Grass-Fed Meat Label

(continued from page 18)

from grass and forage could qualify for the grass-fed label. That proposal was strongly condemned in public comments the USDA received from consumers, producer groups, nonprofit organizations, and academics.

Adds Kastel: "It's important for the public to contact the USDA and let the agency know that grass-fed means grassfed. The USDA needs to hear that consumers want livestock raised in conditions that promote the animal's health, protect the environment, and produce meat products that contain the healthiest nutrients."

Although heartened by the USDA's turnaround on the grass-fed issue, Kastel remains puzzled and disappointed at the agency's reluctance to apply a similar approach to the role of pasture in organic

dairying. "Many of the same nutritional, environmental, and animal husbandry benefits are captured by pasturing organic dairy animals," explains Kastel. But the USDA has let factory farms that primarily confine their milking herds in feedlots or small sheds gain a significant and growing slice of the organic dairy market. "Cooperatives and their consumer members need to continue pressuring the USDA for a strong (organic) pasture rule that will protect family farmers and produce dairy products that match consumer values and expectations," Kastel said.

To help consumers and dairy product buyers identify the dairy products produced with the highest organic integrity, The Cornucopia Institute has released a scorecard and report that rates the nation's organic dairy products. It can be viewed on the group's web page at www.cornuocpia.org.

THE PHILADELPHIA SCHOOL

2501 Lombard Street • Philadelphia, PA

OPEN HOUSE

Thursday, November 9, 2006 7 to 9 p.m.

The Philadelphia School is a nonsectarian, independent coed school serving students in preschool through eighth grade.

For more information or to RSVP, call 215-545-5323

www.tpschool.org

Sept. 22, 23, 24, Oct. 1 and 2

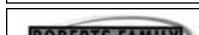
Put the High Back into the High Holidays



! singing ! sharing ! learning ! movement! ! inclusive language! celebration! depth!

Learn about our Jewish renewal community, the High Holidays, our children's programs and more!

We can't wait to meet you! www.pnaior-phila.org



CHIROPRACTIC

Dr. Lenny Roberts

Chiropractor

"Empowering Families Towards Their Full Expression of Life."

8151 Ridge Ave., Philadelphia, PA 19128 215.487.2500/FAX:215.487.7463 www.robertsfamilychiro.com info@robertsfamilychiro.com

Roberts Family Chiropractic is proud to offer an array of wellness services. Call the office or check our website for more information.

Located on Greene & Westview St. in beautiful Mt. Airy Call 215-848-4451 to enroll today!

Putting the High Back into the High Holidays at P'nai Or

by Tobie Hoffman

This fall, in Summit Church's Fellowship Hall, a High Holiday gathering unlike anything you may have ever experienced will unfold again, as P'nai Or - the Mt. Airy Jewish renewal congregation whose name means "Faces of Light" - offers High Holiday services of a different stripe to seekers of all backgrounds.

"The High Holidays at P'nai Or are Jewish renewal at its best," said Rabbi Marcia Prager who has been co-leading these festive gatherings along with many talented P'nai Or members, for thirteen years. "We blend traditional liturgy with uplifting heart-opening poetic translations so that Hebrew and English prayers flow intertwined with each other. The music is profound – deep, high and sweet in a way that caresses your soul. And of course, everyone is included. There is passionate prayer, quiet meditation, opportunities to reflect and do some pretty deep inner work, and also time to share, to be creative and even make some new friends."

P'nai Or High Holidays are a great introduction to the themes of this season in the Jewish year, and to different styles and approaches to these themes that can make

them even more powerful and personally relevant. "If you have grown past thinking of God as a judgmental King on a throne, and are ready for some of the more potent imagery that grows out of the Jewish mystical tradition, P'nai Or will be a refreshing change for you too," said Abby Michaleski who came to P'nai Or three years ago after trying many different congregations. "I needed a more dynamic, more integrated way of understanding the creative life-force that I experience in the world and in my life. P'nai Or High Holidays takes the traditional liturgy and imagery and makes it soar in a way that is resonant with my experience. Boy was this a wow."

"I wanted an informal, really friendly environment where I could have a spiritual experience, and also bring my kids" said Sam Steinig and his wife Rodi, who come with their young daughter and baby girl. The P'nai Or Children's Program runs through the holiday, offering a blend of childcare and High Holiday activities and projects for children. We can bring our kids into the service to be with us, and also let them be with other kids and have educational fun."

(continued on page 25)

Genie Bud Ravital, MSS, LCSW Holistic Psychotherapist



Individual + Couples Therapy 267.977.3008 geniebud@gmail.com Mt. Airy Office



Did you know?

CranioSacral Therapy reduces stress and induces deep relaxation. While you lie fully clothed on a massage table, the practitioner's very gentle touch encourages release of restrictions, activating your body's potential for healing of chronic problems such as headaches, back pain, learning disabilities, emotional difficulties, TMJ, and many other conditions.

Integrative Body/Mind Therapies

CranioSacral Therapy Foot Reflexology Therapeutic Touch Touch for Health

Debra L. Shuman, CMT www.tahp.com/debrashuman 215-438-1987

Do you have difficulty creating and sustaining intimate relationships?

Do you find it difficult to express your anger directly? Or do you express only your anger? Would you like to learn how to assert yourself and express

your needs and wants?

Consider Group Therapy

Mt. Airy Counseling Center 6833 Wayne Avenue Philadelphia, PA 19119

215-848-4656

Liz Schlesinger, Ph.D. Donna Allender, M. Ed.

The Simplicity Dividend Personal Kyoto Pledges

by Betsy Teutsch

This Simplicity Dividend column, which I have written for several years, has focused on editing one's personal consumption, yielding a personal bonus of time and money, along with intangibles such as happiness and fulfillment. It turns out that downsizing yields another benefit becoming more significant by the day minimizing your consumption decreases your personal carbon dioxide emissions.

The excess of carbon dioxide emissions is, of course, what is fueling (quite literally) global warming, and the preponderance of evidence of impending climate crisis is blaring at us from all sides. Combating global warming will take massive global paradigm shifts in technology and policy; in the meantime, though, each of us can make personal choices to decrease the CO2 emissions we ourselves generate. Since Americans consume a disproportionate share of the world's fossil fuel, it follows that Americans making changes in our consumption will have disproportionate impact, as well.

Unlike conventional dirty pollution, carbon dioxide is invisible. That makes it hard to track our impact, and hard to improve our behavior based on any perceivable effects. How would a household go about committing to the Kyoto protocol, the international effort signed by 161 countries, but notoriously ignored by our United States government? The Kyoto formula, based on worldwide carbon load, is very complicated, but a rough

goal for household compliance is to reduce CO2 emissions by 20 percent. It is challenging, but very doable with vigilant attention and action. Reducing emissions by 20 percent can be accomplished through an infinite variety of strategies; indeed once you start on the path, you may exceed the goal. Given that the cost of energy is escalating, in the long run you are likely to save money, even if that is not your goal.

The three main sources of a house-hold's CO2 emissions are heating, transportation, and electrical appliance use. Keep in mind that most electricity in Pennsylvania is generated by coal-fired plants. That means the CO2 emissions takes place on site, before the electricity which you use is added into the grid. So the CO2 doesn't literally come from your house, but is produced on your behalf elsewhere. It's upsetting to realize this, since when it gets to our homes, electricity is quite clean.

The easiest method to reduce your emissions would be to move to a 20 percent smaller home, drive a high mileage vehicle as little as possible, and buy electricity from a renewable source, available from PECO. (In Pennsylvania, non-fossil fuel electricity is primarily generated by wind power, but other options include solar, hydro-electric, as well as bio-gas, all renewable sources now being deployed.) Not many of us are going to spring for a new home, a Prius, and wind power, though I am happy to report that I know

people who have done each of those things. Wind power is way cheaper and easier than financing a Prius or moving, by the way

Starting on your home heating, there are many ways to lower your fuel consumption, which lowers your CO2 emissions, and your bill. Remember to compare your usage to prior years, not the bottom line figure, since the cost of energy is increasing dramatically. Your bill will probably still be higher than last year's, but if your usage is down, you're going in the right direction. The simplest way to lower your usage is to lower the thermostat; installing a programmable thermostat will help you to do this more efficiently and comfortably. Another strategy is to lower your thermostat even further, and add electric heaters to the rooms you use most frequently. I "preheat" my home office in the winter, and find that since it is a small room, raising its temperature a few degrees makes it tolerable, even though the rest of my monster house is really cold. You might be ready for a new boiler, which while expensive, will give you increased efficiency, another hallmark of responsible energy consumption. These types of investments pay for themselves over time. The faster the cost of energy escalates, the faster the payback. Conservation, including insulating walls, caulking or replacing windows, weatherstripping, and experimenting with insulating paint will all help to lower your fuel consumption. So there are many paths to

take to get to a 20 percent reduction.

Decreasing one's gasoline emissions likewise can be accomplished through a host of strategies. If you have two cars, get in the habit of using the one which gets better mileage more often. Do errands more efficiently, and consider running more of them by foot or bike or internet. If you commute by car, taking public transit one day a week would effectively lower your emissions by that golden 20 percent. Air travel generates enormous carbon emissions; according to Sierra Club's magazine, "for a family of four, a round-trip transatlantic flight creates as much greenhouse gas as driving for a year." So perhaps you might reconsider a long airline trip and go somewhere in easy driving distance instead. Try carpooling to meetings and social gatherings with others going in the same direction. Join PhillyCarShare (see the article on page one). Cut a deal to telecommute once a week - another way to hit 20 percent reduction. With conscious effort, reducing your mileage by 20 percent should be achievable without undue sacrifice. Remember, it's a goal of 20 percent, not 100 percent. You can still drive

The third area, electrical appliance usage, is a biggie. After all, I am writing this in July with a forecast of over 100 degrees for the next few days – we'll all be using our air conditioners, and will be grateful for having them. The simple ways to decrease electrical usage, and therefore

(continued on page 25)

Mind Body Spirit Expo

The Largest Alternative Health Expo in the Northeast USA



Don Miguel Ruiz Jonathan Goldman



October 27th - 29th, 2006

65 Lectures / 150 Ehxibits / Workshops

Holistic Health . Natural Products . Personal Growth Natural Weight Loss . Psychic Readings . Spirituality Massage & Bodywork . Yoga Fitness Music, Arts & Crafts

FREE PARKING

Call (215) 627-0102

or buy tickets online at www.mindbodyspiritexpo.com



Co-op Joins Morris Arb. Fall Fest, Oct. I

by Susan Crane

Each fall, scores of families in the Delaware Valley look forward to an afternoon of fun at the Morris Arboretum's Fall Festival. Now in its eight year, on Sunday, Oct. 1 from 11 a.m. – 3 p.m., the Morris Arboretum will host its annual Fall Family Festival. The Arboretum's beautiful landscape provides the perfect backdrop for this lively event. Glorious trees burst with hues of orange and red as families gather to make a scarecrow or paint a pumpkin. Fall Festival is the highlight of the Arboretum's fall calendar, last year drawing over 1,700 visitors. What makes the event so unique is that almost all the activities are geared toward both children and adults, allowing families to spend a wonderful afternoon together.

What will make it even better this year is that Weavers Way will be joining the fun, with a selection of organic, locally grown and other Co-op products. Weavers Way will also provide a variety of apples for apple tasting. Bushels of apple varieties will be available. Visitors can delight in sam-

LANDSCAPING

GARDENING

Mark Goodman

848-0398

pling the various apples varieties and choosing an assortment to take home.

Among the other favorites is the scarecrow making, for which the Arboretum supplies all the materials, including the scarecrow frames, hay and a vast selection of clothing. This is serious business for many folks who are intent on having the "best-dressed" scarecrow around. Visitors are encouraged to come early for scarecrow-making, as many visitors head right to that area to ensure their pick of the best outfit.

Returning for a second year in a row will be Wendy Whitten "The Singing Scientist" and her friend, Flumpa the Frog. Flumpa is a character based on the redeyed tree frog, and together he and Wendy make science fun in an interactive 30-minute performance that includes music, sing-a-longs and storytelling. Shows are scheduled for 1 p.m. and 2 p.m.

Kids also enjoy choosing and creating a pumpkin "masterpiece." The pumpkins can be painted in a variety of colors and decorated with glitter, yarn, pompoms and doilies. Additional pumpkins can also be purchased to take home.

No visit to the Arboretum at this time of year would be complete without a stop at the Garden Railway Display. This year's theme, Fairy Tale Rail II enchants visitors with its charming replicas of storybook homes -- from the Thumbelina's tiny cottage to the majestic Cinderella's castle. Be sure to see the display before it closes for the season on Oct. 9.

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

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

Specifically, got any old photos of Weavers Way, or photos of the neighborhood before Weavers Way was here? We'de love to see them, copy them, & share them.

E-mail Jon McGoran at

Grant Helps Families Caring for Elderly

by Susan G. Smith

Time Out, a program of Temple University's Center for Intergenerational Learning, has received a grant from the Chestnut Hill Health Care Foundation to help families caring for elderly relatives who live in Northwest Philadelphia. The zip codes targeted are 19118, 19119, 19144, 19150, 19138, and 19128.

The program offers care-giving family members a "break" by providing trained, caring college students who go to the homes of frail, older adults and serve as companions, prepare meals, do light grocery shopping, and accompany the person cared for to nearby medical appointments.

Participating students go through an intensive ten-hour training course, provide two references and have a criminal history clearance. The students are paired with families based on the family's request and the student's schedule, are employed by the families and are paid \$7 an hour. There also is an annual \$25 registra-

For the past eighteen years, Time Out has provided quality respite and home support to caregivers. One such family caregiver described the program as "A godsend It is such a relief to know that somebody is there to help. I no longer have to leave work to bring my mom home from dialysis. I know she has company and assistance with her dinner when she is tired and weak from treatment."

To receive more information about the program, contact Susan G. Smith at 215-204-6540.

Got old Photos?

editor@weaversway.coop

Elfant T Wissahickon

THREE locations to serve you!



7112 Germantown Ave., Philadelphia, PA 19119 215-247-3600 mtairy@elfantwissahickon.com

8962 Ridge Ave., Philadelphia, PA 19128 215-487-3300 rox@elfantwissahickon.com





1511 E. Bethlehem Pike, Flourtown, PA 19031 215-233-3434 flourtown@elfantwissahickon.com

www.elfantwissahickon.com



We Help People Retire Well.

SOLOMON L. LEVY, PhD.

Certified Financial Planner™

Financial Planning

Socially Responsible Investing

101 West Avenue Jenkintown, PA 19046 215/844-2541 800/242-1421, ext. 1284



We help people retire well.99

Registered Investment Advisor • Broker/Dealer Member NASD/SIPC

AD151 01/05



On Saturday Oct. 7, ten historic sites in Germantown will present the Revolutionary Germantown Festival, a day-long history festival featuring special tours, programs, and two reenactments of the only revolutionary battle fought in Philadelphia, the 1777 Battle of Germantown. For more info, call 215-329-7312.

. • E • T • T • E • R • S

I was alarmed to find out in the July/August *Shuttle* that Michele's soups contain MSG in the soup base. I am highly allergic to MSG and will avoid her soups from now on. The Co-op has an obligation to let consumers know about this additive. Please, in black marker, write contains MSG on the ingredient list and make sure it is clearly visible. As a co-op whose main concern is providing high quality foods, someone should research available soups in the areas that don't contain MSG.

-- Merle Cutler

Thirty-five years ago, the town of Pripyat developed around the Chernobyl Nuclear Power Plant. The plant was pronounced safe by its chief engineer, Vladimir Korobeinikov.

Nikolai Fomin, the plant's chief, engineer, claimed that even if the incredible should happen the automatic control and safety systems would shut down the reactor in a matter of seconds. Chernobyl had emergency core cooling systems and many other technological safety designs and systems.

According to Boris Chernov, a steam turbine operator, the workplace is checked daily by a radiation control service so sensitive that the slightest—deviation from the norm will set off an alarm. Pyotr Bondarenko, a shift superintendent in the department of labor protection and safety, claimed that working at the plant was safer than driving a car. Holding a plant job requires a perfect knowledge of rigidly enforced safety rules and passing an annual exam.

This information appeared in a special report of *Soviet Life* magazine, February 1986. But the reactor still failed.

In the U.S., we, too have nuclear plants which some claim are safe, which were even supposed to produce energy "too cheap to meter." We have had a partial meltdown at Three Mile Island, one in Detroit, plus significant other serious malfunctions across the country. Should we wait for Chernobyl to happen here? And where will it happen -- in Oyster Creek, in Berwick, in Peach Bottom, in Salem, in Forked River, or Limerick?

Make nuclear power the issue. Demand that elected officials and candidates support hydroelectric, solar, wind, and other safe, renewable sources.

-- June Krebs

Pearson Insurance Associates

Maureen Pearson

Health ♦ Life ♦ Disability Income Insurance Including Student and Temporary Health

Phone 215.402.9045

e-mail persongroup@aol.com



Why Do You Think It's Called Devil's Pool?

by Denise Larrabee

Devil's Pool is living up to its name. The pool where the Wissahickon and Cresheim Creeks meet in Fairmount Park is polluted by discharges from wastewater (sewage) treatment plants and stormwater runoff containing animal waste, gasoline, and oil. Still, park users continue to swim there and risk their health and safety. This summer the Friends of the Wissahickon (FOW), a nonprofit organization dedicated to preserving the Wissahickon section of Fairmount Park, is working to educate park users about the dangers of swimming in Devil's Pool.

Swimming in any of Philadelphia's rivers and streams is illegal and dangerous. The Philadelphia Department of Public Health states that swimming and wading is not permitted due to risks of drowning, injury from submerged objects, strong currents, and other hazards. In the past, swimmers at Devil's Pool have drowned.

Swimming in Philadelphia creeks and rivers is also a serious health hazard. Joanne Dahme of the Philadelphia Water Department points out that in summer about 90 percent of the flow in the Wissahickon contains wastewater (treated sewage). People and animals risk bacterial



and viral disease by swimming or wading in the Wissahickon Creek. Says Dahme, "Swallowing even a small amount of this water exposes a person to diseases like Giardiasis or Cryptosporidiosis, with symptoms of cramps, diarrhea, nausea, and fever. If sewage leaks into the creek, bacteria such as e-coli can also be present in the water."

"We want all park users to enjoy the Wissahickon," says FOW Executive Director Maura McCarthy. "But they should observe park regulations for their own health and safety and the preservation of the park."

For more information about FOW, visit www.fow.org.

Nicholas and David Hair Artistry Four Generations of Hair Philosophy

Hair is like an umbrella reflecting shades of light and dark upon your face. We can bring out your natural beauty and help your hair fit your own personality through:

- Simplicity of a style accentuating your beauty
- Proper shaping to form shadows, softening your features
- Creating a cut, with soft highlights that allow you to look your best
 - Styling that bridges the gap between short and long hair

Using these techniques and others, we can create a new look or make your hair naturally more manageable.

Master Barbers... European Trained

Cut, color, highlights, permanent waves, up-do's
90 Bethlehem Pike Chestnut Hill, PA
Call for an appointment 215-242-2888 Tuesday—Saturday

Alternative Healthcare For Women



Holistic Gynecology Natural Menopause Options Fertility/pregnancy Consultations



Iris S. Wolfson, CNM, CRNP Integratvie Counseling & Care



133 W. Phil-Ellena Street Philadelphia, PA 19119 (215) 842-1657

COUPON! 10% OFF!

any one item with this coupon*



"A Store for the Serious Dog Owner"

8505 Germantown Ave. Chestnut Hill, PA 215-247-4292

Custom Pet Beds
Bowls & Feeders
Gourmutt & Packaged
Treats
Designer Collars,
Leashes, & Harnesses
Owners on Leashes Welcomed

*not applicable on our homemade Bakery treats

Get the SCOOP! at Video Library

by Betty Ann Fellner

Video Library (7141 Germantown Avenue) now has SCOOP, a newly opened, old-fashioned ice cream shop right in front of the store in the heart of Mt. Airy and Philadelphia's Historic Northwest.

Serving Bassetts, a Philadelphia favorite since 1861, SCOOP is delighted to combine the old and the new in fine Philly tradition. The hours for SCOOP are noon to 9:30 p.m. Sunday to Thursday, noon to 10:30 p.m. Friday and Saturday. An added plus: the shop will be open year-round. Come fall, watch for an expanded menu of sweets and beverages, perfect choices for an afternoon pick-up or an after-dinner dessert.

A bit of history – let's call it "Mt. Airy Musical Chairs": As some veteran neighbors know, Video Library is now located next door to the Sedgwick Theater in a store that was once a Sun-Ray drugstore. (See the images in the tile still outside the store.) It was the original Cooperman's that has since moved to the corner of Mt. Pleasant Ave. When David Fellner bought Video Library, he thought it deserved a larger space with added features. (The former Video Library site is now the new, charming take out/sit down Mexican restaurant, Mi Puebla). So he moved Video Library to the current site and completely renovated it. "So what can be

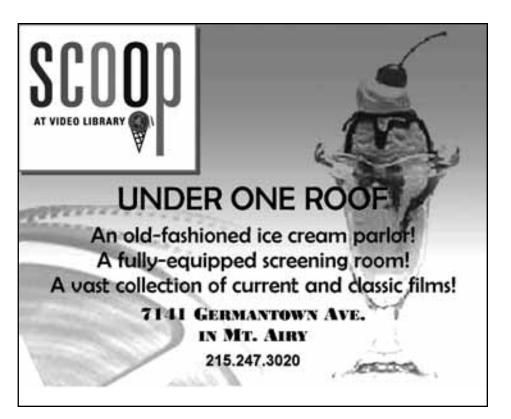
more fitting," David claims, "than to create the old soda fountain that enlivened all drugstores." He continues with pride, "I love seeing kids, families and old folks like me enjoying a stroll down the avenue with their ice cream. But I especially like having people come and stay a while at the ice cream bar or at the tables."

SCOOP is a perfect spot to watch movies on the screen above the bar. Or take your treats into the new screening room in the back of Video Library. You can also rent the screening room for an ice cream social, a birthday party, or a movie-gathering with friends. Contact Betty Ann at 215-248-9560 or bettyann2@verizon.net to make your plans.

And don't forget to come out to Mt. Airy's First Fridays, Sept. 1 and Oct. 6. Movies will be featured in the Sedgwick Theater both nights. In addition to the other grand events held up and down the avenue, SCOOP will provide free toppings for your ice cream on those nights. Movies, ice cream, strolling, visiting the many shops and restaurants.... You sure don't want to miss the excitement on the Avenue



MT. AIRY NEIGHBORS JANET GALA AND HER 2-YEAR OLD TWINS ENJOY THEIR ICE CREAM AT VIDEO LIBRARY'S SCOOP! DANNY (R) AND SOPHIE (L) ARE REGULARS AT MT. AIRY'S NEWEST ICE CCEAM PARLOR.



Mt. Airy Arborist

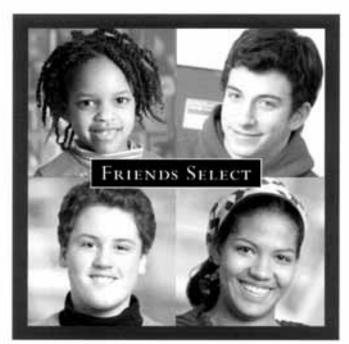


Brian C. Ames

I am planting 100 Franklinia trees in Mt. Airy this year in an effort to increase awareness of Bartram's Garden and to promote myself as an arborist in the community that I love. Please call to schedule an appointment at your convenience at 215-844-TREE.

McFarland Tree & Landscape Services, 255 w. Tulpehocken St. Phila, PA 19144-3297 www.mcfarlandtree.com www.mtairybrian@hotmail.com

A Vibrant City.
A Close Community.
A Culture of Learning.



A college preparatory, coed, Quaker day school, pre-K through 12, at 17th on The Parkway in Center City Philadelphia. Admission and open house information: 215.561.5900 ext 104. www.friends-select.org

FOW Will Rebuild WPA Guard House



FRIENDS OF THE WISSAHICKON SEEKS TO RAISE FUNDS TO REBUILD THIS GUARD-HOUSE, ON FORBIDDEN DRIVE, WHICH WAS RECENTLY DESTROYED BY VANDALS.

by Denise Larrabee

The Friends of the Wissahickon (FOW) are raising the necessary funds to rebuild the WPA (Works Progress Administration) Guard House on Forbidden Drive near Mt. Airy Avenue, which was destroyed by arson on June 2, 2006. FOW's Structures Committee restored the building about six years ago with private funding. They plan to begin work on the building in September and should complete the project later this fall. Hiring a building firm to restore the structure would cost an estimated \$25,000, but FOW plans to use volunteers in this effort and complete the restoration of the building for considerably less money.

Weavers Way is sponsoring a fund drive to help cover the costs of the restoration and ongoing maintenance of all the WPA guard houses in the park. Checks should be made payable to Friends of the Wissahickon with the memo note "WPA restoration." The Friends of the Wissahickon is a 501(C)3 organization and a donation is tax deductible. Weavers Way will have a dona-

tion box at the end of the counter for donations. You can also mail your donation directly to: Friends of the Wissahickon, 8708 Germantown Ave., Philadelphia, PA 19118.

Guard House History

Shelters throughout Fairmount Park were built by more than 4,000 employees of the WPA from 1935-1943 as shelters for the Fairmount Park Guards who patrolled the park by foot, horse, and bike. Each shelter had a telephone and wood or coal stove. All were made from local wood and stone and designed to blend into the landscape. They were used into the 1960s, but totally abandoned when the Park Guard was disbanded in the 1970s. Thirteen of these shelters were built in the Wissahickon Valley. They include the structure mentioned above plus others along Forbidden Drive at Kitchen's Lane; near the Covered Bridge at Thomas Mill; and at the juncture of Forbidden Drive and Lincoln Drive. This last shelter is known as Ten Box. Built in 1940 by the WPA as a guard station, it was the location of the tenth box of a telephone system that once ran along Forbidden Drive.

COFFEE GRINDERS ARE FOR BULK COFFEE BEANS ONLY!

Other products can damage the machine or be dangerous or unsanitary.

No seeds! No nuts! No coffee beans from other places!

Grinding nuts or flavored coffee can be dangerous to people with nut allergies. These grinders are loaned to us under contract by Equal Exchange and are only for use in selling the coffee we stock. Thank you.

This notice was produced by the Department of "Ads That Shouldn't Be Neccesary" and was funded by a grant from the Stating the Obvious Foundation

Finding Al Schatz: The Discovery of Streptomycin and a Life it Saved

by Vivian Schatz

When long-time Co-op member Albert Schatz died in January 2005, many people remembered his long career in research and teaching. But most didn't know that as a 23-year-old graduate student at Rutgers University in New Brunswick, New Jersey, Schatz spent much of his time diligently worked alone in a basement laboratory to find an antibiotic to treat tuberculosis. In October of 1943, he discovered that antibiotic and named it streptomycin.

Streptomycin saved millions of lives and changed the face of medicine throughout the world. Meanwhile. his professor, Selman Waksman, took the credit, relegating Schatz to the footnotes of history.

Over fifty years later, German-born Inge Auerbacher read an article that named Schatz as the co-discoverer of the drug. As a young Jewish girl during World War II, Auerbacher was a prisoner at Terizen concentration camp in Czechoslovakia. She was diagnosed with tuberculosis during her imprisonment and was able to receive the life-saving streptomycin after her immigration to America.

Auerbacher contacted Schatz in 1997,

compelled to offer him gratitude for the scientific research that saved her life. She learned of the controversy surrounding the discovery of streptomycin and Schatz's ultimate recognition for his work. As a result of their friendship, they decided to co-author this book.

Finding Dr. Schatz is their powerful true-story – told in their own words – of a scientist who changed the world and a woman who lived because of it.

Inge Auerbacher was born in Kippenheim, Germany. She is the author of *I am a Star Child of the Holocaust*, and *Beyond the Yellow Star*.

The book can be ordered at Big Blue Marble Bookstore, next door to Weavers Way. It is also available at Amazon.com and Barnes and Noble.

SHIATSU

therapeutic acupressure massage promoting ease in body, mind, emotions

Leo McElroy

215-843-9718

Mt Airy - Cresheim Road Manayunk - Main Street

Mt. Airp Bed and Breakfast

twin beds ~ 3rd floor ~ A.C. \$65 single/\$70 double no pets/no last minute calls 3 days notice

215-848-6728

Do you want to create your life?

Do you find yourself living in the past or future, wishing you could embrace the present?

Cindy Shapiro MSW, LCSW

Over 15 years experience and training in traditional and wholistic therapies assisting others in creating lasting change

(215) 886-8616 (V/TTY)

Massage Therapy Training Thorough & Professional Omega Healing Arts School Fun! Reasonably Priced! Rewarding! New classes starting soon. 215-248-9642

Licensed by the PA State Board of Private Licensed Schools





Anita Lam

B., 🗊

REALTOR®

7112 Germantown Ave. Philadelphia, PA 19119

215-247-3600 Ext. 245 / Fax 215-242-52692 alam@elfantwissahickon.com / www.elfantwissahickon.com



www.MtAiryFirstFriday.com

for more information



USDA Unveils Grass-Fed Meat Label; Consumer Feedback to USDA Needed

by Will Fantle,

Research Director for The Cornucopia Institute

Consumers could be big winners if a proposed new USDA standard for grass-fed livestock wins approval. Meat from animals fattened only in pastures – receiving 99% of their energy from grass and forage – would be able to use the agency's new grass-fed label. The grass-fed livestock label covers all ruminants, including cattle, goats, and sheep.

The USDA proposal is specific about what they mean by grass-fed, defining it as "grass (annual and perennial), forbs (legumes, brassicas), browse, forage, or stockpiled forages, and post-harvest crop residue without separated grain." The proposal makes an allowance for mother's milk fed to young animals prior to weaning. And minerals and vitamins are okay as part of the feeding regimen. The current rulemaking draft replaces a highly controversial proposal that would have allowed cattle to be "finished" and fattened on corn, and in feedlots.

Many organic consumers and others seek grass-fed meat because of its distinct health advantages. According to a recent report from the Union of Concerned Scientists, meat from animals raised entirely on pasture is not only leaner but contains higher levels of beneficial substances that may fight cancer and strengthen the immune system. "When you eat grass-fed meat, you're getting beef with benefits," notes Dr. Kate Clancy, a nutritionist and

senior scientist at the Union of Concerned Scientists and author of Greener Pastures.

In particular, grass-fed meats contain higher levels of omega-3 fatty acids (also found in salmon and some other fish, as well as in flax and a few other seeds) and CLAs (conjugated linoleic acid), a beneficial class of omega-6 fatty acids. In animal studies, CLAs like those in grass-fed meat have been shown to protect against cancer.

The grass-fed approach has other pluses, as well. The animals live in conditions allowing them to exhibit their natural behavior, a circumstance that stands in marked contrast to the misery associated with penning thousands of animals into giant feedlots. Fed grains and forced to stand in their own manure, the stressed feedlot animals are routinely administered antibiotics to fend off or treat diseases. Pastured animals can also improve soil quality. Their manure is spread about in amounts small enough to actually fertilize and not overwhelm the soil while protecting ground and surface waters.

"The USDA's grass-fed initiative represents a dramatic improvement over their previous proposal," says Mark Kastel, Senior Farm Policy Analyst for The Cornucopia Institute, a farmer advocacy and agricultural watchdog group. In 2002, the agency suggested that ruminants receiving 80 percent of their energy

(continued on page 24)

Fair Trade Month

(continued from page 17)

and otherwise comply with fair trade guidelines, cannot show the Fair Trade label. On the other hand, this is not the case for tea, which can be plantation grown. This was a really sore issue with the Tanzanian tea farmers, who have to compete with a nearby plantation.

Another sore spot for some of the farmers was the Fair Trade certification process. Farmers have to pay for the inspections, which hopefully is worth it because the fair trade price premium is more than enough to compensate for the cost of the inspections. But sometimes, as when world commodity prices are high, that differential is not that great. In addition, it sounded like the inspections could be inefficient, i.e., inspectors don't speak native languages, need separate inspection for organic certification, and there is no feedback provision for producers in the inspection process.

Yet another huge issue is what to do about the entrance of Starbucks, Walmart, McDonalds, Nestle, etc. into the fair trade world. Part of the fair trade system up to now is that it served small producers, typically formed into co-ops for processing and marketing efficiency. To meet the demand of the larger retail corporations, large plantations would be required. The U.K. certifying organization, Fairtrade Foundation, granted certification to one of Nestle's brands, "Partners Blend." This is part of the classic decision that people have to make in both the fair trade world and the organic world. Which is better? Compromising standards some so that large companies can make some-

7725 Germantown Ave.

Philadelphia, PA 19118

(215) 248-9235

what better products available to more people and (usually) at a lower price, which means more producers and consumers benefit? Or is it better to maintain high standards that usually exclude large companies because large companies are inherently incapable of compliance, thus fostering success of the many smaller producers, and enhancing the connection between consumer and producer? And what about Nestle, who still markets baby formula to communities better off without it and does many other deplorable things (including depleting water tables to sell bottled water so much that local communities no longer have enough fresh water, which, ironically, is required to use baby formula). Is it better to encourage Nestle to do the right thing by rewarding them where they do the right thing? Or is it better to not let Nestle and the other companies "greenwash" themselves in the marketplace by promoting the small part of their business they are doing ethically to create the impression the entire business is run that way?

Then there are the other issues of local food, which coffee and chocolate and bananas will never be, and the question of whether it is even best for farmers to grow cash crops like this at all? After all, coffee, tea, and chocolate are not essential to life like foods that provide calories and protein and vitamins and amino acids and fiber. Leaves one wondering. But meanwhile, I would choose fair trade products where given a choice, because for right now, for non-local products, I think it's the best chance for buying products that are non-exploitive.

45 E. State St. Doylestown Borough

(215)348-9775



Cresheim Valley Psych Associates

Psychotherapy and Play Therapy for People of All Ages

Child/Teen/Adult/Couple/Family

A collaborative approach to growth and change using a variety of methods including Sandtray therapy and Parent/Child (Filial) therapy. We use imagination, creativity and humor as an integral part of our work.

KAREN E. PERNET, LCSW, RPT-S

6445 Greene Street Philadelphia, PA 19119

(215) 843-2992

WENDY A. CAPLIN, Ph.D., RPT-S

436 E. Durham St. Philadelphia, PA 19119

(215) 248-9446





Don't forget to place

your orders for the High Holidays!

Chestnut Hill hours:

visit www.nightkitchenbakery.com to see our holiday menu

7:00am-6:00pm

8:00am-6:00pm

8:00am-1:00pm

Mon. - Fri.

Saturday

Sunday

Gestalt and Registered Play Therapists

October is Fair Trade Month

by Norman Weiss

October is Fair Trade month, so I thought it would be appropriate to write a little about our co-op and fair trade. Products in our store that carry the Transfair Fair Trade logo are Choice Teas, Equal Exchange coffee and chocolate bars, Frontier teas (not all), Green and Black chocolate bars, Lara Bars, Sunspire chocolate drops, and our own organic bagged chocolate drops. Dr. Bronners soaps do not carry the Transfair logo but claim to be made using fair trade guidelines.

We also sometimes have fair trade bananas, and are looking into fair trade rice and sugar. Also maybe other produce items, and in coming months, hopefully some domestically produced fair trade items like pecans.

So what does the term fair trade mean? What does the logo mean? Why should we buy fair trade products? Turns out, like most things in life today, the closer you look the more complicated it gets. Here is some of what I have gleaned about fair trade.

Ideally, fair trade is about ensuring producers of goods are paid a "fair price" for their products, meaning that producers can feed their families and children can get an education instead of working in the fields. Social and environmental and other economic goals also factor in.

The Mennonite Central Committee (MCC) and the Church of the Brethren were the first, in 1946 and 1949 respectively, to develop fair trade supply chains in Third World countries. The products, almost exclusively handicrafts ranging from jute goods to cross-stitch work, were mostly sold in World Shops. The goods themselves had often no other function than to indicate that a donation had been made. In the 1980s, agricultural commodities provided alternative trading organizations the perfect substitute to the declining handicrafts market: they offered a renewable source of income while being easily marketable as virtually every single consumer can become a potential buyer. Coffee quickly became the main growth engine behind fair trade. A number of "alternative trade organizations" came into

being, many foreign (Equal Exchange being the main one in the U.S.). Most fair trade products in the U.S. and Europe are imports from mostly southern



hemisphere producers.

The fair trade movement wanted a way to distinguish fair trade products in the marketplace. In 1997, they created the Fairtrade Labeling Organizations International (FLO), an umbrella organization whose mission is to "set the Fairtrade standards, support, inspect and certify disadvantaged producers and harmonize the Fairtrade message across the movement." In 2002, FLO launched a new International Fairtrade Certification Mark. The goals of the launch were to improve the visibility of the Mark on supermarket shelves, facilitate cross border trade and simplify procedures for importers.

Fair trade advocates generally support the following principles and practices in trading relationships:

 A strategy for poverty alleviation and sustainable development. Create opportunities for producers who have been economically disadvantaged or marginalized by the conventional trading system.

- Transparent and accountable management and commercial relations to deal fairly and respectfully with trading part-
- Capacity building: developing producers' independence. Provide continuity, during which producers and their marketing organizations can improve their management skills and their access to new markets.
- Payment of a fair price: in the regional or local context, one that has been agreed through dialogue and participation. It covers not only the costs of production but enables production, which is socially just and environmentally sound. Fair pay



to the producers and equal pay for equal work by women and men. Fairtraders ensure prompt payment to their partners and, whenever

possible, help producers with access to pre-harvest or pre-production financing. Long-term commitments between trading partners are expected.

- Gender equity: women's work is properly valued and rewarded. Women are always paid for their contribution to the production process and are empowered in their organizations.
- Safe and healthy working environment. The participation of children (if any) does not adversely affect their well-being,

security, educational requirements and need for play and conforms to the UN Convention on the Rights of the Child as well as the law and norms in the local context.

• Environment: encourages better environmental practices and the application of responsible methods of production.

Probably few people would quibble that these are worthy goals. However, things start to get complicated when it comes to certification and labeling products "Fair Trade." FLO inspects producers to document fair trade standards are being met. Then, in the U.S., Transfair U.S. is responsible for monitoring importers and manufacturers. It is the Transfair U.S. logo that then appears on the products like the ones we sell at our co-op.

In July, Margie and I attended some seminars and workshops hosted by Equal Exchange regarding fair trade. Here we directly heard about the fair trade movement from many viewpoints, farmers, farmer co-op representatives, importers, certifiers, manufacturer/processors, wholesalers, and retailers. One of the highlights for me was talking one on one with a representative from a tea producers co-op from Tanzania, and a representative from a chocolate producers co-op in Peru. It turns out that there are many issues in the fair trade movement, one of the biggest being whether plantationgrown items should be eligible for certification, and clarity of the certification label. For example, for coffee to be certified by Transfair U.S., the coffee must not only comply with the price and environmental guidelines, it must be grown by a producers co-op. This means that a private or corporate owned coffee plantation, no matter how well they treat their workers

(continued on page 18)

Now open...

Magic Eye Photography

Fine Art Portraiture by commission

Harry R. Carter
PPA certified

The Carriage House

6608 Lincoln Drive Phíladelphía, PA 19119

for information or to book a sitting 215-844-0409 www.magiceyephotography.com





Friends gather here ...

- ... where each resident enjoys a comfortable, secure and caring environment
- ... where newcomers quickly feel at home and long-time residents find new delights every day

A Quaker Sponsored Continuing Care Retirement Community Independent Living • Assisted Living • Skilled Nursing Care 6300 Greene Street, Philadelphia, PA 19144

215-844-0700

Visit our Internet site at: www.stapeley.org



native plant nursery redbud



middletown road glen mills, pa 19342

610 358 4300 610 358 3330

native plants for people and wildlife! trees, shrubs, vines, grasses, ferns & wildflowers. call for our plant list or visit

www.redbudnativeplantnursery.com

winter hours - by appointment

Can Traditional Acupuncture Help You?

Just Not Feeling Well Stress Headaches Back Pain Menstrual Distress Digestive Trouble Feeling Stuck & much more

Call Your Neighborhood Acupuncturist

Susan Bloch, M.Ac., MSN, CRNP National Board Certified West Mt. Airy Location 215-844-7675

Over 25 Years as a Health Care Practitioner

Live well with more ease and vitality!



INTERACT THEATRE COMPANY PRESENTS Stories Behind the Sound Bytes

A theatre for today's world, exploring the human drama behind today's news stories

Opening the 2006/2007 Season:



Kiss of the Spider Woman

by Manuel Puig

translated by Allan Baker directed by Seth Rozin

Starring

Frank X & Vaneik Echeverria

Before the acclaimed film and hit musical came this intimate, intense, tender and startling stage play, revealing an unlikely love story between two men imprisoned by an oppressive government.

October 20-November 19



Later in the Season:

A World Premiere

A House with No Walls

by Thomas Gibbons

January 19-February 18, 2007

directed by Seth Rozin

Inspired by real-life events, A House With No Walls explores the controversy that arises when liberal and conservative African-Americans clash over a "Liberty" museum that is scheduled to be built on the former slave quarters of George Washington's Philadelphia home.

When Something Wonderful Ends

April 6-May 6, 2007

A World Premiere by Sherry Kramer

This poignant, funny, edgy, and politically-astute one-woman tour-de-force interweaves the death of the playwright's Jewish mother, the Barbie Doll craze of the 1960's, and the world's oil-driven economy into one astounding whole.

Skin in Flames An East Coast Premiere

May 25-June 24, 2007

by Guillem Clua

translated by DJ Sanders
directed by Seth Rozin

Graphic sexuality and intriguing mystery mark this dramatic thriller in which a photojournalist is forced to revisit the circumstances that launched his career, challenging him to explore the thin ethical line between reporting on and influencing events in history.

Mention Weavers Way & Receive 4 SHOWS FOR THE PRICE OF 3 Show Subscription

~ 4 SHOWS START AT \$4I ~ Now Thru Sept. 20 Only! ~

Call 215.568.8079 or visit www.InterActTheatre.org

Philly Carshare

(continued from page 1)

tives to stimulate membership in the area,

- A \$50 driving credit to the first 30 Co-op members to sign up
- A waived application fee for all (\$25
- Ten percent off Weavers Way shopping for a full month (first 50 only)

With gas prices soaring above three dollars per gallon, Glenn Bergman joins a growing movement of 2,500 Philadelphians who have traded in car ownership for PhillyCarShare vehicles from more than 60 neighborhood locations in Center City, West Philadelphia, East Falls, and Mt. Airy.

The popular hourly car service arrived in West Mt. Airy on Friday, July 11, with a brand new Toyota Prius, conveniently located on the corner of Carpenter and Green Streets, although it would appear PhillyCarShare's reputation has preceded itself. Local residents have already joined after hearing of PhillyCarShare's pending arrival through the grapevine. PhillyCar-Share's fleet includes wagons, pickup trucks, Beetle convertibles, BMWs, and more, and with the enthusiastic reception it has enjoyed already, the plans to add additional cars in Mt. Airy and surrounding areas as local residents and businesses sign up will be realized in no time.

And, no wonder. PhillyCarShare is so easy and affordable, it's a wonderful alternative to owning a car or having a second vehicle in a household. Each member receives a personal key and 24-hour access to the entire fleet. Driving starts at just \$5.90 per hour or \$48 per day, plus nine cents per mile. Rates include premium insurance, gas and reserved parking. Vehicles can be reserved via internet or phone up to moments in advance. Painting the town red? Enjoy insomniac discounts with your Advantage Plan, only paying for two hours between midnight and 8 a.m. Perfect for a night on the town

"I was really excited to hear you guys are expanding to include surrounding areas," says Loretta Smith, about learning of PhillyCarShare's expansion in the neighborhood. A working mother, Loretta joined when her car-owning neighbor moved to another state. Then she saw a PhillyCar-Share vehicle, "and I went on-line and looked it up. It just worked out perfect."

Loretta used to rely on friends, but now she can return the favor. "Now people come to me." She recently drove a friend to a job interview, and she has even referred the service to many inquiring strangers. Aside from the social benefits. Loretta uses PhillyCarShare for child transport and grocery shopping. "It's a pain trying to travel with a two-year-old and groceries on the bus."

For more information or to join, visit www.phillycarshare.org or call 215-730-0988.

It's POST Time! Philadelphia Open **Studio Tours**

by Anne Boysen

Take an art stroll through your neighborhood to see some very fine and talented artists on Saturday and Sunday, October 7 and 8, 12 noon to 6 p.m.

Philadelphia Open Studio Tours (POST), under the umbrella of CFEVA, is sponsoring this magnificent event to showcase Philadelphia artists in the Northwest Corridor of Philadelphia, from Germantown to Chestnut Hill, with most artists on and around Germantown Avenue You can visit any artist listed in the POST booklet in their studio, with no entrance fee, no obligation, and no particular expectation. Questions and discussion are welcome, and some artists' work is for sale. Refreshments will be available.

Works by these amazing and creative artists have been shown in galleries in the U.S. and abroad, and are collected by museums, colleges, corporations, and individuals. Many of these sculptors, photographers, painters, ceramicists, printers and fabric artists have won grants and prizes for their work. Some are teachers both in public and private schools and colleges. Most have been in juried shows both locally and nationally. Some have books to their credit.



THIS PAINTING, "THE EGG DYEING," IS BY POST PARTICIPANT ELEANOR DAY.

Various cafes and businesses will also be exhibiting POST artwork, including the High Point Café in Mt. Airy and Community Audio in Chestnut Hill.

Oct. 7 and 8 features artists West of Broad Street. The following weekend, Oct. 14 and 15, 12 noon to 6 p.m., features artists East of Broad Street. The talent in this city is inspiring and fulfilling

Don't miss this fascinating opportunity to see behind the scenes in these artists' studios.

POST booklets with maps are available at all artists' studios, or for more information, visit www.post.cfeva.org or call 215-546-7775, ext. 13.

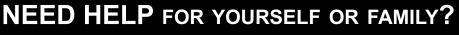




7226 Germantown Avenue 215-242-3550 • Member FDIC www.valleygreenbank.com



You count with us.





Dr. Liz & Dr. Mike Schlessinger

Licensed Psychologists Traditional Talk Therapy & Body/Mind EMDR • Rubenfeld Synergy Method®

> 215.646.0885 PRIVATE OFFICES

Mt. Airy/Phila 6833 Wayne Ave. Ambler/Horsham 514 Babylon Rd.

Tired of having the same old argument?

We'll give you a \$20 Coupon towards a

Romantic Dinner Out*

for taking our



*All couples who meet with us to review quiz results receive a \$20 coupon (details on web site)

www.TwoRiversMediation.com Or call 215-248-0466 for Couples Mediation

<u>Fruit</u>

(continued from page 13)

eating fruits and vegetable early in life are more likely to consume more.

- Just eight percent of American adults (this doesn't include Co-op shoppers of course) think that they should eat five or more servings of fruits and vegetables each day; 66 percent think two or fewer servings are sufficient.
- Only 23 percent currently eat five or more servings of fruits and vegetables a day, which means that over 140 million Americans, or 77 percent of the country's population, is not eating the minimum daily amount of fruits and vegetables recommended.
- An adult's daily fruit and vegetable intake is about three and a half servings.

The good news though is that by promoting the consumption of fruit and vegetables by a nationwide campaign there can be dramatic effects:

- Awareness of the proper number of servings is associated with higher consumption.
- Awareness of the specific health benefits offered by fruits and vegetables is similarly associated with higher consumption.

Since most Americans like the taste of fruits and vegetables, eating Five A Day should be an appealing change of lifestyle for people.

Encouraging the habit of eating fruits and vegetables beginning at an early age can potentially improve the health of all

Fruits and vegetables are clearly an important part of a good diet, and variety is as important as quantity. No single fruit or vegetable provides all of the nutrients you need to be healthy. That is what I tell my children. Perhaps one of these days they will listen.

Ronni H. Rothman, CNM

Moman Wise

Midwifery

215.327.1547

Fall Garden Notes

by Mark Goodman

Fall Leaf Color: We all know the powerful effect of maple leaves that turn red, orange, and yellow in the fall. However, you don't have to plant a maple tree to adorn your landscape in fall color.

One of the most popular fall foliage plants is the euonymus shrub called "Burning Bush." For two weeks in the fall, the leaves turn a bright red before they drop. Hedges of burning bush are particularly striking. You can see a burning bush hedge on Mermaid Lane traveling east from Stenton Avenue to Cheltenham Avenue past the agricultural center on your right These shrubs are popular in "Bible theme" gardens.

Fothergilla is a spring flowering shrub with leaves that become red, orange, and yellow in the fall. Another shrub with eye-catching autumn leaf color is the blueberry. Yes, the leaves of that same blueberry bush that provides your summer ice cream and yogurt with a healthy topping will turn an enticing carmine color in the fall.

Plumbago (ceratostigma) is an under-used ground cover that flowers blue in the summer and regales us in the fall with crimson tinted leaves.

If you want fall leaf color in your trees but consider maple too common, consider the arnalanchier (or serviceberry) which has leaves that blaze reddish and orange around Halloween. The ornamental pear tree (callery varieties), more known for its spring white flowers, contains green, yellow, and orange hues on one heart shaped leaf in November. We in the mid-Atlantic zone are indeed fortunate that Mother Nature provides us with a colorful show each autumn. Unlike tourists from the deep south and midwest

Gentle gynecology and obstetric services in

832 Germantown Pike, Plymouth Meeting

Lankenau Suite 353 East, Wynnewood

Births at Lankenau Hospital • Excellent

physician backup • Jacuzzis available

three convenient locations:

606 Carpenter Lane, Mt. Airy

who come east by the bus loads just to look at out fall foliage, all we have to do is open our eyes and enjoy autumn's colorful spectrum.

Fall Berry Color: If you like colorful late-season berries on your plants, start with callicarpa, or beauty berry, aptly named for its purple fruits that line the branches each fall. Morris Arboretum has a large variety of these autumn gems. "T" viburnums will berry red in the fall. Be careful because most viburnums will get harder to notice dark blue or black berries, so you must ask for the "T" variety. And of course, female hollies will bear red or yellow varieties in the fall. Remember, except for the newly hybridized blue leaf holly called "Berry Magic," which has male and female components on one plant, all female hollies need a male holly growing near by to ensure pollination of their flowers to produce berries.

New Variety: If you like the "Autumn Joy" sedum, with its long-lasting blooms that change from pale pink to bronze, you'll love the new "Autumn Fire" sedum, which has all the positive attributes of "Autumn Joy," but the stems will not spread and flatten as it gets larger.

Caladiums. If you have caladiums in your garden and you want to save them for next year, pot them and take them

in-side by mid-September. They are "tender" (not hardy) annuals that will not withstand the cooler nights of

early fall.

Garden Magazines:

Organic Gardening has become more oriented to the small space and urban gardener, and is still an oasis of natural solutions to garden problems in an age of irresponsible use of chemicals.

Horticulture is more upscale with more articles for people with larger properties (and incomes). However, it puts out regional editions (ours is the "Mid-Atlantic Regional"), which ensures that most articles are geared to our planting zone.

Fine Gardening was recommended to me by my sister, Donna Goodman, who gardens in New Paltz, New York. It's chock full of ideas for the creative home gardener with a wealth of photographs to accompany its informative articles.

All of these magazines are available at Barnes and Noble and Borders.

Acupuncture & Oriental Medicine

Acupuncture Chinese Herbology Asian Bodywork



IAN A. CYRUS, MS, R.Ac, Dipl.Ac, ABT, CH

American Association of Oriental Medicine

610.664.1348

200 Monument Rd. Ste 10 BalaCynwyd, PA 19004

President Emeritus

215.955.2923 Thomas JeffersonUniv. Hosp. Center for Integrative Medicine

lyengar Yoga of Germantown

Certified lyengar Instructor

Classes ongoing

Deepen your understanding of Yoga

For more information visit germantownyoga.com or call for information 215-848-9682

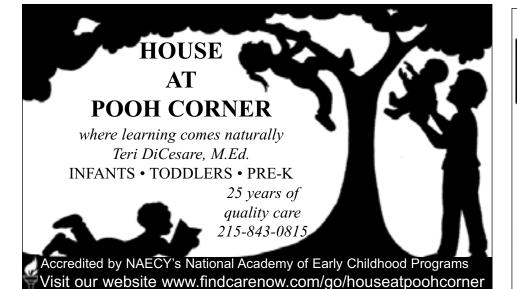
DAVID E. PEARSON

Attorney at Law

- * General practice of law
- * Prompt, personal, and caring service
- * Member of Weavers Way and Mt. Airy Business Association

137 West Phil-Ellena Street Philadelphia, Pennsylvania 19119

(215) 849-1750 DavidEP137@aol.com



7174 Germantown Ave at W Mt. Airy Ave • 215-242-4568

Open 7 Days a Week • www.AmoebaArtShop.com

ine Art Supplies to

Why buy a personal computer from Chapline Computers

8022 Germantown Avenue Chestnut Hill, PA 215-248-4357



Local & Personal Technical Support Custom Built and easy to upgrade Prices Competitive with the "Big Guys"

Sales - Upgrades - Networks - Repairs - Web Design & Hosting

New Hours: M, T, Th, F 9-5; W 9-7; Sat 10-3



Eating More Fruit

by Peter Samuel

We all know that the summer is a great time to eat fruit. In July and August there are local peaches, blueberries, plums, cherries, nectarines plus the usual fruits from other parts of the country and the world. Jean McKenzie, director of produce at Weavers Way, says "there are 29 conventional fruits and 15 different organic fruits on sale most times of the year at the Co-op." That includes different varieties of some fruits, like four kinds of apples, and a few kinds of peaches and pears, but still that is a lot to choose from.

I started a kick a couple of years ago to eat at least five different kinds of fruit every day, all year round. Besides the notion that I would be healthier, I thought by setting an example I might convince a few of my five children to become fruit eaters too. You know how well that kind of thing usually works, right? My son turns up his nose at everything but fresh raspberries, and most of the others like just a couple of fruits, and nobody likes the same ones. I do have one daughter who loves to make fruit salad with as many different things she can find in my kitchen. Perhaps my efforts are not a complete failure.

The Produce for Better Health Foundation (PBH) which started out in 1991 recommending eating a combination of five fruits and vegetables a day, has now revised their campaign from Five a Day to Five to Nine a Day. You may have seen their stickers on produce in the other grocery stores.

PBH is a non-profit consumer education foundation whose mission is to be the catalyst for creating a healthier America through increased consumption of a variety of fruits and vegetables. PBH is chair of the National Five-a-day Partnership, consisting of government agencies, non-profit organizations, and industry working in collaboration to increase consumption of fruits and vegetables for improved public health. The Five a Day for Better Health program is the nation's largest public-private nutrition education initiative in history.

A World Health Report in 2002 attributed at least 2.7 million deaths a year to insufficient fruit and vegetable intake linked to cardiovascular disease, stroke, type 2 diabetes, some cancers and obesity.

"Boosting fruit and vegetable consumption is a simple message with profound implications for global food production and distribution systems," said WHO's Dr. Derek Yach, executive director of Noncommunicable Diseases and Mental Health.

The largest and longest study to date, done as part of the Harvard-based Nurses' Health Study and Health Professionals follow-up study, confirmed that the higher the average daily intake of fruits and vegetables, the lower the chances of developing cardiovascular disease. Their study included almost 110,000 men and women whose health and dietary habits were followed for 14 years. Compared with those in the lowest category of fruit and vegetable intake (less than 1.5 servings a day), those who averaged eight or more

servings a day were 30 percent less likely to have had a heart attack or stroke.

In addition to helping your heart health, a report titled "Food, Nutrition and the Prevention of Cancer: a Global Perspective" reviewed over 4,500 worldwide research studies and found that if people increased their fruit and vegetable consumption to at least five servings a day, cancer rates could be reduced by more than 20 percent.

Colorful berries (blueberries and blackberries) are full of phytonutrients (especially the skin of blueberries) and contain powerful antioxidants, called anthocyanins, and are true cancer fighters. Blueberries are a prime example of the color rule: the deeper the color, the better the berry. Similar antioxidants are found in other reddish-purple fruits and plants, such as cherries, red cabbage, and plums.

Jean told me that at the Co-op the favorite fruit is bananas. We shoppers go through almost a ton a week She also said that so far there hasn't been much interest in things like guavas and papayas, but keep your eyes out for the aprium (a delicious new combination of the plum and apricot).

Fructose is the principle sugar in most

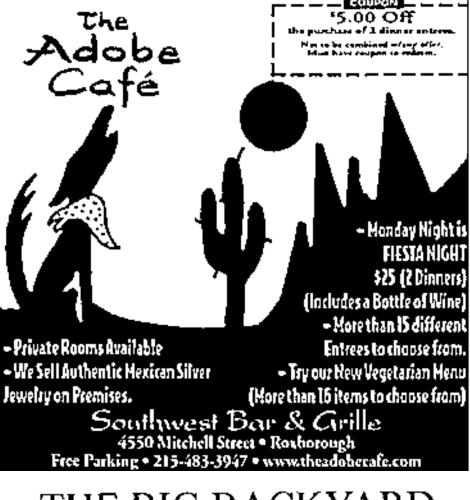
fruits, though sucrose is the principle sugar in others, such as oranges, melons, and peaches. Fructose is absorbed slowly into the bloodstream, so fruit gives you energy without triggering the ups and downs of the insulin cycle.

How fruits and vegetables lower cholesterol is still something of a mystery. It is possible that eating more fruits and vegetables means people are eating less meat and dairy products, and thus less cholesterol-boosting saturated fat. Soluble fiber in fruits and vegetables may also block the absorption of cholesterol from food. Much of the fiber in fruit is in the skin, especially in apples, pears, peaches, and nectarines. Remember, to get the full benefit of fiber, wash the fruit well and then eat the whole fruit — with the skin.

The Produce for Better Health Foundation completed their study and found that:

- Awareness of the proper number of daily fruit and vegetable servings is very low across population groups, and overall consumption lags below recommended amounts
- People who have formed the habit of

(continued on page 14)



THE BIG BACKYARD

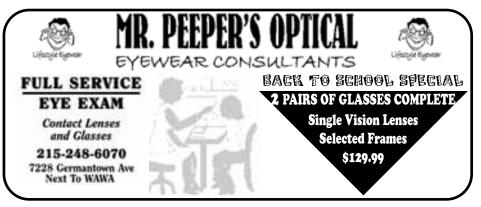


240 East Gowen Avenue

a cooperative nursery school for 3's, 4's, and young 5's

- Mt. Alry since 1951
- certified teachers
- optimal adult:child ratios
- extended day options
- enrichment programs

Parents run it — children love it! for more information call 215-248-0919



AUDIO AND HOME THEATER GEAR WITH EXCEPTIONALLY GOOD STYLE, VALUE AND KARMA.

UNLIKE BIG BOX STORES, COMMUNITY AUDIO WILL HELP YOU DESIGN AN AUDIO OR HOME THEATER SYSTEM THAT'S TRULY CUSTOMIZED FOR YOUR SPACE. WE OFFER A WIDE SELECTION OF EQUIPMENT FROM SOCIALLY RESPONSIBLE MANUFACTURERS. EACH BRAND WE CARRY DELIVERS EXCEPTIONAL STYLE AND VALUE FOR ITS PRICE RANGE. AND AFTER 20 YEARS IN CHESTNUT HILL AND MT. AIRY, WE'RE EXPERT AT INSTALLING NEW SYSTEMS IN OLDER HOMES.

RECYCLABLE TRADE-INS ARE OFFERED AND ACCEPTED.
HOME TRIALS AVAILABLE. 5% DISCOUNT TO CO-OP
MEMBERS ON NEW ITEMS (EXCLUDES SPECIALS AND
ACCESSORIES).



215 - 242 - 4080 www.commaudio.com Chestnut Hill, PA

OPEN 7 DAYS

Mt. Airy Map

(continued from page 11)

The Mt. Airy Historical map was complete and ready for printing in April of 1994. Stephenson Brothers, a printing company founded in 1929 on Chestnut Street near Broad, made the first run. This company had some of the largest offset printing presses in the city and their presses could print from a metal plate that was as large as the map itself. Of course, there were four plates necessary for printing the map – one plate for each color. Photographs were made of each mylar sheet, one that was drawn in ink, the others that had been carefully overlaid with red frisket. A metal plate was etched with the image produced from each full-size photograph. The initial run was for 500 maps. Because the Core States Bank in Mt. Airy graciously donated the funds for the initial run of the maps, they were offered for sale at the Core States Bank (now the Sovereign Bank) on Germantown Avenue at an evening preview in April, 1994. Sales were brisk - and perhaps 100 maps were sold that night. Weeks later, the map was sold at Mt. Airy Day, on Saturday, May 7, 1994, and again, many maps were sold. All funds collected from the sale of the initial 500 maps were donated to the Mt. Airy Business Association (MABA).

Even before all 500 of the Mt. Airy Historical maps were sold, people were telling me of other fascinating, and important, details of Mt. Airy history that I had neglected to get onto the map. I compiled a list of new information for a subsequent printing. It was clear that the initial printing of the map, 500 copies, was just not going to be enough. By September of 1994, another 750 copies of the map were printed by Stephenson Brothers, and this time, the map included more information that had been gleaned in the four months since it had been initially printed.

I have heard that Mt. Airy Historical maps are all over the world. I have sent these neighborhood maps to friends and acquaintances in Japan and England and relatives in Italy. I also know that the maps are in New York, Detroit, St. Louis, Boston, Baltimore, Portland, Ore., Seattle, Orlando, and Washington DC, to name just a few American cities. Parents tell me that they give their children the Mt. Airy map to take to college to hang on the wall of their dorm room. I am also told that they make great presents.

By the late 1990s, the supply of Mt. Airy Historical maps was completely exhausted. Because of the gentle prodding of Pat Henning and Jonna Naylor of the Mt. Airy Learning Tree to make a third printing in 2003, I asked a representative of Stephenson Brothers about the status of the metal plates that had been used to print the first and second editions of the map. Bill Stefan of Stephenson Brothers told me that the plates had been destroyed years earlier and that there would be no recourse but to start over, create new plates, and do a run from that point. A run of 1,000 maps can cost many thousands of dollars because it is so labor-intensive, and on top of that Stephenson Brothers no longer used the offset printing press that could accommodate a metal plate as large as the Mt. Airy map. The printing house would not only have to create new metal plates, they'd have to send the plates to a location where larger presses could do the work. The possibility of doing all this was getting way too expensive, and I personally put the project on indefinite hold for some

Then, I learned that Stephenson Brothers, printers since 1929, went out of business. Because of the success of the digital printing world, offset printing, it appears to me, is now somewhat of a rarity. The first and second edition of the Mt. Airy map, essentially printed by hand - each paper sheet that becomes a map brought through a press four times under the pressure of four unique plates – are "antique" editions. New technology would have to be sought to print this map again.

I had always wanted to add a color to the Mt. Airy map. The original palette of colors did not seem to be enough to do justice to the variety of buildings on the map that were made of Wissahickon schist. I created another frisket overlay for the map, cutting the sticky film so that it covered all illustrated areas of the map that were indicating "stone." Essentially we only have one kind of building stone in Northwest Philadelphia – so I was safe going with the warm brown color that I chose to complement the other colors of the map. Admittedly, I was working with the old technology, but I did not understand at the time, that there would be another way to print this map.

In 2004, the 10th anniversary of the effort, I began working with representatives of Taws on Walnut Street to create the third edition of the map. The Taws staff devised a way to scan all the color separations, and the updated map, representing new information gathered over the years since 1994, and sliced all the scanned drawings into "tiles" on the computer. Each tile represented a compilation of all color separations. The "tiles" were assembled and put together like a puzzle on the computer screen. The map was digitized and printed full size from the screen of a computer. The map now lives on a "zip

drive," as well as on paper. One thousand copies of the third edition were printed in the spring of 2004 – the largest number of any printing. There is no difference in quality between the offset printed map and the digitized map. The cost of the third edition of the map was completely underwritten by the Mt. Airy Learning Tree and Elfant Wissahickon Realtors. Jonna Naylor of the Learning Tree was a top-notch motivator behind the initiative, a genuine "muse of getting things done."

Since the third edition of the map appeared two years ago, I have discovered that there is even more significant history of the neighborhood that I could have placed on the map.

I keep this information filed informally in my head, and I am not too bad at keeping track of what is documented and what is not. Should there ever be the need for a fourth edition, I'm sure I'll have information to refresh the third. There will, however, be the significant problem that I am simply running out of space on this document. I'm not sure that any computer can solve that problem.

R. David Schaaf is a registered architect who works with the Urban Design Division of the Philadelphia City Planning Commission. He is a member of the Historical Commission, the Sign Committee of the Art Commission, and the Design Review Advisory Committee of the Navy Yard. Before working with the City Planning Commission, he worked as a practicing architect with firms in Washington, D.C. and Philadelphia.

The Mt. Airy Map is available on the second floor at Weavers Way.

Hope Avery Joins Elfant Wissahickon Team

Elfant Wissahickon is pleased to welcome Co-op member Hope Avery to their team. A Temple Graduate and former therapist for autistic children, Hope brings a unique mix of compassion, drive, social and business savvy to the real-estate profession. Hope is aware of market trends and has the resources to help clients quickly close the deal. Contact Hope at (215) 247-3600, ext. 246.

Refusing to Be Enemies

by Lynn Mather

In early September, two members of the Israeli/Palestinian group Combatants for Peace (C4P) will be in Philadelphia. This group of Israeli combat unit soldiers and Palestinian armed militants met each other in secret for a year to build trust and devise a shared set of principles they could advocate to bring the end of the conflict:

- "We no longer believe that the conflict can be resolved through violence.
- We believe that the blood shed will not end unless we act together to terminate the occupation and stop all forms of violence.
- We call for the establishment of a Palestinian State, alongside the State of Israel. The two states can exist in peace and security beside each other.
- We will use only non-violent means to achieve our goals and call for both societies to end violence."

With their deeply human, non-partisan and compelling message, Combatants for Peace went public in April and is now touring the world to gather support for this movement.

I met with one member while touring Israel and the West Bank in November, is helping to create several events in Philadelphia for Palestinian Souliman al-Khatib and one of his Israeli counterparts. Others have joined to assist in promoting their coming and arranging public presentations and private gatherings with them. Seeking your help and donations.

To learn more about Combatants for Peace (C4P), visit www.combatantsforpeace.org and press "Video" to see an impressive eight-minute homemade film of this group. You can also access personal stories on this website. To read an article on C4P from the April 2006 Christian Science Monitor, please visit www.csmonitor.com/2006/0406/p13s02-wome.html.



West Mount Airy's NEWEST

Espresso Bar & Bakery

Full Espresso Bar Homemade Pastries, Quiche & Dessert Oh yeah, Crepes too!

<u>Hours:</u>

Tuesday-Wednesday Thursday-Friday-Saturday 7 a.m. - 3 p.m. 7 a.m. - 8 p.m.

Sunday 7 a.m. - 5 p.m.

Closed Mondays

602 Carpenter Lane

215.849.5153



Mt. Airy Maps: The History Behind the Geography

by David Schaaf

After I had lived in Northwest Philadelphia for a number of years, I became familiar with two historical maps of our area that artists had created early in the 20th century. The first was an historical map of Germantown, beautifully drafted by Joseph Riegel, Jr. in 1933. Though a small map, it is drawn in great detail, and indicates a high level of scholarship. This map dealt almost exclusively with Germantown's 18th century history, and its founding families. I have seen a hand-colored version of the Germantown map at the barn behind Cliveden, but it was originally printed in black and white. Riegel also made a beautiful historical map of Bucks County, Pennsylvania in the 1930s, but because of his rigorous knowledge of Germantown, I suspect he lived here in Philadelphia. Another effort with which I had become familiar was Joseph P. Sims' 1929 map of Chestnut Hill. Though this map does not include drawings of the architecturally significant structures of the neighborhood, it too, displays a thorough knowledge of community history, and is very beautifully drawn. This black and white map was reprinted in the late twentieth century.

Both maps reflect a "proto-New Deal" graphic style that is particularly appropriate for historic maps. Elegantly composed and hand-lettered in a manner that suggests 18th century documents, the maps are a commentary of one age on the history of another. Of necessity, the authors of these maps cannot explain a complete history of the places they depict, they can only pick and choose from the facts of a much larger history, and essentially draw and write about the issues that interest them. Historical maps cannot be completely comprehensive, and are very much the product of the author's interests and specific knowledge.

Germantown and Chestnut Hill are very old places, predating Mt. Airy. Germantown was founded in 1683, and Chestnut Hill is mentioned in a document as a

settlement as early as 1704. William Allen, the Chief Justice of the Province of Pennsylvania from 1751 until 1774, didn't complete his great estate "Mt. Airy" on the road between Germantown and Chestnut Hill until 1750. The Allen estate, and the road that led to the estate itself - "Allen's Lane" was one of the earliest streets that ran perpendicular to Germantown Avenue in what would become the neighborhood of Mt. Airy. Laid out in 1746, Allen's Lane parallels the major cross streets of Germantown, e.g. Washington Lane, far to the south. The lane connected the Livezev Mill on the Wissahickon Creek to William Allen's country seat on Germantown Avenue - or, before 1858, the "Great Road."

To my knowledge, no one had ever created a historical map of Mt. Airy, and that is what I set out to do in 1993. Little did I know that the effort would stretch into

I started by enlarging the Mt. Airy portion of a "gas station" map of Philadelphia to a size that I knew could be printed by an offset printing press. The map that I worked from was not created in Philadelphia, and there were numerous errors in the names of streets, locations of institutions and major confusion by a remote cartographer concerning what was actually a street and what was a Fairmount Park trail. Other errors reflected the confusion that the cartographer encountered as rail lines interrupted streets. I eventually drove every street in East and West Mt. Airy to make sure that what I was putting down in ink truly reflected the way that we could

circulate through the neighborhood. All maps are imperfect to some degree.

I created the "original" of the map on mylar, a plastic sheet that can be drawn on with an ink pen. In this case, I used Rapidograph pens of varying widths to make lines. Mylar is very stable and will not distort with humidity. I knew something of Mt. Airy history simply by reading books that were readily available at the Lovett Library, or by getting resources from my late friend Pat Henning, who was Mt. Airy's most profound "keeper" of neighborhood history. For images, I sometimes drew from historical photos of Mt. Airy structures - especially when that resource had been demolished or if a particularly good photograph of the structure was available. At other times, I took photographs of structures myself and drew from those photographs.

It occurred to me that making a historical map was something like the process of creating a crazy quilt. One does it in patches, working at one corner for a while, and then weeks later, picking up again, and going to yet another corner of the map – not necessarily in a rational manner - but in a manner that "makes sense at the moment." Having new information about a particularly significant place, or finding a compelling or beautiful image may lead one to a location on the map not previously explored. In progress blue-line prints of the map made at various stages of its development reveal the map to be a patchwork of highly developed and sometimes completely undeveloped areas of territory. As neighbors or friends passed information

along to me, I'd include their insights and note them as well as the significant history that is already documented in neighborhood histories. All told, the effort to make the map took nearly a year.

Both the early 20th century Chestnut Hill Historical map and the Germantown Historical map were printed in black and white. The Mt. Airy map is not only considerably larger than the early efforts, I believe it is the only one of the three that was originally designed to be printed in color. The first printing of the Mt. Airy Historical map included four colors – black, green, yellow and blue. In order to print color, each color must be prepared on a separate sheet of mylar to allow for "color separation." This means that if green is going to be printed on the press, all areas of the map that will be printed in green ink must be masked by, ironically, a red color "frisket," that must be cut to the exact boundaries of all areas to be colored "green." (As it happens, the color red photographs in a particularly dark fashion, and is suited to creating the etched plates for printing.) Applying "frisket" is a tedious process, and involves pressing the sticky film down onto the mylar, and then cutting away all areas that will not be colored in the way one intends – that is, the film must eventually describe the area that will be printed only in green ink. This process must be repeated for all subsequent colors. Of course the "original drawing" itself – with all text and images, and the lines that describe all streets, is printed in black ink.

(continued on page 12)

Phone 848-4420

DIVERSIFIED SERVICES

SOMETHING FOR EVERYONE

Anything Organized Packing for Moving Unpacking and Setting Up Party Help Cat-Sitting w/TLC Companion Care Senior Services references available/25 years experience

> **Debbie Ansell** 215-844-2280

Hours: 10 a.m. to 5:30 p.m., Tues. thru Fri. 10 a.m. to 5 p.m. Sat.



BARN 6837 GERMANTOWN AVE. Philadelphia, PA 19119

FRAMING

Custom Framing

Posters, Prints

10% discount to WW members when paying by cash or check.

> CAROLE A. CORWIN SALLY A. MINTER

Shechtman Tree Care, LLC

Tree & Stump Removals Tree Pruning, Cabling, Planting, & Fertilization







www.shektree.com

Zach Shechtman 215-402-9322 Free Estimates

Robert Sawyer 215-233-0722 Fully Insured

Therapy for Individuals and Couples

Stress Management Coping with Life Changes, Fear, Anxiety, Depression, Grief Increase Serenity in Your Life

Gloria D. Rohlfs, L.S.W.

Sliding Fee Scale, Insurance

215.248.6287

CoachGDR@juno.com

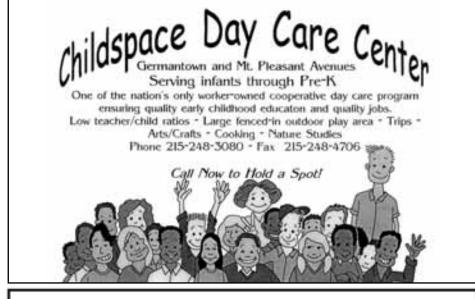
"it takes courage to grow up and turn out to be who your really are." Coop Member Discount 215-843-8258

Molly Kellogg, RD, LCSW

Psychotherapist and Nutritionist Individual and Couples Counseling

100 East Sedgwick St. Mt. Airy

135 South 19th Street Center City



PIANO LESSONS

Jazz & Improvisation, Classical, Pop, Blues, Theory, Beginners...



Weavers Way discount

Study classical music, Learn jazz standards, Play chords and scales, Work on your favorite folk, pop, or blues songs, Or, start as a beginner.

> Study with an experienced pianist and PA certified music teacher. Children and Adults For more information:

Lou Walinsky

www.louwalinsky.com

215-848-0845

Number of Participants in Co-op Benefit Plans

	Employees	Family Members
Health Plan	31	14
Dental Plan	30	17
Disability and Life Insurance	26 (all full-time)) n/a
401k Retirement	24	n/a
Flexible Spending Account * (2 are for both health care and dependent)	l 4 * ent care)	n/a
Employee Discount	52 (all staff)	included

Staff Benefits

(continued from page 8)

worth of leave, so the first 30 days of need could be met.

This year we added a short-term disability policy that covers full-time staff, at no charge to them, from day 31 through day 90. Now, if a person is temporarily disabled, by using their sick time, then the sick leave bank, the short-term disability policy and the long-term disability policy, they will have uninterrupted income. Employees pay no premiums for these benefits.

For full-time staff we also added, at no charge to them, paid life insurance policies in the amount of \$50,000 that includes accidental death and dismemberment. We wanted to be able to provide some financial net in tragic circumstances.

Retirement Plan

By way of rounding out our benefits package, we should lastly mention our 401(k) tax-deferred retirement plan. Employees can contribute wages to this plan tax-free, thus saving current taxes, but also having investments grow tax-free until withdrawn. For the past fiscal year the Co-op was able to provide a modest match to employee contributions. The

Co-op matches at a rate of 25 percent up to four percent of an employee's compensation. For example, if someone earning \$8,000 in a fiscal quarter contributed \$320 to their 401(k), the Co-op would provide a matching contribution of \$80. The 25 percent match is a far better return on investment than any CD I know of.

Total Compensation Package

Here's the whole Co-op benefits package at a glance: health care insurance, selffunded dental reimbursement plan, FSA tax-savings health/dependent care plans, sick leave bank, short-term disability, long-term disability, life insurance and 401(k) tax-deferred retirement plan.

When we look at the total compensation that staff receive, we need to include benefits as well as wages. For the upcoming fiscal year, our budgeted payroll is \$1.24 million and budgeted benefits (health, dental, disability insurance, life insurance, retirement plan and employee discounts) amount to another \$150,000. All told, roughly \$1.4 million in total compensation for Co-op employees.

Oh, lest I forget, there's also a 10 percent discount on purchases at the Co-op. Not as high as for a few other Co-op's I suppose, but my wife, our two cats and I will take it

The Weavers Way **Financial Times**

by Lou Dobkin, Weavers Way Financial Manager

At this writing I am waiting for the auditors' much-heralded arrival. I have my schedules, trial balances and Prozac all lined up and ready to go. By the time they leave we will have year-end numbers. Unfortunately, that will be after the Shuttle editor's stringent deadline (even later than this tardy submission). Suffice to say that we had a very good year with over a seven percent increase in sales and a healthy bottom line. So this will be one of those columns where we just chat.

When I first came to this job, I looked for support groups that would assist with industry standards and practices. The finance committee has a wide level of business experience, of course, and does an excellent job. They continue to closely monitor funds at the Co-op (a contributing cause of my ongoing hair loss), but I was looking for something

I found it in a small file labeled "Co-CoFist."

I later learned that Weavers Way is part of the National Cooperative Grocers Association (NCGA), which confers upon us some excellent benefits. Not the least of which are a buying discount with our largest vendor, as well as advertising and management aids. NCGA endeavors to give its members the benefits of chain stores but still keep their independence.

In the finance area, NCGA provides virtual "store-over-store" comparisons with the other cooperatives in what they call "Common Co-operative Financial Statements" or "CoCoFist." Co-ops submit to financial data and allocation of payroll hours by department, and Co-CoFist analyzes and compares this information.

There has been considerable effort in the our finance department to make our traditional, "Weavers Way" view of de-

partments comparable to the way the rest of the grocery world views departments. In the Weavers Way view of the goodies sold next to the deli case are considered deli, because they are in the deli manager's space, she orders it, stocks it, worries over it, and is otherwise responsible for it. In the wider grocery store world, those items would be considered "packaged groceries sold in the

So, which is more important, internal reporting (who's responsible for it) or external reporting (what the item actually is)? They are both important and we are not completely there yet.

In return for our participation, we get analytical reports on margin, operating expenses (classified no less), net income versus what we should expect and what is happening in the rest of the cooperative world. We also have begun using a service called CoCoBud which is a budgeting and forecasting tool. Co-CoBud uses past trends plus current budget plans to forecast five years of balance sheets, income statements and statements of cash flows.

We also get to talk to each other. In addition to the award winning team at Coopmetrics (the group NCGA has contracted to handle this stuff), I can communicate directly with finance managers from other co-ops, who have been very forthcoming with very practical and timely advice. And in cases when a broad breadth of opinion is needed, there is even a list serve call "CoCoPocketprotectors," which gets a good response.

Co-opmetrics also conducts continuing professional education from time to time. I had attended the last one in Milwaukee.

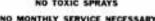
Two days in Milwaukee with a room full of CoCoPocketprotectors.... talk about a good time.

Specialist In Long Term Roach and Ant Elimination We Use Environmentally Friendly Products!



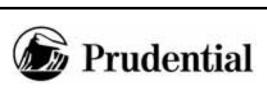
•SINCE 1979 • NO ODORS

NO TOXIC SPRAYS



FEATURING THE MULTI-TREATMENT SYSTEM

CALL US TODAY AT (215) 276-2962 OR (609) 338-1229



Prudential Fox & Roach Realtors

Chestnut Hill Sales Office 14 W. Evergreen Ave., Philadelphia, PA 19118 Bus. 215-247-3750 / Fax 215-242-3425 Direct 215-247-7630 x228

Janet Ames Realtor ®

JAmesCPA@comcast,net



Carol A. Sipe, MSW, LSW **Psychotherapist**

215.248.0176 carol@carolsipe.com

DINNER • BRUNCH • CATERING • TAKE-OUT



Geechee Girl cater your next party.

Full service catering & customized takeout menus available.

> Wednesday - Saturday 5:30 - 9:00 Sunday 11:00 - 2:30/5:30 - 9:00

5946 Germantown Avenue Phildelphia, PA 19144 215-843-8113 www.geecheegirl.com

New Pricing Signs at the Co-op

by Tanya Rotenberg

Now that Weavers Way has been using Point of Sale software for almost a year, most of you have probably seen our new price signs. It is a challenge for us to keep the signs up to date, as well as to keep up with the new products we receive constantly, and it is a challenge for the shoppers to find where we are listing the prices. Here is a guide to finding prices at the Co-op:

Grocery items are usually priced on the front of the shelf where the product is sitting; these signs have the price, the size and the price per unit. The bottom shelf has been angled so that you can read prices without sitting on the floor. Sometimes similar products share shelf space but have different prices (like Health Valley soups or McCutcheon jams). In this case, we have price lists nearby and usually a sign on the shelf area telling you where to find the price list. Mycological dried mushrooms, rice cakes, cranberry jelly, pectin and Fantastic Foods Cup-A-Soups are all listed on price sheets nearby. Potato chips, corn chips and pretzels still have the same older-style price sheets you've seen at Weavers Way for years. Frito Lay products have the price on the

The freezers and refrigerators are still in progress; the old signs going down the side of the refrigerator are still there, but we are trying to put signs under each product. Unfortunately, our shelves make it difficult to attach signs and we are still trying to find the right hardware. Please bear with us as we find better ways to label the refrigerator products. The deli refrigerator does have signs and we are working to get all the shelf tags printed. Most of the items in the prepared foods case have the price right on the package. For those that don't, we are working on a list for the side of the refrigerator. The drink cases have price lists on the side.

Bulk, prepared foods, cheese, and meat or fish have labels on the package with the price, description, and sometimes the ingredients and our logo.

We are still in the middle of adding our second floor items, so most of those are still being priced on the box or bottle. The whole second floor will eventually be like the first floor, with prices on the shelf or, for hanging items, prices at the end of the peg.

The pet store has signs on the shelves as well as a price book, located just to the right of the door as you walk in. The price book is listed by type of product (cat food, dog food, etc), then by brand and description. Large items (over five pounds) have removable stickers that you can bring to the cash register instead of lugging a large bag of dog food over to the checkout counter. The stickers have the item description and the barcode (which the cashiers can just scan instead of scanning the big bag). The price is listed on the shelf where you got the item so we don't waste stickers when the price changes.

Items that are on sale for the Coop Advantage Program now have little labels with the CAP logo and the sale price. These labels are the same size as our regular labels so they won't be knocked off the shelf.

Produce has handwritten signs under each product for both weighed items and those sold by the piece.

Flowers and a few items like mini cream cheese, refrigerated pasta sauces and crabmeat will have stickers with barcodes and prices on them. Some flowers (like roses or alstromeria) don't have the prices on the sticker, but all the flower prices are listed on the door to the second floor near where the flowers are sold.

Basket Case: the Case for Baskets

by Rick Spalek

About ten months ago, we started actively asking members not to shop into own bags or boxes while in the store. We encourage shoppers to use our large or small shopping baskets, or even our shopping carts, and save their bags or boxes until after they have checked out. While this has periodically caused a great deal of frustration for some shoppers who feel they have been singled out, or who just do not feel the need to change a long held habit, using baskets is an important part of our shopping process.

We need your help with this change.
The main reason we enacted this
change was that with our new POS system, we have to scan every item. The days
when we could look into your bag and
key everything in without removing them
are over. Using baskets makes it easier for
our cashiers to be faster and more accurate.

Unfortunately, another reason for this rule is that in recent months, we have caught several shoplifters, and almost all of them have placed items into a bag or box and simply tried to walk out without paying. Obviously this applies to a very few people, and if you are asked to use a basket it in no way suggests anything sus-



picious on your part, but in this case we need to be fair, and we need to be consistent.

Many have already made this change, and we thank you. Others still need to make this adjustment, and we ask your cooperation.

Please do not be put off by someone handing you a basket if you are using a bag to shop; they are doing their job, and you are helping us transition to a slightly different method of shopping. In the future, when we use PLUs to key in produce, this will dramatically increase the need to use baskets, rather than handing the cashier a bag of assorted fruit and veggies to be sorted and weighed.

I hope this all makes sense. Please feel free to talk to me anytime about this or any other matter concerning your shopping experience.

In other news, be on the lookout for a fifth checkout to be available this fall, and not just during the holidays. This will increase line speed, and reduce congestion in store. Thanks

Jin Shin Jyutsu®



CO

an ancient art of harmonizing life energy to bring balance to your body, mind and spirit, reduce stress, and facilitate optimal health

> Gloria Rohlfs, Jin Shin Jyutsu Practitioner 215.248.6287 (in Mt. Airy) e-mail jsj.gdr@juno.com

HELEN FEINBERG, Esq., MSW

Divorce Mediation Services

7105 McCallum Street Philadelphia, PA 19119 215-248-0980 Helen@feinberg.net



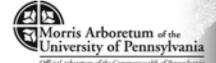


fallfestival
Sunday, October 1st

from 11AM to 3PM

Don't miss a day of family fun! Scarecrow making, pumpkin painting, apple tasting, and entertainment ...amidst spectacular fall color.

For more information, call 215-247-5777 or visit www.morrisarboretum.org



100 Northwestern Avenue in Chestnut Hill, PA Weavers Way Co-op Members receive half off second admission with the purchase of one adult admission.

Good for Fall Festival and the entire month of October Bring a copy of this ad to receive discount.

Staff Benefits

(continued from page 7)

Co-op members familiar with FSA plans offered by their employers will be aware that the tax code has a "use it or lose it" provision. Since the FSA plan entails reduced compensation, whatever funds are left in accounts at the end of the FSA plan year cannot be recovered by employees – in essence, they lose what they are not reimbursed.

Just where does the left-over money go? Well, since the FSA is a salary reduction plan, unused funds revert to the employer, in this case, the Co-op. So if employees over-estimate their health care or dependent care expenses, they would be out some cash that the Co-op would get instead. Of course, if employees underestimate their FSA expenses, they are also out cash in the form of taxes that the IRS gets instead – the "you snooze, you lose" aspect of the tax code. On the one hand, the Co-op might benefit; on the other hand, the feds will benefit.

To reduce the odds that employees might lose FSA funds, we are also taking advantage of a more recent federal decision that allows use of FSA accounts into the following year. In our case, employees can use FSA funds from 2006 to be reimbursed for expenses they have through February 2007; an extra two-month grace

period is tacked on for using FSA funds. This grace period is not just about submitting the paperwork for reimbursement, it's about receiving services. See a doctor in December 2006, get reimbursed from 2006 FSA funds; see a doctor in February 2007, get reimbursed from 2006 FSA funds if you still have some available. **Health Care Options**

Let's catch our collective breath here for a moment and retrace our steps a bit. The increased premiums for health care quoted by Aetna got us to a plan with higher copays which got us to the FSA plan as a way to shelter some copays via lower taxes which got us to the intricacies of the tax code currently in force. In a nutshell, this tangled web is being faced by employers and employees nationwide as higher costs for health insurance are driving increased interest in FSAs, HSAs (health savings accounts that require high annual deductibles for health care) and the like. Proponents of such changes say that it is good for consumers to shoulder more of the health care burden, that it will make them (us) more price conscious, and thus, in the long run, hold down escalating hospital and doctor fees.

Not surprisingly, this tangled web also leads many employers to consider self-funded health care plans. Forget insurance carriers with high-premium and high-copay plans and deal with hospitals

and physicians directly through reimbursement plans. Some Co-ops, especially in the Northwest region, have done so (as an article in a recent issue of *Cooperative Grocer* described). When we looked at our circumstances, though, it was not an option we could adopt in short order. Exploring the financial implications of self-funded health care in depth requires a full year, and even then may not be viable for firms having fewer than several hundred employees. Self-funded health care is not the Co-op's immediate future. **Dental Plan**

But let's shift now to a benefit plan at the Co-op where self-funding does pay – dental care. For several years now the Co-op has offered a dental reimbursement plan for employees. We self-insure this plan, meaning we set the monthly premium rates, we determine the extent of covered procedures and we fix the reimbursement schedule. Since we have no contracts with dentists or dental groups, participants in the dental plan can go to any dentist they like; no worries about networks or subscribing dentists.

Effective July 1, 2006, significant changes were also made to our dental plan. First, we are now offering this plan to dependents as well as to employees. We are especially pleased that children of employees can now participate. Second, we now allow orthodontics work to be covered, and without any provisions regarding lifetime maximums (a common provision in group dental insurance). Third, we reduced the percentage of the monthly premiums paid by full-time (32+ hours/week) and part-time (22-32)

hours/week) staff for their individual coverage; these percentages now line up with those for the health plan: full-time staff pay 13 percent, part-time staff pay 63 percent, and dependants must pay the premiums in full. Last, we changed the reimbursement schedule to give participants more cash up front, namely full reimbursement for the first \$300 in dental care per year.

As a business expense, we could afford to make these additions to our dental plan because we held the line on health care premiums. Holding the line on health care also enabled us to make our benefits package more complete in the areas of disability insurance and life insurance.

Disability and Life Insurance

When several staff over the past years faced lengthy absences due to illness or injury, we learned that we had no appreciable disability coverage until after 90 days had passed, at which time our policy for long-term disability kicked in. Employees typically have no more than three to four weeks of vacation and sick leave combined, so they might face several weeks with no income at a time when they had more expenses to pay. This gap needed to be addressed.

A year ago the Co-op established an emergency sick leave bank that employees with dire situations can draw from when their personal sick leave runs dry. Co-op staff donate their vacation and/or sick leave to this bank on a voluntary basis to be used by co-workers in need. This sick leave bank has roughly one month's

(continued on page 10)



Phone: (215) 844-4400 RhinoChiropractic@hotmail.com

Damien P. Ciasullo, DC, FICPA

Chiropractic Family Practice • Chiropractic Pediatrics Rhino Chiropractic Center 6809 Germantown Avenue Philadelphia, PA 19119







seeking quality books, entire collections or individual titles OLD BOOKS

WANTED
HIGHEST PRICES PAID

BOOKBOY.COM

CO-OP MEMBER E-MAIL RICK@BOOKBOY.COM OR CALL 215-848-6533

A name to remember,



service not to forget

INGRID BROWN

GRI, Associate Broker

Successful Realtor Since 1975

Prudential Fox & Roach Realtors

14 W. Evergreen Avenue Philadelphia, PA 19118 Phone: 215-247-3750 Ext 227

Fax: 215-242-3425

Email: IngridBrown1@comcast.net



Fox & Roach REALTORS

An Independently Owned and Operated Member of The Prudential Real Estate Affiliates, Inc.

Mt. Airy Village Fair

(continued from page 1)

ness Center and Moving Arts studio (MaMa) to hold this event and to work for sustainability, ecology and community.

With a vigorous nod to these themes, expect "fun, not flyers" for all ages at the fair. Carpenter Lane along the 500 and 600 blocks (straddling Greene Street) will be closed for the day...while your talented neighbors and Co-op member-friends will be showin' their stuff.

This translates to such doozies as:

- Squirmy worms learn about vermiculture and the making of compost
- Pet Parade and contest-of-sorts (yes, bring yours – see below)
- Modular origami this new form literally builds on itself
 - Ayurvedic cosmetology
 - · Bees a buzzin'
- Goats and other animals you can feed (courtesy of Saul Agricultural High School, which provides the Co-op with spinach and green things)
- Baking contest (for info, e-mail muze@erols.com)
 - Make-your-own ice cream
 - Squeeze your own juice
 - Non-gluten delectibles
 - · Dowsing demo
 - Cloth diaper workshop
 - Art show
 - Wedding choreography how-to
 - Co-operative games
- The unfamiliar Swiss percussive musical instrument called "hang"
 - The delightfully familiar harmonica
 - The Mt. Airy quilt make a square
 - Fencing demo
- Fire truck the real deal, climb

- Fire eater really
- Fire truck toys l'il kids, bring yours for a go-round
 - Special herb teas
 - Juggling
 - Jewelry
 - Henna artist · Capoeria show
 - Energy-saving light bulbs, available
- for purchase
 - Singers, dancers and more
 - Kids-go-Shakespeare
 - Interactive science museum exhibit
 - Mosaic-making
 - Chalk-a-thon

Kids can also hang out with the Queen of Embellishment and leave transformed. Or get your portrait made - as a finger-puppet.

Bean counters, unite Around a coffee

bean jar at the High Point Café, that is, where the best estimate of total number of beans wins.

Competitions & Parades

The Pet Parade will include a competition for, well, for "Best..." and will be hosted by WXPN's David Dye who will judiciously announce judges' decisions about all manner of pets in all manner of categories. Award ribbons will be given. Bring your toys, your hounds, your terriers, your working dogs yearning to be free, your guppies and rabbits, gerbils and snakes... and all that might abandon Noah's ark in case of extreme global warming. Contestants, please confirm as we go to press, it's looking like 2:30 p.m. to gather promptly along the wall hugging Henry School.

Look for the Village Parade, which will include the pets, kids' dressed-up and myriad folks with all kinds of vehicles. Check with area businesses about the schedule for competitions, parade and entertainment. The Co-op's Maureen Gregory will be organizing the baking contest.

Co-op members wanting to help staff the event can earn credit for Co-op hours - sign up in advance on the bulletin board at Weavers Way. Pets welcome but will not garner Co-op hours

For information about time, schedule, competitions, location and parking, call the Bookstore, check the bulletin boards at the Co-op or High Point Café, or see our neighborhood newspapers. The Mt. Airy Local and Germantown Express will carry rules for the baking contest and pet parade competition rules in its Aug. 30 issue and the schedule in its Sept. 5 issue. The Chestnut Hill Local will also be covering events in advance.

If you have a special talent or intriguing way to present your work, hobby or interests, check with High Point Café or call MaMa (Moving Arts studio) 215-842-1040 or (preferred) e-mail muze@erols.com. No rain date is planned, which means that this event has been cleared with the gods.

Linoleum & Vinyl Tile

call Rod

Staff Benefits Report

by Dave Tukey, Human Resources Manager

A few months back I reported on the general wage situation for Co-op employees. I would now like to up date the members concerning staff benefits.

Effective July 1, 2006, several benefit plans continued with only minor changes, whereas others were changed in major ways and other benefits were added. Some of the details are long in the telling, so bare with me. But here's the overall vision: to provide the most comprehensive, most flexible benefits package we can at the lowest cost to employees without passing along higher costs to the Co-op membership.

Health Plan

By far the most significant change occurred in the Co-op's health plan. The specific plan we had from Aetna was an old one, in fact a plan Aetna no longer offers for new underwriting. When we received their premium quotes for the 2006-2007 plan year, we were met with an unpleasant surprise. Aetna quoted a rate increase of roughly 38 percent. To put it another way, the total premium bill for health care – paid by the Co-op and employees combined – would increase by \$60,000. That's right – \$60,000, or roughly one percent of the Co-op's sales for an entire year, and that was just for the increase.

After we got over our sticker shock, we reviewed quotes with our independent agent and considered health plans from both Aetna and other insurance carriers. Ultimately we decided on a health plan from Aetna that would only increase premiums about three percent, but one that also had higher copays for such items as doctor visits, prescription drugs and hospital stays - increasing from between \$10 and \$30 to between \$30 and \$50 and adding a \$100 deductible. Higher copays, of course, pass along increased costs to employees so we began investigating ways to ease this burden; two means were adopted.

First, we decided to reimburse employees (as well as family members paying the full premium on the Aetna plan) for any copays due to hospital stays or outpatient surgery. These copays increased from \$125/day to \$300/day and could be a sizable outlay in the face of an severe accident or illness. The Co-op will reimburse these copays in full.

Second, we decided to establish a Flexible Spending Account or FSA plan for employees. An FSA is covered under section 125 of the tax code and allows for certain payroll deductions (or "salary reduction agreements") to be made pre-tax. FSA plans come in two forms: health care and dependent care.

Flexible Spending Account

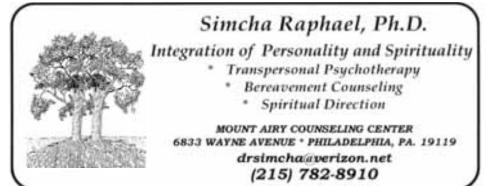
There are several key elements of such plans; let me use the health care plan as an example. (a) Individuals designate a certain amount of their wages to the FSA health plan. (b) When individuals incur expenses that are health related, they request reimbursement from their FSA accounts. (c) The result is that individuals save the taxes they would have paid had they received this same amount in wages and then paid for health care expenses in after-tax dollars. There are of course fine print details for FSA plans; it is, after all, part of the federal tax code (state and city governments make their own decisions about how to handle FSAs). But that's the gist of how FSA plans save on taxes.

Take for example someone who might be facing prescription drug copays of \$75/month, or \$900/year. From that amount alone, an FSA might save them \$255 a year, more than three months of copays. Or just imagine facing an orthodontics procedure or significant day-care expenses – savings from health care and dependent care FSA plans combined could be in the thousands for a given tax

(continued on page 8)

Installation of

215-745-2987 267-918-6597



Caring and Competent...

Specialized Counselling for mature men & women

- Later Life Transitions
- Bereavement and Loss
- Relationship Issues
- Depression and Anxiety

Mary A. Harris, MSS, LSW (215) 438-1108

Home Visits

Medicare Accepted





Dahlak Cuisine

Authentic Eritrean & Ethiopian EXCELLENT FOOD & PLEASANT SERVICE BAR & RESTAURANT

Satisfies students' hunger without emptying their pockets. A few blocks from Philadelphia University, Drexel Medical College & LaSalle University.

5547 Germantown Avenue 215-849-0788

Open for Dinner Mon.-Sat. from 4 p.m.

Manager's Corner

(continued from page 1)

(I send my regrets) this yearly increase to our medical insurance costs is a stupid way to do business. How can anyone plan?

Our carrier, Aetna, wanted to increase our insurance by 38 percent, an increase of over \$50,000 in one year "This is ridiculous" I yelled back at our agent (I think I also used a shorter list of four-letter words). For a small company with just over 50 full and part time staff, this would be equal to about one percent of our net income. Since this year we had a return of about three percent, the increase would represent 33 percent of our profit. This could not be true. We called our agent back and asked to meet with him and have him bring in some alternatives. David also looked into self insuring the staff (as we do with dental), but we found that, while this might be possible, we would need a much larger group (perhaps our membership).

The debate on medical insurance goes on daily, but when it hits you square in the face – and at the bottom line – you begin to realize that the crisis is not only real, but it's also avoidable.

The insurance company wanted us to move to a higher co-pay program that would make our staff feel more pain in the pocket when they think about seeking medical treatment. Our agent sent us a list of possible choices and different permutations of coverage from Aetna. I felt like I was at a casino, weighing the odds as

I spread my money. I did not feel good about any of the options, but we finally chose one with his assistance. A few weeks later, we received a full booklet of the coverage. As we reviewed the coverage with a small group of staff, I realized we had been taken.

Last year our benefit costs were around \$100,000 – that is without covering everyone. Our costs were going up about 12 percent with the new program. Still a big dollar amount for a small company.

When we reviewed the coverage, we all realized that the cost was going to be out of reach for some of the staff, due to the copays that had been added (i.e., \$100 copay of prescriptions until the next level of copay kicks in).

I began to think about the number of people in our country that declare bank-ruptcy each year due to health/medical bills. The leading cause of bankruptcy is due to medical bills. Then there are over 44 million Americans that have no coverage

How can we allow insurance companies to continue to make a such high profits from a service that should be non-profit and cooperatively run?

When you add up the extra costs of our current system – profits for insurance companies (such as Aetna), the administrative costs and the time spent by independent agents, human resources staff (e.g., David and I), and individuals sifting through all the different plans, not to mention the cost and corrupting influence of political contributions (\$36 mil-

lion from insurance companies and \$123 million from the healthcare industry in the 2004 alone) – you see that a lot of the money we pay for health care doesn't really go towards health care.

We could easily lower the cost of insurance by eliminating the profit margin and the hidden costs in companies negotiating insurance premiums. Think of the time each company wastes trying to make a decision, negotiating, sending out memos to staff, rewriting their benefits plans, etc... you get the point.

This brings me to Manitoba Public Insurance (Canada) (see http://www.migonline.com/html/service/automobile.asp) , a program that covers, I believe, all resident drivers of Manitoba. This is a nonprofit insurance risk company that uses independent agents to handle the insurance and policy execution. I remember a report on NPR stating that when Manitoba stepped in, rates dropped by 40-50 percent (I could be wrong on this, but it is the number I remember). So, I ask, why can we not have one large U.S. insurer that spreads the risk throughout the country, is nonprofit, and is handled through pre-tax premiums directly to individuals, and not to companies. This nonprofit (or cooperative) could have a board made up of providers, consumers, government, and business representatives. A basic or basic plus program could be provided at either no cost (low income) or as a percentage of income. Any profit would be used to upgrade the program systems and to assist low income members of the United States.

We could eliminate Aetna, US Health Care, etc. and some of the current government programs. I am sure we can do better, but we must first eliminate the power of the insurance groups. Whatever we do, I am sure there is a better method to insure and deliver health care for us.

I want to thank David for all his work. To learn more about staff benefits at Weavers Way, see David's piece on our insurance and benefit program.

Board Business

(continued from page 4)

to accept that Andi had now met all the terms of the court-imposed Accelerated Rehabilitation Disposition (ARD) and directed me to write a letter to that effect to the Office of Probation and Parole. This has been done, and I hope it puts the final remnant of our bout with financial ruin behind us.

Thank You

This is my first time writing to the WW membership as the president of the board. I am truly awed by the energy, excitement and effort that goes into making our store and co-op function. I have met with most of the committees and look forward to meeting with the rest soon. To me, one of the primary jobs of the board is to look into the future and to assure that we have the fiscal and organizational strength to achieve our stated goals. But more importantly, we must assure that the Co-op can continue to play an important role in the life of our community and, in a small but meaningful way, to help change the world.

I know our board minutes are dry, and policy governance documents can be a remarkable cure for insomnia. But they are documents that speak to the very core of how we function and I encourage you to look at them and let us know what you think. All board members have mailboxes at the store and e-mail and telephone numbers are available (see page 27). Let us hear from you.

Thanks.

– Stu Katz



PLANT HEALTH CARE SPECIALISTS

Tree & Shrub Diagnostics

Annual Treatment Plans

Sprays & Injections using Organic/Natural Materials

215-247-3477





MAPLEWOOD MUSIC STUDIO 848-8353

Richard Rudin, Director 47 Maplewood Mall

Weavers Way Discount 25% off first 4 lessons or month of classes for new students piano keyboard voice guitar bass drums recorder flute clarinet saxophone trumpet trombone french hom violin viola cello

Excellent Private & Semi-Private Instruction
 Clessical, Jazz and Pop Music
 For All Ages and Levels, Beginning to Advanced
 Fun with Music, for Pre-Schoolers - Jazz Workshops
 Plano Classes for Children - Recorder Classes for All Ages
 Theory Class - Vocal and Chamber Ensembles

REFERRAL NETWORK Therapy for All Ages Innoving 6 Supervision Family a Play Therapy Center, Inc.

Dimitor Diddon Maggior Rich, LART RPI-S

15 there pixt locations within 40 miles of Philodelphia

(215) 844-4321, ext. 2 www.ipicenter.com

215-887-6777 800-296-6777 Fax: 215-887-3660



residential
commercial
B27 GENSIDE AVE, WANCOTE, PA 1909
e-mail: infojwinc@aol.com

Celebrating over 60 years of Quality & Integrity

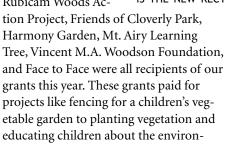
MAKING PHILADELPHIA SHINE

THE CLEAR CHOICE

Window Cleaning • Janitorial Services • Pressure Washing/Exterior Building Cleaning
 Graffiti Removal • Glass Restoration • Venetian Blind Cleaning • Metal Care
 Awning& Canopy Cleaning • Bird Control & Spider Control • Building Safety Consulting & Support

New Recycling Location

has received funding over the years to offer grants for environmental or educational programs in the recycling area of Mt. Airy, Germantown and Chestnut Hill. For example, Neighborhood Interfaith Movement, Hansberry Garden and Nature Center, Rubicam Woods Ac-



The change of site decision was made in order to have more money for grants. The Germantown Home site will be free for our recycling use.

Maurice Sampson, a Block Captain for the 100 W. Gorgas/Mower Lane Neighborhood Association, initiated the

Recycle Now

(continued from page 4)

programs, curbside organics recovery are not what we are talking about. We need to crawl before we can walk or run.

The motivation to recycle doesn't need to be out of concern for our environment, or out of respect for the law but can be out of concern for our pocket-books. Most of what gets trashed has value in today's markets. By continuing to trash 95 percent of materials the city forgoes real income. This is exactly what former City Controller Saidel explained in last year's audit on the city's recycling program in which he reported that \$17 million could be saved.

The Streets Department is avoiding giving RecycleBank a contract to take their program city wide, claiming that there are upfront costs that must be paid

(continued from page 1)



New Courtland Elder Service, 6959 Germantown Ave., is the new recycling site (enter on Carpenter Lane).

idea to ask Germantown Home because of their easy access and close proximity to Weavers Way.

The hours of recycling will remain the same: the third Saturday of the month, from 9 a.m. to 1 p.m. The same materials will be collected: paper, plastic bottles, aluminum cans, and cardboard.

The new recycling site is in the parking lot behind the firehouse on Germantown Ave. at Carpenter Lane. Enter from Carpenter Lane. (From Carpenter Lane, cross Lincoln Drive, pass the Septa station and stop sign at top of hill. After Mower Lane, turn left into parking lot.) The new site is just under one mile from the Co-op.

before the program can move forward. Perhaps that is true. The objective should be to determine the best way to minimize those costs not whether to incur them at all. This would be a prudent investment and would certainly earn a return.

Want recycling? Demand it The circumstances are ripe for change. The debate should not regard whether or not to improve the city's recycling but simply how to do so.

Evan Belser does all his shopping at Weavers Way and lives in the 400 block of W. Sedgwick. Professionally he's a program organizer for Clean Water Action, a grassroots environmental organization with 6,000 members in Philadelphia. He is a member of the city's Recycling Advisory Committee and sits on the Steering Committee for Recycle NOW Philadelphia Campaign, a campaign of the Recycling Alliance of Philadelphia.

Thank You, Unitarian Church

by Sandy Folzer

Thank you to the Germantown Unitarian Society of Germantown.

Weavers Way Co-op has had a long term relationship with the Unitarian Society of Germantown. They have been supportive of our recycling program for many, many years. They have been cheerful partners in our joint venture to recycle, in order to clean up the environment and to give grants to environmental or educational organizations.

The Church has endured the comings and goings every third Saturday morning

of numerous cars up and down their driveway. They have been tolerant of all our hustle and bustle at that time. The Church has also had to put up with those uninformed or inconsiderate enough to dump recyclable materials when we are not scheduled, which means they have to live with the "trash" until someone from the Environment Committee or the Coop comes to remove it.

Weavers Way Co-op will always feel a kinship with the Unitarian Society of Germantown for their assistance over the years

What You Can Recycle

Weavers Way's Monthly Recycling Program, now at at the Germantown Home, part of New Courtland Elder Service at 6959 Germantown Ave., at Carpenter Lane, accepts:

Residential Mixed Paper:

newspaper / magazines / junk mail / catalogs / phone books / books advertisers without plastic bags / paper bags / wrapping paper (dry, clean) cereal boxes, flattened with liner removed / office paper, office files corrugated cardboard boxes, flattened to save space unless used to contain other mixed paper

- * Bring mixed paper in cardboard boxes, or paper bags.
- * You can bring paper in plastic bags, but remove plastic bag at site.
- * Do not bring paper that has a plastic or wax coating.
- * Do not bring wet or soiled paper.

Plastics - I & 2 only, with the following exceptions:

<u>NO</u>

automotive products

take-out food containers

strawberries/blueberries containers

if the top is wider than the bottom

YES

detergents, cleaning products, etc. food, water bottles, RX bottles, etc. kitty litter containers mouthwash, saline solution, baby powder, shampoos, liquid soaps, etc. if the top is narrower than the bottom



Air conditioning has arrived!

Friday, 8/11, 7:30pm. Films at the Sedgwick comes to Big Blue Marble. Learn everything you may or may not need to know about being a woman.

Thursday, 8/31, 7pm. Juliet Eilperin of the Washington Post reads, signs, and discusses *Fight Club Politics*. Kick-off event for our pre-election series, Creating Political Change.

Thursday, 9/14, 6:30pm. Salome Thomas-EL, author of *The Immorality of Influence* and *I Choose to Stay* discussing the importance of every adult's influence on the life of a child. Soon Will Smith will play Thomas-EL in a theater near you!

Saturday, 9/16, 7:30pm. VERY SPECIAL Local Author Showcase: Local book launch for **Jonathan McGoran** writing as D. H. Dublin. Join Weavers Way's own *Shuttle* editor as he debuts his novel *Body Trace*.

And check out our website for more on our regularly scheduled events: First Friday Sustainability Salon, Book Club, Local Author Showcase, Poetry Aloud and Alive, Baby group, and two Story Times for kids re-starting in this Fall at new times



551 Carpenter Lane, Philadelphia 19119 215-844-1870

info@ bigbluemarblebooks.com Hours: Mon-Thurs 10-7; Fri-Sat 10-9; Sun 12-5



PLYMOUTH MEETING FRIENDS SCHOOL

2006 Admission Open Houses

A big world in a small Quaker school.

Thursday, October 12

Saturday, November 4

Pre-Kindergarten - 6th Grade

9:30-11:30am



Board Certified (NCCAOM)

R. Acupuncturist, Dipl. AC/CH/OM

Mt. Airy, Philadelphia

215 242-9777 bethanncorr@aol.com

Recycle NOW Philadelphia!

by Evan M. Belser

For years Philadelphia residents have had the chore of separating bottles, cans and paper from their trash. Recycling is good for the environment, we're told. Recycling is the law, we're told.

Civic duties aside, there's a new recycling program called RecycleBank being tested in the city that actually pays people to recycle. Not only that, but this program makes it easier to recycle, will save the city millions of dollars and bring the residential recycling program into compliance with the law. RecycleBank will drastically improve what's now one of the most shameful residential recycling programs in the country: ours.

Sadly the city is dragging its feet in instituting this program. In response, there's a city-wide grassroots campaign called Recycle NOW Philadelphia. This is a public information, education and civic action campaign whose goal is the citywide implementation of the Recycle Bank program, providing weekly, curbside recycling for every resident of Philadelphia. The initial objective of the campaign is to demonstrate overwhelming public support for the Recycle Bank program to secure the commitment of elected officials to bring pressure on the mayor to implement the program. It's organized by the Recycling Alliance of Philadelphia (no affiliation with RecycleBank), a group that has been advocating for better recycling for years. I urge you to join the brand new Mt. Airy chapter by calling me at 215-640-8800. We'll be gathering petitions in

the neighborhood and bringing our message to City Hall.

Let's not get ahead of ourselves though. Read on to learn what you're

RecycleBank wouldn't replace any city workers or trucks. Instead, they would provide a few things to complement the currently floundering program. They would provide: one large, flip-top, wheeled recycling bin for metal, glass, paper, cardboard and plastics (that's right no separating required) for each household; a lifting mechanism that would attach to the city's trucks; and a program to get coupons from participating businesses to the residents that recycle. The lifting mechanism weighs the contents of each bin, scans the bar code embedded in each bin, and records how much each household recycled. Residents then may go to www.recyclebank.com or call to redeem coupons to any of hundreds of participating local and corporate stores.

In the small RecycleBank pilots in Chestnut Hill and West Oak Lane the increases of both the percentage of households that recycle and the amount of material that gets recycled has been phenom-

What this could mean for the city is extraordinary. This year Philadelphia residents will drag 700,000 tons of material to their curb for the city to collect. City sanitation employees will put this in one of two places: a trash truck or a recycling truck. The choice between the two has huge implications.

For the material that is tossed into a trash truck, it will be incinerated or dumped into a landfill. Burning trash pollutes our air; landfills contaminate groundwater and are a shameful use of open space. Disposal also necessitates the use of virgin materials for the next round of consumer items. The health of our environment is inextricably linked to the health of our people and thus these practices are unacceptable and entirely unsustainable.

The materials that are tossed in a recycling truck, on the other hand, will be recycled and reused, helping to lessen the city's environmental impact.

If this year is like last year, 95 percent of what's put to the curb will be incinerated or taken to a landfill. At five percent, Philly has the second lowest recycling diversion rate among major cities in the country.

The first step toward responsible waste management is to keep reusable materials out of landfills. This principle was, of course, the impetus behind Philadelphia's mandatory recycling ordinance set to law 20 years ago - a law with which the City has never been in compliance. Sadly citizens are still expending their energy to push the City to adhere to

Just for perspective, know that what Recycle NOW Philadelphia is demanding is mere baby steps toward environmental stewardship. Advanced notions such as manufacturer responsibility, zero waste initiatives, bottle bills, pay as you throw

(continued on page 5)

Board Business

(continued from page 2)

Support for Other Co-ops

A leading goal of the Co-op is to support other cooperatives. To this end, in June we had a presentation from Tatiana Granados and Haile Johnston of the Common Market, an emerging food cooperative in the Brewerytown/Strawberry Mansion section of Philadelphia. Weavers Way has participated in a USDA Grant submission to assist this co-op in starting. While the USDA grant was not awarded, the Weavers Way board was quite impressed with the organization and is eager to support their efforts.

In July, we were visited by the leadership from the Chester, PA Community Grocery Co-op. They visited us to see how our board uses policy governance and to begin forging what we hope will be a longstanding relationship between our organizations. We are quite impressed with the efforts of the Chester Community Grocery Co-op and will eagerly seek out the opportunity to assist their efforts.

Andi Sheaffer

Finally, as you will read elsewhere in this issue of the Shuttle, the board heard a report about the meeting between Andi Sheaffer and several Weavers Way board and staff. The board voted

(continued on page 6)

Framer's Workroom

435 Old York Rd, Jenkintown (215) 884 - 4483

Fine Custom and Do It Yourself Framing Since 1976

★ Museum Conservation Framing ★Creative, Knowledgeable Design Team ★ Custom Shadow Boxes and Mirrors ★Needlework, Oils, Photography, Prints, Posters

All Work Done on Premises! Always a 10% Discount to Co-op Members!

Tuesday, Thursday, Friday 10am - 6pm Wednesday 10am - 9pm Saturday 10am - 5pm Closed Sunday and Monday Parking in Rear

Professional & Personal Coaching

Career/Management Coaching Personal/Life Coaching Workplace and Community Seminars

The key to attaining career, business and life goals. Increase success, reduce procrastination and stress. Stay on track and attain your goals.

Gloria D. Rohlfs, MSW, L.S.W. 215.248.6287

CoachGDR@juno.com

Recipient, Best of the Northwest People's Choice Award for Professional Coaching Co-op discount



Chestnut Hill Farmer's Market

> 215-248-1224 Open Thursday

through Saturday

Summit Presbyterian Church Greene and Westview Streets A welcoming spiritual community dedicated to loarning from diversity. Sunday Worship: 10:00 a.m. - Learning Hour: 9:40 a.m. Lunch for anyone over 60 every Tuesday at noon.

Openings in Pre-K and Kindergarten for 2006-2007

At Oak Lane Day School, we celebrate your child's individuality. Our unique and award-winning curriculum focuses on your child's intellectual, creative, academic, and athletic growth. Visit our campus. Experience a typical school day. Meet faculty, staff, and other Oak Lane parents.

Parent Open House — Thursday, November 9 9-10:30 am

- * Meet faculty & staff, including science, music, and art specialists
- Tour the 30-acre campus including science, athletic & arts facilities
- Open Q/A session
- Application and tuition info for Pre-K through 6th grade



137 Stenton Ave., Blue Bell, PA 610-825-1055 * www.oaklanedayschool.org

Committee Profile

The Weavers Way Education Committee

by Abigail Perkiss

When Larry Schofer joined Weavers Way in 1975, he was looking for a sense of community. When he became the chair of the Co-op's Education Committee 27 years later, he wanted to expand the scope of that community. According to Schofer, the goal of the Education Committee is to "serve the non-shopping interests of the Co-op's members."

The committee was created in the 1980s, to put out the *Shuttle*, then a simple mimeographed newsletter. As the *Shuttle* became more professional, committee members served as advisors, discussing content and advertising. In recent years, though, as the *Shuttle* has become its own enterprise, the education committee has refocused its efforts to provide opportunities for cultural, culinary, and environmental expansion.

"From 'organic farming' to 'eating without sugar' to 'learning about classical members," says Schofer, "there are all kinds of things that members are experts in and are willing to put together an evening workshop about. We give them work credit, and they teach to the members of the community."

Generally, the committee holds 1-2 of these free workshops per month. Over time, their popularity has grown so much that the Co-op's administrative assistant had to ask Schofer and his colleagues to

McGoran Book

(continued from page 1)

Dublin introduces us to the forensics team, where Madison's uncompromising uncle, David Cross, is in charge. Her first assignment, with partner Melissa Rourke, is to investigate the deaths of two overdosed coeds at the University of Pennsylvania. On day one, Madison manages to annoy homicide detectives, set off a media frenzy and draw the ire of the police commissioner, the mayor and the president of the university. Though David wants the case closed quickly and cleanly, pressure from the media and the officials above him puts Madison and the team to work disproving the possibility of homicide. Madison, of course, thinks the evidence points toward foul play, and soon she discovers there's more to the girls' story than a bottle of pills, leading her into Philly's criminal underbelly. Dublin's novel isn't groundbreaking, but his detailed approach and lively characters make an immersive read; anyone waiting for a CSI: Philadelphia spinoff should be pleased with this well-written, wellmeaning derivative.

CK: Wow That's a thorough account. JM: Actually I was just reading the review from Publisher's Weekly.

CK: So, it's getting good reviews?

JM: Apparently so. I haven't read it.
But I've spent the last year nursing
Dublin's bouts of insecurity, praising his
"tight prose" and "quirky characters."
What do I get for it? Not even a French
press. I have two novels, you know? And
they're funny

CK: Are they published? JM: No, but...

CK: OK, enough about you, Jon. Back to Dublin. Can we expect another novel? JM: His second novel, Blood Poison, has been accepted by the publisher and is screen the requests.

"We set up a list of criteria – generally, we don't want any workshops for commercial purposes, and we want to ensure that they're not discriminatory. Other than that, it's up to the community, what they want."

In the past, the committee has instituted a book exchange and an electronic media giveaway. They've attempted to enhance the communications capabilities of the community – through an electronic bulletin board, Common Threads (which can be accessed through the Co-op's website), and through a conversation corner within the store, "a place where people can sit and have coffee and chat, a social side of the Co-op."

With five current members – Schofer, Elliot White, Gayle Simons, Richard Linsenberg, and Seth Horwitz – the education committee is on the small side these days. But they're still trying to have a big impact, both on the Co-op and on Mt. Airy as a whole. They're in the process of determining what their role in the community should be, but are hoping to expand their reach beyond the confines of Co-op membership.

"Last year, we held a movie screening about the oil crisis for the general public," says Schofer. "We're hoping to reach out to a larger group than the four or five that show up for most workshops."

scheduled to come out in September 2007. It's part of a three-book deal with Penguin Books' imprint Berkeley. They call it the CSU Investigation Series. Dublin will be finishing up the third novel in December.

CK: Three novels That's impressive Should put some cash in his pockets.

JM: It's chump change. A little more than half a buck per book. He won't be quitting his day job anytime soon. But he'll probably work less. One of the perks of not making much money in your day job is that you don't have to get a huge advance to compensate for cutting back on your hours a bit.

CK: What is Dublin's day job?

JM: No one knows. Can I tell you about my novel *Slapdash*? It's a crime novel too, but funny.

CK: We really don't have time, Jon. Call me when it's published. Getting back to Dublin, did he have to do a lot of research?

JM: Unlike my novels, which are mainly plot and character driven – and funny – *Body Trace* is more about process, the forensic process of solving a crime. That involves a lot of research.

CK: Like showing up at crime scenes and taking notes?

JM: No, that would involve leaving the Co-op basement. Dublin spent a lot of time on the phone, asking people how he can use their product to kill people.

CK: And they answered him?

JM: I guess so. The book's coming out this month, right? By the way, they make great gifts and Amazon.com offers free shipping for orders over \$25.

CK: What are you, his agent?

JM: We're like brothers. Sort of like
Nicholas Cage's dual roles in Charlie

Summer Students at the Co-op

by Rick Spalek



THIS SUMMER'S INTERNS AT THE CO-OP WERE (L-R) ASHLEY URQUHART, DAYMAR FURSE, AND RACHELE STYER. THANKS FOR ALL YOUR HARDWORK!

Once again we have hosted three local high school students for a five-week program this summer as part of a Career Exploration program through Mt Airy USA, and the Saul High School.

The three students were Ashley Urquhart, Rachele Styer, and Daymar Furse. Daymar will be a junior at Martin Luther King High School, Ashley will be a junior at Saul High School, and Rachele will attend Community College of Philadelphia. They helped us out immensely this summer, completing projects we find hard to even begin during the

busier part of the year. Ashley and Daymar have compiled our yearly sales records, Rachele made many new signs for the first floor, Daymar helped shred many old payroll records, they all worked at the farm several times, and of course they helped fill open cooperator slots wherever it was needed.

We enthusiastically support these programs, and hope to host more kids in the future. After last Summer, we hired Shenika Balfour to be a cashier and help input data into our new POS system. She is still with us, and doing a wonderful job.

Kaufman's movie *Adaptation*. You can also buy the book through my website, www.jmcgoran.com. I also have excerpts of my novels, which are funny.

CK: Sure. Sure. Do you remember any of Dublin's research phone conversations?

JM: D.H. wouldn't want me to give too much of the plot away, but I heard him ask questions about how much of their product it would take to kill someone, how quickly would it kill somebody. Stuff like that.

CK: And people answered him?

JM: Some did. If you recall the Publisher's Weekly review, coeds get murdered. Dublin actually called sorority houses to find out how they worked and how you'd go about killing someone. As you can imagine, the girls were a bit leery. But luckily, when he called one sorority, the cook answered and spilled the beans—I mean, I don't think he literally spilled any beans he was handling, although, I guess he could have.

CK: What's the key for finishing three books under such tight deadlines?

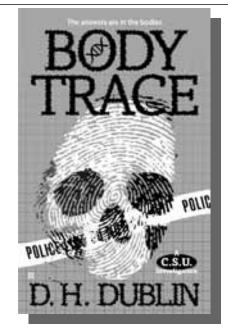
JM: The secret is to have a thoroughly detailed outline. Dublin spent an average of five weeks writing the outlines and then completed acceptable drafts of the novels in about five months. But more importantly, you have to trust the outline, trust that you included all the things you begin to worry about half-way through the manuscript.

CK: That's an awful lot of information to keep loaded in your brain.

JM: I also wrote detailed outlines for my novels *Slapdash* and *Pig Latin*.

CK: Jon, we're done the interview. Can you thank Dublin for me?

JM: Visit my website – www.jmcgoran.com – for excerpts of Slapdash, which



Body Trace, by Jonathan McGoran writing as D. H. Dublin, is available at Weavers Way, Big Blue Marble, Borders and Amazon.com.
(Co-op work credit will be given for favorable reviews). Join us for the debut of Body Trace at Big Blue Marble, Sat., Sept. 16, at 7:30 p.m. my agent is shopping around. And it's funny.

CK: Jon, give me that mic. This interview is over.

JM: Don't you realize – *I'm* D.H. Dublin He's me. I'm him.

CK: Enough of this silly fantasy, Jon. You'll get published some day. Read Body Trace, take notes from a writer who has "made" it.

JM: But I *have* made it. D.H. Dublin is my pen name.

CK: Bye, Jon. Thanks for sitting in for Mr. Dublin.

JM: (screaming out the door) Wait Come back At least visit my website... there are excerpts... and a picture of me... *AND I'M FUNNY*

Editor's Note

by Jonathan McGoran

Apparently, October is Fair
Trade Month. I know this because Norman Weiss mentioned the fact in his illuminating article on the Fair
Trade movement. Thank you, Norman.

October is also Co-op month, and frankly, I think it's a disgrace that no has even mentioned the fact that... Actually, I just did mention it, didn't I? Well, I guess that'll do. It's more than we did last year.

Among the other big stories in this issue is the dramatic impact the skyrocketing cost of health insurance is having on the American workforce, and more specifically, on me. When Co-op staffers first heard the details of the new medical plan, we immediately and spontaneously formed the Organization of Underinsured Consumers of Healthcare (O.U.C.H.), and I think its catching on — the group's acronym has been invoked by pretty much everyone confronted with the new plan.

In certain circles, friends with whom one shares a "physical" relationship are referred to as "friends with benefits," a phrase that suddenly makes a lot more sense: in addition to my wages, I get "benefits." Somehow I think the insurance companies are "benefiting me" more than the other way around (I don't even want to know what "fringe benefits" means).

But the news isn't all bad. The "exclusive" (okay, "small") group of publishers willing to publish my words (heretofore known as "me") has grown by one. On Sept. 5, Penguin Books will publish my novel *Body Trace*. Among the many benefits I anticipate from being a published author is being able to use "working on my next book" as an excuse when I write tripe like this column every two months.

As I mentioned in the last issue, I wrote *Body Trace* under the pen name "D. H. Dublin," a fact that is exploited to whimsical effect in Chris Kaiser's hilarious article about the book on page one. (Chris writes under his own name, but I have a few other names for him, as well.)

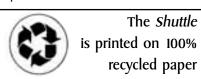
While it's true that my real name does not appear on the book, at least I managed to get my face on the cover. (These tight deadlines have not been kind to me.)

The Shuttle is published by Weavers Way Coop and is mailed to all members. Deadline for the next issue is: Oct. 1, 2006 Statement of Policy

Articles should be under 500 words and can be submitted neatly typed, on disk, or e-mailed to jonmcgo@weaversway.coop. Be sure to include your name, phone number, and membership number. Drop them off by the deadline to the *Shuttle* mailbox on the second floor of the Co-op. The purpose of the *Shuttle* is to provide members with information as well as education about co-ops, health food practices, and other matters of interest to the members as consumers and citizens of the community.

Articles express only the views of the writers and not those of the Co-op or the board of directors, unless identified as such. Articles, letters, comments, criticisms, and suggestions are welcome and should be directed to the editor. Space limitations require that the editor has the right to edit all articles.

Ad rates are available upon request, in the advertising mailbox on the second floor, or at wwwweaversway.coop. All ads must be cameraready 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.



Co-op Study/Action Groups Get Started



ROUSED BY GUEST GAR ALPEROVITZ'S FIERY RHETORIC, THE NEWLY FORMED ABC STUDY/ACTION GROUP SPRINGS INTO POSITIVE ACTION.

by Bob Noble

Inspired by a speech given by Gar Alperovitz, seventeen Weavers Way members met on Sunday morning, June 25, to inaugurate a program of study and political action - the first such effort in the Coop's 33-year history. Gar Alperovitz, noted political economist and historian, challenged his listeners at the Weavers Way spring membership meeting to do more to realize their potential in laying the foundation for the evolutionary transformation of American society. Recognizing the benefits of local, grassroots, democratically controlled wealth creation by a variety of types of organizations including retail consumer food co-ops – Alperovitz advocated the formation of small study/action groups as a means of furthering this long-range endeavor. Following Alperovitz's talk, the Board of Directors posted a sheet in the store for members to sign up to participate in small groups to discuss his book, Beyond Capitalism, and ideas for political action. So far, over forty members have expressed interest in participating.

At the June 25 meeting, members discussed the group's purpose and suggested alternative names for the study-action program. Some initial ideas for possible future activities included reaching out to more people and other groups, agitating for a reactivation of a 1980s city council ordinance on local co-op development,

and a closer examination of wealth redistribution proposals such as those enacted in Alaska and Massachusetts. Suggested alternatives to the "Beyond Gar" moniker included "New Democracy," "A Better World," "Transforming America," and "Hatchery."

Smaller groups of five to seven people have begun meeting (see below). Intergroup communication will be facilitated via http://groups.yahoo.com/group/beyondgar/ at Yahoo Groups, as well as email and phone calls, and by periodically reconvening as a larger group. Group leadership may be shared or rotated. Other groups will be created as needed. Interested members should contact the leader of the group they wish to join, and begin reading Gar's book. If none of the times is good for you, volunteer to form a new group

Monthly Study/Action Meetings

- Sundays, 10 a.m., Sept. 10, Jane and Larry Schofer, 215-248-3762, jane.schofer@verizon.net
- Third Mondays, Afshin Kaighobady, 215-438-1517, afshink@markis.com
- Second Tuesdays, Rosemary Burke, 215-260-7788, rburke333@yahoo.com
- Third Wednesdays, 7 p.m. Sept. 20 Bob Noble, 215-843-5647, bobnoble@msn.com

Co-op Meets with Andi Sheaffer (continued from page 1)

The remainder of this article is a summary of what Andi said at the meeting.

She was hired at Weavers Way in 1988 or 1989. Early on she was given the task of opening the mail and cashiering, as well as bookkeeping. In the spring of 1994 or 1995, she was preparing the quarterly financial report, but the accounts payable would not balance with the General Ledger. She couldn't find the mistake. Instead of telling anyone, she fudged the numbers with the intention of fixing it next time around. She had been under a lot of personal stress. Three months later, when it came time to produce the next quarterly report, she still couldn't fix the mistake. She went on fudging the numbers each quarter, she said.

For the next five years, Andi said, shewas able to get by, in part, because sales were relatively good and she could borrow money from the reserve account to pay bills, and then put it back when it was available. At first she would just tell the General Manager that a money transfer was needed and he'd do it. But after a while she was told to do it herself even

though she was not a bank signatory. It was all done either on-line or by automated phone systems. She stopped telling anyone when she was making the bank transfers. She said she kept two bank reconciliations: one real and one fake.

In 2000, sales began to decline and cash was not as available. She said she transferred money from the reserves and eventually from the member loan escrow account. She was not able to return the money to these accounts. As cash became scarcer, financial matters deteriorated. Bills were entered as having been paid in the accounts payable system, but checks were not mailed to vendors until weeks later, or not at all. Insurance premiums went unpaid. Tax returns were not filed. Employee 401k deductions were taken from paychecks, but not deposited into brokerage accounts. Doctoring of financial reports increased. She never told anyone.

Andi said she is ashamed and deeply disturbed by what she did. She was not thinking rationally. She feared for her job and she thought that if she revealed the true financial picture that other WW employees might lose benefits and jobs. She also said she did not steal anything.

Board Business

From El Presidente! Stuart Katz

Policy Governance

For the past several years, the board has used a system of governance called Policy Governance. In June, after a small sub-committee spent several months discussing those policies that govern our relationship with the General Manager and reviewing similar policies from other food co-ops, we made a significant change to the Weavers Way policy manual. We approved what are called Executive Limitations policies. These policies tell the GM what outcomes, events or circumstances the board will not allow. In some cases, these are financial, as in:

"The General Manager shall not cause or allow

L1.1 Indebtedness of a type and level that jeopardizes the ability of the cooperative to repay its current and long-term financial obligations in a timely fashion)"

Or they may have to do with staff:

"The General Manager shall not: L5. I Operate without written personnel policies that are clearly communicated to staff, and which: (a) cover operating procedures, (b) provide for effective handling of grievances, and (c) protect against wrongful conditions, and (d) provide for annual performance reviews."

As long as these policies are followed, the GM is free to meet all of our other goals in any way he sees fit. This form of governance is designed to free the board from micro-management and allow the GM and the staff to solve problems creatively. Over the next year, the GM will provide to the board regular monitoring reports detailing his success at meeting our goals while operating within these Executive Limitations policies.

In July, the board examined those policies that detail how the board has done its job. Meeting as a whole, the board reviewed each of the governance policies and discussed not only how we did, but whether these policies continue to effectively address the current situation and issues relevant to the board. In general, the board felt we carried out our roles at an acceptable level of performance, although we will be developing some language changes as well as some additions and deletions of polices in some key areas. However, the largest policy area - governing the relationship and the functioning of the committees - is still to be discussed. It is impossible in this limited space to discuss the details of these policies, but I direct you to our web site,

www.weaversway.coop, to read the board policy manual and the minutes of the June and July meetings to see what our monitoring highlighted.

(continued on page 4)

Spring General Membership

Thursday, Oct. 26, 2006, 7:00p.m. Summit Church, Westview & Greene Streets

Agenda

Report from the GM • Report from the president of the board Fair trade presentation • Approve minutes of previous meeting



559 Carpenter Lane, Philadelphia, PA 19119 phone: 215-843-2350 · fax: 215-843-6945 www.WeaversWay.coop

Manager's Corner

by Glenn Bergman

A few weeks ago, David Tukey, Weavers Way Human Resources Manager, came to me with the long-awaited last piece of news we needed to finish our budget process: the annual health care premium and the percentage increase. It is a yearly tradition to guess the percentage increase. Will it be single digit or double digit percentage increase? Will they drop us? We start this process in April or May by meeting with our agent, who is "independent." He gives us a ballpark figure, but tells us he has really no idea until the Insurance Gods release their number.

We start the process of asking around to others, "What did your insurance rate change this year?" We hear all kinds of percentages from single digit to up in the twenties.

For those of you who are in small businesses, work in the benefits department of a large company, or try to find your own independent insurance for which you pay 100 percent of the freight

(continued on page 6)

Co-op Meets with Andi Sheaffer

by Bob Noble

On June 23 former Weavers Way Finance Manager Andi Sheaffer and her attorney, Jeff Lindy, met with representatives of the Co-op, Treasurer Susan Beetle, Finance Manager and Staff Director Lou Dobkin, Produce Manager Jean MacKenzie, and Immediate Past President Bob Noble. Assistant District Attorney Drew Dedo was also present. The meeting was a requirement of the Accelerated Rehabilitative Disposition (ARD) agreement between Andi and the DA. The other two requirements of the agreement, which she has also fulfilled, were that she pay Weavers Way \$30,000 and apologize for her role in the financial fiasco that was revealed beginning in November of 2002. By fulfilling the agreement and completing two years probation, Andi will have her record expunged.

(continued on page 2)

Inside:

Suggestions

Board Business 2 3 Committee Profile Staff Benefit Report 7 Financial Update 10

And of course... Scads more

28

Vol. 35, No. 5 the Shuttle

PhillyCarShare Arrives at **Weavers Way**

by Ama Kwofie, PhillyCarShare Marketing Coordinator

Glenn Bergman is selling one of his cars. The Weavers Way Coop manager will join PhillyCar-Share after parting ways with his 1996 Saturn. "The insurance and maintenance costs of an extra car are excessive," says Bergman. "PhillyCarShare will fill the void." In fact, this PhillyCar-Share enthusiast is such a fan, his pivotal efforts are bringing PhillyCarShare to Weavers Way.

When Bergman saw how convenient and affordable car sharing would be for the Co-op's members, he immediately green-lighted the arrival of a car at Weavers Way. Bergman also helped develop enticing incen-

(L-R) WEAVERS WAY GENERAL MANGER GLENN BERGMAN IS JOINED BY: SYLVIA CARTER, WEAVERS WAY CO-OP MEMBERSHIP CHAIR:

BONNIE SHUMAN, WEAVERS WAY CHEF; TANYA SEAMAN, PHILLYCARSHARE EXECUTIVE DIRECTOR; AND CLAYTON LANE, (continued on page 15) PHILLYCARSHARE DEPUTY EXECUTIVE DIRECTOR.

Shuttle Editor Exploits Position, Shamelessly Promotes New Book(s)

Reclusive writer D.H. Dublin shuns publicity for debut novel. Shuttle Editor Jon McGoran steps in to save interview, sort of...

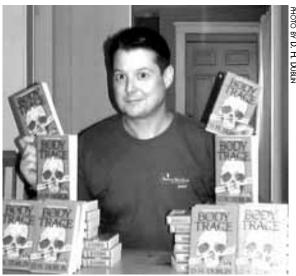
by Chris Kaiser

If you've ever fulfilled your Coop hours by working in the basement, you may have heard the nimble fingers of D.H. Dublin tapping away on his laptop in the shadows. Do not disturb the man. Do *not* offer him a cashew or a fig. Do not ask him what constitutes mixed greens. While there is no record of physical violence from Dublin, his imaginary forays into strange and demented behavior are well documented in his first novel, Body Trace, out Sept. 5 from Penguin Books. I encourage everyone to

buy the book, so that you can understand the mind of a mad genius.

Dublin refused to be interviewed for this article, even rebuffing a free French press. But Shuttle editor Jon McGoran graciously agreed to fill the void.

CK: What can you tell us about



BUY THIS BOOK.

Dublin's debut novel, Jon?

JM: It's a brisk, tight novel about the crime scene unit of the Philadelphia Police Department with a quirky, careerdriven cast. Through a beautiful, booksmart rookie, technician Madison Cross,

(continued on page 3)

Weavers Way Cooperative Association 559 Carpenter Lane · Philadelphia, PA 19119

Presorted Standard POSTAGE PAID Philadelphia, PA Permit No. 2658

Mt. Airy Village Fair at Greene Street & Carpenter Lane, Sunday, Sept. 10

September/October 2006

by Pam Rogow

If the reason you don't compete in pieeating contests is that you like your desserts organic, your number's up: We have the street fair for you.

On Sunday, Sept. 10, from 11 to 5 p.m, the World's First Organic Pie-Eating Contest will be held in front of the High Point Café, one of several dozen activities and entertainments featured at the first Mt. Airy Village Fair, at the intersection of Greene and Carpenter Lane

The Co-op has come together with Big Blue Marble Bookstore (whose brainchild this is), High Point Café, Maternal Well-

(continued on page 7)

New Location for Co-op Recycling

by Sandy Folzer

As of October 2006 Weavers Way Co-op will have a new recycling site.

We shall no longer be using the rear entrance of the Unitarian Church at 6511 Lincoln Drive.

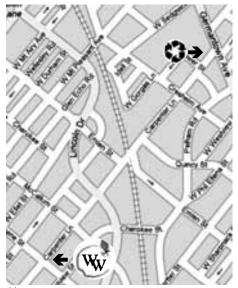
September will be the last month for that location.

Our new recycling site will be at the Germantown Home, part of New Courtland Elder Service at 6959 Germantown Ave. (Access is from Carpenter Lane).

Weavers Way's Environment Committee has decided to change the recycling site as of October 2006. It is vital that this information is circulated, as there will be no drop off of recycling materials at the Unitarian Church after September of 2006. They have been very cooperative over the years, so we do not wish to cause them any inconvenience in the future.

Through Philadelphia's Partnership Recycling, the Environment Committee

(continued on page 5)



MONTHLY RECYCLING HAS MOVED TO CARPENTER LANE, JUST OFF G'TN. AVE.