

The Shuttle Is Going Monthly!!

Due to popular demand, starting January 2007, the Shuttle will be published monthly!

Twice the news! Twice the Entertainment! Twice the sarcasm! Twice the work! Twice the headaches! What the heck were we thinking?

November/December 2006

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559 Carpenter Lane, Philadelphia, PA 19119

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www.WeaversWay.coop

the Shuttle

Manager's Corner

by Glenn Bergman

Expansion Plans Continue....

I often hear from members, "Why look for a second store?" or "When are we going to get a bigger store?" or "When are you going to renovate the store?" Weekly, I receive a call from a developer or a resident of another community asking me to look at a property for a potential co-op location. There are so many different opinions, desires, and directions that it can be unsettling deciding which direction I should suggest to the board, the members, and staff.

A little over a year ago, I had the idea to purchase the building next door to the Co-op, at 555 Carpenter Lane. We made an above-market offer to the owner and walked away with a property that is contiguous to the Co-op. My immediate plan was to rent it out and to begin plans for an extended space: take-out food kitchen (yes, a real kitchen with stoves and ovens); perhaps move the pet store over to the building; expand our deli and cheese offerings; and move the offices under one

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All's Fair in Mt. Airy

First Annual Mt. Airy Village Fair a hands-down success



PHOTO BY CLIFF HENGE

THE INTERSECTION OF GREENE ST. AND CARPENTER LA. ENJOYED A DIFFERENT KIND OF CONGESTION AT THE MT. AIRY VILLAGE. MORE PHOTOS ON PAGE 8.

by Cristine Adams

Take an organic pie-eating contest, add a pet parade, throw in a few local authors, blitz chess, a kids co-op, music from around the world, some English country

dancers, a bake-o-rama bake-off, and a village parade, complete with ten-foot puppets on stilts and 150 kazoos. Then bring in some farm animals, a fire truck, and some worms, of course. And what

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Board Elections This Spring

by Sylvia Gentry

The Weavers Way Leadership Committee is currently working on preparations for election of board members to take place at the spring general membership meeting. There will be four at-large director positions and one staff director position up for election next spring.

The leadership committee looks for members who are interested in participating on the board, and who have the skills, abilities, and interest to participate actively and fully in the leadership of Weavers Way. The effectiveness of the board depends upon each board member's ability to work collaboratively with the board, and to contribute fully in the work of the board. The capacity to be visionary in planning for the future of the Co-op is essential for the continued growth and development of Weavers Way to meet the needs of the community.

If you would like more information about participation on the board, you can contact the leadership committee chair, Bob Noble, at 215-843-5647, or commit-

(continued on page 2)

Marketplace Program Now in 5 Schools



PHOTO BY JONATHAN MCGORAN

MARKETPLACE STUDENTS FROM A. B. DAY SCHOOL TOUR WEAVERS WAY.

by Glenn Bergman

The Marketplace Program started a few years ago with C. W. Henry School. Then we expanded last year to include the Wisahickon Charter School. This year, Houston, Jenks, and A. B. Day schools have also joined the program. With five schools participating, we needed to bring someone on the team half time to coordinate the program for Weavers Way.

We are proud to have Terri Rivera join Weavers Way as the Marketplace Coordinator. Terri has a master's degree in education and years of experience on the Northwest schools committee, and most recently with the Mt Airy Community Computer Center (MACCC). You'll read more about Marketplace and Terri Rivera in the next issue of *The Shuttle*.

Plan Now to Plant Street Trees, March '07

by Dave Tukey

Each March the Pennsylvania Horticultural Society (PHS) sponsors an extensive planting of bare-root street trees across the city. Volunteers plant hundreds of street trees each year at a considerable discount to residents. The Co-op Tree Tenders group and local residents planted 34 trees in March 2006 and plans to plant more in West Mt. Airy this coming March.

How do you plan for a tree?

Start thinking now about locations along your streets in West Mt. Airy that might be good locations for a new street tree and make a list of the details.

Look for areas between the curb and the sidewalk at least three-feet by three-feet large. If you do not have an area large enough, you can plant a tree on your front lawn near your sidewalk.

For each location, check for overhead wires. Varieties of trees that do not grow too tall will be suitable there.



PHOTO BY JONATHAN MCGORAN

610 CARPENTER LANE, WITH A TREE PLANTED BY TREETENDERS MARCH, 2005.

Also check for nearby trees, utility poles, traffic signs, and mail boxes.

Take special note of anything in that site that will need to be removed, such as concrete, bricks, or tree stumps.

How do I reserve a tree?

There are two forms to submit to the Co-op Tree Tenders group.

First is an order form indicating which kind of tree you would like; you'll be able to select from those available through the Horticultural Society.

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And of course... Scads more

Weavers Way Cooperative Association
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Editor's Note

by Jonathan McGoran



As with most issues of *The Shuttle* from the last thirty or so years, two of the topics covered in this issue are expansion and parking.

But first, we need to address important questions about the safety of our food supply. Is factory farming part of the problem, you ask? The answer is "Does a cow poop in the pasture?" Or, more to the point, "Do 20,000 head of cattle poop in a pasture-upstream from your spinach farm?" You can read more about this issue in the illuminating article on page six.

While expansion remains a hot topic, most members don't realize Weavers Way already has five locations. Not 555, 557, 559, 608 and 610 Carpenter Lane, I'm talking Henry, Houston, Jenks, A. B. Day, and Wissahickon Charter Schools. While we've been fretting over what type of expansion to pursue next, the Marketplace Program has just gone ahead and done it.


Finally, I was driving in slowly widening circles around the Co-op recently, looking for a parking spot in the same zip code and pondering solutions to the parking problem, when Joni Mitchell's "Big Yellow Taxi" came on the radio.

When I first heard the song many years ago, I nodded in solemn agreement with the song's environmental message. This time, however, when Joni got to the part about "they paved paradise and put up a parking lot," I thought, "That's it" I mean, a bit extreme, maybe, but really, what good is Paradise if you have to walk two blocks just to get there. Okay, so maybe just pave *part* of paradise, maybe put in some multilevel parking, possibly even some street level retail and a food court. (And frankly, the whole "tree museum" idea ain't so bad, either.)

Unfortunately, the closest thing we have to paradise is Carpenters Woods, three blocks away. But two of Weavers Way's biggest assets (apart from my raper-like intellect), are our members' trust, and more importantly, their free labor. Put them together ...*PhillyValetShare*.

We can put two cooperators on duty during busy times to valet park members' cars. Sure, it might be a little unnerving having a different person parking your car every two hours, but heck, I can't imagine the average tenure for most parking valets is much more than that anyway. And besides, we already have the vests.

The *Shuttle* is published by Weavers Way Co-op and is mailed to all members. **Deadline for the next issue is: Dec. 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 www.weaversway.coop. All ads must be camera-ready and submitted with payment. Products or services advertised in this paper should not in any way be construed to be endorsed by Weavers Way Co-op.

 The *Shuttle* is printed on 100% recycled paper

New Location for Co-op Recycling

by Sandy Folzer



NEW COURTLAND ELDER SERVICE, 6959 GERMANTOWN AVE., IS THE NEW RECYCLING SITE (ENTER ON CARPENTER LANE).

As of October 21, Weavers Way Co-op has a new recycling site. We shall no longer be using the rear entrance of the Unitarian Church at 6511 Lincoln Drive.

September was the last month for that location.

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

Weavers Way's Environment Committee decided to change the recycling site as of October 2006. It is vital that this information is circulated, as there will no longer be a drop off of recycling materials at the Unitarian Church. 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 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 Action Project, Friends of Cloverly Park, Harmony Garden, Mt. Airy Learning Tree, Vincent M.A. Woodson Foundation, and Face to Face were all recipients of our grants this year. These grants paid for projects including fencing for a children's vegetable garden, planting vegetation, and educating children about the environment.

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



MONTHLY RECYCLING HAS MOVED TO CARPENTER LANE, JUST OFF GERMANTOWN AVENUE 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.

Fifth Checkout for the Holidays

by Rick Spalek



THE NORMTRONIC 9000 A spine tingling tale of cramped quarters, busy Sunday afternoons, and random social gatherings, at a Co-op near you...

You asked for it, here it is. We have added a fifth register — a small laptop — at the front of the line. It will aid in our busiest days, and speed you through the line in record time (well, maybe not record time, but it sounded good).

On the horizon, we will be adding credit card terminals with signature capture at the registers. This alone will shave ten seconds off your waiting time. At 15,000+ shoppers a month, we have just created over 40 hours a month of combined free time for our membership

Also, I am seeking feedback about your work experience. At the bottom of the stairs to the second floor there is a folder with response forms, good or bad. I would like to hear from you.

Board Elections This Spring

(continued from page 1)
tee members Sylvia Carter, 215-844-0562, or Sylvia Gentry, 267-323-2089. If you are interested in suggesting another member for consideration for a board position, your input is welcome. With input from the membership, the Leadership Committee can do a better job of providing the best candidates to run for election to the board.

Staffer Dale Kinley Plights Her Troth



DALE KINLEY (R) AND LENNY BYRON, PICTURED HERE COOKING FOR THE MASSES AT THE CO-OP'S THIRTIETH ANNIVERSARY CELEBRATION, ARE NOW JOINED IN HOLY MATRIMONY. WE TRIED TO GET PHOTOS OF THE CEREMONY, BUT SECURITY WAS TIGHT AND THE HELICOPTER WAS ACTING UP.

by Jonathan McGoran
The paparazzi call them "KinRon," or at least they might if they had the slightest idea who these people are. We know them as Dale Kinley and her erstwhile fiancé Lenny Byron, but now they are called... well, we don't know what they're called now, but it's Mr. and Mrs. something.
That's right, Dale and Lenny got married.

Last time they tried this, Dale Kinley took a nasty fall that landed her in the hospital. What followed was numerous surgeries, weeks in bed, and months of physical therapy.
This time, she didn't get off so easy. Congratulations Dale and Lenny. We wish you all the best.

Holiday Hours
Thanksgiving Thurs. 11/23 & Fri. 11/24 CLOSED
Christmas Sun. 12/24 9-6; Mon. 12/25, CLOSED
New Year's Sun. 12/31 9-6; Mon. 1/1, CLOSED
HAPPY HOLIDAYS!

Parking Made Easier

by Jonathan McGoran

Parking has long been one of the most problematic issues facing Weavers Way. But until we find, purchase, and open the gleaming, 30,000 square foot Co-op of our dreams with 150 parking spots, there are some things that we can all do to help make the situation a little easier.

Weavers Way is exploring ways to make more street parking available in the immediate area. We already require staffers working a shift to park a minimum of one block away from the store and we helped bring PhillyCarShare to the neighborhood.

Theoretically, we could all walk or ride our bikes, or, for that matter, train our pet flying pigs to ferry us in huge baskets. But until we turn those theories into reality, there are other ways, as well.

Avoid the busy times. (See the chart on page 6.) The worst times on weekdays are 8-9:00 a.m. and 2:45-3:30 when school is opening and closing, and 5-7 p.m., when the store is busiest. Busiest weekend hours are 12-2:00 p.m. and 5-6:00 p.m. The best times to shop are weekdays, 10:00 a.m. to 12:00 p.m. and 1-2:30p.m.

This is the simplest solution for those who can take advantage of it. It has the added benefit of solving the “really long line problem” and the “yes, that was my foot” problem. Of course, if your schedule is not that flexible, you will have to pursue other options.

When the parking lot at Henry School is open, use it. Yes, we are usually allowed to use the Henry School parking lot outside of school hours. If, for some reason, we cannot use the parking lot, it will be chained. Otherwise, enjoy.

You can also avoid doing things that make matters worse. When parking, try not to take up two spots.

Don't park in the loading zone. Yes, we know it makes your life easier, but it doesn't help the good people who resisted the urge to do the same thing and now can't bring their car close enough to load their groceries. Plus, no lie, you receive enough of those dirty looks, it will start to leave a mark.

Don't move the traffic cones the neighbors sometimes put in their parking spaces. Yes, we know it's lame to put them there in the first place, but maybe that's the one time they have a good reason. And hard though it might be to believe, living next to a \$6 million a year business ain't always easy. No matter how warm and fuzzy it is. Plus, people get hurt doing stuff like that.

Thanks for your cooperation.

MACCC is Moving!

On November 3, 2006 as part of Mt. Airy First Friday, Mt. Airy Community Computer Center (MACCC) will celebrate the grand opening of its new location at 17 E. Mt. Pleasant Avenue — along side Mt. Airy Presbyterian Church — down the steps. MACCC is a non profit computer learning center that is helping to bridge the digital divide for our underserved neighbors — by providing computers, instruction and access to school kids, seniors, ex-offenders and others at risk of being left behind by technology. MACCC also has volunteer opportunities for those who are digitally aware and want to make a difference. For more info, call 215-247-0870 or maccmail@mac.com (permanent email and website very soon)

Weavers Way Unveils New Website

by Jonathan McGoran



CHRIS HILL, OF CHRIS HILL MEDIA

Weavers Way Co-op has gone live with an ambitious new website. Designed by Chris Hill of Chris Hill Media, the site has over 400 pages of information about Weavers Way and our community, food, and nutrition, the environment, and more, as well as free classifieds, a discussion forum, an online suggestion box, an events calendar and even a searchable database of recipes. The website will be constantly updated with news and events and Co-op specials.

“We look at this not just as a resource for Co-op members, but for everyone in the community,” said Co-op General Manager Glenn Bergman. “There’s lots of information and interactive features for members to use, like online preorders and home delivery, and great profiles of our

suppliers, many of whom are right in the area. But this website is a valuable resource for nonmembers, as well, with information on the community, seasonal produce, and locally grown foods. The searchable recipe feature is incredible.”

The website represents a serious commitment to the internet for Weavers Way. Improvements already in the works include a possible on-line work calendar and a photographic tour of the store.

Chris Hill Media is a media development company that focuses on the priorities and needs of sustainable businesses, farmers, market managers, food co-ops, nonprofits, member associations—and the audiences they serve.

Chris Hill, who now sits on Weavers Way's board of directors, has been creating and innovating in the field of communications for over 20 years. In the 23 years since co-founding the *Philadelphia City Paper*, he developed and launched eight new consumer and business publications and managed 12 health and fitness newsletters with a combined circulation of 1.3 million subscribers for Ro-



A SNEAK PEEK AT WEAVERS WAY'S NEW WEBSITE. SEE IT FOR REAL AT WWW.WEAVERSWAY.COOP

WMAN Hosts Meeting on Parking at Greene & Carpenter

by Christine Lamprecht

West Mt. Airy Neighbors (WMAN) hosted a meeting on Thursday, August 24, at the Summit Presbyterian Church, Greene and Westview Streets, to discuss two issues relevant to the neighborhood: 1) a dedicated parking spot for PhillyCarShare and 2) the general state of traffic and parking in the neighborhood. Thirty-one residents, Co-op members, and community leaders were in attendance representing differing viewpoints on the state of parking in the neighborhood centered on the busy Weavers Way intersection.

Parking at the Greene Street/Carpenter Lane intersection is at a premium, especially so when Henry School is back in session. With the addition of new businesses like Big Blue Marble Bookstore and the High Point Café to neighborhood staples like Weavers Way Co-op and the Moving Arts of Mt. Airy (MaMa) studio, this intersection where parking has always been difficult is getting busier and becoming even more challenging for neighbors and Weavers Way patrons.

One of the meeting's proposed solutions to alleviate such congestion is the designation of a dedicated parking spot for PhillyCarShare near the Weavers Way Co-op. PhillyCarShare is a nonprofit founded in 2002 to make it easier for people to live in cities without congesting curb side parking with unused or rarely used cars.

PhillyCarShare currently has two cars parked near FitLife Gym on Germantown Ave. They are now proposing an additional designated parking spot near Weavers Way because many Weavers Way Co-op members and neighbors are currently utilizing the service or are interested in possibly selling their cars and using the service. Weavers Way does not have any financial interest in PhillyCarShare, but it does

offer its members a discounted price to join PhillyCarShare. The car will always be available to any PhillyCarShare member, not just Weavers Way members.

PhillyCarShare charges \$5.90 per hour and \$.90 per mile, which includes insurance and parking. It provides many residents with the opportunity to get rid of their cars. On average, 30 to 40 people use one car making it one way we can alleviate parking and traffic problems at the intersection.

The corner of Greene Street and Carpenter Lane seems to be the most sensible location since the car needs to be accessible on the street, which eliminates off-street parking as an option, including the Henry School grounds. However, since no one else can park in the spot even when the car is in use and out on the road, many residents were reluctant to support the idea, given the existing lack of parking at that particular intersection. The Philadelphia Parking authority is responsible for putting up any designated parking sign and Philly CarShare can only get a designated spot with community support.

“There is lots of parking in the neighborhood, just not near Weavers Way,” said one resident on the 600 block of Carpenter. “I have a general appreciation for the concept, but a full time dedicated spot right at Greene and Carpenter is not realistic.” Alternatives explored included: the use of the loading zones at the dry cleaner and Co-op; designating a spot at another intersection; and parking the car at the Henry School. PhillyCarShare collected the names of meeting attendees with suggestions and is following up with alternatives that would be acceptable to the residents.

Mark Washington from the Philadelphia Streets Department was in atten-

dale, Inc.; served as public information director at WXPNI; and wrote grants generating \$4.5 million in federal funds for online tool development, education, outreach, and research for organic farmers.

The website went live Sept. 1 and was announced via the first edition of Weavers Way's new e-mail newsletter. The newsletter went out to 1,400 member/subscribers with Co-op news and events, product info and specials, and updates on new website features. The newsletters are archived on the website, and Co-op members and others can subscribe to the newsletter on the website.

The temporary home for the site is www.weaversway.org, but will soon return to www.weaversway.coop. Both addresses will work.

dance to answer residents' questions regarding traffic flow and parking. A recap of the issues presented at last year's meeting included the request to make the 600 block of Carpenter Lane one way. In order to put this request forward, 70 percent of the neighborhood would need to be in agreement. Then a study would be completed by the Streets Department in order to determine if the street should be changed to one way. After neighborhood approval, there is an eight month trial period before the street is changed permanently. Time-restricted parking was another issue discussed with the group. This and the use of resident parking stickers for the neighbors would require the approval of the neighborhood on a block by block basis.

Interim measures were also discussed, including some that have already been implemented. Weavers Way already asks staff to park at least one block away from the Co-op.

A significant contribution to the traffic and parking congestion near the intersection are the teachers working at the Henry School, a factor that is more evident now that school is back in session. WMAN will be speaking with the school district to see if there is an opportunity to change the parking restrictions adjacent to the school to enable residents to park in spaces typically utilized by teachers. Other options investigated included asking the Philadelphia Parking Authority to research time limited vs. permit parking and organizing a group to spearhead changing Carpenter Lane to a one way street. WMAN can help coordinate, but the request needs the full support of the neighborhood.

The meeting ended with the acknowledgement that parking is not great, but it is tolerable. Only two residents felt that the parking situation is not tolerable as is.

Manager's Corner*(continued from page 1)*

roof on the third floor.

When I received our first cost estimate for construction of over \$550,000 (not including fixtures for service, kitchen, etc.) I realized that this had become a \$1 million project. This would increase our space by 50 percent, but I started to think about the increases in sales we would need to make this happen, and then the parking became an issue. So, since December I have been trying to think: "Should we move forward and spend the money, or use these funds for a second location? Perhaps we can do both with the support of another community of additional co-op member investors (East Falls, Germantown, Girard Ave, Elkins Park... etc.)."

I knew if I expanded at the present location and also pushed for a second location we would be taking on more debt than we are used to having and if this project did not work and we ended up in financial difficulties, I would have to move out of Mt. Airy ☺.

So, I asked a few general managers from other successful stores that have gone through expansions or additional stores, to come to Philadelphia to assist me with direction. We talked and toured WW and other areas (Chestnut Hill, Mt. Airy, Germantown, and East Falls). What I came away with from that meeting in July was the following direction:

First, do a market study of this region so we better understand our potential market dollars for a certain site. With that information, we can approach the community, lending organizations, and others with an idea of the size of location and potential business projections. (I have enlisted the time of Pete Davis, a marketing consultant with the NCGA to perform this survey this fall).

Second, do not make any major investment at the current site until the market study is completed. Wait to see what

we can do at other sites and then determine whether we might move to a larger major location.

Third, try and build a second location that is within the market share of the present store to take away some of the sales pressure of the current store. We currently have sales of over \$2,100 per square foot and total revenues of about \$6.5 million. Our space is just 3,000 square feet. We are probably at the 99 percentile of sales per square foot in the country. Most stores (with aisle space) are at \$1,200 per square foot (or somewhere around that number). Taking away some of our sales, I was told, is not a bad plan.

Fourth, once we have the market data, begin to plan for the store and pinpoint a location.

We have started the process of the market study. To assist us with this expansion, I would like to propose forming an "Expansion Committee" to work directly with our board and me over the next year or two. I would like to bring members to the table who are experts in the following areas (of course for work credit):

Market analysis — to assist with looking at the data we have and with making a decision on location of a new store;

Commercial real estate — a person(s) with lease and/or purchasing negotiations experience;

Developers — to assist with overall site design review and suggestions;

Construction — to assist with cost estimate reviews (especially around green design and construction);

Community organizer(s) — who might be able to assist with organizing community meetings to inform, raise capital within that community, and to help with member owner drive.

I am sure there might be a position that I have left out of this list, and if you think you have something to offer please call or e-mail me. I would like to schedule the first meeting for the second week in November.

Morris Arboretum Fall Festival a Hit with Kids of All Ages ...But Especially the Little Ones



THERE WERE APPLES, PUMPKINS, SCARECROW STUFFING AND PLENTY OF FUN AT MORRIS ARBORETUM'S FALL FESTIVAL.

PHOTOS BY ROBIN CANNICE AND JONATHAN MCCORAN

A Lot Going On Upstairs

by Martha Fuller

Don't you love shopping on the second floor of Weavers Way? I always have. My friends and family have received many gifts from our co-op. It's terrific to be the second Floor Purchaser — I am enjoying meeting you all and am enjoying my job. I hope to successfully build on all that my predecessors have accomplished.

In future columns I'll talk about the new products and new lines we'll be carrying. For now, let me just say two very important words: Holiday Shopping.

We are reviewing new items every week, so do come up to the second floor, every time you shop. We hope you'll see something you like for yourself, and many things that will make great gifts, too.

We will be featuring a bigger, newer World of Good display unit. These items are unique, beautiful and well priced.

The wonderful Grace Gardner keeps us stocked all year round with the most wonderful things from Guatemala — clothes, key chains, bags, and more.

Toys — we have amped up our toy section due to the purchasing magic of our own Angela Allen, whom many of you know as the former pet store manager. She did a knock-out job with her ordering and we're thrilled with her choices. Apparently, you are, too, as sales have been excellent.

Bagellini — A Co-op member/shopper recently told me that she is addicted to this company and that no one beats our prices. This line of bags, backpacks and assorted carry-all items has been terrific. We order these items in multiples of four, so feel free to talk to me or a second floor staffer about a special color for the items we carry. (FYI — if you are already



PHOTO BY JOHANNAN MCCORMAN

a fan of this company, brand-new product items are scheduled to arrive in November.)

Calendars — We have a great selection for you to peruse. And of course, Sara Steele calendars.

Jewelry — Okay, folks, you know the folks who like it, and you know if they are on your list. The array of new jewelry items is vast. There are beautiful earrings, necklaces, and bracelets.

Is there a knitter on your gift list? We have an assortment of cards, notepads and even knitting-themed pencils from Knitters Review.

Know someone who would love a fresh new journal for the fresh New Year? We have a variety of styles and sizes.

It's always a kick to give (and receive) new tools for the kitchen and for entertaining. Our housewares

suppliers continue to offer up a rich bounty of gadgets, gizmos and tools that allow the food fans among us to work smarter, and not harder.

What else can there be, you ask?

Here is the start of the list:

Candles, magnetic notepads, unique soaps, body lotions, perfumes, and colognes, Aubrey's Men Stock products, teapots and tea accessories, baby care products, Mrs. Meyers products (including gingerbread scented products), beautiful incense holders, items for drinkers of coffee and wine, and Burt's Bees products

And do remember that Chris will have his great selection of cards and wrapping paper.

We hope to see you for the holiday — we hope you like what we have to offer, and we hope your holidays are the very best.

TreeTenders

(continued from page 1)

Second, you will have to complete the TreeVitalize form for approval of your site. The Fairmont Park Commission oversees all street trees in Philadelphia and needs to be notified in advance of planting so it can approve the site and your chosen tree variety. TreeVitalize is a public-private partnership providing funding and coordination to plant 20,000 shade trees in Southeast Pennsylvania by 2008.

What happens in March?

Once your site has been approved, you will pay \$20 per tree to finalize your order.

Your trees will arrive from the nursery in mid-March, roughly the weekend of March 17. The Tree Tenders group will deliver the trees to your homes and will bring some tools. Plan to be available, and plan to help plant.

After planting, what then?

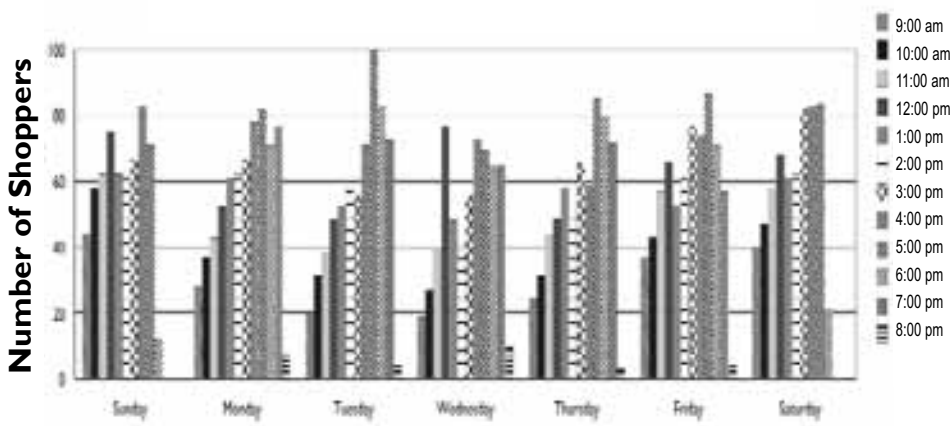
You will need to water your new trees every week, rain or shine. Street trees need 10 to 15 gallons of water a week in order to develop roots and adjust to their new homes, and they need more water in dry, summer heat waves. Rainfall alone is insufficient. Make sure you have a way to water your trees with hoses or buckets.

What else can you do?

The Co-op Tree Tenders group needs more volunteers to help coordinate the spring tree planting, as well as to help with the big planting weekend in March. You can also become a Tree Tender by participating in PHS tree tender training, held generally twice a year. For forms and further information about street tree planting, contact Dave Tukey at train-bow2@yahoo.com or drop him a note at the Co-op (he has a mailbox on the second floor).

Report on Shoppers-by-Hour Offers Insight into Best Times to Shop

Number of Shoppers per hour by day



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 am	0 0%	1 0%	0 0%	0 0%	3 0%	0 0%	0 0%
9:00 am	44 7%	27 4%	20 3%	19 3%	22 3%	37 5%	40 6%
10:00 am	58 9%	37 5%	31 4%	27 4%	31 4%	43 6%	47 7%
11:00 am	62 10%	43 6%	39 6%	40 6%	44 7%	57 8%	58 9%
12:00 pm	75 12%	53 7%	48 7%	77 13%	49 7%	66 9%	68 11%
1:00 pm	62 10%	61 9%	53 8%	48 8%	58 9%	53 7%	61 10%
2:00 pm	63 10%	42 6%	59 9%	38 6%	53 8%	61 8%	62 10%
3:00 pm	67 11%	67 10%	56 8%	56 9%	66 10%	77 11%	82 13%
4:00 pm	83 13%	78 11%	71 11%	73 12%	59 9%	74 10%	83 13%
5:00 pm	71 11%	82 12%	100 15%	70 11%	85 13%	87 12%	84 13%
6:00 pm	12 2%	71 10%	83 13%	65 11%	80 12%	71 10%	21 3%
7:00 pm	0 0%	77 11%	73 11%	65 11%	72 11%	57 8%	0 0%
8:00 pm	0 0%	8 1%	4 0%	10 1%	3 0%	4 0%	0 0%
Total	597 100%	666 100%	637 100%	588 100%	625 100%	687 100%	606 100%

Number of shoppers per hour for week of 10/8/2006 to 10/14/2006

A recent survey of “shoppers-by-the-hour” offers helpful insights into the best time to shop. Looking for the times to shop with the shortest lines and least-crowded aisles? According to our survey, the least busy times to shop are between 10:00 a.m. and noon on Mondays and Tuesdays. For more good times to shop, take a look at these charts.

The Truth About Prepackaged Spinach

by Andy Griffin, reprinted from The Ladybug Letter

Deborah Schot, a reporter from the L.A. Times, called me to ask for an opinion about the *E. coli* outbreak in prepackaged fresh spinach that has killed one person and sickened hundreds more. And yes, I have an opinion. I think the F.D.A. employee that I heard on the radio yesterday urging people to play it safe and not eat fresh spinach is ignorant. Although the victims got sick by eating spinach from a sealed bag, it's wrong to seize on spinach as the culprit in the controversy; it makes more sense to look at the processing and handling of pre-packaged greens in general. Put another way, it's the harvest procedures that were followed, the pre-washed claim made for the greens, and the bagged environment the greens are in that are the relevant issues, not the specific variety of leafy greens that were actually contaminated at some point during the harvest and post harvest handling. By fingering any spinach as suspicious, even bunched fresh spinach, the F.D.A. isn't educating anyone, or solving the problem. They're just spreading fear on a national scale.

The *L.A. Times* called me because I'm a farmer and I'm quick with a sound bite, but also because I have a background in the baby spinach and salad business. Back in the dark ages when I started farming organically, people bought their spinach in bunches and their salad as heads of lettuce. My first career in farming was in the production of the then new baby salad greens and baby spinach. We harvested the crops by hand, washed them, and packed them loose in unsealed bags. In 1996 my partners and I sold our company, Riverside Farms, to the company that became Natural Selections, which happens to be the company at the heart of the current controversy. Their packing plant was once the packing plant for our farm, though it was a lot smaller and less sophisticated back then. Our former label, Riverside

Farms, was one of the labels pulled from the shelves this week. Ready Pac and Earthbound Farms, two of the other labels pulled, were labels that I once grew and harvested raw products for, so for me this bad news has a personal angle.

When we harvested baby greens by hand at Riverside Farms the workers dipped their knives periodically in buckets of antiseptic solution to clean them. We were unsophisticated then, compared to the way the industry is today, but we knew that any bacteria on the knife could contaminate the wound in the leaf where it was severed from the plant at the moment of harvest. We also knew that baby salad greens that were harvested by dirty knives were far more likely to break down quickly in the cooler, even after being washed, because the wash process, no matter how good, can't really remove bacteria that has been introduced into the leaf by a dirty blade.

Riverside Farms had a state of the art wash line for 1995. But we went the way of the dinosaurs in part because we couldn't afford to pay the escalating labor costs of a unionized crew of hundreds of salad cutters when our competitors were going to be harvesting tons of product cheaply with machines. Not long after we went out of business, harvesting machines became the industry standard. All in all, an argument can probably be made that the big harvest machines probably cut the product even cleaner than individual workers can, especially if some individual harvester is sloppy and careless. But, by the same token, if the cutting blade on a harvesting machine isn't properly cleaned, tons and tons of product can be contaminated by a filthy blade during the course of the day — not just tons and tons of baby spinach, but tons and tons of any particular leafy green vegetable — organic, conventional, or otherwise — that is being harvested.

Let's say some contaminated product

(continued on page 10)

Profile: Farm Committee

by Scott Robinson

"We've had a very successful okra year," says Norma Brooks, chair of the Farm Committee. "We're harvesting all different kinds of hot and sweet peppers, green beans, lots of tomatoes—all different varieties of cucumbers and some flowers."

This bountiful harvest is only the latest of the season, which, when all is done, will include eggplant, beans, peas, radishes, squash, rhubarb, blueberries, and other produce. This most local of all produce can be found in the Co-op's bins throughout the season. The Co-op farm, now in its sixth year, began as a memorial to Norma Brooks' late husband Mort, who filled various Co-op leadership positions during his long membership.

"When Mort died," says Brooks, "the Co-op collected a memorial fund for him. And they were holding this money in the bank and I kept saying, that's not what you're supposed to do with it. So, I came up with this idea about having an organic farm, and I have been the chair of the Farm Committee since then."

More than any other aspect of the farm, Brooks waxes enthusiastic about the volunteer spirit that keeps it going. With the exception of a part-time manager, everyone connected with the farm is a volunteer.

"It's one of the most satisfying experiences I've had in my life, in terms of working with a group of people," Brooks says. "It's just the way it should be, and the way you'd dream a group of people could work together. People assume responsibility, they volunteer to do jobs, they don't have to be reminded, and there are always new people who come and love to work there."

In the spring, the Co-op arranged for

three groups of students from area schools to spend a day working at the farm. Brooks describes this partnership as "a rewarding experience for all who participate: students, parents, teachers, and volunteers at the farm." Partnering with schools continued over the summer, when workers included students from Philadelphia's School for the Deaf. These students come to work two days a week throughout the summer.

"I just thought it would be a great idea to have them come," Brooks says. "I contacted them, and now, with community support, they pay the kids a nominal amount of money to participate in the summer program. They come for four or five weeks every summer, and that is also a very rewarding experience. The kids seem to love it; they do a very good job. It's a challenge to interpret to them what to do, but they catch on very rapidly."

Work on the farm has not been restricted to planting, weeding, and harvesting; there have also been improvements made to the farm's facilities.

"We have a new fence, a shed, and a new watering system," Brooks says. "It looks great, and all of the projects we have set up have been contributed by volunteers. And you can use work at the farm for your work credit."

Co-op members haven't always received work credit for volunteering on the farm. Before Glenn Bergman became Co-op manager two years ago, people worked on the farm for free.

"Glenn is very enthusiastic about the farm," Brooks says, "and most cooperative."

The farm is inside Awbury Arboretum, on the opposite side of the offices from Washington Lane.



EMILY NEWMAN BRINGING PRODUCE FRESH FROM THE CO-OP FARM

"It's surrounded by trees," Brooks says, "and you drive up this lane and you come to the farm, and it's like you're in the country, when you're really right in the heart of the city." Philadelphia is a city in whose heart lies one of the most active urban farm and community garden scenes in the nation. On Sept. 23, cyclists had the opportunity to tour three of those farms in an urban farm bike tour sponsored by Farm Aid. The tour was one of the events leading up to the Sept. 30 Farm Aid concert at the Tweeter Center.

Riders began at the Weavers Way farm, wound along the Wissahickon to West River Drive, and then to The Mill Creek Farm, located near the Mariposa Co-op. The next stop was Greensgrow Farms in Kensington, which sells direct to Philadelphia chefs. The tour ended at Yards Brewery courtyard with a picnic of bread, cheese, fruit, veggies, and beer. If you are interested in participating in the farm program, please call Norma Brooks at 215-247-1315.

October is National Co-op Month... How is Weavers Way staff celebrating?

By working together to reduce global warming through the Green Commute Challenge

Driving is one of the largest contributors to global warming, so Co-op staff members have pledged to reduce their driving commutes during the month of October. As incentive, the Co-op has pledged to provide bus tokens to staff using public transportation and provide weekly raffle prizes for participants.

KAREN EDWARDS

sandwich maker extraordinaire, won the raffle for week one of the challenge.

Please congratulate her and all participating staff from week one of the challenge:

Carol Kraisler • Glenn Bergman
Stephen Liu • Josh Giblin
Anton Goldschneider • Dylan Falcon
Norman Weiss • Karen Edwards
Tanya Rotenberg • Stephanie Johnson
Margie Felton • Emily Neuman

Honorary participants

(those living less than three blocks from the store)

Maureen Gregory • Steve Hebden
Chris Switky • Pat Arment
Dave Tukey

Staff at Wissahickon Charter School are joining Weavers Way staff in the Green Commute Challenge. If you know a teacher or support staff person from WCS, congratulate them on their participation and cooperation in our effort to reduce global warming!

Village Fair*(continued from page 1)*

have you got besides a great way to spend the afternoon?

Try the first annual Mt. Airy Village Fair. On Sunday, Sept. 10, at the intersection of Greene Street and Carpenter Lane, friends and neighbors came out to play as the picture-perfect day unfolded with the promise of fun, food, and a healthy dose of high-camp humor. The sun was shining, the sky was bluer than Paul Newman's eyes, and the temperature was just right.

"Weather contributes to 50 percent of the success of anything," says Pam Rogow, owner of the Mt. Airy Moving Arts studio (MaMa) and one of the fair organizers. "The weather was perfect...and the fair was an unqualified success."

Nobody who attended would dispute that. What began as an idea for a block party morphed into a sprawling celebration that took over several blocks in the heart of West Mt. Airy and attracted a crowd numbering well into the hundreds. Originally the brainchild of the independent Big Blue Marble Bookstore, the Village Fair was organized by the ad hoc Mt. Airy Village Merchants Association, a group of five local businesses that includes Weavers Way Co-op, the High Point Café, and the nonprofit Maternal Wellness Center, as well as MaMa and the Big Blue Marble Bookstore. The idea was to bring together businesses, activities, and events for everyone while, at the same time, promoting the mission of working for sustainability, ecology, and community.

For the environmentally impassioned, there were activities such as the cloth diaper workshop or the vermiculture booth, where you could play with squirmy worms and learn how to make compost. For those more attuned to their inner child (or those with their own children), there were plenty of activities to please everyone: ice-cream making; cooperative games; origami;



PHOTO BY CLIFF HENGE



PHOTO BY CLIFF HENGE



PHOTO BY CRISTINA ADAMS



PHOTO BY CRISTINA ADAMS

mosaic-making; a fire truck complete with real fire-fighters; a chance to feed cows and sheep at the livestock exhibit; and more. Other events included a sculpture garden, an art show, a rousing capoeira show, readings by local authors at the Big Blue Marble, ongoing musical performances, and wood-carving demonstrations.

"The fair guidelines required all participants to feature something interactive or engaging," says MaMa's Pam Rogow. "They weren't allowed to sell anybody else's merchandise. That wasn't the point

of the fair. There were many reasons to talk to people and to engage."

Among the highlights of the day were the bake-o-rama baking contest and the pet parade and competition. Open to all, the baking contest featured three categories: Down Home (i.e.: traditional favorites such as apple pie and chocolate chip cookies); Hifalutin (fancy desserts with long names and foreign words); and Budding Bakers (up to 14 years old, minimal parental assistance). Marilyn and Marissa Kass took home top honors in Down Home for their peach cobbler; Danielle Stillman's Pecan-Nib Stars and

Moons won in the Hifalutin category; and Budding Bakers Zander and Callie Dhondt (ages five and three and a half, respectively) won over judges' tastebuds with their Super Brownies. Judging from the hungry nosherers who descended on the table of goodies once the contest was over and the winners decided, the entries were something to be savored.

Hitting a humorous note was the pet parade and competition. All non-aggressive pets were welcome, from fish to gerbils, as well as the more mainstream dogs, cats, and bunnies. Hosted by

(continued on page 9)



PHOTO BY CLIFF HENGE



PHOTO BY CRISTINA ADAMS



PHOTO BY CRISTINA ADAMS



PHOTO BY CLIFF HENGE



PHOTO BY CLIFF HENGE

Village Fair

(continued from page 8)

WXPN's David Dye and the *Philadelphia Inquirer's* Karen Heller, the competition was a study in hilarity. More than a hundred pet-owners entered their beloved animals in the contest, which boasted a

range of creative awards categories, from most thirsty and silliest to best hairdo and most likely to succeed.

Suggestions for what people might want to see next year in a Village Fair are welcome. Please e-mail ideas, suggestions, or images to VillageFair@erols.com.

Truth About Prepackaged Spinach (continued from page 6)

makes it out of the field into the shed. The equipment in the large salad plant wash-line is all stainless steel, and the wash water has been chlorinated to reduce bacteria levels. If the factory puts so much chlorine in the water that even potential bacteria pockets in the damaged tissue along the cuts of the leaves are killed the “fresh” salad greens will have been chemically contaminated into a swampy mess that smells like a municipal swimming pool. (Actually, when I smell the odor of ammonia that comes out of the sealed bags of those nasty little carrot plugs that are so popular I want to gag.) When the day comes that someone gets sick from eating them and the F.D.A. tells people not to eat any carrots I’m going to sue. Think of all the bunched spinach growers losing their shirts because some fool at the F.D.A. doesn’t distinguish between packaged spinach that’s “conveniently” been “pre-washed” and a bunch of spinach that needs to be cut from the stems and cleaned in the sink before being eaten.

If the wash line procedures manage to kill 99.9 percent of all the offending bacteria, but due to the tons and tons of greens being processed over a short period of time a significant amount of contaminated product goes out to consumers, there is still a real problem.

A psychologist might be able to do a better job than I in telling you why so many people feel comforted when they see their food coming to them in sterile looking sealed plastic bags covered in corporate logos, nutritional information, legal disclaimers and “use by” dates. “It’s convenient,” they say. It is true that the open piles of washed baby greens that were once the norm in supermarkets and farmers markets were vulnerable to post harvest/post wash contamination. Those sneeze guards over the pizza parlor salad bar aren’t there for nothing. But I’ll tell you that every sealed bag of pre-washed

greens is like a little green house. The greens inside are still alive, as are the bacteria living on them. If the produce in the bag is clean, great, but if it isn’t the bacteria present has a wonderful little sealed environment to reproduce in, free from any threat until the dressing splashes down and the shadow of a fork passes over. Frankly, I think convenience is over-rated.

When my partners and I sold our salad washing company we sold the assets, the equipment, the leases, the receivables etc., but we also sold the right to compete. For five years I was contractually obliged to seek a way in agriculture that didn’t have anything to do with my previous experience in baby salad greens. I wasn’t sad to leave the big farm and the salad factory behind. Those years were fascinating for me, but stressful, and the more sophisticated everything became the more alienated I felt. I was out of my league. I turned to farmers markets and then, when that way of business didn’t prove to be sustainable, Julia and I turned to the C.S.A. format, later joining forces with Steven and Jeanne. Maybe giving people a mixed box of seasonal vegetables that they have to wash and prepare isn’t “convenient” the way shipping thousands of cookie cutter boxes of salad out of a factory door is, and maybe it isn’t “convenient” for our supporters to have to wash their carrots or trim the coarse stems off their chard, but that’s cooking, and cooking is a happy, healthy, balanced and therapeutic chore. I will be curious to follow the news and see what the inspectors discover in their search. If it turns out that I’m wrong and it was the spinach that was what gave shelter and sustenance to the E. coli and the problem is not due to a slip-up in harvest or post harvest sanitary procedures on the factory farms, I’ll be the first to admit to ignorance. But for now I’m going to call my seed dealer and order some spinach seed; it’s probably on special today, and it grows well in Hollister in the fall.



PHOTO COURTESY OF OAK LANE DAY SCHOOL

MAKING THEIR WAY BACK TO CLASS AFTER SOWING NATIVE PLANT SEEDS IN THE CAMPUS MEADOW, ARE: (FRONT, L TO R) CARMEN BENNETT, JONATHAN DEUBER, LILLIANNA HRYNKO, GABE ROGERS, TORI WEIGNER, ANDREI BENOLIEL, RHETT KAHNY, AND (REAR, L TO R) SECOND/THIRD GRADE TEACHER ALLEN GARNER, MONAE KLEIN-SCEARCE, FOURTH GRADE TEACHER SHARON FICHTHORN, AND EMILY WINOKUR.

Oak Lane Day Schoolyard Designated National Wildlife Federation Habitat

by Susie Pickering

The campus of Oak Lane Day School has been designated as a National Wildlife Federation Schoolyard Habitat in recognition of the healthy native habitat improved and managed by the Oak Lane community. With the help of Derek Stedman of the Habitat Resource Network, Oak Lane science teacher Dottie Baumgarten applied for this special certification this past summer.

On Wednesday, Sept. 27, the whole school gathered together to celebrate this inspiring distinction. The morning assembly began with the students and teachers singing a garden song led by music teacher Marlis Kraft-Zemel. Dottie then called the community to action by explaining to the children their role in perpetuating the health of the school’s native habitat and distributing among the teachers baggies filled with native plant seeds. The kids were excited as they walked with their teachers through the

campus and past the spring-fed creek where hundreds of native plants now flourish. Gracing this area is the new Schoolyard Habitat sign that has been proudly installed on a beautiful sycamore signpost. The weather was perfect as the students arranged themselves around the campus meadow and, at the festive ringing of a cowbell, let fly great handfuls of native wildflower seeds. Although the sowing of the seeds was symbolic, the Oak Lane community continues to work to secure the future good health of the school’s campus and the Wissahickon Watershed of which it is a part.

Oak Lane Day School is an independent elementary school, founded in 1916. The school sits on 30 acres along Butler Pike and Stenton Avenue, with a stream, pond, woods, meadows, and specimen trees as well as playing fields and playgrounds. For more information about Oak Lane Day School, call Susie Pickering at 610-825-1055.

You Say Tomato

by Peter Samuel

In the summer, I have the great privilege of wandering through my garden and grazing like an out of control farm animal — plucking vegetables still warm from the sun: beans; Kirby cucumbers; greens like arugula or baby lettuce— and munching them slowly and deliberately until I am tempted to gently give a discreet bellow. Probably the greatest pleasure comes from popping a sweet warm cherry tomato in my mouth and waiting for the explosion of flavor that comes when my teeth break through the skin.

One evening in early September, I tried serving up baked stuffed tomatoes to the kids. These were fruits that came from that very same garden, “Homegrown organic tomatoes,” I announced, “you cannot get any finer than this. Picked from the vine less than an hour ago, the insides are combined with a little hot pepper and onion, mixed with rice and cheese, and baked until hot and yummy.”

Three of the four kids rejected them immediately. One took a bite and politely put the beautiful creation back onto the serving plate. “None of you like tomatoes...” I sputtered. “How can this be?” I got red in the face, pleaded with them. But I knew that I too, as a child, wouldn’t eat tomatoes or even tomato sauce on spaghetti. My parents would trick me with, “it tastes just like pizza...” and hoped I would fall for their ruse. And while I know there are many foods my kids reject right now, I am almost certain that in time, along with fresh tomatoes, they might even crave kale. Ah, that will be the day.

I tried my lecture about tomatoes and all the good things they do for people, and it was when I mentioned the prostate gland that their eyes started rolling and they said, “Dad, please, that’s enough ”

“But did you know it ranks as number one among fruits and vegetables in the total amount of nutrients they contribute to the diet?” I lectured.

“So what ” they replied in unison.

Somewhere, I had heard that men over 50 should be regularly drinking tomato juice to ensure good health and to ward off prostate cancer. My kids are all similarly repulsed by the idea of me downing a glass of that thick grainy red substance. Just the other day my son asked, “How do you drink that stuff, and why would you want to?”

Each year in the U.S. an estimated 180,000 men are diagnosed with prostate cancer. Nearly 37,000 are expected to die of the disease this year. In a study that looked at the eating habits of more than 47,000 men, it was found that the men who ate tomato sauce or other preparations of cooked tomatoes at least twice weekly had 20 percent less chance of developing prostate cancer.

More and more research shows that antioxidants in vegetables, particularly tomatoes and broccoli, can lower cancer risk, while foods from animals may increase it. In the tomato, there is a focus on the nutrient called lycopene, an antioxidant, and the red carotenoid pigment that gives the fruit its color.

More lycopene is released from a cooked tomato. This could be the reason why the decreased cancer risk was seen with tomato sauce and other tomato-based products, rather than raw tomatoes. In addition, lycopene is best absorbed through the intestine when eaten with fat. As little as six ounces of tomato-based vegetable juice or a bowl of tomato soup have been shown to help elevate blood lycopene levels.

Though closely associated with Italian cuisine, tomatoes were actually originally native to the western side of South America. The word tomato derives from *tomatl*, a word in the Aztec language that translates roughly to “wolf-apple.” The first type of tomato grown is thought to have resembled the smaller-sized cherry tomato. It was not cultivated as a food crop in South America, but rather in Mexico. Supposedly, this fruit intrigued

the Mexican Indians since it resembled the tomatillo that was already a staple in their cuisine. The Spanish conquistadors who came to Mexico shortly after Columbus “discovered” tomatoes and brought the seeds back to Spain, beginning the introduction of the tomato into Europe.

Although the use of tomatoes spread throughout Europe and made its way to Italy by the 16th century, it was originally not a very popular food, since many people thought that it was poisonous. It is a member of the deadly nightshade family, but it is the leaves of the tomato plant, not its fruits, that contain toxic alkaloids. As a result, tomatoes were more often grown as an ornamental garden plant than as a food in several European countries.

In our country, nearly 30 million people have backyard gardens, and of those, 95 percent of them are growing tomatoes. Clearly, this makes tomatoes the most popular home-garden produce in the United States. Annually, the average American consumes 18 pounds of fresh tomatoes and 69 pounds of processed tomato products. Onions, head lettuce, and potatoes are the only fresh vegetables consumed more frequently than tomatoes in America, and tomatoes are by far the most frequently consumed canned vegetable (all the more remarkable since it is technically a fruit). Processed tomato per capita consumption has been projected to reach 81.85 pounds by 2012.

Recently, stores have begun selling “tomatoes on the vine,” which are determinate varieties that are ripened or harvested with the fruits still connected to a piece of vine. These tend to have more flavor than artificially ripened tomatoes. These are available at the Co-op, but produce manager Jean McKenzie says that the most popular tomatoes are the con-



FILE PHOTO

ventional grape tomatoes which usually sell for around \$1.50 a pint. “They are easy to wash and throw in a salad without cutting,” she said. Overall, Co-op shoppers buy more than 600 pounds of tomatoes a week, including conventional, organic, and in the summer, our very own Co-op farm tomatoes. In August and September many of you took advantage of the bounty of both heirloom cutting tomatoes and organic cherry tomatoes courtesy of the hard work of Emily Neuman, our staff sustainable agriculturalist and manager of the “farm.”

Americans obtain a large percentage of their vitamin C and vitamin E from tomatoes and tomato products. In addition, tomatoes are a very good source of fiber, which has been shown to lower high cholesterol levels, keep blood sugar levels from getting too high, and help prevent colon cancer. A cup of fresh tomato will provide you with 57.3 percent of the daily value for vitamin C, plus 22.4 percent of your vitamin A, and 7.9 percent of your fiber.

Tomatoes are a great vegetable (or fruit), packed full of a variety of vital nutrients. They also make a wonderful addition to a heart-healthy and cancer-preventing diet. So whether it is tomato soup, tomato sauce, or chopped tomatoes in your salad, increasing your intake of tomatoes is an excellent step toward better health. Now, if only I could convince my children of that.

Renovations Begin at Henry Schoolyard

by Kaela Farber

When you shop at the Co-op a few weeks from now, in late November, you may notice construction in the upper schoolyard across Greene Street. This announcement came on Sept. 20, 2006 as John Wiggins, representing the Philadelphia School Improvement Team in his role as project manager for their Campus Park Initiative, spoke to a full auditorium at C. W. Henry School's Back-to-School night. He announced a schedule for this project and discussed the proposed improvements while pointing to a large color plan of the new layout. Although the meeting comprised mainly parents, teachers, and children at Henry School, an announcement of the meeting was posted for several days on the board at the Co-op for other members of the community. If you missed the meeting, you might want to stop by the office of Henry School Principal Caren Trantas to see the color plan that is now on display there.

The biggest change will be the work of a bulldozer, removing the old pavement and a broad wedge of soil beneath it. After regrading, the new paved surface of the school yard will be nearly level, so that running children can control their footing and tossed balls will bounce to expectant arms without rolling away downhill. The new playing surface will lie about four feet lower than the level of the sidewalk at Sedgwick Street. On three sides at this upper end, the new paved surface will

C.W. Henry School Schoolyard Renovation Rough Sketch



stop about 20 feet in from the fence, and from there a grassy slope will rise toward the existing fence and sidewalk. When all the work is complete, these sloping sides will support 16 shade trees, eight clusters of flowering shrubs, and a shady lawn where kids can catch their breath and watch their friends at play. A few benches will be installed in two clusters at the upper and lower ends. A pedestrian ramp will run obliquely down-slope for students arriving from Sedgwick Street through the existing gateway, and a new gate will allow vehicular access about halfway up Greene Street, where the new

playing surface and the existing sidewalk will meet at the same level.

The project's scope of work also includes significant improvements in the kindergarten play yard, which will be out-of-sight for Co-op shoppers but will fill a need recognized for years by parents of new students at Henry School. The contractor will install five new play structures, an area of synthetic safety surface, and an area of paving for outdoor chalk art or hard running. Together, the play structures are designed to provide physical and educational play activities for up

to 25-30 children at one time.

The Philadelphia School District awarded the work contract to Rockport Construction, and they have already begun ordering materials and equipment in advance of ground-breaking in November. The contractor has pledged to perform all work within the hours of 7:00 a.m. and 3:30 p.m. and to pause in its operations should the noise of machinery interfere with important educational activities. The contract allows 240 days from award to completion, which means the work must be finished by July 2007, however, Mr. Wiggins expects the work of grading and repaving to take only a few months. After trees and shrubs are planted and the playing area is open for play, construction fence will remain in place around the edge of the paved surface for at least a year, to allow the lawn grass to become well established before it is expected to withstand the pressure of children's feet. Anyone who has further questions about operations for this project should call 215-400-8815 to speak with Leslie Bowden, Outreach member of the Philadelphia School Improvement Team.

As noted earlier in *The Shuttle*, ideas for C. W. Henry School's Campus Park have been incubating over the past five years through a process of community brainstorming and official endorsement and funding. Henry School's project is second largest of 22 capital improvement projects undertaken over the past year or two across the Philadelphia School District. The Henry School project Planning

(continued on page 14)

Longtime Henry School Teacher and Co-op Farm Stalwart Karen Stevens Retires

by Grace Maselli

This past spring, Co-op member Karen Stevens retired after three decades as an elementary school teacher. For the last 16 of those 30 years, she opened the minds and hearts of young children right here in our own backyard, at Mt. Airy's Henry School.

Intrinsic to Karen's work is her love of the natural world — most notably, gardening — a keenness for which she instilled in the fourth graders she spent the bulk of her time teaching at the Henry Street School. "It's so important for kids to learn to commune with nature, and to work with their hands in the soil," Karen offers.

Influenced by her Quaker lineage, Karen says the religion discourages self-adornment and ornamentation in followers' homes. But the sky's the limit when those embellishments work in tandem with nature, a tenet that goes a long way toward explaining Karen's and, by influence and mentorship, her students' energy for creating gardens and growing things.

That's where the Mort Brooks Memorial Urban Farm — a.k.a., the Weavers Way Farm — comes in. For years Karen has been leading her charges to the farm for direct hands-on interaction with soil, water, sunlight, and fun.

Organized around farm education, at the Weavers Way farm Karen's students were exposed to notions of sustainable agriculture and other aspects of mindful farming through "experiential learning,"

explains Emily Newman, manager of both the Weavers Way farm and the Co-op's flower department.

"Karen is able to keep the farm experience alive and humming through the winter with the 'grow lights' she secured for her classroom with funding from the Philadelphia County urban extension of the 4-H Club," Emily says.

Likewise, it's Weavers Way's additional financial support — with money raised from recycling and the Co-op's Environment Committee — that helps to realize programming for the Henry Street School, a school forced to cope with annual budget cuts and the resulting overcrowded classrooms. The aggregated experience allows kids to see patterns of growth throughout annual cycles, Emily adds.

Passion affirms this. "The kids love to check the progress of their plants," Karen says. "Garlic, okra, tomatoes... They love to find worms and snakes, and they love the wheelbarrows and tools." Of their

four-times-a-week visits to the farm depending on the time of year, Karen says with humor that the kids' delight could sometimes require curtailment, "The temptation is to love plants to death," she says of her task to explain the downside of over-watering.

Kids in Karen's fourth grade class also learned the power of raising a collective voice for positive change. "We've been to the farm in beautiful and terrible weather," she says of the site located at Awbury Arboretum off of East Washington Lane. "But it was the bad weather that stirred lots of discussion among the kids about how Weavers Way could build shelters at the farm, or 'roofs from the forest,' as the kids put it. They also wanted a bathroom," Karen explains. "So Weavers Way listened and built one."

Never an issue of burnout, Karen says that in the four months since retirement there's already a lot she misses about

teaching. But with raising her own two children and co-running the Twelve Chimneys B&B in the Tulpehocken Historic District in Germantown with her husband — not to mention volunteerism — there's no shortage of activity in her life. "When you don't multitask you enjoy each experience more because you're not rushing on to the next task," she offers.

Despite the strong commitment of staff and parents to the Henry Street School, the notion of rushing serves as an apt point when it comes to state-mandated skills testing. "It's all very specific and regulated. I like to teach in a different way," Karen says of her work. "I really like to delve into the curriculum and go deeply into a subject. Children need to do more with their hands and not get left behind because it all moves too quickly."

For more information about Twelve Chimneys Bed and Breakfast, call 215-438-7307.

Henry Schoolyard Project

(continued from page 12)

Team has included school and community members — Caren Trantas (Henry's principal), Greg Moore (President of Home and School Association), Margaret Funderburg (parent), Glen Bergman (Co-op Manager), Kaela M. Farber (landscape architect/former school parent) — as well as several officials from the School District, including John Wiggins.

But many others have also been involved: Five years ago the Co-op's neighbor, Pam Rogow (of Moving Arts Studio) assembled a group, including Carol Nezman (Henry's previous principal), Cred Dobson (Federation of Teachers), Ed McGann (representing the Co-op), Elaine Bender (then head of Home and School), Yvonne Thompson-Friend (parent) and others, to put their heads together and define ways to improve Henry School's grounds along Greene Street.

The group wished to spruce up the school's public face in a Mt. Airy way, adding color and greenery, to show that we care about our kids, without incurring extra maintenance costs or security concerns. They wanted to address a perenni-

al problem of skinned knees and provide nooks for quiet play. Once their goals were defined, they contacted me and I offered to develop their ideas into a conceptual plan that could be used to go after funding.

The rest is history: the colored plan was presented to the Home and School Association, Carol Nezman showed it to Paul Vallas (CEO of the School District), who responded with enthusiasm, and within two years C.W. Henry School was slated to receive enough District funding to bring the upper schoolyard improvements to reality and even provide much-needed new Kindergarten equipment.

Teachers at C.W. Henry School have already expressed interest in dovetailing the plantings with a new hands-on science curriculum, and the Co-op has proposed a joint adventure in growing herbs in raised beds to be managed by school children and harvested for sale across the street at the Co-op. When it is completed, the new campus park will make a difference to the children of our neighborhood, who play there, but also to the rest of us who will enjoy the green park-like view.



PHOTO BY EBELYN BOCK

AT HENRY SCHOOL'S GRADUATION IN JUNE, WEAVERS WAY HONORED TWO STUDENTS WITH THE COMMUNITY SERVICE AWARD FOR OUTSTANDING PARTICIPATION IN THE CO-OP'S MARKETPLACE PROGRAM. (L-R) STUDENT DEVON TIMMERMAN, STAFFER STEPHANIE JOHNSON, STUDENT TARA MCCALL & STAFFER ANNE DENNER.

Henry School Update

by Dr. Merri Rubin

One month into the school year and things are happening at Henry School. We have two new teachers: Carl Jackson is teaching in the fourth grade and Sandra Jewett is our new special education teacher. Welcome to the Mt. Airy community.

On Thursday Oct. 19, the entire school will be visiting the Constitution Center in Philadelphia. Teachers have spent time preparing the students for this visit. In December, some of our students will be role-playing Supreme Court justices and lawyers as they argue a first amendment case at Liberty Hall in New York. Mrs. Paulino is busy preparing

some of our students to sing in the Thanksgiving Day Parade. This is very exciting — look for our students on television

We now have a girls' volleyball team. Mrs. Bock is the coach and as of this moment, we are undefeated

School security is very important at Henry School. We are doing everything we need to in order to protect our students. If you need to come to the school, please use the front entrance. There are security cameras at this entrance. All other doors will be locked at all times.

We are looking forward to a great year and remember — The best school is at your doorstep. Support public education

Watsu Woman of Wyndmoor

By Terry Halbert

Longtime Co-op member Julie Angel is well known in the community for her gentle aquatic healing work known as Watsu, or water shiatsu. Her name and classes have become regular offerings in the MALT catalogue over the years, ranging from “Intro to Watsu” to “Woods Wisdom for Women.” She has also worked as a nature guide at Awbury Arboretum, creates rustic furniture from natural materials and has a serious passion for dance.

“Massage saved my life back in the late 70’s when I was very ill with an eating disorder and totally disconnected from my body. Receiving massage helped bridge the gap that allowed healing to begin. I realized my calling was to hands-on work, not the academic path of psychology that I was studying. I quit college and went to massage school instead.”

That was 1980, when massage as a profession was struggling to dis-associate itself from the reputation of massage parlors. She studied Swedish massage in San Diego and has used that understanding of the body as a basis for growing her practice.

“In many ways my life has come full circle. I started out studying psychology, gave that up to do bodywork, then studied somatic approaches that integrate both fields. Her studies have included

Bioenergetics, Core Energetics, Chakra Psychology and Process Training — all focused on body-centered transformation through integrating spirit, mind and body.

Her practice, based in her Wyndmoor “massage garage” continues to grow organically along with her. Clients might come for a traditional table massage for stress or back pain. Others come for the experience of a floating massage in her warm, private pool. (Yes, there’s an 8’ x14’ swim spa kept at a balmy 98° and purified without a drop of chlorine) Some prefer a combination session (my friends call it “surf & turf”) of watsu and massage. Most people come by word of mouth and some by referral from other therapists; Watsu is particularly powerful for integrating sensations and emotions in people who’ve experienced trauma.

Julie’s work is guided by her strong spiritual desire to be of service. “This work, in its essence, is about creating a safe space to let down, let go, and reconnect to Source, however that looks and feels to you. It’s really about getting our heads and egos out of the way and allowing Spirit to move through. For me as the facilitator, it’s about letting go of any preconceived notions or judgments about where I think this person needs to go. I follow their lead and trust my gut feelings



JULIE ANGEL (R) PRACTICING WATSU IN HER 98° POOL

and intuitions to guide the process. Sometimes I’m led to offer a humorous perspective on a seemingly serious subject; I feel that’s Spirit’s way of reminding us to lighten up, have fun, be naturally joyful. My work is about finding the ease, comfort, and aliveness that are inherent in each of us.”

So what does she do for fun? “First of all, I don’t separate my work from my life. I am truly blessed to have created lifework that is an extension of who I am, so even work is fun. And I dance lots of Zydeco and Cajun, group motion, some ball-

room, and next to learn is Tango. And I create furniture from rustic materials — branches, saplings, roots, found objects —turning them into altar tables, simple chairs and stools. I had pieces in my first gallery show recently in East Falls so I’m inspired to create more. My largest project was a 10’ by 20’ birdblind at Awbury made from invasive Norway maples right on the property. The simplest form of recycling ”

For more info on Julie’s sessions or classes, go to www.watsuwoman.com or call 215-836-9779.

Shop

Weavers Way

for the Holidays!

Your Co-op has everything you need this Holiday Season

Great Gifts!

Calendars by We'Moon, Sara Steele & more! ♦ Weavers Way boat bags
 Acorn slippers, socks, mittens, scarves & hats ♦ Bagellini bags
 Timex Watches ♦ Guatemalan Sweaters imported by Grace Gardner
 Bambu — sustainable bamboo ♦ Archipelago scented candles ♦ Incense ♦
 Prints ♦ Scarves ♦ Mara stoneware mugs and teapots
 V'Tac Cologne/Perfume ♦ Terra Nova Rain Cologne & gift baskets
 Crabtree & Evelyn Gardeners' Hand Therapy ♦ Men's skin & shaving products
 EO Foot Balms & Bath Salts ♦ Burt's Bees



great local & imported chocolates!

Plus delicious Maple candies

Holiday Cakes & Cookies



Deli

Pates, sausages & salamis ♦ "Grab an O" olives
 Gourmet Jams for cheese ♦ Gourmet crackers
 Balsamic Vinegars & olive oils ♦ a wonderful selection
 of local & imported cheeses, like sharp Cheddars,
 Brie, Prima Donna, Gruyere, Raclette, and
 Stilton to name a few.



Great Co-op Produce



A wide selection of seasonal fruit, including California oranges & grapefruit, pomegranates, pears, clementines, and cranberries ♦ Apple cider and mulling spices ♦ Holiday vegetables for traditional or vegetarian meals — many kinds of squash, sweet potatoes, pearl onions, green beans, potatoes for mashing, baking, roasting and latkes, collard greens and lots of root vegetables ♦ fresh salad greens ♦ Fresh organic herbs ♦ Chestnuts & mixed nuts in the shell

Holiday Staples

Of course, Weavers Way has got you covered in the kitchen, including baking supplies, like canned pumpkin, Frontier Herbs spices, dried fruit, and nuts.
 Plus plenty of delicious Merrymead Egnog.



Pies from LeBus & Sweet Potato Creations and as always, delicious fresh-baked bread



Fish, Fowl & Other Feasts

Sure, we've got fresh naturally raised turkeys for the holidays, but don't forget that anything from the sea is available from our supplier, Samuels & Son. You can also preorder virtually any cuts of lamb, beef or pork from Espositos, as well as kosher meats, for the holidays or anytime.
 Call Dale to order, ext. 104

Happy Holidays
 from
Weavers Way

Theatre of Witness is Catalyst for Healing

by Chris Kaiser

How does a former dancer in New York City and teacher at Swarthmore College transition into a totally new theatrical art form that engages marginalized people to tell their brutal stories of hardship and healing? Easily, when she's Teya Sepinuck.

For the last 20 years, Teya has embraced some of the most difficult social issues as subjects for her theater company, Tova, now housed at the Philadelphia Cathedral at 3723 Chestnut Street. Weaving together spoken word, music, and other artistic elements, Teya has produced incredibly poignant works about homelessness, domestic abuse, life in prison, the legacy of violence, refugees, and racial tension. Her works have been performed in different countries, in theatre venues such as the Painted Bride and Freedom Theatre, as well as in churches, prisons, and at conferences sponsored by religious and government organizations.

"The purpose of the work is not just to show the suffering, but to show the resilience of the human spirit," said Teya, a long-time member of Weavers Way.

Her message is always a powerful one that evokes tears of joy, sorrow, healing, community, and forgiveness. One of her most memorable performances was a piece called "Raising our Voice: Emerging from the Shadows of Domestic Abuse," in a church in Chester. The cast included former perpetrators and survivors of abuse and they performed in the center of the church as part of the service. The minister had spoken beforehand about the abuse in his own family.

"Afterwards, people were just wailing," Teya said. "It opened the deep grief and pain that was in the room and it was in-

credible to be in the spiritual context of it."

For that performance, rooms were set up to help counsel people. But Teya is quick to point out that the work is not therapy, not a form of psychodrama.

"I think of it as a catalyst for healing because it's the truth and people see themselves in the stories," she said.

Teya is drawn to places of brokenness, to people who haven't had a voice. That's not to say the process or the work is gloomy. In fact, one of the most joyous places where she has laughed a lot has been in the prison while writing and rehearsing "Living with Life," a piece that features eight men serving life sentences at the State Correctional Institution in Chester. These are men who have done something terrible that they can't take back; they've lost everything including their families; they've had to come to terms with what they believe is their purpose in the world with probably no hope of ever going home.

"Some of those rehearsals were filled with the most joyous fun, howling wonderful times, because I think people who have gone to those depths of grief and despair and who have reflected upon it also have an equal amount of joy," she said.

In the Beginning

Teya taught dance for many years at Swarthmore College. She has a master's degree in counseling and is a long-time meditation practitioner. Her teachers were choreographers, dancers, and spiritual healers. In the 1970s, she was greatly impressed by the Broadway play "Runaways," by writer, director, and musician Liz Swados.

"I was a dancer in New York then, and it never occurred to me that I would do

anything similar. It was brilliant seeing these kids who were runaways on the stage. That's what has always intrigued me, real people," Teya said.

The art form that she calls "theatre of witness" evolved over time. It started while she was a teacher at Swarthmore. She had choreographed a dance and decided to use a soundtrack of her grandfather, then 88, and her son, then three months. It was the first time she had used spoken words in a dance piece. She was intrigued because she found herself much more interested in the text than choreography, "which I didn't think was that good."

She then decided to do a theatre piece about aging, but knew nothing about theatre. An ad in the local paper garnered a room full of older people, who met several times, danced, sang, and performed improvisations. She collected their stories and a grant allowed her to collaborate with a playwright and a composer and perform the piece. But she needed a name for this art form.

"I called it 'theatre of witness' because we need to bear witness to those whose stories don't often get heard," she said.

Her new piece opened Oct. 5 at the Freedom Theatre. It was inspired by a group of men at Graterford Prison, mostly lifers, who started a public safety initiative aimed at reaching out to at-risk youths. These ex-drug dealers, ex-gang leaders, ex-murderers—who have transformed their lives while in prison—believe they have the most credibility to transform other troubled lives. They partner with the police and community groups. Teya got to know them and they were trying to find a project to do together. At the same time, some people from



PHOTO BY CHRIS KAISER

TEYA SEPINUCK

her company were doing a project with middle school kids and the effect of violence on their lives. She met with five of the girls in a library. Within minutes, Teya said, they were all crying. Stories flowed about relatives shot in Fairmount Park, friends raped and killed, cousins killed by uncles, and their own parents' incarceration.

"These were 14-year-old girls. When I told the story to the men at Graterford, one of them started to cry and said, 'That's our legacy. That's what we did to our women and communities.' And I said, 'That's the piece we're doing.'"

The production is tentatively titled "Holding Up: A New Prison Legacy." The title is taken from the idea that women hold up the sky. At the time of this interview, Teya was in the midst of juxtaposing the girls' stories with the men's. That part of the artistic process is a familiar place of "not knowing" that she has come to trust over the years.

"If I knew, I wouldn't have to make the piece," she said.

Need Your Support

Tova, the company, is going through a transitional period. Commissioned work is harder to come by since 9/11. Support is crucial, whether it's money, volunteerism, or people with time and energy to be board members and help raise funds and meet objectives. Recorded performances are available for sale. I encourage everyone to experience this theatre of witness. It will change your life.

For more information, call 215-222-8682, e-mail tova@tovaartisticprojects.org, or visit them online at www.TovaArtisticProjects.org.

Tiny Toxins

from the *Organic Consumers Association*

Despite a lack of federal oversight and no requirements for labeling, nanoparticles have been placed into countless consumer products, including food, food packaging, nutritional supplements, and body care products.

Nanoparticles contain extremely small particles, roughly one-billionth of a meter in size. Laboratory studies already warn that nanoparticles can cause inflammation, damage brain cells, and cause pre-cancerous lesions. The Food and Drug Administration scheduled its first-ever Public Meeting for Oct. 10, 2006 to address the emergence of nanotechnology.

Learn more about nanotechnology and contact the FDA to call for a moratorium on untested and unlabeled nanoplastics until adequate testing and federal oversight is in place:

http://www.democracyinaction.org/dia/organizationsORG/oca/campaign.jsp?campaign_KEY=5232.

Co-op Members Donate \$1,000 to Help Friends of Wissahickon Rebuild WPA Guard House

by Denise Larrabee

Weavers Way members donated \$1,000 to the Friends of the Wissahickon (FOW) for the rebuilding of the WPA (Works Progress Administration) guard house on Forbidden Drive near Mt. Airy Avenue that was destroyed by arson this past summer. The money was raised through a fund drive started in August, 2006.

FOW began work on the building in September and expects to have the frame and roof rafters in place by Nov. 13. 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.

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.

"We are so grateful to the members and leadership of Weavers Way for their



PHOTO BY DENISE LARRABEE

support," says FOW Executive Director Maura McCarthy. "It is always exciting to see the community getting involved in our restoration projects. Their support makes all the difference." McCarthy encourages any Coop member who wants to learn more about the project to contact FOW at 215-247-0417.



PHOTO COURTESY OF FRIENDS OF THE WISSAHICKON

WEAVERS WAY BOARD PRESIDENT STUART KATZ (TOP, R) IS ON HAND AS GENERAL MANAGER GLENN BERGMAN (L) HANDS OVER A CHECK FOR \$1,000 TO FRIENDS OF THE WISSAHICKON EXECUTIVE DIRECTOR MAURA MCCARTHY (C) TO HELP PAY FOR REBUILDING THE WPA GUARDHOUSE (BELOW), DESTROYED BY ARSON EARLIER THIS YEAR.

Holiday Greens Sale and Workshop

by Denise Larrabee

The Wissahickon Environmental Center and the Friends of the Wissahickon are already preparing for their Fourth Annual Holiday Greens Sale in December, 2006. Free Workshops in bow, swag, and wreath making will be offered starting in November. The decorative greens created at the workshops will be sold at the Holiday Greens Sale. Proceeds of the sale benefit the educational programs at the Wissahickon Environmental Center (WEC).

The WEC offers fun family programs on local plants, birds, geology, and various ecological and environmental topics. It is located at the Andorra Tree House in the Wissahickon Valley at Northwestern Ave. and Forbidden Drive in Chestnut Hill. (For more information, visit www.fow.org/wiss.php.)

Workshop volunteers will learn how to make hand-tied bows, decorate fresh balsam wreaths, create beautiful candle centerpieces for the table, and fashion impressive door swags using pinecones, holly, and a variety of greens. While no expe-

rience is necessary to volunteer for the workshops, adults with a facility for arts and crafts are needed.

Workshop Schedule:

Bow Making Workshops—Wissahickon Environmental Center, Tuesday, Nov. 28, from 10 a.m. to 2 p.m. and Wednesday, Nov. 29, from 10 a.m. to 2 p.m.

Swag Making Workshop—Valley Green Inn, Tuesday, Dec. 5, from 10 a.m. to 2 p.m.

Wreath Decorating Workshops—Valley Green Inn, Wednesday, Dec. 6, from 10 a.m. to 2 p.m. and 5:30 p.m. to 8 p.m., and Thursday, Dec. 7, from 10 a.m. to 2 p.m.

“The concept for the workshops and sale is simple,” says Debbie Carr, a member of FOW’s Education Committee and Director of Fairmount Park’s Environmental Education Program. “You create something beautiful, have fun, learn new techniques, and enjoy the holiday festivities. We sell your beautiful works to raise much needed funds for WEC.”

In order to meet this year’s goal of 200 wreaths and 30 centerpieces, an evening workshop is being offered for the first time. Refreshments donated by many of the area’s best-known bakeries and shops are served at all workshops. Registration for the workshops is required. Please call 215-685-9285.

The Holiday Greens Sale will be held at Valley Green Inn on Dec. 9 and 10, from 10 a.m. to 4 p.m. The wreaths, door swags, centerpieces, and hand-tied bows made at the workshops will be sold, along with pine roping and cut greens. Hot cider and chestnuts roasting on an open fire make this an enjoyable holiday event. Shoppers can also enjoy a cozy lunch or dinner at Valley Green Inn. Those purchasing wreaths will receive a coupon from the Inn giving them a complimentary appetizer or dessert with their purchase of any entrée at lunch or dinner.

Any organization or business wishing to sponsor the workshops or greens sale

through a gift of food, wreath-making supplies, or other workshop materials should contact Trish Fries at the WEC at 215-685-9285. Sponsors will be acknowledged in the promotional poster and on signs at the workshops and sale.



TRISH FIRES OF THE WISSAHICKON ENVIRONMENTAL CENTER AT LAST YEAR’S HOLIDAY GREENS SALE.

The Israel Garden

by Mark Goodman

You don't have to go to Haifa or Tel Aviv to find an Israeli garden. You can see one right here in Mt. Airy. How can this be?

It's easy if you speak with Co-op member Corri Gottesman. She is in charge of the Israel Garden, which thrives on the grounds of the Germantown Jewish Centre at Emlen and Ellet Streets. The garden was begun years ago by Mt. Airy resident Charlie Miller.

Corri got involved in the early 1990's when she returned from an 11-year stay in Israel. For her, it was a way to make up for her feelings of missing Israel. Along with her passion and commitment to the garden, she brought books on taxonomy (science of plant names and classification) and a knowledge of Hebrew. Over time, Corri took more and more responsibility for the Israel Garden, and she is now in charge of it.

Corri lists four criteria for a plant to be included in the garden. First, it (or a close cultivar) must grow in Israel. Second, it must either be mentioned in the Bible or have symbolic value in Jewish tradition. Third, the plant has to be attractive. And fourth, it must grow well here.

The Israel Garden features seven species of fruits and grains that are mentioned in the Bible: fig, grape, wheat, barley, date, pomegranate, and olive. Plants

that are part of Jewish holiday observances include the citron (Hebrew: etrog), a yellow, sweet-smelling citrus fruit and the lulav, a date palm branch bound together with willow and myrtle twigs.

Unfortunately, none of the actual plants imported from Israel survived, so Corri had to be creative in securing plants. For example, the fig tree comes from a synagogue congregant in Seattle. The date palm and citron tree were grown from seeds here in Philadelphia. And the pomegranate was secured through a mail order nursery in the U.S.

According to Corri, the Israel Garden serves many purposes. It is a meditative haven where someone can just stand (or sit) and reflect on the Sabbath and holidays. Corri has seen people praying in the garden. In addition notes, Corri, the garden is "...a place for people to be surrounded by plants that have a visceral connection..." to Jewish history. It's also a place for people who are homesick for Israel or who would like to go there but can't. Finally, it's for anyone who appreciates interesting plants.

Corri feels that the garden connects people to the agricultural aspect of holiday cycles. She notes that the Talmud — the collection of Jewish law and tradition — includes a tract called "Seeds."

Many Jewish laws, according to Corri,

come out of the relationship between people and the earth. For example, the concept of Sabbath, a sabbatical, and Jubilee years is rooted not only in giving people time to rest but in letting the land lie fallow. Corri says that our relationship to the land is guided by an overriding principle: "Land does not belong to us but to God."

Corri is proud that the garden has become a place where people can connect to life cycle events and celebrate births, weddings, Bar or Bat Mitzvahs, old age, and

Success of Wissahickon Charter School Celebrated at Dedication

by Julie Stapleton Carroll

Reduce, reuse, recycle. These are words that you hear frequently in the halls of Wissahickon Charter School. Even the building is reused — having originally been the old Atwater-Kent Radio Factory.

Until this summer, the school retained much of its factory look on the outside. People driving by rarely noticed that there was a school there unless it was dismissal or recess time. Not any more. Through a partnership with the Mural Arts Program and a grant from the Department of Environmental Protection, WCS has transformed the exterior of the school to include a large-scale mosaic of a dogwood tree on the side of the building and a large outdoor green space for study and quiet play.

If this were not enough construction, they are also completing a 12,000 square foot upper school. The design is unique and complements the existing lower school.

Wissahickon Charter, a K-8 eco-friendly public charter school in Northwest Philadelphia, serves 425 local students and has enjoyed excellent academic and community success in the four years that it has been open.

On Saturday, Sept. 16, the school celebrated all of these accomplishments and welcomed the community to see the school. According to CEO, Julie Stapleton Carroll, “until you see it, it is hard to imagine what a warm, innovative and caring community exists within these walls.”

Two of a Kind performed outside for the children as the crowd gathered to dedicate the outdoor space and mural. Jane Golden of the Mural Arts program dedicated the mural with the children who participated in the mural project as well as the artists. The community was then invited to open our green space by spreading seeds to sow the meadow. Paul Vallas, CEO of the School District of Philadelphia and former Councilman Michael Nutter cut the ribbon on the upper school space.



PHOTO BY LESLIE CHASBERG

ATTENDING THE WISSAHICKON CHARTER SCHOOL RIBBON-CUTTING (ABOVE) WERE, (L-R) DANIEL FARMER, SIXTH GRADER; PAUL VALLAS, CEO PHILADELPHIA SCHOOL DISTRICT; KURT RAYMOND, WCS BOARD OF TRUSTEES; MARTA ROSE, WCS BOARD OF TRUSTEES; JULIE STAPLETON CARROLL, CEO WCS; MICHAEL NUTTER, FORMER COUNCILMAN; JEREMY NOWAK, CEO THE REINVESTMENT FUND; SARA VERNON STERMAN, THE REINVESTMENT FUND; SPENCER DAVIS, FOUNDATIONS INC.; QUENTIN CARROLL, SIXTH GRADER WCS. (BELOW) STUDENTS AT WCS ENJOY THEIR NEW GREEN SPACE.



Weavers Way Market Basket Comparison Shop

Weavers Way frequently conducts comparison shops with supermarkets and natural foods specialty stores. Here is a comparison with the Montgomeryville Whole Foods conducted by Co-op member Dominic Capponi on Oct. 5, 2006.

WW comparison shop with Whole Foods Montgomeryville on 10/05/06 by Dominic Capponi						
Dept	Brand	Item	Size in oz.	Price	Other	WW price
groc	Annie's Dressing	Shitake Sesame	8	\$ 2.99		\$2.69
groc	Arrowhead Mills	Flour - Whole Wheat	80	\$ 4.49		\$4.24
groc	Arrowhead Mills	Peanut Butter - Smooth	18	\$ 3.79		\$3.95
groc	Barbara's	Shred Spoonful Multigrain	15.3	\$ 3.29		\$3.16
groc	Bearitoes	Refried Beans - Traditional	16	\$ 1.79		\$1.66
groc	Bearitoes	Tortilla Chip - Yellow	16	\$ 2.89		\$2.82
groc	Celestial Seas	Tea - Chamomile		\$ 2.79		\$1.99
groc	Green Mountain	Salsa - Mild	16	\$ 3.99		\$2.79 sale reg \$3.63
groc	Health Valley	Soup - Lentil Carrot	15	\$ 2.49	Sale - 2 for \$4.00	\$1.33 sale, reg \$1.99
groc	Kashi Cereal	Heart to Heart	12.4	\$ 2.99	All Kashi Cereal was 2.99. Heart to Heart is Oatmeal and is 2.99	\$3.82
groc	Kettle	Potato Chips - Lightly Salted	5	\$ 2.19		\$1.99
groc	Knudsen	Recharge - Tropical	32	\$ 2.29		\$1.97
groc	Muir Glen	Tomatoes - Crushed w/ Basil	28	\$ 1.99		\$1.79 sale, reg \$2.16
groc	Newman's	Pretzels - Round w/ Salt & Pepper	7	\$ 2.49		\$1.98
groc	Santa Cruz	Applesauce	23	\$ 3.29		\$1.99 sale, reg \$2.95
groc	Seventh Generation	13 Gallon Tall Kitchen Trash Bags	30 bags	\$ 4.69		\$3.65
bulk	Breadshop	Granola - Blue & Crea,	per / lb	\$ 3.19	On Sale - 2.99	\$2.81
bulk	BULK	Cashew - Raw, No Salt	per / lb	\$ 5.49		\$5.33
bulk	BULK	Oats - Rolled	per / lb	\$ 0.79		\$0.80 organic
frozen	Amy's	Breakfast Burritos	6	\$ 2.29		\$2.26
frozen	Amy's	Pizza - Pizza	13	\$ 5.49		\$5.50
frozen	Amy's	Pot Pies - Broccoli and Cheese	8	\$ 2.49		\$2.35
frozen	Cascadian	Concentrate Apple	12	\$ 3.49		\$2.95
frozen	Cascadian	Corn	16	\$ 2.39		\$1.98

L • E • T • T • E • R • S

To the editor

I noticed some months ago that Weavers Way was carrying “Point Reyes Bleu” among the exotic cheeses in the cooler on the Carpenter Lane wall. American-made cheeses are unusual in this cooler, so I tried it and discovered a quite good bleu cheese — especially valuable since Trader Joe’s stopped carrying Roquefort.

As it turns out, my wife Rebecca and I were in Marin County this month during a visit to the Bay Area to see our sons, and decided to visit this dairy. The address was easy enough to find on their web site, and off we went up Highway 1 to the “Farmscape.” While there was a sign announcing an entirely different name at the turnoff, we did turn off, onto a dirt road that wound through about a mile of the rolling brown hills typical of northern California coastal land. We passed a very comfortable looking home, but decided to continue on, though we doubted our path would take us anywhere. Eventually

at the crest of one of the hills a sizeable dairy operation came into view, a large milking shed, a huge manure pond, a couple of silos, and a few home like buildings. Just as we came over this hill, a pickup truck started moving just ahead of us. We followed it for perhaps another half mile until it stopped in front of a dwelling or an office at the heart of the operation.

The driver got out of his truck and approached our car.

“Can I help you?” he asked.

“Are you the dairyman?” I asked.

When he said yes, I understood I was talking with the owner Bob Giacomini.

He had recently gone into the artisanal organic cheese business with his four daughters to save the farm. Founded by his father at the turn of the last century, it would probably have had to sell to a larger operation or a developer, God forbid, rather than run the fool’s errand of staying competitive in today’s conventional dairy business.

“We’re not open to the public,” said Mr. Giacomini, “besides that, on a Sunday there’s nothing much going on here except milking.”

When I explained that we’d come from Philadelphia and wanted to visit his farm because we’d found his cheese at the Weavers Way Co-op and liked it, he warmed a little. After a 15-minute discussion in which we learned that the pasture is only good during the rainy season — from, say, November to April — so he feeds his stock grain in the summer; that he sells nationwide through distributors; that he is able to stay away from antibiotics and growth hormones and I don’t remember what else, Mr. Giacomini asked us to wait a minute, and went into his office building where he got us a sample of his bleu and a recipe book.

Before we left, I said we’re very interested in the “buy local” movement, and would like to get all our cheese from less

than a hundred miles from home. “Then you won’t buy my cheese,” he lamented.

If you read “The Omnivore’s Dilemma” by Michael Pollan, you’ll learn how valuable it can be to know where your food comes and how it’s produced. It’s very revealing to visit the producers themselves, as we did in Chester County when the “bike local” tour took place in July; Farm Aid’s bike tour of urban farms is about to take place (for those who don’t celebrate Rosh Hashanah). For the moment, Point Reyes Bleu is a “local product,” since the alternative probably comes from Denmark or Italy or France. Keep up the interest in local production and, who knows, soon we’ll pay a visit to the producers of Phoenixville Bleu.

I’m grateful to Weavers Way for carrying the great variety of good, sustainable and — more or less — local foods. I hope we can contribute to the survival of many farms like Bob Giacomini’s.

- Stephen Tobias

in memoriam

Elaine Goodyear

Elaine Goodyear, a Co-op member for more than 30 years, passed away on September 21 at the age of 58. Elaine had bravely fought breast cancer for more than six years. She was a school teacher for the vision impaired children of the Philadelphia School System from 1970 until she retired a few years ago. She is survived by students, friends, family and her loving husband John W. Logan, Jr.

Her husband asks that donations in her memory be sent to the Philadelphia Fire Fighters Widows and Orphans Fund, 415 North 5th Street, Philadelphia, PA 19123 in the names of Elaine Goodyear and John W. Logan, Jr.

Easy Solutions If You Find A Bat In Your House

by Brenda Malinics

With winter upon us, most bats will have caught up with others and, depending on the species, either migrated to warmer climates or sought out a cave or mine in which to hibernate for the winter. You may, however, find a rogue bat in your attic this winter. Not to fear. Read on.

Bats are true hibernators, like the black bear, and can reduce their heart rate to just four beats a minute in order to preserve precious fat resources during the winter. However, December and January are among my busiest months for bat rescue. People find bats in attics (while getting holiday decorations) or discover them in other seemingly odd places (like between mattresses stored in the garage or in lumber piles).

Ninety-nine percent of the time, these solo bats are young and inexperienced and simply did not follow the clues to “swarm” or did not understand the behavior of the other mature bats that went looking for their species when the weather began to chill. No one is sure how or why bats know to gather together for the winter after spending the summer segregated by sex. A “scout” bat searches for just the right cave and sends signals to other bats who begin to gather within a few days at the mouth of the cave.

When the males and females reunite after being apart during the summer, mating occurs before hibernation begins. Bats are among the few mammals that do not mate in the spring. Hibernation is the only time that male and female bats coexist. As soon as they emerge, the females search for a suitable hibernacula in which to birth and raise their young, while the males remain solitary and search for a shutter or porch on which to roost for the summer.

If you are lucky enough to have bats in your home or in a bat house in your back yard, they are females who have formed a maternity colony. At summer’s

end, the males and females find each other and mate. Like the black bear, the female stores sperm in her uterus throughout the winter, and when the days become lighter and the weather warmer, fertilization will occur.

Gestation takes approximately 28 days. Most big brown bats (our most common locally) give birth the first week of June. Within four or five weeks, that baby, or pup, will be the size of its parents and begin flying, yet it is still nursing until week six. August is the month when these young bats inadvertently find their way into people’s homes because their echolocation and flight skills are not perfected. I liken these young bats to teenagers behind the wheel of a car — old enough to drive but not experienced enough to always be safe on the road.

If you do find a bat in your attic during the winter, leave it alone. It will leave on its own come spring when the conditions are right. By removing it, you are interrupting the hibernation cycle, which causes a 30-day fat reserve loss. Simply by opening its eyes, a bat must “stoke up its metabolism” and use an inordinate supply of valuable energy which will be critical in the springtime when insects are few. The bats that are brought to me because of “interrupted hibernation” must simply “wait” indoors in conditions that are very unnatural (often too warm and too dry) until they can be released again in the spring. Humans cannot safely force hibernation; we simply aren’t as smart as the animals that know how to do it naturally. You also must never put the bat outside in winter to find another spot to hibernate. It will freeze and/or starve as there are no bugs to eat.

If you do encounter a flying bat in your house during the summer, do not attempt to chase it or catch it. Close the door to the room the bat is in, open a window if available and the bat will fly out. If there are no windows in the room,

allow the bat to fly until it tires and lands. When the bat lands on a surface, wearing gloves to protect yourself, gently place a container (like a container from coffee or Cool Whip) over the bat, and slide a piece of stiff cardboard between the bat and surface. Take the bat outside and place it on an elevated surface like a roof or on tree bark. Do not put the bat on flat ground. It will be landlocked. Bats need air under their wings and must drop down in order to take flight.

Although bats are one of the most feared creatures on the planet, they are the cornerstone of a healthy environment. They are very gentle, extremely intelligent and very clean. Less than half of one percent of bats carry rabies. Bats eat astonishing numbers of mosquitoes (which carry the deadly West Nile Disease) and other nocturnal pests. They have been maligned throughout time simply because of myths and misconceptions. They



FILE PHOTO

need our help and our tolerance. Fortunately more people are realizing the value of bats, especially children. I was thrilled to learn that the Girl Scouts are now offering a “Bat Patch.” Hopefully, we can help bats recover before their decline is irreversible.

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

Suggestions*(continued from page 28)*

Actually our freezer lights have a bit of a mind of their own. When the inside temperature rises above a certain point, the lights turn off to reduce the heat load. Unfortunately, on busy days when the doors are opened a lot and it's hot out, the lights tend to stay off. Their cutoff point is theoretically adjustable, so we'll play with the adjustment. Past experience has shown that sometimes this works and sometimes it doesn't. We have just switched to a new refrigeration service company, and we'll also take it up with them. Meanwhile, when possible, please make your selection before opening the door. Thanks for your understanding.

s: "My gorgeous deli platter went *splat* when I took it out of my car — not the first time this happened. Could you please secure these wonderful creations a bit better (tape closed? Put in cardboard box?) Thanks."

r: (Bonnie) We agree this is a problem and are searching for sturdier trays. The problem seems to be that all the platters we've looked at are designed so that the lid seals by extending beneath the platter, which is good for keeping air and bugs out but makes them hard to grab and easy to accidentally pop the lid off just by picking the platter up. Maybe the box idea would be a solution.

s: "There is no regular locally grown basil — a ridiculous situation for the middle of the summer. *Why* would you get Israeli basil? This is a travesty. Are you secretly pushing an Israeli agenda? What's

wrong with good old Jersey??"

r: (Jean) "What's wrong with good old Jersey?" Let me count the ways: 1) it comes in filthy, unwashed, and covered with sand, makes a mess everywhere; 2) it looks pretty for about five minutes on display, then wilts and turns black. We carry local organic basil from Lancaster- big fat fresh bunches — \$1.98 each. Beautiful stuff. Comes in Tuesdays and Fridays. (Norman) We don't know if we can reveal if we're secretly pushing Israeli or any other product because then it would no longer be secret. On the other hand, we're not supposed to keep secrets from members any more, it having backfired in the past. You can see our dilemma.

s: "Where is the spirulina in the Carob Spirulina Chunks of Energy chunks? Not in the ingredients. Has "spirulina" become an adjective rather than a noun? Could the spirulina-less energy chunks therefore be renamed "Carob Kazowie Chunks of Energy"? (To be honest, I'm not feeling the energy* when I eat them, only the nuts passing through my colon.) *I know protein, and therefore nuts and seeds, are supposed to account for an energy boost, but nothing revs it up like spirulina green power. Am I wrong? Is there a consensus on this?"

r: (Norman) First of all, the term "Kazowie" cannot be used anymore as its allowable printed uses were exhausted between 1966 and 1968 in the TV series Batman, when it appeared on the screen in bright color as a soundless word, along with "wham" and "pop" (this was considered an innovation in TV land). It hasn't appeared since until now, and Jon will likely be fined by the FCC. "Spirulina"

cannot be an adjective since it means "little spiral," in this case referring to little spirals of algae (they're so cute when they're small), and as such, are a "thing," thus being a noun under the "person, place, or thing" rule, which we are obligated to honor because of our respect for battles that have been fought on our behalf so that we could enjoy the American way of life. According to our supplier the chunks contain "Nutrex organic blue green algae (spirulina)." What was weird is that the manufacturer lists the ingredients on their box, and it did not list spirulina, and that is where we got the ingredients for our scale label. This problem has been corrected. (Editor's note: the manufacturer also suggests that if you can feel nuts passing through your colon, you should chew them more).

s: "I think that the pricing has been edging up. Some of the products that are sold in Trader Joe's are higher here. Also, grapes, plums, and tomatoes are higher than in other markets. This will not stop me from buying here, but I think a good look at comparison pricing is necessary." r: (Norman) It is difficult to compete with Trader Joe's. Some of our prices will be higher; we simply can't buy stuff as cheaply as they can. Produce prices fluctuate and sometimes things are on sale. We did a recent comparison shop with Whole Foods and look pretty good. We'll do other comparison shops and adjust pricing where possible. Our industry has seen many price increases in the last six months; I strongly suspect oil prices are filtering through manufacturers and dis-

tributors and trickling down to us. A number of our suppliers have adopted adding "fuel surcharge" lines to invoices. Just so you know, we have not raised mark-ups in general anytime recently, so price increases you see are usually just passing along increased costs. Also remember that if we have a surplus at the end of the year, the board can choose to issue a rebate (like last year and this year).

s: "Please carry Claudio's Fresh Mozzarella regularly. It's very good."

r: (Margie) Claudio's only delivers to us every other week and the fresh mozzarella doesn't stay fresh for two weeks so we can't carry it regularly. We do carry it every other week.

s: "If possible, please print *price* on the labels scanned by cashiers (pet food, kitty litter). I comparison shop on prices and having to consult the loose leaf binder is tedious. Also, the label means the product cost can be on the package once it is home with me."

r: (Norman) Problem is labels with prices would not be up to date when prices change, so previously printed prices may not agree with what comes up when something scans. Better to just write the price on the label or bag when you buy the item.

s: "What ever happened to Norman's movie career?"

r: (Norman) Despite the publicity offered from this newsletter, no one has stepped up and offered a role. Norman has decided he's not going to wait forever.

Financial Update

by Lou Dobkin, Finance Manager

They say that only two things are certain in life.

In the world of co-ops there is only one. But this year we are paying taxes anyway. This is a new (and traumatic) experience in my Co-op accounting career but I think I can get through it with the help of my resident mental health professionals (Norman and Jon) ...or can I?

The happy cause of this unhappy event is the profit made by Weavers Way in the last fiscal year. We have used up the credits from the net operating losses of prior years and even after a patronage dividend we are still in taxable income territory. By design, this is in the lowest tax bracket and keeping enough reserves to fund future expansion plans. The whole grim affair (the audit financial statements for the year ended June 30, 2006) will be on our web site soon.

Please note that last year at this time we did not have the audit adjustments to make a timely presentation in *The Shuttle*. This year we did and the results are reflected in the presented financials. Therefore, the 2005 results presented here do not include the adjustments for the provision for taxes and the bonus accruals for last year.

The net income for the quarter ending June 30, 2006 was \$45,855 on \$1,661,015 of sales, compared to \$57,685 on \$1,527,308 of sales in the quarter ended June 30, 2005. This reflects a sales increase over last year of 8.75 percent. The precipitous drop in operating income is mainly due to year end staff bonuses and the aforementioned provision for income taxes in this quarter. The figure for "other income" is extraordinarily high this year due to several factors that will not be recurring, including the settlement with Andi Sheaffer for past difficulties, higher than budgeted interest income, and, this quarter, the recognition of a patronage dividend from the National Cooperative Grocers Association.

For the year, we had a net profit of \$227,792 vs. \$111,618 last year, a 204 percent improvement. Sales for 2006 were \$6,297,559 vs. \$5,831,726 for 2005, for an improvement of 7.99 percent. The big story, of course, is the improvement in margin from 32.97 percent in 2005 to 34.02 percent — an increase of 1.05 percent. This, despite our purchasers' proclamations that they have not changed the markup. We believe the improvement is the result of better use of the new POS system.

What continues to be problematic is the labor as a percent of sales, which went from 23.47 percent in 2005 to 24.31 percent in 2006. While this is within the range of co-ops our size, it has made our margin after labor way below the range of co-ops our size. Our margin after labor is 9.71 percent and co-ops our size range from 13.07 percent to 14.52 percent.

Our liquidity ratios continue to improve with the current ratio at 2.05 where co-ops our size range from 1.73 to 2.65. The quick ratio at 1.42 is above the co-op standard maximum of 1.0.

All in all, a very nice picture. So enjoy those rebates... and shop Co-op

	30-Jun 2006	%	30-Jun 2005	%
Balance Sheet				
Assets				
Current Assets (ex Inventory & Cash)	29,041	1.55%	46,910	2.80%
Cash	593,019	31.72%	410,802	24.52%
Inventory	278,073	14.87%	258,527	15.32%
Fixed Assets	902,202	48.26%	866,478	51.75%
Other Assets	67,108	3.59%	93,781	5.60%
Total Assets	1,869,443	100.00%	1,674,298	100.00%
Liabilities & Equity				
Current Liabilities (ex Accounts Payable)	212,133	11.35%	205,940	12.30%
Accounts Payable	226,687	12.13%	208,394	12.45%
Long Term Liabilities	344,079	18.41%	368,176	21.99%
Total Liabilities	782,900	41.88%	782,510	46.74%
Member Equity	516,424	27.62%	423,665	25.30%
Retained Earnings	570,119	30.50%	468,121	27.96%
Total Equity	1,086,544	58.12%	891,786	53.26%
Total Liabilities and Equity	1,869,443	100.00%	1,674,298	100.00%
Income Statement				
Sales	6,297,559	100.00%	5,831,726	100.00%
Cost of Goods Sold	4,155,175	65.98%	3,908,891	67.03%
Gross Profit Margin	2,142,385	34.02%	1,922,835	32.97%
Expenses				
Personnel	1,543,035	24.50%	1,374,973	23.58%
Occupancy	142,981	2.27%	131,799	2.26%
Depreciation & Amortization	58,262	0.93%	43,963	0.75%
Operating Expenses	64,272	1.02%	61,712	1.06%
Administrative Expenses	140,785	2.24%	90,018	1.54%
Governance Expense	20,126	0.32%	6,429	0.11%
Promotional Expense	47,016	0.75%	42,641	0.73%
Total Operating Expense	2,016,478	32.02%	1,751,555	30.03%
Operating Profit	125,906	2.00%	171,280	2.94%
Other Income	124,976	1.98%	53,061	0.91%
Other Expense	23,092	0.37%	21,097	0.36%
Total Other Income & Expense	101,885	1.62%	31,964	0.55%
Net Income	227,791	3.62%	203,245	3.49%

C O - O P I N F O R M A T I O N		
<p>STORE HOURS Monday-Friday 9-8 Saturday-Sunday 9-6</p> <p>Shuttle Staff</p> <p>Editor & Advertising Manager: Jonathan McGoran</p> <p>Advertising Billing: Lou Dobkin</p> <p>Proofreaders/Editors: Milena Davidova, Mikael Elsila, Denise Larrabee, August Tarrier</p> <p>Contributors: Cristina Adams, Glenn Bergman, Dominic Capponi, Julie Stapleton Carroll, Lou Dobkin, Kaela Farber, Sandra Folzer, Martha Fuller, Sylvia Gentry, Mark Goodman, Andy Griffin, Terry Halbert, Chris Kaiser, Christine Lamprecht, Denise Larrabee, Brenda Malinics, Grace Maselli, Jonathan McGoran, Emily Neuman, Susie Pickering, Scott Robinson, Tanya Rotenberg, Dr. Merri Rubin, Peter Samuel, Rick Spalek, Chris Switky, Betsy Teutsch, Dave Tukey, Norman Weiss</p> <p>Photographers: Cristina Adams, Evelyn Bock, Robin Cannicle, Leslie Ginsberg, Steve Hebden, Cliff Hence, Chris Kaiser, Denise Larrabee, Jonathan McGoran</p>	<p>Board of Directors</p> <p>President Stu Katz (06-08) Stuart.Katz@phila.gov</p> <p>Vice President Nancy Weinman (06-08) nweinman@schnader.com</p> <p>Secretary Dorothy Guy (05-07)</p> <p>Treasurer Susan Beetle (05-07) SGBeetle@nim-phila.org</p> <p>Immediate Past President Bob Noble (06-07) bobnoble@msn.com</p> <p>At-large Director Jim Peightel (06-08) JPeightel@comcast.net</p> <p>At-large Director Chris Hill (06-08) chris@chrishillmedia.com</p> <p>At-large Director Rick Sauer (06-08) rsauer@pacdc.org</p> <p>At-large Director Afshin Kaighobady (06-07) afshink@markis.com</p> <p>Staff Director Lou Dobkin (06-08) ldobkin@weaversway.coop</p> <p>Staff Director Josh Giblin (06-07) sapoval@verizon.net</p> <p>Committee Chairs</p> <p>Diversity & Outreach Laura Holbert Education Larry Schofer Environment: Sandra Folzer Finance Susan Beetle Farm Norma Brooks Leadership Bob Noble Membership Sylvia Carter Merchandising Support: open Operations Support David Baskin</p> <p><i>Board members and committee chairs have mailboxes on the second floor of 559 Carpenter Lane</i></p>	<p>Managers/Department Heads</p> <p>General Manager Glenn Bergman, ext. 123 gbergman@weaversway.coop</p> <p>Purchasing Manager Norman Weiss, ext. 119 normanb@weaversway.coop</p> <p>Operations Manager Rick Spalek, ext. 101 rick@weaversway.coop</p> <p>Finance Manager Lou Dobkin, ext. 110 ldobkin@weaversway.coop</p> <p>Fresh Foods Manager Dale Kinley, ext. 104 dale@weaversway.coop</p> <p>Prepared Foods Manager Bonnie Shuman, ext. 102 bonnie@weaversway.coop</p> <p>Second Floor Manager Martha Fuller, ext. 114 martha@weaversway.coop</p> <p>Human Resources Manager Dave Tukey, ext. 121 hr@weaversway.coop</p> <p>Deli Manager Margie Felton, ext. 112 margie@weaversway.coop</p> <p>Cashier Dept. Manager Susan McLaughlin, ext. 311</p> <p>Communications Director Jonathan McGoran, ext. 111 jonmcgo@weaversway.coop</p> <p>Flowers & Home Delivery Emily Neuman, ext. 169 delivery@weaversway.coop</p> <p>Membership Manager Robin Cannicle, ext 1 member@weaversway.coop</p> <p>Board Coordinator Mia Perry boardadmin@weaversway.coop</p> <p>Grocery Purchaser Chris Switky christopher@weaversway.coop</p> <p>Produce Manager Jean Mackenzie mackenzie@weaversway.coop</p> <p>I.T. Tanya Rotenberg, ext. 195 tanya@weaversway.coop</p>
<p>Co-op Meetings</p> <p>Board: 1st Tues., 7:00 p.m. • Education: 3rd Wed., 7:30 p.m. Environment: 1st Wed., 7:30 p.m. • Finance: 3rd Thurs., 7:30 p.m. Diversity: 3rd Tues., 7:15 p.m.</p> <p><i>Operations, Membership, Merchandising, and Leadership Committees meet as needed. All meeting schedules are subject to change. Meetings are held at 610 and 559 Carpenter Lane and at members' homes. For more information about committee meetings, e-mail boardadmin@weaversway.coop or call the store.</i></p>		<p>Weavers Way Recycling New Courtland Elder Service 6959 Germantown Ave. (Enter from Carpenter La.) 9:00 a.m.-1:00 p.m., 3rd Sat./month.</p>



Suggestions

by Norman Weiss

Greetings and thanks for writing. As usual, suggestions and responses may have been edited for clarity, brevity, and/or comedy. The first week in October, Martha, Margie, and I attended the annual Expo East, a trade show for the natural foods industry. We go every year to see what's up in the natural foods industry.

The show has a bit of a carnival atmosphere, people hawking all kinds of products, some looking worthwhile and some clearly outlandish crap. One thing we learned though, kind of by accident, is that one of the main suppliers of organic meat, Albert's Organics, processes and packages their organic meat (called "Grateful Harvest") right here in Philadelphia, and on Germantown Avenue no less, at a place called Emil's. We are going to look into stocking this brand. The meat is grass fed, grown mostly in Uruguay, so it is not exactly locally raised, but it is locally processed. Apparently, Albert's doesn't source locally because there is not enough grass-fed organic meat grown in this country to meet the ever-increasing demand.

Speaking of "local," there is no standard definition for "local"; it's kind of like the word "natural"—people can define it however they want. I know one co-op that defines local as products grown within 70 miles. "Locally grown" is desirable right now, and it should be, but obviously

everything can't be grown locally; we could never have local oranges or coconut. There is no standard label program for local, and I think it is time for one, especially with some people about to do private trips to outer space. It may not be long before "product of Mong Tong (a Chinese sardine farm colony on the moon) will be printed on packages. Instead of seeing things like "Made in U.S.A." on products you'll see things like "Grown on Earth" and "product of Eastern Hemisphere," and "Rocket Fresh." Even products grown or made in space or on other planets have to be picked or assembled, though, so I wonder how immigrants will sneak up there.

Suggestions & Responses:

s: "Help What is a 'CHIT' sheet when you fax or copy? Where does the word come from and most importantly, how is it pronounced? Please clarify to avoid future embarrassment and confusion.

r: (Norman) Here are some definitions: 1. a signed note for money owed for food, drink, etc.; 2. any receipt, voucher, or similar document, esp. of an informal nature; 3. chiefly British. a note; short memorandum. So you can see we are right in line with our use of this word. It is pronounced like "chip," not "ship," which should help avoid embarrassment and confusion. Especially the confusion, and especially after the E. coli problem, since if there is one thing we don't want traveling via shoppers hands and through our cashiers' hands it would be the substance that sounds like "chit" but starts like "ship."

s: "When packing Roquefort cheese, could you indicate if it is "Society" or "Papillon," or others, the taste of each being different, "Society" being the one not as good as the others."

r: (Margie) We can label the Roquefort. The original foil packaging is labeled but it is hard to slice the cheese through the foil because the foil gets into the product, so we peel the foil off first.

s: "Kosher, free-range meat and chicken.

Not just kosher, not just free range." r: (Dale) Kosher free range meat and chicken is very hard to find. Do you know of any sources that deliver in Philly?

s: "Recently on TV there was a short story about chickens — even free range — being fed food with a small amount of arsenic, which the feed companies said would kill bacteria but not affect the meat. Well, they did find some converted form of it in meat. Do we know if farms we buy from use that treated food?" r: (Dale) Bell & Evans does not use arsenic in their feed. (Norman) Jon, if you can't use this in a crime mystery, give up.

s: "Please stock cereal 'Twice Rice' — safe for celiacs. You now have Erewhon 'Crispy Rice Cereal'; it is made with barley which contains gluten. Now you have no cereal for celiacs. Wah Please restock 'Rice Twice.'

r: (Chris) We switched to 'Crispy Rice Cereal' due to requests for a no-sugar rice cereal, and it is selling quite well, so I doubt we'll switch back. 'Rice Twice' is available as a preorder, \$41.16 for a case of 12, with a long shelf life.

s: "Tofurky Beer Brats are the best. We will buy one per week. Also, someone makes a veggie chorizo — Have you heard of it? Thanks."

r: (Margie) I will order the Beer Brats again. Haven't seen veggie chorizo, sorry.

s: "Reserve one cash register for five items or less to help move check out line along. Would be very nice for lunch/supper buyers and people who are popping in to just get a couple items."

r: (Norman) We're not sure this would work in our setup as we can't add a cashier just for this, so it would make the above five-item line move slower. We are looking at ways to speed checkout though.

s: "Please order more of the Edward

Brown Rice Snaps, Black Sesame flavor. They are sooo good, and I'd buy more if they were available. Thanks."

r: (Chris) Sometimes we have some in our basement back stock even if they're not on display, as our display flavors "rotate." Please ask a staffer if we have some in back stock. Thanks.

s: "I don't often look for baking yeast, but when I do, it seems to be only in teeny-tiny apportionments. Could we (or do we and I've just missed it) please make up larger (½ cup or ¾ cup) bags. Thanks. P.S. I got a bread machine and expect to use more yeast "

r: (Chris) Your best bet for a larger quantity of baking yeast is to preorder the exact amount you want; we'll bag a larger quantity for you and set it aside. Or you can preorder a two-pound bag, for \$6.74 — Cheap

s: "Stroopwafels — excellent " r: (Chris) Glad you like them (find them on the cookie shelves). I like them too, and we all have dentists who need extra money, so...

s: "Please, light the ice cream case — it is very hard to see the stock, looking at shadows and trying to find the flavors when the containers are fine-print side toward the door. Thanks."

r: (Norman) We're surprised at your complaint. We thought that given our Co-op's scarce parking, cramped space, and limited selection it would be obvious that we do not believe shopping should be easy. Part of our goal for this year is to save more energy by reducing lighting in each section, little by little. Diligent staff research has discovered that as displays get darker your eyes will adjust and let in more light. For shoppers that still can't see well, we'll have courtesy keychain LED flashlights. This will make shopping a real show, like a dark room full of fireflies, and kind of like a treasure hunt.

(continued on page 26)

Grocery News!

by Chris Switky

We've got some new items in the Co-op's grocery aisles, and a few more coming Nov. 1. First, the new items that we've added since the last breath-defying issue of *The Shuttle*: Organic canned pumpkin is back on the shelf, after a long absence. Pumpkin is one of those crops that, shockingly enough, even in this day and age, still has "a season." It's grown in North America, in the fall, and that's it You can't get pumpkins from Mozambique in February, or from Chile in April, or from Italy in July, or...you get the idea. Last year's crop of organically grown pumpkins was on the short side, thus the canned pumpkin supply only lasted about halfway into the winter. Please join me in welcoming canned organic pumpkin back to Weavers Way

If you're one of the zillions of shoppers who have asked about Jello mix, then good news: It's here. Look for Natural Desserts Jel Mix, in four flavors, on the bottom shelf of the cookie section (next to the stacks of shopping bins.) Also new and due to shopper requests: chili sauce, in both hot and sweet & sour. It's on the bottom shelf of the Asian cooking sec-



tion, right above the potatoes. New in the bulk nut department: organic raw almonds, bagged, top shelf above the bulk nut bins. (New in the bulk-nut-joke department: Shopper, "Do we have mixed nuts?" Helpful staff, "Sure, I'll get you a copy of our staff list...")

Coming Nov. 1: Reed's Original Ginger Brew, and Ginger Apple Brew, in 22 oz. bottles. Look for these items on the shelves below the card files, across from the dairy case. Also new in November: four flavors of Muir Glen organic canned soups, top shelf of the canned soup section. These 19 oz. cans are CAP special, in November, for only \$1.99 each.

Finally, a price-break note: we're now getting buckwheat groats in bulk, and selling them at \$2.07 per lb., a much better price than the packaged groats that we had been carrying. Well, that's it, folks. Thanksgiving is coming up, plus the December holidays, and much as I'd love to stay and relate, at length, some of the bizarre and surreal details of working daily and sharing an office with Norman Weiss, I've got to get busy with holiday prep. See you at the Co-op

Welcome to Weavers Way Cooperative Association

Dear Neighbor,

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

DAY	DATE	TIME	LOCATION
Wednesday	Nov. 1, 2006	6:45 p.m.	GJC
Wednesday	Dec. 6, 2006	6:45 p.m.	GJC
Saturday	Jan. 6, 2007	10:30 a.m.	CA

Meetings start promptly and last about 1¼ hours. Latecomers cannot be admitted. Written reservations are required, so please fill out the tear-off sheet below and return it to the store. At the close of the orientation meeting, you will be expected to pay your initial \$30 annual investment (check or cash). We look forward to seeing you and welcoming you into the Co-op.

Robin Cannick, Membership Manager+

PLEASE RETURN THIS PORTION TO WEAVERS WAY

Someone from my household will attend the orientation meeting on _____

Name (please print) _____

Phone Number _____

Address (including zip code) _____