

Manager's Corner

by Glenn Bergman

Before I get started, I want to stress the importance of the General Membership Meeting on Saturday night, April 29. Not only is the meeting important, but if you have not heard of Gar Alperovitz, you will not be disappointed. If you attend the meeting and are not satisfied with his speech I will gladly refund your money. In fact, I will double the admission. So, please plan to attend. We are hoping for a large turnout.

Technology at the Co-op

Last year, we finally updated our register systems to allow us to improve our margins, ordering, and customer relations through the cashier area. The cashier is one of the most important customer service positions in any retail operation, constituting the last personal interaction with the customer that takes place in a store. It is the cashier who often can make or break a shopping experience. As I learned from Steven at the Commissary, "You're only as good as your last meal with that customer."

Our new system was intended not only to accomplish some important improvements with ordering, inventory control, and day-to-day reporting of product movement, but also to assist us with communicating information to the cashier to improve your shopping experience. For example, our new register system will be able to inform the cashier that you have a pre-order waiting for you (though we do not use it right now); that you need to pay your dues; that we have a rebate check or credit for you. Perhaps a note that we have a certain product you were looking for at your last shop.

This investment in technology, we believe, will help us today and in the future when we expand our operations.

Last year we also updated our membership database from a dBase program to Access on a laptop. This system will help our Membership Director keep better controls in place on the membership.

Web Site Upgrade

Starting in March, Jon McGoran began working with Chris Hill on a long overdue project to upgrade our web site and to make it a better location to visit as a member or as a nonmember looking for information. We plan to have sections on each department, special advertisements from the managers of the departments, special event postings, interviews with our suppliers and farmers, and more.

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the Shuttle

May/June 2006
Vol. 35, No. 3

Weavers Way Spring General Membership Meeting

Summit Church, Greene & Westview Streets

Saturday, April 29, 2006 • 7 p.m.

Agenda

Approval of Minutes from previous meeting

Keynote Address: Gar Alperovitz • President's Report

Song: 50 Ways to Love Your Co-op • General Manager's Report

Member Survey Presentation • Questions & Answers

Announce Election Results

Weavers Way's Marketplace Program Expands to Wissahickon Charter School

by Kellie Gilroy



PHOTO BY FLAR CARROLL

TEACHER KELLIE GILROY (REAR) OVERSEES STUDENTS BUYING AND SELLING HEALTHY SNACKS AT MARKETPLACE AT WISSAHICKON CHARTER SCHOOL

Middle school students at Wissahickon Charter in Germantown opened their very own cooperative Market Place this past February in partnership with Weavers Way. With the help of a grant from the Cooperative Development

Fund, Weavers Way has expanded the popular Marketplace at C.W. Henry School to Wissahickon Charter School, selling delicious and nutritious snacks during lunch every other Wednesday.

(continued on page 2)

Mt. Airy Grows Even Greener

by Dave Tukey

Count the new street trees in West Mt. Airy. 1, 2, 3, 4 ... gosh, it's 34 trees

This past March, the Co-op once again participated in the annual planting of new street trees in conjunction with the Pennsylvania Horticultural Society (PHS), Fairmont Park, and the TreeVitalize initiative for southeastern Pennsylvania. Last year, 14 trees were planted in our neighborhood. We more than doubled that for this year. WMAN helped announce the planting effort, and 21 property owners stretching from near Germantown Ave. on the east to Wissahickon Ave. on the west contacted us. The cost to owners was only \$20/tree.

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Important Speaker at Spring Meeting

by Jonathan McGoran

Weavers Way is pleased to present political-economist and historian Gar Alperovitz, PhD, as guest speaker at the Spring General Membership Meeting. A professor of political economy at the University of Maryland, he has also taught, among other places, at Cambridge University, Harvard's Institute of Politics, and as a Guest Scholar at the Brookings Institution. His most recent book is *America Beyond Capitalism: Reclaiming Our Wealth, Our Liberty and Our Democracy*. His other books include *Rebuilding America, Making a Place for Community, The Decision to Use the Atomic Bomb* and *Atomic Diplomacy*.

A founding principal of The Democracy Collaborative and a former legisla-

More Notes from Chiapas

by Norman Weiss



NEW FRIENDS NORMAN AND MARGIE MADE IN CHIAPAS

If you read the last issue of the Shuttle, you know Margie and I visited a coffee growing community in Chiapas, Mexico, on a trip hosted by Equal Exchange, one of our coffee vendors. We were impressed with how nice the members of this community were, their concern for the environment, how hard they worked, and how difficult and unfair their life could be. We came away with a great deal of respect for them, and we came away motivated to do something to help them improve their living conditions. In addition to promoting Fair Trade coffee, they asked us to help by "telling the story" of "we, the lower class."

A large part of their story is about the effects of political and economic policies and practices that are not only out of their control, but due to their limited media exposure and diminished educational resources, are to some extent out of their

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PHOTO COURTESY OF GAR ALPEROVITZ

GAR ALPEROVITZ

tive director in the U.S. House of Representatives and the U.S. Senate, Alperovitz lectures widely and has testified before numerous Congressional committees. His articles have appeared in *The New York Times*, *The Washington Post*, *The Los Angeles Times*, *The New Republic*, *The Nation*, *The Atlantic*, and other popular and academic publications. He has been profiled by *The New York Times*, *The Associated Press*, *People Magazine*, UPI, and *Mother Jones* and he has appeared on numerous network television news programs including (among many others): *Meet the Press*, *Larry King Live*, *The Charlie Rose Show*, *Crossfire*, and *The O'Reilly Factor*.

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Editor’s Note

by Jonathan McGoran

One example of Weavers Way’s early commitment to “Buy Local” has been the Co-op Farm, where we grow herbs, vegetables and even flowers barely a mile away. But, in the ever escalating competition to provide, not just the most locally grown product, but the product that’s grown most-locally, it has become apparent that a mile away is just not local enough. Enter Mia Samuel, providing locally-grown plants, not just from the same zip code, but grown in a basement right down the block. We defy anyone else to even come close to... well, to coming this close. What makes Mia’s venture even more special is how it’s helping her bond with her dad (at least, until she starts asking Dad how come he knows so much about growing plants in a basement).

Also in this issue is the love/hate relationship American’s have with cell phones; they love theirs and hate everyone else’s. But there is growing concern over the negative impact cell phones can have on your health. Apart from the risk of injury from passersby sick of hearing the boring details of your life, more and more people are being diagnosed with a condition called electrohypersensitivity, which can make them physically ill from proximity to cell phones, and not just when overhearing someone describing a rash to their doctor. (I personally suffer from a related syndrome, called electrolux hypersensitivity, which is an aversion to using a vacuum cleaner).

Fortunately, while it is almost impossible to escape the blanket of electromagnetic radiation from cell phones (unless you’re trying to get a signal), there are ways to limit their use around you.

Next time someone is loudly using a cell phone next to you, do what I do: Order a drink. *Loud.*

When they say, “I’m in line at the Co-op,” or, “I’m in the waiting room at the dentist,” you say, in a loud slurring voice, “Hey, bartender Gimme another Scotch ” Or even something like “Welcome to Hooters. May I take your order?”

Then listen as they try to explain *that*. They probably won’t get off the phone any quicker, but you’ll have a lot more fun listening to their conversation.

The *Shuttle* is published by Weavers Way Co-op and is mailed to all members.

Deadline for the next issue is:
June 1, 2006

Statement of Policy

Articles should be under 500 words and neatly typed, on disk, or e-mailed to jonmcgo@weaversway.org. 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 camera-ready and 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



PHOTO BY ERIN BOCK

THESE STUDENTS AND TEACHERS FROM THE HENRY SCHOOL WORK HARD TO MAKE THE MARKETPLACE PROGRAM A REALITY.

Marketplace

(continued from page 1)

Fresh fruit, locally baked bread, farm-fresh chocolate milk, organic fruit leather, and a variety of all-natural, preservative-free cookies and cakes fly off the sale table. Students and teachers alike can be heard asking, “When is the next Marketplace sale?”

Marketplace has been hugely popular at Henry School since its inception, and this year is no different. And while students on one side of the table line up to

buy healthful, nutritious snacks, the students on the other side of the table are learning about how business works, the importance of nutrition, and more.

At the end of the year, it is the students who decide how to use the profits. In past years, the students have selected beneficiaries from a list of causes that include the Red Cross, the Cancer Society, Society for the Prevention of Cruelty to Animals, the African Children’s Fund, AIDS, Philabundance, and the HEIFER project.

Eco-buy: How We Rate the Health Impact of Co-op Products

by Ameet Ravital

The “Eco-buy” inventory is under way at the Co-op. Pairs of volunteers are reviewing each food product and rating it in four areas to reflect the different dimensions of a product’s environmental footprint. The ratings are on a scale of 1 to 5, where 5 is the best possible score. We have tried to create rating scales that are easy for the volunteers to use, applying mostly information that is available just by looking at the product. This leads to a certain imprecision, but the alternative would be to carry out a master’s thesis on each brand of olive oil and potato chips

The first area the volunteers assess is the product’s Health Impact. Basically, this reflects how healthy the item is for people. A product earns a score of 5 if it consists of all organic (or mostly organic) ingredients that are minimally processed. For example, Santa Cruz Organic Apple Sauce has only two ingredients (organic apples and vitamin C).

Right below this, earning a 4 would be a product like Ak-mak Stone Ground Sesame Crackers, which has eight simple ingredients (whole wheat flour, water, honey, sesame oil, butter, sesame seeds, yeast, and salt). The criteria for getting a 4 are that the product either has some organic ingredients or that the ingredients are minimally processed.

A score of 3 is reserved for products that, for whatever reason, are hard to assess or that fall in between the upper and lower scores in their health impact – for example, a product that has all organic ingredients, some of which are heavily processed.

Coming in at a 2 would be a product like Quorn Meat-free and Soy-free Nuggets, which contains seven major ingredients, starting with a nonorganic fungus protein (sounds delicious, doesn’t it?) and “2% or less” of processed items like whey protein concentrate, garlic powder, tapioca starch, pectin and natural flavors.



The criteria for getting a 2 include having nonorganic, processed ingredients. These are items, like the whey protein, that are separated, fractionated, or reconstituted from the original food source.

Finally, a 1 is for a product that is heavy in sugar (or corn syrup, or “cane juice,” or any other euphemism), or that contains artificial colors or flavors, or consists almost entirely of processed ingredients. For fun, see if you can identify any products getting this score the next time you are shopping at the Co-op.

In future articles, I will summarize how the Eco-buy volunteers rank each product in terms of packaging, where it is made, and how it is made. We will also feature products that get particularly high scores, those that get the coveted “Eco-buy” label.

This rating system was crafted by the team conducting the audit, which consists of members of the Mt. Airy Greening Network (MAGNet) and the Weavers Way Environment Committee. MAGNet is the local-sustainability group that has started Philly Freecycle, Philly Earth Day at the Wissahickon Charter School, the Co-op Ride Share, and many other projects to help build community and make our neighborhood eco-cool. Anyone can join the team, especially if you want to help improve the criteria we use or want to volunteer to rate products for the audit. If you are interested in helping, you can contact me at aravital@gmail.com.

Board Business

by Bob Noble, Board President

February 2006

Announcements: Membership Count: 3,001. • At-Large Director Gloria Rohlf’s resigned from the board for personal reasons. • Bob Noble, At-large Director Stu Katz, and General Manager Glenn Bergman will attend a regional conference for board leaders, new board members, and general managers in Burlington, VT on Sat 4/8. • Bob, Treasurer Susan Beetle, Finance Director Lou Dobkin, and Produce Manager Jean Mackenzie will be meeting with former finance manager Andi Sheaffer in late February. This is in partial fulfillment of her Accelerated Rehabilitation Disposition (ARD) agreement with the District Attorney.

Board Leadership Transition: The board discussed our upcoming leadership transition. Bob and Sylvia will be stepping down as President and Vice President because their term limits are up. The newly revised bylaws call for their positions to be filled through election by board members in May. John Carver’s article, “The Chairperson’s Role as Servant-Leader to the Board,” and our own Board Policy G4, Board President’s Role, were discussed. The need for the board to be responsible as a group was emphasized. Procedural alternatives were put forward. This issue will be revisited at the March and April board meetings.

Changes to Membership Requirements/Benefits: The 1/17/06 member forum was well attended, and members brought lots of energy to consideration of current and future membership requirements. Recommendations for the future included: providing members with more complete scenarios of the impact of potential changes for the Co-op and for members, and using the information obtained through the member survey to develop concrete proposals for potential changes to be presented for member consideration. Possibilities will be discussed further at a future board meeting.

Member Survey Report: Glenn presented the results of the yearlong Member Survey. The survey provided important data on members’ values regarding Weavers Way and what they would like to see changed and improved. Articles detailing the survey findings will appear in the *Shuttle* throughout the coming year. The board will also be scheduling further discussions on the survey results and their implications for our future direction.

General Membership Meeting: The board approved the agenda for the 4/29/06 General Membership Meeting as follows: Approve 11/12/05 GMM Minutes; Keynote Address: Gar Alperovitz; President’s Report; Song: 50 Ways to Love Your Co-op; General Manager’s Report; Member Survey Presentation; Questions and Answers; Announce Election Results.

Policy Monitoring R5.6: The Board accepted the General Manager’s response to the auditor’s management letter for the fiscal year ending 6/30/05 as being in full compliance with Section 5.6 of Board Policy R5, Asset Protection. Further review is needed on procedures for waiving membership fees. Glenn will arrange for the old fiscal controls to be replaced on the website by the new controls, and he will see to it that the new purchasing policy will be included as part of the new controls.

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Chiapas
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realm of awareness. Things like Neoliberalism, NAFTA, globalism, the IMF, commodity markets, etc. all affect their daily life. We did not see many media sources like newspapers, radio, TV, and internet in the community, so you wonder how and if community members know what is going on in the world. To find out, we visited CIEPAC in San Cristobel, an organization that helps grassroots groups get information on which to base decisions. CIEPAC provides alternatives to the mass media and tries to inform indigenous people how things going on in the world may affect them. Two examples we were told about were NAFTA and the PPP.

At CIEPAC we were told that one consequence of NAFTA was the ruin of the ancient corn culture of Mexico. Because the U.S. government subsidizes U.S. corn farmers, they can export corn very cheaply, below the cost of production. After NAFTA, companies like ADM started “dumping” corn in Mexico. This left some Mexican farmers with no market for their main crop, and some abandoned farming and emigrated (illegally) to the U.S. The rise of the Zapatista movement is also related to NAFTA. Since the 1920s, the Mexican government had been promising indigenous people ownership of the land they had farmed and lived on for generations. The 1917 Mexican constitution guaranteed indigenous peoples the right to an “ejido” or communal land. However, due to the combination of pressure from the IMF, and as a condition of joining NAFTA, in 1994 the Mexican government agreed to repeal that article in the Mexican constitution. As a result, thousands of supporters of the anti-globalization movement gathered in Chiapas, and it was from this meeting that the modern Zapatista movement was born. Our group visited a Zapatista resource center and learned a little bit about this fascinating group/movement, about which I will write more in a future article.

I suspect few Americans have heard of the PPP (I hadn’t), which stands for “Plan Puebla Panamá,” a multi-billion dollar development plan that links the nine southern states of Mexico and all of Central America into a colossal free trade zone. Goals of the Plan include worthy sounding things like improving transportation links, promoting tourism and trade, promoting education and environmental protection, easing travel restrictions, and connecting power, telephone, and gas grids – eventually to the U.S. and Canada. Critics fear that the PPP will destroy virgin rain forests and displace indigenous peoples (who had no voice in adopting the plan). Also, like NAFTA, the PPP may negatively impact jobs and the culture of indigenous peoples as once again the land they depend on is controlled and exploited by powerful foreign interests.

Another part of the indigenous story is repression of their efforts to organize to improve their situation. Government and paramilitary force was used against them, organizers were jailed, killed, and/or “disappeared.” One of the worst incidents was in 1997, when 45 members of a pacifist group called Las Abejas were killed by

paramilitary forces while attending a prayer meeting in the small village of Acteal. Together with the military intimidation, this loss of family, friends, and grassroots organizers added psychological stress to already difficult lives.

One way the indigenous were able to gain rights and improve their condition was with the aid of some church officials who encouraged and helped them to organize. In fact, the coffee-growing co-op that hosted us was a direct result of the involvement of a clergyman we met, Padre Joel Padron, the leader of the parishes in the diocese of El Bosque. He

told us about “liberation theology,” which takes the position that part of the church’s mission is to bring liberty and justice to the poor. It was very clear to me that the community members had a deep respect for their padre, and that they attributed the improvement in their lives that their co-op brought

them to his efforts and bravery (his liberation theology beliefs and actions landed him a time in prison).

The community that hosted us was poor in some ways but not in all ways. Income is low; we calculated that the family of 10 with whom Margie and I were staying had an annual income of about \$2,000, which was considered relatively well-off. Their home was a few cinderblock rooms with no windows, no plumbing, limited furniture, and a pit outhouse. The community did have electricity, which seemed to be used mainly for lights — appliances were scarce. The road to the community was mainly dirt, passable only by sturdy, high-sprung trucks, one of which the co-op was successful enough to own. This was one of only two vehicles I saw in this community of 80 large families. Health care is “traditional” as the community is many miles away from doctors and hospitals, and people can’t afford them anyway. If you have to go out of your community, you either walk or ride a horse. If you have to go far you stand on the dirt road and hitch a ride with a truck for a few pesos. Shoes in the community appear to be a luxury, few women wear shoes and most boys wear hand-me-down shoes.

Despite their depressed economic situation, the people we met seemed happy. Having control of their land allowed them to raise enough food for themselves (mostly organic) and grow some coffee to provide enough income to keep them above the level of squalor. It seemed to me that their familial, communal, and spiritual sense provided for their happiness despite the difficult conditions. In the two and a half days I was there, I did not see children fighting, parents scolding, adults arguing, or anyone behaving selfishly or disrespectfully. Sharing seemed an automatic, ingrained behavior. While I recognize I may have an idealized view based on only a quick glimpse into community life, and our very presence made the time we were there atypical, it was clear that getting along with each other and functioning as a community was something these people had figured out long ago, and despite their “lower class” economic status, when it comes to treating each other fairly, they are “first class.”



PADRE JOEL PADRON

Expressing Your Inner Goddess

by Sara Goldschneider



PHOTOS BY SARA GOLDSCHNEIDER

Belly dancing isn’t just a dance form — it really is a way to express your inner goddess. At the belly dance workshop on Saturday, April 1, we all learned that belly dancing has the power to transform the way you feel about your body. Regardless of age or shape, the whole class felt empowered as they learned to move in a whole new way.

At the beginning of the workshop, all the participants were given bells to tie around their middle. Led by the instructor, Sherry Paris, we closed our eyes and let our bodies sway to the exotic sounds of Middle Eastern music. At first we felt a little awkward moving our rib cages and hips in ways we were not accustomed to, but it started to feel more natural as we learned the movements. There were moments when a few members of the class dissolved into nervous laughter, but Sherry reassured us that we didn’t have to do anything that didn’t feel comfortable to us. The movements were sensuous and rhythmic, and as we gave our bodies over to the music, Sherry said: “You’re goddesses now ”

I feel fortunate to belong to an organization like Weavers Way that provides its members with opportunities like attending a free belly dance workshop. Before attending the class, I had no idea how liberating belly dancing can be. You can get in shape, wear glamorous costumes, and learn movements that will truly make you feel feminine and sultry all at once. Sherry told us to honor and listen to our bodies, something we all often forget to do during the daily bustle of our lives. As one



ATTENDEES WENT FROM AWKWARD TO EMPOWERED IN SHERRY PARIS’ BELLY DANCING WORKSHOP.

participant remarked to me afterward, “I love belly dancing because it makes all of us feel proud of our bodies, regardless of individual differences.”

Sherry will be teaching a weekly belly dance class beginning Saturday, April 8 at the Moving Arts Studio of Mount Airy.

Plant Medicine Workshop

by Sara Goldschneider

On Monday, March 27, a workshop was held on plant medicine for the nervous system at 610 Carpenter Lane. It was run by Dorene Nolan, an herbalist based in Mount Airy. At the beginning of the workshop, Dorene offered each of us a cup of calming herbal tea that she had prepared the night before. The tea was made of passionflower, schisandra berry and camomile flower. Although the tea had a bitter flavor, we all were intrigued to try it for its calming properties.

The workshop began with an explanation of how an herbalist works to find the best herbs for each client. First, it is important to take a look at individual lifestyles including: work life, stress relief, meditation or other spiritual outlets, activity level, and what the client does for relaxation. Second, our digestive system is closely related to the nervous system so it is vital to look at both diet and bodily functioning to make sure everything is working well. Nervous system problems

can include insomnia, anxiety, and depression, to name a few.

One of the fascinating aspects of the workshop was learning how to prepare different herbs to use as healing agents. Dorene believes in growing your own herbs whenever possible because it really involves the person in their own healing process. Two forms of tea preparation are infusions and decoctions. If the herb tastes too bitter, you may choose to make a tincture instead.

Perhaps the most interesting part of the workshop was learning about individual herbs that support the nervous system. For example, did you know that the California poppy is very effective against anxiety? Or that the hops flower can help with insomnia? Participants were given the opportunity to ask questions about their individual concerns at the end of the workshop. It was a rewarding experience to learn more about the myriad of possibilities that are available when healing yourself naturally.

Saylor Grove Wetland Dedication, Tour

by Tiffany Ledesma Groll

The Philadelphia Water Department, Fairmount Park and its partners invite you to the Saylor Grove Wetland Dedication and Tour on Tuesday, May 23, at 6 p.m. (rain date — May 24 at 6 p.m.). Saylor Grove is located in the Germantown section of Philadelphia, where Lincoln Drive, Wissahickon Avenue, and Rit-tenhouse Avenue meet, near the Monoshone Creek.

We will be celebrating the city's first stormwater treatment wetland. The Saylor Grove Wetland dedication ceremony will include a ribbon cutting and shrub plantings by our partners and local, state and federal dignitaries. A tour of the new stormwater features of the site will also be provided to all participants in attendance.

The Saylor Grove Wetland will help to slow down a portion of stormwater runoff generated by the neighborhood that drains into this area, and it will filter polluted stormwater runoff before it enters the Monoshone Creek. In addition to improving the natural environment of the park, the Saylor Grove Wetland will also serve as an outdoor classroom for local schools, providing a beautiful natural habitat for fish, amphibians, and birds.



SAYLOR GROVE

Saylor Grove is a highly visible project in the historic Wissahickon Watershed and was selected as a demonstration project to illustrate the benefits of using natural methods to address non point source pollution in an urban environment. The wetland will have a positive impact on the Monoshone Creek, a tributary of the Wis-sahickon Creek.

The Philadelphia Water Department and Fairmount Park are proud to list a number of enthusiastic partners that will be participating in the ceremony, including the U.S. EPA Region III office, the Senior Environmental Corps, the Friends of the Wissahickon, and the Wissahickon Valley Watershed Association. For more information, contact Tiffany Ledesma Groll at tiffany.ledesma@phila.gov.

PHOTO COURTESY OF THE PHILADELPHIA WATER DEPARTMENT

Cinco de Mayo: More than a Party

by Mark Goodman

The Mexican holiday Cinco de Mayo does not, as is popularly thought, celebrate Mexico's independence from Spain in 1821. Nor does it have anything to do with the Mexican Revolution of the early 20th century.

Cinco de Mayo commemorates the Battle of Puebla on May 5, 1862, when Mexican troops won a battle against French invading forces, delaying their takeover of Mexico. Even though French troops eventually dominated, and the French-appointed Maximilian ruled Mexico until 1867, the Battle of Puebla was a testimony to Mexican courage in the face of a larger, better-supplied army.

So this year, as we celebrate Cinco de Mayo by eating at a Mexican restaurant and drinking tequila and Dos Equis beer, we may want to ask an immigrant from Puebla, of whom there are many in the Philadelphia area, the significance of this holiday, which — like Mardi Gras — is increasingly being celebrated locally.

Member's Work Selected for "Writing Aloud"

On June 12, "Clay Pigeons," by Denise Larrabee, will be one of five short stories read by local actors for "Writing Aloud," a program at Interact Theatre that is Philadelphia's own version of NPR's "Selected Shorts." Interact Theatre is located at 2030 Sansom Street in Philadelphia. For more info, call 215-568-8077.

Board Business

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Policy Monitoring R2, Staff Treatment, GM Report: The board accepted the GM Monitoring Report on Board Policy R2, Staff Treatment, with modifications, pending results of the Staff Survey, which will be provided in the March board packet.

Banking Changes: The board approved moving (1) our reserve account from the Calvert Money Market to a 1-year CD in the National Co-op Bank; (2) our capital account from National Penn Bank and our Delaware Valley Federal Credit Union accounts to a money market account at Valley Green Bank; and (3) our renters' escrow funds to a separate money market account at Valley Green Bank.

March 2006

Announcements: The board presented Sylvia with flowers and a gift in recognition of her years of service. • The July board meeting will be held at 7 p.m. on Wednesday, July 5, in the parlor at Summit Church. • The February 7 workshop on governance went well. • A copy of member-attorney David Kraut's letter to the district attorney was included in the board packet. It gave notice that former finance manager Andi Sheaffer has refused to meet with Weavers Way representatives as per her ARD agreement. • Final member rebate checks are being prepared for households who did not use the vouchers. • A new phone system has been selected and will be ordered this week.

Retreat Follow-Up: At the recent re-

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Friends of the Wissahickon Complete Trail and Bridge Repairs

by Denise Larrabee

Fairmount Park users will no longer have to wade through Cresheim Creek during excursions in the park. Friends of the Wissahickon (FOW) and Fairmount Park employees have finished building a much needed trail bypass along the creek.

In the fall of 2004, fierce rain storms washed away two bridges and partially destroyed a third, all of which crossed Cresheim Creek in Chestnut Hill. The first destroyed bridge, made of concrete, spanned the creek upstream from Devil’s Pool. When the bank on which it rested was washed away, the concrete span fell into the creek, breaking into three large pieces.

The second destroyed bridge was a stone arch bridge about 100 yards downstream from the McCallum Street Bridge. A plaque attached to this bridge, commemorating repairs that the FOW had completed in 1986, was discovered 300 yards downstream.

The third bridge, which carried traffic from McCallum Street in Mt. Airy to St. Martin’s Lane in Chestnut Hill, was only partially washed away. The upper side of this arched bridge has continued to carry foot and bike traffic, but another section of the bridge fell into the creek soon after New Year’s Day, 2005.

The new bypass trail leads from the end of St. Martin’s Lane along the north side of Cresheim Creek, continues under the McCallum Street Bridge, and joins the old trail further down past the second destroyed bridge. The trail is rough in several spots. FOW and Fairmount Park must wait until the ground thaws and dries out in the spring before completing work. Nevertheless, the trail is usable.



PHOTO COURTESY OF FRIENDS OF THE WISSAHICKON

TEMPORARY BRIDGE NEAR VALLEY GREEN ROAD.

In addition to the Cresheim Trail work, FOW has repaired the temporary bridge spanning a gap on the white trail near Valley Green Road. The gap was created when a landslide washed away part of the white trail near Valley Green Road.

FOW’s Structures Committee built the original 60-foot-long temporary bridge of large black locust logs in the spring of 2005, using plans from the U.S. Forest Service. Risk Management of the City of Philadelphia closed this first bridge in December, claiming that it was unsafe because the spaces between the railings were too large and the decking planks not level enough. As soon as the Structures Committee received the new plans from the city, they incorporated all the new safety features into the bridge in

eight days, and the bridge is now re-opened.

The Friends of the Wissahickon, founded in 1924, is a nonprofit organization dedicated to maintaining the Wissahickon Valley, which includes 1800 acres of forested gorge and over 57 miles of hiking, biking, and riding trails. FOW restores historical structures throughout the park, eliminates invasive plant species, partners with multiple local organizations to monitor watershed management issues, and is working on a multiyear plan to restore trails throughout the park system. Their work protects the Wissahickon watershed and preserves the natural and historical features of this spectacular urban wilderness for future generations. For more information or to make a donation, visit www.fow.org.



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Treevitalize (continued from page 1)

The varieties of trees planted in our area included Tartarian Red Maple, White Swamp Oak, Hawthorn, Serviceberry, Chokecherry, and London Plane. The varieties were selected by PHS for their suitability in urban environments, including the presence of overhead wires. The new trees, coming from a nursery in Iowa, were planted using the bare root method.

Special thanks to Co-op volunteers who, along with property owners, helped plant the trees March 18 and 19: Tony Aiello, Sandra Folzer, Meenal Raval, and Louise Hayes. Thanks also to the Bartlett Tree Service for assistance in transporting the trees from the Philadelphia distribution site to the Co-op.

Spring Produce

by Jean Mackenize

OK, spring is officially here, and it's time to plant gardens — or maybe it's time to gaze at the seed catalogs and imagine what it would be like to grow your own produce, and then go find some beautiful, fresh local stuff to buy. We can almost taste those fresh, local baby salads and cooking greens from Paradise Organics, the early corn from Lancaster County, the surprise kohlrabi from Somerton Tanks Farm, the first crops from our own Weavers Way Farm.

But even if the calendar says it's spring, the ground and the weather don't, and we'll just have to keep waiting until May for most of these items.

Meanwhile, as we're pinning for fresh, local produce: For Pesach we will, of course, have lots of apples and dates for haroset. I've been told that some other stores give away slices of horseradish at Pesach. Not to be outdone, Weavers Way will this year give away slices of horseradish and sprigs of parsley for your seder plate. (Take that, Trader Joe) We'll also carry plenty of parsley and horseradish to buy, too, in both organic and conventional form.

I'm looking and waiting for fiddlehead ferns, fava beans, baby artichokes, and spring asparagus. The first plums are here now, and should be followed soon by

apricots and those delicious apriums we were able to get last year. Until then, keep eating the ever-sweeter kumquats, which will end their season soon, and enjoy the other sweet citrus. Hint: A lovely late-winter-early-spring salad can be made with thinly sliced kumquats and fennel, sprinkled with goat cheese.

I mentioned in the last *Shuttle* that Springfield Township (motto: "We're Not Philadelphia ") school officials paid an investigator to follow my kids and me to make sure we really live in the township. It turns out that private citizens also alert the school if they observe children being dropped off at school bus stops, suspecting that the children are not residents. Wow, talk about community involvement

I have to say, it makes sense to me: If your taxes are supporting the infrastructure and the institutions of your town, you want to be sure that people who don't live there, don't contribute to the tax base, and don't have a stake in the future aren't taking advantage of what your community has to offer. I've decided to embrace my new suburban address and my kids' new school.

I only wish I'd signed up to help chaperone the seventh grade trip to the zoo. Because, honestly, I didn't know Springfield Township had a zoo.

Finally... Asparagus Is on the Menu

by Terese Esperas, courtesy of
Sacramento Natural Foods Co-op

When I think of the arrival of spring, I think of one thing—asparagus. I am one of those people who cannot eat asparagus when it's not in season, so I wait with anticipation to see the tender pale green gem of springtime emerge. It's worth the wait, and it's one of the reasons why eating with the seasons is so rewarding. These are my favorite asparagus recipes and I hope they'll become favorites of yours

Smoked Salmon Wrapped Asparagus Makes 12–15 appetizers.

1 lb. asparagus, tough ends snapped off and peeled, if desired
flavorful extra virgin olive oil
fine sea salt & freshly ground pepper
4 oz. smoked salmon or lox

- 1) Preheat the oven to 425° F. Drizzle asparagus with oil, and sprinkle with salt and pepper.
- 2) Roast asparagus in a shallow parchment-lined baking pan for approximately 5–10 minutes or until crisp-tender.
- 3) When cool enough to handle, wrap each stalk with a very thin slice of smoked salmon. Serve chilled or at room temperature.

Nutrition (per serving for 6 servings):
78.5 calories; 61% calories from fat; 5.5 g total fat; 4.3 mg cholesterol; 388.7 mg sodium; 202.5mg potassium; 3.1g carbo-

(continued on page 8)

Board Business


(continued from page 4)

treat, the board agreed to switch from prescriptive Executive Responsibilities policies to proscriptive Executive Limitations policies, and to replace budget approval with improved policies on financial conditions, asset protection, and planning. An ad hoc committee of Bob, Stu, Glenn, Susan, and At-Large candidate Chris Hill, will prepare draft proposals for the board to discuss.

Board Leadership Transition: The board continued its discussion from last month on the upcoming board leadership transition in May. Bob said his most difficult task has been running board meetings. Sometimes good discussions were cut short in an attempt to keep to the agenda. In spite of this, most meetings were too long. In hindsight, agendas have probably been too ambitious.

4/29 Membership Meeting, Elections, and Gar Alperovitz: The board discussed what to do about Afshin Kaighobady's lost email containing his board nomination and candidate statement. Because it was too late to put his name on the ballot without considerable cost, and because there will be one board vacancy due to Gloria Rohlf's resignation, the board decided it would consider electing Afshin as per the Bylaws, Article V, Section 6, in May. • A flyer and press release promoting Gar Alperovitz's appearance have been distributed, and board members are encouraged to spread the word. The Big

(continued on page 8)



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Easy Spring Eats

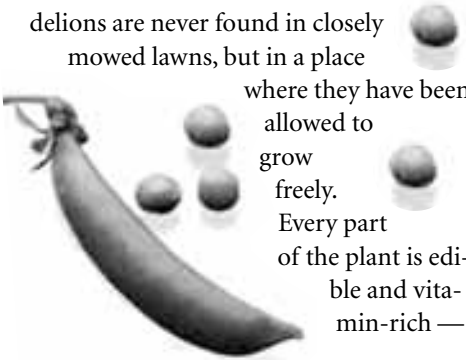
by Anna Herman

“Just as bears will eat mightily of certain leaves and berries to awaken themselves for the time of frolicking and love, country people instinctively eat such things as dandelions in the spring, in soups and salads, boiled or wilted as a vegetable, kegged the year before as a wine, brewed as a tonic” – From A Cordial Water by M.F. K. Fisher

Winter has finally given way to spring. The lengthening days are the perfect time to:

Plant peas and early greens (or at least eat them), kale, chard, lettuce, and spinach: After a long winter eating nothing but roots from the cellar, I’m sure you’ll agree that the return to green vegetables on the dinner plate will be welcome.

Eat dandelions: The best dandelions are never found in closely mowed lawns, but in a place where they have been allowed to grow freely. Every part of the plant is edible and vitamin-rich —



and especially tasty when harvested in the early spring. For best results, saute slivered garlic in olive oil (my way of starting almost every savory dish), add a handful of dandelion leaves, cook till wilted and finish with a splash of vinegar or a squeeze of lemon, salt, and pepper. Top with sliced beets, toasted walnuts and a shaving of local goat cheese.

Drink maple syrup: The sap from a large maple tree can be expected to deliver about one gallon of syrup a year. Thirty to 40 gallons of maple sap are boiled down to produce one gallon of luscious syrup. Use syrup poured over ice cream (perhaps Co-op-member-made Chilly Vanilly) or yogurt, or to sweeten breakfast cereal or fruit for pies and crisps. Mix with seltzer (1-2 tsp. in 12 oz.) for a first-rate maple soda.

Continue to Eat Locally Produced Foods: Many of the local farmers who sell to the Co-op have covered tunnels and heated greenhouses to get a jump on their production and extend their ability to grow earlier in the spring and later in the fall. Look for local spinach, arrugula, mixed greens, asparagus, strawberries, ramps, and fiddlehead ferns as they come in from local sources.

Eat duck now: This has nothing to do

with spring eating, but now that the Co-op has been carrying many great D’Artagnan products in the meat case, I wanted to put a plug in for cooking them up spring, summer, winter, whenever When I worked as a cook, then chef, and then a restaurant consultant in New York (back several lifetimes ago), I got to know the products and owners of D’Artagnan. Back in those days, they were a smallish supplier to New York area restaurants of naturally raised chickens, duck, specialty game, and foie gras. New York and New Jersey chefs and butchers relied on them to provide great quality birds from small local producers. When I moved here to Philadelphia, I had to rely on mail order to keep up with my occasional need for Duck Confit, or Mousse Truffée. Happily, I can indulge without so much planning — and so can you.

The owners of D’Artagnan are colorful fun characters. One partner, Arianne Daugin, a talented chef, is also the daughter of one of France’s most renowned chefs from Auch, in the southwest of France (where cassoulet was born). She met and joined up with George Faisan, a Texan by birth, somewhere back in business school. They have worked together to cultivate and represent artisan produc-

ers of game birds and chickens, and to develop a homemade line of pâtés, mousses, and duck-related specialty foods.

Luckily for the rest of you who aren’t interested in deboning a whole duck, or taking three days to turn the duck into fine confit, D’Artagnan sells many of their products in easy-to-use, already marinated, ready-to-cook form. I find the easiest way to prepare a marinated duck breast is to cook it slowly skin side down in a heavy skillet, until it gives off quite a bit of its fat. Keep cooking till the skin crisps up. You can do this ahead of time, and then just before eating, finish it in a hot oven (400 degrees) for five to ten minutes. Otherwise, just flip the breast in the skillet and cook till medium rare to medium, and still a bit moist inside. Save the rendered fat to roast potatoes or wilt some greens in. Yum

The breasts are also delightfully easy to cook on the grill; make sure to cook the fatty skin side on indirect heat (i.e., not directly on top of hot coals).

The confit leg is also a real treat. Confit is a classic southwestern French dish. It is basically seasoned slow-cooked duck legs, which can be enjoyed at the table many different ways. In the winter you

(continued on page 9)

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Asparagus

(continued from page 6)

hydrates; 1.5 g fiber; 1.0 g sugar; 5.3 g protein.

Asparagus and Goat Cheese Crostini

- ½ French baguette, sliced diagonally
- ¼ c. olive oil
- sea salt, fresh ground pepper to taste
- 1 lb. organic asparagus, trimmed
- 5 oz. Laura Chenel goat cheese

- 1) Preheat oven to 400° F. Brush both sides of each baguette slice with olive oil and sprinkle top sides with salt and pepper. Toast in oven for 10 – 12 minutes until golden brown.
- 2) Blanch asparagus spears in salted boiling water for 1 minute. Remove and cut in half.
- 3) Spread a generous amount of goat cheese on each crostini and top with two pieces of asparagus.
- 4) Place crostini on a baking sheet pan and bake in 400° F oven for 5 – 8 minutes to warm the cheese. Serve immediately.

Nutrition (per serving for 8 servings): 206.1 calories; 49% calories from fat; 11.6 g total fat; 8.2 mg cholesterol; 265.0 mg sodium; 167.1 mg potassium; 18.8 g carbohydrates; 2.1 g fiber; 1.0 g sugar; 7.4 g protein.

Spring Asparagus Risotto

- 2 T. extra virgin olive oil
- 1 lb. organic asparagus, trimmed, blanched and sliced into 2-inch pieces on the bias
- ½ onion, chopped
- 1 clove garlic, minced
- 1 c. Lundberg organic arborio rice
- 1 t. lemon zest, finely chopped
- 4–6 c. organic chicken broth
- sea salt, freshly ground pepper to taste
- ¼ c. Italian parsley, chopped
- 1 T. unsalted butter
- ½ c. Parmigiano Reggiano, grated

- 1) Heat olive oil in a large skillet or sauté pan. Add onion and then garlic and sauté for one minute.
- 2) Add rice and sauté for one minute, stirring constantly. Then add one ladle of stock while stirring rice, until almost all liquid is absorbed.
- 3) Continue adding stock in the same manner until rice is done (about 15 min.). Rice will be tender and creamy.
- 4) When the risotto is just about done, stir in asparagus and warm through. Then add the parsley, lemon zest, cheese, and butter. Season to taste with salt and pepper. Serve immediately.

Nutrition (per serving for 6 servings): 259.7 calories; 35% calories from fat; 10.1 g total fat; 12.4 mg cholesterol; 781.8 mg



sodium; 383.4 mg potassium; 30.3 g carbohydrates; 1.8 g fiber; 1.5 g sugar; 11.5 g protein.

Spring Asparagus Soup

- 1 ½ lbs. asparagus, trimmed and chopped
- 1 leek, white part only, roughly chopped
- 1 small onion, chopped
- 3 T. unsalted butter
- 4 c. vegetable broth
- 1 c. heavy cream
- sea salt and pepper to taste
- croutons for garnish

- 1) Sauté the onions and the leeks in the butter until translucent.
- 2) Add the stock and bring to a boil.
- 3) Add the asparagus and cook until tender, about 5 minutes.
- 4) Puree using an immersion blender. Add the cream.

(continued on page 10)

Board Business

(continued from page 6)

Blue Marble Bookstore will be hosting a book signing prior to the membership meeting.

Membership Requirements/Benefits:
It was suggested that membership requirements and any proposed changes to them be examined from the perspective of whether they help or hinder the Co-op’s mission and the board’s ends policies. The board decided to ask the Membership Committee to look at the results of the member survey and the 1/17/06 member forum and make recommendations to the board in time for further discussion at the board’s June meeting. Glenn will provide information regarding membership requirements at other co-ops. If and when the board decides that changes are needed, it will be important to do a good job in member education, including *Shuttle* articles, and probably a second member forum.

CCMA: The board decided to send Bob, Stu, and Chris Hill (assuming he is elected to the board) to the Consumer Cooperative Management Association national conference in Atlanta, June 8-10. Glenn will decide which staff members will attend.

(continued on page 10)

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Spring Eats

(continued from page 7)

can't beat turning them, some beans and sausage, into a cassoulet. In the spring try browning the skin in a hot skillet, turning regularly to ensure even crispness, and finish in the oven just to heat through. Serve alongside a mess o' greens cooked with scallions or spring onions and some oven-browned crispy new potatoes. The leg and thigh can also be warmed briefly (in a low oven or microwave), just enough to soften it a bit. Remove the skin (I usually scrape a bit with a paring knife), and pull the meat off the bone. This meat makes a fine filling for a grown-up burrito, with some spicy beans and roasted peppers, or as a topping for a big green salad. It is also delicious atop a hearty bowl of lentil soup (maybe you can save that idea for next fall). Oh — let me not forget a plug for the duck bacon; while not my favorite with waffles, it is awfully good in a BLT sandwich, or cut up small, cooked until crisp, and used to enliven a bean salad or to top a green salad. If you prefer specifics try out the following:

Mediterranean Duck Breast with French Lentils and Spring Greens

- ½ cup French lentils (small green lentils)
- 2 slices duck bacon
- 1 bunch scallions, cleaned and minced
- 2 cloves garlic, minced
- ¼ bulb fennel
- 2 Mediterranean marinated duck breasts
- 3-4 cups cleaned, de-stemmed, cut up spring greens (use at least two types such as chard, escarole, arugula, spinach...)
- 1 t. sherry vinegar

Cook the lentils covered with 2 cups of salted water approximately 20-30 minutes till cooked through, but not mushy, and drain.

Slice the bacon crosswise into 1/3-inch pieces and sautee in a hot pan 2-4

minutes till browned and crispy on the edges. Add the minced fennel and cook 1-2 minutes, add the garlic and the white part of the scallions, and cook for a brief minute till just softened, but not browned. Stir into the lentils along with the green part of the minced scallions. Adjust seasoning with salt and pepper.

Place the duck breast skin side down in a cool sauté pan. Place on the burner with the heat on low and cook slowly to allow the fat in the skin to render. Continue cooking, raising the heat once there is enough fat to keep the breast from sticking, until the skin is crispy. Turn flesh side down, and cook over medium heat about 4-6 minutes until medium-rare (or as desired).

Remove the breast to a warm plate, leave at least 2 teaspoons of seasoned duck fat in the pan, and add clean chopped greens to duck pan. Cook over medium heat till the greens are wilted. Depending on which greens you use, this will take from 1-4 minutes. Add sherry vinegar, and toss. Season well with salt and pepper.

Put the greens on a serving plate(s). Slice the duck crosswise and place atop the greens. Serve with lentils on the side. This meal would be great with a marinated beet salad (the color and sweetness would be especially complimentary), and crisped potatoes could be substituted for the lentils.

Here are a few other easy ideas for incorporating the fresh ingredients of spring into every day eating: add a small handful of chopped scallions and peas to the butter before making scrambled eggs, finish with a sprinkle of fresh chopped dill and serve with toast; add thinly sliced spinach, chives, and sorrel to a rich chicken broth just before serving; make a homemade spanokopita or spinach quiche; add a cup of fresh peas to your pot of rice for the last 3 minutes of cooking, fluff and serve with a shaving of parmesan, a sprinkling of fresh mint or parsley and a bit of butter; make pancakes and eat with spring's sweetest treat, fresh maple syrup.

Co-op Farm Growing Season Gets Underway With Annual Propagation Party

by Rickie Sanders, Farm Committee Member



AT THE WEAVERS WAY PROPAGATION PARTY, YOUNG GARDENERS AND NOT SO YOUNG PLANTED SEEDS FOR THIS YEAR'S CROPS AT THE MORT BROOKS FARM.

It was cold, as they say on NPR, “sunny and breezy, temperature around 32, winds out of the north at 300 miles an hour, making it feel like 130 below ”


A committed group of Weavers Way farm cooperators assembled at Summit Presbyterian Church to start what would eventually be a farm, giving forth a bounty of fulfillment. There were maybe 30 or so of us — some regulars and some for the first time, some old-timers and some still clinging to their parents, some new Weavers Way members and some who had been members for more than 25

years. This was the third year for Cristian (age 8) and his sister Aracery (age 9). Cristian was cold and wanted to go home, Aracery wanted to plant 24 more tomato plants. I believe they found some sort of compromise.

Everybody had their story of why they were willing to give up a Saturday morning to plant seeds, especially when the temperature was 130 below.

For Beverly Ellison, Co-op member for 20 years, this was her first time ever

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Asparagus (continued from page 8)

- 5) Bring to a simmer and add sea salt and pepper to taste.
- 6) Serve with croutons, or a dollop of crème fraiche mixed with chopped fresh tarragon.

Nutrition (per serving for 8 servings): 134.6 calories; 67% calories from fat; 10.3 g total fat; 31.9 mg cholesterol; 260.2 mg sodium; 238.5 mg potassium; 9.1 g carbohydrates; 2.6 g fiber; 3.3 g sugar; 3.2 g protein.

Savory Asparagus Bread Pudding

- 4 T. unsalted butter
- 2 c. asparagus, blanched and chopped into 1-inch pieces
- 1 large onion, chopped
- ½ t. dried thyme
- 2 oz. porcini mushrooms, soaked in hot water until hydrated, rinsed and chopped
- ¼ c. chopped Kalamata olives
- ¾ lb. crusty rustic bread, cut into 1-inch cubes
- ¾ c. grated Gruyere cheese

- 5 c. milk
- 6 large eggs
- 3 T. chopped fresh basil
- ½ t. fresh ground pepper
- ½ t. sea salt
- ½ c. freshly grated Parmigiano Reggiano

1) Preheat the oven to 325° F. Sauté the onions in the butter over medium heat until translucent. Add the asparagus, mushrooms, thyme, and half of the salt and pepper. Place the bread cubes in a 9x13-inch baking dish. Add the asparagus mixture and the Gruyere cheese and olives to the dish and toss well.

2) Mix the eggs and milk together with the remaining salt and pepper and the basil. Pour the custard over the bread and sprinkle with the Parmigiano Reggiano.

3) Bake in a 325° F oven until the custard is set and the top is browned, about 1 hour.

Nutrition (per serving for 12 servings): 313.3 calories; 53% calories from fat; 18.5 g total fat; 203.2 mg cholesterol;

340.7 mg sodium; 397.1 mg potassium; 24.0 g carbohydrates; 1.9 g fiber; 6.3 g sugar; 13.9 g protein.

Grilled Marinated Asparagus with Parmigiano Reggiano

2 lbs. asparagus spears, trimmed

3 T. balsamic vinegar

3 T. extra virgin olive oil

2 cloves garlic, pressed

3 T. flat-leaf parsley, finely chopped

1 oz. Parmigiano Reggiano cheese, thinly shaved

sea salt, fresh ground pepper to taste

1) Preheat grill or broiler. Place trimmed asparagus in a shallow dish and add vinegar, olive oil, garlic and parsley. Marinate 15 minutes. Grill asparagus over medium heat until tender. Top with parmesan and serve hot or at room temperature.

Nutrition (per serving for 8 servings): 87.0 calories; 63% calories from fat; 6.3 g total fat; 3.1 mg cholesterol; 70.5 mg sodium; 267.7 mg potassium; 5.4 g carbohydrates; 2.3 g fiber; 1.5 g sugar; 4.1 g protein.

Board Business (continued from page 8)

Review Q2 Financial Report: Glenn presented a summary of the financial results for the three-month period ending 12/31/05. Our financial conditions are very good. We had a surplus of \$89,000 on sales of \$1.6 million. Assets are about \$1.5 million, liabilities \$717,000, and equity \$751,000. All analytic ratios are within acceptable norms. The formula for calculating net income as a percentage of sales was questioned. Since we are comparing this number to industry benchmarks, it is important that we use the same methods as other co-ops. This will be investigated, and adjustments made as needed. The board accepted the GM Q2 financial report as being in full compliance with Board Policy R3, Financial Conditions.

Policy Development R5, Asset Protection: The board discussed proposed language for formalizing policies on shoplifting, and decided against adopting any policies beyond those that already exist, as well as existing bylaws relating to the ability of the board to suspend or expel members for cause.

Policy Monitoring R2, Staff Treatment: The board discussed the results of the staff survey performed by the ad hoc board committee, and acknowledged that the GM is in full compliance with Board Policy R2, Staff Treatment, pending the still outstanding revision to R2.2.3 de-

(continued on page 14)

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Making Things Grow — Locally

by Peter Samuel

When my daughters Zoë and Mia were youngsters, I encouraged them to help me in the basement starting plants for our garden. They enjoyed sprinkling the differently shaped seeds into wet plant mix. Zoë, for whatever reason, soon lost interest in the whole process, but Mia at age six liked the special “basement time” with Dad, and also was quite good at transplanting the seedlings into peat pots. After the seeds were up, Mia showed a great amount of care in handling the tender little babies, and as long as I was close by I could trust her with replanting a whole tray of young plants. We spent many hours in the cool basement bonding.

Many of you probably buy plants from the racks outside the Co-op either in early spring, when there are loads of pansies available; during the warmer months, when there is a great selection of annuals, perennials, vegetables, and herbs; or in early fall, when the chrysanthemums are a big seller. Emily Neuman, who is in charge of plants (among many other things) makes it a policy to buy from local plant producers. The two big suppliers are Didden Greenhouses in Hatfield, and Russell Gardens and Nursery in Southampton, Bucks County. Those two provide most of the beautiful plants you see out on the street, but there are also two smaller suppliers she purchases from: Anne’s Herbs, located in Andorra, and Mia’s Plants in Mount Airy, a few short blocks from Weavers Way.

One of those first years, because we had more impatiens, ageratums and columbines than we could ever plant in our backyard garden, it was decided that Mia would try to sell the extras to her first-grade teacher (thank you, Mrs. Pin-

cus) and various parents of her friends. That was eight years ago and the beginning of a youngster’s passion for both growing things and selling them. Together we assembled a list of items on the computer, and after distributing the “catalog” to at least a dozen people and taking orders, we either delivered plants right to people’s backyards or they came to the basement and picked them up.

Since that time, except for one year she decided (or I did) to take a break, Mia has been gradually expanding her selection and quantities of vegetables, herbs, and perennial and annual flowers. Last year she offered 45 different varieties of plants. For many of these, she starts seeds growing on a heated table sometime in January. Over time I have become less important to the whole operation — except as the guy who waters and makes sure the grow lights are working. Last year there were at least 15 double-bulb, four-foot-long fluorescents blazing in the basement.

Co-op staffer Anne Denner, the Anne of Anne’s Herbs, has been in the plant business about four years, and every year has expanded her production capabilities. This past year she even built herself a greenhouse, and expects to provide more than a thousand herb plants in three-inch pots to the Co-op. “This is my third year selling to the Co-op, and basil is still the most popular item,” she confided, even though she has ten other herbs she sells. She also distributes her plants to a variety of hardware stores and specialty shops.

Mia’s business, on the other hand, is primarily through her color catalog (available as a PDF), but she plans to provide some mature perennials this spring

in addition to a variety of tomatoes and hot pepper plants to the Co-op. This will also be her third year distributing to Weavers Way, and it might also be a test of how serious she is.

One of Emily Neuman’s other jobs is head of the half-acre Co-op gardens at Awbury Arboretum. She is terrifically qualified, having recently received her Masters in Sustainable Agriculture from the University of Iowa. She is planning to expand the production of fresh food that can be sold directly at the store. And you can be sure she is employing all of the most up-to-date sustainable methods.

She also manages the cut flower section of the store — a \$1,000 per week retail operation. Emily is working to increase purchases of organic flowers and has recently discovered a local wholesaler for that. Currently the primary supplier for cut flowers is Zieger and Sons in Germantown, from which the Co-op gets deliveries three times a week. At least once a week, cooperators get a chance to be involved in sorting cut flowers and making bouquets (another one of Emily’s many



PHOTO BY PETER SAMUEL

CO-OP MEMBER AND “BUDDING” ENTREPRENEUR
MIA SAMUEL, TENDING TO HER PRODUCTS

jobs). Most popular flowers are the tulips, alstromeria, roses, and the chrysanthemums, but bouquets are also a very good seller.

The other part of Mia’s operation involves plants that are grown over in the fertile soil of Mount Airy here in the Wisahickon Valley. Most of the perennials Mia will sell at the Co-op this season have been spending the winter in the ground, so when they are dug they will have serious root systems and be ready to bloom like mad. If you want to see her whole selection, e-mail miaplants@att.net (no web site yet) and Mia will e-mail a catalog to you right away.

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Propagation Party
(continued from page 9)

touching a seed. A couple of years back she'd gone to Whole Foods and purchased 10 mums (which are allegedly indestructible) and they all died. For her it was simple: she came because she wanted her plants to live. As she left with her tray of red and yellow tomato seeds, she was "praying something would happen."

Howard Field, a longtime member of the Co-op and the Farm Committee, had a wonderful story to tell about how he became involved with the committee. It began simply with him bumping into someone in the Co-op one day who had endless enthusiasm and energy and was quite a talker. That woman was Norma Brooks. The farm is a memorial in honor of her husband, Mort Brooks, who was a central figure of Weavers Way's first 20 years. He wanted to know "where that lady came up with all that enthusiasm." Turns out, both of their ancestors came from Carmel, a small farming town in South Jersey located on the banks of the Morris River. Howard described Carmel as a refuge for troublemakers, people who resisted au-

thority, questioned the status quo, and challenged those in power — Quakers, blacks, Jews, some Italians, the usual suspects. The Baron de Hirsch who owned the land had an idea that farming would be the solution to the Jewish problems in America and encouraged Jews to relocate to what might be described today as an intentional community. After a generation, everybody moved to the city and Seabrook Farms bought the property and established a commercial farm on the site. Before Seabrook took over, Howard remembers stories of his great granddad waking up at 3 a.m., piling his truck with tomatoes, driving to markets in Philly, and coming back with money to buy all they needed but could not produce themselves.

Howard said he wasn't impressed with the farm his first two years. When asked why he comes back, he says it's because of Norma.

Mirta Guglielmoni is different from the rest of us. She is trained as an agronomist and really knows something about farming and agriculture. To her credit, she's very patient with those of us who

put avocado seeds upside down in the soil. Mirta just moved to the neighborhood eight months ago and joined the Co-op as a way to become part of a community. When asked why she joined the farm committee, her story is one that you hear often among the volunteers, "I wanted to do something hands-on, something that adds another dimension to my life and takes me away from (the rationality of modernity) my job."

At the end of it all, we hoped to have peppers, okra, eggplants, squash, cucumbers, beans, and tomatoes — exotic varieties like black Ethiopians, green grape, Fargo yellow pear, matt wild cherry, and, my favorite, "Mortgage Lifters." According to Farm Committee member Shira Kamm, the name came from a farmer with a mortgage over his head who in an act of desperation decided to put all of his hopes and his life savings in growing tomato. Turns out the bright pink tomato he grew tasted better than any tomato known to the civilized world. The rest we know from its name— Mortgage Lifter. When Shira was asked how decisions were made about what to plant, she responded with a classic line from show biz, "last year's greatest hits plus some guaranteed show stoppers for this year."

Through rain, shine, temperatures of 130 below, and 300-mph winds, we come back again and again in hopes of tasting a tomato that tastes like a tomato, working with a group, and hanging out with Norma Brooks and these other great people.

Much to Do for
Volunteers at
Weavers Way Farm

by Emily Neuman

The Propagation Party was, as always, a big success. More than 20 volunteers showed up at the front yard of Summit Church to plant seeds for crops to be grown this summer at the Mort Brooks Memorial Farm. Participants will grow seedlings at home until they are ready to be planted in May.

Among the seeds planted were a variety of tomatoes and eggplants: Pineapple Tomato; Striped German Tomato; Mortgage Lifter Tomato; Fargo Yellow Pear Tomato; Matt's Wild Cherry Tomato; Moskovitch Tomato; Calliope Eggplant; and Little Fingers Eggplant.

In addition to what was sown at the Propagation Party, sixth grade students at Wissahickon Charter School are growing tomato seedlings for the farm under grow lights in their science classroom. The lights were purchased with a grant from the Chestnut Hill Rotary Club.


The Farm plans to transplant about 300 tomatoes and 150 eggplants in May. Harvest will begin in late July.

If you are interested in volunteering at the farm, check the work schedule at the store. It is posted on the door to the basement. Printed directions are available. Ask a cashier for a copy.

Although spring is just getting underway, a lot of work has already been done at the Farm: building a small shed; replacing our perimeter fence; and preparing beds for planting.

The first harvest of the season took place during a thaw in early January when we dug frost-sweetened sunchokes. Fourth grade students from Henry school will harvest the remaining sunchokes when they visit this spring. Peas and salad mix will be harvested in June. Harvesting of green beans, garlic, patty pan squash, okra, tomatoes, and eggplant will begin in July.

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Environment Tip of the Month

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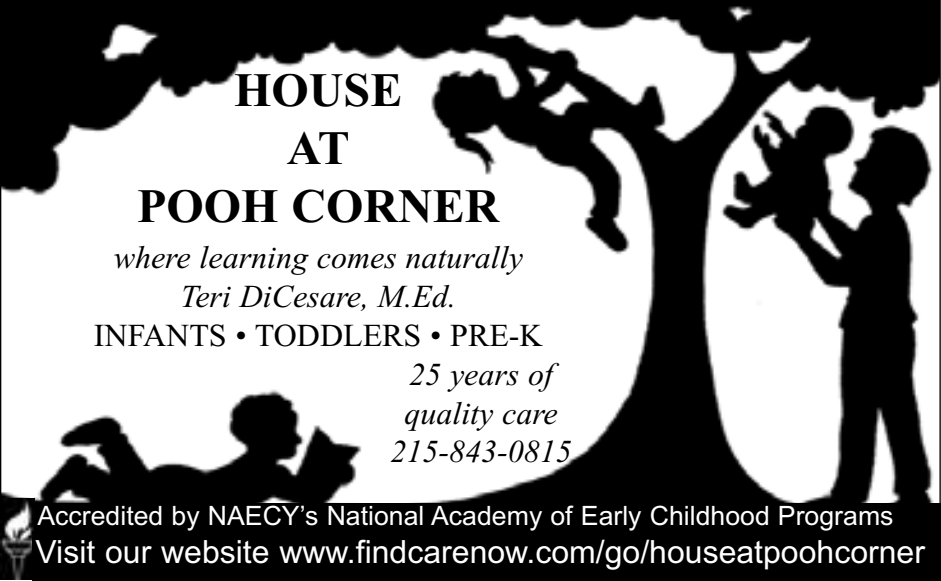
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The May/June Garden Gleanings

by Mark Goodman

Water — Now that the April showers are over, it's up to us to keep our plants well watered, especially new ones. The popular method of hoping or praying for rain does not usually work.

Soaker hoses — the ones that "bleed" instead of spraying - are very effective. If you must cross a path or an area that does not need water, attach a regular hose to the spigot and a soaker hose to the regular hose. Garden centers sell lengths of hose as short as six feet, or you can cut a longer hose and use inexpensive, easy-to-use fittings to attain your desired length.

Use a "splitter," or Y-shaped fitting, to attach two hoses to one spigot. Get the kind with "on-off" switches so you can better control the flow. Drip irrigation is more work initially, but it saves even more water by concentrating the irrigation directly to the plants without going to the surrounding mulch.

Timers are handy, too. You can use them to shut off the water automatically at a set time after you turn it on manually. In addition, you can program the timer to go on and off automatically, like a VCR. The drawback to this method, used mainly when you go on vacation, is that the water will go on even when it's pouring rain.

Annuals — The planting date for tender annuals in this zone is around May 15. However, many people buy and plant them earlier. If a frost is predicted, cover your plants with gauze-like "row covers" (available at Primex in Glenside or through www.GardensAlive.com) or with inverted boxes or baskets. Tender annuals include impatiens, vinca roseum, and zinnias. Hardier (earlier) annuals include wax begonias, salvias, marigolds, and petunias.

Pruning — Spring flowering shrubs should be pruned as soon as possible after losing their blooms. If, for example, you prune azaleas and rhododendrons before they bloom, you will lose flowers at bloom time. However, if you wait too long to prune forsythias, spireas, viburnums, and lilacs, as well as azaleas and rhododendrons, you will cut the buds that are formed for next year's flowers. That's why these shrubs should not be pruned in early spring or fall, but only right after they bloom.

Planting — The longer you wait to plant shrubs, grass, perennials, and trees in May, the more risk you run of damage by summer heat and drought. You can compensate by using mulch and watering regularly through the summer.

Shrubs for Summer Color to Draw Butterflies — Buddleia (butterfly bush) is the most popular. They come in many different colors, including dark purple and now even yellow. Give them lots of room in a sunny spot.

Pink flowering abelias ("Edward Goucher") also stay in bloom all summer but are less fragrant than buddleias. They make a nice hedge row or a screen for a low porch and will take some shade. Like butterfly bushes, they should be cut back in fall or early spring.

- Food Store Jokes:**
- #1. - There's a new food chain that sells nothing but bagels, donuts, and Life-Savers.
 - Oh yeh? What's it called?
 - Hole Foods.
 - #2. - Did you hear about the new donut store that mixes bourbon into the donut batter?
 - No, what's it called?
 - Drunken Donuts.



Board Business

(continued from page 10)

tailed in the minutes of the February board meeting.

Year-End Financial Review vs. Audit: The board decided that because we switched to a new Point-of-Sales register/scanning system, and because we are using new accounting software, and because we have undergone our first member patronage rebate in many years, Weavers Way should undergo a full audit rather than a financial review for the current fiscal year ending 6/30/06.

GM Review: The ad hoc GM Review Committee (Bob, Secretary Dorothy Guy, and At-large Director Jim Peightel) presented to the board, in executive session, a brief status report on the progress of the annual GM performance evaluation, which will be submitted for approval at the April board meeting.

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by Lou Dobkin, Finance Managers

What a difference a quarter makes.

The net income for the quarter ending Dec. 31, 2005, was \$89,644 on \$1,650,571 of sales, as opposed to \$31,168 net income on \$1,423,414 of sales in the quarter ending Sept. 30, 2005. Operating income (the income from actually buying and selling food and other goodies, and excluding rent and court-ordered settlements) in the quarter ending Dec. 31, 2005 was \$74, 135, compared to a loss of \$10,454 in the previous quarter, ending Sept. 30, 2005. For the six months ending Dec. 31, 2005, net income was \$106,342.

The line called “Other Income” was substantially above budget due to some unusual, nonrecurring events, including payments from the former finance manger in accordance with her settlement with the Co-op, and rental income. The property at 555 Carpenter is currently being rented out, whereas the budget had anticipated that construction would have started on the next phase of expansion.

Total sales for the year increased 6.3% over last year, but were under budget by 0.7%.

Margin improved to 33.58%, which is 0.93% better that last year’s 32.65% and is 0.35% better than the budgeted margin of 33.23%. We believe that this improvement in margin is due in part to the benefits of the point of sale (POS) system kicking in.

Labor increased from the prior year by 10.3% but was still under budget by 0.5%. This is somewhat surprising since there were unanticipated labor increases: the addition of an information technology person; an extra person in the Membership Coordinator position while the retiring Madelyn Morris trained and was replaced by incoming Membership Manager Robin Cannicle; and increased staffing to cover expanded store hours that were not in the original budget.

Year-to-date net operating income is 2.07% and net income is 3.46%. The Cooperative Development Services guideline for expansion is to have at least two years of net income at or above 2%.

Cheers and Jeers from your favorite ratios.

Jeers. The much-watched labor as a percent of sales is a relatively high 24.44%. The standard for co-ops of our size is 23.07% - 24.81%, so we’re in there, but only just. The figure for last year was 23.56%. This is probably due in large part to the difficulties inherent in trying to squeeze increasing sales out of a less-than-ideal store.

Cheers. On the brighter side, there’s the liquidity ratios, and in particular, the quick ratio, which is cash over current liabilities. At 1.22, this is substantially better than Co-op standard of 0.5 to 1.0. Also getting a cheer is our debt-to-equity ratio, which is a key indication of borrowing capacity. Ours is a very strong 0.80, putting us at the high range for Co-ops our size.

So, that’s it in a nutshell: sales are good, even if not quite up to budget; margin is good, and actually better than budget; and we seem to be doing pretty well, thank you, in our own, idiosyncratic way.

Balance Sheet	12/31/2005	%	12/31/2004	%
Assets				
Current Assets (ex Inventory & Cash)	49,236	2.91%	21,540	1.47%
Cash	440,610	26.03%	528,770	36.02%
Inventory	268,500	15.86%	225,687	15.37%
Fixed Assets	906,223	53.53%	595,982	40.60%
Other Assets	28,406	1.68%	96,059	6.54%
Total Assets	1,692,974	100.00%	1,468,037	100.00%
Liabilities & Equity				
Current Liabilities (ex Accounts Payable)	177,032	10.46%	237,205	16.16%
Accounts Payable	223,117	13.18%	195,805	13.34%
Long Term Liabilities	354,775	20.96%	284,316	19.37%
Total Liabilities	754,924	44.59%	717,326	48.86%
Member Equity	479,460	28.32%	390,251	26.58%
Retained Earnings	458,590	27.09%	360,459	24.55%
Total Equity	938,050	55.41%	750,710	51.14%
Total Liabilities and Equity	1,692,974	100.00%	1,468,036	100.00%
Income Statement				
Sales	3,073,985	100.00%	2,891,319	100.00%
Cost of Goods Sold	2,041,734	66.42%	1,947,166	67.35%
Gross Profit Margin	1,032,252	33.58%	944,153	32.65%
Expenses				
Personnel	753,804	24.52%	682,350	23.60%
Occupancy	72,591	2.36%	68,817	2.38%
Depreciation & Amortization	28,822	0.94%	21,171	0.73%
Operating Expenses	33,547	1.09%	32,479	1.12%
Administrative Expenses	54,194	1.76%	43,499	1.50%
Governance Expense	6,971	0.23%	1,015	0.04%
Promotional Expense	18,643	0.61%	18,951	0.66%
Total Operating Expense	968,571	31.51%	868,282	30.03%
Operating Profit	63,681	2.07%	75,872	2.62%
Other Income	53,486	1.74%	21,327	0.74%
Other Expense	10,825	0.35%	8,451	0.29%
Total Other Income & Expense	42,661	1.39%	12,876	0.45%
Net Income	106,342	3.46%	88,747	3.07%

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Manager's Corner

(continued from page 1)

Member Cards may go.....

I know that some of you will not like the next technology input into our Weavers Way system, but here goes: We have started discussions with a programmer, working with Norman, Tanya, Robin, and others at Weavers Way, to set up the work schedule and "co-operator" system as a paperless system. In other words, you as a member would have the ability to visit the work calendar either on-line at the store, or from home, from Mexico, etc., and sign up for a work slot on a live scheduler system. This system will also ask how you want to be reminded the day before (phone, e-mail, etc). It will keep track of your hours for you and inform you when your hours are due, etc. It will also prompt us to call you or e-mail you if you have not completed your hours or have not shown up for a scheduled work slot.

At the end of the day, there would be no cards to file. There might be inputs to upgrade the work list and work credits for the day. (Those of you who love the two-hour nightly filing job should not worry; I guarantee we can find other similar jobs.

We are in the preliminary stages of the system design, but it is our hope that the system will streamline the job of the Membership Director. It has also been brought to my attention by others on staff that the design of this system will also help the cashiers, accounting department, and floor managers.

Here are a few other things that the system might enable you to do:

- Update your contact information on-

line using a secure web site with your pin number.

- Pay your membership dues on-line.
- Pay invoices on-line (for an advertisement in the *Shuttle*, for example).
- Look up your purchases and see what you have purchased from us.
- Check on your investment.
- See how much you have spent at the Co-op over a given period of time.
- See if a pre-order has arrived.
- Check the schedule for last-minute openings, or have the system call you if a specific work slot opens up, perhaps in a specific department or on a specific date.

Weavers Way Price Comparison March 2006

ITEM	GENUARDI	WHOLE FOODS	WEAVERS WAY
Alpine lace Swiss	8.99	N/A	7.65
Provolone	5.99	N/A	4.98
American	5.99	3.99	3.85
Cooper sharp	6.49	N/A	4.95
D&W smoked turkey	9.49	N/A	6.36
D&W domestic ham	7.49 (on special)	N/A	6.25
Parmesan, Reggiano	18.99	14.99	13.99
French brie	7.99	10.99	8.0
Cotswald	N/A	13.99	12.89
Gruyere	13.99	13.99	11.35
Dutch gouda	7.29	N/A	6.60
Old Amsterdam	N/A	12.99	12.89
Grafton cheddar	N/A	8.99 VT (2 year old)	6.37 (1 year old)
Paranno	N/A	9.99	10.19

In the future, you will be able to order products, sign up for classes on-line, and more.

I could go on, but I think you get the idea. So, keep your ears open; we hope to have something for you to see soon.

Finally, I want to say a few thank-yous ...Walter Bader has started his plantings outside on Carpenter Lane. For those of you who do not know it, besides working in the deli, Walter also does some landscaping work on his own. He did a great job with the planters last year... Dave Tukey, our H.R. Manager, helped organize

the tree-planting in March from West Mt. Airy. I believe he assisted with the planting of over 30 trees in our area... Norman Weiss did a great job quickly researching new telephone systems and selecting a system for Weavers Way. This was not an easy task, nor inexpensive. We spent about \$11,000 on the new system that was installed the last week of March... I also want to thank Community Audio for providing the new audio and installation labor for the second-floor audio system. The sound is wonderful

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Home School Computer Opportunity

by Richard Fernandez

The Mt. Airy Community Computer Center (MACCC) is planning to hold a series of computer classes specifically designed for home-schooled students. The classes, which will be arranged by age and offered in the early afternoon, will be held at MACCC’s Computer Center at 6335 Germantown Avenue.

Terri Rivera, MACCC’s program director, said that “we realize that many parents have made the choice to home-school their children and are always out looking for new opportunities and resources to enrich their children’s learning experience. After meeting with some local home-school parents for advice,” she continued, “we have designed three programs for the spring.”

Word Processing for 6- to 9-year-olds will be held on Thursdays at 12:30 beginning April 20 through May 11.

Power Point for 10- to 13-year-olds will be held on Thursdays at 12:30 beginning May 18 through June 8.

Build Your Own Website for 12-year-olds and up will be held on Thursdays at 12:30 beginning June 15 through July 6.

The cost for each of these programs, which consist of four one-hour sessions, is \$60. Ms. Rivera pointed out that “there is some scholarship aid available and sibling discounts.”

Those interested in this opportunity are urged to call the MACCC Office at 215-438-8505 and register by leaving the name and age(s) of their child(ren), the program(s) they are signing up for, their name, mailing address, and phone number. A registration packet will be sent out to them.

Parents interested in sibling discounts or scholarship assistance should leave that information when they sign up for courses, and MACCC will arrange for a meeting on Saturday, April 15 or April 22. Parents are encouraged to register their children early for what promises to be a rich learning experience.

Can True Environmentalists Eat Meat? (Other than Free Range)

by Sandra Folzer, Environment Committee

Go ahead. Eat meat. But before you take another bite, ask where that meat came from. At present, barely five percent of farms in the U.S. raise over half of the country’s beef and dairy cattle. Almost all (98 percent) of poultry is raised by factory farms.

So what? If you don’t live near these industrial farms, like in Iowa, where the ammonia near a hog farm is six times the recommended level, or in the San Joaquin Valley, CA, where the air pollution from factory dairy farms is causing asthma in children at three times the national average, then maybe you don’t care.

Oklahoma’s legal counsel, fighting the state’s takeover by the hog industry, suggested, “The average Joe Blow who might stumble into a hog facility would never want to eat pork again.” Even if you don’t care about the terrible suffering of factory-raised animals, trapped in cages not large enough for them to move about, you might think about their environmental impact. Anyone near a hog farm can testify to the unbearable, putrid odor created by tons of excrement. These “concentrated animal feeding operations” (CAFO’s), as they are known by government agencies, can raise meat cheaply because they don’t have to pay for the natural resources they squander. In Texas County, Oklahoma, 15 million pounds of manure accumulate every day. Both the groundwater and surface water is adversely affected by the water runoff. There is a large demand for water on these farms and those that produce their feed. The Ogallala Aquifer is being depleted and water levels in wells are dropping very quickly as a result. In 1995, North Carolina manure spills killed 10 million fish and affected 364,000 acres of coastal shellfish beds. The land cannot absorb so much waste.

There are other problems as well. With the overuse of antibiotics in these

crowded facilities, resistance in humans is compromised. Then there are the chemical vats into which slaughtered animals are dipped to loosen their skin.

While the American Public Health Association has asked for a moratorium on factory farms, or CAFOs, until environmental and health effects can be assessed, state governments have only encouraged their growth. Recently in Pennsylvania, bills were introduced to make it illegal to reject the intrusion of factory farms into local communities.

Some local communities welcome factory farms as a way of creating jobs. Seaboard Farms in Oklahoma received \$60 million in local and state government assistance. The county had paid \$27,552 for each new job it created. However, rather than hiring people from the community, factory farm workers are increasingly Mexican immigrants, only half of whom are legal.

So, enjoy that morsel of factory farm meat and know that you are in the majority of those who are willing to pollute the environment so long as they don’t have to think about it.

A Clarification from the Fresh Foods Departemnt

Factory farming is a nightmare. That’s why at Weavers Way, we provide an alternative, in the form of beef, lamb, and pork from small, local farms. Natural Acres raises organically fed beef. We sell their ground beef and various cuts of meat. Meadow Run Farms raises natural beef, lamb, and pork. They use no drugs and all animals are pasture raised. All manure is composted and used to raise their crops.

While we believe it is important to offer the variety of products that our members want, we believe it even more important to offer choices that are most healthful for our consumers, our farm communities, and our planet, as well as for the animals themselves.
— Dale Kinley, Fresh Foods Manager

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Friday Evening Talk & Saturday Workshop on Zen Buddhism



Friday, May 19th

7:30pm – 9:00pm: Evening Talk by Geoffrey Shugen Arnold, Sensei.
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Saturday, May 20th (registration required)

9:00am – 12 Noon: Half-Day Sit. The morning offers periods of quiet sitting and walking meditation, and provides an excellent way to explore more intensive zazen. Appropriate for those new to Zen practice or meditation, as well as more experienced students. The morning is introduced and concluded with words of encouragement by Shugen Sensei.
12:00-1:30pm: Lunch will be provided.
1:30pm – 4:30pm: The Lotus in the World. An afternoon talk and discussion on bringing spiritual practice into everyday life. \$50 Registration for the Day

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Geoffrey Shugen Arnold, Sensei began his formal training in 1986. He received Dharma Transmission from John Druke Lion, Roshi in 1997. Shugen Sensei is currently the Branch President of Zen Center of New York City. He manages the National Buddhist Prison Sangha, and is director of the New York State Prison Program of Zen Mountain Monastery in Mt. Tremper, NY.

For more info & to Register for the Saturday Workshop:

Dennis Tishon Reil 215-381-0398 dennisreil@yahoo.com Weavers Way Member

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Wireless Philadelphia: Convenience or Controversy?

by Rae Whatley

Look up as you are riding through the streets of Philadelphia. If you look carefully, you will begin to notice with increasing frequency the white, rectangular panels cell phone companies use to relay signals to their phones. You'll see them atop high-rise office buildings; around water towers; atop apartment buildings, churches and hospitals; behind billboards; and on their own tall, imposing towers. Walk down to Lincoln Drive and look up. Any building with clearance is a fair target, and companies are paying big bucks for the privilege.

Now imagine that the signals coming to and from your mobile devices were beams of colored light. Reds for phones, blues for pagers, yellow for PDAs, purples for laptops, greens for radios and televisions. Imagine what the world would look like downtown at noon. What would it look like inside your bedroom at 3 am? Pretty much the same. Could you

sleep with all of that light flashing around you? Could you relax? Now imagine that those lights are sounds. Could you think with all of that noise? Could you concentrate? Communicate?

To your cells, all of that electric noise is disrupting communication. It's disrupting their ability to repair and reproduce themselves, and at their most basic level, their DNA, they are breaking down. Wireless devices are sending signals that are bombarding every cell in your body every minute of every day that they are on — not being used necessarily, just on.

Electro-hypersensitivity, a recognized disability in Sweden and Britain, is almost like an allergy to electromagnetic radiation. This radiation has been linked to sleeplessness, fatigue, headaches, high blood pressure, elevated blood glucose levels, neurological disorders such as multiple sclerosis, attention deficit/hyperactivity disorder and autism and, yes, even cancer.

This year alone, there will be between 40,000 and 50,000 new cases of brain and eye tumors, and many people think this is directly attributable to cell phone usage, among them Dr. George Carlo, an epidemiologist originally hired by the U.S. cell phone industry in 1993 to prove cell phones were safe. He couldn't, and since then he founded the Science and Public Policy Institute and the Safe Wireless Initiative and has been researching and documenting the health effects of cell phone technology ever since.

You probably know people who suffer from these symptoms, or the groupings known as fibromyalgia and chronic fatigue syndrome. Do they work long hours on computers under fluorescent lights in steel buildings? Do they live near electrical towers or electrical transformers? Are cell towers visible from their home or office windows, or are there towers located on top of their home or office buildings?

Wi-fi technology is untested and unregulated. Some cities have boldly decided not to go wireless. Lakehead University in Canada has banned wireless Internet from most of its campus. The cell phone industry maintains that the levels of radiation fall far below the exposure guidelines set by our governments, and that

there have been no conclusive studies proving any negative health effects. Still, for purposes of public health, must a danger be proven, considered probable, or simply suspected?


This technology has barely been around long enough for anyone to begin documenting the long-term effects of its usage, but research on radio and micro-waves abound. One thing is clear. These waves of electromagnetic radiation are affecting all of us. Now it's just a matter of when we'll recognize it and what we'll do.

For more information on this public health issue, join us at Big Blue Marble Books for a screening of "Public Exposure: DNA, Democracy & the Wireless Revolution." For more information, contact me at 215-991-0395.



PHOTO BY JONATHAN MCGOWAN

THE VIEW FROM THE CO-OP FARM



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Cell Phones: A Love/Hate Tribute

by Betsy Teutsch

I held out a long time before I broke down and acquired a cell phone. It just seemed like one more costly status symbol and a nuisance, something I had managed perfectly well without for a whole lifetime. I work at home. Why did I need a cell phone? Our daughter was a quicker adopter, already having convinced us she needed one, especially to feel safer on public transportation.

One scorching summer day I promised her we'd get water ice when I picked her up at the bus after a long, tiring Physics Intensive. When I arrived at the bus stop, no daughter emerged. I finally drove to the next stop, where she had disembarked, thinking of a different water ice stand. Instead of feeling refreshed, she was feeling abandoned. Oops. She very gently pointed out, after we finished our treats, that had I been reachable by cell phone, this mini-crisis would have been quickly resolved.

That argument clinched it. I realized that a cell phone would indeed improve our quality of life and I joined the ranks of cell phone owners, now over 40% of Americans and even higher in many other countries around the world.

If you're trying to simplify your life, materially or otherwise, adding another gizmo, monthly bill, and system with which to interface is not the way to do it. Indeed cell phone bills are notoriously infuriating and incomprehensible. Without careful monitoring, cellular phone service becomes very costly. It is somewhat duplicative; very few homeowners give up their land lines, though many young people have simply replaced landlines with cell phones. So are cell phones a good idea or bad idea? The answer for me is: both. Much of the cellular experience is paradoxical. What makes them terrific is identical to what makes them awful.

Many people initially invest in a cell phone for car safety purposes. It's nice to think of a teen having a phone in an emergency, for example. People who spend a lot of time on the road, especially in strange places, are well served by having phones for help in emergencies. But once one is in the car with a cell phone, the temptation begins. Driving while talking on it actually increases the danger of driving, rather than providing the sought-after safety net. I find it impossible to avoid talking on my cell phone in my car. Not only is it a distraction, but it's really hard to turn the wheel one-handed

Another advantage of a cell phone is accessibility. When your wife is about to go into labor or the doctor's office is calling with test results, not missing that all-important call is a gift. If you travel and want to be reachable, cells are ideal. Your little ones can call and say goodnight; you can access your office voicemail and stay current with your responsibilities. But the flip side is that once the damn phone is on, it rings. It doesn't care if you're sitting at a funeral, at the beach relaxing, conducting a job interview or navigating a parent-teacher conference. The cell phone can and will ring. Not only can this be incredibly disruptive and awkward, but you become hostage to unwanted intrusions. Accessibility is both a blessing and a curse.

We've discovered that the flexibility provided by cells is great for family sight-seeing or shopping expeditions. We can update one another as to our whereabouts without having to all stick together. Many young people plan their entire social lives by cell phone, no longer making dates or concrete plans. This allows for more efficiency, fluidity, and spontaneity, all desirable outcomes. But there is a major downside. Cell phones frequently malfunction. They routinely run out of charge. There are dead spots with no reception. Sometimes reception is in and out, so a phone call turns into a frus-

trating series of static-filled, unintelligible strings of syllables punctuated by loud "Can-you-hear-me-now?"s. And then of course, there is the dreaded Lost Cell Phone. A friend told me she'd had a guest coming to town, and being typical 20-somethings, the "plan" was for him to phone her when he arrived. She lost her cell phone (not hard, they're getting smaller and smaller) and since he didn't have a cell phone, she had no way to reach him. She had to borrow a friend's phone and leave an outgoing message on her own cell phone with directions for her friend. (She is more techno-savvy than I am; I had no idea such a transaction was possible.) In order to facilitate fluid planning, everyone involved needs their phones turned on. I often forget to do this. When I remember and turn the phone on, there are often messages left several days before, now useless. Dependence on cell phoning for minute-to-minute planning is risky and often ineffective.

Cell phones create a wonderful opportunity for chatting with friends and family, especially when you've got down time. I have grown fond of calling my son in Washington when I'm out walking. To me, this schmooze dividend is delightful. But the same schmooze factor is obnoxious in closed public spaces with people

(continued on page 21)

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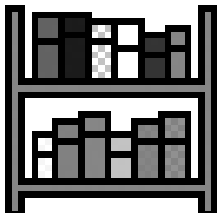
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Safe Spring Clean Up for Animals

by Brenda Malinics

Spring is here, and that means animals have a lot on their minds. In addition to animal babies, there are nests, mating rituals, territorial conflicts, injuries, and behaviors that just plain bewilder us. Humans have a lot on their minds, too, cleaning up yards, trimming trees and landscaping yards (and of course, cleaning out bird houses from last year and disinfecting bird baths and feeders). One other thing humans should keep in mind is what to do when encountering wildlife in your home, backyard, parks, or parking lots, especially when it is a baby animal, orphaned or injured or simply without mom. Following are some spring animal tips, solutions to frequently encountered spring animal problems, and phone numbers of rehabbers who can assist you with questions or provide care.

- Look carefully for bird or squirrel nests before cutting trees or trimming hedges. If you do accidentally destroy a squirrel nest, leave the baby squirrels alone for several hours of “quiet time.” They can be placed in a low-sided box

onto fabric into which they can snuggle. The mother may have an alternate nest where she will take them. Note: Mom will not attempt a “rescue” while people/activity are near the site.

- Adult birds cannot pick up their babies, but if uninjured, the baby bird can be placed back into the nest.

If you see the nest, but it is too high to reach, you can make an alternate nest (mother birds can tend two nests). Use a porous container like a wicker basket or those little green berry baskets and place a porous medium into the container (like dried grass or leaves). Secure it as high into the tree as possible using rope or twine. Watch from a distance to see whether an adult approaches the nest within an hour. If not, get it to a rehab center.

In the days right after they first leave the nest, while they are developing wing strength under the supervision of their parents, many fledges (bird teenagers) end up kidnapped by well-intended folks who think they have fallen. Many songbirds spend 3-5 days on the ground after

they leave the nest but before they become proficient flyers. Watch to see if the bird hops, flaps its wings, takes short flights, perches, and is acting energetic. Listen and watch to see whether there are adult birds interacting with it. Yes, the bird is vulnerable, but it still needs to stay with its parents.

- Walk carefully around your lawn before your first mowing or use of a weed-whacker. Never use a lawn trimmer blindly. Gently hit high grass with a stick to chase out frogs, baby critters, or rabbits who may be nesting in a shallow depression lined with fur and dried grass in the lawn. If you find a rabbit nest, do not mow the area three or four feet around it until the young have left in a month or so. Note: mother rabbits do not stay in the nest, but return at dawn and dusk to nurse.

If your pet or child has disturbed a rabbit nest, place the babies back inside, cover with the materials that are there and criss-cross two pieces of yarn or twigs over the nest. If the nest is disturbed, you

know that mom has returned to feed her babies.

- If the rabbit nest is in the middle of the yard, in a heavy traffic area or you have a pet that frequents the yard, don’t despair. During the day, you can cover the nest with a breathable container (like a wicker laundry basket), and weigh it down so your pet can’t move it. Or, you can put chicken wire around the nest with stakes. During the days when kids and pets are outside, keep the wire down. In early evening, lift the wire all around about 12 inches so that mom bunny can come to nurse at night, and again in the morning before activity begins.

- To prevent skunks or groundhogs from nesting under a deck, spray a small amount of coyote or bobcat urine (can be purchased at garden supply places or on the internet) around the foundation or garden fence. Note: by law any animal control company *must* kill a skunk, raccoon, fox, groundhog, or bat that is removed from a person’s home or yard. Many companies don’t like to tell home-

(continued on page 21)

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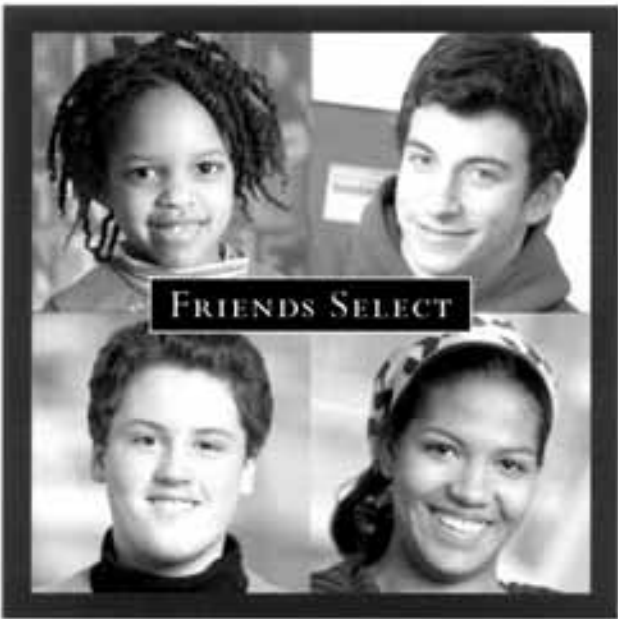
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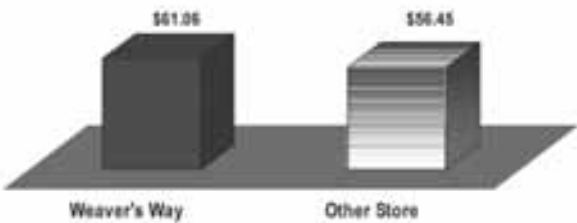
What the Heck Are You Thinking???

Weavers Way Member Survey Results Part II

by Jackie Winterbottom

In the March/April 2006 issue of the *Shuttle* we covered the objectives of the 2005 Weavers Way Survey and results from the first section: Reasons for Shopping at Weavers Way. We asked respondents to indicate how important the criteria were and then how Weavers Way was performing. In this installment we compare shopping at Weavers Way to other stores. Some of the results may surprise you.

Average Amount Per Week Spent at Weavers Way Versus Other Stores Shopped Most Often



- There is not a statistically significant difference between what co-op members spend at the co-op vs. another store at which they also shop, suggesting that those spending more money are more likely to shop at other stores besides the co-op

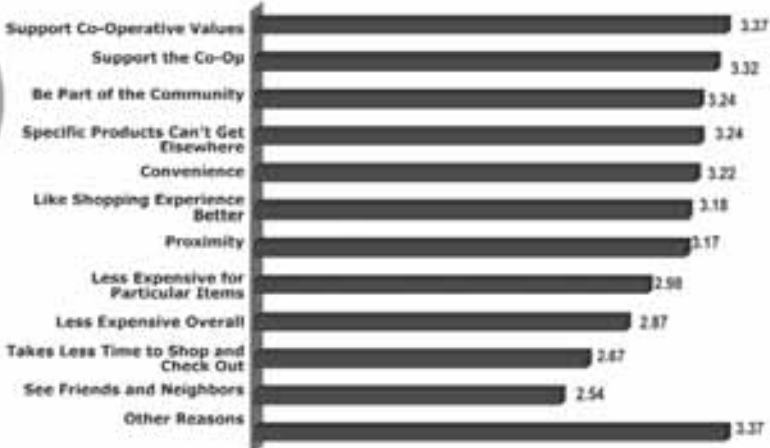
Other Store Shopped At Most Often



- Local stores (ACME and Superfresh) are the most frequently used alternatives to the co-op
- Among non-local alternatives, Whole Foods and Trader Joe's are the most frequently mentioned alternatives

Importance of Selected Reasons for Shopping at Weavers Way

- Mean Ratings: 1=Not at All Important; 5=Very Important -



- Among the many reasons that members shop at the co-op, support for co-op values, support for the co-op and being part of the community are top rated reasons

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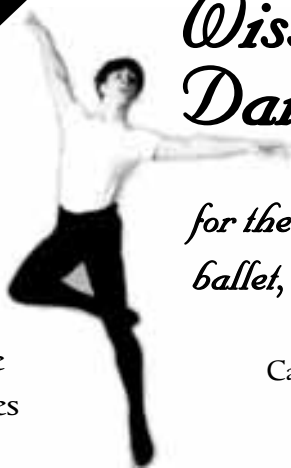


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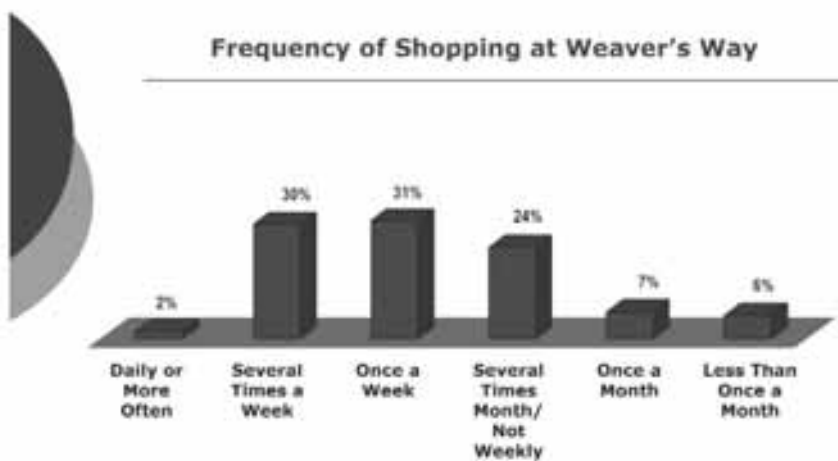
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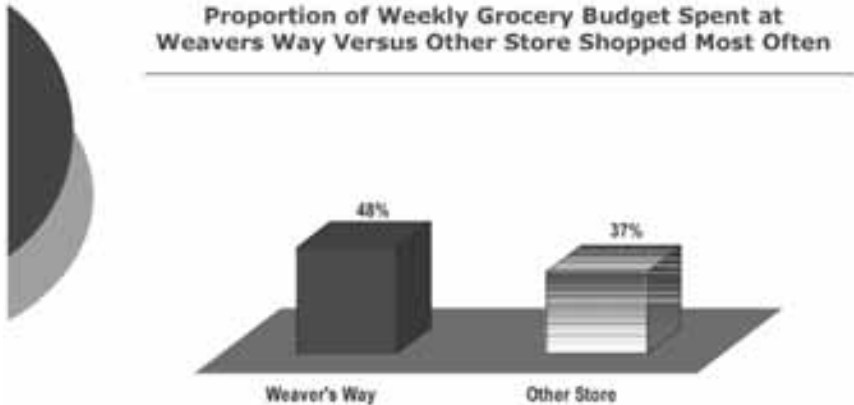
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- Most co-op members report shopping once a week or more (63%) and relatively few shop only once a month or less at the coop (13%)



- Co-op members spend a significantly higher proportion of their household's weekly grocery budget at Weaver's Way compared to the other store they shop at most frequently



- Product selection (can't get specific products at the co-op) is the most important single reason why members shop elsewhere



- Weaver's Way is rated significantly higher than Other Stores on every measure except has specific items that I can't get at the co-op, on which the other stores score higher

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National Co-op Census to Gauge True Strength of Co-ops

by M.P. Taylor,
reprinted from the Cooperative Business Journal

One look at the co-op community's agricultural, electric utility, or credit union sectors and the political power of numbers is apparent.

These sectors know who and where their members are and they make skillful use of that information in building grassroots support for their legislative priorities.

But since the Labor Department stopped doing it a half century ago, no one has taken stock of the entire co-op community and its members.

This has made it impossible to harness the full strength of the community's many sectors.

Until now, that is.

Last year, a survey by the National Cooperative Month Planning Committee found 21,267 co-ops with 127.5 million members in six key co-op sectors. That's more than 40 percent of all Americans — just in six sectors.

A far more sophisticated effort aimed at identifying the nation's cooperatives and their economic impact will be launched soon by the U. S. Department of Agriculture (USDA).

The work will be conducted under an agreement between the department and an academic institution, with substantial USDA involvement.

Jack Gleason, acting administrator for the Agriculture Department's Rural Business-Cooperative Service, said the data collected should be beneficial in any analysis of the economic impact of cooperatives.

"This [research on cooperatives] has been overlooked in the past or not given the respect it deserves," he said.

Gleason added that the Agriculture Department is a "natural fit" to conduct the study because of its long history of involvement with cooperatives and rural development.

Adam Schwartz of the National Cooperative Business Association (NCBA) said once the USDA study is completed, NCBA will urge that co-ops be included in a census of business entities conducted every five years by the Commerce Department.

Developing an ongoing research capacity to determine cooperatives' economic impact is a key part of NCBA's strategy to build a case for co-ops as an important and vibrant economic sector.

"If we can find a way to tap into the political and legislative strength cooperative members represent, they can see that they are part of something much bigger than their own co-op," said NCBA President Paul Hazen. "Then I think there is no end in sight to what we can accomplish."

The \$500,000 appropriation used to start the USDA-commissioned research was the association's No. 1 legislative priority last year. This year it will fight for more, since the Bush Administration has asked Congress for an additional \$495,000 to continue the research in the 12 months beginning Oct. 1, 2006.

The current lack of this information puts co-ops far behind investor-owned businesses when it comes to having an impact on tax policy, getting government funding and preferential treatment for start-ups, and obtaining credit.

Ann Hoyt, an expert on cooperatives at the University of Wisconsin, finds the paucity of information frustrating on all fronts.

"We have no data on retail food purchasing cooperatives or on those that are worker owned, and very limited information on housing," said Hoyt, who is also chair of the NCBA board. "We know who NCBA's members are but we have to do estimates of how big the cooperative movement is."

Hoyt said she regularly gives her students the often-quoted estimates of 47,000 U.S. cooperatives and 120 million members. But she admitted that the figures are "really dated."

Hoyt said she hopes the USDA study will prove on a national scale that the cooperative model is a superior business model.

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Jewish Renewal's Founder Returns to Philadelphia Area

by Susan Saxe

Rabbi Zalman Schachter-Shalomi, internationally acclaimed world religious leader, will lead a weekend gathering, "Heavenly Days Right Here on Earth," May 12-14 at the Keswick Theatre in Glenside, PA. Among those joining him will be Rabbi Marcia Prager of P'nai Or, and other local rabbis and performers.

Reb Zalman is often referred to as the "grandfather" of the Jewish Renewal movement, which draws on both the prophetic tradition of progressive social action and the mystical traditions of Hasidism and Kabbalah. He is the founder of ALEPH: Alliance for Jewish Renewal, an international organization originating in Mt. Airy.

Born in Poland in 1924, he arrived in the U.S. as a refugee in 1941. As a young Orthodox rabbi in the early 1950s, he was sent, along with Rabbi Shlomo Carlebach, to college campuses to bring young Jew-



RABBI ZALMAN SCHACHTER-SHALOMI AND EVE ILSSEN

ish spiritual seekers back to Judaism.

Wanting to meet the students on their own terms, Reb Zalman set out on a path of spiritual exploration that ultimately transformed his own understanding of Judaism and spirituality. His diverse influences ranged from the great African-American theologian Howard Thurman (spiritual mentor to Dr. Martin Luther King) to the neo-Hasidic writings of Martin Buber and Abraham Joshua Heschel. He counts among his friends Sufi mystics, Indian gurus, Native medicine keepers, and world religious figures such as Catholic philosopher Thomas Merton, Bishop Desmond Tutu, and the Dalai Lama.

Reb Zalman has taught in many university settings, including locally at Temple University and the Reconstructionist Rabbinical College. In 1995, he moved from Mt. Airy to Boulder, CO, to fill the World Wisdom Chair at Naropa University. At 81, this will be Reb Zalman's last public teaching in a nonresidential setting on the East Coast.

For details and registration, go to www.aleph.org.

Michael Kleiner's New Book on Norway

At long last, Mt. Airy's Michael Kleiner is pleased to announce the publication of his book, *Beyond the Cold: An American's Warm Portrait of Norway* (Infinity Publishing).

Beginning from when he first lived in Norway for a year as a child with his family through his travels and experiences as an adult in Norway — a 35-year span — Michael takes the reader on his journeys and the development of his affinity, fondness, and passion for a country, people, and culture not his own. He discovers the value of multi-cultural experience and a second home in Norway — a country that is more than cold weather.

Follow the story from a young Michael's first trip to Europe: the ups and downs of attending a Norwegian school; learning the language and customs; spending a week in the mountains with other foreign families working in Norway paid for by the Royal Norwegian Council; "gate-crashing" the world speed skating championships; walking with thousands of Norwegians to the Holmenkollen Ski Jumping championships; his reindeer sled ride with the indigenous Sami people (popular with Pre-K and Kindergarten children); and meeting Jewish and non-Jewish survivors of World War II and hearing heroic stories of rescue and resistance to the Nazis.

Then, join Michael as he returns to Norway as an adult: his spontaneous



two-day trek with his cousin from Norway to Denmark to Sweden and back to Norway; spending Christmas and Chanukah in Norway, seeing children celebrate Christmas in a small mountain village; his two in-

terviews with the Lillehammer Olympic Organizing Committee; attending the International Summer School at the University of Oslo with 500 students of different ages from 70 countries, and learning Norwegian in a class with students representing 10 nations; traveling above the Arctic Circle; commentary on Norwegian and American societies; spending his honeymoon in Norway introducing his wife to the Kleiner's Norwegian

family; his continuous raves about Norwegian chocolate and potato chips; his sharing of and education about Norway with Americans here.

And most of all, introduce yourself to this special northern country, its culture, history, and the special people that have endeared it to Michael for more than 35 years. Although his book is about Norway, he writes very positively about his neighborhood of Mt. Airy.

You can buy *Beyond the Cold: An American's Warm Portrait of Norway* at Weavers Way or at Big Blue Marble. To read excerpts, view a slide show, or for more information, visit www.beyondthecold.com.

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The End of Suburbia? Oil Depletion & the Prospects for a “Fossil Free Philadelphia”

by Dominic Vitiello

Energy has been big news lately – from gasoline prices to home heating bills to record profits for big oil companies. Hurricanes in the Gulf of Mexico and the Iraq War are just part of the story. According to the world’s leading petroleum geologists and energy investment bankers, the big issue is that global oil production is hitting its all-time peak.

Oil extraction and refining will continue for decades, perhaps even centuries. But production will decrease even as demand continues to increase in the United States, China, India, and other growing economies. The shift to other forms of energy is one of the central challenges of the 21st century.

The international political and military conflicts of our time are already very much about oil and natural gas — in Iraq, Iran, Venezuela, and Afghanistan. Our politicians promise to reduce the United States’ dependence on foreign oil, but they have few real solutions to this problem.

Fortunately, many of the most effective strategies for living prosperously and sustainably in an era beyond cheap oil are local and regional strategies over which we all have some measure of control. Local networks of food supply such as the Weavers Way farm and Community Supported Agriculture programs help reduce our dependence on produce grown with petrochemicals and trucked or flown in from California, Chile, and New Zealand. Solar and geothermal technologies are increasingly available to help heat, cool, and power our homes. The regional rail and other public transit lines of Northwest Philadelphia will become even more vital resources as gas prices continue to rise. And struggles for social, economic, and environmental justice will increasingly focus on “energy justice.”

You are invited to come learn more about peak oil, what it means for urban and suburban life, and how we can build a “fossil-free Philadelphia” today:

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tary directed by Gregory Greene and featuring geologists Kenneth Deffeyes and Colin Campbell; political scientist Michael Klare; architect Peter Calthorpe; journalist Richard Heinberg; journalist James Howard Kunstler; and Matthew Simmons, CEO of the world’s largest energy investment bank.

Following the film, we will discuss the challenges and opportunities of adapting local communities to life after peak oil. Our conversation will be moderated by Sandy Wiggins, co-founder of the Delaware Valley Green Building Council and head of green development company Consilience LLC; and Domenic Vitiello, an urban planner and historian who teaches in the Urban Studies Program at the University of Pennsylvania.

Grocery News
(continued from page 28)

our new sorbet, Julie’s Organic Blackberry flavor, top shelf of the sorbet section. Also, two new flavors of Julie’s Organic Ice Cream in the mix: mint fudge and peanut butter fudge. Yum.

But the big story in grocery is our spring-and-summer-long deal on Lakewood brand plain lemonade and cranberry-lemonade, both organic. It’s \$1.99 per 32 oz. bottle. This deal will run through the end of August, and possibly longer if I overbuy these products the way I usually do. Look for these juices across from the dairy case, right near your feet as you wait for that first cashier.

Finally, a note about raw milk. Raw whole milk, in half-gallon plastic containers, is available to us through Farm Fresh in Lancaster County, the same outfit that supplies us with Pequa yogurt. We don’t have room to stock this item, but it can be preordered on a regular basis, at \$2.94 per half-gallon. If you’re interested in raw milk, talk to Chris at the Co-op.

My extension is 113, or email christopher@weaversway.org. Or talk to Norman Weiss, which will be slightly less efficient, but probably more amusing. See you at the Co-op

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Suggestions

(continued from page 28)

s: “Well, we were both standing in the bread section lamenting the fact that we love Dakota Bread from Night Kitchen, but at \$5.30 a loaf forget about it (a small loaf at that). \$5.30 ain’t nothin’ to loaf...er...laugh at. And I’m not even cheap.”

r: (Nancy) Their prices increased, but we have decided we will not pass them on to you. We’ll cut the price back to \$4.85.

s: “Any possibility of stocking soft tofu? It blends in my breakfast smoothies better than the firm I see now. It also makes super puddings. Thank you.”

r: (Norman) While we can understand your desire for a “smoothie” (after all, who would want a “roughie”?), “super puddings” are another story and would be very dangerous. Our civilization could barely contain regular Jell-O, we pushed for something more special, which led to Jell-O 1-2-3. Few people know that Jell-O 1-2-3 was actually a byproduct of the manufacture of WMD’s in Iraq. Iraqi scientists were always under pressure to produce WMD’s, and rarely had time for desserts that required much prep time. When they did find a little time to prepare a dessert, usually it was all they could to get the base substance made; they had no time for toppings like frosting or whipped cream, and that depressed but also motivated them. Since they were already in labs surrounded by all kinds of fun chemicals and biological agents (and Jell-O), it occurred to one scientist to create some layers by combining some of that white anthrax powder they had sit-

ting around with a little seltzer. By not using too much they calculated it would not be toxic. At first they had a huge hit on their hand, and sales of Jell-O 1-2-3 royalties outstripped oil revenues. Unfortunately, there were some miscalculations in the formula and most consumers of the product actually did suffer anthrax poisoning, which pretty much put the kibosh on repeat customers. Soon there was no demand, and to this day there are stockpiles of the raw mix in warehouses in Iraq, some of which were photographed and shown to the U.N. by Colin Powell. Of course when the inspectors looked at it they thought it was just dessert mix. So you begin to see why discussion of a smooth tofu being turned into “super pudding” would be scary to those of us in the know. (Margie) We do stock silken soft tofu — it’s on the bottom shelf next to the meat case (not refrigerated). It’s possible we were out of soft when you looked, but we try to always have it in stock.

s: “How about ordering pre-sliced cabbage for coleslaw? It makes a nice, quick salad.”

r: (Jean) This is the first request I’ve had for this — I’ll start asking shoppers if it’s an item we should carry — if I get even a few “yeses” I’ll see if we can get it.

s: “Go back to Lifeway Kefir, it’s tasty, organic, and known to have better culture.”

r: (Chris) Our distributor dropped Lifeway Kefir, & we don’t have a second source for it. That’s why we switched, we were basically forced into it...

s: “I had asked in December about

Friendship Farmers Cheese (now that we have Friendship Cottage), but no response.”

r: (Margie) I brought in the farmers cheese. It’s in the prepared foods case with the specialty cheeses.

s: “I love the Follow Your Heart soy cheeses. Thank you This is the first 100% dairy free cheese I have tried that really melts and simulates dairy cheese in texture & taste on pizza and nachos. Please keep ordering it. Thanks.”

r: (Margie) Thank you for the feedback. I first tried it at a food show melted on pizza and I thought it was great too.

s: “Pork chops — awesome (A little pricey, but *worth it).”

r: (Dale) Thanks for your feedback.

s: “Could you have some eggs already split into ½ dozens so we don’t have to wait, and wait, and wait at the Deli counter? (Time is \$).”

r: (Chris) I doubt it. Most shoppers are buying full dozens, so we don’t really want to pre-split any. Maybe get the eggs at the beginning of your shopping trip, & leave it at the deli with a “please split in ½” note. Check back 5 or 10 minutes later, I’m sure it’ll be done.

s: “I was so happy to be a Co-op member when the power went out — proud of how quickly all the co-ops rose to the occasion and got us checked out. If I had been at a grocery, I would have waited and waited to get my food — and we were leaving on a trip in an hour. Kudos to everyone here ”

r: (Glenn) I agree Everyone including the Finance Manager, Lou, came down to help Thank you for the comments.

s: “Please bring back Health is Wealth Chicken Free Nuggets. They have been replaced by Quorn, which is not vegan. Health is Wealth Chicken Free Nuggets are vegan.

r: (Chris) Good point. We will switch back, most likely at the end of March.

s: “Culinary Crossing soups in small resealable bags — all flavors but especially the Tomato Cheddar & Chicken Noodle (they have some cream based as well that I am not so interested in). The bags are approx 1 quart (or a bit more). They were being sold @ the Acme on Gtn & Sedgewick — but discontinued due to low interest. Can I pre-order several bags of tomato-cheddar, if you are not interested, or, no room as they are a refrigerated item with a date.”

r: (Margie) I agree these soups are great but they are refrigerated and right now we don’t have the space. I will ask the company if there is a pre-order minimum. You may be able to preorder one or two bags. I will also see if I can find space to sell a few in the store.

s: “I love the Greed “Fage” yogurt (large tubs — cow’s milk), but it would be suicidal to eat the “Total” variety, which is not just whole milk, but has added cream Can you please stock their “0%” variety (which tastes almost as good as “Total”) or must I continue to patronize Whole Foods on a weekly basis?”

r: (Chris) Another shopper made this suggestion in person (or maybe it was you), so we’ve switched to the 0%. Enjoy (Weekly seems excessive for “Whole Foods” shopping. I’d recommend 2x – 3x per year at most)

C O - O P I N F O R M A T I O N		
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Suggestions

Greetings and thanks for writing. As usual, suggestions and responses may have been edited for clarity, brevity, and/or comedy. This month we got a new phone system, so when you call now you get the auto-attendant telling you you’ve reached Weavers Way and also offering a number of choices to help you find the information or person you want (you can always press 0 to talk to someone immediately). When our old auto-attendant died, our staff properly answered the phone “Weavers Way, can I help you?” Unfortunately, some staff still does this, despite the obvious fact that all callers have already been informed they’ve reached Weavers Way by the auto-attendant. This means answering “Weavers Way” is superfluous, and, like all things superfluous, should be eliminated else we risk our own survival (according to Darwin) by devoting valuable energy to unnecessary actions. Therefore I appeal to you to aid me in breaking this dangerous staff habit. When you call the co-op and a staff person answers “Weavers Way,” please reply “I know that already; if I was deaf I wouldn’t be using a phone, would I? And please stop endangering my survival.” Thank you for your cooperation; it’s great to think what we can accomplish when we all work together.

suggestions and responses:

s: “Please carry loose onions”
r: (Jean) Bagged onions are here to

stay — lots of shoppers like them. However, knowing that many of our members want only a few, or want to select their own, I have put a sign with the bagged onions, suggesting that you open a bag and weigh out what you want. The per-pound price will be a bit higher — it will be the same price loose onions would be if we still bought them loose.

s: “Are you getting more of those wonderful, amazing, incredible Indian spice mixes (chana masala, aloo gobi)? The ones for vegetarian dishes have been missing from the rack for weeks. My friends love them so much that they ask me to pick up some for them too, and I can’t find them anywhere else. More, please Thanks.

r: (Norman) I always wondered why centuries ago traders would risk life and limb to travel to foreign lands to get a few spices and why the nobility was willing to pay so much as to make it worth it for the traders. Wouldn’t it be easier to just eat things plain or use some dried ground rat eyes or whatever was handy to sauce things up a little. After all, before people knew that spices existed, no one was saying “gee, this pigeon-squirrel stew would be rate five stars with if it only had a little cinnamon and turmeric.” Your passion for these spices is giving me a sense of why. (Margie) I ordered more today. It should be here in a few days.

s: “Is there some way we can anticipate running out of biscotti so that there is always some on hand to purchase?”

r: (Jon) If we could anticipate running out of biscotti, and thus always have some on hand, then we would never run out, rendering our anticipation moot. Of course, if we never ran out, we would no longer anticipate running out, so we could not order more accordingly, which could cause unanticipated out-of-stocks. Just thinking about it makes my brain hurt. Perhaps, instead of relying on intuitive anticipation, we could install a digital biscometer. (Nancy) I’ll keep an eye on it and order sooner. Thanks for letting me know.

(continued on page 27)

Grocery News (news you can use)

by Chris Switky

Howdy, folks. Spring is here, and Weavers Way’s Grocery Department has a few new products to “spring” on you; for example:
The “J.D.” line of salsas and hot/grilling sauces, locally owned and operated by J.D. himself (in South Philly). For something different, try the “Figgin’ Hot” grilling sauce, in which the sweetness comes from actual figs, and the “Pyro Pineapple” hot sauce, containing actual pineapple. Innovative, and quite good See the grilling sauce and salsa section, above the salad dressings.
What else? Prune juice, organic 32 oz., now stocked as a regular item, due to repeated shopper requests. In the

canned soup line, we’ve added two new varieties of Shelton’s chicken soups: Chicken and Rice Soup, and Chicken Tortilla, both 15 oz. Also, three new varieties of Annie’s pasta-and-cheese-in-a-box; Mild Mexican Shells and Cheddar, Peace Pasta and Parmesan (pasta shaped like peace signs), and Family-size Shells & White Cheddar, which is a 12 oz. box, which counts as “Jumbo” in a food store like ours that is run out of two converted row houses.
As the weather warms up, please try
(continued on page 26)



Co-op Now Carrying Paint

by Norman Weiss

Weavers Way, in a groundbreaking move never before seen in the food co-op world, and extending the concept of local products to places no one thought it would go, has decided to try to sell locally manufactured paint. Yes, paint.
Why paint? Because people need paint, otherwise everything would be the color of the material it was made of, which is not socially acceptable unless you are a colony of ants.

We have a local paint company that produces a high quality paint and we’re taking a shot at selling it. It is located in the pet store, check it out. The brand is “Heritage Village Colors.”
“Replicating the qualities of paints used throughout Colonial America,” says their website, “Heritage Village Colors are perfect tools for the country-color enthusiast as well as for use in reproduction of 18th and 19th century decorating.”
Unlike other paints, no dyes are added



to the finished product. Heritage Village paints are made with the finest, naturally-occurring pigments, which are ground into the resin in the same way colonial craftsmen created their paints.
The result is a full line of rich, beautiful paint colors that look as if they came from an 18th or 19th century craftsman’s palette.

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,	May. 6, 2006	10:30 a.m.	CA
Wednesday	Jun. 7, 2006	6:45 p.m.	GJC
Wednesday	Jul. 5, 2006	6:45 p.m.	GJC
Wednesday	Aug. 9, 2006	6:45 p.m.	GJC
Saturday,	Sept. 9, 2006	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.

Madelyn M. Morris, Membership Coordinator

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) _____

Thanks, Bob and Sylvia



WEAVERS WAY PRESIDENT BOB NOBLE (L) AND VICE PRESIDENT SYLVIA CARTER (R) WILL BE LEAVING THOSE POSITIONS AFTER THE APRIL 29 GENERAL MEMBERSHIP MEETING, HAVING SERVED THE BYLAW MANDATED LIMIT OF TWO CONSECUTIVE TERMS. BOB WILL CONTINUE TO SERVE ON THE BOARD AS PAST PRESIDENT. SYLVIA WILL HOLD THE NON-BOARD POSITION OF MEMEBRSHIP COMMITTEE CHAIR. WE ARE ALL GRATEFUL FOR THE YEARS OF SERVICE BOB AND SYLVIA HAVE GIVEN AND CONTINUE TO GIVE TO WEAVERS WAY.

PHOTOS BY CLIFF HANCE