

# GOOD WORK NEWS

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

Issue 134

September 2018

Subscription: A Donation Towards our Work

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## Downtown Cooperation

Clean Team workers are part of a community engagement initiative sponsored by the Kitchener Downtown BIA. See the photo essay on page 6.



## Our Year of Wendell Berry

By Isaiah Ritzmann

We concluded our *Finding Our Place* series at the beginning of August with a special visit from Mary Berry, director of the **Berry Center** in New Castle, Kentucky and daughter of Wendell Berry. The Berry Center understands its mission as “challenging today’s ruinous industrial agricultural system” with an aim to “revive farm economies, good land use, and vitality for rural America.” The programs of the Berry Center include an archive and library, a cultural center and book store, a local marketing cooperative and the Wendell Berry farming program which “provides future farmers with an education in agrarian thought and practice that is holistic and place-based.” Mary sees

the mission of the Center to continue the legacy of her family – her father Wendell, but also grandfather John Berry Sr and uncle John Berry Jr – who have been working for over a century to advocate for farmers to help safeguard and protect rural farming communities. We were delighted to have her and learned much during her visit.

Mary was with us for a few days and spoke at our Fermented Thought evening on August 1st with almost seventy people in attendance. In her talk Mary focused on her work at the Berry Center, the economic and cultural issues facing rural farm communities and the role of citizens in urban areas to stand in solidarity

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## Building Relationships A new support for those facing drug issues

By Joe Mancini

The Working Centre has purchased a house on Water Street that will support people who are dealing with drug use. It will be a place of rest, where people will access harm reduction supports, primary care, and a relationship-based approach to mental health and addiction supports. We will embed transitional housing and respite beds into this house, as well as meals, showers, and laundry. The main goal will be to create meaningful connections to help people to be as well as they can be.

This house may become a Safe Consumption Site, but that is not the main reason for The Working Centre’s purchase of this property. It has been increasingly clear that a community-based response to growing drug addiction is needed. We have identified that we need a place that is different than an addiction treatment centre, rather more like a place where people could start to plan or imagine how they can be well and less subjected to the power of their addiction.

The first use of this house is to

immediately address the growing reality of injection drug use. Our goal is to establish a house that is a welcoming place. Drug use is a subculture and those who use already feel marginalized. The obvious telltale signs of deep drug addiction – carrying one’s belongings, the disheveled look, are obvious signs of high social displacement. Also there is a strong degree of mental illness that is both soothed and made worse through drug use. Our hope is to create a place of welcoming that provides a wide range of supports and services.

Waterloo Region already has high injection drug use dominated by easy access to crystal meth touched up with fentanyl. Municipalities and non-profits are struggling to deal with the reality of drug use in public spaces throughout the downtown. We see the effects of increased drug use daily at St. John’s Kitchen and in our other community spaces as are groups and organizations throughout the Region. In Cambridge growing drug use is front page news.

The idea for this house came

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## Summer Institute 2018



By Heather Montgomery

This summer The Working Centre hosted a weeklong series of workshops that welcomed the community to explore philosophies of Emergent Thinking, Personalist Practices and Local Democracy. These community education initiatives included The Daily Circus, a day long gathering of people exploring the thought of Wendell Berry; and the Summer Institute in Grassroots Sustainability, a gathering of 20 people who came together for two full days of workshops, tours

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## Thirty-fourth Year

Issue 134

September 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, Isaiah Ritzmann, JP Smola, Paul Nijjar, Mary Anne Caibaosai, Douglas MacLellan, Gurpreet Rosales, Ayman Eldesoki, Heather Montgomery.

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)

Canada Post Bulk #05306256

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## All-Candidate Meetings at the Queen Street Commons

By Paul Nijjar

When compared to the federal or provincial level, I feel that municipal politics is the closest we get to actual democracy. Municipal politicians spend most of their time in the community. More importantly, elected officials represent themselves, not political parties. I feel that the absence of political parties in municipal politics is a great asset.

However, this asset has a downside: without the convenient branding political parties offer, voters need to evaluate candidates on their individual merits. Add to this the large number of candidates voters are asked to select (in Kitchener, up to 11 representatives across five positions) and choosing who to vote at the municipal level seems much more overwhelming than voting provincially or federally.

I believe that all-candidates meetings are one of the most effective ways for voters to cut through the complexity and figure out who deserves their votes. At an all-candidates meeting, voters can evaluate candidates side-by-side.

They can determine who shares their political views, who understands the issues they care about, and who seems well-prepared to hold elected office. That seems to be a better basis for casting your vote than blindly voting for someone

whose name you recognise, voting for whomever visits you at your door and shakes your hand, or voting for whomever spends the most money campaigning.

In that spirit, The Working Centre is organizing a series of four all-candidates meetings this September and October: for Kitchener Ward 9, Kitchener Ward 10, Kitchener Regional Councillors, and Regional Chair.

If you are eligible to vote for one or more of these positions, please join us. We will also be recording audio of these events so that those not in attendance can benefit.

If you don't live in the area (or even if you do, since the meetings we are hosting are not comprehensive) it is worth looking for other all-candidates meetings for your local races. One good resource is <https://waterlooregionvotes.org>, which compiles candidates, events, surveys and other municipal election information in an easy-to-navigate format. (Disclaimer: I am helping build this website, and it is not a Working Centre project.)

If if you are not able to find an all-candidates meeting for an elected position that interests you, you should consider organizing your own! Doing so takes some time and effort, but it is not a difficult process, and can do a lot to help your fellow voters cast more informed votes on October 22.

# worth a second look

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**6:30PM - 8:30PM**

**QUEEN ST COMMONS CAFE**  
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Meetings are open to all.  
Candidates will answer  
questions from the audience.

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about these events to others!

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- Kitchener Ward 9**  
Wednesday Sept 12th
- Kitchener Ward 10**  
Wednesday Sept 19th
- Regional Councillors  
for Kitchener**  
Wednesday Sept 26th
- Regional Chair**  
Wednesday Oct 10th



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[election2018@theworkingcentre.org](mailto:election2018@theworkingcentre.org)  
519.743.1151 ext. 116

# Dislocation and Growing Injection Drug Use in Waterloo Region

by Joe Mancini

The estimate of nearly 4000 injection drug users in Waterloo Region indicates the scope of drug addiction in our communities. This number comes from the recorded unique individuals who visit needle syringe programs throughout Waterloo Region. This number has grown from an estimate of 1,470 injection drug users in 2008.

There are four major conclusions that flow from this obviously growing concern.

## First Conclusion: Injection drug use is growing

The first conclusion is the stark recognition that over the past ten years, injection drug use is rapidly growing. At St. John's Kitchen, in the late 1990's and in the years up to 2008, we noticed a small but new sub group of drug users. In our first years most people's addictions were limited to alcohol. The alcoholics were a group that stuck together and looked out for one another. In the late 1990's, drug usage grew around the availability of crack cocaine. Crack use is marked by high energy and anxiety. There is nothing relaxed about crack; it is a drug that keeps its users searching for more. By 2008, Ontario communities were flooded with crack, perfectly designed to exploit populations that were marginalized.

Presently crystal meth is the dominant drug used by the street population. It is a synthetic product created in underground chemical labs using common, highly toxic industrial ingredients. Pseudoephedrine, found in cold medicines, is the main active ingredient. Most crystal meth is produced in the United States and Mexico by cartels that then supply markets throughout North America. Gangs use decentralized local dealers for distribution. Meth is sold as a powder that is snorted or in a crystal ice form that is smokable. Both forms can be injected by dissolving the drug in water. Either way, the crystal meth high lasts for up to 12 hours, longer than opioids

*The result is a precarious labour force where people are shuffled in and out of work. This leaves a growing sector of workers without access to jobs that link them meaningfully into a culture of work. A growing drug culture is fed by the continuing loss of stable full-time jobs. It is a process that mirrors farmers who have no land.*

or cocaine. Since 2014 meth use has soared and according to Waterloo Regional Police, replacing crack cocaine on the back streets of southern Ontario.

Opioids are different yet. Most opioid addictions in the general public start after the drug has been prescribed for chronic pain or after major surgery. On the street, the drugs are used for the purposes of getting high. Recent estimates indicate that 13% of Canadian adults used opioids in 2015. As the availability of opioids increased, so has their use as an injectable drug, which increases the speed and intensity of the high.

Fentanyl is a new addition to the opioid market. It is a synthetic opioid that is cheap to produce, requires less volume, and is therefore easier to export, smuggle and distribute. It is a boon to the dealer network. Meanwhile overdoses soar. In British Columbia, people are testing positive for fentanyl without knowledge of its use, which means that fentanyl is being integrated into the three different drug streams described above – cocaine, crystal meth and opioids. There are no easy solutions. Carfentanil, which is even more powerful, is making its way into the supply.

All of these street drug choices described above can be injected and this is the reason that injection needle use has grown.

## Second Conclusion: Drug use follows the logic of market society. Growing inequality makes the problem worse

The second conclusion starts by the simple observation that the recent history of growing injectable drug use in Waterloo Region mirrors growing injectable drug use in most municipalities and counties throughout North America. This summer we had a visit from a small town in Grey Bruce looking for ideas to combat a growing drug problem. The development of sophisticated production and distribution of cocaine, crystal meth and opioids has taken place at the same time as the North America labour market has been radically altered resulting in

substantial decreases in the availability of full-time work.

There is a co-relation between the pervasive drug availability and the decline of the industrial economy's full-time labour market. Drug distribution has followed the logic of market society where everything has a price, everything has a market and everything is for sale. In all cases, cartels have used market logic to increase their scale of operation and profits. They have found ways to import and secure common industrially produced ingredients that are manufactured using sophisticated lab production methods. The resulting drug creates opportunities for mass distribution. Using the techniques of network marketing, these cartels move the product into big cities and then use decentralized markets to spread the product. Every step has a price and every action generates a profit. In this case the product itself is consumable, often by the agents distributing it, which is a form of indebtedness that binds dealers to the organization. The logic of the market spreads the illegal drugs.

While drug production and distribution has grown into major industries, the former industrial and agricultural base of North America has been hollowed out. In fact, it is well documented how the growth of illegal drug manufacturing and distribution has grown in the wake of the consolidation of agriculture.

It is a complicated story. Mary Berry, speaking at our Summer Institute, reflected on her father's work trying to protect rural economies and culture. The process of destabilization has been unrelenting as small farms are forced into bankruptcy, while larger farms consolidate all under the power of a small number of multinationals who have managed to own most of the food producing industries from seeds, fertilizers, pesticides, feed, milling, storage, all forms of meat packing and food processing, transportation to grocery store chains. The big corporations have the power to change the rules and government becomes ineffective. In *The Unsettling of America*, Wendell Berry showed how the imposition of Big Agriculture dislocates people from the land, smothering their creativity and dreams.

The same process of hollowing out full time work in urban areas can be seen in downtown Kitchener. Previously, thousands of jobs were provided at Schneider's, Uniroyal, Goodrich, Kaufman Rubber, Hoffman's Meats, Domtar, Budd, Lear and Peristop. Each shutdown was an industry consolidation, leaving workers without work. The result is a precarious labour force where people are shuffled in and out of work. This leaves a growing sector of workers without access to jobs that link them meaningfully into a culture of work. A growing drug culture is fed by the continuing loss of stable full-time jobs. It is a process that mirrors farmers who have no land.

Into the void, cartels sell their in-

sidious drugs that offer a way to hide one's fears. Centralized pharmaceutical corporations are only too happy to sell the base materials that become addictive, escape oriented drugs. The distant but symbiotic relationship between the pharmaceutical industry and the cartels is immensely profitable. Governments are seemingly powerless to intervene in this cycle of profit, growth, adaptation and more growth.

## Third Conclusion: Drugs fill the void of dislocation

Dislocation is the root cause of addiction.

To understand dislocation, we must first consider the role of the individual in society. Our society expects individuals to rise above the other, to gain some greater advantage. We live in a society that promotes a mentality of us against them, winners and losers. Well, how does one cope with such pressures that inevitably pull relationships apart? In fact, our society hardly deals at all with these pressures people face. We live in a world of cultural and social fragmentation. We celebrate the power of wealth. We celebrate the idea that individuals are not connected to each other, we celebrate competition over cooperation. It gets very tiring for the individual. Where does one learn another way? Schools are places that teach competition for better marks. The labour market is reduced to a competition for greater wages rather than a place for discovering meaningful work. Dislocation then is what happens psychologically to people when they realize that they no longer feel they belong.

In a hyper competitive society what happens to those who fail to compete or who compete at a level where they need drugs to balance their hyper-activity? All research into addictions suggests that the addiction itself is often used to mask trauma, abuse, shame, failure and stress. While it is part of the human condition to overcome the fear of rejection and inadequacy, in a competitive, fragmented world, where do we help people process deep human emotions? When family relationships are scattered and emotions remain unacknowledged, there are few outlets for building greater emotional understanding. In our society, people are mostly left to their own devices. For some, the easy availability of highly addictive drugs is a path that few would choose, yet many are unwittingly dragged along with little power to resist unless significant support is provided.

The description above is the underlying argument that demonstrates that our society promotes dislocation as a cultural value. It is in contrast to former societies that had higher levels of psycho-social integration, meaning that people pulled together to look after each other, in a common project of serving the common good. If one thinks



Meg Crocker-Birmingham

# Building Relationships

continued from page 1

together when Waterloo Region Public Health was struggling to find a location to host the Safe Consumption Site. Public Health's stated reason for establishing Safe Consumption Sites is to defend the health of our community by reducing the increased risks of HIV and hepatitis C through injection needle use and also to reduce the growing number of drug overdoses caused by the addition of fentanyl and now carfentanil into the cocaine, crystal meth and opioids drug supply.

Ideally, a full community response means this house would need 24 hour supports in place. We think this house can also provide a kind of detox place for those picked up by WRPS/Emergency Services in the middle of a drug overdose. This means freeing the police, EMR, and hospitals from a service that is consuming hundreds of hours by transferring these supports.

No location for such a service is completely ideal. The Water Street house is on a thoroughfare road. We envision the site with a tall fence surrounding three sides of the property. The front will be restored to its heritage look with a new entrance along the driveway at the back. We are looking forward to working with neighbours, partners and WRPS to create a place that complements this neighbourhood area.

We are actively developing the idea of an Inner City Health Alliance (Sanguen, KDCHC, Centre for Family Medicine, House of Friendship, WWLHN, and others) that integrates harm reduction services, primary care and a relationship based approach to mental health and addictions support. The Inner City Health Alliance will integrate with the supports that are already part of St. John's Kitchen medical clinic where we have a doctor, a nurse practitioner, psychiatric outreach nurses and outreach workers to provide support along with the dental clinic. A visit to St. John's Kitchen medical clinic quickly identifies why this work needs to be rapidly addressed.

*We will embed transitional housing and respite beds into this house, as well as meals, showers, and laundry. The main goal will be to create meaningful connections to help people to be as well as they can be...Our hope is to create a place of welcoming that provides a wide range of supports and services.*

This approach is uniquely designed to support those who are homeless or at risk of homelessness. The St. John's Kitchen medical clinic has developed a unique relationship-based approach for those who are most disadvantaged in our community. Understanding this issue is the challenge we have opened ourselves to – how do we see right action and hospitality as a response to this growing community issue? We welcome community partners in continuing this conversation.

An important aspect of this work is to widen the access to addiction/recovery supports. We are working closely with Sanguen Health, and addiction supports (Sanguen, CMHA, Stonehenge, House of Friendship) to commit to exploring the challenges faced by this population. How can we break down some of the barriers faced by those dependent on substance use, helping them to access recovery supports as needed, and to build more supports and meaningful relationships in their lives? What does community-based recovery support look like?

We are committed to providing a relationship-based place that will reduce harm and increase access to primary care. It is well known that recovery starts by having a place of reflection, a place of quiet to develop the strength to get access to supports and find ways to address the addiction.

Increasingly, as neighbourhoods notice the impact of the wide availability of addictive drugs, it is clear that our communities must address this issue. One step is to create a place that has strong relationships, that is welcoming and has practical supports. We hope this initiative will add to our community's response.

# Dislocation and Addictions

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that this is utopian, then they have not learned about or experienced a society where there was a high common purpose for the benefit of serving all.

What is lost when individuals are isolated and left to compete against the other? Bruce Alexander calls this modernity and "beneath the steamroller of modernity, extended families and communities are scattered, nuclear families become dysfunctional: local cultures are pulverized; legitimate authority is toppled, religious certainties disappear; ...People and social groups that do not contribute to the advance of modernity are marginalized or exterminated."

Dislocation then is the result of social fragmentation. One does not have to journey far to understand that the flood of modern addictions, addictions that start to degrade an individual's ability to function, addictions like drugs, alcohol, prescription drugs, shopping, gaming, sex, internet, are acts of withdrawal from society. "They are what people do when they cannot make a difference in the world confronting them...humans under stress take advantage of whatever tools their environment affords for reducing stress."

In all cases, humans then hide from the emotional losses of broken meaningful relationships. Dislocation theory demonstrates the need to recognize that this process is personalized by the loss of meaningful family relationships and is generalized by the loss of community relationships.

## Fourth Conclusion: How to support those who experience the fallout of devastating drug addiction

Over the last several years it has become impossible to ignore the growing number of injectable drugs users in Waterloo Region. The effects can be seen in a homelessness where people's drug habit degrades their ability to live in regular housing provided by landlords. People are choosing camping and moving from place to place. Throughout the Region's downtowns, all public spaces are trying to cope with the spread of injectable drug use in

public washrooms. The problem has been growing and now it is impossible to hide.

Gabor Maté asks why we try to ignore people who are suffering through the intensity of addictions. To addicts he asks, why the pain? Often, underneath all addictions, especially this round of injectable drug addictions, is some kind of major trauma, a severe hurt such as sexual abuse, or some kind of perceived failing from which an individual retreats from society into drugs. While the drugs are addictive, the underlying trauma is the main problem. The widespread addictive behaviours in society, exacerbated by an on-line culture that promotes "likes" while inadvertently discouraging friendships. The fallout for those dealing with the worst traumas is that they cannot find their way out. It is up to society to help build those bridges.

The Working Centre has been working to create places of welcome that work to counteract dislocation. Our shared community spaces are places of creative problem solving while our community tool projects build on gift and engagement. This latest issue of drug use has drawn us to explore a new space in the house we have purchased on Water Street. In April, at this year's Mayors' Dinner we described the kind of service we were working towards.

*We need places of rest where self-awareness can build, places where one can process the meaning of family breakdown or episodes of trauma. Places where people have the space to think about their defeats and also their successes. Rest, reflection, relationship building cannot be accomplished with pressure but with time, discussion and openness. This kind of support and listening helps people construct an imagination for a future that is hopeful.*

The goal of this house is to build on communal supports, help people to feel part of a community, to find ways of inclusion over separation and in a phrase, to work to develop psycho-social integration. This house will not solve the wider issue of the globalization of addictions, but it will provide our community with a place to support those most affected by the injectable drug crisis.

1 Reding, Nick, *Methland: The Death and Life of an American Small Town*, New York, 2010.

2 Bruce K. Alexander, *Treatment for Addiction. Why Aren't We Doing Better?* March 2018, Speech to NHS Foundation Trust, retrieved from <http://www.brucealexander.com/articles-speeches/297-treatment-for-addiction-2>.

3 Ken Westhues, *First Sociology, Liberation*, Chapter 10, New York, 1982. p 456, 461.

4 Gabor Maté, *The Search for Oblivion: Addiction is neither a choice nor primarily a disease, genetic or acquired, but a forlorn and ultimately futile attempt to solve the dilemma of human suffering*, *The Globe and Mail*, Aug 18, 2018.

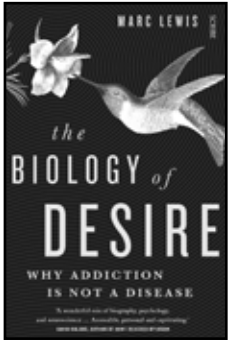


## JOIN US!

**We will be thoroughly renovating this old rooming house, removing plaster walls, adding insulation, fire rating and drywalling. We will also upgrade electrical, HVAC and plumbing and fix up the exterior.**

**We will appreciate all expressions of generosity including donation of materials, volunteer labour or donations toward project costs.**

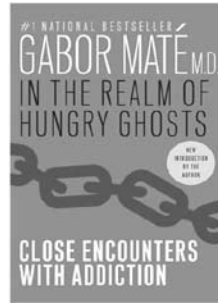
# Biology of Desire



**The Biology of Desire**  
**Why Addiction is Not a Disease**  
 Marc Lewis PhD

Informed by unparalleled neuroscientific insight and written with his usual flare, Marc Lewis's *The Biology of Desire* effectively refutes the medical view of addiction as a brain disease. A bracing and informative corrective to the muddle that now characterizes public and professional discourse on this topic." —Gabor Maté, M.D., author of *In The Realm of Hungry Ghosts: Close Encounters With Addiction*.

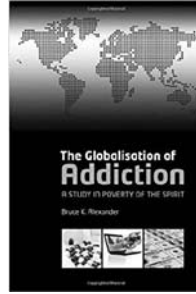
237 pages, softcover \$22.00



**In the Realm of Hungry Ghosts**  
**Close Encounters with Addiction**

*Gabor Maté*  
 Based on Gabor Maté's experience as a medical doctor and his work with the severely addicted on Vancouver's skid row, this book radically reenvision this much misunderstood field by taking a holistic approach. Simplifying a wide array of brain and addiction research findings from around the globe, the book avoids glib self-help remedies, instead promoting a thorough and compassionate self-understanding as the first key to healing and wellness. **In the Realm of Hungry Ghosts** argues against contemporary health, social, and criminal justice policies toward addiction and those impacted by it.

480 pages, softcover \$24.00



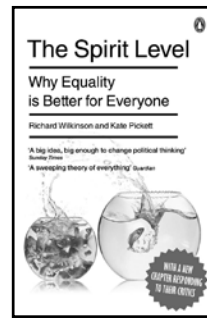
**Globalization of Addiction**  
**A Study in the Poverty of the Spirit**

*Bruce K. Alexander*

This book presents a radical rethink about the nature of addiction by arguing that focusing on the individual addict removes them from the foreground the more powerful determinants of addiction. For example, a free-market society is magnificently productive, but it subjects people to irresistible pressures towards individualism and competition, tearing rich and poor alike from the close social and spiritual ties that normally constitute human life. People adapt to their dislocation by finding the best substitutes for a sustaining social and spiritual life that they can, and addiction serves this function all too well. The book

argues that the most effective response to a growing addiction problem is a social and political one, rather than an individual one. Such a solution would not put the doctors, psychologists, social workers, policemen, and priests out of work, but it would incorporate their practices in a larger social project. The project is to reshape society with enough force and imagination to enable people to find social integration and meaning in everyday life.

488 pages, softcover \$44.95

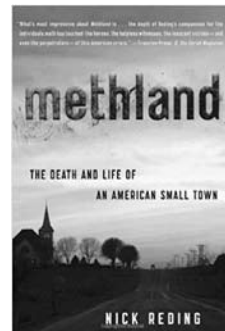


**The Spirit Level**  
**Why Equality is Better for Everyone**

*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, softcover \$17.00



**Methland**  
**The Death and Life of an American Small Town**

*Nick Reding*

The documentary story of how Methamphetamine became a fixture in the American Heartland. A moving account of one community's attempt to confront the epidemic. Based on Reding's four years of reporting in the agricultural town of Oelwein, Iowa, and tracing the connections to the global forces that set the stage for the meth epidemic, *Methland* offers a vital perspective on a contemporary tragedy. It is a portrait of a community under siege, of the lives that meth has devastated, and those who struggling to keep up with its changing nature.

288 pages, softcover \$21.97

**Reviewed by Joe Mancini**

*The Biology of Desire* presents vivid, true stories of five people who journeyed into and out of addiction. Neuroscientist Marc Lewis, a psychologist and former addict himself, has written a book dedicated to explaining why the "disease model" of addiction is inaccurate.

Lewis's argument is fairly simple. He views the school of thought that names addiction as a disease as counterproductive. His point is that this perspective misses the point of how the brain works. Disease theory does not take into account the plasticity of the human brain. Of course, "the brain changes with addiction," he writes. "But the way it changes has to do with learning and development — not disease."

Lewis fears that the disease model can become an obstacle to healing. Lewis reveals "addiction as an unintended consequence of the brain doing what it's supposed to do—seek pleasure and relief—in a world that's not cooperating. Brains are designed to restructure themselves with normal learning and development, but this process is accelerated in addiction when highly attractive rewards are pursued repeatedly. Lewis shows why treatment based on the disease model so often fails, and how treatment can be retooled

to achieve lasting recovery, given the realities of brain plasticity."

The book's principal subjects — a methamphetamine addict, an alcoholic, a prescription drug abuser, and an anorexic — are portrayed with compassion and an eye for helping them move towards deeper development of their human nature. Lewis ultimately feels that people can find hope in recognizing that getting past one's addiction is a developmental process. He states, "the biology of neural change — the way brains transform themselves and the way habits form and reform — helps explain how the developmental process works."

Lewis uses the final chapter, *Developing Beyond Addiction*, to describe his developmental method. The subtitles guide the reader to understand his counselling approach: *Creating a Narrative from Past to Present to Future, Finding a Future: Self-Narrative and Self-Trust, Realigning Desire*, and *Helping People Quit*.

Lewis writes to help the lay reader understand the new brain science. He uses plain and accessible language that unpacks addiction counselling. *The Biology of Desire* is written so that the reader can make their own judgement on his breakthrough ideas.

## All Nations Grand River Water Walk 2018



Sketch by Mary Anne Caibaosai

The All Nations Water Walk will begin at the headwaters of the Grand River and follow the beautiful river-ways. The walk is intended to honour the water and connect all peoples to creation. It is also a walk in memory of the late Violet Caibaosai, one of the original Water Walkers.

**September 15th - 29th**

The Waterwalk is a ceremony with protocols to show respect for our Grandmothers, our Mother Earth, and ourselves.

Questions can be directed to: [grandriverwaterwalk@gmail.com](mailto:grandriverwaterwalk@gmail.com)

More information and walk protocols available at:

[www.grandriverwaterwalk2018.com](http://www.grandriverwaterwalk2018.com) | facebook: @GrandRiverWaterWalk



Thank you to Clarence Rowan, Shawn Fraser, Cornelius Dyck, Ray Schork, Shawneen Veal, and Sean May for participating in Doug's photo essay.

# Downtown Cooperation

## Photo essay by Douglas MacLellan

This summer has seen three inter-related projects develop through a partnership between the Kitchener Downtown BIA and The Working Centre. These projects have been developing over the years and are designed to make the Kitchener downtown a better place.

This work has been developed in partnership with KDBIA and The Working Centre. It has grown incrementally, project by project over a number of years.

### Clean Team I

The first project is Clean Team I and it is the longest running in one form or another since 2002. For the past five years, Shaun and Zack have been the main workers who have taken tremendous pride in the work of daily sweeping of the streets in the downtown. Their daily presence on King Street is an excellent public service through regular sweeping and also identifying issues like larger garbage piles and also as ambassadors by providing directions, assistance and a friendly face.

### Discovery Team

The second project is Discovery Team which has developed a relationship-based approach that connects people together in the downtown. The concern of all downtowns is how to create meaningful engagement. Jane Jacobs called it 'eyes on the street' and she emphasized that it is best choreographed subtly like a ballet. Discovery Team is a new idea

that is in its second year. Outreach workers combined with workers who have some street experience walk throughout the downtown, creating an open, welcoming approach that is available to respond to multiple kinds of issues. Shifts are from Monday to Friday 10:00 am – 6:00 pm and each day the Discovery Team gets to know the businesses and the people on the streets. When situations arise, Discovery Team is in a position to know everyone involved. The work of daily relationship building helps establish friendships and connections between people and this replaces isolation with connections. The engagement work of Discovery Team adds to the culture of downtown Kitchener.

### Clean Team II

The third project is the Clean Team II, a new initiative that rolled out in May 2018. For 20 years, it has been identified that garbage pickup in the downtown is not timed very well. Businesses and residents can put their garbage out on the curb after 5:00 pm, but the garbage trucks do not arrive until 7:00 am. Consequently garbage accumulates in piles and often is rummaged through allowing the garbage to spill about. As the Kitchener downtown attempts to create a sidewalk and patio culture, the practice of leaving piled garbage till the morning was clearly out of place.

After many years of discussion, a plan finally came together between



the KDBIA, The Working Centre along with the important cooperation of the City of Kitchener and Region of Waterloo. The short term solution has been to collect the garbage in a large roller bin between 5:00 pm and 8:00 pm and then deposit the garbage into large garbage bins around the downtown. The difference has been noticed right away. The best part has been the development of six different crews of workers who each have taken a shift between Monday and Saturday.



All together these three teams of Job Café workers have made a big difference in downtown Kitchener providing three services that clean, pick up and connect people together. We are very grateful to the foresight of the Kitchener Downtown BIA for helping to root these projects and for creating job opportunities right in downtown Kitchener.



Job Café connects people to casual or regular part-time work opportunities that often supplement a social income and creatively involves people in community projects. Jobs include truck assistance, cleaning, moving, landscaping, street sweeping, and more. Job Café has operated since 1999 and recently has had an Ontario Trillium Foundation grant to build its day labour infrastructure.



# The Diploma in Local Democracy

The **Diploma in Local Democracy** is designed to engage people from all walks of life to create a deeper knowledge of democratic skills.

Political virtue is a skill that is honed by understanding our traditions and engaging in a new future.

Politics can fall into unrealistic patterns that drift along. It is up to each generation to build a culture of reciprocity that teaches how the give and take of human relationships creates something that is genuinely new, beyond what anybody could have decided in advance.



## The Diploma in Local Democracy teaches the ethics of building community:

It helps identify the false pretenses of inevitability and instead encourages the skills of co-creating new ideas that help people and communities claim a wider scope of freedom.

It teaches the skills of identifying the best and worst of democratic relations in community groups, workplaces, wherever humans cooperate.

It teaches us to identify the structure of freedom, moving from simple conformity towards expressing one's individuality defined as standing in a place where one is fully engaged in learning and acting on the issues at hand.

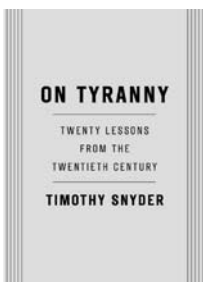
It teaches us the deep meaning of liberation as a conscious effort to know clearly where we stand, to understand the changing circumstances and to make a pathway for acting that serves the common good.

**Next course begins:  
Wednesday January 6<sup>th</sup> 2019**

### For more information:

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

[www.theworkingcentre.org/diploma-local-democrarcy/188](http://www.theworkingcentre.org/diploma-local-democrarcy/188)



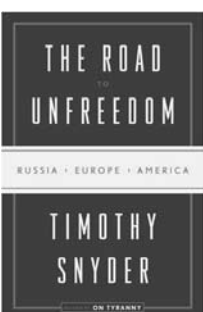
## On Tyranny

### Twenty Lessons from the Twentieth Century

Timothy Snyder

Today, our political order faces new threats, not unlike the totalitarianism of the twentieth century. We are no wiser than the Europeans who saw democracy yield to fascism, Nazism, or communism. Our one advantage is that we might learn from their experience. Here are 20 practical lessons adapted to the circumstances of today.

128 pages, softcover \$11.99



## The Road to Unfreedom

### Russia • Europe • America

Timothy Snyder

Lessons for understanding authoritarianism by understanding how Putin has used fascist ideas to justify rule by the wealthy and has helped spread this from east to west, aided by Russian warfare in Ukraine and cyberwar in Europe and the United States. Russia found allies among nationalists, oligarchs, and radicals everywhere, and its drive to dissolve Western institutions, states, and values. The rise of populism, the British vote against the EU, and the election of Donald Trump were all Russian goals, but their achievement reveals the vulnerability of Western societies. In this forceful and unsparing work of contemporary history, based on vast research and personal

reporting, Snyder describes the true nature of the threat to democracy and law. The challenge is to renew political virtues offered by tradition and demanded by the future. By revealing the stark choices before us--between equality or oligarchy, individuality or totality, truth and falsehood--Snyder restores our understanding of the basis of our way of life, offering a way forward in a time of terrible uncertainty.

359 pages, hardcover \$36.00

## Achieving Democracy in All Relationships

### Reflections on Local Democracy

By Gurpreet Rosales

I started this course with a question explored through my biography – is consciousness a necessity to achieve local democracy and equity? This led me to search deeper into the two sides of local democracy, the “inner world” and “outer world”. The inner world is represented by self-awareness and consciousness whereas the outer world is comprised of all external relationships and interactions.

We believe that how we have access to power is through others (e.g. elected representatives) but what I learned (or re-affirmed) is that true power is gained through ourselves by listening to and sharing our inner voice and cultivating self-governance and autonomy\*. This is achieved through the process of awakening to our consciousness. When we override the democratic mechanisms within ourselves (“inner world”) which allow us to be our authentic selves, we are doing a disservice to ourselves, our families, communities and society at large (“outer world”). As well, by exercising our self-governance and listening to our inner voices, it inspires others to do so.

When there is an imbalance in the inner world, the pain and wounds from this are projected onto the outer world creating disharmony in all our relationships. This imbalance is usually caused by fear and the antidote to this is love. Civil rights activist Valarie Kaur calls for a revolutionary love, which is love practiced in all three directions – loving ourselves, loving our opponents and loving others. She states that “loving just ourselves is narcissism, loving only our opponents is self-loathing, loving only others is ineffective” and that opposite of this is “participation in oppression which comes at a cost, it cuts people off from their own capacity to love”.

The one truth that the concept of local democracy has reinforced is that practicing love and compassion allows connection to ourselves and others. If we bring a level of consciousness to everything we do – parenting, work, civic engagement, etc. our relationships

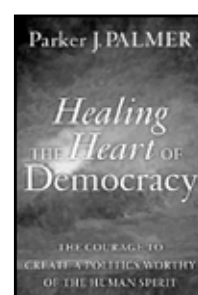


and interactions will be transformed because we operate from a place of love and reduce our negative projections. By operating from this place of consciousness, we are more aligned with the life world as opposed to the systems world which deliberately builds structure and institutions that separate us.

I've learned that democracy can be displayed in subtle ways, in how one chose to live our lives and assert ourselves in expressing freedom through small acts in opposition to the current system world. By leveraging the tools of democracy and by seeing myself and fellow citizens as a force for democracy in our own lives, this course has validated my desire to seek more personally meaningful work that combines social justice and community development. This decision on my personal journey of self-awareness / self-actualization is rooted in the truth (across ancient traditions) that “consciousness is service”.

To achieve democracy or equity in all of our relationships including family, neighbours and most importantly with ourselves, we have to lead with love in both our inner and outer worlds. The hundreds of small daily decisions and opportunities for connection through love will create the vibrational shift required for a collective awakening of our consciousness and result in “big D” democracy that is truly reflective of all citizens because it will mirror our true nature.

\* through the book reviews on Ivan Illich' *Deschooling Society* and *Medical Nemesis*, we learned how our voices and autonomy are lost when big systems of health and learning impose structures of control.



## Healing the Heart of Democracy

### The Courage to Create a Politics Worthy of the Human Spirit

Parker J. Palmer

Healing the Heart of Democracy names the “habits of the heart” we need to revitalize our politics and shows how they can be formed in the everyday venues of our lives. Palmer proposes practical and hopeful methods to hold the tensions of our differences in a manner that can help restore a government “of the people, by the people, for the people.”

261 pages, softcover \$21.95

## Deepening the Local Food Culture

continued from page 1

with our farming neighbours. She shared with us her concern for the “middle class” of farmers who were between the small-scale, CSA, ‘entrepreneurial’ farmer and the large-scale industrial farmer. How were those who weren’t big enough to farm large tracts of land or who were too many to profit from the market niche of the CSA farmers to make ends meet? She taught us about the Burley Tobacco Program, a co-operative of Tobacco growers started by her grandfather John Berry Sr, the very type of program that provided the economic support necessary for “middle class” of farmers to prosper. The program ended in 2004 but remains the model for the kinds of association that are advocated for by the Berry Center.

Mary also addressed the paradoxes and complexity of growing tobacco in Kentucky. She stressed that she understands, fully acknowledges, and does not dispute the health dangers associated with tobacco. Yet she urged us to consider Tobacco, and the Burley Tobacco program, from the perspective of farmers and farming communities in her home state. The program gave farmers a degree of economic independence, and allowed them to maintain diversity on their farms. Perhaps most significantly this allowed family farms in Kentucky and surrounding areas to farm in a way appropriate to their places, and thus encouraged good land stewardship. The economic security brought by tobacco allowed farmers to take proximate care of their soils, watching out especially for the kind of erosion endemic to the hilly

landscape on which they farm. With the end of tobacco nearly twenty years ago a new way of farming has begun to dominate the landscape, one neither economically secure nor fitting for good land use. Mary shared with us a poignant anecdote from several of her travels around Kentucky. On these trips she recounted how soil erosion was so bad in some places that a bulldozer had to come and remove it from the roads. Tobacco may be unhealthy, but the challenge of finding a kind of agriculture that is healthy for the farming communities and their land is equally worthy of our attention.

One of the most important things Mary challenged us with is her judgment that “the local food movement has failed because it has failed to deepen into a culture.” Good farming requires city folk to act in ways that support good farming. In order for city folks to act in ways that support good farming they need a certain level of understanding and respect for both the people and the complexity that is good farming. The local food movement has generated some awareness among city dwellers about food and farming issues but has not engendered adequate knowledge or action on a wide scale.

For city folk the deepening of the local food movement into a culture is going to take time and it is going to take work. Yet this is ultimately good work, serving the common good not only for rural communities but also for ourselves. For as Wendell Berry reminds us “no matter how urban our life, our bodies live by farming; we come from the earth and return to it, and so we live in agriculture as we live in the flesh.”



## WEAVING ECOLOGY

a year exploring the intricacies of living within our limits

A sequel to last year’s Finding Our Place series, this year we go deeper in exploring our present ecological crisis, unraveling the threads of unsustainable living and doing the work of reweaving a simpler way of life that is gentle on the earth.

**The series will include:**

New Fermented Thoughts | Sustainable Living Cities  
Reading Groups | New Film Series | and more!

Check our website for details in the coming months:  
[theworkingcentre.org/waterloo-school-community-development/187](http://theworkingcentre.org/waterloo-school-community-development/187)

## Summer Institute 2018

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and discussions to learn more about The Working Centre’s model of community building.

The highlight of the week was when Mary Berry spoke to a full house at our August Fermented Thoughts at Fresh Ground. Mary shared her wealth of experience from operating Kentucky’s first CSA to more recently establishing the Berry Centre dedicated to reviving farm economies and good land use. (To learn more about Mary’s talk, see the article Our Year of Wendell Berry.)

Mary was looking forward to

returning to New Castle Kentucky to open the *Wendell Berry Farming Program* in partnership with Sterling College, which will offer undergraduate and continuing education programs in rural, placed-based ecology and farming.

It was an intense, yet fun week that combined community meals, engaged conversation, and a philosophy in the pub night all focused on the growing discussion of teaching alternative ways of developing grassroots sustainability.

We offer a special note of thanks to Nicole, John and Sue Langlois for helping to sponsor Mary’s visit to The Working Centre.

## Summer Institute at Fresh Ground



## THE BERRY CENTER

IN NEW CASTLE, KENTUCKY

Challenging today’s ruinous industrial agriculture system, The Berry Center advances a holistic, “whole horse,” approach that takes nature as its measure, consults the genius of the place, and accepts no harm to the ecosphere, addressing what it will take to revive farm economies, good land use, and vitality for rural America.

Learn more at: [berrycenter.org](http://berrycenter.org)

