

# OCTOBER IS CO-OP MONTH!!



# the Shuttle

October 2008, Vol. 37, No. 10

## Manager's Corner

### Expansion Update

by Glenn Bergman, General Manager

Getting tired of hearing about this? Well, I am not sure what we will be looking at by the time I write this column and it gets to you. Today is Sept. 9, and you might not be reading this until the middle of October; by that time anything could happen.

Quick history background for those of you who are new (those who know this section can skip to the next paragraph). As most of you know, we had a market feasibility study performed in January 2007 and updated again this summer. The study said to expand to the Chestnut Hill section first and then look to other areas. In the spring of that year we began searching for sites in CH. After negotiating on a few locations we pinpointed the Kurtz Roofing building at Moreland and Winston Road. It was bigger than we could afford (CH prices are high), so we tried to settle with the owners on half the building.

Negotiating the rental or purchase of the building has taken a year. As of today (remember, this is September), we have se-

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## General Membership Meeting

Sunday, Nov. 9, 6- 8:30 p.m.

NEW VENUE: North by Northwest  
7165 Germantown Ave (Germantown & Mt. Airy Ave.)

### AGENDA

- Approval of Spring GMM Minutes

- General Manager's Report

- President's Report

- Mark Alan Hughes

Director of Sustainability for the City of Philadelphia

- Questions and Answers

## Co-op Harvest Festival Oct. 11

by Jonathan McGoran

Come celebrate another wonderful harvest at the Weavers Way Farm with our First Harvest Festival, sponsored by Weavers Way and Awbury Arboretum. We invite everyone to spend an afternoon at our beautiful farm in the city: Take tours, learn about urban farming, take a chance on interesting raffle items, enjoy the music, and bring the children for some fun activities.

The Festival will take place from 1 to 3 p.m., Saturday, Oct. 11, at the Weavers Way Co-op's Mort Brooks Memorial Farm, 1101 Washington Lane, between Chew Avenue and Ardleigh Street. For more information, contact Raisa Williams at 215-482-0677 or via e-mail at raisawms@yahoo.com.

## Co-op Buys 542 Carpenter La.



PHOTO BY JOAN CLIBURN

NEWLY ACQUIRED PROPERTY AT 542-544 CARPENTER LANE

by Glenn Bergman, General Manager

This past summer, the Munn Roofing building located on Carpenter Lane near McCallum, was put up for sale. Weavers Way once owned this building. Why we sold it, only a few can tell us today.

The building has about 10,000 sq. ft. and a parking lot! We were told that it might take some time for this to sell. At first we were not interested, trying to stay focused on our expansion north to Chestnut Hill. One day, I was approached by a neighbor of the building that he and his wife were going to try to purchase the property with a few other Co-op members and wanted to know if

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## Produce from WW Farm a Big Hit at Greene & Carpenter Farmers Market



PHOTO BY JONATHAN MCGORAN

FARMER DAVE ZELOV (FAR RIGHT) AND APPRENTICE NINA BERRYMAN (NEAR RIGHT) AT WEAVERS WAY'S TABLE AT THE THURSDAY FARMERS' MARKET

by Joanna R. Pernick

It's time for many to go back to school, but summer vegetables and fruit are still abundantly in season! A convenient way to find fresh, local food—and support the Weavers Way Farm—is to shop at the Weavers Way Farmers' Market on Thursdays from 3 to 7 p.m., in front of High Point Cafe. The market is operated by Farm

to City and sponsored locally by Weavers Way.

This is the second summer that the Weavers Way Farm is at the market, and the tables look beautiful piled high with a riot of different colors of vegetables. Brilliant Swiss chard, many-hued heirloom tomatoes, deep purple eggplant, golden cherry

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## Learning and Growing at WW Ogontz

by Luis Cruz, Weavers Way Ogontz Store Manager

"To boldly go where no [co-op] has gone before"... This familiar phrase, recited by Capt. James T. Kirk in the original Star Trek series, might be ungraciously corny, but it does well to capture the spirit of what has been taking place since the S.S. Weavers Way Ogontz set sail into "unknown space," away from the comfy 'crunchiness' of Mt. Airy and into the newness of West Oak Lane.

This remarkable journey began months before the much publicized ribbon-cutting ceremony of July 1. As a manager-in-training, I was fortunate to be part of the construction process. The amount of thought and careful consideration that took place



PHOTO BY RACHEL MILNERBACH

WEST OAK LANE RESIDENT NIKKI CARTER ENJOYS A GLASS OF LEMONADE WITH WEAVERS WAY OGONTZ STAFFER BERNADETTE JACKSON AND GABRIELLE HEBDEN-PEARL AT THE "CO-OP KIDS LEMONADE STAND"

was impressive—from what type of shelving should display products; the angle of the p.o.s. system (or registers); using bright lighting or diffused lighting; how to create a comfortable traffic flow, how to make products easy to reach; even the colors on

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And of course... scads more

Weavers Way Cooperative Association  
559 Carpenter Lane, Philadelphia, PA 19119  
www.weaversway.coop



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## REBATE!!

Weavers Way's board of directors is pleased to announce that in light of an operating surplus for fiscal year 2008, we will distribute to eligible members (active members as of September 9, 2008) a patronage rebate of \$190,000 to be distributed as 20% cash and 80% to members' regular capital accounts. Distribution of the rebate will begin November 1, 2008.

Editor's Note

by Jonathan McGoran



Each issue of the *Shuttle* has something new. This month, for instance, Norman Weiss makes a good point. That's a first. Norman says food policy is being neglected in this presidential campaign. Oddly enough, he's right.

I did some digging and found that Obama has addressed some food issues. He is on the record as supporting: "a national farm-to-school program"; "more meaningful local control over these factory farms"; "efforts to improve federal food safety surveillance"; "the Country of Origin labeling law"; and "the USDA's recent decision to ban all non-ambulatory cattle from slaughter." He also says that, as president, he would: "promote local and regional food systems, including ...community-supported farms"; "strictly monitor and regulate pollution from large factory farms"; and "increase funding for meat inspectors." Unfortunately, these statements all came from a single interview with the Missoula Independent. So food is not high on Obama's list of priorities.

McCain has said even less, but from his actions and other statements, we can infer a three-pronged policy centered around the Early Bird special at Shoney's, the abolishment of expiration dates, and a staunch opposition to that new-fangled, pre-sliced bread. ("My friends, the bureaucrats in Washington want to tell you how your bread should be sliced. I say the American people want the freedom to have their personal chefs and kitchen staffs slice their bread the way they want it sliced." To be fair, sources close to McCain say he is increasingly open-minded about letting other people cut up his food.)

Meanwhile, our food is being cloned, irradiated, genetically modified, and fumigated. It sounds like a premise to a cheesy sci-fi movie (don't laugh—I'm already working on a screenplay). Who knows, maybe some horribly irradiated, fumigated, genetically modified monster would finally get people's attention.

Not cloned, though.

I'm saving *that* for the sequel.

The *Shuttle* is published by Weavers Way Co-op  
**Deadlines for each issue are the first of the preceding month.**  
 e.g. **November 1 for the December issue**

Statement of Policy

Articles should be under 500 words and can be submitted neatly typed, on disk, or e-mailed to editor@weaversway.coop.

Be sure to include your name, phone number, and membership number. Drop them off by the deadline to the *Shuttle* mailbox on the second floor of the Co-op. The purpose of the *Shuttle* is to provide members with information as well as education about co-ops, health food practices, and other matters of interest to the members as consumers and citizens of the community.

Articles express only the views of the writers and not those of the Co-op or the board of directors, unless identified as such. Articles, letters, comments, criticisms, and suggestions are welcome and should be directed to the editor. Space limitations require that the editor has the right to edit all articles. Ad rates are available upon request, in the advertising mailbox on the second floor, or at www.weaversway.coop. All ads must be submitted electronically, or camera-ready with prior arrangement, and should be submitted with payment. Products or services advertised in this paper should not in any way be construed to be endorsed by Weavers Way Co-op.



The *Shuttle* is printed on 100% recycled paper

Greenhouses Going Up — Down on the Farm



PHOTOS BY DAVID ZELOV

THE FRAME OF OUR NEW GREENHOUSE BEING ASSEMBLED AT WEAVERS WAY FARM

by David Zelov, Weavers Way Farmer

Ah, October, a time of much change on the farm. And much excitement: the last pickings of the warm season crops; seeding cover crops in empty beds to protect and enrich the soil; the annual wager on exactly when the first frost of autumn will come—my prediction for this year is 4:30 a.m. on Oct. 31. Autumn is much anticipated as a time when we can finally rest a little bit more, but when it comes there is always a slight sadness at the realization that the glory of the summer has passed.

The big excitement these days at WW Farm is the construction of two greenhouse-type structures just up the hill from the Children's Garden. At writing of this article, the frame of the heated structure is up and we await delivery of the hard plastic

panels (to deter vandalism). Hopefully by the time you read this, we'll be installing the heater, tables, and maybe even an automated watering system! The goal for the unheated hoop house is to begin construction in late September. We are now starting seedlings in our tiny 8 x 10 greenhouse that will be planted in the hoop house in early October. This fall, we'll be concentrating on growing greens indoors—kale, collards, mustards, chard, salad mix, and arugula are all on the menu.

Meanwhile at the Co-op, or the market in October, you can expect to see the last of the tomatoes, peppers, eggplant, okra, beans, basil, and squash, and the continued resurgence of kales, collards, chard, sorrel, mustards, radishes, turnips, beets, carrots, baby bok choy, lettuce, and baby greens.

The rest of the happenings at the farm can be summed up with the following haikus:

*Days are getting short  
 the leaves are starting to fall  
 why is it still hot?*

*Heirloom tomatoes  
 keep growing, growing, growing  
 harvest, grow, harvest*

*Corn stretches to sky  
 brown tassels dance in the wind  
 I'm too short to reach*

*Today for market  
 our very first acorn squash  
 I want butternut*

New School Coordinator at WWCP

by Rachel Milenbach, WWCP Executive Director

Weavers Way Community Programs (WWCP) is pleased to announce that Carly Chelder has joined our team as the new school Marketplace Coordinator. Carly brings an enthusiasm for positive change, a wonderfully creative mind, and a lust for good foods. Born and bred in Montgomery County, PA, Carly spent a few years living in Washington, D.C., going to school and traveling whenever possible, before returning to Montgomery County in 2003 to take a position with an employee benefits consulting firm, where she learned about small business operations.

After receiving her BA in Middle Eastern Studies from George Washington University in 2003, Carly decided she wanted to pursue a teaching certificate and she enrolled at Arcadia University. Last May, Carly received her Pennsylvania Teaching Certificate in Secondary Social Studies, as well as the Pennsylvania Family and Consumer Sciences certificate. For those of you who are wondering, according to the Pennsylvania Public School Code, this certificate allows an educator to teach: "family and consumer sciences; career, community and family connections; consumer and family resources management; parenting and child development; food, nutrition and wellness; and family and interpersonal relationships (I believe this is what those of us over age 30 grew up referring to as home economics). Regardless of what you call it, Carly has much to offer our Marketplace students.

This past summer, Carly taught summer school at Plymouth Whitmarsh High School. Demonstrating her passion for food and her creativity, she fused Western Civilization and Global Studies into one course, with a focus on teaching culture through food. Prepared with the book, *Hungry Planet: What the World Eats*, by Peter Menzel, Faith D'Aluisio, and Marion Nes-



PHOTO COURTESY OF CARLY CHELDER

NEW MARKETPLACE SCHOOL COORDINATOR CARLY CHELDER

tle, Carly asked her students to research the food in a country of their choosing. The results of their research were used to create a documentary. On the last day of class, the students participated in an international food festival.

"It is through hands-on, experience-based learning that students grasp greater meaning and are able to not only identify, but synthesize and analyze information as well," explains Carly. "I want to help students become independent thinkers that are in tune with the world around them.

"The need here is to bring healthy, local foods to our communities in order to combat problems like childhood obesity, environmental issues, and sustainability concerns. I'm eager to help with those changes and look forward to a successful year," she added.

Not only is Carly a teacher, but also an amateur chef. She brings to the table several years of experience working in the prepared foods department at Whole Foods Market. She loves to play with food and is excited to share her passion with the students participating in the Weavers Way Marketplace Program.

Weavers Way Farm Produce

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tomatoes, green herbs, and more! You can find the full range of crops grown at the farm, and it can also be a great opportunity to chat with Farmer Dave or one of the wonderful farm interns.

An Amish farmer from Lancaster County, Aaron Stoltzfus, is also a seller at this market for the second summer, arriving with a couple of his children every Thursday afternoon. You'll still find red tomatoes, sweet corn, melons, peppers, onions, and other vegetables fresh from the field. The Stoltzfus stand accepts the Farmers Market Nutrition Program (FMNP) vouchers for fresh fruits and vegetables. Aaron's wife preserves some of this summer profusion by canning, so you can take home jars of fruit preserves and pickled vegetables or relishes. The baked goods, such as pies or sticky buns or whoopie pies (vanilla frosting sandwiched between chocolate cake cookies—Glenn's favorite!), are baked by Aaron's wife and other relatives, and I hear they are experimenting with hamburger buns next!

The Weavers Way Farmers' Market will continue through November. But don't despair when winter arrives, because you can still order locally produced food through Farm to City's Winter Harvest buying club! Visit www.farmtocity.org and click on Buying Clubs for more information; the Mt. Airy drop site is on the 100 block of Carpenter Lane.

Correction

In the September issue of the *Shuttle*, the article entitled "New Fund to Assist Home Delivery Recipients" should have been credited to Carol Kraisler.

Apologies for the error. I blame myself.

## Produce News

by Jean Mackenzie, Produce Manager

### Watermelon Radish

Have you seen watermelon radish anywhere else? Have you seen it here? When we first introduced it, we could barely keep it stocked, but sales have dropped off. I don't understand this, because watermelon radish is a wonderful vegetable.

Delicious Organics ([www.deliciousorganics.com](http://www.deliciousorganics.com)) says: "The Watermelon Radish is GORGEOUS and when sliced looks just like a watermelon with a green rind and rosy interior. The color intensifies with a splash of vinegar! Just gorgeous in a salad raw, this radish can also be roasted, added to stir fries, sautéed, added to stews, or even boiled and mashed! Milder than most radishes, it is actually slightly sweet with a nice crisp bite when raw, the watermelon radish is an heirloom variety of the Daikon."

OK, they're pretty excited about this vegetable, what with the exclamation points and capital letters and all, but I have to agree, and I think you will, too. Here's what I do with watermelon radish, thanks to Mark Mulcahy, organic produce guru and my personal role model: Scrub or lightly scrape the outside of the radish; slice very thin (I use my favorite kitchen toy, a mandolin); soak in water in the fridge; drain. As the slices drain, they will curl and crisp up like chips. Serve with awesome bleu cheese dip from our Prepared Foods department.

I take these watermelon radish "chips" to potluck meals all the time and they are always a huge hit. Typically I have to stand next to the bowl to answer everyone's questions. They're delicious, unusual, a source of vitamin C, and guaranteed to impress your friends. What more can you ask from your produce?

### October is Fair Trade Month

It's been 18 months now that we've had Fair Trade certified bananas at Weavers Way. Overwhelmingly, members embrace the opportunity to buy Fair Trade, and we are selling more bananas than we've ever sold before. Because all Cavendish bananas are genetically identical, I expected no difference in taste when we switched to Fair



Trade, but I'm happy to report that I was wrong. These bananas are excellent. They ripen slowly and evenly, and have exceptional flavor at all stages of ripeness. You not only get to feel good about where your money's going when you buy Fair Trade bananas, you also get really good bananas.

Plus, you heard it here first: In celebration of Fair Trade Month, Fair Trade bananas will be \$.69/lb, throughout October.

### Morris Fall Festival

On Sunday, Oct. 5, Morris Arboretum holds its annual Fall Festival, and for the third year, Weavers Way will be displaying and selling local apples, pears, and cider, as well as local pumpkins for pumpkin painting. This year we'll be featuring apples, pears, and cider from Solebury Orchards, Kauffman's Fruit Farms, and Three Springs Farm—three local growers committed to sustainable agricultural practices and whose fruit and fruit products are the best I've ever seen or tasted.

Also—you know how I feel about clever gadgets—we'll offer free entertainment in the form of apple peeling, using an apple peeler that I find endlessly fascinating. You really have to see this thing work.

We'll again have about a zillion cute little pumpkins from Merrymeade Farm for pumpkin painting, and some of Merrymeade's delicious fresh cider.

The Festival is a major family event at Morris, with scarecrow-building, nature walks and talks, live entertainment, and a chance to hang out in one of the most beautiful environments in Philadelphia. I hope to see lots of Weavers Way members there to join the fun.

Look for me at the apple-peeling table.

## The Word From Upstairs

by Martha Fuller, Second Floor Manager

October is Fair Trade Month! By now, you've been reading the Shuttle and you have realized that we are celebrating Fair Trade Month. Our second floor Fair Trade companies include Equal Exchange, Blue Water Coffee, Women of the Cloud Forest Jewelry (their wonderful products are displayed on the jewelry board) and World of Good. Some other second floor products from other companies, including the wonderful bulk Frontier Bulk Teas, may also be Fair Trade. We hope you give thought to how your purchases can make a difference for people in other lands. I do believe that we can have a great impact by purchasing Fair Trade Certified items.

### New Products

#### Weleda Rosemary Oil

This product smoothes with fragrant blend of organic clover flower, lavender and rosemary oils. Some folks use it as a defrizzer. (Recommended use via the Weleda Company: put a couple of tiny drops in/on your hands, grab dry hair at the middle and pull through to the ends.) The oil also revitalizes and nourishes the hair and scalp and helps to strengthen dry, damaged hair. The

Weleda folks also tell us that it can be used for daily hair maintenance or as a deep conditioning treatment. They suggest that, for a hot oil treatment, one can put the desired amount of oil into a glass jar or container so that it can be heated in a microwave or on the stove top until comfortably warm to the touch. Massage into the ends of hair, wrap and let sit for several hours. Then brush the oil through the hair and shampoo and rinse as desired.

#### Adrenal Support from Reliance Private Label Supplements and Weavers Way Vitamins

A number of shoppers have requested an adrenal support supplement and hot off the presses, Reliance has a new product in our own Weavers Way brand. According to their literature, this product will give nutritional support for the energy and stress management issues that can challenge adrenal patients. The ingredients include Ashwagandha from Sabinsa, European Eleuthero from Indena, Russian sourced Rhodiola, L-Tyrosine and Choline, which are synergistically formulated with licorice, ginger, astragalus, gota cola and schizandra for optimal effect. There are 60 easier-to-swallow vegetarian capsules per bottle.



## From Their Co-op to Yours

by Margie Felton, Deli Manager

In the deli we are featuring products from two cooperatives: Cabot Creamery, a farmer-owned and operated cooperative in Vermont, and Equal Exchange, a worker-owned cooperative in Massachusetts. Cabot Creamery makes a variety of award-winning cheddar cheeses, which are available in the specialty cheese case. From Equal Exchange we have domestic Fair Trade dried cranberries and pecans located on the shelf next to the deli meat case. We also carry a large assortment of Equal Exchange coffee beans on the second floor and Cabot butter in the dairy case.

Who are these co-ops we are supporting?

### Cabot Creamery

The Cabot story reaches back to the beginning of the 20th century. In those days, the cost of farming was low and most farmers produced far more milk than they could market. So in 1919, farmers from the Cabot area figured that if they joined forces, they could turn their excess milk into butter and market it throughout New England. In all, 94 farmers jumped on board—at the cost of \$5 per cow, plus a cord of wood to fuel the boiler. The intrepid 94 purchased the village creamery (built in 1893) and began producing butter under the Rosedale brand name.

Over the next two decades, as the nation's population flocked to urban areas, Cabot's farmer-owners thrived by shipping their milk and butter south. While the national economy shifted away from agriculture, the Vermont economy was still largely based on dairy farming. In fact, in 1930 cows outnumbered people, 421,000 to 359,000. It was at this time that the company hired its first cheesemaker, and cheddar cheese entered the product line.

By 1960, Cabot's membership reached 600 farm families, though the total number of operating farms around the nation was already in rapid decline. The trend continued into the 1980s when the total number of farms in Vermont sank below 2,000, less than one fifth of what it had been just a few decades earlier. By this time, Cabot had dropped the Rosedale name and was marketing high-quality cheeses and butter under the Cabot brand. The company also began entering its cheddar in national competitions and in 1989 took first place in the cheddar category at the U.S. Championship Cheese Contest, held in Green Bay, WI.

The year 1992 was pivotal in the company's history, as Cabot's farmer-owners merged with the 1,800 farm families of Agri-mark, a southern New England co-op dating back to 1918. Together, they comprised more than 1,500 farms and four processing plants. Meanwhile, Cabot cheddars began an impressive run in awards competitions, winning every major award for taste over the next few years.

Today, Cabot's future looks bright, blending state-of-the-art facilities and a savvy entrepreneurial spirit, with the timeless values and personal commitment to quality that comes from being 100 percent owned by their farm families. It's a special combination that produces the highest quality dairy products, including the cheese that has been widely hailed as the world's best.

Information for this article came from [www.cabotcheese.com](http://www.cabotcheese.com)

### Equal Exchange

Equal Exchange has created Big Change for over 20 years. It all started with an idea: What if food could be traded in a way that is honest and fair, a way that empowers both farmers and consumers? What if trade supported family farms that use organic methods, rather than industrialized agribusinesses that rely on harmful chemicals?

The company's founders—Rink Dickenson, Jonathan Rosenthal and Michael Rozyne—asked these questions as they envisioned a trade model that values the farmers, consumers, and the earth. So they took a big risk and plunged full-force into changing a broken food system. In 1986, they started with fairly traded coffee from Nicaragua and didn't look back.

Today, Equal Exchange continues to find new and powerful ways to build a better food system. Their products now include fairly traded and organic coffee, tea, chocolate, and snacks from farmers all over the world, including here in the United States.

This worker-owned co-op based in West Bridgewater, MA, was founded with democratic principles in mind. They strongly believe in a one-person, one-vote workplace without a corporate hierarchy, and they partner with cooperatives of small-scale farmers who make their own decisions on business and community matters.

From the farmers' co-ops to Weavers Way Co-op, Equal Exchange provides the best-tasting foods—while also making Big Changes to the way food ends up on your table.

### Equal Exchange's Guiding Principles

- \* Trade directly with democratically organized small farmer cooperatives.
- \* Facilitate access to credit for producer organizations.
- \* Pay producers a guaranteed minimum price that provides a stable source of income as well as improved social services.
- \* Provide high quality food products.
- \* Support sustainable farming practices.
- \* Build a democratically run cooperative workplace.
- \* Develop more environmentally sound business practices.

Information for this article came from [www.equalexchange.com](http://www.equalexchange.com).

## What I Did On My Summer Vacation

by Dale Kinley, Fresh Foods Manager

This year, for the first time in eight years, I made it back to Maine. I spent a week in both Blue Hill and Mt. Desert Island. The beauty of the mountains soothes your soul. The second week, I hiked every day. My biggest accomplishment was not only climbing Mt. Acadia, a 700-foot mountain, but also climbing back down. It was very steep and rocky. I loved it.

Maine's seafood is, of course, incredible. My favorite this trip was the crabmeat. Johah crabmeat is a coarser textured crabmeat with much more flavor than the blue crab of the Chesapeake. It is available through our seafood distributor, Samuels and Son, and is a steal at \$13.99 a pound. The whole crab is picked, so it is a combination of claw and body meat. It's great for salad or crab cakes. Try it and let me know what you think.

# The Scoop on Cat Litter

by Kirsten Bernal

## New Info on Cat Litter

First, I'd like to follow up on last month's article about cat litter. I have since set out to sample various earth-friendly products. I am thrilled to report that I have discovered a product that is remarkable! For any of you who have struggled recently with Premium Choice scoopable litter or a similar product, you will want to heed this advice. It may seem strange to express such exuberance about kitty litter but I confidently exclaim that I have been liberated! Feline Pine Scoopable litter has changed my entire relationship with scooping the litter box. Again, if you have ever used scoopable clay litter, you may relate to the dread that arises as you approach that box. After a few days you find yourself chiseling away at a sticky, stinky mess. Or you can relate to hefting that forty pound bag that feels more like eighty. You, too, can be freed from the litter trauma! Feline Pine Scoopable is new on the market. It is basically the consistency of pine saw dust that is rendered scoopable by the addition of Guar and is completely earth friendly. It is lightweight, effortless to shovel, and virtually odor free. I have also found it to be longer lasting. As I no longer dread the scooping chore, I am much more likely to maintain the box, extending the use of the litter even longer. The price of an 11-pound bag is \$13.47, compared to the 40-

pound bag of Premium Choice at \$13.10. At first glance it would seem that the clay offers the better value, but when you consider the benefits of this type of product, it's a no-brainer. The convenience of the weight is a definite plus. Considering how cumbersome and heavy the Premium Choice can be, there is a great advantage to the ease of transporting the Feline Pine Scoopable. It lasts much longer. I was generally purchasing the clay every two weeks. I bought the Feline Pine Scoopable two weeks ago and I still have three quarters of a bag. The odor control of the Feline Pine is far superior to clay. Best of all, Feline Pine is biodegradable, in contrast with clay litters that will never break down. This product offers so much more for your money. Right now, the best selling litter at the pet store is the 40- pound Premium Choice. No doubt you have come to shop and found the walls lined with bags and bags of the clay litter. My hope is that we can reverse this trend and line the walls with earth-friendly alternatives instead. As happy as I am with the new Feline Pine, I am committed to trying each alternative and will keep you posted on my progress as I am aware that no one litter is right for every cat and their owner.



Diet from our inventory. Some members have been looking for an alternative to the Science Diet Hairball Formula. We have begun to stock Purina One Hairball Formula in a seven-pound bag and Eagle Pack Hairball Relief Formula in a 6.6-pound bag.

These are good alternatives and comparably priced if you were using the Science Diet Hairball Formula. They may be pre-ordered in larger sizes and light/hairball, though I don't believe they are the best nutritionally. Recently, my oldest cat began having pretty intense hairball issues. Not only was it uncomfortable for her, it was pretty gross, too, as she always seemed to be in the most inconvenient place

when it happened. I started using one of the hairball supplements we carry and grooming her often. Happily, the problem was resolved. I used my favorite grooming tool, the Kong Zoom Groom. I would recommend the Zoom Groom to any pet owner because it is incredibly effective for removing excess hair and very enjoyable for the pet. My kitties always feel like they're getting special treatment!

## New Eco-Friendly Pet Products

Lastly, I wanted to introduce a new line that I am very excited about. West Paw Design is a great company in Bozeman, Montana that is truly committed to the three "R's." They are responsibly producing non-toxic, eco-friendly pet products. They are dedicated to reducing waste during the manufacturing process by reusing and recycling materials. The eco-friendly components include Intellifloft, fiber derived from recycled bottles, that they use in pet beds and toys. Organic cotton makes West Paw Designs pet beds "greener." For their dog

sweaters, they use reclaimed cotton, an existing resource that reduces waste, uses no new chemicals, and saves water. Their Zogoflex toys are 100 percent recyclable and carry a lifetime guarantee. They are "super durable" and come in terrific designs and great colors. The packaging is made from PLA corn-based, petroleum-free plastic and their catalogues are 100 percent post-consumer recycled paper printed in the U.S. with soy-based ink. They try to minimize their impact on the planet in every aspect of their operation. For West Paw Design, "going green is not a fad." Their products are fun and innovative and as pet owners, we can feel good about using them. I look forward to member input on this line and anticipate that members will just love it. Ask to see samples of their various specially made pet beds that can be pre-ordered.

## Chinese Toys

As I have said before, choosing toys and supplies is one of the more enjoyable aspects of purchasing for the pet store. There are a few companies, like Kitty Hoots and Ethical Pet Products, that have creative and fun toys. The conflict arises in that they are manufacturing in China. Are these toys safe? Currently, there is truly no way of confirming this, but my inclination is to move away from products that leave us doubting. As fun as the Chuck-a-Duck, Heave-a-beaver, and Garbage Guy may be, our pets' interaction with them leaves them open to harm, since they chew and mouth them. Fortunately, there has been increased scrutiny for pet products stemming from the pet food recall. I think it makes perfect sense to seek out better products and I believe this is the beginning of a great partnership with West Paw design. I feel really great about streamlining our products to suit a greater purpose of responsibility for the pets we love and the planet that loves us.

**Greene Street**  
friends school

"Our small classes and close student-teacher relationships make it possible for students to be acknowledged positively for their own uniqueness and allows students to develop their own special talents and abilities."

**Call for Tours and Open House Information**

Greene Street Friends School  
5511 Greene Street  
Philadelphia, PA 19144  
Admissions: 215.438.7005

Visit our website at  
greenestreetfriends.org

## Hairballs

Next, I wanted to address a question I have encountered since dropping Science

**Alternative Healthcare For Women**

Holistic Gynecology  
Natural Menopause Counseling  
Fertility/Pregnancy Consultations

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# 'The Camden 28,' a Film About 1970s Anti-War Activists, Resonates Today

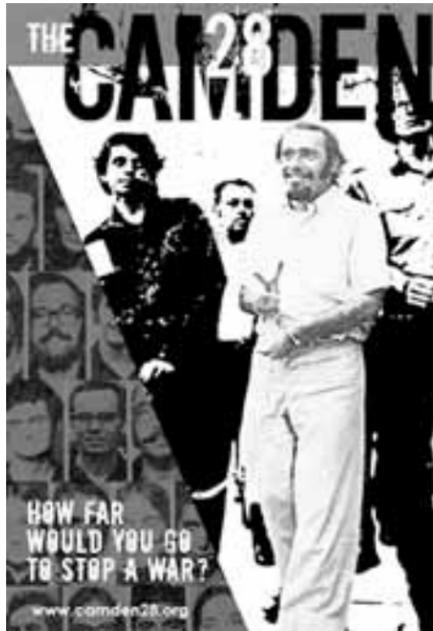
by Chris Kaiser

In 1971, a group of anti-war Catholics broke into a federal draft board office in Camden, N.J., to destroy draft records. What they didn't know was that a fellow plotter had become an FBI informant and the break-in was an elaborate sting operation. Among those arrested that day were four Catholic priests and several Protestant ministers. All were acquitted in a landmark trial that looked deeply into the American conscience during a tumultuous time at the height of the Vietnam War.

The participants in the break-in became known as "The Camden 28," and a documentary film of the same name will be screened Wednesday, Oct. 15, at the Video Library on Germantown Ave. at 7 p.m., as part of the Weavers Way Co-op Film Series. Speaking after the movie will be Joan M. Reilly, one of the original "28" and still a committed advocate for social justice in Philadelphia.

Reilly serves as a senior director of the Pennsylvania Horticultural Society, overseeing its nationally recognized urban greening program, Philadelphia Green. The Philadelphia Green program utilizes horticulture to build community and improve the quality of life in Philadelphia's neighborhoods and downtown public spaces. Reilly leads key urban greening strategies such as parks revitalization, public landscapes, community gardens, urban tree canopy restoration, and vacant land management.

One program of note, City Harvest, makes use of more than 100 community gardens. Through a series of strategic partnerships (Reilly's forte), City Harvest, in two years, has given away more than 9,000 pounds of fresh produce to over 10,000 low-income Philadelphians. It starts with prison inmates who grow seeds into



FILMMAKER ANTHONY GIACCHINO (LEFT) HAS MADE A COMPELLING DOCUMENTARY ABOUT THE CAMDEN 28. ONE OF THE 28, JOAN REILLY (RIGHT) WILL BE ON HAND FOR A DISCUSSION FOLLOING A SCREENING OF THE FILM, WEDNESDAY, OCT. 15, AS PART OF THE WEAVERS WAY FILM SERIES AT THE LITTLE THEATER AT VIDEO LIBRARY

seedlings, which are then transplanted into the Philadelphia Prison System's Roots to Reentry garden and into scores of community gardens throughout Philadelphia. Prison inmates and volunteer gardeners grow the vegetables from the transplants. The fresh produce is then distributed to families through SHARE (Self Help and Resource Exchange), a food cupboard distribution network.

It's not surprising to find Reilly, who lives in the Kensington/Fishtown area, involved in this type of work. The long résumés of many of the Camden 28 participants reflect their commitment to social concerns.

Father Michael Doyle has remained in Camden all these years, ministering to the

poor. Mike Giocondo is a board member of the Chicago Committee to Defend the Bill of Rights. John Swinglish formed a neighborhood social service center in Washington, D.C. Others have focused their energies on such issues as police abuse, sexually abused children, and Native American rights, to name but a few.

Anthony Giacchino, the 39-year-old writer and director of "The Camden 28," says the film resonates today because of its emphasis on deceptive and illegal activities by the government.

"The recent warrantless surveillance controversy wouldn't be happening if not for the actions of activists like the Camden 28 in the 1970s," Giacchino says. He cites a raid on an FBI office in Media, Pa., in the '70s that exposed a range of illegal activity by the FBI, including wiretapping. Because of that case, law enforcement officials now have to get permission from the courts to conduct wiretap surveillance. The Bush administration essentially skirts this law by in-

sisting that the warrantless domestic wiretaps being conducted today are authorized through the Protect America Act of 2007, and by maintaining that any domestic wiretap information is actually foreign intelligence integral to the conduct of war.

Giacchino couldn't have known 13 years ago when he started working on the film that it would resonate so markedly in today's political climate. He began the project in 1995, finishing it 10 years later. In that span of time, the Sept. 11 attacks occurred, the U.S. invaded Iraq, and many basic American rights as stipulated by the Constitution have been eviscerated.

The film took so long to make for two reasons: Giacchino worked full time as a producer for the History Channel and funding for the project was piecemeal and difficult. The effort has paid off as the film was nominated for the 2007 Writers Guild of America Best Documentary Feature

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**Camden 28**

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Screenplay Award.

Giacchino, who lives in Queens, grew up just north of Camden. When he and cinematographer and high school friend Dave Dougherty were looking to make a local film, someone suggested they talk with Father Doyle. After spending four hours talking with Doyle about the Camden 28, Giacchino says he knew this was a story that needed to be told and preserved as "part of our national heritage."

The duo traveled around the country interviewing the "28" participants. Not all of them welcomed the filmmakers warmly. About half of them had to be cajoled and convinced that Giacchino was the person to present the facts honestly. The last member to come onboard was Bob Hardy, the FBI informant. Giacchino says he finally told Hardy that others would tell their side of his story and that he needed to tell his own story. That convinced him.

The trial of the Camden 28 lasted 63 days. The judge informed the jury they could acquit if they felt that government participation in setting up the crime had gone to intolerable lengths that were "offensive to the basic standards of decency and shocking to the universal sense of justice." On May 20, 1973, after three days of deliberations, the jury returned a verdict of not guilty on all charges against the anti-war activists.

In 2002, Giacchino filmed a reunion in the courtroom that included the Camden 28, as well as members of the FBI, the prosecution team, and others who testified at the trial. (Spoiler alert) One FBI agent

still maintains that the group should have been convicted, and Hardy apologizes to the group for becoming an informant. At the end, the defendants link arms and sing "Amazing Grace," just as they did back in 1971 when the verdict was read.

Currently, Giacchino is completing a freelance project for the History Channel called "Unbuckled: Sex and the Presidency," to be broadcast in October. He also will be at the Emmy Awards ceremony in September for a project he did for the History Channel called "Great Moments from the Campaign Trail" that has been nominated for an award. While he says his chances of winning are slim (he's up against Jay Leno and "The Deadliest Catch"), he's excited to be attending the awards with his brother Michael, up for an Emmy for scoring the music to "Lost." Michael also scored the music to "The Camden 28."

**Recipe from the City Harvest Program  
Sautéed Greens with Onions and Peppers**

- 2 bunches of collard greens, kale or chard cut into small pieces
- 1 medium sized onion
- 1/4-cup olive oil
- 2-3 cloves of garlic
- 1 large sweet pepper
- Ginger (optional)
- Soy sauce or salt to taste
- Lemon juice or vinegar (1/8 cup or to taste)
- 1/4 to 1/2 cup toasted sunflower seeds, pumpkin seeds, or small walnut pieces (optional)

Wash greens thoroughly. Cut into small pieces. Dice onions and garlic, sauté in medium heat in oil, add sweet pepper, ginger and nuts with a little soy sauce or salt. Allow to cook for a few minutes before adding greens. Turn down heat and cover allowing greens to cook in their own steam. Add lemon juice and soy sauce as needed. Serve with rice and beans (or alone).

Asked why people should see the film, Giacchino says that "even though the war in Iraq is not in the headlines as much as the Vietnam War was in those days, there is still a war going on and there are still questions about the government's responsibility in time of war." He hopes that people who watch the film might wonder if the government has changed all that much in three decades. After the screening of the film, you might just want to ask Joan Reilly what she thinks.

**Ogontz**

(continued from page 1)

the walls. We considered not just what customers think when they walked into this establishment, but what they would feel. We were creating a new standard: warm, inviting, and unobtrusive—a 'wow' experience. How do I know if we have achieved our objective? Our customers; both new and repeat. On a daily basis they complement us on our variety and quality of produce, the availability of healthy (and never before seen) selections, how clean the place is, its design, our customer service, friendly atmosphere, and believe it or not, the colors of our walls. (Thanks, Josh!)

Yet this is only one objective of many. The operative word is "co-op" and with its many connotations, cooperating and connecting with the established community is and continues to be a priority. For we are not your average market attempting to establish a financial foothold in this up-and-coming district. We are a market and a co-op, an entity that requires members for its success (and existence). From the very beginning, my crew and I have been sharing with our customers what a co-op is (and the benefits of joining).

This is a new concept for many. How this objective is accomplished is also critical. Thanks to the wisdom and experience of my friend Robin Cannicle, the Co-op's membership manager, we have honed our skills to help us overcome communication and, as much as possible, cultural hurdles. Yet the misconceptions continue.

Just the other day I was purchasing breakfast (I am not disclosing its contents) at a local establishment and, as I always do, I mentioned who I was and my association. I eagerly look for opportunities not only to talk about Weavers Way Ogontz but also to pass out business cards (and establish meaningful rapport). I was asked not once but twice whether one must be a member to shop there. I enthusiastically replied that all shoppers are welcomed.

I took this valuable nugget of experience as both a demonstration of how to market ourselves and a realization that overcoming these challenges will take professional and personal patience.

On a personal note, how does one measure "success"? Well, as I stated in the (West Oak Lane) newspaper *The Leader*, we've experienced an initial success by merely opening this co-op and market. Another form of success will be to serve the needs (and not just dietary but social as well) of the community for many years to come. It seems that success is not a destination but a journey. Gracias.

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## Tea with F.W. De Klerk

by Nicholas Reid

As the food we eat becomes more and more political, we begin to hear the story it tells. In too many cases, it is a story of environmental destruction and human despair.

The story of rooibos tea is no exception.

The Apartheid era in South Africa was a direct extension of colonial policies designed to extract resources and profits from the land and local populations. The native ethnic groups of South Africa were pushed off their ancestral homelands to make room for large-scale, colonial plantations. European magistrates and foreign businesses seized the now-famous gold and diamond deposits near Johannesburg, enslaving local populations to mine the shiny baubles that made De Beers a household name and South Africa the only “developed” nation on the continent.

The National Party that ran Apartheid for 40 years used the military and police to separate black South Africans from the most profitable sectors of the economy. They were legally denied the right to own land, or businesses, in “white areas,” or to benefit from some of the world’s greatest mineral wealth. The regime relocated millions of farmers, creating impoverished communities like the Soweto Townships. The Homelands were transformed into barely self-sufficient pools of cheap labor to work the gulags of the South African economy and to subsidize the unprecedented wealth of the tiny white elite. As Apartheid came to end, the Afrikaaner President, F.W. DeKlerk, won the Nobel

Peace Prize, while the farmers that survived were left with miniscule plots of land in the least productive areas of a generally arid and unproductive landscape.

### The History of Rooibos

The history of rooibos is just one more chapter in the tragedy of Apartheid. For thousands of years, indigenous Khoi and San farming communities, perhaps the oldest inhabitants of South Africa, survived in the arid and unforgiving bush, eking out a living from the Kalahari through subsistence agriculture and rooibos cultivation. Enter the Dutch and English colonial bandits in the 1500s. By the 17th century, the Khoisan population was in ruin—murdered, fled, or absorbed into the subjugated and enslaved Xhosa population. The indigenous Khoisan language was replaced by the Dutch-hybrid Afrikaans. Their storied culture, the product of 2,000 years in Southern Africa, was now largely a memory. The medicinal bush became another cash-crop for European invaders. By the 1940s and the rise of Apartheid, rooibos seeds were among the most precious in the world, but the growers sank deeper into poverty and despair, slaves on the land they once owned.

If there is a silver lining to this story of Apartheid, it is the miracle of rooibos. This herb, one of the only crops that thrive in the dry and unwelcoming bush, grows nowhere else in the world. The few small Khoisan farmers who survived the Bantu Expansion, the Dutch invasion, then the British, and the oppression of Apartheid,

found themselves on some of the harshest, most unsuitable agricultural land in the world, dismissed by the white elite... but perfect for rooibos production. Working together, the farmers germinated hope in a desert of despair.

### The Rise of Fair Trade Rooibos

In the village of Wupperthal, located in the Cederberg Mountains, the Afrikaans-speaking descendants of the Khoisan formed a rooibos cooperative, the Wupperthal Tea Association, in 1998 with 16 founding members. North of the Cederberg Mountains, approximately 60 farmers and their families live scattered throughout the rocky terrain.

They received assistance from the Environmental Monitoring Group (EMG) and the Heiveld Co-operative was created in 2000 with 14 members. When they visited Wupperthal and saw the farmers’ success, they became excited as they envisioned new possibilities for the future. Today, over 100 small farmers are producing rooibos and exporting it to European and U.S. markets.

Access to international markets and higher Fair Trade prices have dramatically improved the farmers’ incomes. In her book, *Boiling Point*, Leonie Joubert describes the impact of this new market on the Heiveld cooperative: “The community’s

fortune is changing. All the cooperative members have their first bank accounts. One person had a set of dentures made; another took a family member to hospital for treatment—both healthcare ‘luxuries.’ These are quiet signals that a community, whose education often does not extend beyond grade four, is dipping its toe into a viable mainstream market.” Fair Trade represents the first opportunity for black South Africans to benefit from their labor and invest in their own development.

(continued on page 8)



HENDRIK HESSELMAN, CHAIRPERSON OF THE HEIVELD CO-OP AND ROOIBOS FARMER, WITH JESSIE MYSZKA, DIRECTOR OF DISTRIBUTION AT EQUAL EXCHANGE

PHOTO COURTESY OF EQUAL EXCHANGE

**Local Roots**

After growing up in Chestnut Hill and going to school in Mt. Airy, John and Michael Fiorella started Fiorella Woodworking in 1987. The Fiorellas specialize in architectural millwork and custom cabinetry that they produce in an old mill building they refurbished in Germantown. The brothers work with general contractors, architects and individual homeowners and are firm believers in supporting local business.

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**Tea With DeKlerk**

(continued from page 7)

**The (Uncertain) Future of Rooibos**

Today the progress of the Heiveld and Wupperthal cooperatives is threatened once again by white land-owners, and this time, by the very people who champion "Fair Trade." The system has abandoned small farmers and begun incorporating plantations into its model. The same landowners whose ancestors destroyed the native cultures and stole their land are currently the primary beneficiaries of rooibos' inclusion in the Fair Trade register. While granting workers a slight increase in wages, Fair Trade serves to strengthen the plantation economy, to the detriment of small farming communities. Not only does plantation-based Fair Trade divert premiums from the small farmers that need it most, it serves as an investment in their competition. Plantations are becoming

more efficient, expanding production, their share of rooibos exports (already 98 percent of total production), and the prosperity of white landowners.

The story of rooibos is not over, and the ending has yet to be determined. Equal Exchange is proud to work exclusively with small farmer organizations, to strive for an empowering conclusion. Our rooibos tea is an investment in the communities of Heiveld and Wupperthal—never the plantation model upon which colonialism and Apartheid were founded. In the 1980s, millions of citizens around the world stood up to Apartheid and demanded that their colleges, employers, and mutual funds divest from South Africa to end our subsidization of structured racism, inequality, and exploitation. Purchasing rooibos tea from small farmers is the next step—not just an economic transaction that empowers small farmers—but an investment in justice and equality.

**Manager's Cornery**

(continued from page 1)

cured a state grant to assist with the construction of this building, but we are still trying to get a deal done that works for both parties. It may be that we have to report, after all of this time, that the expansion will not take place on this site (I am told this happens all the time even after a few years of negotiating).

There are other opportunities out there and we will continue to look, and if this is the case, I will keep you informed through the e-mail newsletter and future articles.

**Ogontz Store is open but slow**

When we opened the Ogontz store, we knew that this would be a small store and a new location that would have its challenges. The challenge of opening in an underserved fresh produce area is big, but one that the board, the management team at WW, and the community (OARC) wanted to attempt. Our sales have been very low. In fact, our weekly sales have been about what we had expected to do in one or two days. Now *that* is slow. We have only been open for three months, and summer months at

that, which is known to be a slow period. But until we are breaking even, we will need to find a way to increase sales.

We are not used to having to advertise and seek out members, but here we stand needing to do just that. We are developing an outreach program through membership and Robin will be spearheading this with the Membership and Diversity and Outreach Committee. Jon is working on ads and mailers over the next few months. It is important to get the word out in the community and to have our members try out the store and tell us what we need to do to improve it and better meet their needs.

If you are able to shop at Ogontz, please do. Your feedback is important and your involvement is, too

**Mark Allen Hughes to Speak**

I am very excited that Mark Allen Hughes has agreed to speak at our Fall General Membership Meeting in November. Mr. Hughes is the City's Director of Sustainability. I had the opportunity to meet him in the summer. I am looking forward to his presentation and plans for the City.

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# Celebrate the Season at the Morris Arboretum's Fall Festival

by Susan Crane

Weavers Way will be joining Morris Arboretum for the Fall Festival, an afternoon of fun and activity held the first Sunday in October. Celebrating its tenth year, the Morris Arboretum will host this year's annual Fall Festival on Sunday, Oct. 5 from 11 a.m. to 3 p.m. The Arboretum's glorious landscape provides the perfect backdrop for this lively event. Colorful trees burst forth with hues of orange and red as families gather to make a scarecrow or paint a pumpkin. Fall Festival is a highlight of the Arboretum's fall calendar, last year drawing over 1700 visitors. What makes the event so unique is that almost all the activities are geared toward both children and adults, allowing families and friends to spend a wonderful afternoon together.

Among the favorite activities is the scarecrow making. For a small fee (\$10 members, \$12 non-members), the Arboretum supplies all the materials, including the scarecrow frames, hay and a vast selection of clothing. This is serious business for many folks who are intent on having the "best-dressed" scarecrow around. Visitors are encouraged to come early for scarecrow-making, as many visitors head right to that area, to ensure their pick of the best outfit.

New this fall: Don't miss the Scarecrow Walk! From Saturday, Sept. 27, through Sunday, Oct. 5, entries from our Scarecrow Design contest will be on display for nine days before and during Fall Festival. Visitors can purchase raffle tickets at the Arboretum to win one of the scarecrows.

Kids also enjoy choosing and creating a pumpkin "masterpiece." Pumpkins can be purchased and painted in a variety of colors and decorated with glitter, yarn, pompoms, and doilies.

Weavers Way Co-op will be on hand once again, with a selection of organic, locally-grown produce and other Co-op products. Visitors can delight in sampling the various apple varieties and choosing an assortment to take home.

Other attractions include master falconer Mike Dupuy, who will be on hand to show off his wonderful birds of prey and demonstrate the 4,000-year-old art and sport of falconry, and "bee master" Jim Bobb, who was featured on Channel 6 news for his bees' honey and its medicinal benefits. There will also be face painting, craft making from the Wild Bird Center,

Wissahickon Chicken Shack will keep the crowds hopping and stomping with

their unique blend of music capturing the funk of New Orleans, the honky-tonk of Texas, the high lonesome sounds of Appalachia, and the West Coast sound of the Bay Area. They are back by popular demand following their performance at the Arboretum's 75th Anniversary celebration in April.

No visit to the Arboretum at this time of year would be complete without a stop at the Garden Railway Display. This year's theme, Architectural Wonders of the World, treats visitors to a virtual trip around the globe with extraordinary replicas of wonders of the world, surrounded by a quarter-mile track out in the Arboretum garden. Be sure to see the display before it closes for the season on Oct. 13.

Finally, visitors should take a few moments to look around and enjoy the spectacular fall colors. In the Philadelphia area, there is truly no better place to see beautiful autumn trees than at the Morris Arboretum. The Arboretum is home to some of the area's oldest and largest trees, as well as many trees known for their particularly superb color—including red and sugar maples, scarlet oaks, and black gums.

The Fall Festival is the perfect way to



PHOTO COURTESY OF MORRIS ARBORETUM

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enjoy an afternoon of fun in a glorious autumn setting. Make plans to visit the Arboretum and it will become an annual event for your family, too.

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Hendrik Heutsman, from the Heiveld Co-operative, right, shows Deepak Kharelwal from Equal Exchange, left, maize plants at the Heiveld Co-op.

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For every pound of Equal Exchange Organic Co-op Blend that you purchase, Equal Exchange contributes \$0.25 to our Small Farmers Green Planet Fund. Among the communities that will receive support from the Fund this year are the rooibos farmers of the Heiveld and Wupperthal co-operatives in South Africa. Since global climate change has reduced crop yields, the rooibos farmers are adopting sustainable farming practices and techniques for natural resource conservation that will be essential for the survival of their farms.

**As a partner in this effort to create a more green and just food system, your co-op has committed to match our \$0.25 donation on every pound of Co-op Blend you purchase during the entire month of October.**



A visit to a village of the Heiveld Co-op, located in western South Africa.

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To read more about these South African projects and the campaign, visit:  
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## Feds OK Irradiating Fresh Spinach, Lettuce

by Sustainable Food News

The use of ionizing radiation on fresh iceberg lettuce and fresh spinach to control food-borne pathogens and extend shelf-life has been approved by the U.S. Food and Drug Administration.

The agency said in a Federal Register notice that it was amending the food additive regulations to allow the radiation at a dose up to four kiloGray, which is about five million times more irradiation than a single chest x-ray. The Center for Disease Control said it can take about 4.5 kiloGray to kill the salmonella in poultry.

The FDA said irradiation kills E. coli, salmonella, and listeria, and extends shelf life without compromising the texture, nutrient value, and safety of raw spinach and lettuce.

"Irradiation is prohibited at all stages of production and handling for products in-

tended to be sold, labeled, or represented as "100 percent," "organic," or "made with organic (ingredients)," the National Organic Program said.

The move comes almost two years after a deadly outbreak of E. coli was traced to spinach grown in California.

The FDA was petitioned by the National Food Processors Association on behalf of The Food Irradiation Coalition in January 2000 to allow ionizing radiation on this produce and several other food products. The petition was scaled back to just spinach and iceberg lettuce in December.

The FDA said the use of ionizing radiation on the other foods included in the original petition remains under review. Americans have been eating irradiated meat for years, and spices can also be irradiated.

The FDA said it received several comments from Public Citizen (PC) and the Center for Food Safety (CFS) requesting the denial of the petition, but said the comments were "of a general nature and not necessarily specific to the requests in the individual petitions."

## Organic Almond Growers File Lawsuit Over USDA Fumigant Mandate

by Sustainable Food News

A group of 15 American organic and conventional almond growers and sellers recently filed a lawsuit in federal court in a bid to overturn a government-mandated treatment program for California-grown raw almonds.

"This rule is killing the California Organic Almond business," said Steve Koretoff, a plaintiff in the lawsuit and owner of Purity Organics located in Kerman, Calif., according to a statement, "because foreign almonds do not have to be pasteurized, their price is going up while our price is going down because of the rule. It makes no sense."

Convinced that a new rule was necessary to ensure the safety of California-grown almonds, federal regulators rolled out a requirement late last year mandating that raw almonds produced in California be treated with propylene oxide or steam-heat prior to sale.

Despite the treatment, the nuts can still be labeled raw. And that has some consumers upset.

"We weren't surprised when Wedge shoppers and members wrote nearly 500 individual letters expressing disapproval of the USDA's mandatory fumigation law for domestic almonds," said Lindy Bannister, general manager of The Wedge, a Min-

neapolis-based grocery cooperative. "Our members especially did not like the idea that fumigated almonds could be called 'raw.'"

The group of organic and conventional almond growers and handlers contend in the lawsuit that the USDA "exceeded its authority, which is narrowly limited to regulating quality concerns in almonds such as dirt, appearance, and mold," according to a press release issued by the Cornucopia Institute, which is aiding the growers in their legal quest. "And even if the USDA sought to regulate bacterial contamination, the questionable expansion of its authority demanded a full evidentiary hearing and a producer referendum to garner public input—neither of which were undertaken by the USDA."

"The fact that almond growers were not permitted to fully participate in developing and approving this rule undermines its legitimacy," said Ryan Miltner, the attorney representing the almond growers. "Rather than raising the level of income for farmers and providing handlers with orderly marketing conditions," added Miltner, "this particular regulation creates classes of economic winners and losers. That type of discriminatory economic segregation is anathema to the intended purpose of the federal marketing order system."

### Save that Date!

Weavers Way's Fall General Membership Meeting is Sunday, Nov. 9, 2008



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## Clone Offspring Entering Food Supply; Companies Sign Clone-Free Pledge

by Jonathan McGoran, adapted from *Sustainable Food News*

It has been barely nine months since the the U.S. Food and Drug Administration announced the decision to end a voluntary ban on the sale of meat and milk products from cloned cattle, goats, and pigs, and their conventionally bred offspring, saying such products were safe to consume. Since then, the *Wall Street Journal* has reported that more and more milk and meat from the offspring of cloned livestock are entering the U.S. food supply.

While a USDA official told the *Wall Street Journal* that it is "highly unlikely" that consumers have used any foods that came from cloned offspring, the report quoted Phil Lautner, a farmer from Jefferson, Iowa, raising as many as 100 clone offspring, as saying he sent offspring of clones to be slaughtered for food in the past "several years." The report also said that not only is the number of cloned animals increasing, but nobody is keeping track of all offspring.

In response to these developments, 20 of America's largest food companies have pledged that they will not use milk or meat from cloned livestock, although only eight have expanded that pledge to include offspring of cloned animals.

The roster of multinational food giants pledging to not use food from cloned livestock includes Kraft Foods, General Mills, Gerber/Nestle, Campbell Soup Company, Smithfield Foods, and Unilever's Ben & Jerry's brand of gourmet ice cream, as well as smaller companies like Amy's Kitchen, Hain Celestial, and Clover-Stornetta. The grocery chains pledging to avoid using food from cloned animals are Supervalu, Seattle's PCC Natural Markets, Albertsons,

and Harris Teeter. Whole Foods Market, Safeway, and Kroger had previously pledged not to sell food from cloned animals.

However, just eight of the 20 companies have committed to not using ingredients from clones or their offspring. They are Ben & Jerry's, Amy's Kitchen, PCC Natural Markets, Hain Celestial, Clover-Stornetta, as well as Oberweis Dairy, Prairie Farms Dairy, and Plainview Dairy. With clones costing up to \$20,000 a copy, they are too expensive to be slaughtered for food, but reports that some ranchers are selling clones' offspring for food is cause for concern.

In May, the Center for Food Safety (CFS) began reaching out to companies involved in the production, use, and sale of meat and milk products, regarding their position on the use of food from clones.

Ben & Jerry's Social Mission Director Rob Michalak told the CFS that the "decision to approve clones for food use was rushed through, under the radar, without a proper, comprehensive review."

Michalak is calling for the establishment of a national registry and tracking program to keep people informed where clones and their offspring are at all times.

"This rejection of food from clones sends a strong message to biotech firms that their products may not find a market," said Lisa Bunin, of the Center for Food Safety. "American consumers don't want to eat food from clones or their offspring, and these companies have realistically anticipated low market acceptance for this new and untested technology."



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### Upcoming Workshops

#### Building a Great Home and School Relationship

Thursday, October 16, 2008, 7:00-9:00, 610 Carpenter Lane  
**Lillian Weilerstein and Mary Klein**

Applications for school transfers are due October 31 Learning the transfer processes for Masterman, Middle and Senior High School; Special programs; Magnet High Schools; and Charter Schools. We will talk about children, at home and at school. We will focus on finding the best ways for parents to approach teachers with concerns and questions. If you would like some help helping your children and want to share your ideas, problems, and even frustrations, feel free to bring up any or all issues regarding home, day care, sitters, school or after school time. Please join us.

For 30 years, Lillian Weilerstein and Mary Klein have worked with parents, teachers and community outreach program to help children aged 3 to 14 solve problems individually, in groups and classes.

#### Observational Drawing for Adults

Thursday, Oct. 16 7-9 p.m., Mindy Flexer Studio, 5225 Greene St.

Have you always wanted to learn to draw? Well, you can! In this workshop, we will experiment with a series of fun drawing exercises that will get you started on learning to draw what you see. Beginners to advanced students are welcome. If you have a sketchbook, bring it; if not, I will provide paper.

#### Drawing for Children, ages 8 to 18

Sunday, Oct. 19, 10 a.m.- noon, Mindy Flexer Studio, 5225 Greene St.

In this workshop, children will get to use their imaginations and build their skills. They will learn about drawing people in different positions, animals, and other things they are interested in. Lots of experiments will lead to a more finished work at the end. Please have your child wear clothes are okay to get dirty, and bring a snack.

Artist and certified art teacher Mindy Flexer has taught art for the last fifteen years, including eight years at Greene Street Friends School.

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## Neighborhood Reclaims Park at Allens Lane and Lincoln Drive

by Damaris E. South

Have you recently pedaled, driven, or walked past the “T” where Lincoln Drive meets Allens Lane? You might have noticed its transformation and wondered about the small blue marker flags scattered among the plants. Enthusiasm, planning, collaboration, cooperation, and a small band of hard-working near-neighbors have made this change possible.

Early in the 1900s a link connecting the Chestnut Hill and Mount Airy segments of Lincoln Drive was planned, to begin at the “T.” The Streets Department ultimately abandoned that idea and the land reverted to Fairmount Park. In more recent times you might remember the area mainly for its landmark, the dilapidated white picket fence. Those venturing into the ‘woods’ behind the fence would have been dismayed by the dumping ground it had become: mounds of asphalt, concrete, cobbles, and yard waste overgrown with invasive trees shrubs and vines—not a pretty sight and certainly nothing the community could be proud of.

In the spring of 2007, the newly formed West Mt. Airy Neighbors Streetscapes Committee, in search of a kick-off project, decided to take on replacing the picket fence and rehabilitating the surrounding area. Over the next 11 months, committee members worked on a plan of action. Resources were explored and plans and plant lists were drawn up. Establishing who or what agency actually had jurisdiction over the area turned out to be especially difficult. In December 2007, the Committee felt prepared to meet with near neighbors to gather their comments and enlist their support. Neighborhood reaction and promises of participation—all it takes to make a difference—was enthusiastic

By February 2008, near neighbors, committee members, and community residents were ready to begin work. Sunday, Feb. 24, was “Remove the Picket Fence” day. Despite the snow on the ground, 20-plus hardy souls endured cold, wet feet as they worked to remove the fence (portions

of which have been recycled at Ned Wolfe Park) and to fill a dumpster with the debris. Enthusiasm was high. We could have used two more dumpsters.

After the initial clean up, Fairmount Park Commission (FPC) District #3 staff, at the direction of District Manager Pat Crossan and District Supervisor Gerry White, came in with heavy equipment. Crews removed invasive trees, pruned what remained, and carted away truckloads of rubble, setting the stage for the installation of a new fence and gate. This was designed, built, and installed by the Friends of the Wissahickon Structures and Trail Maintenance Subcommittee crew, under the leadership of Ed Stainton with assistance and coordination by David Dannenberg, fellow Friend of the Wissahickon and Streetscapes Committee member. Two red reflector signs were erected by the Streets Department in June as a warning to motorists.

Volunteers began planting in April and continued intermittently until June as plants became available through donations from the FPC and direct purchases. District #3 brought in several truckloads of compost and mulch to give the plants the best possible start. FPC Natural Resources Specialist and local resident Sarah Low was instrumental in obtaining donations through the FPC Environment, Stewardship, and Restoration Division. Additional trees and groundcover will be planted in the fall.

The planting plan features species native to the Wissahickon. Blue marker flags help volunteers identify plants, learn more

about what is native, and avoid mistakes when weeding and oversights when watering. Continue to watch for a plant list with photos, so you, too, can learn about what is indigenous to the area. Perhaps you will be inspired to add *Rudbeckia fulgida* (Brown Eyed Susan), *Rhododendron periclymenoides* (Pinxterbloom azalea), or *Carex pensylvanica* (Pennsylvania sedge) to your garden.

The dramatic improvements in the lot’s appearance brought on by clearing, building, and planting this spring have been followed by quieter but nonetheless intense efforts centered on maintenance. Neighbors divided the summer weeks and took responsibility for watering, watering, and more watering. A very near neighbor generously allowed us to use his garden hose on our appointed watering rounds. Weeds have disappeared like magic, and the grass has remained mysteriously well manicured. Efforts to identify the ‘turf crew’ have so far been unsuccessful. Thanks to the blue flags, only weeds have been eliminated. We are very proud that regular watering has kept the plant mortality rate low during this critical “establishment period.”



PHOTO BY DOBS KESSLER

**VOLUNTEERS REMOVED THE OLD PICKET FENCE IN APRIL, THE FIRST STEP IN THE BEAUTIFICATION OF THE LOT WHERE ALLENS LANE MEETS LINCOLN DRIVE**

September will bring a celebration of our accomplishments. Neighbors and friends will join together on Sunday, Sept. 21, for a communal pat on the back and to plan for what lies ahead. More watering, weeding, and planting of course, but perhaps we can persuade the Streets Department to build a new sidewalk and curb.

Watch for activities and join us on our next work day. It will be announced on the board atop the gate as well as in the WMAN newsletter, and via e-mail. Often when we convene on a weekend morning, there are doughnuts, apple cake, and coffee. Bring your gloves and a willingness to work, and be prepared to improve your knowledge of indigenous plants and trees, and to hone your gardening skills.

For more information contact the WMAN Streetscapes Committee at 215-438-6022 or [wman@wman.net](mailto:wman@wman.net).

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## Ned Wolf Park

by Ronda Throne-Murray

From the many positive comments made to our volunteers by dog-walkers, baby carriage-pushers, and bench-sitters, it seems that the neighborhood is pleased with the developments at Ned Wolf Park. We are all glad to have your positive encouragement and to know that the past two years of grueling work days in the park have made the impact we intended. The hard work is behind us, but the maintenance will go on forever.

We are working to add new hands to solidify our core group of intrepid volunteers. We need to involve more people to help with the gardening maintenance in support of this local resource which, like all living things, needs to be nurtured. The watering, weeding, and seasonal clean-ups will never be "done." We need new faces to join us for the Fall Workday on Saturday, Oct. 4, 10 a.m. to 1:30 p.m.

If you were at the Mt. Airy Village Fair, you may have noticed the great raffle items available for only a couple of bucks. Notable gifts include last year's incredibly popular "fall yard clean-up" with four gardening men showing up for two hours to work with you at your home! Among the new items this year was a "bulb planting" with 200 deer-resistant bulbs planted at your home with your help by our volunteers; a "spring yard clean-up" with four gardening men to show up at your home in April to help get your little piece of Eden off to a good start in 2009, with your assistance; and a garden consult with Ned Wolf Park designer Syd Carpenter. For the children, we gave away a year-long Please Touch Museum membership for their new location at the Memorial Hall building in the Fairmount Park section of West Philadelphia! If you participated in our raffles, we thank you. If you won, we hope you agree that the prizes are an outstanding value.



PHOTO BY RONDA THRONE-MURRAY

NED WOLF PARK, THE CORNER OF McCALLUM AND ELLET STREETS.

Coming soon, on Sunday, Oct. 12, from 2 to 5 p.m., there will be a re-dedication party to celebrate several things. First, we will celebrate the accomplishments of the 100-plus local volunteers and donors. Second, we will share in formally dedicating the benches with their sponsors. Third, many personal friends and family of the namesake, Ned Wolf, will join the "Friends of Ned Wolf Park" and partners from WMAN and Philadelphia Green to unveil a sample of the sign that we are working to fund and hope to install in the park next year. It will tell Ned's story, one that many consider to be a shining example of the ethics and diversity of Mt. Airy started in the 1960s when equal rights for all was not a universally popular notion. I am sure that there will be touching tributes in addition to good food and a fun party with live music by a local W. Mt Airy band, the Kwerks.

We hope that you will continue to support us with a financial gift. We don't like to point to our deficits, but the park, as improved as it is, still needs improvements that could cost another \$10,000 to 14,000, including: sidewalk repairs and replacement; a leaf blower; better garden fencing; replacement hoses; plants; and the sign to

tell the story of Ned Wolf.

To support the project goal of your choice with a tax-deductible donation, please send your check to WMAN (with "Ned Wolf Park" and if you like, the item you want to support in the memo section), 6703 Germantown Ave., Ste. # 200, Phila, PA 19119. To participate in a workday or join our group of fabulous volunteers who regularly work in the park, contact Ronda Throne-Murray at: 215-848-4222 or via e-mail at rondazmail@verizon.net.

We'll see you in the park.

## Henry School Parents Group

by Nancy Peter

In October 2002, a group of parents began meeting monthly. Some were Henry School families and others were considering Henry for their children. This group continues to meet and helps families gather information and make informed decisions. The next three meetings will include guest speakers, opportunities to help out, and more:

- Monday, October 27, 2008
- Wednesday, November 19, 2008
- Tuesday, December 16, 2008

Meetings are held at the Peters' home: 526 Arbutus St., starting at 7 p.m. sharp, and ending at 8:30.

Please bring a small snack or beverage to share. Childcare is not provided, but we can recommend sitters.

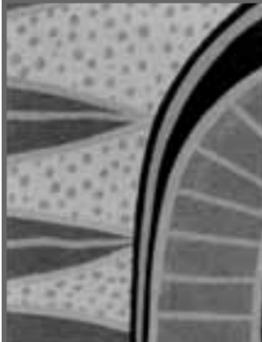
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## State Senator LeAnna Washington Announces New “Mt. Airy Teacher’s Fund”

by Po-Hong Yu

Mt. Airy Teachers’ Fund and State Senator LeAnna Washington recently announced the creation of the new Mt. Airy Teacher’s Fund Grant Program.

The Teachers’ Fund was established by Trolley Car Diner & Deli owner Ken Weinstein to offer grants to teachers at the A.B. Day, Emlen, Henry, Houston, and Linglebach schools in Mt. Airy who are interested in creating opportunities for their students. The financial resources provided by the Teachers’ Fund can be used for anything from purchasing supplies to funding a special trip, as long as it is geared towards broadening the students’ experiences.

Senator Washington has been a long-time supporter of children’s education in Philadelphia. She sponsored the initial Department of Community and Economic

Development Grant, which brought in \$10,000 out of the \$16,400 in funds collected to create the Mt. Airy Teacher’s Fund. West Mt. Airy Neighbors will administer the Teachers’ Fund’s finances.

“The entire Mt. Airy Teachers’ Fund Committee is very excited about launching the program and encouraging teachers to apply for grants this fall!” says Weinstein. “With the support of Senator Washington and others in the Mt. Airy community, I hope that we can continue to give out these grants to teachers for years to come.”

Members of the committee include, Pat Harless, Pauline Henry, Marilyn Lambert, Richard Raisman, and Leslie Winder. To find out more information about the Mt. Airy Teacher’s Fund, call 215-848-1133 x 208 or e-mail pohong.yu@gmail.com.

## Now More Than Ever, Cresheim Cottage Needs Your Support

by Kim Miller

With construction in full swing at their doorstep, the Cresheim Cottage is in dire need of support from the community. All of the businesses impacted by this construction need your support, now more than ever. Without it, they will not survive. Though the approach is intimidating due to detours and construction equipment, the Cottage is open, and free parking is available in the Brewer’s Outlet parking lot.

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## Latin Language Lounge: New Spanish Immersion Classes Located in Mt. Airy!

by Sylvie Gallier Howard

Have you been meaning to learn Spanish? Did you take it for years, but barely use it? If this sounds like you, I hope that my new venture, Latin Language Lounge, will motivate you to sign up and become an active Spanish speaker and Latin culture aficionado.

This summer, Latin Language Lounge will partner with the Maternal Wellness Center to offer two classes: “Cultura y Conversación: Adult Intermediate Spanish” and “Mamá y Bebé” Spanish. We are starting small, with the hopes that we will soon be able to rent a space and offer a full selection of courses. In the fall, I plan to hire additional instructors and expand course offerings to include Beginners Spanish for Adults and Spanish for Toddlers. All of the classes at Latin Language Lounge will use the immersion methodology, with classes taught in Spanish only. Although immersion can be daunting, groping and fumbling your way through is the quickest way to learn. It doesn’t take long to figure out a way of communicating without launching into English.

I became fluent in Spanish through the immersion process. When I traveled to Ecuador during her junior year of college, I had no idea that the experience would have such a critical role in shaping my life. I returned to live three more years in Quito, the capital of Ecuador. Since then, I have returned to Ecuador many times and traveled extensively throughout Latin America and Spain.

After returning to live in Philadelphia, I spent five years running a non-profit in a mostly Latino section of North Philadelphia. I decided to start Latin Language Lounge as a means of connecting Spanish learners to the cultural life of the Spanish speaking world, including the rich culture

that thrives right here in Philadelphia. .

Except for the majority of Latinos, most Philadelphians don’t even know that there is an amazing barrio of Latino culture right here in our city. Music, art, food, dance. There is an abundance of offerings and I want to make sure that people from other parts of the city become a part of these rich experiences.

As Latin Language Lounge grows, I also hope to connect Spanish learners to opportunities for immersion in Spanish speaking countries. Language is a tool for learning about other cultures. Ultimately, as people travel to other parts of the world, they become more empathetic and embracing of differences. Inevitably, they get a hunger to explore more parts of the world and the better their Spanish gets, the more they can do that!

Latin Language Lounge is currently offering its classes at the Maternal Wellness Center’s new location at 16 E. Springer Street, Philadelphia, PA 19119. If you are interested in signing up or learning about upcoming classes or if you want to share any ideas you may have for the Latin Language Lounge, I would love to hear from you. You can reach me at [sylvie@latinlanguage.com](mailto:sylvie@latinlanguage.com) or 215.478.3286.

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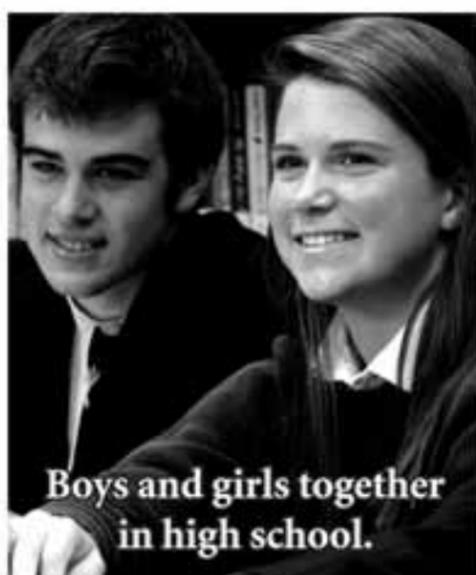


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*The Simplicity Dividend*

**Mt Airy: Third Places Revisited**

by Betsy Teutsch

My Simplicity Dividend column is now more years old than I can recall. It's still great fun to plan each issue's topic, but this column is a milestone of sorts: revisiting an earlier topic and celebrating how well we've done in creating Third Places. Back in the day I reviewed Ray Oldenburg's urban sociology classic *The Great Good Place*, a study of gathering places which are neither home nor work, hence the term Third Place. They are the locations where community happens—people drop in, partly looking for connection, not just food or drink.

Mt. Airy has moved up significantly in the Third Place meter by adding a diner and at least two independent coffee shops in the last five years. Weavers Way's location, just diagonally across the intersection from The High Point, has created a synergy between the two that is so successful it's hard to get a seat at Meg's. Greene and Carpenter, which also features our independent bookstore, mothering center, yoga studio, and green home center, has become a micro-Berkeley, California, efficiently compressed into one half-block. At Germantown Avenue's Infusion, whole dissertations are written. Meals, benefits, and get-togethers at The Trolley Car are standard fare of Mt. Airy life; TTC added Fair Trade coffee in response to customer demand. My observation is that these places haven't just met pent-up demand for coffee; rather they've created demand for coffee combined with conversation and community.

Another factor fueling Third Places is the internet crowd. When I first heard the

term Third Place, it was super exciting, because working at home had always been so isolating. I loved the idea that there could be a place to take a break and socialize at the same time, without making a specific plan with anyone. Think of how communications have changed in the intervening few years—laptops, cell phones, and social networking have spawned a whole new type of work life, dubbed nomadic, no longer dependent on a specific location or office. Millions of people now are at work as soon as they turn on their computers. Technomads also use cafes, but not for socializing; instead, they use them as free office space if the establishment provides internet access. (The High Point doesn't provide internet service, which contributes to its social vibe. It does provide water for doggies, though. Infusion provides internet, but is less dog-oriented.)

Looking over the past few months, I chuckle when I think of how frequent my High Point visits have been, since—dirty little secret here—I don't really care about lattes and work hard to resist pastries. But I love conversation and community, so I figure two out of three is pretty good. I adore showing off our hip 'hood; friends and colleagues are happy to travel from afar to our scene here. We are that cool!

So hats off to all the proprietors of our vital Third Places—and let the coffee, conversation, and community flow.

*You can read Betsy's blogs at [www.MoneyChangesThings.blogspot.com](http://www.MoneyChangesThings.blogspot.com)*

**eBay Launches Sustainable Goods Site**

by Sustainable Food News

The world's largest online marketplace, eBay Inc., recently launched a new e-commerce marketplace offering sustainable food and other products. It is called WorldofGood.com,

"Whether consumers are looking to purchase products made from recycled or natural materials, buy organic, or support artisan women in developing nations, WorldofGood.com brings a new level of confidence and transparency to the socially responsible shopping experience," the San Jose, Calif.-based company said in a statement.

The company is selling products from 15 categories, branded under the People Positive and Eco Positive trademarks, and including sustainable food, fair trade coffee, organic clothing, animal-friendly beauty products, and art and jewelry made from recycled materials.

All WorldofGood.com listings are also available on eBay.com, which has over 84 million active users worldwide.

eBay's new e-commerce site also has a labeling system called Goodprint, which shows shoppers the positive social and environmental impact their purchase makes:

whether it provides economic empowerment to people, conserves energy, supports animal species preservation, or is made of recycled, organic and/or sustainable materials.

eBay said all products, producers, and sellers are verified by various third parties such as fair-trade certifier TransFair USA, Co-op America and Aid to Artisans as meeting strict ethical and environmental standards.

U.S. retail sales of grocery products making some form of ethical claim reached nearly \$33 billion in 2006, an increase of more than 17 percent from 2005, according to a report last year by research group Packaged Facts.

The report projects that sales of products containing ethical elements will maintain double-digit growth over the next five years, surpassing \$57 billion in 2011.

The new e-commerce site is a collaboration between eBay and World of Good, Inc., a purpose-driven start-up dedicated to building ethical consumer experiences, by bringing its deep knowledge of the global ethical supply chain to mainstream retail partners.

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## The Bee Crisis

by Pat Piro

It is no secret that the honey bee is in serious trouble. For those of us who are interested in the organic scene, this crisis is very alarming. The honey bee is the pollinator of many of the fruits and vegetables we eat on a regular basis. Without them, the agricultural world would be terribly at risk. In late 2006, beekeepers first recognized that a deadly ailment was decimating their hives. Colony Collapse Disorder (CCD) literally turns a beehive into a ghost town. Thus far, CCD has claimed bees in 35 states, affecting commercial beekeepers, who truck thousands of hives long distances to pollinate crops, as well as the smaller and less experienced beekeeper.

Especially in light of the dramatic demise of commercially managed honey bees, it is important that we remember what important pollinators our *native* bees are and always have been for many favorite garden vegetables and fruits. In many cases, they are doing 100 percent of the work. In research done on small farms in New Jersey, it was discovered that native bees have been responsible for many of the pollinations now taking place in some crops (melon, peppers,

and tomato), even when farmers are renting honeybee colonies for pollination.

Native bees have been in America almost forever, while the honeybees are relative newcomers who first arrived in the 1600s with English and Dutch settlers, and then later with Spanish priests in Mexico and the Southwest. Honeybees are preferred by farmers for pollinating big fields of a single crop because their hives are portable and come packed with thousands of eager workers. The under-appreciated local talent are the native bees. They can't pollinate huge, single crop farm fields and almost none of them make honey. However, as more research is done, scientists are appreciating the power and potential of native pollinators.

Home organic gardeners can nurture significant numbers of native pollinators. Right now this is really important because it appears the numbers of native pollinators are falling and we need them more than ever. There are several ways we can make a difference and attract and nurture pollinators wherever we live. Plant a flower buffet with a variety of flower types and colors—blue, purple, violet, white, and yellow. Plant annuals and perennials. If you have mostly shade, bees like nectar and pollen from hosta flowers. And bees love dandelions and dutch clover so this can give you a break on weeding. Add a birdbath to give them clean water, which will keep them in your garden instead of going elsewhere for water. And don't forget to support local beekeepers, who are greatly affected by this crisis; try to buy local honey. Let's all try and make a difference and help in this crisis—it really doesn't seem that difficult to do.

## Mt. Airy Midwife Featured on Radio Show

by Mary Harris

Known for a long time as “the person to go to for holistic gynecology” in this area, Iris Wolfson, CNM, CRNP, was recently featured for some of her less-traditional healing arts practices on the weekly WJJZ radio show, “Pathways to Health.” A practicing midwife for over 25 years, Wolfson specialized in home births for more than two decades before deciding to stop delivering babies a few years ago. “It was a very difficult decision for me. I resisted giving up births for a long time, but I saw the increasing challenges of insurance and solo practice as an opportunity to focus more on the energy and healing arts work I had also been offering,” Wolfson says in a wistful tone. “I still provide holistic gynecologic care, which integrates traditional as well as complementary alternatives such as herbs, homeopathy, flower essences, nutritional therapies, and bioidentical hormones. My care includes annual exams and treatment for uro-gynecologic problems, natural menopause options, fertility/pregnancy consultations, PMS, and postpartum depression counseling. I am also doing some really exciting energy and healing work using Tibetan bowls, Shamanic drums and journeying, therapeutic touch, and Peruvian whistles.” Until recently, she was also providing counseling for hormonally-mediated mood disorders such as PMS, menopausal, and pre- and post-partum depression at the Pierce Women's Mood Center in Chestnut Hill, which recently lost its funding. Not surprisingly, during her recent interview on

Pathways to Health, the commentator introduced her as “A woman who wears many hats!”

A long-time student of the shamanic traditions and ancient healing arts, Wolfson has been traveling to Peru for the past several years to further increase her knowledge of these practices. A growing following of loyal clients in the Philadelphia area have been the fortunate beneficiaries of her evolving healing arts practice. One current client reports, “I just love doing the energy work with Iris, she brings a sincerity and compassion to it that has allowed me to feel safe and open up to the deeper levels of healing that can occur. I experienced a profound sense of relaxation and well-being during the therapeutic touch energy session, which was followed by sound healing with the Tibetan Bowls. The bowls were placed on and around my body and chimed to create a penetrating sound and vibration that deepens the shift derived from the energy work. A pervasive sense of inner calm and peace stayed with me throughout the week. My current favorite is the Peruvian whistles—beautiful handmade clay whistles in the shapes of spirit guides who call upon the universe to help me realize an intention that I verbalize at the beginning of the session. Sometimes while Iris and I whistle in unison I can feel something transformative taking place, other times it starts to emerge later. I feel a sense of peace and grounded-

(continued on page 22)

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# Fear and Flight Are Not the Solution to Removing a Bat From Your House

by Brenda Malinics

This is the time of year that I get calls almost every day about bats in homes. This is also the time of year that bat pups (young bats) are learning to fly and getting into trouble, much the same way that teenagers do when they are learning to drive a car. Yes, even bats need to perfect their echolocation and build their cardio and muscle strength. Weighing only 12 grams (less than half an ounce), a bat is one of the most feared creatures on the planet and can send a 200-pound person running at marathon speed.

If you do encounter a flying bat in your house, do not attempt to chase it or catch it. Remove any pets from the room the bat is in, open a window, and close the door. The bat will likely fly out.

If there are no windows in the room, allow the bat to fly until it tires and lands. When the bat lands on a surface, wearing gloves to protect yourself, gently place a container (like a container from coffee or Cool Whip) over the bat, and slide a piece of stiff cardboard between the bat and surface on which it is sitting. The bat will likely make "irritation buzzes" which are audible to the human ear and it may throw out its wings in fear. This is the part when most folks get caught off guard, lose whatever little courage they had to approach the bat in the first place, and run at high speed from the terrified and confused little guy. Try to stay calm, even though your heart will likely be racing and you will be breaking out in a sweat.

Once you have captured the bat, take it

outside and place it on an elevated surface, like a roof or on tree bark. Do not put the bat on flat ground. It will be landlocked. Bats need air under their wings in order to fly, much like the dynamics of an airplane, and must drop down in order to take flight upward.

You can also capture a bat that has landed by using a flannel pillow case; simply scoop the bat into the fabric. Again, be sure that you are wearing leather gloves because any frightened wild animal will try to bite if it feels threatened. You can then take the bat outside, and launch the bat into flight from the pillow case with a gentle shake of the pillowcase held at arms' length.

The hardest calls are the ones where the bat has disappeared in the house, and the family is unsure whether it is still in residence. Because bats have flexible bones and can fit through a hole the size of a nickel (most callers hate when I tell them this), bats can disappear quickly and into the tiniest crack. That's why it is important not to lose sight of the bat when it is first discovered. Although most people's inclination is to flee, you can help avoid the possibility of a reappearance later, if you provide an exit or assistance to the outdoors when it first appears.

When I go on a bat search inside someone's home, I always start by looking at high surfaces, behind curtains and picture frames, etc. Remember that bats fly high, so looking under the furniture is an exercise in futility. Our local bats are mostly crevice

dwellers who like tight, dark, small spaces. Sometimes errant bats seen inside someone's home will find their way out, while others will not and must be removed; otherwise they die of starvation inside. It is impossible to know for sure whether a bat has left a dwelling once it disappears.

You cannot contract rabies from being in a room with a bat. Rabies is transferred through saliva. Less than half of one percent of bats carry rabies. Many publications state that one might not know they have been bitten by a bat because they have such small sharp teeth. This is a misleading statement because being bitten by a bat is similar to being pricked by a pin or needle. Yes, I have been bitten by bats, having handled hundreds over the past 20 years, and it hurts.

Although bats are one of the most feared creatures on the planet, they are the cornerstone of a healthy environment. They are very gentle, extremely intelligent, and very clean. Bats eat their weight in mosquitoes (which carry the deadly West

Nile Disease) as well as other nocturnal pests that damage agricultural crops. (Organic farmers often use bats to control insects).

Bats have been maligned throughout time simply because of myths and misconceptions. They are disappearing from the planet faster than any mammal of their size due to habitat loss, intentional destruction caused by fear, pesticides, and White Nose Syndrome, a fungus discovered in the last two years on the East Coast that has wiped out 90 percent of bats in New York state alone. Bats need our help and our tolerance.

Please remember that a bat found on the ground outside is often injured or sick and should be brought to a rehabilitation center for help. If you encounter an injured wild animal, call our closest rehabilitation clinic, the Schuylkill Center Wildlife Rehabilitation Clinic in Andorra, at 215-482-8217. Care is free and financial donations are always needed, along with volunteers.



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# Guess Who's Coming to Dinner, Fundraiser for Mt. Airy USA

by Tracia Collichio

Mt. Airy USA's annual signature fundraiser, Guess Who's Coming to Dinner, is back! On Oct. 11, tables will be hosted by 35 Philadelphia-area celebrities for a festive evening of food, drink, and conversation with some of the region's most intriguing personalities at the Commodore Barry Club, 6815 Emlen Street, off Carpenter Lane. The event starts at 6:30 p.m. and tickets are available at [www.mtairyusa.org](http://www.mtairyusa.org) or by calling 215-844-6021. Dinner will feature a flavorful fusion of Asian family-style food and the chance for attendees to choose which celebrity's table they'd like to join.

Among the local luminaries are:

**Journalists**, like: *Philadelphia Inquirer* architecture critic Inga Saffron; *Philadelphia Inquirer* columnist Chris Satallo; *Philadelphia Inquirer* reporter Art Carey; award-winning columnist for the *Philadelphia Inquirer* and *Philadelphia Metro* Karen Heller; and *Philadelphia Daily News* political cartoonist Signe Wilkinson.

**Civic leaders**, like: Lawrence Shaeffer,

co-founder of Philly Car Share; Zachary Stalberg, President and Chief Executive Officer of the Committee of Seventy; David Thornburgh, executive director of the Fels Institute of Government at the University of Pennsylvania; civil rights lawyer David Rudovsky; Ahmeenah Young, President and CEO of the Pennsylvania Convention Center Authority; Andrew Altman, Philadelphia's new Director of Commerce and Deputy Mayor for Planning and Economic Development; John Andrew Gallery, creator of the City's Office of Housing and Community Development, whose work has shaped the city of Philadelphia since his tenure with Edmund Bacon's legendary City Planning Commission (1964 to 68); Michael Masch, Governor Edward G. Rendell's Secretary of Budget and Administration; Sharmain Matlock-Turner, the President of the Greater Philadelphia Urban Affairs Coalition (GPUAC); and David L. Cohen, Executive Vice President of Comcast Corporation and multifaceted civic leader.

**Arts leaders**, like: David B. Devan, Managing Director of the Opera Company of Philadelphia; Ken Marini, cofounder of People's Light and Theater Company; Shawn Gee, cofounder and President of the Music and Entertainment Division of Sports & Entertainment Financial Group (SEFG); Jeri Lynne Johnson, Founder and Music Director of the Black Pearl Chamber Orchestra; Terrence J. Nolen, the cofounder and Producing Artistic Director of the Arden Theater Company in Philadelphia; and Karen Lewis, Executive Director of Avenue of the Arts, Inc.

**Authors**, like: Pulitzer Prize winner Buzz Bissinger, author of three highly acclaimed non-fiction books—*Friday Night Lights*, *A Prayer for the City*, and *Three Nights in August*; Mark Bowden is a national corre-

spondent for *The Atlantic*, and author of *Black Hawk Down* and *Killing Pablo*; Miriam Peskowitz, co-author of the international best-seller *The Daring Book for Girls* (and the forthcoming *Double-Daring Book for Girls*); and Jonathan McGoran, communications director at Weavers Way Co-op, and, writing as D. H. Dublin, the author of the forensic crime thrillers *Body Trace*, *Blood Poison*, and *Freezer Burn*.

**Broadcasters**, like: E. Steven Collins, Director of Urban Marketing and External Relations at Radio One Inc. and host of *Philly Speaks*; Bill Siemering, President of Developing Radio Partners and National Public Radio's first Director of Programming; David Dye, host of the nationally acclaimed, award-winning *World Café*, now heard on 200 radio stations nationally; Monica Malpass, co-anchor of *Action News* and anchor of the award-winning political discussion program *Inside Story*.

**Foodies**, like: Tony Lawrence, chef, sommelier, and food and wine educator; Eric Patrick, founder and master roaster for Torreo Coffee, a local artisanal roaster of premium coffee; and Chef Georges Perrier, founder, owner, and chef of the legendary Le Bec-Fin, voted by Conde Nast Traveler as America's Best Restaurant.



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**Other celebrities**, like Horticulturalist David Zelov, who manages Weavers Way expanding urban organic farm at Awbury Arboretum; and filmmaker Tigre Hill, whose documentary, *The Shame of a City* is credited for helping elect reform candidate Michael Nutter as Mayor of Philadelphia.

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# October Garden Notes

by Mark Goodman, *The Neighborhood Gardener*

**Bulbs.** October is a good time to plant spring bulbs. Most of us plant tulips, daffodils, hyacinths, and crocuses, but how about something a little more exotic for the spring?

If you like showy plants, start with *Fritillaria imperialis*, commonly called "Crown Imperial." The plant grows three to five feet tall and produces pendulous yellow, red, or orange flowers in April. The bulb itself is as large as a plump avocado and has an unpleasant odor. It is sometimes called "mole plant," since its smell is thought to discourage moles.

If fritillarias aren't tall enough for you, try the giant allium (*Allium giganteum*), which can grow to six feet and sports a cluster of purple flowers that form a four to six-inch diameter head. To me, they have an other-worldly appearance, like purple

space ships. They attract a lot of attention in the spring and are sure-fire conversation starters. Alliums are in the onion/garlic family, but these bulbs are not edible.

If you want to be the first one on your block to have bulbs grow into flowers, plant snow drops (*Galanthus*). They are low (six inches), white-flowered harbingers of spring, usually blooming in February or March, but sometimes as early as December. I've seen them bloom even in late November after a cold spell.

**Transplanting.** Later October is a good time to transplant perennials, shrubs, and some trees. Why? Because at this time the plants are entering into their dormant period and are less likely to be shocked by the move or by too-warm weather. Furthermore, the ground is still soft enough to dig, compared to late November and the winter months. Finally, the temperature is still

warm enough for us to work outside.

**View from the Porch.** When I get a hankering to experience the wonders of nature, I do not travel to Galapagos Island, Yellowstone Park, or the Appalachian Trail. Sometimes I don't even go to the Schuylkill Center for Environmental Education or Valley Green. I like to go out to my front porch and watch the daily show that Mother Nature performs.

Goldfinches flit among my neighbor's sunflowers, pecking out the dry seeds. These birds are like beams of light, and when they perch on a sunflower, their yellow and black hues mesh perfectly with the colors of the sunflower heads.

Speaking of sunflowers, in my backyard I planted seeds from a Burpee sunflower variety pack called "Fantasia Hybrid Mix." I now have 7-foot tall burnt orange sunflowers watching over the garden. The seed package called "Tall Border Mix" also has these orange giants. Five-foot tall canary yellow sunflowers provide a colorful contrast.

**Back to my front porch.** I enjoy the shimmering red flowers of my 6-foot "Tropicana Black" canna lily. The leaves are not black but dark bronze. Last year I planted a related canna, "Tropicana," with bright orange flowers and leaves streaked with red, orange, and yellow. Purple Morning Glories, which stay open until noon,

climb up to my roof. And spilling from a hanging pot is a thunbergia, also called a Black-eyed Susan vine. The flowers, the size of impatiens, are yellow with a black center and bloom prolifically on the trailing vines. There is also a variety that blooms orange.

Of course, there is a generous assortment of butterflies and bees that come to visit my garden and my neighbors' gardens. The sounds of the finches, grackles, cicadas, crickets, and sparrows provide the musical score for my front-porch getaway.

**Garden Book Recommendation.** *Native Alternatives to Invasive Plants*, by C. Colston Burrell, is part of the Brooklyn Botanical Gardens' All Region Guides. Colorful photographs of the native alternatives, as well as the invaders, help the reader to identify the plants. Each native plant is accompanied by a detailed description that includes growing tips and other native possibilities. For example, instead of the invasive Bachelor's Button (*Centaurea cyanus*), the author recommends the attractive native fleabane (*Erigeron speciosus*) and the common wood aster.

**Gourds.** Do you find the assortment of gourds that are often used as Halloween decorations interesting and even fun? Then put them on your "to plant" list for the spring. They are easy to grow and kids get a kick out of them.



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# America's Indigenous Foods Changed the World

by Vivian Schatz

This October marks the 516th anniversary of the landing of Columbus in the Western hemisphere, and the "Conquest of Paradise," according to Kirkpatrick Sale. It is therefore an appropriate occasion to acknowledge the incredible importance and diversity of the foods developed by the original and brilliant agriculturists in North and South America.

The native people were decimated by killing and disease after the European conquest, yet the agricultural innovations of the people of the Americas saved the lives of untold Europeans and played a crucial role in world history and cuisine. About 60 percent of the foodstuffs eaten throughout the world today were developed in the Americas; Native American corn and potatoes are the third and fourth largest crops in the world.

Agriculture dates as far back in Mexico as it does in the Middle East. Cultivation of squash in Peru began 10,000 years ago. Cultivation of the potato began at least 4,000 years ago in the Andean highlands—now Ecuador, Peru, Bolivia, Chile, and Argentina—and as many as 3,000 different kinds of potatoes were grown. Several hundred varieties of potatoes are still cultivated in the Andean highlands. The introduction of the potato largely eradicated famine in Europe. The additional nourishment the potato provided boosted the population and political power of northern, grain-poor countries such as Germany and Russia.

Sunflowers are another crop from the Americas that made its way to Europe. Sunflowers provided much-needed food oil for Northern European countries. These

days, 60 million acres of sunflowers are grown in 60 countries for their flowers, seeds, and oil. Peppers—sweet, pungent, and hot—were first cultivated in Mexico 9,000 years ago.

They now contribute their unique flavors to much of the world's cuisine, from Hungarian paprika to the spicy foods of China, India, and Indonesia. Corn—the major grain of North and South America—was domesticated 7,000 years ago in Mexico. It has spread throughout the world.

The Mayas, Aztecs, and Incas depended on corn to provide an almost complete protein. They grew corn in a unique way on small hills of soil with beans and squash (also first cultivated in the Western Hemisphere) planted in the same hills around the corn. This growing method provided a high yield of complementary foods in a small space. The beans, with root nodules of nitrogen-fixing bacteria, provided nitrogen for the trio. The corn provided the support for the beans and the squash leaves conserved moisture. Present-day Mayas still use this method when they have their own land.

This triad provided foods that could be dried and stored after harvest. The combination of corn and beans provided a complete protein. Beans—black, red kidney, pink, white navy, and cranberry—all originated in Mexico about 7,000 years ago.

Additional familiar foods and flavorings that originated in the Americas have spread all over the world. The sweet potato has become a staple root crop in China. Peanuts are a major source of protein in Africa. Cassava, another root crop, is the staple

## Cranberry Beans with Corn and Squash (Porotos Granados)

- 1 cup dried cranberry beans (also called Romano beans. Pinto beans can be used)
- 3 tablespoons olive oil
- 2 large onions—chopped
- 4 medium tomatoes—chopped (or 1 can #2 tomatoes)
- 2 tablespoons chopped fresh basil (or chopped basil frozen in olive oil)
- 1 pound butternut squash—peeled and cut into one-inch cubes
- 1/2 cup corn kernels (1/2 box frozen corn kernels works fine)

Rinse beans and put them into a pot with cold water to cover. Bring to a boil, then turn off the heat and let them soak overnight in the refrigerator. Sauté the onions in olive oil. Add the paprika and basil to the sautéed onions when they are almost tender. Add the fresh tomatoes, and stir for several minutes. If you use canned tomatoes, drain the tomatoes—save the tomato juice to add as the pot liquid later. Sauté the drained tomatoes with the onions. Add the beans and bean water, squash and corn. You probably need more water. Cook until the beans are tender. This can take up to two hours depending on how fresh the beans are. The squash disintegrates and thickens the beans. Add the amount of salt you want. I usually triple the recipe. Any extra freezes very well.

food for one third of the people of Africa. Imagine Italian pasta without the tomatoes, which were developed in Peru. Add chocolate, vanilla, chicle (chewing gum), pineapples, papaya, pecans, cashews, Brazil nuts, avocados, and turkeys.

Corn and beans are still a staple food in many parts of the Americas.

This recipe for a popular Chilean dish, Porotos Granados, illustrates its Indian origins since its main ingredients are all indigenous foods—beans, squash, corn, and tomatoes. Poroto is the Mapuche (Chilean Indian) name for cranberry bean.

*Adapted from an article originally printed in the Shuttle in 1992.*



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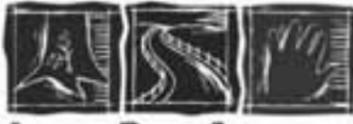
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**Co-op Buys 542 Carpenter La.**  
(continued from page 1)

Weavers Way would go in as a partner on the building. I told him we would. He has since told us that another group was purchasing the building. We did not know who it was (they never contacted us) and there was concern on the neighbors' part and my own, from a business standpoint, that we did not know the party.

Neighbors were concerned that this partnership would come into the neighborhood and start something up without meeting with the community to figure out a compatible business that everyone could live with going forward. The Munn family were excellent neighbors: The yard was clean; the traffic was very early in the morning; and there was no weekend activity. I had contacted the Munn family a few times to rent their parking lot for member parking, but insurance reasons kept them from doing this. I should have contacted them about office space, but I did not.

To make a long story shorter, the Munn property is now under agreement with a partnership that has not approached the neighbors or other businesses in the area as a group. I am sure that they will soon. I am now aware of one of the partners.

When the Munn property went to this other group, the Co-op's management team decided to look at another property that had been put up for sale earlier in the summer: the garage located at 542-544 Carpenter Lane, even closer to the Co-op. A neighbor and Co-op member was about to purchase the building, but she was only doing it to hold the property for the neighborhood. I asked if the Co-op could purchase it at a later date with other neighbors. She said, "That would be great!"

The plan was to allow her to purchase the building and then to see later if we wanted to purchase the building. Then we learned that if we purchased the building later, there would be double transfer taxes on the property plus added expenses for title fees etc.—added costs of over \$17,000. A subcommittee of the management team was formed and decided to purchase the building, but we now had only one day to act to get our name on the paperwork. Our neighbor was willing to assign the purchase over to us, so we moved forward and did just that.

This all happened over a four-day period. The purchase price was \$275,000. The building will need work, including some structural items on the roof and back wall.

So, what will we do with this building? We do not know yet, but we will be having some staff and community meetings to discuss our options. Some thoughts are building our production kitchen and large cheese counter. We will keep you informed.

If you have any questions or want to get involved in the planning, please speak to me or to Steve Hebden.

**Looking for Leadership**

Several of the Co-op's most important committees have been inactive and are in need of dynamic leadership.

If you are interested in serving on a committee, contact Serena Pepito at [boardadmin@weaversway.coop](mailto:boardadmin@weaversway.coop)

**Musical Instrument Bank Benefit Concert**

by Chris Kaiser

The idea is a simple one: Collect enough instruments so that people wanting to take music classes at Mt. Airy Learning Tree (MALT) can do so, even without owning their own musical instruments.

The idea came from Charlie Martin, a senior at Central High School. Charlie is working with MALT to host a benefit concert on Oct. 10, 7:30-9 p.m., at Chestnut Hill Presbyterian Church on Germantown Ave., just past Chestnut Hill Hospital. Proceeds from the concert will go toward the purchase of instruments for the library. People can also donate old or new instruments at the door, or donate money (MALT will take donations throughout the year).

The tentative lineup for the concert includes the group I'm Stuck in Time; jazz drummer Frankie Root; Philly rapper Diz; Ken Ulansky of the Ken Ulansky Ensemble; and Richard Drueding, an instrumental guitarist who taught a young Charlie Martin. There will also be refreshments.

"The idea of an instrument bank is a good thing for this area," Drueding said. "It could get people into a class who might otherwise not be ready to purchase an instrument."

Jonna Naylor, executive director of MALT, encourages people to donate instruments "no matter what shape they are in." She said that local music stores have indicated a willingness to take unusable instruments and give store credit in return. MALT has already received a steel drum and an acoustic guitar.

Current music classes at MALT include harmonica, guitar, steel drum, and bagpipes (fall bagpipe class is sold out, Naylor said). If other types of instruments are donated and MALT can find the teachers, they will offer more classes, Naylor said.

The fee for the concert is \$15 for an individual, \$25 for a couple, \$30 for a family, and free if you donate an instrument.

To reach MALT, call 215-843-6333 or visit [www.mtaairylearningtree.org](http://www.mtaairylearningtree.org).

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PHILADELPHIA SCHOOL SUPERINTENDENT ARLENE ACKERMAN (CENTER) VISITS SEEDS FOR LEARNING FARM AT MLK HIGH SCHOOL WITH FARM EDUCATOR DAVID SILLER (L) AND WWCP EXECUTIVE DIRECTOR RACHEL MILENBACH (R)

**Mt. Airy Midwife**

(continued from page 16)

ness when I leave, and I have moved off of some stuck places in a relatively short time through doing this work. It's just a different way to healing and insight from talk-based therapies. I've recommended several friends give it a try." Wolfson explains that blowing into the Peruvian whistling vessels creates a wavelength of sound that induces an altered state of consciousness which allows the transformative healing process to begin.

Because she accepts most insurances for her well-established holistic gynecology practice, Iris has enjoyed a steady flow of regular and new patients for many years, but there is currently no insurance that covers the less traditional, more spiritually-based modalities, so folks must pay out-of-pocket for a shamanic journey, therapeutic touch, or a sound-healing Tibetan bowls session. As more and more people have become disenchanted with the limitations and shortcomings of our current medical model, the number of consumers who seek out less traditional methods has grown steadily, and awareness continues to grow.

Undaunted and optimistic, Wolfson says the people who seek this sort of experience have been finding her through word

of mouth, and she has enjoyed watching her practice grow with new faces and new connections. She now has clients who come just for the shamanic healing sessions, and has even seen a few men, something her gynecology practice, by design, has virtually excluded for years. "I've been finding my way to this work for many years and I feel blessed to be able to share these experiences of healing. People find me at just the right moment in their lives and I am happy to be a part of their healing journey." To contact Iris for holistic gynecology services or energy/healing work, phone 215-842-1657. She is located near Lincoln Drive in Mt. Airy. The Pathways to Health interview can be downloaded online at [www.pathwaystohealthradio.com](http://www.pathwaystohealthradio.com).

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**Suggestions**

(continued from page 24)

of bowing in the store. To clean off after you check out, the cashier will squirt your forehead with a spray bottle, then you can wipe it off with your sleeve.

s: "Could we get Veganaisse—a mayonnaise substitute that is vegan and much better than Nayonnaise. It does need to be refrigerated. It is so good. The original version is best—not the grapeseed version."

r: (Chris) Sorry, no room in our refrigerated cases for Veganaisse at this time. We'll keep it in mind if space opens up.

s: "It's hard to find rye bread that's not pumpernickel—I think I see it maybe one in five times I check—is there a special day of the week I should look?"

r: (Nancy) We do get a big order of Mindy's on Thursday evening and again on Saturday.

s: "Can we stock the Fage two-percent yogurt? (in addition to the zero-percent? Or in place of?). I much prefer it".

r: (Chris) No room to add this item to our line, sorry! You can preorder a case of six tubs of Fage two-percent, for \$29.81.

(They always come in with a five- to six-week "sell-by" date).

s: "Let's get rid of Frito-Lay big tobacco chips and replace them w/Herr's or some other smaller local brand!"

r: (Norman) We checked into Herr's a while ago and found that, although local, Herr's was not committed to healthier choices of ingredients. Frito Lay, although a huge company, uses better oil, and was one of the first large food manufacturers to pursue non-gmo corn and potatoes. They also have made energy efficiency and use of so-

lar at their manufacturing plants a priority and re-use their cardboard boxes when possible.

s: "Acai juice."

r: (Chris) Look for Acai juice in the juice section by late September; we'll try it for the fall and see how it sells. (Norman) If you never heard of acai juice, acai (ah-sah-ee) is a plum-like fruit from South America that many people think has all kinds of beneficial properties, kind of like Noni juice. The main benefit seems to be enriching the people that have sold it, Amway style, in recent years. I wonder if the placebo effect of products like this is related to price, i.e., the more you pay for something you think will help you, the more it does actually help you, regardless of what the ingredients are. To test this theory, look for our new line of medicinal oils, called "Snake Oil," which contains no snake or oil, just leftover soup pot scrapings, but costs \$150/fluid ounce. Find it upstairs next to the homeopathics.

s: "Looks as though we've stopped stocking dried peppermint! Can I buy it in bulk?"

r: (Chris) You can find bulk peppermint on the second floor, in the bulk tea section.

s: "Could you please restock the large cans of Badalucco olive oil that you used to carry? If that's not available, would it be possible to stock a larger size of the Claudio's olive oil (extra virgin)? It would be great to have more options for olive oil from Italy. Thanks."

r: (Chris) We brought in the Liohori olive oil due to complaints we received about the latest batch of Badalucco oil. The Liohori olive oil, from Greece, is comparable price-wise per ounce, and has gotten fairly good reviews. We hope to bring back Badalucco once a new batch becomes available.

**L • E • T • T • E • R**

To the editor:

The August issue of The Shuttle was full of good news, but it also included something that disturbed me very much.

A picture on page one showed a team of volunteers testing out the new online work calendar, but I wonder why we are even bothering with this when the lead story told something else—the imminent end of the work requirement and the members-only shopping policy (the latter already a thing of the past).

I am familiar with the arguments about the need to be open to the community and about the so-called burdens of the work requirement, but I feel - as I have argued in letters to the editor in the past - that we are gutting the essence of Weavers Way by moving in this direction.

Doing work hours is a nuisance, but it is also a community building exercise. We should not be just about "cheap cheese," as one of our now-deceased activists (Vince Pieri) used to put it. We may live in a middle-class area with essentially middle-class values, but we also have stood for neighborhood and community consciousness, values that have been reinforced by our experience at Weavers Way.

I don't claim to be an expert on how co-ops function, but I lived through the bubble and eventual bankruptcy of the large co-op in Berkeley, California. I have shopped in co-ops in Vermont and Minnesota that do not have a member or work requirement. I've seen some great stores out there, but that's all they were—great stores, but nothing more.

I feel that this new policy is being forced through with no large discussion, and it is a policy change that will profoundly affect our being. Our "policy governance" style of functioning turns over great powers to the manager, but I think that it is still the responsibility of the board and of the membership to define such basic issues.

From what Glenn Bergman writes in his article, we are steadily moving to a voluntary work requirement. Of course, some people will still participate, but it will be a different world. I predict that we will develop a small core of "insiders," much smaller than this group now is, and a corps of "shoppers only," who may or may not even join the Co-op. Many of our programs that function by giving work credit will fall by the wayside, such as our wonderful workshop series.

The stresses of growth and finding an additional store site are very great, but I don't think we are choosing the right answers for some problems.

~ Larry Schofer

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## Suggestions

by Norman Weiss

Greetings and thanks for writing. As usual, suggestions and responses may have been edited for clarity, brevity, and/or comedy. Hopefully, by now many members know the on-line version of our work calendar is being phased in by cycle, and some of you have already received your usernames and passwords via postcard. Things may be a little awkward during this first year as we all get used to it and work out the bugs, but then we expect great things from it. It is set up to be very flexible, allowing us to add temporary or permanent work slots, change the basic calendar template, add locations, change credit amounts, change slot start- and end-times, and more. What may not be obvious is that our goal was not just making membership management and work sign up more convenient and efficient, but also to convert capitalist societies to Marxist ones, and then world domination. We thought other co-ops and organizations might be interested in this scheduling application, both for their own member-work programs and also possibly for staff scheduling. We expect to adapt a version of it ourselves to do our own in-house staff scheduling (our staff has grown to about 60 people). Few people realize it, but large retailers like Walmart keep an eye on what goes on here at Weavers Way, and it's only a matter of time before they ask to license the scheduling application. What Walmart won't realize,

however, is that built into the application is the message that workers have control over where and when they work, what they produce, who they work with, and how much their work is worth, all part of the Marxist message. Once their workers begin scheduling themselves on-line, it is only a matter of time before they feel empowered enough to start deciding things like dress code and pay rates. Then they'll schedule themselves for extra breaks during which they'll attend Marxist education classes, and there you have it. Of course, since Weavers Way is behind the whole thing, once the application is ubiquitous, our Board will formulate governance policies regarding worker behavior and thus Weavers Way will control the world from our little corner.

On a political note, it is interesting to me that one issue no presidential candidate ever deals with is food and food policy. I would at least like to hear what their views are on food production and availability. Also what they themselves eat. I especially wonder about Sarah Palin. One question I would like her to answer is, after you shoot an elk with a shotgun, how do you get the shotgun pellets out? Or do you just swallow the pellets as a way of supplementing dietary iron and lead?

### Suggestions and Responses:

s: "Could you carry a natural or organic product similar to Pepto-Bismol?"  
r: (Martha) We do stock Pepto-Bismol, in Wellness section near aspirin. Don't know of an alternative natural product.

s: "My husband thinks a forehead stamp for remembering Deli orders would be useful, so the cashiers could remind us when they see it."  
r: (Norman) Good idea, we'll have a stamp made. We'll build a counter such that the stamp will remain stationary on the counter, and you bend over and press your forehead into the stamp. This way the stamp won't get lost, plus we can start a tradition

(continued on page 23)



PHOTO BY JONATHAN MCGORAN

CO-OP GM GLENN BERGMAN (CENTER) RECENTLY MET WITH THESE NEW CO-OP STAFFERS TO TELL THEM MORE ABOUT WHAT THEY HAD GOTTEN THEMSELVES INTO. FROM LEFT TO RIGHT ARE: A.J D'ANGELO-MASKO, VINCE GROVER, CARLY CHELDER, MARK MATTSON, GLEN BERGMAN, BERNADETTE JACKSON, RENEE CHAMPION, ANNETTE ALOE, AND RACHEL BROWN.

### Equal Exchange

## October Coffees of the Month

### Organic Co-op Blend

A complex sweet and spicy aroma with zesty acidity, layers of velvety smooth chocolate and subtle notes of blackberry. From small farmer co-ops in Latin America and Africa.

**\$7.99/lb.**  
Reg. \$10.01/lb.



### Organic Peru Decaf

Produced in the Andes Mountains, our Vienna roast highlights the vibrant glow of this exquisite coffee, and brings out the round, syrupy body. Enjoy it at 9am or 9pm – you'll never know it's decaf

**\$11.61/lb.**  
Reg. \$12.61/lb.



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WEAVER'S WAY EDUCATION COMMITTEE PRESENTS

## FREE FILM SERIES

Wednesday, October 15 - 7 PM

**'The Camden 28,'**  
a Film about 1970s Anti-War Activists,  
Resonates Today

By Chris Kaiser

In 1971, a group of anti-war Catholics broke into a federal draft board office in Camden, N.J., to destroy draft records. What they didn't know was that a fellow plunger had become an FBI informant and the break-in was an elaborate sting operation. Among those arrested that day were four Catholic priests and several protestant ministers. All were acquitted in a landmark trial that looked deeply into the American conscience during a tumultuous time at the height of the Vietnam War.

### DISCUSSION

Speaking after the movie will be Juan M. Reilly, one of the original "28" and still a committed advocate for social justice in Philadelphia.

Films are shown monthly at the  
**LITTLE THEATRE IN THE VIDEO LIBRARY**  
7141 Germantown Avenue (near Duham St.)



Filmmaker Anthony Giacchino after a screening of "The Camden 28" at the 2006 Human Rights Watch International Film Festival, Walter Reed Theatre, New York City. Credit: Greg Tarjan

Admission is free and open to the public.  
Seating is limited to 25 people.  
No standing allowed.

## Welcome to Weavers Way Cooperative Association

Dear Neighbor,

If you are not already a member of Weavers Way Co-op, you are invited to join. Weavers Way is a member-owned, not-for-profit cooperative. Our bylaws require that in becoming a member, someone from your household attend an orientation meeting, where details of membership will be explained. Meetings are held at the Germantown Jewish Center (GJC), Lincoln Drive and Ellet Street, and at Church of the Annunciation (CA), Carpenter Lane and Lincoln Drive. Upcoming Orientation Meetings are on the following dates:

DAY	DATE	TIME	LOCATION
Saturday	Oct. 4, 2008	10:30 a.m.	CA
Wednesday	Nov. 5, 2008	6:45 p.m.	GJC
Wednesday	Dec. 3, 2008	6:45 p.m.	GJC
Saturday	Jan. 3, 2009	10:30 a.m.	CA

Meetings start promptly and last about 1 1/4 hours. Latecomers cannot be admitted. Written reservations are required, so please fill out the tear-off sheet below and return it to the store. At the close of the orientation meeting, you will be expected to pay your initial \$30 annual investment (check or cash). We look forward to seeing you and welcoming you into the Co-op.

*Robin Cannick, Membership Manager*

PLEASE RETURN THIS PORTION TO WEAVERS WAY

Someone from my household will attend the orientation meeting on \_\_\_\_\_

Name (please print) \_\_\_\_\_

Phone Number \_\_\_\_\_

Address (including ZIP code) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_