The Shuttle Is Going Monthly!

Due to popular demand, starting with THIS ISSUE, 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?



Vol. 36, No. 1 the Shuttle

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

Manager's Corner

by Glenn Bergman

A few years ago, when I first started, I asked Bob Noble, then president of the board, "So, what are the short and long term goals of WW?" It was understood that survival was the number one short and long term goal, duh. But besides economic survival, what did the board want the staff to focus on for the next few

In the spring and summer of 2005 we came up with a strategic plan; working weekends, nights, and with the assistance of a great member facilitator we put together a good working document. We knew that we would not accomplish

(continued on page 22)

Upcoming Board of Directors Elections

by Jennifer Rellis

Calling all visionaries who are committed to ensuring that Weavers Way's values of community, diversity, and cooperation are implemented in the daily activities of the Co-op. According to Bob Noble, past president of the board of directors, these are the kinds of individuals who should consider running for a board position in the election to be held at the upcoming spring general membership meeting.

Bob has served on the board for six years now and describes the experience as an extremely gratifying adventure. Bob said that now is a very exciting time to think about taking on a leadership position at Weavers Way. The Co-op is a flourishing and vital community institution that is on the verge of expanding and opening a second location.

Incoming board members will play an integral part in this process. Bob explained that all members share the same responsibilities: representing the member-owners, providing fiduciary oversight, and setting the long-term direction and goals for the store.

In Bob's opinion, successful board members need to have a long-range vision and must be able to work well in a group. Current board members bring a variety of professional experience to the

(continued on page 2)

24

Inside:

Suggestions

Green Commutes 2 4 Fish News Financial Update 14

And of course... scads more

Weavers Way Institutional Memberships

by Norman Weiss

One problem we've faced over the years is how our co-op should relate to some of the groups that have approached us and asked if we could supply them

with some of the products we stock. Up until now this has been typically handled by having a member of the group who is also a Weavers Way simply pre-order what the group wanted. In the past these cases have been rare. More recently however, the demand for this service seems to be growing, to the point where management has

judged it is time to create a more formal mechanism for providing this service, with appropriate systems and controls. A proposal to create "Institutional Accounts" was created and after review by

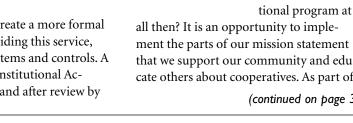
the Membership Committee, the Board and legal counsel, is now being implemented.

Our bylaws establish that "...member-

ship shall mean a household unit of one or more persons eighteen (18) years or older. Household shall mean a group of persons residing at the same address who live together as a unit." Therefore, institutions clearly cannot be members. They cannot have equity or have voting rights. So why have an institu-

ment the parts of our mission statement that we support our community and educate others about cooperatives. As part of

(continued on page 3)



Members Get Latest About Their Co-op & Others at Fall Membership Meeting

CO-OP MEMBER MEG HAGELE, HIGH

POINT CAFE OWNER & POTENTIAL

INSTITUTIONAL CO-OP MEMBER.

by M. Grace Maselli

Energy, pride, and optimism were among the palpable sentiments in the air at the Weavers Way fall general membership meeting held at 7:00 p.m. on Thursday, Oct. 26, inside the stately Summit Church.

Expansion to a larger building is imminent, compelled further forward by outstanding market success: Our co-op falls into the 99th percentile compared with national grocery store chains for the amount of money earned per square foot. Weavers Way generates \$200,000 per square foot, a huge indicator of both our exceptional work and how much more the Co-op has the potential to earn with more physical space in which to operate.

"To those who fear that the Co-op will change with expansion, I say yes. The Coop will change. But it will change with or without expansion," came the venerable words of guest speaker Terry Appleby, mentor, friend, and steward of the cooperative grocery store model and current gen-

Weavers Way Cooperative Association

559 Carpenter Lane · Philadelphia, PA 19119



TERRY APPLEBY, GENERAL MANAGER OF THE HANOVER CO-OP

eral manager of the Hanover Co-op in Hanover, N.H. "The 'First Cooperative Principle of Open and Voluntary Membership,' almost ensures change will occur," Terry offered. "New voices will join the conversation, and new needs will arise."

(continued on page 13)

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STUART KATZ

Looking Forward An interview with Board President Stuart Katz

by Stacia Friedman

Q: What is the biggest issue facing the board in 2007?

A: Expansion We are looking into opening a second store. We want to provide better parking, wider aisles, room for carts, and to make it safer to shop with children.

Q: How is the board involved in the expansion process?

A: It's the board's job to make sure that any expansion will be financially sound. However, it's the general manager's job to come to us with a proposal, a final business plan which we will then present to the membership. The board serves as a filter, not as the final decisionmakers.

Q: Where do the plans for expansion

A: By the time the Shuttle comes out, we should have received a marketing study from a consultant who is an expert in the natural foods/co-op field. He has worked with organizations like ours all over the country. After this new data has

(continued on page 2)

Co-op Announces Rebate for 2nd Straight Year

by Jonathan McGoran

Weavers Way is pleased to announce that for the second year in a row, the Coop will be issuing a patronage rebate to members. This rebate will total \$100,000, with \$25,000 being distributed to members in the form of cash rebates. The remaining \$75,000 will be distributed to the members' capital accounts, part of their equity in Weavers Way. This patronage rebate is possible due to a surplus, or net profit, of \$227,792 for fiscal year 2006.

Last year, we distributed a rebate of \$40,000, with \$16,000 of that distributed in cash. The net profit for fiscal year 2005 was \$111,618.

(continued on page 3)

Editor's Note

by Jonathan McGoran

So, Mt. Airy has been named one of America's Top Ten "Eco-Communities" by Natural Home Magazine, and Weavers Way was mentioned as one of the reasons why. We can all be proud of this, and I'm sure it will be a big boost for the local economy (ecotourism... "Ooh, mommy, look at the bundles of cardboard "). But one thing kind of bothers me about it: We're in the top ten, sure but we're number nine? Okay, so we're one better than some place called Ballard in Seattle, but we were beaten by Andersonville, Chicago and Park Slope, Brooklyn, for Pete's sake? (Maybe if Weavers Way had armed guards at the door and a ban on sugar sales we could have been number four). Park Slope was also cited for it's proximity to a zoo and botanical gardens that are open to the public two days a week. If we start locking up exotic animals and get Morris Arboretum to close Tuesday through Saturday, maybe next year we can be number eight.

On a more serious note, the environment committee has submitted brand new, updated lists of good fish and bad fish compiled by Oceans Alive and Seafood Watch. This seems like it could be kind of helpful, but some people think labeling can be counterproductive; once they've been labeled as "bad," what incentive to these fish have to change? And are there really such things as "bad fish," or just good fish who do bad things? Just because a fish pees on the rug or chews your shoes or concentrates PCBs in its body fat, doesn't mean it's inherently bad. Conversely, what defines a good fish? You can't expect a fish to tidy the house or fetch the paper, so is a good fish, by definition, a fish that doesn't do bad things? If that's the case, there doesn't seem to be much difference between a good fish and a dead fish. Except for the PCBs.

Maybe all they need is a little positive reinforcement ("Who's a good fish? You are. That's right, yes you are")

Finally, even if you do accept that there are good fish and bad fish, I think consumers need to accept some responsibility for deciding on their own which are good and which are bad. I'm sure these institutions have lots of resources for making such determinations, but I still prefer the old fashioned way: just look 'em in the eye.

The Shuttle is published by Weavers Way Coop and is mailed to all members. Deadline for the next issue is: Jan. 7, 2007 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 cameraready and submitted with payment. Products or services advertised in this paper should not in any way be construed to be endorsed by Weavers Way Co-op.



The *Shuttle* is printed on 100% recycled paper

Board elections

(continued from page 1)

board as lawyers, accountants, and directors of community organizations.

Bob explained that people who do not have previous board experience should not hesitate just because they have not done it before. Weavers Way has recently focused on improving training and resources for new board members by joining the National Cooperative Grocers' Association. Through this partnership, board members are able to attend a workshop with board members from other co-ops in order to share ideas. The Co-op also now has training materials that explain how to read a financial report and what legal obligations directors owe to the Co-op, among other valuable topics.

There are five available positions on the board. Four of these are "at large" positions and are available to any member. One of the positions is reserved for a staff director and must be filled by one of the Co-op's paid employees. Each member serves a two-year term. Board members are not paid for their service and are required to attend Board meetings (approximately ten a year) and a half-day retreat

Interested in learning more? If you would like more information on running for the board of directors, please contact a member of the Weavers Way Leadership Committee: committee chair Bob Noble (215-843-5647) or committee members Sylvia Carter (215-844-0562) or Sylvia Gentry (267-323-2089). You can also learn more about the board by reading the Board Policy Manual available on the Weavers Way website (go to www.weaversway.org and click on the "board of directors" link on the left-hand side of the page) or by requesting a copy of the Board's training materials from a member of the Leadership Committee.

<u>Katz</u>

(continued from page 1)

been synthesized, we will need to hire another consultant to focus on the business plan, including all the details involved in choosing and leasing a new site.

Q: Will expansion change the Co-op's identity?

A: I think people may fear that the Co-op will lose its identity when it grows. But I have talked to people at co-ops all over the country that grew without sacrificing their goals and mission. In New Mexico, New Hampshire and Vermont, coops have expanded and kept their passion. I absolutely believe if we pay attention to those things we are really about, size will make no difference.

Q: What else is on the board's agenda for the coming year?

A: We've come a long way in making sure that the board is playing a strict oversight role and not a management role. But we need to continually monitor and improve our governance practices. We also need to do a better job of "linkage," to find better ways to link to the membership to find out what they want and what they don't want.

Now that the store's operations are on solid grounds, the Board really wants to focus on our long term goals and mission. How do we want the Co-op to impact our lives and the life of our community — economically, socially and culturally?

Q: Does the Board have any New Year Resolutions?

A: Yes. To try to keep our meetings under two hours

The Green Commute Challenge

Kate O'Shea

In the month of October, the staff of Weavers Way and the staff at Wissahickon Charter School (WCS), an environmen tal charter school in Germantown, teamed up together for the "Lighten Our Load on the Earth Green



CO-OP STAFFERS ANTON GOLDSCHNEIDER (L) AND NORMAN WEISS CHECK OUT THEIR GREEN COMMUTE PRIZES.

Commuting Challenge" (LOL). Emily Neuman, WW farm manager and flower buyer, and I had talked over the summer about organizing a bike-to-work campaign at our respective organizations. We had originally thought about making it a competition, but decided, instead, to run the challenge simultaneously, but with each person competing against themselves. This approach was more in keeping with my school's mission and felt like a better way for us to work together. We also decided to encompass all kinds of green commuting as described below.

We were excited about this challenge for many reasons. The primary benefit is to our planet as a whole. Carbon dioxide emissions have been proven to be the major cause of global warming. As we all know, global warming is already causing many of our beautiful arctic places to change, glaciers are disappearing and the sea level is rising. This will all cause major changes in our environment in our lifetime. On a personal level, green commuting can save money and improve a person's physical fitness.

Here's how the LOL challenge worked. Emily and I explained the challenge to our staff. Staff members of each organization volunteered to participate. Participation was great, with 28 people volunteering at WW and and 28 at WCS. Volunteers were then given a computation sheet to calculate the CO₂ emissions of their current commuting practices and to make a pledge to reduce their emissions by a percentage that was both meaningful for them personally and environmentally. They handed in their computation cards and the info was posted on a spreadsheet at each organization. Each day, staff members recorded how they commuted to work.

We defined a green commute as one that sends less than half a pound of CO₂ into the atmosphere per mile traveled. Biking, walking, riding the bus, or taking the train were all considered "green." If the car got better than 15 mpg, then carpooling counted, too. Driving a hybrid vehicle, even without any passengers, also counted. WW went so far as to provide free tokens to anyone who used public transportation. This proved to be great incentive for Stephanie Johnson (cashier, receiving, marketplace). Stephanie and her daughter Cynthia rode the bus to work several days per week during the challenge as a result of this offer.

As incentive, we held weekly raffles, where each time a person had a green commute, they got their name in the raffle. At WW, prizes included gift cards to WW, to the High Point Café, and REI donated bike bags as well. WCS raffled off

green home goods including a kitchen composter, a low flow showerhead, and natural soap made from bike power.

There were many notable performances and changes in practice during the month. Glenn Bergman, WW general manager, rode his bike nearly every day, a practice he hopes to continue regularly. He even bought a cart for the Co-op, so we could haul more to work. Emily borrowed the cart to do one of her routine home grocery deliveries, which normally necessitates the use of a car. When asked about the green commute challenge, Glenn said, "It's been fun. It makes commuting by bike more fun. I know that people are watching. The positive reinforcement and watching the people get prizes has been great." He also noted that WW staff are using the PhillyCarShare car as a "company car," so that they don't have to drive to work on days they have to do work-related errands like go to the bank or pick up flowers.

"The Green Commute Challenge was the incentive that I needed in order to start using PhillyCarShare for work-related driving," said Neuman. "Until the Coop joined PhillyCarShare, all of my Coop jobs (farm, flowers, and home delivery) required that I use my own car for work. During the Green Commute Challenge I tried riding my bike to work and then using PhillyCarShare's low-emission car when I needed to haul stuff around. It was great I started riding the bus too, which I've continued to do about once a week."

The most notable green commutes at WW were by bikers Tanya Rotenberg (IT) and Stephen Liu (Deli). Tanya "green commuted" 106 miles over the course of the month and won a bike bag (donated by REI) for her stellar effort. Stephen works only one day per week, but he travels 17 miles roundtrip in the process. His bike commute for the month totaled 68 miles.

"I've always felt that people who work at a co-op should try to save the environment in lots of ways, including commuting by more green means," said Rotenberg. "I used to feel guilty on the days I drove to work. [During the Challenge], I enjoyed ... finding a way to manage to bike instead of just taking the easy way out when anything came up (errands, weather, etc) and driving instead."

Weavers Way purchasing manage Norman Weiss had to get creative for his green commute. Norman has ridden his bike to and from work — almost daily for years. This year, just before the challenge started, he moved to Abington. He

(continued on page 3)

Springboard Studio, a Space for Mindfulness & Creativity, Opens on Carpenter Lane

by Caroline Peterson

Springboard Studio, a new space for mindfulness and creativity at 530 Carpenter Lane between McCallum and Greene will open on Jan. 1, 2007. Located in a renovated warehouse across from the Co-op and halfway down the block, Springboard Studio has been developed as a space for mindfulness, creativity and well-being.

The intention to provide a space dedicated to the sustenance of a community of persons living mindfully will be supported by Springboard Studio with a full schedule of opportunities for mindfulness meditation throughout the week. Mindfulness meditation practices refresh the mind and body, support concentrative skills and the cultivation of insight, and have been associated with positive health outcomes, particularly in relation to the cumulative stress of everyday life.

The schedule includes weekday sitting meditation from 6:15-7:00 a.m., Sunday morning sitting meditation from 8:00-8:45 a.m., first Wednesday introduction to sitting meditation from 8:00-9:00 p.m., and sitting meditation and practice questions 8:00-9:15 p.m. on the remaining Wednesdays of the month. Additionally, each Monday morning, beginning New Year's Day, an infusion of mindfulness practices will be offered to begin the





MINDFULNESS MEDITATION PRACTITIONERS AND TEACHERS (L TO R) DOVE ROSENBERG, BRIAN ARNELL, CAROLINE PETERSON AND ERIC WILDEN (L TO R) WILL BE AT THE SPRINGBOARD STUDIO SPACE (FAR RIGHT) AT 530 CARPENTER LANE.

week, including the regular weekday sitting meditation from 6:15-6:55 a.m., followed by: walking meditation 6:55-7:10, sitting meditation 7:10-7:50, break 7:50-8:00, and yoga from 8:00-9:00 a.m. Participants can partake of all or part of each Monday's mindful infusion. The meditation program is free. There will be a fee for the yoga practice session.

Another core value fostered at Springboard Studio is creativity, which is related to both mindfulness and well-being. Creativity has been described as "synonymous with health itself," by Abraham Maslow, the father of humanistic psychology. At Springboard Studio, we agree and the space will support seasonal art exhibits, open studio groups, and community art events over the coming year.

The underlying philosophy of Springboard Studio is the cultivation of wellbeing, which includes each person's ability to access the wellspring within. From this perspective, finding support when stuck, overwhelmed or ill is understood to be an act of kindness, as well as an act of wisdom. A primary utilization of the space is for skilled clinicians to offer their services to individuals and families including art and sandtray therapy for adults, creative arts therapies, marriage and family counseling services and bodycentered psychotherapy.

Caroline Peterson and Michael Bergren have developed the Springboard Studio space. Caroline will be among a number of mindfulness practitioners and teachers sitting and teaching in the space.

For more information, call 215-528-2138.

Nutrition Workshop Gives Healthful Information on Food

by Lauren Kahn

Ever wonder why you're tired between 3:00 and 4:00 p.m.? Do you know that while caffeine and sugar are stimulants they actually drain your energy? A free workshop on nutrition, held on Sunday Nov. 12, gave participants some helpful information on just such topics.

Emily Clark, a certified holistic health counselor and nutrition coach, talked to a

room full of members about the difference between what she called "primary food" — what we put in our lives — and "secondary food" — what we put in our mouths. She describes primary food as everything else in your life such as career, relationships, exercise etc. She believes that these "foods" nourish us in equally important ways as the choices we make about what we eat, and when she works with people she considers these aspects of their lives as well.

While Clark made a point to say that everyone's body is different — and therefore has different nutritional needs and reactions to foods — there are some universal health tips that apply to us all. It is always best to eat whole foods—those that are fully intact, with nothing added or removed. So, whole fruits, vegetables, and grains should be the foundation of your diet. Organic is preferable whenever possible, especially when eating foods that grow in the ground—carrots, potatoes, beats, etc.

Pay attention. Notice what foods you crave and when, as cravings are often emotionally related. Take time to completely chew your food. Emily had all the



EMILY CLARK

participants chew a carrot until it became liquid in our mouths. We noticed flavors and textures we hadn't been aware of in the past. Don't have time to meditate? You can meditate three times a day if you simply take more time to fully enjoy your food and pay close attention to what's in your mouth. After all, we really are what we eat

<u>Institutional Memberships</u>

(continued from page 1)

becoming an "Institutional Account" the organization agrees to recognize Weavers Way as a supplier where appropriate, and help us educate its customers/clients about Weavers Way and co-ops.

It is expected that sales to these accounts will be a very minor portion of our overall sales, mostly case pre-orders, and that the fees and markups charged will be enough to cover all costs and generate a small amount of net income. The program should be up and running by the time you read this. If you have any questions about it, please call Norman (ext. 103) or Tanya (ext. 105). We're not sure where this will lead, but reports are that Sysco and US Foodservice are running scared.

Green Commute

(continued from page 2)

knew he couldn't ride that far to work everyday, so he committed to riding the last two miles of his daily commute. He would park in his old neighborhood and ride from there. He logged 74 miles.

At WCS, Mike Friedman, middle school science teacher, committed to riding every day early in the year. He keeps a full closet of clothes to change into at school, which he needs after his five mile commute. He logged over 190 miles of biking during the month, including some really wet days Somehow, though, he managed not to win a raffle prize Many WCS staff members use public transportation every day and were finally recognized for this green effort. New carpools sprung up and shouts down the hall of, "Who can bring me home?" were heard regularly (often people would have to ask a few people before finding someone who'd driven). Several teachers biked to work for the first time and Julie Stapleton-Carroll, the principal, used public transportation with her three kids to get to school for the first time.

So, that all sounds like a lot of fun and hard work, but did we end up helping the planet much? At WW, staff members reduced their car travel by 520 miles; they saved about 400 pounds in CO₂ emissions. Among the 10 participants who completed all their calculations, total carbon output was reduced by 47 percent. At WCS, the 28 staff members who partici-

<u>Rebate</u>

(continued from page 1)

The undistributed portion of the net profit will be saved as retained earnings to help offset the costs of future capital projects, such as expansion and store improvements.

This is excellent news, and it is directly attributable to the hard work of our excellent staff, the loyalty and commitment of our wonderful membership, and the intelligent and creative leadership of our management and board.

Many Thanks to



for its generous donation to the Green Commute Challenge

pated reduced their carbon output by about 1,400 pounds. Overall, this was a 41 percent reduction from the "worst case scenario" in which everyone drives to work alone in average-emission cars. Both organizations were thrilled with the results, both by the carbon output reduction for the month and by the change in habits that has begun for many people.

Says Rotenberg, "Since the program ended, I have still only driven one day. I am going to continue to green commute as often as I can and ... find ways [to] bike when previously I thought I couldn't."

We hope to continue this work when the weather gets warm again and we hope that this challenge can serve as a model for other organizations. If anyone is interested in the computation sheet and the spreadsheet, or in joining us in our efforts next time, you can e-mail Emily at delivery@weaversway.coop or Kate at kate@wissahickoncharter.org. Congratulations and thank you to all the participants and the raffle prize donors.

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Fish Again

by Bonnie Hay for the Environment Committee

Shoppers select what satisfies their taste and pocketbook. However, as with many food choices these days, health and environmental sustainability factors might sway your choice as well. Sometimes what seems like a good buy might not be an environmentally sound or healthy one.

In 2003 and 2004, when the Weavers Way Environment Committee first introduced a "green dot" marking system for best healthy and environmentally sustainable fish choices at Weavers Way, information was quixotic and conflicting from various expert sources. Last year, Weavers Way removed the "green dot" labeling on fish because of uncertainty about the current science and the fact that we hadn't reviewed our choices in two years.

Weavers Way's mission statement asserts that "We're committed to the environment. We work to sustain a healthy planet, promote environmentally sound products and practices, encourage and support local and organic farming, and try to act with environmental consciousness in all our endeavors." Our product selection philosophy states that "We purchase eco-friendly products which do not adversely affect the environment; we avoid purchasing products which have been proven detrimental to human health or the environment." Dale Kinley, our fresh foods manager, has done a good job over the years in trying to offer the

healthiest and most eco-friendly seafood and eliminating many of the worst from the fish case lineup while still satisfying the tastes of our members. These choices have not always been straightforward or

easy to make-especially with at times divergent information to work with.

In 2006, the Weavers Way Environment Committee revisited the fish question. The good news is that now there is much more agreement among the experts concerning sustainable and healthy seafood choices. The bad news is that generally speaking our worldwide fisheries are in trouble due to pollution, habitat destruction, and over-fishing. Safe and sustainable seafood choices are limited but — by following expert guidelines — still possible.

Weavers Way carries a number of fish that are currently best choices in terms of health and environmental sustainability including, but not limited to),

Good information about best and worst seafood choices in regards to mercury and PCB contamination as well as environmental sustainability can be found at the following websites, which are updated frequently. Both offer comprehensive searchable data bases and downloadable wallet cards to help make your fish shopping simpler and more eco-friendly. Monterey Bay Aquarium's Seafood Watch has more complete information on sustainable fisheries that is frequently updated

http://www.mbayaq.org/cr/seafoodwatch.asp

Oceans Alive has more comprehensive information on seafood and health.

http://www.oceansalive.org/eat.cfm

Free Print wallet cards from Monterey Bay Aquarium's Seafood Watch will be available at the store and additional information on the subject will be posted on the Environment Committee bulletin board next to the stairs to the second floor.

U.S.-farmed catfish, Pacific halibut, wild Alaska salmon, and farmed rainbow trout. From time to time, there have been fish from the "avoid" category in our fish

case including Atlantic flounder, monkfish, and mid-Atlantic sea scallops

One type of fish that is a popular item at Weavers Way still has us in an ecoquandary. This is the farmed Black Pearl Scottish Salmon, which Weavers Way has carried for a few vears. Both of the sustainable seafood wallet cards mentioned above have put farmed salmon in the "avoid" category. However, this farmed

salmon is certified by

Scotland's Organic Food Federation, licensed by the UK Department for Environment, Food, and Rural Affairs, and raised according to guidelines set forth by

Freedom Foods of the Royal Society for the Prevention of Cruelty to Animals. It appears to be at the pinnacle of farmed salmon. According to the Black Pearl website (which you can visit at www.blackpearlseafood.com), the salmon is farmed in a sustainable, environmentally conscious manner, no antibiotics are used, and no artificial coloring added.

Their data show it has very low levels of contaminants like PCB and mercury and good levels of healthy omega 3 fatty acids. The U.S. has no standards to evaluate "organic" fish, so we can't look to them for a rating. In a conversation I had with the Monterey Bay Aquarium Seafood Watch folks, they indicated that it was really impossible to certify farmed salmon as truly organic (although methods may be more humane and feed may be mainly from natural or organic sources). Seafood Watch encourages consumers to select Alaskan wild salmon and substitute other, more ecologically sound fish choices when that is not available. It seems that the Black Pearl farmed salmon is a far sounder choice than any other farmed salmon; although not a "best" fish choice as the wild Alaska salmon is, Black Pearl is a possible alternative if we can trust the European certifying agencies and the company's independent testing.

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Weavers Way's Valiant Chess Team **Survives Two Tournaments**

by Susan Saxe

The Weavers Way Chess Club fielded a four-man team to two all-day-Saturday rounds of the Greater Philadelphia Chess League on Oct. 8 and Nov. 18.

Players ranged from seasoned (though slightly out of practice) adults to a ten-

year-old beginner. Boldly taking on higher ranked players, our team had a great time and gained valuable experience. Despite trailing in last place, the players look forward to competing in upcoming rounds on Jan. 20 and Feb. 3.

"There's no place to go but up "exclaimed the PLAYS KIMBERLY JONES (R) indomitable Al

Pearson. "We came in dead last, but hey, we've still got lots to play for Honor, God, mother, country... not to speak of a chance to tie for the first place by the end of the tournament." (They don't call him fearless leader for nothing)

"It was a lot of fun" commented Morris Saxe-Smith, the team's youngest player. "You can end up playing an adult or a kid, but in chess it doesn't matter you always learn something new." This was Morris' first foray into the world of competitive chess.

Paul Glover and Dave Tukey rounded out the team. Paul is newly returning to competitive chess after several years' hia-

tus. Dave, the human resources manager for Weavers Way, is also a ranked play-

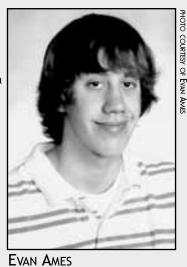
The Weavers Way Chess Club meets every Monday evening from 7-9 p.m. at the Co-op's storefront diagonally across the street from the Co-op. Please stop by for a game.

There is no cost and no obligation. The Co-op covers tournament entry fees and provides boards, timers and chess sets for practice and events — maybe even refreshments if you're lucky. Anyone of any age is welcome. The club would be delighted to field another four-person competitive team if there is interest.

An Interview with Evan Ames. Weavers Way Chess Club Star

As chess players who have met him at the Weavers Way Chess Club (WWCC) can attest, Evan Ames, Co-op member and 10th grader at Masterman School, is an intelligent, personable, well-spoken young man. While being the highest-rated (United States Chess Federation) player to come to WWCC since the club began last spring, Evan nevertheless is courteous and unassuming, and is generous with help and instruction to the less experienced players of all ages.

I thought it would benefit the Shuttle readership to get an idea of what happens when you start playing chess. So I called Evan and asked if he would give me an interview. He graciously assented.



Al Pearson: How old were you when you learned to play chess? Who taught you? Evan Ames: I was probably seven or eight when I first learned to play chess from my uncle in Florida, but I really started getting into it at age 10, in fifth grade, when I started attending Masterman and began lessons with Mr. Shutt, the chess teacher there.

AP: What happened next? You played games? Fast games or slow? Casual or serious? Did you study chess problems, exercises, tactics, openings? Whom did you play?

EA: Mr. Shutt started me off with some easy-to-learn attacking openings, and gave me very simple endgames and tactics, mostly one- and two-move stuff. I hadn't really been introduced to blitz [five minute] yet, but I also hadn't learned to take my time, so games were usually finished in 20 minutes maximum. I mostly played either Mr. Shutt, some kids in my grade like Moses Nakamura, or I played in small tournaments.

AP: How did you grow as a player after that?

EA: In sixth grade, I began to travel to the big tourneys, like the nationals and state championships. I also moved on to harder tactics and endgames, and I began to take it upon myself to do independent studying. At present, I participate in the biggest tourneys I can find, like the World Open, which is held in Philly every summer.

AP: When did you start playing in rated tournaments?

EA: I started in small rated tournaments immediately in fifth grade.

AP: What are the activities of the Masterman Chess Club?

EA: Team members can go there at lunch, and sometimes after school. We participate in tourneys all over the country, including places as far as Portland, OR; Tucson, AZ; and Orlando, FL.

AP: What was your most fun and/or satisfying game?

EA: There are two games that come to mind when you say this. The first one, although I have no idea where the score sheet is, was against Tsagaan Battsetseg, whom I played back when I was in fifth grade. It was the only hard tourney I played in my first year, but it was worth it. Even though I didn't do very well, I gained a lot of experience. The game against Tsagaan stands out because she happened to be the champion of the country of Mongolia, and she beat me very fast. The other game was in seventh grade at

(continued on page 6)

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Hollister Knowlton is a member of Chestnut Hill Meeting, active in PYM's Earthcare Working Group and Friends Traveling for Peace, Justice, and an Earth Restored; a member of the Policy Committee of FCNL, and clerk of Outreach/Witness for the national Quaker Earthcare Witness (formerly Friends Committee on Unity with Nature). In this presentation, she shares lessons from her travels to Gaviotas, the sustainable community in Colombia. Co-sponsored by Mt. Airy Greening Network(MAGNET).

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New Law Gives Larger Tax Benefit for Voluntary Conservation Agreements

by Debra Wolf Goldstein, Esq. for Friends of the Wissahickon Protection of the Watershed Program

Generous landowners who donate voluntary conservation agreements — also known as conservation easements — to the Friends of the Wissahickon or the Chestnut Hill Historical Society are inspired by many things: they love the Wissahickon Valley, they feel connected to their land, and they wish to leave a legacy for future generations. This inspiration is at the heart of our work to permanently protect valuable natural resources and historic buildings.

But for almost all of our donors, donating a conservation easement is a major financial decision, and the federal income tax deduction that comes with a donation helps make easements possible.

Congress recently passed a new law that enhances the tax benefits of protecting private land for many landowners. The legislation improves the tax incentive for conservation easements by allowing conservation easement donors to:

Deduct up to 50 percent of their adjusted gross income in any year (up from 30 percent);

Deduct up to 100 percent of their adjusted gross income if the majority of that income came from farming, ranching or forestry; and

Continue to take deductions for as long as 15 years (up from 5 years) after the initial deduction.

These more generous incentives are only in effect for conservation and preservation easement donations completed in 2006 and 2007. Congress also passed tighter appraisal standards for such gifts, and stronger penalties for appraisers who violate the standards.

To learn more about these new incentives, visit www.LTA.org. To learn more please visit www.FOW.org and click on "projects."

Evan Ames

(continued from page 5)

the Pennsylvania state championships, when I was undefeated going into the last round. I had to play the highest rated kid in the section (K-8), and he was rated 1800-something then and now he's rated over 2200. I actually ended up getting a draw, and would've won but my clock had almost expired. I became the co-champion of Pennsylvania as a seventh grader, and I couldn't have been happier.

AP: Any funny or interesting anecdotes to date in your career?

EA: Well, I'm not sure if it counts, but after I drew the game in #7, the kid's father came over to the board and boy was he scowling. I told the guy "it was a good game," and he said "no it wasn't," and stormed off with his kid. I guess I can understand his frustration, since the kid was over 1800, and I was a mere 1300 he had never heard of. I have since become friends with the father, but that scene has always remained in the back of my mind.

AP: Can you give us a brief tournament history?

EA: I was third in the state in sixth grade (top sixth grader), tied for first in the state in seventh (top seventh grader),

would have come in third again when I was a ninth grader except for a loss that sent me all the way to a tie for eighth place, and came in tied for sixth best high-schooler in the state last year (top ninth grader). My team got all the way to sixth board this past year at the US Amateur East (the biggest team tourney in the world), beating multiple 2000+'s (including a national master) on the way. I have won many smaller tourneys too, and was awarded honorable mention in last year's nationwide grade championship (tied for 18th in the country, half a point out of tenth). I also lost on time in a winning position in a game during that tourney, which would have put me into a tie for third place.

In the 2005 Philadelphia High School Championship last fall, Evan placed in a three-way tie for first place, sharing the title with an Expert (2000+) and a Class A (1800+) player. In the recent three-day Pennsylvania Scholastic Championship in the K-12 Open section in Carlisle, PA, Evan finished in the top 15 in a field of 60, and made Class B (1600+) with two wins, three draws and no losses.

WWCC meets Mondays at 7 p.m. in the Annex at 610 Carpenter Lane.

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Managing Runoff with Rain Barrels

by Joanne Dahme

Urban stormwater runoff adversely impacts our natural resources. Because of the high percentage of impervious surfaces in urban areas (streets, sidewalks, parking lots, buildings), stormwater cannot safely infiltrate the ground as it once did, recharging our groundwater. Instead, runoff is largely directed to sewers and storm drains, which, in the Wissahickon Watershed, directly empty into the Wissahickon Creek and its tributaries. This runoff can harm aquatic life, as it contains the pollutants it has picked up along the streets (gasoline, oil, litter, animal wastes) and also damages the physical environment. The large volumes and speed at which this runoff enters our waterways can severely erode park areas, streambanks and streambeds, destroying habitat and burying remaining habitat under large loads of sediment.

There are many actions that can be taken to reduce the harmful effects of stormwater runoff, and residents can play a part in managing runoff on their own properties. One of the easiest steps that residents can take, if they have some green space on their property, is to disconnect their roof downspouts from the pipe connection to the sewer and direct this flow safely to a grassy or garden area. A downspout can also be connected to a rain barrel, which not only collects runoff, but can hold the water for later use (although the barrel should be emptied before the next rainstorm).

The Philadelphia Water Department, with the Schuylkill Center for Environmental Education (SCEE) and the Friends of the Wissahickon (FOW), are sponsoring rain barrel workshops as a project of the Wissahickon Watershed



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Partnership. The rain barrel workshops teach participants how to install a rain barrel, as well as how to use and maintain it, gaining a sense of the positive impact that one individual can make in protecting our streams. Following the workshop, each resident is invited to take home a free, 54-gallon, Spruce Creek rain barrel, and are thereby officially declared a "steward" of the watershed.

The Rain Barrel Workshop is on Saturday, Feb. 3, 2007, from 1:00 to 3:00 p.m. at the Chestnut Hill Library (8711 Germantown Ave). Participants who register in advance receive a free rain barrel. For more information or to register, contact: Joanne.Dahme@phila.gov.

Sponsored by the Friends of the Wissahickon, Philadelphia Water Department, and the Schuylkill Center for Environmental Education.

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Combatants for Peace: A Powerful Message of Hope from the Mid-East to Mt. Airy & City Hall

by Lynne Mather

On Sunday evening, Oct. 8, two members of the group Combatants for Peace (C4P) spoke to a group of about 45 Co-op and community members at an event sponsored by the Co-op and its Education Committee. The Lutheran Theological Seminary generously offered use of their Chapel for this event. Former Israeli Defense Force pilot Yonatan Shapira of Tel Aviv and former Palestinian fighter Sulaiman Khatib of Ramallah told a rapt audience the personal histories that led to their founding this unique organization.

Sulaiman spoke of imprisonment at age 14, followed by 10 years in the "revolutionary university" of prison, where he studied Hebrew and English, and learned of the Holocaust and of nonviolence as practiced by Ghandi and Martin Luther King.

Yonatan spoke of his own "waking up" to the reality of the violence being perpetrated by Israelis on Palestinians by witnessing a targeted assassination that included the killing of women and children.

Sulaiman described his month-long experience on the "Breaking the Ice" expedition to Antarctica in 2003 with three other Palestinians and four Israelis, all strangers at the outset and full of trepidation to be meeting with the "enemy"; this trip led him to become involved in reconciliation work with Israelis through the Palestinian organization Abu Assukar Center for Peace and Dialogue. (for more information, visit www.breaking-the-ice.de)

Yonatan described the "Pilots' Letter" he authored in 2003, signed by 27 Israeli pilots, in which they refused to fly missions over occupied territories.

Many more pilots were in sympathy but fearful of the consequences of signing.

Yonatan introduced his remarks by quietly affirming his love for his Jewish heritage, the Jewish people, and his country Israel, and concluded by stating his belief that the work he is doing with CFP now is much more in the defense of his country than the work he did as a pilot with the IDF.

He invited any in the audience who found his words difficult to hear or who were of a different opinion, to speak up and question, and he seemed genuinely disappointed that no one expressed dissent. (In private conversation, he expressed the hope that those who think differently would be present at events, and would engage with him.)

This was the second of three events in Philadelphia in October at which these two men spoke; the first one was at Chestnut Hill Friends Meeting.

The third and culminating event was on Oct. 12 at City Hall's Conversation Hall (one of the Mayor's reception rooms), and was reported by the Philadelphia Inquirer and the Jewish Exponent. For this event, the Co-op provided platters of sumptuous Middle Eastern finger foods that received acclaim. Co-op member and musician Jack Kessler performed with two other members of Klingon Klez, along with three members of Atzilut: Concerts for Peace. The blending of these local Jewish and Arab musicians in performance seemed a mirror of the coming-together of these same two heritages in the persons of our two speakers.

A resolution had been passed a week

earlier by City Council, commending these two men for their work with C4P, and for bringing their message of heart and hope to Philadelphia. "The organization Combatants for Peace

offers a powerful model, from former soldiers and fighters who were each other's enemy, for transforming a culture of violence into a culture of nonviolence." This was introduced into Council by Blondell Reynolds-Brown.

During September, Sulaiman gave solo presentations at fifteen different venues, including Mishkan Shalom (his first time ever in a synagogue), the Foundation for Islamic Education during Ramadan, the White Dog Café, Germantown Friends School, Friends Central School, the Parkway High School, and at private homes. Due to Yonatan Shapira's being fired from his job in Tel Aviv for what he believes were political reasons, he was not able to join Sulaiman in Philadelphia until October. As a result, many calls for their joint appearances were not fulfilled. It became clear that this tour should be seen as Chapter One in the Combatants for Peace Philly story.

The response to all presentations has been strongly positive, and appreciative. "This is the most hopeful I have felt in a long, long, long time" said Israeli-American Ayala Guy, faculty at Temple University.

"This is the most beautiful event like this I've ever seen, it's incredible, and I've done many events like this, I can't count them," saidLebanese-American musician Joe Tayoun.

Chapter Two begins already with the New Year. In a tour sponsored by Brit Tzedek (Jewish Alliance for Justice and Peace), two other members of the group will visit 22 cities, including Philadelphia in January and February. On Jan. 15, they will speak at Martin Luther King High School. More information will be available closer to that date at http://btvshalom.org/director/combat-

FOR PEACE, SPEAKING IN PHILADELPHIA CITY HALL. ant_tour.shtml.

YONATAN SHAPIRA(L) AND SULAIMAN KHATIB, OF COMBATANTS

Many have asked what they can do to support this work. Yonatan urged putting pressure on the U.S. government to change its policies of support for Israeli military actions in the occupied territories, for building the wall, and settlement expansion. He believes it is most important for representatives of C4P to present their message to U.S. citizens, because the power lies here for effecting change there. He urged arranging speaking opportunities for them. He urged our presence and participation on the ground in the occupied territories as witnesses (his mother monitors check-points for human rights violations), as reporters, as demonstrators against violence, including the occu-

Combatants For Peace is made up of former Israeli soldiers and Palestinian fighters who were in Israeli prisons who now stand together and publicly state (to paraphrase):

We refuse to be enemies. We commit to work for the end to occupation and to all violence.

We call for the establishment of two states living in peace and security.

These former enemies, numbering between 200 and 300, met for a year in secret before going public last April. They seek to tell their stories publicly — of their past violence, of the transformation in their understanding of the conflict and of the "enemy," of their current commitment to finding mutually acceptable solutions to their peoples' aspirations through nonviolent means. They see themselves as uniquely positioned to capture attention and to persuade, as patriot-fighters turned patriot-peacemakers.

For more info on this project in Philadelphia or to make a tax-deductible donation visit www.combat4peace.com or www.combatantsforpeace.org.







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Book Review

America Beyond Capitalism

by Jeanne Allen

The word one hears most frequently used to describe our speaker at our April 29th monthly meeting was "inspiring." Given the apathetic, cynical nature of our times, this is no small compliment. Gar Alperovitz's talk and book America Beyond Capitalism spawned several study groups of Weavers Way members. It also supplies a turning point in conversation for me when discussions take a discouraging turn. "Do you want some good news?" I say.

The reason is that Alperovitz takes "bad news," turns it on its head, and then constructs a new framework in which many existing efforts and information about them can provide an alternative.

The "bad news" is that global corporate capitalism is failing to address and meet millions of people's fundamental needs: renewable sustainable energy, health care, adequate public transportation, etc. But alternative forms of investment and ownership have been mobilized to address them: Employee Stock Option Plans (ESOP's), Community Development Corporations (CDC's), municipal ownership and management of revenue generating properties.

Aperovitz begins with an affirmation about where liberty, equality and democracy come from: the grassroots, the ground up. Then he questions whether huge governments are really capable of insuring those qualities. In fact, it would appear in the best interests of the megaliths of National Security States to repress them. Where, then, do we look for experimentation and innovation?

David Hayes, one of the founders of Earth Day, said something quite like that at the Eco 2000 Conference in Philadelphia: Richard Nixon went on record as saying he didn't give a damn about the environment. During his administration, the American public got the Environmental

Protection Agency, Clean Air Act, Clean Water Act, etc. because he could not prevent this legislation from happening.

People who argue the environmental movement is dead may be looking for tens or hundreds of thousands of demonstrators in the streets. But without the press to communicate these numbers and a Congress responsive to them, the "movement" has migrated to municipal and state levels

where progressive ideas have a better chance of mobilizing a constituency and applying their energy to specific problem-solving.

After all, 295 American cities have signed on to the Kyoto Accords pledging to address goals for reducing greenhouse gases. While Congress can't get progressive legislation passed beyond pork barrel bribes, New Jersev commits to wind power and Massachusetts to state-wide healthcare, California to

stricter emissions standards and trial periods for new chemicals and pharmaceu-

Whether or not one agrees with Alperovitz's concept of the Pluralist Commonwealth constituted by the diverse bioregions of the United States, there's wisdom in recognizing that the Administration that attempted to turn K street lobbyists into extensions of the Republican Party has given us more pork than vision. Although the results of Nov. 7 offer hope of a shift in political winds, it's doubtful that the ways of doing business in Washington will be altered over night. Whether significant majorities of Americans, for example, can get decent healthcare remains to be seen.

Cities and states have become the models of greater governability. They are more likely to approach shared problems with commonsense solutions that don't involve feeding a National Security State in the "war against terrorism." There are, Alperovitz points out, ideas for bi-partisanship in municipal ownership of property as Boston has demonstrated: Republicans get a revenue stream that isn't taxa-

tion; Democrats get revenues to restore social services.

The unprecedented polarization of rich and poor in America — like the obscenity of corporate Boards awarding failed CEOs hundreds of millions of dollars in Golden Handshake retirement packages are getting more and more bad press. They make ESOPs look at least worth a second glance. Instead of milking a company of its liquidity and dumping it on the public exchange,

ESOPs are more likely to adopt a different criteria: retaining jobs in the local sector, producing respectable but not predatory profits, fair wages and trade, a responsible attitude towards the environment.

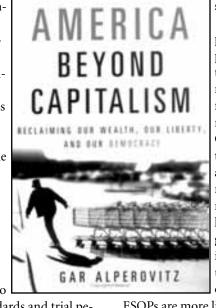
What I think Alperovitz is calling for is the re-integration of civility and culture into economic institutions, e.g. agriculture rather than agri-business. In his book, What are people for? Wendell Berry proposes that if people are reduced to serving a technologically driven economy, the focus must be placed on returning to

a human scale, to restoring people to the center of our economic institutions e.g. the Grameen Bank.

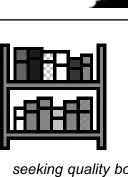
. What Alperovitz is suggesting is a conscious, persevering effort to build alternative institutions. The environmental consumer movement may be the appropriate approach of our times. If we don't enter the voting booth more than once in two years, we do make a purchase every day or every couple of days. What are we voting for? Fair trade, sustainability, local accountability responsive to genuine needs, a culture of meaningful inter-personal relationships?

No wonder Weavers Way looks good to Gar Alperovitz We are a good start. But his call was not only to spread the word to other food co-ops, but to think further and wider. "Vertical integration" is a term out of classical capitalist economics for absorbing the sequential processes of production and distribution. We have vertically integrated into local organic farming. We have at least considered integrating energy production with alternative energy sources like solar cells or panels. What if we dreamed another step, sat down to talk with Mt. Airy USA, members of the board of Valley Green Bank, our entrepreneurs for health insurance cooperatives and imagined how alternative institutions like our Project Learns or environmental charter schools and peace academies would look in the health care field and how they might form an interlocking network with a people-centered criteria of success? If not Mt. Airy, where? We would be in the good company of Portland, San Francisco, Boston, and Seattle.

You can contact Jeanne Allen at jeanne.allen@earthlink.net.







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Exciting News from the Art Department at C.W. Henry School

by Kimberly Newman, Henry School Principal Intern

Mrs. Evelyn Bock, the art teacher at the C. W. Henry School, has exciting things going on in the art department of the Henry School, not the least of which is a new mural.

Through a grant and assistance from the Pennsylvania Academy of the Fine Arts, Henry School was able to hire Abdul Ahmad to help paint the mural. Mr. Ahmad is an artist and a teacher who has painted 106 murals throughout the state of Pennsylvania. He has been doing this for the past 16 years and is looking forward to working with the Henry students; his wife is a former art teacher at Henry.

The mural will be painted outside the auditorium and students of all grades will

help Mr. Ahmad and Mrs. Bock sketch and paint. The mural was created specifically for the Henry School and illustrates the wonderful things the students do each day. Thank you to the Henry Home and School for helping out with the materials

Also, our tile project is almost finished. This was a wonderful activity that the entire Henry community was able to be a part of and features tiles that are placed on the walls by the main door. Students, teachers, and families were able to design tiles that they felt represented the Henry community. These tiles depict a variety of meaningful illustrations.

Thank you to Mrs. Bock and everyone involved in these fabulous art projects Please come and see them for yourself.

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Help the Pocketbook and the Planet! NIM Provides a Free Energy Efficiency Workshop

by Betsy Teutsch

One important strategy for lowering carbon emissions, the cause of global warming, is decreasing our energy usage through conservation. (Other strategies include downsizing, alternative energy sources, and increased efficiency.) Neighborhood Interfaith Movement (NIM), invites the community to attend an Energy Efficiency Workshop on Sunday, Feb. 11, from 3:00 to 5:00 p.m. at NIM's beautiful new building at 7047 Germantown Ave. (across from the Acme). This will be an excellent opportunity to learn how to prevent your money, and your heated air, from going out the window. Many strategies for insulating, caulking, and generally plugging leaks will be demonstrated. By February, households will have received some fairly scary fuel bills, so presumably, people will be motivated to attend

The workshop will feature two local experts, Andy Rudin and Liz Robinson. Rudin is famous among local environistas for reverse-metering his home. Between

his solar panels and extreme energy efficiency, Rudin runs his home at a net energy surplus. He actually sells electricity to the electric company. He has consulted with many local congregations on how to lower heating costs, especially since so many are saddled with old, drafty buildings. Robinson is executive direction at the Energy Coordinating Agency which works with thousands of low and moderate income households to lower their utility bills via conservation techniques.

Admission is free to all members of Neighborhood Interfaith Movement congregations; others can attend by arrangement. All participants will receive a complimentary CFL bulb, to start them off on the path of increased efficiency and lower bills

If you are interested in attending, please e-mail NIM's development director (and Weavers Way member and neighbor) Eric Wilden at ewilden@nim-phila.org.



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The Simplicity Dividend

An Eco-Warrior's Victory: Soda Bottle Carpeting

By Betsy Teutsch

The eco-gold star for manufactured products is "cradle-to-cradle" with zero waste. These concepts equate waste with inefficiency; all products can and should be designed to be reused, recycled, and reformatted with no waste whatsoever. One of the darlings of the environmental movement is Interface Flooring, which manufactures just such a product. Their institutional carpets come in squares, allowing for the replacement of only the worn-out area; the other carpet squares remain intact. The used carpet is designed to be easily recycled and remanufactured into new floor covering. This avoids the immense waste of replacing good carpeting because a section has worn out, and also eliminates the trashing of used carpet. It is quite brilliant, and they take their environmental mission very seriously.

Unfortunately, for the average homeowner trying to do right by the environment and the pocketbook, such cradle to cradle options rarely exist. Or they may exist but have no local suppliers or installers, rendering them inaccessible and impractical. Therefore while we wait for a new zero-waste paradigm shift to kick in, imperfect choices need to be made. More and more companies are paying attention to energy and resource efficiency, but they are still a tiny minority. They deserve our business, but first we have to lo-

As new empty-nesters, one of our first to-do items was to replace our den carpet, frayed, snagged, and stained after 20 years of loyal kid duty. The simple way to accomplish this would have been to go to the carpet store, pick carpet, and give them our Visa card. The complicated way to do this was to go to the carpet store and request a natural, non-synthetic carpet manufactured in an environmentally responsible way. (The carpet industry is notorious for using toxic chemicals which pollute the manufacturing site's watershed; once installed new carpets can offgas, known to make people sick.) The salesperson was quite incredulous. "You mean you want wool?" Wool, the material that rugs have been woven from for millennia, is now considered undesirable because it's harder to clean than synthetics, and more expensive to boot. Doesn't it seem somewhat ill-advised to buy something more expensive and harder to maintain, which the salesperson is deadset against selling to you ... in the name of environmental stewardship? What is an eco-consumer to do?

After showing us many carpets, a light went off in the salesperson's head. "Wait a minute... We have carpet made from soda bottles." She ushered us over to another aisle, where indeed there were dozens of choices of carpets made from PET. PET (polyethylene terephthalate not exactly a cozy name) is essentially recycled two-liter plastic bottles. Ironically, manufacturers do not broadcast that this product is made from recycled plastic, because they think it will turn customers off. Of course that is exactly why I wanted to buy it. About 40 two-liter soda bottles are recycled per square vard of carpeting, about 500 for typical 9 x 12 room. It is indistinguishable from any carpet I have ever seen, costs less, and has a coating which actually makes it stain-repellent. Win-win-win. It is designed to be recyclable after it wears out, too. This is hard to guarantee 20 years in advance, but it's exciting that manufacturers are starting to think longer term and develop endgames for their products. This doesn't help with the old carpet, though. It had to be put out on the curb for trash day, to be hauled to a landfill. No one I know has come up with a use for worn-out carpets, not even on our beloved NWPhillyfreecy-

But wait It turns out that carpet padding is manufactured from recycled

carpets, just not mine. Next eco-inquisition concern: is it good or bad to have this reformatted material in your house? It is bad because it reuses all those nasty chemicalladen carpets and brings them back into your house. But it is good because it takes all those wasted materials and reuses them. What is a green consumer to do?

My answer was found at the Washington DC GreenFest sponsored by Co-op America last November. This was a fabu-

lous opportunity to view an amazing variety of green products, from clothing to food to household design. I happened by a booth devoted to green floor covering and discovered carpet padding manufactured from recycled natural materials. A quick call to my carpet store with the information got the ball rolling, but it quickly rolled right back into my court. Their supplier would have an enormous up-charge to order it. Was this worth it to me? How many battles does one want to fight just to get the damn carpet laid? But by then storeowner was getting into it, and he called back a day or two later to announce that his supplier could get a



FACTORIES LIKE THIS ONE OWNED BY MOWHAWK INDUSTRIES TURN PLASTIC BOTTLES INTO CARPETING.

comparable pad, and it would only cost slightly more. That was a sweet victory.

The moral of my soda bottle carpet story is that greener products exist, but will be more readily available only when demand increases. It seemed like I was the first person in the store's history to express environmental concerns, but I'm sure the next shopper who does so will get quicker answers. This was an educational process for both of us. When you make purchases, if you have the time and patience, ask lots of questions. Smaller stores are proud to provide good service, and doing research on the provenance of their products is part of what they offer. So speak up The store needs to hear you

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Roast-A-Rama

By Peter Samuel

Recently, I developed a new appreciation for my oven, and my kids are beginning to wonder what has come over me. After years of thinking the best thing to do with a vegetable was to put it in a steamer or sauté it, I found out about oven-roasted veggies, and now my family is realizing I may have gone to the land of no return.

Of course, I have always used the oven for baking — breads, muffins, lasagna, spanakopita, quiches, pies, soufflés, chickens etc., etc., and of course I have "roasted" pumpkin seeds at the end of October for what seems like my entire life, but besides baking an occasional winter squash in the oven, I never really knew about the fine art of roasting a vegetable.

The difference between baking and roasting has to do with the level of heat, and the fact that you rub the object in something oily like melted butter or olive oil. If you use at least a 400-degree oven, the high cooking temperature caramelizes the sugars in the vegetables, bringing out their flavor. Their natural sweetness is concentrated and intensified, and the flavors get sealed into the flesh.

Low temperatures, around 250 degrees over many hours are terrific for drying things out. Perfect for the aforementioned pumpkin seeds, and also useful for drying the hot peppers that I have way too many of at the end of the summer. Those peppers, after about three or four hours, can be ground up in the coffee grinder to make your typical spice in a jar

used for shaking onto your favorite dish.

My vegetable roasting days started with the humble potato. Peeled, cut into half inch cubes, and then thrown into a bowl with olive oil and a mix of herbs and spices, the pieces can then be laid out on a cookie sheet (preferably non-stick) and set in a 450° oven for 30 minutes or so. It's good to stir them around and perhaps flip them once, but not completely necessary. The result is a batch of golden brown

yumminess, crispy on the outside and soft on the inside.

Lately though
I have been perusing the Co-op for any vegetable I can get my hands on and bringing it home to throw into the oven. Asparagus, green beans, turnips, and eggplants are all greatly en-

hanced by a little roasting. The kids may be starting to miss the old-fashioned broccoli stir-fry, but I am addicted to those new nutty flavors and one by one the kids are becoming converts as well. I am told that carrot soup is richly flavorful when the carrots are roasted instead of boiled, and those potatoes I mentioned can add a new hint of excellence to potato salad.

In practically all American households by the turn of the 20th century,

cooking was still done on cast iron stoves that burned wood or coal. Through most of our history Americans cooked over open fires, but once stoves became available people quickly got accustomed to their advantages. It used less fuel, didn't require constant tending, didn't blacken the walls with soot, and didn't spit out dangerous sparks. It could also be used for baking (and roasting?). Heat from the fire chamber was distributed to cooking

holes on the top surface and to several ovens.

In the closing years of the 19th century gas began to be used instead of coal and wood. A gas stove was smaller than a coal or a wood-burning stove; most of its surface remained cool; and all the labor of

hauling fuel, starting and tending the fire, and removing the ashes was eliminated. By 1930, gas ranges outnumbered coal or wood burners by almost two to one.

The electric stove was showcased at the Chicago World's Fair in 1893, but like the gas stove, the electrical stove had a slow start, because cities and towns had not yet been electrified. By the mid-1920s, though, 60 percent of households had electricity, and electric power was falling in price. Today, the homeowner can choose between gas and electric. Often professionals use gas for the stove top and electric for their ovens because it is more even and reliable.

At Thanksgiving this year we had roasted root vegetables, roasted Brussels sprouts (unbelievably nutty) and later roasted spicy beans and crispy zucchini. Wow. Here are some more examples of vegetables you can roast: artichokes, mushrooms, onions, bell peppers, broccoli, carrots, radishes, sweet potatoes, cauliflower, jalapenos. Is there anything that won't taste better?

Something my family hasn't tried yet, but is supposed to be absolutely scrumptious is roasted garlic. It makes the cloves soft and creamy and takes away the harshness and bite of raw garlic. It's good for rubbing on crackers or throwing in soup. There is even a company that makes a machine just for roasting garlic called the "garlic express." The health benefits of garlic are too numerous to list.

You can use roasted vegetables in a lot of different ways. For example you can add them to an omelet or throw them into your salad. You can also stuff them in pita bread with cheese and warm the whole thing in the microwave for a healthy and delicious sandwich. Of course, like us, you can just serve it as a side dish with your meal or make a complete meatless meal by serving it with rice and refried beans.

Just to review what we have learned: 1. Roasted vegetables taste wonderful.

(continued on page 12)

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Natural Home Magazine Names Mt. Airy in Top Ten "Eco-Communities"

by Laura Sienna

Natural Home Magazine, a national magazine devoted to "Living Well/Living Wisely," has named Mt. Airy to its list of top 10 urban neighborhoods which encourage a healthy, eco-conscious good life.

Natural Home used criteria such as local shopping districts, access to public transportation, diverse populations, green spaces, the presence of environmental and/or social programs, farmer's markets and community gardens to make their determination of which communities around the country best fit their description.

diversity, several thriving commercial districts, architectural diversity and strong sense of community. Specific attractions noted by Natural Home include Weavers Way Food Co-op and seasonal farmer's market across the street, lots of green space, easy access to public transportation and PhillyCarShare, and a host of envi-

For more information, visit www.NaturalHomeMagazine.com.

Roast-a-Rama

(continued from page 11)

Roasting brings out their sweetness and intensifies their flavor better than any other cooking method. Some people like the charred flavor that roasting creates (if you leave it to roast a little too long). 2. Roasting vegetables is quick and easy. You only have to wash and slice the vegetables add some oil or oil spray and cook for 10 -12 minutes. You can even slice your vegetables ahead of time and store them in the refrigerator until you need them. This really helps when you are trying to get a healthy meal on the table in a hurry.

So don't delay, do some roasting today.

Here is my recipe for roasted root vegetables: Take peeled potatoes, carrots, turnips, horseradish, radishes, rutabaga, sweet potato and parsnips. Cut up in halfinch pieces: Throw into a bowl with a tablespoon of olive oil. Add pinches of

Mt. Airy was singled out for its racial

ronmental organizations.

dried thyme, rosemary, oregano, savory, black pepper, cayenne pepper, cumin powder. Mix well and then pour out on a baking sheet. Make sure all the vegetables are touching the pan and not piled on top of each other. This will ensure that you get the best browning and the best flavor. Slide into an oven at 425 degrees and roast for about thirty minutes, stir once or twice. Remove when the roots look brown and delicious. Enjoy

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A New Year Vision

by Mark Goodman

As a new year begins, I think about the possibility of "Peace on Earth" — that is, people living and working together and settling their differences without blowing each other up. I think back to 1983 when I left my job as a high school teacher to become a full-time landscape gardener. I still had the desire to teach in some capacity, so I volunteered to teach at the Nationalities Service Center, at 13th and Spruce, an organization that offers educational and counseling services to immi-

The experience was a revelation. I was assigned to a class of 24 immigrants, some of whom had just entered the U.S. within the previous two weeks. I was there to help them embark on a new journey — spoken English.

Three things struck me. One was the respect that the students had for teachers. Some of them called me "Teacher" in the same way that we address a physician as "Doctor." Second, I noticed that these newcomers shared an earnestness to learn in spite of some obvious trepidation about being in a strange land trying to navigate a new language.

Most noticeable, however, was that the 24 people represented at least 15 countries and cultures. When we introduced ourselves, I asked that everyone say his or her name and country of origin. It was like roll call at the United Nations.

What made the evening even more memorable for me was that many of the men and women came from nations that had been enemies in the world of history and politics. South Korean sat next to Chinese; Iraqi sat across from Iranian; Ethiopian and Italian sat near Vietnamese and French. In addition, there were immigrants from Colombia, Poland, Israel, Puerto Rico, the Philippines, Greece, and Portugal, among other coun-

Sitting at the same table, engaged in a common task, was a microcosm of the world's population. That evening has left me with a glimmer of hope that people of various nations, religions, and political beliefs — the human family — can put their differences aside and come together in a peaceful spirit for a mutually beneficial purpose.

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Membership Meeting

(continued from page 1)

Among the compelling questions Terry posed based on his decades of experience working to found, manage, and otherwise guide a career's worth of cooperatives: Have you found the right location for your new co-op? Do you have a good business plan? Do you have systems and people in place to handle the tasks ahead? If not, can you hire them? Can you get the financing required? Have you had a professional do the necessary market research?

To the last pont in particular, the answer is an emphatic "yes." At the meeting Weavers Way General Manager Glenn Bergman announced WW's contract agreement with highly regarded Pete Davis to do a market study to evaluate potential new sites for operation, and in general offer the critical counsel required to make well-considered choices for expansion. Results from the market study are scheduled for the end of this December.

Other highlights of Glenn's presentations were the pending upgrade in credit card processing to defray the current \$30,000-a-year charge. The shift will also speed processing time at check out lines.

Glen topped the agenda with excellent financial results. "We're out of the woods," Glen offered, referring of course to the settlement with Andi Schaffer, positive cash flow, and money saved in Valley Green Bank, a locally owned financial institution. In particular, the details are as follows. For the balance sheet:

- Assets increased \$265,000 since '05
- •Working capital has increased 85 percent over \$213,000 in '05. Income Statement:
- Sales exceeded \$6 million in '06, for an increase of 8 percent.
- Net income improved by over \$116,000
- The profit margin increased from 32.66 percent to 34.02 percent, much of

this attributed to the Point of Sale system purchased in '05.

- Income increased by \$70,000 compared to '05. Key changes account for the improvement:
- Settlement of \$30,000 with Andi Sheaffer;
- Increased rental and interest income, rising CD rates, and additional cash;
- Patronage dividends financial institutions. Specifically, NCGA, Frontier, and the National Co-op Bank.

Stuart Katz, president of Weavers Way's board of directors said "We should all be very proud of the strength, dynamism, and good feelings that seem to abound within the community," adding, "Recently I've spent time in the store talking with members, kibitzing with staff and just observing. It's really a fun place. Please join me in thanking the staff, the managers, and the committee chairs."

Stu spoke to the progress made in the recent past to make the board a more efficient governance body, in the ongoing effort to improve communications with coop members, and in general to capitalize on the significant momentum in place to continue to make WW an economic, social, and creative engine in the immediate community and beyond.

Actions taken by the Board since the last General Membership Meeting include:

- A dividend rebate was awarded to members in the amount of \$100,000; in February '07 \$25,000 in cash will be given to members and \$75,000 will be added to members' equity accounts;
- In September '06 the WW staff received \$40,000 in bonuses;
- Remaining funds have been funneled back into operations.

Emily Neuman narrated a slide presentation of images from WW's farm at Awbury Arboretum. Produce yielded from this year's harvest and sold at the co-op

included garlic, radishes, okra, and tomatoes. The Youth Works program was expanded to include students from the Pennsylvania School for the Deaf. A newly constructed (and much-needed) shed was built almost entirely from recycled material. Like the rest of the Co-op, the farm is looking for a larger space in which to expand. Much to Glenn's and the entire staff's dismay, Emily will be leaving WW in the spring.

Margie Felton shared her experiences of the extraordinary trip she took with Norman Weiss to Chiapas, Mexico sponsored by Fair Trade Coffee (the brand that fills 70 percent of the coffee shelves at our co-op). As the name implies, "Fair Trade's," raison d'etre is to protect typically impoverished coffee growers' interests by protecting their economic interests in coffee-growing commerce to see that a fair and equitable share of profits cycle back to the workers and community of Chiapas, Mexico.

In the same spirit of creating self-sustaining communities in otherwise underprivileged regions — or in this case, the nearby poor city of Chester, PA, the fall general membership meeting was privileged to have the dynamic and elegantly spoken Tina Johnson present to the audience. President of the newly formed Chester Food Cooperative, Tina offered compelling reasons for the importance of what a co-op can do to strengthen not only Chester's local economy but to nour-

ish the spiritual lives of Chester's impoverished citizens.

"Chester has not had a supermarket for 15 years," Tina explained. "Chester is the oldest city in Pennsylvania. And we believe that having a supermarket based on the cooperative model in Chester is not only socially, economically, spiritually, and ecologically important; we believe it's feasible," Tina said. "The objective is not to make money off the community, but to give back to the community of Chester — to create a co-op that is supportive of our immediate local economy and those around us." Audience participant responded enthusiastically with particular WW members offering time and guidance in the Chester endeavor still in pursuit of investors.

Terry Appleby made many insightful comments, but some were particularly salient as WW approaches a crossroad, moving ahead toward expansion and change. "In your dialogue I believe you need to ask the questions to challenge management to make a compelling case for moving ahead," he said. "And from management's side, the work should be so thorough that the need is evident and the data irrefutable."

Here's to doing the methodical work necessary to make the inevitable change a gratifying one — to make a sound transformation that will support Weavers Way as it grows into the coming decades.



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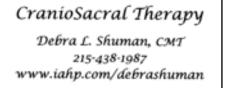
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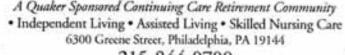
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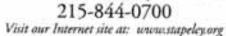




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Financial Update

by Lou Dobkin, Finance Manager

This past quarter Weavers Way lost something. We looked for it high and low, but it was nowhere to be found. I'm talking, of course, about the traditional summer downturn in sales. It is nowhere to be found and good riddance to it.

In the quarter ending Sept. 30, sales were 3.4% over budget and up 10.6 percent over last year. As a result of this increase in sales, we also saw improvements in margin after labor and labor as a percent of sales; these rose from 7.19 percent last year to 10.16 percent this year and 25.50 percent last year to 23.83 percent this year, respectively.

Margins have increased from 32.7 percent this time last year to 34.0 percent and are in keeping with the margin we achieved for the fiscal year ended June 30, 2006. It should be noted that due to a scheduling problem with our inventory service company, no physical inventory was taken, a fact that may affect the final margin.

Other numbers saw a similar improvement. Net income this quarter was \$61,125 vs \$17,148 last year. Net income as a percentage of sales was 3.9 percent vs 1.2 percent last year. Operating income (store operations) was \$37,005 vs (\$9,704) last year which was a 3.03 percent improvement.

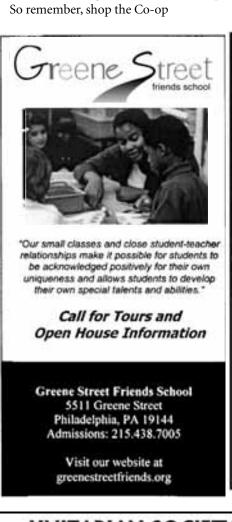
The line on the balance sheet called "Other income" was affected by several unforeseen events. This line was positively impacted last year by the settlement with Andi Sheaffer. While the same line was negatively impacted this year by lower-than-budgeted rental income due to an unexpected vacancy in rental properties, our interest income was higher than budgeted, and the income generated from visitors fees was not budgeted at all.

In other news, we have recently realigned our investments. We have gone little more long term for some better rates. We purchased two \$100,000 certificates, a one 12-month and one 24-month, as well as an 18-month CD for \$75,000. These longer-term investments will give us interest rates approximately 1 to 1.25 percent better than what we are now getting, and they will hopefully mature when we will actually need the cash for whatever expansion plans fate has in store for us.

Speaking of investing and other high finance, the people at the National Cooperative Grocers Association asked us to consider investing in the new start-up River Valley Market in Northampton, Massachusetts. We would be depositing \$20,000 (with 19 other co-ops) in a National Co-op Bank money market that would act as collateral on a loan to River Valley Market. For the added risk, River Valley Market would give us 3 percent extra interest, paid semi-annually.

We are interested in making this investment for three reasons. First, this is in keeping with our principles as a cooperative enterprise. Secondly, while it entails a little more risk than we are currently used to, the overall interest rate would be about 8 percent, substantially better than we are earning now. We have reviewed both internally and with other co-ops the risk and it seems reasonable. Thirdly, since we are looking to expand in the not too distant future, we just might want to inflict such arrangements on other co-ops in the future.

Balance Sheet Assets	Sept. 30	Sept. 30, 2006		Sept. 30, 2005	
Current Assets (ex Inventory & Cash)	27,213	1.43%	30,685	1.92%	
Cash	636,114	1.55	379,504		
Inventory	278,073		267,048	and the second section is	
Fixed Assets	900,012		872,916	54.72%	
Other Assets	67,108		44,950	and the board toront	
Total Assets	1,908,519	The second second second second	1,595,104	100.00%	
Liabilities & Equity					
Current Liabilities (ex Accounts Payable)	141,909	7.44%	165,888	10.40%	
Accounts Payable	269,676	14,13%	243,670	15.28%	
Long Term Liabilities	338,378	17.73%	349,201	21,89%	
Total Liabilities	749,964	39.30%	758,759	47.57%	
Member Equity	527,311	27.63%	451,868	28.33%	
Retained Earnings	631,244	33.08%	384,477	24.10%	
Total Equity	1,158,556	60.70%	836,345	52.43%	
Total Liabilities and Equity	1,908,519	100,0070	1,595,104	100.00%	
Income Statement	57.57		10.50		
income Statement Sales	1,573,789	100.00%	1,423,414	100.00%	
Income Statement Sales Cost of Goods Sold	1,573,789 1,038,791	100.00% 66.01%	1,423,414 958,050	100.00% 67.31%	
Income Statement Sales Cost of Goods Sold Gross Profit Margin	1,573,789	100.00% 66.01%	1,423,414	100.00%	
Income Statement Sales Cost of Goods Sold Gross Profit Margin Expenses	1,573,789 1,038,791 534,997	100.00% 66.01% 33.99%	1,423,414 958,050 465,365	100.00% 67.31% 32.69%	
Income Statement Sales Cost of Goods Sold Gross Profit Margin Expenses Personnel	1,573,789 1,038,791 534,997 377,594	100.00% 66.01% 33.99% 23.99%	1,423,414 958,050 465,365 365,185	100.00% 67.31% 32.69% 25.66%	
ncome Statement Sales Cost of Goods Sold Gross Profit Margin Expenses Personnel Occupancy	1,573,789 1,038,791 534,997 377,594 35,508	100.00% 66.01% 33.99% 23.99% 2.26%	1,423,414 958,050 465,365 365,185 37,408	100.00% 67.31% 32.69% 25.66% 2.63%	
Income Statement Sales Cost of Goods Sold Gross Profit Margin Expenses Personnel Occupancy Depreciation & Amortization	1,573,789 1,038,791 534,997 377,594 35,508 13,851	100.00% 66.01% 33.99% 23.99% 2.26% 0.88%	1,423,414 958,050 465,365 365,185 37,408 13,509	100.00% 67.31% 32.69% 25.66% 2.63% 0.95%	
ncome Statement Sales Cost of Goods Sold Gross Profit Margin Expenses Personnel Occupancy Depreciation & Amortization Operating Expenses	1,573,789 1,038,791 534,997 377,594 35,508 13,851 16,616	100.00% 66.01% 33.99% 23.99% 2.26% 0.88% 1.06%	1,423,414 958,050 465,365 365,185 37,408	100.00% 67.31% 32.69% 25.66% 2.63% 0.95%	
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Income Statement Sales Cost of Goods Sold Gross Profit Margin Expenses Personnel Occupancy Depreciation & Amortization Operating Expenses Administrative Expenses Governance Expense Promotional Expense Total Operating Expense Operating Profit Other Income	1,573,789 1,038,791 534,997 377,594 35,508 13,851 16,616 37,714 3,385 13,324 497,992 37,005 28,572	100.00% 66.01% 33.99% 23.99% 2.26% 0.88% 1.06% 2.40% 0.22% 0.85% 31.64% 2.35% 1.82%	1,423,414 958,050 465,365 365,185 37,408 13,509 17,983 28,002 999 11,982 475,068 (9,704) 31,902	100.00% 67.31% 32.69% 25.66% 2.63% 0.95% 1.26% 1.97% 0.07% 0.84% 33.38% -0.68%	





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Winter Symposium on Landscape Design | Films at the Sedgwick:

By Susan Crane

Garden design is often perceived as a visual art form; but unlike a painting on a wall, landscape gardens are profoundly affected by an ever-present undercurrent of natural processes, minute organisms and subtle visual patterns. By considering and understanding these unseen elements, landscape practitioners can enhance the functionality and manageability of their projects, and increase the effectiveness of their gardens as naturally inspired works of art. These and other topics will be the subject of the 17th Annual Winter Symposium for Landscape Design Professionals - Nature's Unseen Influences and the Art of Garden Design.

Sponsored by the Morris Arboretum, Connecticut College Arboretum, and New Directions in the American Landscape, the symposium each year features expert speakers who share innovative ideas and practices for designing naturalistic landscapes. This year's seminar will be held Jan. 11 and 12 at Connecticut College, New London, CT and Feb. 6 and 7 at Villanova University, Villanova, PA.

Featured speakers will include Darrel Morrison, professor and dean emeritus of the School of Environmental Design at the University of Georgia. His presentation, "Predictive Site Analysis and the Unfolding of the Landscape Garden," will help professionals identify the natural characteristics of a site, and teach them how to utilize this knowledge to create a work of landscape art that accommodates changing ecological patterns. Other session topics will address the sustaining of healthy ecosystems, forest garden and meadow development as processes, and creating biodiversity in suburban landscapes.



Additional speakers will include: Tom Wessels, ecologist and founding director of the master's degree program in conservation biology at Antioch University, and Doug Tallamy, professor and department chair of the Department of Entomology and Wildlife Ecology at the University of Delaware.

The cost for both days is \$289 with a student rate of \$195. The fee includes continental breakfast, lunch, and breaks. Continuing education units for landscape architects are available for those who attend the symposium. For a complete brochure please call 215-247-5777, ext. 125 or 156, or e-mail jlm@pobox.upenn.edu.

The Morris Arboretum of the University of Pennsylvania is located at 100 Northwestern Avenue in Chestnut Hill. The 92-acre horticulture display garden features a spectacular collection of mature trees in a Victorian landscape. The Arboretum features numerous picturesque spots such as the formal rose garden, Japanese gardens, swan pond, meadows, and the elegant Fernery. The Morris Arboretum is listed on the National Register of Historic Places and is the official Arboretum of the Commonwealth of Pennsylvania. For more information, please call 215-247-5777 or you may visit the Morris Arboretum online at www.morrisarboretum.org.

Weekend Movies In Mt. Airy's Little Theater

by Betty Ann Fellner

Happy to join your neighbors and stroll the excitement of Mt. Airy's emerging Main Street? Hankering for a good weekend movie right in your own backyard? Check out THE little THEATER at Video Library of Mt. Airy, 7141 Germantown Ave. At 8 p.m. every Friday and Saturday night, THE little THEATER challenges your TV to a duel: you can rent a recent or classic movie and see it on your little screen, or you can sit back in a 25-seat theater and watch on a large screen in the midst of surround sound.

And, fret not, the theater's legal: The movies shown at THE little THEATER are all licensed from a distributor for small audience screening. But being small, the films can't be advertised in a newspaper, so the titles are available only in brochures which are available at libraries, neighborhood stores, including the Co-op, and at Video Library. So stop in and pick up your monthly brochures or visit www.FilmsAtTheSedgwick.com. On that site, you'll also have an opportunity to vote for your favorite movies by clicking "Film Q Public." Co-op member Dave Titus, who programmed the successful summer First Friday Films at the Sedgwick, is the movie guru behind THE little THEATER as well as the website. Be sure to let him know what movies or genres you'd like to see on the big screen. Any interest in weekday or weekend documentaries? Kids' matinees...? Tell Dave

THE little THEATER is but the

newest kid on the 7100-7200 block of Germantown Avenue — the heart of Mt. Airy and Philadelphia's Historic Northwest — where you can eat a great meal at a great price at any one of eight restaurants. Park, dine and then come see a movie in a small theater setting. THE *little* THEATER is also a companion to SCOOP at Video Library, where you can enjoy dessert — Bassett's ice cream and tasty baked goods and coffee, tea and sodas. Popcorn? Of course

You can also rent THE little THE-ATER for your own party. Kids have especially loved showing a favorite film to their friends, but we've had some 30-50 year old parties too. Contact Betty Ann Fellner at bettyann2@verizon.net for rental details.

Movie tickets are \$5. To see what's coming up, pick up a brochure, call Video Library at 215-247-3020, or visit www.FilmsAtTheSedgwick.com.

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Pioneer Puerto Rican Poet Visits Philly

by Mark Goodman

Last Oct. 7, poet Victor Hernandez Cruz came to the Taller Puertorriqueno (Puerto Rican Workshop) in North Philadelphia to read poems from his new book of verse, *The Mountain in the Sea*. Unless you are a poetry aficionado, you may not recognize his name. However, in 1969, Hernandez Cruz was the first Puerto Rican poet to be published by one of the big New York publishing houses, Vintage/Random House.

That book, *Snaps*, created a stir in the worlds of poetry and publishing, blazing the trail for succeeding Puerto Rican

poets, such as Pedro Pietri, Lucky CienFuegos, Sandra Maria Esteves, Tato Laviera, and Judith Ortiz Cofer. The poems in *Snaps*, street-wise and in-yourface, set a tone for acceptance of the Nuyorican (New York Puerto Rican) poetry that gained popularity in the 1970's.

According to Hernandez Cruz, he began by mimeographing his poems, stapling the pages, and selling them on the street. *Evergreen Review* published some of his poems, which led to a contract with Random House. The 1969 paperback of *Snaps* includes an afterword by Allen Ginsberg, where he refers to the

writing as "...spontaneous urban American language... street consciousness transparent, original soul looking out intelligent Bronx windows."

From the mid-1960's to the early 1970's, Hernandez Cruz visited San Francisco and met Latino writers from all over Latin America, which broadened his horizons. Forty years and several volumes of poetry later, we see a poet who has lived a productive, thoughtful life and whose reflections and wisdom are captured in a more subtle, complex style and cadence.

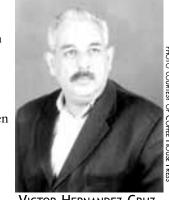
One of the poems from *The Mountain and the Sea* that he read, "Eisenhower," begins:

How did the bold skull of Eisenhower enter my life,

his head like the moon inside the black-and-white

television sets of the tenements.
In the poem, he recounts the impressions of a five-year-old immigrant boy from Puerto Rico trying to make sense of the cold concrete world of New York City. Hernandez Cruz then spoke to his audience about the phenomenon of hav-

ing Spanish as his language of speaking and listening, but then starting school in New York and having English as his language



VICTOR HERNANDEZ CRUZ

of reading and writing. That's why, even though he is fluent in Spanish, he writes most of his poems in English.

He used the baseball analogy of being caught in a run-down between first and second base to explain his bilingual status. "You can never get fully to either base, but they can never tag you out." Therefore, added the poet, "there is an accent in my writing," which he compared to the intentionally blurry photographs of Puerto Rican photographer Adal Maldonado which capture the cultural dislocation of immigration.

(continued on page 17)

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Rob Cardillo Photo Show Opens Jan. 7 at Morris Arb.

by Susan Crane

On Jan. 7, a new exhibit will open at the Morris Arboretum entitled "Great Gardens of the Philadelphia Region." An inspired photographic tour of the Delaware Valley's rich and diverse horticultural legacy as seen through the lens of renowned photographer Rob Cardillo, the exhibit coincides with the upcoming release of the book A Guide to the Great Gardens of the Philadelphia Region, which is written by Adam Levine and features the photography of Rob Cardillo. The exhibit is open daily from 10 a.m.- 4 p.m. through May 13th in the Upper Gallery of the Widener Visitor Center. Admission to the exhibit is free with Arboretum admission.

The exhibit and book will also be the subject of an Arboretum lecture that will take place on Sunday, March 18 at 2:00 p.m. The authors will be available following the lecture for a book signing. Reser-

Pioneer Poet

(continued from page16)

For the last eight years, Hernandez Cruz, his Moroccan wife and three-yearold son, have divided their time between Puerto Rico and Morocco.

He sees the United States today as similar to the multi-cultural Spanish city of Cordoba in the 14th century, with its mixture of Spaniards, Moors, Arabs, and Jews. He is very conscious that the Arab blood that flows through the veins of his wife and son also flowed through the bodies of the conquistadors, who through rape and marriage — had children with the indigenous women of the Caribbean and the rest of Latin America. So for Hernandez Cruz, his lifestyle is a completion of a circle, and from what he implied, a sort of Karmic reckoning. To emphasize the unique status of his family, his son is named Mohammed Albizu (after Puerto Rican Nationalist Pedro



vations are required to attend the lecture. For more information call 215-247-5777 ext. 0, or visit www.morrisarboretum.org.

The Morris Arboretum of the University of Pennsylvania is located at 100 Northwestern Ave. in Chestnut Hill.

Albizu Campos).

Many of the poems in *The Mountain and the Sea* capture the connection between the Caribbean and North African cultures. For example, in "The Medina Poems," the speaker asks:

"What are the girls I went to high school with in Spanish harlem doing walking around Morocco? I swear I saw Sonia Ramirez, Frances, Carmen, Sandra in the medina."

Aside from being a captivating reader of his poetry and an engaging speaker, Hernandez Cruz proved to be a charming and friendly conversant, who took the time to chat with me before and after his reading. His books are available at Taller Puertorriqueno at 2721 N. Fifth Street just above Lehigh Avenue, or you can order them through Big Blue Marble Bookstore in Mt. Airy, through Robin's Bookstore in Center City, or through the big chain bookstores, or on-line through Amazon.com.

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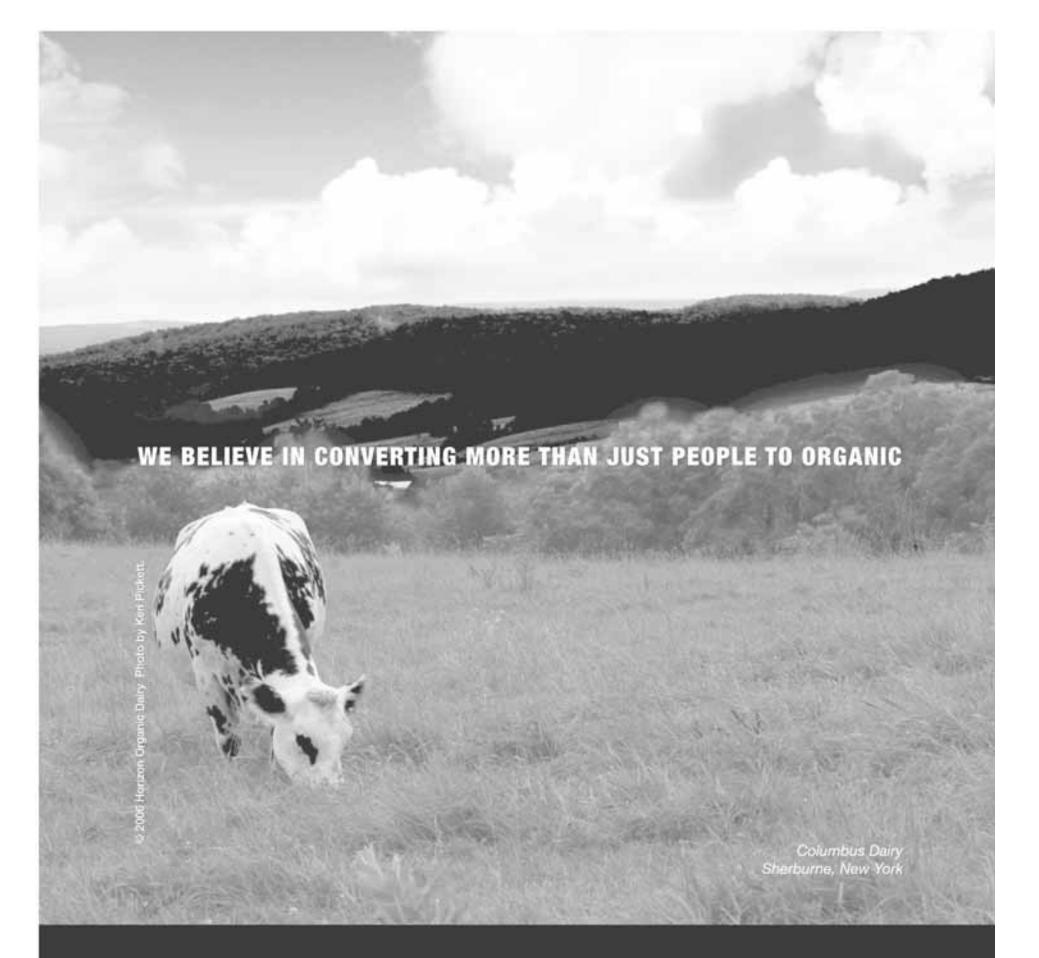
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entering our soil, water and food supply. In addition, we produce all of our products using 100% renewable energy. All of this serves to make every glass of our milk taste that much sweeter.



The Montana Street Development

By Jacqueline Paquet

In late 2002, Mt. Airy USA purchased a half-acre, trash-strewn lot that had been vacant for more than 30 years on the 200 block of East Montana St. and has turned it into affordable housing: 11 town homes for first-time homebuyers. This project is a part of Mt. Airy USA's commitment to providing development that is responsive to the community's needs. Each newlyconstructed, two-story, brick-faced town home features three bedrooms, 1.5 baths, a living and dining area, a full kitchen with a breakfast bar, a laundry room, covered front porch and rear patio, hardwood floors, all major appliances, as well as off-street parking.

New homeowners Sylvia Walton, daughter Kiana Walton, and James Walton closed on their new red brick town home on Mt. Airy's Montana St. last

The town homes were designed by Cecil Baker and Associates of Center City and were constructed with financing from New Courtland Elder Services, the **Local Initiatives Support Corporation**

(LISC), The Reinvestment Fund, the City of Philadelphia's Office of Housing and Community Development, the Redevelopment Authority, and the Fannie Mae Foundation.

"These homes are a testament to the level of community support that Mt. Airy USA has been able to generate," notes Randy Belin, senior program officer at LISC. "We're proud that we were able to play a role in this important new addition to the neighborhood."

The newly-constructed homes make Mt. Airy stand out as a truly welcoming community. James and Sylvia Walton and their two children are among the first of the new neighbors. About her family's new home, Sylvia Walton says, "We really like the way the house is designed - and between the layout and the space, it's really just right for our needs."

For information on purchasing a Montana Street town home, contact Stephanie Butler, senior housing counselor at Mt. Airy USA, at 215-844-6021 ext. 216. Buyers will also benefit from housing counseling, including up to

\$9,000 in closing cost assistance with grant applications. Individuals must apply for purchase through Mt. Airy USA.

Mt. Airy USA is a non-profit organization located at 6703 Germantown Ave. in Philadelphia that is spurring the revitalization of Mt. Airy's business and residential

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communities. The organization's mission is to preserve, empower, and advance a vibrant and diverse Mt. Airy by stimulating development responsive to the community. In line with its mission, Mt. Airy USA seeks to improve the quality of life for Mt. Airy residents through three program ar-

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Mill Creek Farm Blooms in West Philly

by Ionathan McGoran

If you've ever visited the Co-op's farm on Washington Lane, you might have thought you were in the middle of something unique, and rightly so. But our farm is by no means the only urban farm in Philadelphia, and notable among the others is Mill Creek Farm in West Philly.

The Mill Creek Farm is a collectively run urban education farm that utilizes vacant land to improve local access to nutritious foods and to promote sustainable resource use by growing and distributing produce and by demonstrating ecological methods of living.

The farm began a little over a year ago, with the grant of a block of land in West Philly from the Philadelphia Water Department. Since then, volunteers have been working non stop and the farm is looking pretty good.

This year, they built a cob "barn" tool shed/composting toilet, and are now mosaic-ing it with amazing tile and bike

Current projects include installing 12 recently donated solar panels to power the pump for getting the water from the graywater collection to the irrigation system. Another project involves converting a truck donated by SEPTA from running on biodiesel to running on grease.

With over a half acre of planted beds, Mill Creek Farm also has fruit trees, bat boxes, and coming this spring, they hope to have honey bees and laying hens in the spring. The farm has partnered with City Harvest where, working with prison inmates, we will be starting our spring starts in the greenhouse in the prison in

northeast. Ten percent of the harvest will then be donated to SHARE and other food distribution groups in Philadelphia.

They are also exploring a partnership with Heifer International.

The Mill Creek Farm (MCF) is located at 4901 Brown Street in the Mill Creek Neighborhood of West Philadelphia. Part

of the site has been home to a thriving community garden for 15 years and the rest of the lot had been vacant for over 30

Visit www.millcreekurbanfarm.org for more information about Mill Creek Farm, or e-mail millcreekfarm@resist.ca.



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Citizen Action for Better Recycling Approaches Critical Mass

by Evan Belser

Over the past year, residents of Philadelphia have transformed their frustration with the city's recycling program into action. Citizen-run chapters of the Recycle NOW Philadelphia Campaign have taken off in West, South and Northeast Philadelphia, Roxborough and Mt. Airy. Each chapter is as unique as its neighborhood but all are demanding a complete overhaul of the city's recycling services.

With one of the worst recycling programs in the country, Philadelphia's neglect for its recycling is unlawful, environmentally damaging and wasteful of taxpayer dollars. Of the 700,000 annual tons of material that residents take to the curb, only five percent gets recycled. City law requires that 35 percent be recycled. By selling recycled materials and avoiding landfill and incinerator costs, according to then City Controller Jonathan Saidel's May 2005 report, the city could save \$17 million dollars annually.

Kevin Scott, a volunteer with Recycle NOW West Philly, weighed the qualitative aspects when he said, "I talk with students from all over the country and they can't believe how lame our recycling program is. They don't even take plastics. For someone considering locating here, the current recycling program is a giant neon sign that says 'This is a city that can't do anything right."

The Steering Committee for Recycle NOW is composed of representatives from the Recycling Alliance of Philadelphia and is chaired by former Philadelphia Recycling Coordinator Maurice Sampson. Members of this committee have met with the majority of City Council members and made over 40 speaking engagements around the city. These presentations have sparked citizen action like door-to-door canvassing, endorsements from civic groups and letter-writing campaigns.

"I've dabbled in campaigning and organizing for almost ten years, and I've never had an easier time collecting petition signatures than with Recycle NOW," said Colleen Contrisciane, an East Falls resident. She continued, "That only stands as a testament to how hungry

Philadelphia citizens are for better recycling."

All the petitions and organization resolutions are intended for City Council and the next mayor. "Improving recycling is no longer the charge of the Streets Department but of the political leaders of our city," explained Sampson. "With what should be a simple aspect of the city's operations, we're literally throwing money into the trash. How are we, as a city, supposed to overcome the really hard issues facing residents if we can't muster together an effective recycling program?"

Mayoral hopefuls Tom Knox and Michael Nutter are among the thousands of residents who have signed the campaign's petition. Petition gathering reached a fever pitch last September when volunteers gathered 2,700 signatures at the first annual South Street Green Festival. In Mt. Airy, at least 1,000 petitions signatures have been collected.

Due to continued public pressure, nine months ago, City Council formally resolved to hold one or more public hearings on how to improve recycling in the

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city. It will be the forum for citizens and lawmakers to get the facts straight about recycling and to develop a plan to protect our health, comply with the law and save the city money. That's what good recycling is about. For more information, call Evan Belser at Clean Water Action, 215-



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Managers Corner

(continued from page 1)

everything on the list and that we would learn as we went that some of the items were not worth doing, but we at least had a plan, a road map, and a path put out in front of us.

One of the strategic goals was "IV.A.2," which states:

"Establish a Weavers Way
Cooperative Community Fund
(WWCCF) as a 501(c)3 tax-exempt fund
to coordinate and carry out our community enrichment efforts. We could donate
a portion of our year-end net income to
help establish an endowment, solicit
donations, grants, and estate bequeathals.
An example is the expansion of the
Market Place school program from
Henry School to other schools and possibly including school lunch programs and
education about healthy food and cooperative principles."

I am pleased to announce that Weavers Way has just created an entity that will enfold existing WW programs thus making it even easier to carry out community enrichment efforts. The Marketplace Program, WW Farm Education Program at Awbury (also known as the Mort Brooks Memorial Farm), and recycling program managed by the environment committee will now be "housed" together under Weavers Way Community Programs (WWCP). My hope is that this structure will be more efficient for existing programs, and easier for additional community programs to form in the near future.

Though most administrative matters will be tended to in-house, we will get our official 501(c)3 status elsewhere. We have applied to and been accepted as a service member of the Mt. Airy Community Services Corporation (MACSC) in order to use its 501c(3) status for grant applications.

I had hoped that we could have worked with the Education for Alternative Economics (EAE) non-profit group, but changing missions and bylaws did not seem to fit well with our strategic plans. I look forward to EAE becoming an important and very active group helping to advance the cooperative model throughout this region with speakers and educational seminars.

Anyone interested in this group should contact Alan Dawley.

We had been aware of the need to begin some form of non-profit for some time. In 2005, we received a \$7,000 grant from the Cooperative Development Fund to help expand the Marketplace program from one school (Henry) to five schools (as of 2006). This grant was put through EAE, but it became clear that as we looked for funding for the farm and to expand the Marketplace funding we needed to have an organization that was in line with WW's long term goals.

In the near future, you will see us announcing grants for the Marketplace, the farm's education component, and ways we can increase our funding for environmental programs (solar energy panels for the roof, demonstration green roof projects, etc). (If you know of any available resources for these programs, don't be shy Please send me an e-mail.)

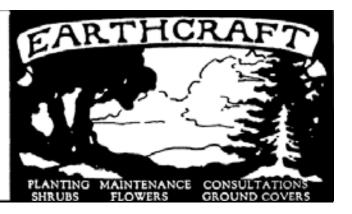
Other familiar community groups that are service members of MACSC are the Maternity Wellness Group, the Mt. Airy Learning Tree (MALT), the Mt. Airy Community Computer Center (MACCC), and Mt. Airy Baseball. It is my desire to not only strengthen WW's community programs with this new organization, but to also help support MACSC as it moves to assist our community.

The draft byaws for the WWCP are available in the store and posted on the website for you to read. We will also be putting out more information in the *Shuttle* and on the website for you to stay tuned into what we are doing in the community. I want to thank Rachel Levine, Susan Beetle, Bob Noble, Dina Schlossberg, the MACSC board members, and EAE Board for their work in getting us to this point.

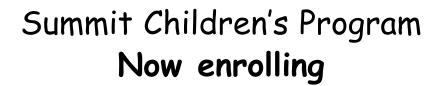


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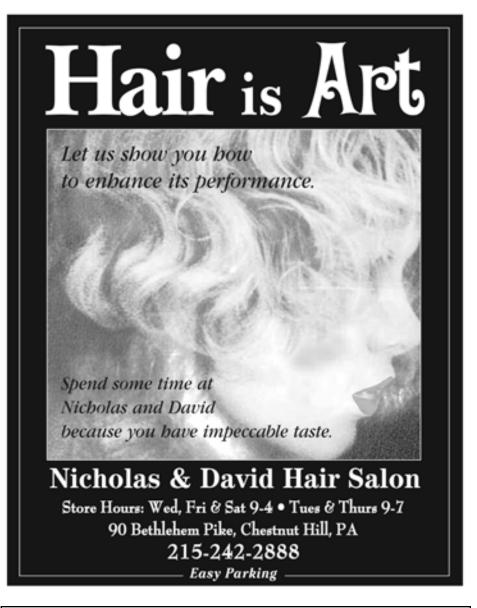


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Suggestions

(continued from page 24)

wheat flour, & baking powder, all of which we sell.

s: "'The Baker' makes excellent nonwheat bread. Please - you have an entire shelf of 'The Baker' breads - couldn't a few inches be non-wheat? Thanks."

r: (Nancy) I have spoken with him and we got some in one week — I'll talk to him again about making this a regular item. (Norman) Just so shoppers know, the fresh packaged bread lines — Arnold, Pepperidge Farm, The Baker, Thomas's & Vermont — are all "full service," meaning we allocate some shelf space to the line and it is the delivery person's job to keep us stocked with items people want, and take back what doesn't sell. The theory in play here is the delivery people are paid by commission, so they directly benefit from doing a good job. Years ago this seemed to work, and still works with our Odwalla and Pepperidge Farm cookie people. However, for some reason, there seems to have been a major drop off in the packaged fresh bread world. It's hard to tell if the delivery people don't care, don't have time, or are not well supported by their bakeries, but they all have problems keeping us properly stocked. And responding to our requests sometimes seems entirely out of their reach.

s: "What happened to the Lu cookies? Little Scholars, etc.?"

r: (Chris) The vendor who had these items stopped delivering to us, and we've been unable to find another source. Sor-

s: "Homemade soups? Whatever

STORE HOURS

Monday-Friday 9-8

happened to them? I love them, I buy them. Will they return?"

r: (Bonnie) We got a bit behind on our soup production as our "ovens" (rice cookers) were busy making holiday fare. We're back up to speed now with a variety of soup to warm the cockles of your heart.

s: "Please bring back Cento Sardines in olive oil. I really don't like the taste of the smoked variety now in stock."

r: (Chris) Many shoppers have made this request, so I'll try to bring back the Cento sardines by mid-December.

s: "To the Produce Person — I wanted to say that our produce as been looking great lately Great variety especially of locally grown & organic which I buy. Thank you — good choices. Love the Pink Lady apples."

r: (Jean) Thanks for your compliments We're certainly always trying to have fresh, good-looking produce, and I always try to have the organic produce that shoppers want. And the organic Pink Ladys ("Ladies?") have been really good.

s: "Stacy's Pita Chips — large bag has no trans fat or cholesterol. Made with sea salt, etc. Don't know why I was told it had poor ingredients when I requested this item a few months ago."

r: (Chris) We only get Stacy's Pita chips when they are on CAP special, which is three or four months out of the year. When they're on sale, and in stock, they're \$1.79/bag, or \$21.48 for a case of 12. Ordinarily, when not on sale, a preorder case would be \$25.60. Unfortunately, we don't have the space to have them year round at this point.

Marketplace Program Expands to Five **Schools, Welcomes New Coordinator**

by Jonathan McGoran

For several years now, Weavers Way has been partnering with Henry School to run the Marketplace Program, an innovative program that teaches students about food and nutrition, cooperation and commerce, and, at the end of the year, about the many worthy causes to which they can donate their proceeds. Last year, the program expanded to include the Wissahickon Charter School.

The program has been such a success that this year it has expanded to include three more schools — A. B. Day, Jenks, and Houston — for a total of five

With the growth of the program it became clear that a coordinator was needed, and Weavers Way is proud to announce that Terri Rivera has taken that position.

Terri brings many skills and much experience to the position. Terri's educational background includes a bachelors in business and a masters in education, and she has plenty of experience in both of those areas, most recently as Program Manager at Mt. Airy Learning Tree, Educational Director at Mt. Airy Community Computer Center, and School/Community Coordinator for the Mt. Airy Schools Committee. She also sits on several boards of directors, including East Mt. Airy Neighbors.

"It so thrilling to watch students as they learn marketing, inventory, and accounting skills hands on as a part of the Marketplace Program." says Rivera. "Stephanie Johnson who works with the Marketplace Program along with many other tasks at the Co-op makes eating healthy snacks and the tasks involved



TERRI RIVERA

with the Marketplace so much fun for the students. It is an honor to work with her and the rest of the team at Weavers Way to bring such a terrific program that I have heard about for years to more students in the area."

"We're really delighted to have Terri working on the Marketplace Program. She's truly an asset," said Weavers Way General Manager Glenn Bergman. "And it's wonderful that we've been able to expand this great program to five schools now."

The Marketplace Program is in need of two refrigerators to store perishable items, so if you are purchasing a new refrigerator and your old one still works, consider donating it to the Marketplace. Volunteers are also needed to work with staff and students at our schools. Members can earn their Co-op hours working with this program.

For more information about the Marketplace Program, contact Terri Rivera at terri@weaversway.coop.

R Ν 0 N 0 M Α 0 0

Saturday-Sunday 9-6

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Board members and committee chairs have mailboxes on

the second floor of 559 Carpenter Lane

Co-op Meetings

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.

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.

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Weavers Way Recycling **New Courtland Elder Service**

6959 Germantown Ave. (Enter from Carpenter Lane) 9:00 a.m.-1:00 p.m., 3rd Sat./month.



Suggestions

by Norman Weiss

Greetings and thanks for writing. As usual, suggestions and responses may have been edited for brevity, clarity, and/or comedy. As I walked up to my computer to begin writing this article, I noticed Chris had left a screen up he had been using. It was displaying a catalogue from one of our suppliers, Balford Farms. I looked at the screen and was surprised to see this listing:

LIQUID EGGS Sold by case only 2255 FRESH TABLE READY 20 LB BAG/BOXBAG IN BOX

I started wondering how you could have liquid eggs that are fresh and table ready and in a 20 pound bag. Imagine serving breakfast by simply laying out a 20 pound bag of "fresh table ready liquid eggs." How to serve, give each diner at the table a straw, then just slit the bag in a few places and start sipping? And how are "fresh" liquid eggs produced? Special chickens laying liquid eggs right into a bag? Imagine the poor hen's confusion when she follows her natural instinct and tries to incubate her egg by sitting on a puddle.

There were fewer suggestions for this issue, which stands to reason with the Shuttle going monthly. Incidentally, one of the features of our new website is an online suggestion book. It is very new, only one actual suggestion as I write this. Now you can write in the book in the store as always, or if something comes to you outside the store you can submit it via the web site. If you haven't checked out our web site, give it a go, seems like one of the better ones out there: weaversway.coop. (Yes, there is a ".coop" domain, just for co-ops, because we are so special).

Speaking of the website, one thing Glenn has wanted us to explore is having our current work sign up calendar converted to a web-based system. This means you could sign up to work from anywhere with web access. The system would automatically send e-mail reminders, last minute openings, etc., saving the Shift Managers some time. Also, crediting would be more automated, and the system would eventually be integrated into our membership and POS systems. Combined with key fobs for membership identification, this would also mean the end of pulling your card and refilling them at night. We are also hoping to have some membership services available, like changing your address, looking at your equity balance, work history, etc. There would be screens in the store too, so these features would be available in store also. It's a fairly complex project, and we are still in the feasibility/design stages. Let us

know what you think of this idea.

suggestions and responses:

s: "I love Noreen's Oatmeal-Raisin cookies. How come all I ever find most days is "Chocolate Chunk"? Please, keep them separate and clearly marked. Or let us know what days the Oatmeal-Raisin cookies will be delivered. Obviously, I'm outnumbered by the chocolate lovers.

r: (Nancy) We do always carry Noreen's Oat Raisin cookies. It may run out by Monday, but should be restocked by Wednesday.

s: "Rechargeable batteries — we're supposed to "be green."

r: (Norman) We don't have a good supplier for rechargeable batteries. As for being green, sometimes we skip rotating dairy items just to see the green mold

s: "Would love to have a nice Co-op T-shirt."

r: (Rick) We just commissioned staff T-shirts, which came out nicely, so we should be getting some shirts for sale sometime soon. Hats have arrived.

s: "Equal Exchange English Breakfast tea bags — tastier and stronger than the present organic tea Choice."

r: (Chris) We've had several requests to bring in Equal Exchange teas. I'll try to do that. Thanks.

s: "I miss the Twinnings Irish Breakfast and English Breakfast."

r: (Chris) We switched brands on these two teas to Equal Exchange, in order to support fair labor practices and organic agriculture. Twining tea can be preordered, six boxes per case, for \$16.04.

s: "Is it possible for us to carry whole wheat bread crumbs? Thanks."

r: (Chris) We do, in the baking section above the flour and sugar.

s: "Thank you for the 'no sugar added' milk in small boxes next to the register "

r: (Chris) You're quite welcome.

s: "What happened to the Buckwheat Pancake mix? I've been Jonesing for it for

r: "(Chris) Discontinued, due to slow sales. There were basically three ingredients in this item: buckwheat flour, whole

(continued on page 23)

Co-op Photofinishing Discontinued

Due to low demand, Weavers Way is discontinuing our photo finishing service. The Photo Workshop, which had been offering this service through Weavers Way, will now offer Co-op members a special 10% Weavers Way discount. For more information, call

The Photo Workshop at 215-247-0740.

Grocery News!

by Chris Switky

Greetings, Co-op shoppers. You're reading this in January, but I'm writing it on Nov. 30, 2006. High temperature today was 66 degrees. I wore shorts to work today. The windows are open here in the purchasing office, warm breeze blowing in. I guess global warming is going easy on Mt. Airy thus far; if

we lived near the ocean, the water might be creeping towards our houses. Since we live "up the hill," it's just "shorts weather," again. Which reminds me:

Don't forget that the Co-op has great prices on Lakewood organic lemonade, and organic cranberry lemonade, only \$1.99 per quart. You'll find it across from the dairy case, underneath the member card files. A real thirst quencher for a warm November (or January) day.

Don't forget about pesto or guacamole, either. Our prepared foods department makes both of these in season, however, if it's "off season" (like a warm November day), keep in mind that there's always Yucatan guacamole in the freezer, displayed next to the Egg Beaters, \$5.24 for a one pound container. Thaw, and serve. It's great. Also, we have Meditalia brand pesto in jars, year round, on the shelf next to the cooking wines, just \$3.34 for a six ounce jar.

And don't forget about Norman Weiss, either It's easy to do; he works mostly upstairs, quietly and diligently solving complex Co-op problems — and creating new ones — at a truly spell-binding pace. As much as he is "behind the scenes" (there was one scene we actually had to slow down, so he could catch up), he is an absolutely indispensable part of the Weavers Way operation, and his birthday is Feb. 8. Thank you, Norm Don't

A few new items we've recently added,

due to shoppers' requests: Israeli couscous, found on the bulk rice and beans

> shelf. Israeli couscous, also known as maftoul or pearl couscous, is a larger version of couscous, and used in slightly different ways. In Western cooking, it is often used as a bed for salmon or chicken dishes, or put into salads. Israeli couscous is a commercial version of North African

"berkukes," brought by Jewish immigrants, from various parts of the Middle East and North Africa, to Israel in the early 1950's. Wheat was relatively abundant at the time, but rice was scarce. Couscous was meant to provide a rice substitute for those immigrants from eastern Arab countries and from Persia, where rice was the staple grain.

Also, we now have "Better than Bouillon" Chicken Base, in jars, near the vegetable bouillon cubes, as many shoppers have asked us to carry some sort of chicken bouillon. New in the Asian cooking section, Bali Spice sweet soy sauce, requested by one (1) shopper — but she was quite convincing — so we're giving it a shot. Say "goodbye" to McCutcheon's Orchard Sunrise Juice, it's seems that Mc-Cutcheon's is no longer making it, despite our pleading and it's popularity here at Weavers Way, so we've brought in Mc-Cutcheon's Apple Raspberry Juice instead, a great deal at \$4.50 for a half gallon.

That's it for Grocery News The Shuttle will be monthly from now on, so I'll have the pressure...I mean, the pleasure of authoring this column twice as frequently. Will the volume of grocery news support a monthly showing? Will I have to (occasionally) just make things up? Will Norman's peculiar behavior and work habits provide more than enough material? Time will tell.

See you in the grocery aisles

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:

<u>DAY</u>	DATE	<u>I IIME</u>	LOCATION
Saturday	Jan. 6, 2007	10:30 a.m.	CA
Wednesday	Feb. 7, 2007	6:45 p.m.	GJC
Wednesday	Mar. 7, 2007	6:45 p.m.	GJC
Wednesday	Mar. 7, 2007	6:45 p.m.	GJC

Meetings start promptly and last about 11/4 hours. Latecomers cannot be admitted. Written reservations are required, so please fill out the tear-off sheet below and return it to the store. At the close of the orientation meeting, you will be expected to pay your initial \$30 annual investment (check or cash). We look forward to seeing you and welcoming you into the Co-op.

Robin Cannicle, 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)
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