversy, inspired debate and led to a new wave of research building on its arguments and conclusions. In this updated and revised edition, Jackson demonstrates

that building a 'post-growth' economy is a precise, definable and meaningful task. He sets out the dimensions of that task: the nature of enterprise; the quality of our working lives; investment and money supply. Can the economy of tomorrow protect employment, facilitate social investment, reduce inequality and deliver both ecological and financial stability?

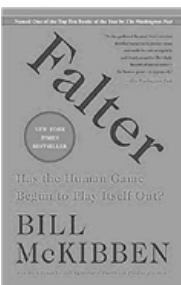
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## Sacred Economics – Charles Eisenstein Money, Gift, and Society in the Age of Transition

*Charles Eisenstein*  
Sacred Economics traces the history of money from ancient gift economies to modern capitalism, revealing how the money system has contributed to alienation, competition, and scarcity, destroyed community, and necessitated endless growth. Today, these trends have reached their extreme - but in the wake of their collapse, we may find great opportunity to transition to a more connected, ecological, and sustainable way of being. Eisenstein also considers the personal dimensions of this transition, speaking to those concerned with "right livelihood" and how to live according to their ideals in a world seemingly ruled by money.

496 pages | \$26.95 softcover

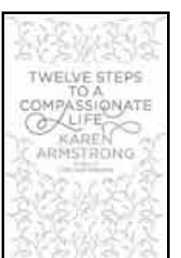


## Falter Has the Human Game begun to Play Itself Out

*Bill McKibben*  
Climate change shrinks the space where our civilization can exist, new technologies like artificial intelligence and robotics threaten to bleach away the variety of human experience. Falter tells the story of these converging trends and of the ideological fervor that keeps us from bringing them under control. And then, drawing on McKibben's experience in building 350.org, the first truly global citizens movement to combat climate change, it offers some possible ways out of the trap. We're at a bleak moment in human history -- and we'll either confront

that bleakness or watch the civilization our forebears built slip away. Falter is a powerful and sobering call to save our planet and our humanity.

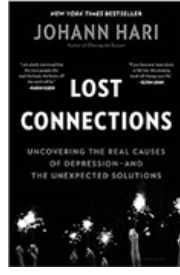
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## Twelve Steps to a Compassionate Life

*Karen Armstrong*  
Karen Armstrong believes that while compassion is intrinsic in all human beings, each of us needs to work to cultivate and expand our capacity for compassion. Here, she sets out a program that can lead us toward a more compassionate life. The twelve steps Armstrong suggests begin with "Learn About Compassion" and close with "Love Your Enemies." She suggests concrete ways of enhancing our compassion and putting it into action in our everyday lives, and provides, as well, a reading list to encourage us to "hear one another's narratives."

240 pages | \$18.50 softcover



## Lost Connections Why You're Depressed and How to Find Hope

*Johann Hari*  
When Johann was a teenager, he had gone to his doctor and explained that he felt like pain was leaking out of him, and he couldn't control it or understand it. Some of the solutions his doctor offered had given him some relief - but he remained in deep pain. As an adult, he went on a forty-thousand-mile journey across the world to interview the leading experts about what causes depression and anxiety, and what solves them. He learned there is scientific evidence for nine different causes of depression and anxiety - and that this knowledge is about how we connect to one another. Read about ground breaking research on moving past depression.

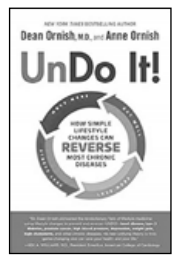
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## The High Price of Materialism

*Tim Kasser*  
A scientific explanation of how our contemporary culture of consumerism and materialism affects our everyday happiness and psychological health. Other writers have shown that once we have sufficient food, shelter, and clothing, further material gains do little to improve our well-being. Kasser goes beyond these findings to investigate how people's materialistic desires relate to their well-being. He shows that people whose values center on the accumulation of wealth or material possessions face a greater risk of unhappiness, including anxiety, depression, low self-esteem, and problems with intimacy -- regardless of age, income, or culture.

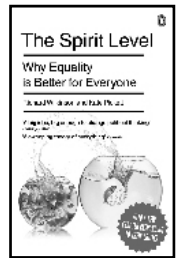
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## Undo It! How Simple Lifestyle Changes Can Reverse Most Chronic Diseases

*Dean Ornish, M.D., Anne Ornish*  
Dr. Ornish's lifestyle medicine program for reversing chronic disease have consistently achieved bigger changes in lifestyle, better clinical outcomes, and greater adherence—based on forty years of research published in the leading peer-reviewed medical and scientific journals. This landmark book presents a simple yet powerful unifying theory explaining why these same lifestyle changes can reverse so many different chronic diseases and how quickly these benefits occur. *Eat well:* a whole foods, plant-based diet naturally low in fat and sugar. *Move more:* moderate exercise such as walking, *Stress less:* including meditation and gentle yoga practices, *Love more:* how love and intimacy transform loneliness into healing.

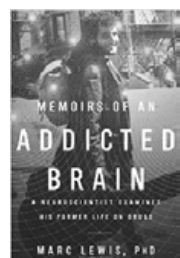
528 pages | \$40.00 hardcover



## The Spirit Level Why Equality is Better for Everyone

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

368 pages | \$26.50 softcover



## Memoirs of an Addicted Brain A Neuroscientist Examines His Former Life on Drugs

*Marc Lewis*  
Our minds are governed by a cycle of craving what we don't have, finding it, using it up or losing it, and then being driven by loss, need, desire, or insecurity to crave it all the more. This cycle is at the root of all addictions: addictions to drugs, drink, cigarettes, sex, love, soap operas, wealth, and wisdom itself. But why should this be so? Why are we so driven, often at great cost to ourselves? Dr. Marc Lewis is a distinguished neuroscientist and was a drug addict, dependent on a long series of dangerous substances. This is the story of his journey, seen from the inside out.

336 pages | \$20.95 softcover



## How Much is Enough Money and the Good Life

*Robert Skidelsky and Edward Skidelsky*  
In 1930 the great economist Keynes predicted that, over the next century, income would rise steadily, people's basic needs would be met and no one would have to work more than fifteen hours a week. Why was he wrong? Robert and Edward Skidelsky argue that wealth is not - or should not be - an end in itself, but a means to 'the good life'. Tracing the concept from Aristotle to the present, they show how far modern life has strayed from that ideal. They reject the idea that there is any single measure of human progress, whether GDP or 'happiness', and instead describe the seven elements which, they argue, make up the good life, and the policies that could realize them.

256 pages | \$21.99 softcover

# Ecology and Place: Agrarian Values at Hacienda Market Garden

by Adam Kramer

For those of us whose livelihoods are tied to the seasons, winter, while far from idle, is a time for reflection, planning, learning, and rest. Our last season bore many hallmarks of success: 150 share members receiving weekly allotments of the harvest; 6 engaged and hardworking interns labouring alongside multitudes of engaged and hardworking volunteer gardeners; a 7% increase in crop yields; reduced weed and watering pressures as the result of years of diligent work and honing our craft; a season characterized by abundance and delight though not without trials and misfortunes.

Indeed, we have begun describing most seasons as “average” - reflecting that when conditions disavour one aspect of our work, they tend to favour another, and, while great care is practiced in managing our relationships with people and with the land, most things tend to work out in the end (even when they don't). But describing our work as average belies its complexity and rather exceptional nature!

Consider Wendell Berry's list of agrarian values and characteristics,

which are found in the introduction to his latest work, “*The Art of Loading Brush*”. As you read them, consider how they are reflected in your own life and how pertinent they may be in an era typified by change and uncertainty.

1. *An elated, loving interest in the use and care of the land.*

2. *An informed and conscientious submission to nature.*

3. *The wish to have and to belong to a place of one's own, as the only secure source of sustenance and independence.*

4. *A persuasion in favor of economic democracy; a preference for enough over too much.*

5. *Fear and contempt of waste of every kind, and its ultimate consequence in land exhaustion.*

6. *A preference for saving rather than spending.*

7. *An assumption of the need for a subsistence or household economy.*

8. *An acknowledged need for neighbors, and a willingness to be a good neighbor.*



Hacienda Sarria Market Garden is located at 1254 Union Street in Kitchener

9. *A living sense of the need for continuity of family and community life.*

10. *Respect for work, and (as self-respect) for good work.*

11. *A lively suspicion of anything new, contradicting the ethos of consumerism and the cult of celebrity.*

As we work to nurture human relationships within our community, while navigating the relationship between human industry and the natural world, our garden is a place where these values, rooted in ecology and place, are lived and practiced with all their complexity, messiness, and nuance. Another chance to explore them will soon be upon us, since spring will be here before we know it!



**Hacienda Sarria  
Market Garden**

*The Working Centre's Hacienda Sarria Market Garden is a volunteer driven community enterprise that demonstrates, promotes, and shares knowledge about sustainable food production.*

Lean more at:  
[theworkingcentre.org/hacienda](http://theworkingcentre.org/hacienda)

## CSA SHARES ARE AVAILABLE!



**Community Supported Agriculture** is a model of food production that connects farmers directly with the people who eat the food they grow. Members purchase a share in the harvest and are treated to fresh, locally-grown vegetables in season each week.

Order your share now to receive your items weekly from mid-June until the end of October. Purchasing a share directly supports the work of our projects and community!

### Vegetable Share

Enjoy delicious local produce direct from the Hacienda Sarria Market Garden. We harvest your vegetables fresh - usually within 24 hours of delivery!

### Fair Trade Organic Coffee Share

Enjoy delicious fair trade organic and single origin coffee that is freshly roasted at Queen Street Commons Cafe! Choose your specific variety and roast, or receive a rotating selection.

### Prepared Dinners Share

Aromatic flavourful vegetarian stews, soups, and casseroles made at Maurita's Kitchen.

### Pea Shoot and Microgreen Share

The mighty microgreen is simply a just-sprouted baby vegetable. Grown at Grow Greenhouse, you'll love these flavor-packed, nutrient-rich greens. Varieties include Broccoli, Purple Kohlrabi, Radish, Arugula, and our fan favourite - Pea Shoots.

### Baking and Cookies Shares

Cookies, pies, coffee cakes, sweet breads, and cinnamon buns. Enjoy a sweet breakfast or snack freshly baked in Maurita's Kitchen and Fresh Ground Cafe.

### Flower Share

Bring the freshness and beauty of our farm into your home with bouquets of locally grown, pesticide free flowers from the Hacienda Market Garden.

You can purchase CSA Shares online at:

**[catalogue.theworkingcentre.org/csa](http://catalogue.theworkingcentre.org/csa)**

**Weekly pickups** are available at Queen Street Commons Café, the Hacienda Sarria, and the Tannery. Check our catalogue webpage for pick up times.

Eco Courier KW can deliver items right to your door.

**[hacienda@theworkingcentre.org](mailto:hacienda@theworkingcentre.org) | 519.575.1118**