

**Annual Spring General Membership Meeting
and Election of Board of Directors (BALLOT ON PAGE 27)**
5 p.m. Saturday, May 19, 2007 Summit Presbyterian Church Auditorium
Greene & Westview Streets

Board Positions to be filled for 2-year terms: 4 At-Large Directors /1 Staff Director
Childcare will be available

Agenda:

- Meet and greet, with light fare for adults and kids
- Report from General Manager
- Report from President of the Board
- Approval of minutes from previous General Membership Meeting
- By-law changes discussed and voted on
- Breakout sessions for member discussion of co-op values and priorities
- Open sharing and discussion following breakouts
- Announcement of Board of Directors Election Winners

May 2007
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the Shuttle

Manager's Corner

Buying from Independent America

by Glenn Bergman

In March, the WW Education Committee sponsored a showing of the film "Independent America" a documentary by two dropouts from the corporate world of national media. Overall the film was not one of my favorite documentaries of all times, but the power of chains of all types to change the fabric of our country came through loud and strong. It became clear that unless a community has a Wal-Mart, folks will just leave one community to drive 30-60 miles to the Wal Mart in another community to shop. To compete with that Wal Mart, communities without a Wal Mart try to get one in their town so they can keep people shopping in their community and even draw shoppers from other communities that still do not have one. It is a vicious cycle that feeds upon itself until all the little fish are all fished out and are gone. Left standing (or swimming) are the larger fish, who add little to the fabric of the community. The local

(continued on page 4)

Spring Arrives... Down on the Farm

by David Zelov

Spring is officially here and it's time to plant. After a winter spent planning and ordering, I can finally get out and work in the soil (not dirt — we don't have any of that stuff on our farm). Things got started slowly in March, particularly with the three inches of sleet we received mid-month, but they have quickly sped up. Peas and other cool weather crops can usually be planted around St. Patrick's Day, but this year, I would have needed an ice pick to get through to bare ground. I was concerned about not getting peas in as early as I would have liked, but after attending a most useful greenhouse production workshop at Spiral Path Farm in Loysville, PA, and learning their methods



PHOTO BY DAVID ZELOV

WYNCOTE ACADEMY STUDENTS WORK ON SEEDLINGS FOR THE WEAVERS WAY FARM AT THE ACADEMY'S GREENHOUSE.

of transplanting peas, beans and corn, I decided that we could do the same. So on March 16, I planted 1,400 pea seeds in the greenhouse. Just a couple days ago, these pea plants were transplanted out into the field, and they are looking great.

Seeding continues in the greenhouse

(continued on page 10)

Spring to the General Membership Meeting!

by Linda Farthing

Want to be the first to find out who the new Co-op Board members are? Have the chance to see old Co-op friends, make some new ones and talk to your Board representatives? Enjoy refreshments while discussing the core principles and values that guide our Co-op?

Then the Spring General Membership meeting on Saturday May 19 at the Summit Presbyterian Church (corner of Greene and Westview) is the place for you. Just a block away from the Co-op, you can get your shopping done before the 5:30 p.m. start time and walk over.

"Coming to the annual meeting means that people will know what the Co-op is doing and provides you an opportunity so that the Co-op can know what's on your mind," says Sylvia Carter, long time Co-op activist and

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Visible Progress at Ned Wolf Park

by Ronda Throne-Murray

Work has started in Ned Wolf Park, but you can still pitch in if you would like. The organizers of the Ned Wolf Park Project (NWPP) are Ronda Throne-Murray, my husband, Bruce P. Murray, our neighbor, Syd Carpenter, and her husband, Steve Donegal. Here's some news about what is going on, who has joined the effort, and how you can help.

Ned Wolf Park is now on the city's radar and their maintenance contracts. On March 29, the City Dept. of Recreation sent a crew of men with jackhammers who removed the cement blocks with large metal bars sticking up out of them. I was thrilled because not only were



PHOTO BY RONDA THRONE-MURRAY

SOME OF THE DEBRIS THAT HAS ALREADY BEEN REMOVED FROM NED WOLF PARK

they unattractive and blocking good garden space, but they were dangerous.

A special thanks to Co-op Staffer Stephanie Johnson, who had read our first article in last month's Shuttle. Stephanie just happened to be outside the Co-op and knew what the jackhammer crew was talking about when they

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"Independent America" Kicks Off Education Committee Film Series

by Larry Schofer

A small but enthusiastic crowd gathered at Video Library on March 14 for a showing of the film "Independent America." This was the kickoff of the new monthly education committee film series.

The film is a documentary report of a two-month trip by car throughout the United States, running from Seattle to Vermont and back, to look at the state of mom and pop stores. The couple who made the film had two basic rules - buy only in local stores and do not travel on inter-state highways.

They investigated many small towns, any number of which have had their downtowns devastated by the appearance of big-box retailers on their edges. The focus was on Wal-Mart, Borders, and Starbucks, but the film was by no means a witch-hunt against voracious monsters. Consumers vote with their dollars, and the authors found that the only way that some small towns have survived is by

convincing local people that it is in their interest to organize to protect their precious local assets. Locals have to be convinced that it is worth shopping local, even if in many cases the immediate cost is higher.

The film consists of lively interviews, good interaction with the makers, and is punctuated by light humor.

The moral of the story is that local communities have to convince their hometowns to buy local. All the examples in the film are of small towns, not of big city locations like that of Weavers Way.

After the film, Glenn Bergman, Weavers Way general manager, discussed with the group the possibilities of buying local through Weavers Way. This is not necessarily an easy task, since economies of scale and local marketing arrangements often work against local producers. One of the strengths of Weavers Way is

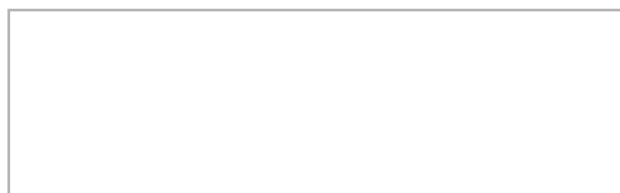
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And of course... scads more

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



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Vote for the Board!

**see Candidate Statements
on page 12-13 &
BALLOT
on page 27**

Editor’s Note

by Jonathan McGoran

For the first time in a while, we have competition for election to the board of directors, and that says something about our Co-op. It says, people really don’t like doing their hours in the store.

We also have several new products on Co-op shelves, including Peace Oil, which is being produced by a group of Arabs, Israelis and Palestinians working together for peace in the Middle East. The presence of oil has always had a calming effect on the Middle East.

We have another installment of the Cultural Moment in this issue. I’m a big fan of the Cultural Moment, mostly because it only takes a moment, and then you can go back to being an uncultured lout.

We also have news on a new series of workshops especially geared toward owners of older homes. Topics covered include: How to Curse Fluently in Seven Different Languages; First Aid for Traumatic Injuries; The Ins and Outs of No-Fault Divorce; and How to Explain to Your Children that You Spent Their College Fund on Crown Molding and a New Sewage Line.

And finally, we now have one more reason to eat organic: it isn’t cloned.

The National Organic Standards Board has voted unanimously that cloned animal products can not be certified organic.

I’m relieved by the result and heartened that it was unanimous. I actually kind of feel sorry for the board members. It must be exasperating, with big agriculture constantly searching for loopholes. (I picture them like that one dumb kid in the back of the class constantly trying to get away with something or another. “You didn’t say we *couldn’t* hand in a photocopied page out of the encyclopedia,” or “You didn’t tell me *not* to drink the glue.”)

The bad news is that the USDA has yet to rule on allowing cloned animals in “conventional” agriculture, and with preliminary approval already issued, things aren’t looking so good on that front (because when I think “conventional,” I think “cloned”).

It’s sad that it’s even up for discussion. You’d like to think that some questions shouldn’t have to be voted on. A no-brainer, so to speak, although that might not bode well either; this is, after all, the regulatory body that voted to allow ranchers to save 17 cents a cow by feeding herbivores each other’s brains. Right now, there’s probably some guy sitting in the back of the room thinking, “Hey, if we get to sell cloned animals, we could probably save 19 cents a cow by feeding them their own brains.”



Expansion:
A Tale of Two Co-ops

by Ted Barbato

As Weavers Way confronts the question of expansion, two thriving co-ops in Minnesota and California approached the matter in very different ways.

One chose to completely relocate the store, a move that is still in progress. The other chose a less ambitious plan, opening a satellite store, and it ended disastrously.

Seward Co-op Grocery & Deli,
Minneapolis, Minnesota

The Seward Co-op, founded in 1972, had already expanded four times at its current site. With sales increasing nearly tenfold in the past decade, the board began exploring another expansion three years ago. Adding to the current building itself was considered, but that became unfeasible when a deal to purchase adjoining real estate fell through.

Opening a satellite store was also ruled out, according to General Manager Sean Doyle, because it would likely end up larger than the current store. "We had some concerns about making a newer operation that would then be the primary, and having our current operation then be a satellite." A satellite location, Doyle said, would also inevitably “bump up against” other co-ops. The Minneapolis/St. Paul region has six other co-ops with 7 locations.

So the Seward board opted to move. Doyle was charged with finding a single new location on the same business corridor that would be twice the current size of 6500 square feet. "The answer," said Doyle, "is that we are acquiring about an acre of land, about seven blocks east of current location."

A membership survey found 85% support for the relocation. Most of those



PHOTO COURTESY OF SEWARD CO-OP

SEWARD CO-OP IN MINNEAPOLIS, MINNESOTA IS EMBARKING ON A \$9.2 MILLION EXPANSION, DOUBLING THEIR SIZE AT A NEW LOCATION SEVEN BLOCKS AWAY.

opposed are members who live within two blocks of the existing store.

With the decision made, planning and fundraising began. "It’s a very expensive project," says Doyle. And, perhaps, a risky one. Seward Co-op is currently trying to line up \$1.2 million dollars in financing for closing on the property, now scheduled for June.

The entire project cost, including construction, is estimated at \$9.2 million, barring overruns. Seward hopes to raise two-thirds through a combination of traditional borrowing and tax credit programs.

The final third will be from Seward Co-op itself, with the sale of the current property and loans from members. Members are being asked to either lend cash

outright, with interest paid at a rate between 5 and 8%, or to purchase stock, which will pay dividends. Neither option is viewed as a donation.

Doyle says members are stepping up to the plate. "It’s a great opportunity. We’re getting a lot of interest in investment. People are getting excited." The goal from member loans is \$1.5 million, and they’re one-third of the way there.

The excitement is due in part to the plans for the new building. Currently, the site holds a shuttered grocery store dating from the 1950s. Seward will rehab that 9,000 square-foot building and add another 23,000 square feet. The resulting building will feature 13,000 square feet of

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Workshop Explores Ecofeminism

by Heather Hill

“Are women closer to nature than men?” This was one of the questions debated at the Ecofeminism workshop given by Chaone Mallory, PhD, a Villanova professor and recent transplant from Eugene, Oregon.

So, what is Ecofeminism anyway? Ecofeminism is an analysis and a social movement that believes there is a connection between the subjugation of women and the destruction of the natural world. One way this connection is made clear is to remember that our planet is called “Mother Earth,” yet the work of mothering in western culture is undervalued. Ecofeminists further believe that there is no hierarchy of oppression; racism, sexism, ablism, and ageism are equally important. Underlying ecofeminist arguments is the notion that gender is socially constructed and that dualistic notions of male domination and female subordination must be changed to bring about a more just society.

Dr. Mallory described a central concept in Ecofeminism, the Logic of Domination. If I understand it correctly, the logic goes like this: Premise #1: Whatever has the ability to think and reason has moral superiority over what does not, i.e. the “natural.” Premise #2:. Women are closer to the “natural” and men to the “rational.” Premise #3: Men have moral superiority over women, thereby justifying domination of women and the environ-

ment.

Mallory explained that this logic continues because to acknowledge oppression one has to relinquish privilege, which many are not inclined to do willingly. Discussion led to whether or not some believed that all feminists should be vegetarian because meat eating implies that we have species privilege.

Applying ecofeminist theories to practice is a main interest of Dr. Mallory. Problems arise for activist organizations, like Earth First, as they struggle with their own racist and sexist practices. The methods of ecofeminist groups were also questioned, as we were shown photos of women who dressed up as natural earth warriors to protest the logging of ancient forests. Some argued that the women’s exaggerated use of their status as “closer to nature” was ineffective. There was also some ambivalence about coalition building between activist groups like Earth First and the religious right who have recently adopted environmental stewardship as their cause, with a much different motivating philosophy than ecofeminists.

Environmental activists, whether ecofeminists or not, may end up feeling somewhat depressed and hopeless about the injustices done to both our environment and the powerless in our society. The workshop ended by calling on the wisdom of Starhawk, a well known ecofeminist and author, who said we must find and stay connected to a sense of joy when doing this very important work.

Education Committee Film Series
(continued from page 1)

that it has a large population that walks to the store, thus making it a kind of local mom and pop enterprise.

The focus in local buying is on fresh fruit and produce. Glenn pointed out that local supermarkets, including such favorites as Trader Joe’s, are devoting less and less space to fresh product, whether it be organic or not.

The audience was very impressed with the venue, the Little Theater at Video Library — theater-style seats with a movie-size screen made for very comfortable viewing. The film was the first in the series to be presented by the education committee. Tickets were pre-sold for this event, but it was decided to make all future showings free to the Weavers Way community.

Showings are set for the next three months on the second Wednesday of the month at 7 p.m. at the Video Library. On April 11, the film will be “America Beyond Capitalism—a talk given by Gar Alperovitz at the Weavers Way Membership Meeting, 4/29/06." This talk met with great enthusiasm last year, and this reprise should give a chance for members who missed Gar and for those who are interested in hearing him again. After that will be “Who Killed the Electric Car?” on Wed. May 9, and then on Wed. June 13, Al Gore’s “An Inconvenient Truth."

No tickets are necessary. Discussion will follow each film.

The *Shuttle* is published by Weavers Way Co-op and is mailed to all members.
Deadline for the next issue is:
May 1, 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 camera-ready and submitted with payment. Products or services advertised in this paper should not in any way be construed to be endorsed by Weavers Way Co-op.



The *Shuttle*
is printed on 100%
recycled paper

Deli News

by Margie Felton, Deli Manager

In early February 2007 I had the opportunity to attend the Pennsylvania Association for Sustainable Agriculture (PASA) conference. I chose to go to this conference in order to attend a track of workshops called “The Art of Cheese.” I thought if I am purchasing cheese for Weavers Way and selling it to you, I should have some idea of how it is made.

The track included workshops on purchasing cheese-making equipment, enzymes and cultures used in cheese production, marketing your homemade cheese at farmers markets, and a hands-on cheese making demo by Jim Avory of LeRaysville Cheese Factory. (We currently sell LeRaysville cheeses at Weavers Way.)

The remainder of the conference, I went to workshops on Fair Trade, understanding the benefits of a green roof, working with migrant labor, and eating year-round in your food shed. I also heard inspiring speakers and saw two great films: “Black Gold” and “The Future of Food.”

The two main ideas I brought home with me were:

I am going to try to make cheese at home. (I’ll keep you posted on the results.)

The importance of buying and eating local products

Buying products produced as close to home as possible is important because you are supporting the local economy and small family farms, the products are fresher, and you are cutting down on the cost — financial and otherwise — of shipping products hundreds of miles. At a workshop on eating from your food shed, I learned how one person changed her eating habits to eat locally, year-round, as much as possible. At this workshop I committed to eating one meal a week made from all local products. Since it was February my first meal consisted of grilled cheese made with local cheddar on Slow Rise Bakery bread with Moshe’s soup and S&C pickles. Local produce was scarce so I decided to delay my commitment until spring. Now that spring is here I am going to eat local products as much as possible, as well as plan for the rest of the year. A friend is going to teach me how to can fruits and vegetables. I am planting a garden and I am looking for a cheap or free freezer(Anyone have one they are not using?).

For the Deli department, I am continuing to look for more local products so keep an eye out for the “Buy Fresh Buy Local” signs.

Locally Made Deli/Bakery Products

LeRaysville cheeses
Slow Rise Bakery
Friendly Farms cheeses
Greenberg/Mindy’s Bakery
Pequa goat cheese
Le Bus baked goods
Chavrie goat pyramids
Metropolitan baked goods
PA Noble cheddar
Baker Street baked goods
S&C pickles
Noreen’s baked goods
Fresh Tofu Co. products
Sweet Potato Creations
Ray’s Seitan
Gilda’s Biscotti
Michele’s dressings, Tofu Tahini & hoagies
Night Kitchen baked goods
Helen’s hummus
South Street Philly’s
Hot soups from Michele/Helen, Moshe, Goldberg Bagels
Culinary Crossings
Bitar’s Pita
Rolings baked goods
Claudios mozzarella

What’s Up Upstairs

by Martha Fuller, Second Floor Manager

Seventh Generation Natural Baby Laundry Detergent

This non-toxic, hypo-allergenic and biodegradable liquid detergent is usable in HE and standard washers. It is specially formulated to get out tough baby stains and to still be gentle on baby clothes and the Earth. Among the ingredients are these: a low-foaming blend of naturally derived cleaning agents (coconut-based surfactants), non-animal derived enzymes to remove protein and starch stains, and borax which is a natural water softener as well as an alkalinity builder for enhanced performance.

This Seventh Generation product has not been tested on animals and does not contain animal ingredients.

Before we move to the other Second Floor product profiles, let me quote a part of the Seventh Generation Baby Detergent label: "If every household in the U.S. replaced just one bottle of 50 oz. ultra petroleum based liquid laundry detergent with our 50 oz. ultra vegetable based product, we could save 161,000 barrels of oil, enough to heat and cool 9,200 U.S. homes for one year "

That's a pretty astounding statistic.

Down To Earth's String Bags

These colorful string bags are among the perfect environmentally friendly shopping bags that Weavers Way sells.

Among their many uses are these: you can take them with you when you shop for groceries; they are terrific for travel as they are light in weight and easily fold up for storage in a suitcase or carry-on bag; they can be used by children for toys or play items for the beach or playground (because they come in an array of colors, children can choose their own color); and these bags can be used to transport tools and supplies back and forth to the garden.

The 100% cotton bags are machine washable, completely reusable and a solid way to decrease the impact on our natural environment.

Preserve Toothbrushes How cool is it to be able to buy a good toothbrush and to help out the planet at the same time? Yes, it's way cool.

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Grocery News

by Christofer Switky, Grocery Manager

Greetings, Shoppers. Warmer weather is surely with us, and we hope you’ll try a new item that we’ve added in the cold drink case: Guayaki Yerba Mate bottled teas. The founders of this company (one from California, one from Argentina) are working with the indigenous Ache Guayaki people to harvest yerba mate from the Atlantic forests of Argentina, Brazil and Paraguay. Their efforts support the reforestation of this part of the world, as the yerba mate is shade grown and sustainably harvested. It’s also certified organic and fairly traded, and kosher (KSA) as well. This is a fantastic company, one which also uses solar power and a bio-diesel truck at their Santa Rosa, CA facility. (More information at www.guayaki.com.) Here’s a drink you can feel good about, and it makes you feel good too (naturally caffeinated.)

What else is new in the grocery department? Not much. It’s still Norman and Chris, in the purchasing office, trying to communicate. Here’s a typical exchange: “Norman, do you remember what’s-her-name?” “Oh yes Who could ever forget what’s-her-name...”

Thanks for reading. I’ll be running into you... in the grocery aisles.



Produce News

by Jean MacKenzie, Produce Manager

It’s May when you’re reading this, but it’s late March when I’m writing it. And do you know what I’m thinking? I’m thinking, Will the baseball season ever start? I love baseball, in all its manifestations. I will happily watch 5-year-olds play t-ball, the Phillies, the Camden River Sharks, or Springfield Middle School, especially if my son is pitching. I keep trying to find a way to connect baseball and produce for this column so I could justify taking time off to go to every day game I can find; so far no luck.

If It’s May, There Must Be Spinach

Spinach, and baby salads, and lettuces, from Paradise Organics in Lancaster County. That great early corn from Sunnycres Farm is scheduled to start coming in by mid-month. It’s not too early to look for garlic scapes from Weavers Way Farm. All in all, it’s getting a lot easier for Margie, our Deli manager, to plan meals within our foodshed, and I have the happy challenge of cramming all those “Buy Fresh, Buy Local” signs into our already-crowded displays.

Get Out the Grill

It’s time to start cooking outside again, and I do mean produce. My favorite “could-this-be-any-easier?” vegetable grilling marinade is olive oil, Bragg’s Amino Acids, crushed garlic, and grated ginger. And I’ll grill anything — onions, potatoes, peppers and mushrooms, of course, but also asparagus, green beans, tomatoes, apples, plums and peaches, even citrus.

Garlic, Redux

Let’s talk about garlic again. I probably talk about garlic from China more than anything else in Produce — you



don’t want garlic from China, I don’t want garlic from China. I want to find local garlic — and, compared to China, “local” could mean “North America.” As the word has spread, growers or people who know growers have called me. I’ve talked to half a dozen local growers about volume and price. Weavers Way shoppers buy 60-75 pounds of garlic every week, year-round. We’d so much rather have it be flavorful, and local, and we’ll pay more to get that. I was excited and hopeful when I met a garlic grower at the PASA conference in February who was handing out samples — until the sample turned soft and moldy before I could get back to Philadelphia two days later. Other growers, as they calculate costs and potential volume, would need quite a high price for their garlic — are we ready to pay \$9-\$12 per pound for local garlic? Somehow I don’t think so.

It makes you wonder how growers in China can sell their garlic at a price that results in our retail price of \$1.50-\$2.50 per pound. Careful, though — once you start wondering, you won’t be able to stop with garlic, or with China.

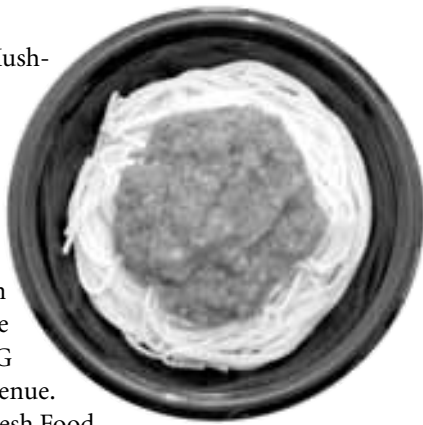
I haven’t given up looking for good, abundant local garlic, at least partly because I love garlic and use lots of it in everything I cook. Keep sending me those contacts.

Who or What is PTG?

by Dale Kinly, Fresh Foods Manager

Aurora, Marinara, Basil/Tomato and Creamy Mushroom —these are the delicious, fresh, home-made pasta sauces made by PTG (Pasta To Go) Caterers. PTG is the catering business started by Gil Sanchez in 1990 out of his house. In 1996, Gil purchased a building at 6813 Ridge Avenue and expanded his catering business. He also sold his sauces and P&S Pasta from this location. His dream has always been to open a restaurant and in January his dream came true. After a beautiful and amazing renovation, PTG opened a fine dining BYOB restaurant on Ridge Avenue.

You can find all of PTG’s great sauces in the Fresh Food Case at Weavers Way.



What’s Up Upstairs

(continued from page 3)

The Recycline company was founded in 1996. As the dentists and engineers designed these products with the end goal of an effective toothbrush, they took into account their full life cycle, as well as the environmental footprint they would make.

The handles are made from 100% recycled plastics. Through a partnership with Stonyfield Farms, part of the plastic is from recycled yogurt cups.

The Preserve package is meant to be a reusable carrying case and the materials are wood-based plastics from renewable forests.

The Preserve Jr. Toothbrush features a curved pea-shaped handle that children find fun and grown-ups find functional. It’s great for the small hands of children and the brush is meant for small mouths too.

The softer bristles remove plaque effectively without wearing down the gums or tooth enamel just as dental professionals recommend.

When you are finished with your toothbrush and case, you can use one of the pre-paid postage return mailers that we receive with our toothbrush orders. You can find them on the same shelf that holds the toothbrushes.

What happens with what you send back to them? The cases and brushes are turned into plastic lumber products like park benches.

Vita Minder We are now carrying three products from this company. You can find a Tablet Splitter/Crusher which will allow you to split a tablet into two pieces or crush a tablet into a fine powder. The Pill Case Stacker has five separate pill or vitamin cases that twist-lock together. An extra lid is included to use as a separate case while leaving other compartments sealed. Each section holds up to 20 tablets according to the label. The Seven Day Vitamin Pack has compartments that can be used for the seven days of the week or for seven varieties of vitamins or herbs. Each compartment, ac-

cording to the label, holds 25 tablets. A label fits into the top of the lid to identify the contents. The lid snaps shut.

Badger Products We appreciate the excellent feedback you have given us about the Badger Fine Balms, Potions and Natural Remedies and we are glad to have these products available again. The W. S. Badger Company is committed to making products that are natural and chemical-free.

Their products, according to the company’s literature, contain at least 70% Certified Organic Ingredients (ECO-CERT). They do not test on animals. You might like to know that they donate 10% of pretax profits to charities.

In a future *Shuttle*, we will profile some individual products. The next time you are shopping on the second floor, peruse the Badger display shelf to see their products, which range from baby products to massage oils to body butters to lip balms.

Botanical Interests By now, you have probably seen the Botanical Interests seed display - this cottage spinner rack contains many more varieties of seeds than we have had in other years. The seeds are selling very well and I have already placed one re-order for many packets. This company is dedicated to provide the highest quality seeds available. Their seeds are untreated, do not contain GMOs and are certified organic.

Folks seem drawn to the beautiful artwork even if they are not gardeners.

Gardeners are also appreciative of the beautiful packets as well as all the info that the packets provide. On the front of each packet, Botanical Interests gives the critical information that will simplify the variety selection as well as tidbits of info about the variety of plant. The back of each packet has a plant tag that can be cut out to use in the garden or in a germination tray. Gardeners can plan ahead by organizing the planting times with the information listed.

Inside each packet is useful and thorough information such as growing and harvesting tips, recipes, history, avoiding

diseases and pests, and much more.

Home Health Castor Oil We recently began carrying this cold pressed and cold processed natural emollient oil. It softens and nourishes the skin and is excellent for massaging into joints and muscles.

The bottle’s label gives instructions for the use of castor oil packs.

The Home Health White Wool Flannel, used in the oil pack, can be purchased via a special pre-order.

We brought this product to our

shelves because we had received requests for it. If you are have ideas for a product you think would be good for us to carry, please tell a second floor Staff Member or see or contact me, as the Second Floor Manager, by phone. We track the special requests and while we do not have the shelf space for everything folks want, we can note your idea(s) and perhaps we can add products later on. We can also give you information about placing a special order for products you would like to buy from us.

Manager’s Corner

(continued from page 1)

dollars are sucked out and sent to corporate HQ.

I am writing this column having just traveled down I-95 to Florida for spring break, something I have never done before, and I probably should have had my head examined before I left. Actually, it was fun traveling Rt. 17 through little towns in South Carolina.

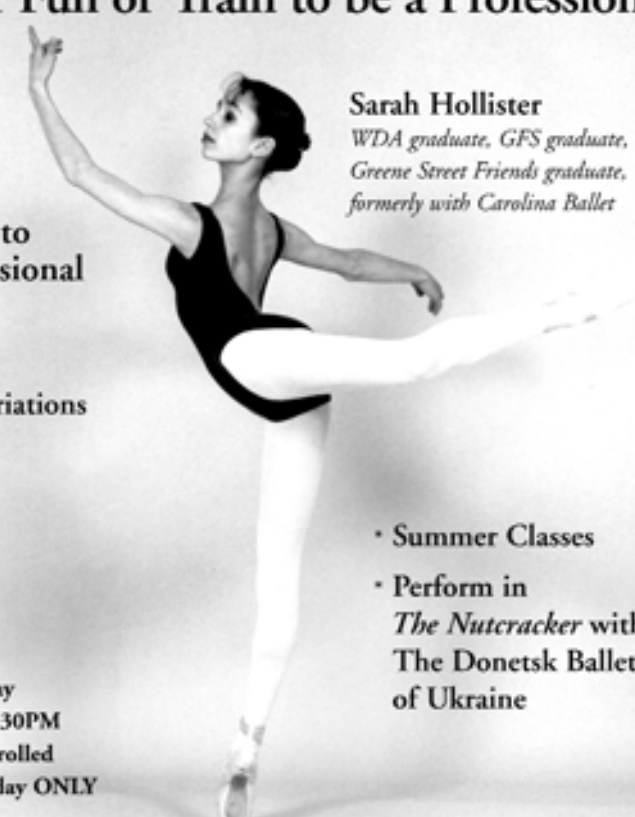
Anyway, as we passed one exit after another with the same signs, we kept asking how many cracker barrels, waffle houses, and hamburger places do we need? I believe after Virginia there is a Cracker Barrel at every exit. Nothing about the great BBQ stand down from the exit, or the GA Pig BBQ in Brunswick, Georgia, right off the exit.

We ate at only local restaurants (except for a drink at a Sonics at 11:00 at night), and for the most part they were excellent. All had great service, wonderful food, and interesting atmosphere. We wonder why so many stop at a canned restaurant chain? What is the draw? Why do people spend hours rocking away on the canned porch of a Cracker Barrel waiting for a table to eat canned food. I don’t get it.

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Sustainability Salon:

Green Collar Jobs

Thursday, May 3, 2007, 7:00 p.m.


Sustainability Salon: Green Collar Jobs.

Last month’s salon with primary election candidates brought up many pressing issues dealing with urban sustainability. This month we’ll concentrate on "green collar jobs", a new sector of employment making use of new green technology and urban sustainability programs. Join our discussion and build on what many city governments and institutions are already trying to focus on.

HOURS

Mon-Wed: 10 a.m.-7p.m. • Thurs: 10 a.m.-8 p.m. • Fri: 10 a.m.-9 p.m.
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Cultural Moment

Kid Kulture:The Marketplace Project

by Stephanie Johnson

The Marketplace Project is an after-school food cooperative business run by school students with guidance from Weavers Way Cooperative personnel and teachers. Our community-centered education program challenges these students to learn what it takes to run a cooperative business. Students gain experience and skills in areas such as decision-making, purchasing, marketing, good nutrition, and business math. These efforts increase the students' understanding and support of cooperative business efforts in their community.

Some of the students from John Story Jenks Elementary School decided to write about why they like the Marketplace Project.

If you want to support the Marketplace Project you can contact Weavers Way Community Programs or Terri Rivera at 215-843-2350 ext 312 terri@weaversway.coop.

"I like Marketplace because it teaches us how to work together as a team."
Cheyenne Bethea, seventh grade

"I like Marketplace because I like helping others and participating in activities that include money opportunities for our school."
Candice Brown, seventh grade

"I like Marketplace because it is fun to work at. I like to count the money and eat the food."
Treasure Mormon, seventh grade

"I like being in Marketplace because it is fun. I get to have fun with the kids in it and work."
Montana Couser, seventh grade

"My name is Christina Brown and I like Marketplace because I have an opportunity to learn about business, how to work with other people, and most of all, I can be myself. Marketplace is one of the greatest things that happened to me this year. To me, Marketplace is all about teamwork, cooperation and lots and lots of fun."
Christina Brown, sixth grade

Ned Wolf Park

(continued from page 1)

stopped to ask her for directions to the park.

The Dept. of Recreation will be mowing the lawn every two weeks after 4/16/07 and they are arranging for the Streets Dept. to pick up the trash every week. The City's Dept. of Recreation is also looking into repairing the railroad tie retaining wall and installing a proper trash container and two benches for enjoying the park.

Laura M. Siena, executive director of West Mt. Airy Neighbors Association (WMAN), and her group have helped NWPP get the attention of various city officials. They have been key in having the city meet with us and take our requests seriously. I believe that through this venue we were able to cut much of the red tape involved so that the groundbreaking work occurred in March '07 instead of sometime much later this year. Additionally, WMAN has set up a NWPP account for people who would like to contribute to this project and write it off as a charitable donation on their federal taxes. These funds would help pay for the things that the grants can't or won't cover. Donations can be sent to WMAN, 6703 Germantown Ave, Ste.# 200, Phila, PA 19119 with Ned Wolf Park in the memo section.

Councilperson Donna Reed-Miller's office has welcomed our proposal and is looking to help with city services. They are investigating lighting in the park and having a wooden Philadelphia "Parks" style sign made.

Philadelphia Green has recognized the NWPP group by including us in the "Friends of" individual parks meetings, and they awarded us a small start-up grant. Philadelphia Green helps the city and interested neighbors to work together in order to clean up dilapidated open spaces in the City, turning them into pleasant green spaces with funds earned from the Philadelphia Flower Show. They will loan tools for our workdays in the park, and they are encouraging NWPP by giving us their experienced counsel and directing our energies in this project.

Doris Kessler, chair of WMAN's New Trees Committee and a professional landscape architect, has donated her time to

create a professional and cohesive landscape plan for the NWPP.

The Weavers Way Co-op Environmental committee has our grant request and has expressed support for our project. At the time of this writing, the April 25 closing date for grant decisions has not yet occurred. This grant is our only current hope of being able to install larger plants this year.

Weavers Way Co-op has also printed NWPP articles in the Shuttle (thank-you Jon) and provided meeting room space for the nascent Mt Airy Garden Club. The club members will be working on the NWPP as their initial effort and will also become the official "Friends of Ned Wolf Park." I am happy to report that each week more volunteers have joined this effort, but there is room for many more gardeners.

The second gardeners' meeting on May 7 will be held at 7 p.m. at the park (the corner of McCallum and W. Ellet Sts.). If you would like to be part of this year's events and possibly join the "Friends of" who will work on the park twice a year, please join us. The gardeners will be discussing details of the planting day events, as well as their trip to a wholesale garden nursery on Fri. May 11 to buy plants for the park.

Planting Day will be Saturday May 19, with neighbors and community volunteers starting at 10 a.m. and hoping to be cleaned up by 4 p.m. To register to play in the dirt, contact Ronda. (In case of heavy rain we will work the following day).

As you can see a lot is in the pipeline, but we are hopeful that more than this will ultimately happen. The sidewalks around the park are broken and uneven, and the Dept. of Recreation cannot get funding to repair this. Also, I am hoping to find enough private donations to place a commemorative plaque in the park for Ned Wolf, for whom it is named. He stood for equal rights for the city's children trying to create equal access to justice and opportunities for all. We hope to unveil this plaque at a re-opening of the park this fall.

That's the news; let me know if you want to help in any part of the NWPP. E-mail [Ronda Throne-Murray](mailto:RondaThrone-Murray@verizon.net) at rondazmail@verizon.net or call 215-848-4222.

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A Tale of Two Co-ops
(continued from page 2)

retail space, double that of the current store. The new co-op will also include enlarged offices and outdoor seating.

Seward also plans to have the building certified under the LEED Green Building rating system. All rainwater on the site will be captured for irrigation. Landscaping will include garden areas designed to make the most of the Minnesota growing season, from early April through late October.

If all goes as planned, the Seward Co-op hopes to close the store it has inhabited for 35 years, and open the new location, in April 2008. "I'm really optimistic," said Doyle.

Sacramento Natural Foods Co-op,
Sacramento, California

Optimism also greeted the expansion of the Sacramento Natural Foods Co-op. Like Seward, it was founded in 1972. Like Seward, it had proven very successful at its original location. With \$16 million in annual sales out of 11 thousand square feet, "our store was well over capacity," said General Manager Paul Cultrera.

Discussions about expansion picked up four years ago. The store is landlocked, like Weavers Way, so adding on was not possible. The idea of a satellite store was popular because half of the Sacramento co-op's eight thousand members live more than five miles from the store. "People kept asking us, 'I'm driving ten miles, please open a store closer to me,' said Cultrera. "It seemed like a good idea to open another store."

Two separate market research studies identified what seemed to be an ideal location for a satellite store — Elk Grove, a community ten miles south of Sacramento, and at the time one of the fastest-growing municipalities in the country. "The largest concentration of our co-op members lived in that area," said Cultrera. "And the market research indicated there would be solid demand for what we did."

The effort went awry once the project was approved. Cultrera says the original project cost of \$2.8 million quickly ballooned for three reasons: a dearth of available contractors led to higher-than-expected bids; concrete and steel costs shot up after the start of the Iraq war; and miscommunication between the architect and contractors prompted delays. "Things just spiraled out of control, and the project went way over budget." The satellite store eventually cost \$4.7 million.

Still, the primary lender, the National Co-op Bank, was willing to finance the higher price tag because of the market study's projections of nearly \$9 million in annual sales, enough for relatively quick profitability.

Yet, when the Elk Grove satellite store opened in June 2005, nine months later than planned, the rosy projections quickly proved wrong. Sales failed to reach even a \$6 million dollar annual pace, fully one-third lower than expected.

"We just kept struggling and struggling to figure out what we had to do to make it work," said Cultrera. He implemented cost-cutting moves and expanded advertising, to little effect. Sales would increase slightly at points, only to drop back down.



SACRAMENTO CO-OP'S ILL-FATED ELK GROVE LOCATION OPENED AMID HIGH EXPECTATIONS THAT WERE NEVER FULFILLED

The future of the Elk Grove store was clearly bleak, but the Co-op was locked in with a 15-year lease, at a monthly cost of \$34,000. In November 2006 came an answer — a discount grocer offered to assume the lease. "We were staring at another 13 years with lackluster sales and monthly losses. When this other business came in and said they'll take over the lease, we said, 'Hallelujah.'"

Elk Grove closed in January after 18 painful months, its 55 staffers laid off (they are being given first shot at openings at the original store). The Sacramento Co-op, still with robust sales, has been forced into belt-tightening, including wage and benefit reductions and the sale of other properties. "When we went into this project we had no debt whatsoever,


and we had a million dollars in the bank. When we came out of this project, we had almost no cash, and we have almost 3.2 million dollars of debts to pay off."

Cultrera mainly blames the two market studies. "I know the way market research works, one out of ten times they'll be wrong. We were the one time they were wrong. And they were both wrong. And they were both wrong by pretty far margins."

Ultimately, though, Cultrera lets the buck stop at Co-op itself, for misjudging the Elk Grove community that proved resistant to a co-op. "The fact that we were a co-op was confusing to them. People told us, 'I don't know what that means.' Our take on the community was wrong, too. We were all wrong."

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Make Peace Oil, Not War

by Lainey Webb Moseley

What is peaceful, nutritional and still a virgin? (Co-op members I promise this is not a dirty joke.) The answer is extra-virgin peace oil created by two men, an Israeli and a Palestinian. By combining their oils and marketing to the rest of the world, they are hoping, to bring a palatable symbol for peace in the Middle East. A skeptic might think their idea hokey. One might ask how olive oil can help end the conflict in the Middle East, but these two men believe it's a start. According to Olive Branch Enterprises, the organization that is marketing and distributing the oil, "they hope to build economic interdependence by creating successful business partnerships between Israel and Palestine," and eventually create an economic incentive for peace that will trump their religious differences. OBE is buying this extra virgin olive oil from three different fair trade organizations in the Middle East. Apparently, the fair trade organizations around the world follow strict guidelines to ensure farmers get a fair share of the profits for the products sold. And this, in turn, helps to sustain their local economies.

It all began in Novemeber 2005, when Israeli farmer Dani Livney met a Palestinian taxi driver (who prefers to go unnamed). While talking, they discovered that they both farmed olive groves in the same ancient fashion. The farmers both used farming techniques that exclude the use of pesticides or chemical fertilizers. They became fast friends and over time came up with the idea to sell their blend-

ed olive oils. But this was not just any olive oil, they realized. Theirs would be a mixture of Israeli and Palestinian oils... and a tasty metaphor was born. Then Dani called his longtime friend David Sukal in Seattle, Washington and asked, "Would you be interested in importing a mixture of Israeli and Palestinian olive oil?"

David, a longtime supporter of Middle East peace, replied, "yes," so they sent him a sample. Running into road blocks along the way, David realized he might need to bring in more fair trade growers to meet the demand, but the intent of the peace oil remained the same. Two drums of this special olive oil set sail on March 7 and will be arriving in the United States mid-April. This is a premium gourmet extra virgin olive oil and will only be available in limited quantity. Peace oil is not certified kosher, but it is organic. And buying peace oil is one way to contribute to the peace process at the grass roots level.

If you are not political, the taste alone may be enough incentive: "This classic Palestinian olive oil has the flowery aroma followed by a peppery finish that tells you this oil is from fresh olives at the peak of their nutritional value."



Hummus Humungous

by Bonnie Shuman, Prepared Foods Manager

I am up to my elbows in it. You people just can't seem to get enough of it. I can't take it any more... oh, well, I guess I can since y'all love it so much. Give the people what they want

What am I talking about? Hummus, folks, the humble hummus. Here in the prepared foods department we make about 40 pounds a week of hummus - and the more we make, the more we seem to sell. Everyone has their favorites (I personally like to believe that you all prefer "Our Own Homemade" in-house-made Garlic Hummus), but from Moshe's to Wakim's to Bobbi's super garlicky, people love hummus.

While many cultures claim hummus as their own, and the Phoenicians are credited with bringing the chickpea to western Europe, there is no way of knowing the true history of this now-common household staple(though presumably, its history begins in the Middle East).

While the fastest growing areas of sales for hummus are in the Northeast, the overall trend is that sales of hummus have skyrocketed. Ten years ago, hummus was a small business, with sales reported by vendors to be in the \$5 million-a-year range — today hummus sales are topping out at 143 million dollars a year. Still, though, it is reported that fewer than 5% of all households have tried it. All this hummus consumption has increased the area of growth needed for garbanzo beans from 27,000 acres in 1993 to 137,000 acres today. This growth spurt of hummus took a hit though after the attacks of 9/11 as some manufacturers were forced to revamp their labels(two men riding on a camel) because they were

Bonnie's Quick Hummus

- 1 can garbanzo beans
- 3 cloves garlic
- 2 tablespoons tahini
- 1/4 to 1/2 cup olive oil
(depending on how thick you like it)
- juice of 1/2 lemon
- salt to taste

Drain chick peas and place them, plus remaining ingredients in a food processor. Process until mixture is creamy and smooth. Serve with grilled onion nan or pita. Top hummus with a little olive oil and cumin if desired.

considered too Middle Eastern looking (hard to believe, but true).

There are as many spellings of hummus (houmous, hommous, or humus) as there are varieties now available-Roasted Pepper Hummus, Spinach Hummus, Low-Fat Hummus, Chipotle -Lime Hummus, just to name a few. Whatever your preference there are many delicious ways to enjoy hummus-If I want a simple, light summer meal I'll roast some beets, grill some onion nan (sold in the Co-op bakery dept.),marinate some olives and crumble some French feta(sold in the Co-op deli) and place it all on platter separately with some hummus drizzled with olive oil. But, that was before I was making 40 pounds of the stuff a week... I might just have some cereal for dinner... but don't fear, we'll keep the hummus coming your way.

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Homeowner Workshops Set For May

by Patrick Hauck

Are you planning to purchase and restore an older home? Are you in the midst of home renovation, looking for great how-to information? The Preservation Alliance for Greater Philadelphia is pleased to announce two upcoming series of workshops in May for the owners and aspiring owners of older and historic homes. Attendees will have the opportunity to learn about the best practices for selection, inspection, and financing the purchase and renovation of older and historic homes, as well as great hand-on demonstrations of maintenance and restoration techniques. These popular programs are free and open to the public, but seating is limited and reservations are required. The workshops are presented in collaboration with the Fairmount Park Historic Preservation Trust, Cliveden of the National Trust, the Chestnut Hill Historical Society, the Germantown Historical Society, Historic Germantown Preserved, and the University City Historical Society.

To reserve a space, or for more information, please contact Patrick Hauck, Director of Neighborhood Preservation Programs, at patrick@preservationalliance.com or 215-546-1146 x4.

Lecture Workshops at Cliveden

- Inspecting Historic Houses
Wednesday May 9 at 7:00 p.m.
- Buying Historic Houses
Wednesday May 16 at 7:00 p.m.
- Financing Historic House Rehabilitation
Wednesday May 23 at 7:00 p.m.
- How to Plan for Historic House Rehabilitation
Wednesday May 30 at 7:00 p.m.

Lecture Workshops Location: Cliveden, 6401 Germantown Avenue (Workshops at carriage house: enter property through the gate at Cliveden and Morton Streets)

“Hands On” Workshops In West Fairmount Park

- Windows & Shutters: Reglazing, Basic Repairs
Thursday May 10 at 6:30 p.m.
- Exterior Painting
Thursday May 17 at 6:30 p.m.
- Wood Flooring: Interior & Exterior Repairs
Thursday May 24 at 6:30 p.m.
- Flat Plaster- Repair Techniques
Thursday May 31 at 6:30 p.m.

Hands-On Workshops Location: The Sheep Barn, Fairmount Park Historic Preservation Trust, Inc. 2020 Chamounix Drive, West Fairmount Park (For directions contact the Alliance, or visit www.preservationalliance.com)

Welcome Nina DaSilva, Weavers Way’s New Flower Buyer

by Jonathan McGoran

Nina DaSilva has been working in the Co-op’s Prepared Foods Department since October, 2006. As the Co-op’s new Flower Purchaser, she will no longer just be creating those wonderful dishes to go on your table, she’ll be helping to supply the centerpiece as well.

It makes sense that Nina is splitting her time between Prepared Foods and the Floral Department, because food and flowers both figure prominently in her background.

She went to the All-Natural Gourmet Cooking School in New York City, but she also studied horticulture at Penn State. Before Weavers Way, she worked as a cook at the All Natural Market in Ardmore, but before that, she worked for a year on a farm in Ithaca.

Working at Weavers Way allows Nina to combine her two main interests.



FLOWER PURCHASER NINA DASILVA

“I love working with food,” she says, “and I love working with flowers. I find flower arranging very healing.”

You can contact Nina at extension 317 or e-mail floral@weaversway.coop.

Weavers Way Plant Sale at Mt. Airy Day

Saturday May 5, 2007
Cliveden, 6401 Germantown Ave.

At Mt. Airy Day, we will offer geraniums and other bedding plants, herbs, vegetable seedlings, and perennials — all grown locally in Pennsylvania. Awbury Arboretum has run the plant sale in the past. We will offer comparable prices on high-quality, locally grown products. Awbury offered pre-orders on plants, we will not. In lieu of pre-orders, we will offer “post-orders.” Shoppers who put in a post-order can pick up their orders at the Co-op May 10-12, the Thursday-Saturday following the sale.

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USDA Votes to Exclude Cloned Animal Products from Organic

by Jonathan McGoran

In a vote that one wouldn't have thought necessary, the U.S. Department of Agriculture's National Organic Standards Board voted that animal products from animals who have been cloned, or the progeny of those animals, could not be considered "organic."

The NOSB report concluded, “To strengthen and clarify the existing rules, the NOSB Livestock Committee recommends that the NOP amend the regulations to add animal cloning technology to the definition of “Excluded Methods” and that the NOP update other sections of the rule to ensure that animal cloning technology is excluded, and that products derived from organisms subjected to such technology be excluded from organic production.”

The Food and Drug Administration's draft risk assessment approved of cloning as a production technique in agriculture, stating that clones are "virtually indistinguishable" from normal progeny and, thus, could safely enter the food supply.

A voluntary ban on cloned meat products was in effect pending a period of public comment that ended in April.

Results of the comment period were still pending as of press time. We will keep you updated in future issues of *The Shuttle*.

Why Should I Buy Those New Fangled Energy Saver Light Bulbs?

by Ray Haupt

Here's why: You save money.

Consider the following facts. The price of four standard 100 watt incandescent light bulbs at Weavers Way recently was 4/\$1.99. Lets call it \$0.50 each. The price for the roughly equivalent new fangled spiral energy savers is 4/\$10.24 or \$2.56 each. Let's round that down to \$2.50 for simplicity.

It so happens that the standard bulbs are on average rated at 1,150 lumens, 1,500 hours of usage, and use 100 watts of power. The energy saver bulbs are rated at 1,600 lumens, 10,000 hours of usage, and consume 23 watts of power.

Do a little math: 10,000 hours per energy saver bulb / 1,500 hours per standard bulb = 6.66 bulbs.

Thus, it will cost \$2.50 on average for an energy efficient light bulb and will cost \$3.33 cents for the 6.66 standard light bulbs needed to burn for 10,000 hours. It is a bit cheaper to buy high efficiency light bulbs than it is to provide a lot of replacements. Don't forget the inconvenience factor of replacing 6.66 light bulbs and also more accumulated trash in landfills.

That saving of \$0.83 is not going to change your life style, but don't forget that unless you are some hardy hermit you probably have more then one operating light bulb in your house to replace. And you might have some electric fix-

tures that operate with two bulbs. A single energy saver bulb rated as a 100 watt replacement might provide satisfactory lighting in a lamp that operates with two standard 60 watt bulbs. The savings magnify.

Still, all this is not a big deal until you look at your electric bill. You might notice a bunch of charges that are based upon kilowatt hour usage, such as generation charge, transmission charge, etc. Add them all together. On my bill that number recently came to 14.04 cents per kilowatt hour.

Now, suppose that you have a lamp that is on most of the evening, on average about five hours, and the standard bulb is 100 watts. In two days you will consume 1000 watt hours or 1 kilowatt hour of electrical power, and in a year will consume 182.5 kilowatt hours of power at a cost of \$25.62.

But... If the light bulb were an energy efficient bulb your energy consumption is considerably different and you get more light. 5 hours x 23 watts x 365 days = 41.975 kilowatt hours of power usage at the same rate of 14.04 cents per kilowatt hour, which yields an annual operating expense of \$5.89.

Furthermore: 5 hours of operation
365 days of the year = 1825 hours of operation. You probably would have had to replace your incandescent bulb while the energy efficient bulb is less than one-fifth depleted.



So ... operation of a standard 100 watt light bulb or its new fangled equivalent for a year can cost about \$25.62 or about \$5.89. Take your pick. The difference of \$19.73 is rather attractive to most folks and that saving can be multiplied by the number of light bulb conversions that you chose to make in your house. It might well pay to even throw away existing old-fashioned bulbs rather than burn them until they fizzle.

Unfortunately, at this point in time, the energy saver bulbs do not work with light dimmers and are physically a bit larger than the lumen equivalent bulbs they replace. Additionally, the spiral bulbs do not lend themselves to using clamp-on lampshades. So not all incandescent bulbs can be replaced by energy efficient ones, but those problems will likely be overcome in the near future by clever engineers. Meanwhile use of these light bulbs is a money saver, land-fill saver, and does help reduce the ever expanding need to generate more electricity.

Polar Point Express Ice Cream Parlor Opens in May at Upsal Train Station

Mt. Airy and Germantown's newest ice cream and water ice venue, The Polar Point Express, will be debuting May 12 (just in time for Memorial Day). The Polar Point Express will be open May through October, offering ice cream, water ice, Belgian waffles, sundaes, and signature milkshakes, all locally produced. The Polar Point Express is located at 415 Upsal Street at Upsal Train Station.



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Spring Arrives Down on the Farm
(contineud from page 1)

with the help of three young men from Wyncote Academy, and at three local schools where seedlings are being grown in their classrooms, but most of the work is now out in the field. Cooperators have been working shifts out there since mid-March: forming raised beds; fertilizing and mulching the garlic (which has really taken off); direct seeding peas, carrots, and radishes; installing drip irrigation; and digging out those dreaded Star of Bethlehem bulbs. Christiaan Morrisink, from the farm committee, recently came out to secure our shed against future theft. Bars were installed on the window, chains on the doors, and a guard tower with motion detecting lasers was built. Well, at least two of those things are true.

The dirt/gravel road into the farm has mostly dried out and is now passable by vehicles other than tanks and four-wheel drive trucks. This was an event I had been awaiting for a while so that supplies could be delivered. I did become a little impatient though and probably pushed the limit a bit with the recent delivery of mushroom compost. I had been eagerly anticipating this delivery so that I could mix it in during bed preparations and I thought the road would be passable to a large truck. I was wrong. The sight of a triple axle truck, filled with 16 tons of mushroom compost, buried up to all three axles in mud, is not a pretty one. A very patient driver, three cooperators, and myself spent the better part of an afternoon, digging the truck out and lining the



THERE HAS BEEN A LOT OF HARD WORK INVOLVED IN GETTING THE NEWLY EXPANDED CO-OP FARM READY FOR PLANTING. WEAVERS WAY'S FULL-TIME FARMER DAVE ZELOV (LEFT) HAS BEEN JOINED BY ASSISTANT FARM DAVID SILLER (CENTER AND RIGHT). BY THE TIME YOU READ THIS THERE WILL BE SEEDLINGS IN THE GROUND, STRENGTHENING TRHEIR ROOTS AND GETTING READY FOR AN ACTION PACKED GROWING SEASON.

trenches it created with rocks. Fortunately, this was enough to give him traction to get out and we did not have to call in a very large tow truck. Unfortunately, he did not want to risk going farther in towards where the farm is and had to dump all that compost in the middle of the road. Fortunately, Ken Kolodziej, Co-op member, landscaper, and friend of the farm, has a backhoe and was able to have someone move it to where we needed it. All cooperators should be thankful that we don't have to spend the rest of the spring moving compost in wheelbarrows from one end of Awbury Arboretum to the other.

You really never know what kind of



work you might be doing on a farm. Other non-typical work recently has included the clearing of vines (both tops and roots), using a jackhammer and pickaxes to remove an asphalt path on our new land, and digging out five large tree stumps (also on the new land). I would like to take this time to welcome, and thank, our new assistant farmer, David Siller for all his hard work, without which those stumps would still be in the ground. David has been a member of the farm committee since last year and continues to be involved with the committee on a volunteer basis working on grants for our educational programs. So needless to say, the new piece of land is requiring a bit of hard labor to prepare for planting this year, but it is now about ready for us to bring in a tractor and tiller and get started.

Back at the greenhouse, broccoli, kohlrabi, lettuce, and bok choy trans-



plants have been hardening off and will be going out into the field this week as soon as beds are prepped. Hardening off is a term used to describe the process of getting plants grown in the somewhat cushy conditions of a greenhouse used to the much harsher conditions (sun, wind, fluctuating temperatures) that planting outside will bring. Soon after, the bunching leeks and scallions, both white and purple, will follow. We continue to till and form raised beds this week using the nice, commercial-grade rototiller we are borrowing from Ken.

So that was March. The work came in like a lamb and out like a lion. There is much to look forward to in April, including nicer weather, seeding of turnips, salad greens, beets, more carrots and radishes as well as planting out of the rest of the cool weather crops in the greenhouse, and more smiling Co-op members coming to work out at the farm.

PHOTOS BY DAVE ZELOV AND CHRISTIAN MORRISINK

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Propagation Party Starts the Season



CO-OP FARM COMMITTEE CHAIR NORMA BROOKS HELPS YOUNG VOLUNTEERS GET SEEDS STARTED AT THIS YEAR’S PROPAGATION PARTY

by Ted Barbato

Plans for a banner year at the newly-expanded Weavers Way farm kicked off with a Propagation Party at Summit Church on March 18.

“We teach them how to seed, give them instructions to take home, and they nurture, water and talk to the seedlings,” said Raisa Williams of the Farm Committee.

The party came as the Co-op’s farm sees three major changes. A full-time farmer, David Zelov, has been hired. At the same time, the Co-op’s farm at the Awbury Arboretum in Germantown is nearly quadrupling. “We’re going from one-quarter acre of land to just under one acre in production,” said Zelov.

That, in turn, requires more space in which to grow seedlings. So in addition to using member’s homes to nurture the young plants, the Co-op is renting greenhouse space at Wyncote Academy.

Attendance at the Propagation Party was down from past years, due most likely

to a snow and ice storm two days earlier. Zelov was not deterred. “We’ll just plant more in the greenhouse.”

The families that did take part planted a variety of red sweet pepper called Lipstick, and an heirloom tomato called Striped German.

Planting of the seedlings at the farm is set for May 20 (9 a.m. to noon) and May 27 (10 a.m. to 1 p.m.).

Williams has high hopes for the expanded acreage. “We’ll have more sun, and we think we’ll have better possibilities for different kinds of crops to come up.”

Zelov and the Farm Committee won’t work the land alone. “People can work out at the farm to fulfill their membership hours. I’ll be posting a few slots each week,” he said.

Those shifts have perks. “When they come to work at the farm, sometimes they’ll take (home) some of the produce that’s not going to be sellable,” said Williams. “A few tomatoes that are not quite pretty, but they’re tasty ”

Farm Committee Report
Growing at the Farm

by Raisa Williams

As you undoubtedly have learned through coverage in previous issues of the *Shuttle*, the Mort Brooks Memorial Organic Farm is expanding. With the hope of a bounty of vegetables appearing at the store this year, we as Co-op members really do have the privilege of saying, “We eat locally ”

A lot of hard work and enthusiasm goes into such a project, but the Co-op is starting a real farm. Every day this growing season, Co-op members and staff will be planting, weeding, watering, and harvesting at the farm to bring these vegetable to the Co-op’s shelves. But more than that is needed. If you’ve ever visited a farm before, you know that most have things like a truck, a greenhouse, general infrastructure, and a number of tools and equipment. To get started on the right foot, the management of the Co-op approved the purchase of these items for the farm. In addition to hiring staff, such as David Zelov, the full-time farmer, these purchases have given the farm a chance at being a catalyst in a food revolution, budding right here in Mt. Airy. With this initial major monetary investment, in the next few years the project will begin to pay for itself.

As you know, the Co-op has drawn on its financial success over the past few years to fund this project. In these good times, the Co-op has branched out into the community with the formation of the Weavers Way Community Programs (WWCP) where grants for the farm can be sought. Recognizing that there is a lot of interest in sustainable agriculture locally and nationally, WWCP is seeking grants to subsidize the investment that the Co-op has made. We believe that this project is very forward-thinking with regard to sustainable agriculture and the local food movement in Philadelphia and thus is an excellent candidate for grant-funded assistance.

In the coming year, in addition to providing produce to the store, the farm is also serving as an educational facility for the community. Efforts in the past have included year-long programs with one of the fourth grade classes at the Henry School and a group of students from the Wissahickon Charter School. In addition, high school students from the Pennsylvania School for the Deaf have spent some time working at the farm each summer for the past three years. Plans are under way for an April Earth Day program with Wissahickon Charter School, a visit from the Waldorf School of Philadelphia, student helpers from the Wyncote Academy at the green house, and two interns from Saul High School to work at the farm in the summer of 2007. These programs, in addition to ongoing programs from years past are making the farm a center for learning about urban agriculture as well as environmental education. We would like to continue to develop and enhance these programs with grant funded assistance.

Here’s where you come in... As we noted, the production and education programs at the farm are major investments. For this year, the Co-op has focused its investments on production. After all, we need to have a successful farm in order to be a model of urban agriculture. Developing educational programs further would be grant-funded. The investments have been made because we care and believe that we are doing the best thing for our planet and community. Many of you agree and are excited about the coming years at the farm. We’re looking forward to having you visit and work at the farm in the near future, but in the meantime, you can help us out now

Grant-funded assistance is possible for both production at the farm and its

(continued on page 14)

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Candidate Statements for the Board of Directors

Candidates for the Weavers Way Board of Directors are asked to answer these five questions:

1. Why is Weavers Way Co-op important to you?
2. What volunteer experiences have you had with other cooperatives or organizations?
4. What do you think are some important challenges for the Co-op in the short or long term?
5. Any other personal information?



Afshin Kaighobady

1. Weavers Way and the community that has sprouted around it is the reason my wife and I moved to Philadelphia. As a member, I am in the store daily, buying food and talking with friends and neighbors. Weavers Way not only serves us healthy, nutritious sustenance but also as a hub of community. Both of these are extremely important to me. As the largest co-operative food store in our area, Weavers Way serves as a model of alternate economic structure.
2. At college, I was President of the International Student's Club and a member of the Student Council. As an adult, I have offered my expertise and skills to various nonprofit organizations. I have volunteered at the Weavers Way farm. Worked with number of local groups to promote peace. I have been serving on the board for the past year.
3. Close to two decades, I have been a partner in a consulting company that analyzed the computer needs of businesses, then setup their systems, trained their staff and provided ongoing support. Thus, I believe I have lots of experience with the needs of businesses. Personally, I see myself as an optimistic and creative problem-solver. I believe that when an organization has their vision firmly in place, they can accomplish almost anything. I continue my work with others on the Board to move Weavers Way closer to its own goals of being an environmentally sustainable and thriving community.
4. Promote diversity in our store.
5. I am enthralled by the creative reuse of materials



David Woo

1. The cooperative spirit that is so important to everyday operation is what I want to focus on as a foundation necessary for the successful growth of the store. I believe when we all contribute to the effort we all benefit whether it be a great cooperative experience, an interesting purchase or a realized savings at the register.
2. I worked for REI as the Special Events staffer responsible for outreach and organized groups and individuals for area trail maintenance projects. I tapped into local outdoor groups such as the Appalachian Mountain Club and the Schuylkill Center to run information fairs at REI.
3. I worked with disturbed children in residential facilities as a care giver dealing with the daily challenges presented by their various emotional needs. When I thought a situation couldn't possibly get any worse is when it did. I've learned to prepare for contingencies. With my experience as an REI employee, I've learned some important lessons about growing co-ops from one of the largest around.
4. Our most focused challenge should be about managing growth of the association and the physical store as two distinct objectives. Diversity shouldn't just be a buzz word.
5. I'm single, currently employed at one of the local Public Broadcasting entities, work part-time at a local historic site giving tours and I haven't been relying on my bicycle as a full-time personal transportation solution, but would like to someday.



Jeanne Thomas Allen

1. Aside from the greetings and elbow-rubbing with neighbors I enjoy, the Co-op offers me well-researched high quality products. The goal of locally and organically grown produce is important. The Co-op's process of contributed labor, open meetings and deliberations as means of reaching shared goals is equally important. I have been a member since 1982.
2. I have served on the boards of the Sedgwick Community Center, Restoration Unitarian-Universalist Church, Graceland University, the Community of Christ Seminary, and search committees for university colleagues and ministers. These have been cooperative efforts even if the institutions themselves were not cooperative.
3. I have been a university professor for 38 years during which time I developed communication skills both oral and written. I have cultivated small group process and dynamics. I appreciate generous, precise, intelligent focus as well as the ability to credit and constructively criticize others' thinking and expression. I tend to be visionary in my thinking but trained to respect attention to detail in professional writing as well as filmmaking.
4. The Co-op's growth in several directions poses serious challenges and opportunities: spatially with the acquisition of refrigeration space for prepared foods and the doubling of farm acreage, vertically-integrated expansion into alternative energy sources, as well as horizontally in home delivery and school partnerships. I would like to see the Co-op broker additional small business partners to make Mt. Airy a national model for "aging in place."
5. Weavers is a grass-roots alternative institution in a country desperately in need of democratic leadership.



Edward R. Case

1. Weavers Way Co-op is important to me because of its place in the Mt. Airy community. Its core mission is principled, fairly-priced food retailing is unique in the neighborhood. Being member-run, Weavers Way is sensitive to the concerns of the community and serves as an important forum for that community. I sincerely respect the transformation of the organization in the past two years, and this year's members' rebate signifies the Co-op's economic viability.
2. My volunteer experience has included University of Virginia's business school alumni board and chess coaching for youth programs in Baltimore and Philadelphia.
3. I have twenty years' business experience as in treasury, accounting, planning, and business unit finance. I retired as chief financial officer of Formica Corporation in 2006. I have worked in the food industry, most notably at Campbell Soup. Finance is a technical function which requires experience in internal controls, cost accounting and management reporting is essential. My experience can support the members, management and Board of Weavers Way.
4. Weavers Way's challenge is to evaluate clearly its space limitations, competition and long-term financial planning. As a basis for good decisions the membership will need clear measures of performance and finance consistent with accounting principles and professional financial management.
5. My family has lived in Mt. Airy since 1996. I have four children at, or graduated from, Germantown Friends School, and my wife Mary Ann is a volunteer in numerous community activities.



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ization? 3. What experiences and skills or unique perspectives will you bring to the Co-op Board? you would like to share, i.e. family, hobbies, work experience, special talents, etc.



Garvey Lundy

1. Since joining Weavers Way thirteen years ago, the Co-op has been the focal point of my connection to the Mount Airy/Germantown community. There I receive formal and informal information about the community, as well as a means to disseminate it to others. At a more personal level, the Co-op has been a place to meet neighbors, and old and new friends.

2. My volunteer experience is tied to my children's activities: Karate, Soccer, and Daycare.

3. I bring sensitivity to issues concerning members of color.

4. The Co-op's principal challenge is sustainable growth. Its membership has grown dramatically as made evident by my increasingly congested weekend shopping excursions. While the Co-op must keep increasing its membership, it must also address the shortage of shopping and shelf space, as the organic and fresh food market increases.

5. I hold a Ph.D. in Sociology and teach at Penn. My research interests are the Sociology of Education, Race and Ethnic Relations, and Immigration. I have co-authored a book, *Source of the River* (Princeton University Press), and am currently writing another book, *Lakay in the City of Brotherly Love*, which examines Philadelphia's immigrant Haitian population. Born in Haiti, I grew up in Brooklyn. I am married to a lovely wife, who makes me a better man. I am the proud father of three, and giving my children proper nourishment, attention, and guidance is my biggest and most rewarding accomplishment. I am a vegetarian. I hold a black belt in Shotokan Karate and enjoy endurance sports.



Dave Tukey

1. Weavers Way embodies value and values, both a unique shopping experience and an icon of West Mt Airy. I work at the Co-op in Human Resources (with occasional cashiering) and live three doors down on Greene. So Weavers Way is important to me on three levels: where I shop, work, and live.

2. Working with the Philadelphia Tree Tenders program, I have coordinated planting street trees in West Mt Airy, about 50 trees in two years stretching from Germantown to Wissahickon Avenues.

3. I have administrative experience with strategic planning, institutional self-studies, institutional vision statements, and setting priorities. I sponsored efforts that fostered institutional values, such as continuous quality improvement teams, and facilitated consensus-building both within and among groups.

4. A major short-term challenge for the Board is the continued implementation of policy governance and related reporting, deciding which dialogues are necessary within the Board and between the Board and Co-op management. A significant long-term challenge is the slow change in Co-op leadership. How can we best preserve the founding legacy and ensure that important values are maintained in this transition? Expanding retail operations will also be quite significant, but what statement do we want to make in this process about the place of Weavers Way on the economic, political and social landscape of West Mt Airy while we maintain both value and values?

5. I have an interest in history, bicycling, games like chess and go, Celtic fests, and hand drumming — middle eastern rhythms on doumbek and frame drum for dancers.



Sylvia Carter

1. It's great legacy and an opportunity to contribute toward it.

2. I've served on the Weavers Way Board, committees and chair the Membership Committee. I've served on the board of a local chapter of Soroptimist International, a professional women's organization, and currently serve on the board of the Delaware Valley College Tours to Historically Black Colleges and Universities.

3. I was employed by Verizon and Prudential for 40 years in several management positions including corporate writer and instructor, specializing in labor relations, finance, marketing and customer relations. Co-ops have challenges similar to these two regulated industries regarding operational and investment regulations. This necessitates applying sound financial practices, fair treatment of employees, high quality service and investment returns to customers, members and investors. My experience in these areas and my leadership, interpersonal and problem solving skills will be an asset.

4. Growth, short and long term, with careful marketing research, is a direction of the future. One huge challenge will be scrutinizing our mission, by-laws and policies to be certain that as we grow we do not sacrifice these or our legacy of integrity, diversity, cooperative principles and values. Some changes may well be necessary, but should be achieved with our members input and approval in a timely fashion.

5. I have been a resident of West Mt. Airy over 40 years, a member of Weavers Way for over 30 years.



Josh Giblin

1. Weavers Way is where I work, but more than that, it is where I connect with my community.

2. Most of my past volunteer experience has been with the Boggy Creek Gang Camp, a year round camp for kids with chronic illness. I spent a couple of summers there and many weekends, while I was living in Florida. I have also worked a bit for WXPN.

3. I am a relatively new staff member and a relatively young board member. I hope this means that I can bring a fresh perspective to longstanding issues and a positive energy towards new ones.

4. One short term challenge for the Co-op that is important to me is promoting outstanding customer service across the entire spectrum of our operations. Long term, we obviously have our work cut out for us if we are to have a successful expansion.

5. I love to hear from customers, whether it is criticism or praise for what the store is doing. On or off the board I think listening and responding to people's needs are strong points of mine that I hope all of our members can take advantage of.

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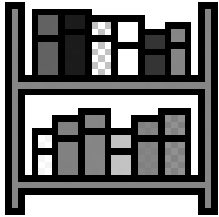
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Farm Committee Report
(continued from page 11)

educational programs. Currently, farm committee volunteers are diligently preparing grant applications. We recognize that many of you are active in this community, in Philadelphia as a whole, and in the national environmental movement. You may belong to civic groups who may have an interest in this project; you may work for a company that may be interested in assisting with this work. You may be knowledgeable about grant-writing and/or have experience with the goals of local foundations. We'd like your input. Even if you don't have extra time or many connections in these areas, you may be excited about the project enough to make a financial contribution to offset the subsidy that the Co-op has made. You might want to donate for a specific purpose, such as tools, greenhouse, or educational programs. Tax-deductible donations can be made out to: MASC-Weavers Way Community Programs, 559 Carpenter Lane Phila., PA 19119.

The Co-op has made an important

Co-op Farm Wish List

Lawn mower
Weedwhacker
Pick up truck
Commercial Rototiller
Greenhouse
Hoophouse
Hand tools
Drip irrigation system
Wheelbarrows and carts

first step by giving priority to developing a really local food source for the store. The point of seeking funding is to help grow the program further, recognizing that the Co-op is not the only entity with the financial resources to assist in this project. It is possible to get grants that would reimburse the Co-op for its investment or to receive matching funds from foundations.

We look forward to your support this summer as we develop this important program for the Co-op.

GFS Environmental Group Awarded



(L-R) - EMMA HARRIS OF MOUNT AIRY, HANNAH CEISLER OF CHESTNUT HILL, BROWNING NICHOLS OF WEST PHILADELPHIA, RIVE CADWALLADER OF GERMANTOWN, AND OLIVIA DUSOLD OF MT. AIRY SHOW SOME OF THE PLANTS AND TOOLS RECENTLY AWARDED TO THE GFS ENIRONMENTAL ACTION CLUB.

by Mike Boorse

Germantown Friends School's lower school Environmental Action Club (EAC) has recently been recognized with three awards.

The National Gardening Association awarded the students more than 250 Dutch Bulbs for their work in learning about and protecting the environment. Last spring, the students created a butterfly garden on the Germantown Friends campus using bulbs that were awarded by the NGA in 2006.

The Partnership for the Delaware Estuary awarded the EAC a Trees and Teachers Award of an Eastern Red Cedar and an Eastern Redbud tree, along with tools and Audubon tree identification books and cards. The students will plant the trees this spring.

The Partnership for the Delaware Estuary also named Lucy Curtis of Mt. Airy and Ariana Reichart of Wynnewood winners in their calendar artwork contest, "Clean Water Begins and Ends with You."

Both girls will have their own pages in the group's 2006-07 calendar, and Curtis's first place picture was featured on SEPTA buses and trolleys in April, in honor of Earth Day.





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Neighbors Obtain Easement on Wissahickon East

by Denise Larrabee

While most of us were determining how we would celebrate the New Year, Howard Coale, Director of the Wissahickon East Project, was busy securing a conservation easement for a six-acre parcel of land with the help of the Friends of the Wissahickon and the Chestnut Hill Historical Society. The Wissahickon East Project is a grassroots community initiative that has been fighting for three years to preserve land along Cresheim Valley Road surrounding Cresheim Creek between Germantown and Stenton Avenues in East Mt. Airy.

The developer, DeSouza Brown, Inc., purchased the land in the 1960s and planned to build 23 single-family dwellings on the property. In February 2004, Coale, then simply a concerned northwest area resident, researched the plans and met with DeSouza Brown, who agreed to consider neighborhood input. Coale, along with others who had fought development of this land in 1997, created the non-profit Wissahickon East Project, coordinated public meetings, and collected 130 signatures of support. The Friends of the Wissahickon offered assistance, as did the Cresheim Trail Project and the Mt. Airy Gateway Project.

“Preserving the Wissahickon East land parcel is critical to the overall health of the Cresheim Creek, an important tributary of the Wissahickon,” says Maura McCarthy, Executive Director of FOW.

At a public meeting in July 2005, DeSouza Brown presented their plans for the 23-home development. Over 50 northwest area residents attended. Five months later, DeSouza Brown agreed to either sell the land to the Wissahickon East Project for \$400,000 or donate it to the Fairmount Park Commission (FPC) for a significant tax break. The six-acre parcel of land is connected to the Wissahickon section of Fairmount Park through an aban-

doned rail line expected to become the Cresheim Trail in the next few years. DeSouza Brown imposed a deadline of December 31, 2006, for an agreement. Wissahickon East had until then to obtain an easement of the land, raise the \$400,000 for the purchase, or receive a commitment from FPC that it would accept the land as a donation.

In November 2006, FPC informed Wissahickon East that it could not accept the land as a donation until it had assurance that the organization could financially support the maintenance of the land. (Fairmount Park has suffered numerous budget cuts over the last 20 years, as well as reductions in staff.) FPC agreed to revisit the issue in 2007, but Wissahickon East still needed a plan in place by the close of 2006 in order to prevent the land from being developed.

FOW and the Chestnut Hill Historical Society began working in earnest with Coale and others on the Wissahickon East steering committee to place a conservation easement on the land that would prevent development and provide DeSouza Brown with a significant tax break. The developer signed an agreement for the conservation easement on December 28, 2006, just in time to meet the DeSouza Brown deadline.

“We are very happy to have assisted



PHOTO COURTESY OF FRIENDS OF THE WISSAHICKON

CRESHEIM CREEK BETWEEN GERMANTOWN AND STENTON

Wissahickon East, DeSouza Brown and the Chestnut Hill Historical Society by facilitating this easement,” says McCarthy. “It will provide substantial benefit to the health of the Wissahickon watershed.”

Regal Redbud

by Mark Goodman

If you had space for just one tree on your property, what would it be? I wrestled with that decision at my last house in Elkins Park. As with my previous home in Mt. Airy, my first landscape project was to remove the front lawn so I could grow flowers, shrubs, and ground covers. Then it was time to pick a tree.

Should I plant the handsome sourwood (oxydendron)? A showy magnolia? What about a sophora japonica with green stems and cream-colored flowers in the summer? Should I plant an evergreen like the striking blue Atlas cedar? Or should I go with a lesser known deciduous tree like the vase-shaped zelkova? Or the stately katsura with its smaller roundish leaves and strong upright form?

I eventually decided on a redbud. It is the one with the spring flowers up and down the branches that look like pink Good & Plenty candies coming out of the stems. Once the flowers disappear, the redbud sends out large heart-shaped leaves. The native varieties (cercis canadensis - Canadian or Eastern redbud) have a spreading form and grow to 30-35'. So while it's not a shade tree, it's an attractive show piece for yards, parks, and in front of buildings. (See the Carpenter

(continued on page 16)



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Valley Green Bank Finanacial Planning Workshop at Maternal Wellness Center

by Leslie Seitchik

Maternal Wellness Center Director Kathleen Furin approached Valley Green Bank a few months ago with an excellent idea; Valley Green Bank, a community bank committed to the well-being of its neighbors, should sponsor a Financial Planning Workshop for young families who are members of the Maternal Wellness Center. On Thursday, March 22, Valley Green Bank held that workshop, providing financial advice and information to young families planning for their futures.

Michele Ferraro, Assistant Vice President of Valley Green Bank, opened the workshop by describing banking products and services that Valley Green Bank offers its customers. Next, Jonathan Kraus, CEO of Philadelphia Mortgage Advisors, addressed the different aspects of home mortgages. He emphasized the

importance of having and maintaining good credit, knowing what you can afford, and maintaining a realistic household budget.

Financial Advisor Craig Schwartz, Associate Vice President of Wachovia Securities, gave a broad presentation on financial planning which included such subjects as the value of long term planning and budgeting, creating a will, updating beneficiary forms, and the various options in investing and saving—especially for higher education and retirement.

“It is important that Valley Green Bank, as a community bank, be responsive to the needs of the community,” said Jay Goldstein, President and CEO of Valley Green Bank. “Our Bank was pleased to sponsor this informative workshop for young families.”

Regal Redbud

(continued from page 15)

Lane side of the Henry School.)

I chose the cultivar (hybridized variety) called Forest Pansy because of its maroon-reddish leaves which stay that color well into the summer. Other variants include Alba, with white flowers and Hearts of Gold, with yellow leaves. In the fall, all redbud leaves turn yellow.

For more restricted spaces, the Chinese redbud (*cercis chinensis*) grows to

only 12 feet, but for native plant enthusiasts, there are also dwarf varieties of *cercis canadensis*.

If you are looking for a tree for your property, take your time to choose carefully. For example, redbuds do not make good sidewalk trees because of their spread. One type of tree, no matter how beautiful, does not fit all needs. Talk to nursery workers, arborists, and landscapers. However, if you decide on a redbud, you’ve picked a winner.

What’s Driving Miss Davia?

by Davia Rivka

On Monday mornings I leave my house with a little notebook tucked under my arm and get into my little black Jetta. I don’t drive anywhere. Instead I record the number of miles on the odometer and reset it to zero. Its part of a game I made up called Beat Global Warming.

In the beginning the game had one step—gather information. I was just curious. I wanted to know how many miles I drove. Turned out to be between 30 and 70. (I drive so few miles I qualified for a lower car insurance rate.) Bonus points on the Beat Global Warming game board.

As soon as I got some baseline information, I added the next step. It was called Beat My Weekly record. Okay, I could walk more, ride my bike, take the train or just stay put. Riding my bike was out of the question. I would have to put air in the tires. But I do love to walk and take the train.

I began to record my walks and train rides as well.

This is a game worth playing. It appeals to all of my particular quirks. Here they are.

- I work alone. And I love being in the middle of where the people are.
- I know lots and lots of people and want to introduce everyone to everyone else.
- I go to the Co-op four to five times a week. Planning ahead is not my strength.
- Lattes and delectable pastries are fundamental to my well being.

- Tracking things makes me happy. I balance my check book to relax.

I live a mile from the Co-op (home away from home) and the High Point (my second office) and the Big Blue Marble. If I drive there I miss all the action. Walking gives me the chance to catch up with the town news; babies, birthdays, break-ups, houses for rent, houses for sale. Now, in the name of Beat Global Warming, I have a very legitimate excuse for leaving my house, getting in on all the Mt. Airy action, and I can leave my car at home where it belongs.

Here’s my scoreboard:

Week 1—67.5 car miles, 1 walk to Co-op, 1 train

Week 2—70.4 car miles, 1 walk to Co-op, 1 train

Week 3—99.6 car miles

Week 4—39.3 car miles, 4,000 airplane miles, train to airport

Week 5—32.6 car miles, 2 walks to High Point

Week 6—24.5 car miles, 1 walk to Co-op

This is my game. You can steal it if you like. Or you can create your own game. Make up one that really tickles you, tailored to your specific quirkiness. Then at the end when we Beat Global Warming we can cheer and laugh raucously at what a good time we’ve had along the way. Let me know what your game looks like—after all, I’ll want to tell everyone else what you are up to

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by Betsy Teutsch

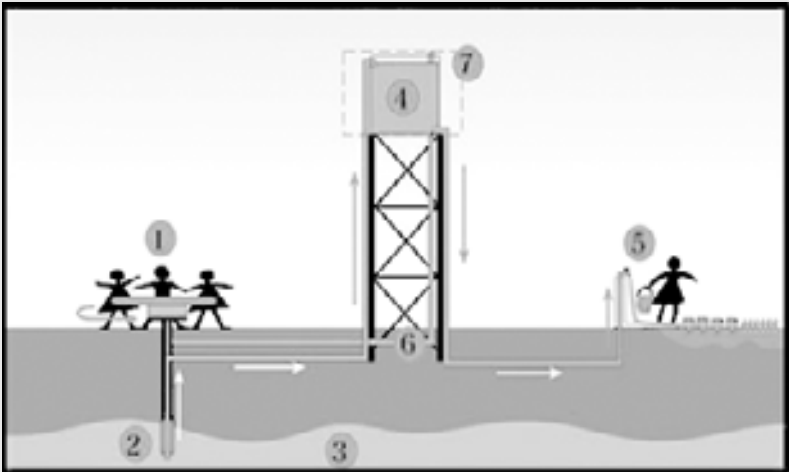
Can any of you out there taste the difference between pricey bottled water and tap water? I surely cannot. Bottled water is a smart purchase when traveling in countries without safe drinking water, but why people drink it here in Philadelphia is a mystery. If you dislike the taste of your tap water, using a filter is a simple solution. It does require purchasing it and replacing it over time, but it's a small item. Bottled water is expensive, heavy, and consumes many resources in its "production". Producing that gallon of bottled water requires 1) manufacturing the plastic bottle, sourced from petroleum, 2) bottling it in a plant that runs on fossil fuels, 3) transporting it hundreds or thousands of miles, also consuming fossil fuel and emitting carbon pollution, and 4) recycling or landfilling the bottle. Empirical evidence shows lots more bottles are tossed than recycled. Just look at all the dead water balls littering our parks and streets. All this to supply us with something we could just pour from our faucet. What an amazing feat of marketing. The canteen lobby must have fallen asleep at the wheel this last decade or so.

The United Nations has declared March 22 as World Water Day, focusing on water scarcity and all those communities on our planet without safe drinking water. These are places where people, primarily women, must lug water for miles, and the water itself is often polluted. I had never heard of this annual event before this year, but three water-related ini-

tiatives caught my attention. The first was a Starbucks' launch of Ethos Water, sales of which will help generate \$10,000,000 for water initiatives worldwide. (This is virtue marketing - it helps sell coffee, and it does good in the world.) Also in honor of World Water Day, UNICEF partnered with New York City in a clever promotion called the Tap Project where participating restaurants charged \$1 a glass for NYC tap water, and the proceeds went to clean drinking water projects.

The third, PlayPumps, also publicized on World Water Day, is an intriguing and remarkable technology. The PlayPump is powered by a children's round-about or seesaw originally developed in Gaviotas. Gaviotas is a sustainable Shangri-La in the middle of the Colombian llanos, famous among sustainability gurus for its dynamic history, innovation and vision. Gaviotans have never patented their innovations, preferring to share them for the world's benefit. This pump idea has been shared widely and taken up by Play-Pumps International (www.playpumps.org). Their model is to raise money through foundations and individuals to fund systems for whole villages. The systems are partially paid for by advertising on large billboards looming over the playground equipment. (Hopefully these are not ads for bottled water.) They are manufactured by Roundabout Outdoors, a social capitalist venture "doing well by doing good". Part of the funding includes maintenance of the system; in the past many hydration

How the Play Pump Works



While children have fun spinning on the PlayPump merry-go-round (1), clean water is pumped (2) from underground (3) into a 2,500-liter tank (4), standing seven meters above the ground.

A simple tap (5) makes it easy for women and children to draw water. Excess water is diverted from the storage tank back down into the borehole (6).

The water storage tank (7) provides a rare opportunity to advertise in outlying communities. All four sides of the tank are leased as billboards, with two sides for consumer advertising and the other two sides for health and educational messages. The revenue generated by this unique model pays for pump maintenance.

The design of the PlayPump water system makes it highly effective, easy to operate and very economical, keeping costs and maintenance to an absolute minimum.

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A typical hand pump installation cannot compete with the PlayPump system's delivery rate, even with substantial effort.

projects have failed in the developing world for lack of replacement parts. A large village pump costs just \$12,000 and radically improves quality of life for the whole community.

So how about cutting back on bottled water purchases and using your simplicity dividend to help fund a PlayPump? Think of the kids who now have places to play

and safe drinking water, and of the women who don't have to carry water. And think of our pristine landscapes, no longer cluttered by empty water bottles

Betsy Teutsch blogs at www.money-changesthings.blogspot.com



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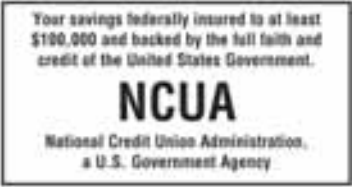
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Lawsuit Forces Release of Suppressed USDA Documents

Secrecy of National Organic Program Successfully Challenged

by Mark Kastel

Sometimes the dismissal of a lawsuit against the government can still be viewed as a victory for the plaintiffs. That was the case earlier this month in federal district court in Madison, Wisconsin, when Judge Barbara Crabb dismissed a lawsuit brought by The Cornucopia Institute against the USDA.

Judge Crabb found that Cornucopia's lawsuit, requesting previously withheld documents through the Freedom of Information Act (FOIA), was "moot" because since the filing of its action, the USDA's National Organic Program turned over approximately 2,500 pages, seemingly fulfilling the organic watchdog's request.

"Our lawsuit against the USDA can be considered a victory," said Mark Kastel, Cornucopia's codirector. "This lawsuit was what caused the USDA to release additional public documents that have given the organic community, farmers, and consumers insight as to why the USDA has not enforced federal organic regulations that would have cracked down on a series of factory-farms, milking as many as 10,000 cows, and labeling the milk as organic."

Organic advocates have appealed to the USDA for the past seven years to crack down on such large corporations as Dean Foods (Horizon Organic) and Aurora Organic Dairy (manufacturers of private-label milk for Wal-Mart, Costco, Trader Joe's, Safeway, and other retailers). Cornucopia's FOIA request and subsequent lawsuit was designed to look at who the USDA was in communication with and understand their reasoning for both ignoring the recommendations of their expert advisory panel, the National Organic Standards Board, and refusing to investigate a number of formal legal complaints against the giant industrial-scale dairies.

"Not only have we succeeded in documenting the fact that they have closed some of the investigations against these scofflaws for 'political reasons,' we have also forced them to disclose potential violations of the Organic Food Productions Act that heretofore they were unwilling to

share with the public," Kastel added. "None of this would likely have happened without our filing of this lawsuit."

Seemingly in conflict with the law in the past, the USDA had refused to publicly share letters of noncompliance sent from certifying agencies to farmers or organic handlers that might be violating the federal regulations.

On Dec. 21, 2006, the Department published in the Federal Register a notice that they would now make these documents publicly available.

However, the notice included the caveat that they would redact (withhold) portions of the documents to exclude the number of livestock and acreage of pasture, or other crops, on an organic operation being scrutinized.

"We continue to believe this is an abuse of power and we argued to the court that there was no legal basis to protect the quantity of livestock or size of farm as confidential business information under the FOIA law," stated Will Fantle, research director for The Cornucopia Institute. "There is very little that can occur on an organic farm, of a proprietary nature, that would justify secrecy. These are not R&D laboratories, they are dairy farms."

It is thought that the release of this information will set a legal precedent preventing the federal agency from withholding such information from the public in the future.

Although subsequent to the filing of The Cornucopia Institute's lawsuit the USDA produced three separate groups of documents, the court denied the non-profit group's request for reimbursement of legal fees.

"Although there is some legal precedent for Judge Crabb's decision denying reimbursement for our legal costs, we are researching whether the law was properly applied to a FOIA request," said David G. Cox, a Columbus, Ohio, attorney whose practice includes federal organic matters. "If a federal agency can ignore a bona fide request for documents the public has a legal right to, and then only produce said documents after citizens invest thousands of dollars in legal costs, not to mention

thousands of taxpayers' dollars used by the government's attorneys in defending the action, this will result in locking individuals or organizations of modest means out in terms of being able to engage in the oversight of federal officials or agencies," Cox added.

Information secured through their FOIA request and lawsuit is now being utilized by The Cornucopia Institute in formulating further legal action against the Department. Last week the public interest group announced their intention to sue the USDA for failing to enforce provisions of the federal organic laws. The new lawsuit would ask the court to force the Agency to carry out Congress' legislative mandate and enforce federal organic standards on large industrial dairy farms "masquerading as organic."

"There is a long history of a sweetheart relationship between the USDA and corporate agribusiness," stated Kastel. "They might have been able to get away with this in conventional agriculture but business as usual at the USDA is ethically unacceptable to organic farmers and consumers who expect a more principled approach to governmental oversight. Secrecy — and protecting corporate bad-actors — is unacceptable, and we will continue to act as aggressive watchdogs on behalf of organic integrity."

The Cornucopia Institute is dedicated to the fight for economic justice for the family-scale farming community. Through research, advocacy and economic development, our goal is to empower farmers both politically and through marketplace initiatives.

The Organic Integrity Project acts as a corporate watchdog, assuring that no compromises to the credibility of organic farming methods and the food it produces are made in the pursuit of profit. We will actively resist regulatory rollbacks and the weakening of organic standards, to protect and maintain consumer confidence in the organic food label.

What Do the National Organic Standards Actually Say About Factory Farming?

There is some room for interpretation in what the National Organic Standards say about factory farming. Here's an excerpt that you can interpret for yourself.

National Organic Standards Mandate:



"Establishment of appropriate housing, pasture conditions, and sanitation practices to minimize the occurrence and spread of diseases and parasites... The producer of an organic livestock operation must establish and maintain livestock living conditions which accommodate the health and natural behavior of animals, including... Access to the outdoors, shade, shelter, exercise areas, fresh air, and direct sunlight suitable to the species, its stage of production, the climate, and the environment... Access to pasture for ruminants..."

To read the National Organic Standards, visit <http://www.ams.usda.gov/NOP/NOP/standards.html>

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New Federal Rule Mandates Sterilization of all California Almonds

Farmers, Consumers and Retailers Upset by Treatment Plan

by Will Fantle, Research Director, Cornucopia Institute

A new federal regulation will require all almonds grown in California to be sterilized with various “pasteurization” techniques. The plan is angering small-scale farmers, retailers and consumers. The rule was quietly developed by the USDA and the California Almond Board in response to Salmonella outbreaks in 2001 and 2004 that were traced to raw almonds. The rule requires all almonds to undergo a sterilization process that includes chemical and/or high-temperature treatments and is slated to take effect this coming September.

“The new rule is unwarranted and could have many harmful impacts,” says Mark Kastel, senior farm policy analyst at The Cornucopia Institute, a Wisconsin-based farm policy research group. “The costs of the chemical and heat treatments, in addition to the costs of transporting and recording the new procedures, will be especially onerous on small-scale and organic farmers, and could force many out of business.”

Cornucopia has formally asked the USDA to re-open the regulatory proceeding to allow for additional public input and review. Only 18 public comments—all from the almond industry—were received on the draft rule when it was open for public comment in early 2007. Unlike consumers, retailers, or other organizations concerned with food safety, all almond handlers received a personal letter or fax from the USDA alerting them to the sterilization proposal and inviting their comments.

The most common method of sterilizing almonds is by propylene oxide fumigation. In lab experiments, the chemical leads to gene mutation, DNA strand breaks, and neoplastic cell transformation. It is listed as a “possible” carcinogen by the International Agency for Research on Cancer because no long-term studies have been done with humans. Its

use for treating food for human consumption is banned in the European Union, Canada, Mexico, and most other countries.

The only exemption to these new regulations will be organic “raw” almonds that will not be fumigated, but will undergo the steam-heat treatment, and small-scale growers who can sell truly raw almonds but only direct to the public from farm stands.

The new rule also creates deceptive labeling. Almonds that have been roasted or blanched will be labeled “raw,” despite having undergone sterilization treatments. Consumers who purchase “raw” almonds may well think that those almonds are natural and unprocessed. Moreover, there will be no label requirement to specify what kind of pasteurization treatment was used among the approved methods.

The Davis Food Co-op is nestled next to the heart of Almond growing country in Davis, CA. Doug Walter, the co-op’s member services director, believes consumers have the right to know what’s going onto and into their food. “Co-ops are for maximum information,” Walter says. “To have a treatment on the almond that is not fully disclosed is a problem.” Walter notes a growing interest on the part of the co-op’s members in raw foods. “People,” he adds, “need to have options.”

Glenn Anderson, a small-scale organic almond farmer in California’s central valley worries that “This could be one more way for the big companies and the government to put us small farmers out of business.” The equipment to sterilize almonds is very expensive. A propylene oxide chamber costs \$500,000 to \$1,250,000, and a roasting line can cost as much as \$1,500,000 to \$2,500,000.

Anderson and some other growers believe that the sustainable farming meth-

ods they use, such as mowing and mulching, rather than controlling weeds by chemical herbicide applications, protect biodiversity and naturally prevent the spread of harmful bacteria more effectively than the artificial process of pasteurization.

Unlike milk, eggs, and meats, for which real pasteurization and cooking offers an important protection from food-borne illness, no scientific evidence exists to show that almonds are an inherently risky food. In fact, Salmonella contamination of almonds can only occur when livestock manure or fecal matter is inadvertently transferred to the nuts through contaminated water, soil, or transportation and handling equipment. Almonds may also be infected by poor employee sanitation either on the farm or in processing facilities.

While two outbreaks may bring bad publicity and economic losses to the almond industry, it does not prove that almonds are inherently unsafe. Practically any food, raw or processed, has some risk of causing food-borne illness; it is unlikely that almonds are any more dangerous to consumers than lettuce, apples, even chocolate.

Cornucopia’s Kastel asks: “Is it justified to impose these onerous regulations on an entire industry, impacting consumers, because of two relatively small outbreaks, one of which has been traced to Paramount Farms, a giant, industrial-scale farming operation raising 70,000



acres of nut crops that is by no means representative of the industry as a whole?”

If all almonds now require pasteurization, what foods will be next on the list of mandatory sterilization, heat treatment, or irradiation? Kastel suggests this could be the first step in a slippery slope toward a sterile food environment that protects processors from lawsuits and facilitates industrial-scale food processing and distribution networks while offering fewer food choices to consumers who prefer organic or raw and unprocessed foods.

The Cornucopia Institute is urging concerned consumers, retailers and farmers to contact the USDA and demand that the new rule mandating “pasteurization” of almonds be re-opened for public comment and review. Cornucopia has a comprehensive fact sheet on the almond issue on its web page at www.cornucopia.org/Almond_FactSheet.pdf and a sample letter for interested individuals to send to the USDA that can be found at www.cornucopia.org/Almond_SampleLetter.doc.

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What’s Not Better with a Little Bit of Butter?

by Peter Samuel

Is there anything quite as pleasurable as biting into creamy butter melting into a slice of warm home-baked bread? Or the sight of the light yellow stuff turning liquid on top of a baked potato, a pile of grits or a heap of just-picked fresh steamed zucchini.

I think Tibet wins the prize for the most outlandish butter rituals. Apparently at one time they used to have an annual festival for the butter gods. As part of the ritual Monks would create immense carved panels representing Buddhist deities and mythical subjects carved in colored yak butter. They took months to make the figures, some of which were ten feet tall and amazingly intricate. Even today in Lhasa, in December there is the Butter Lamp Festival and the monks carve fantastic flowers, animals, birds and plants that are shown off by the light of yak butter lanterns, and then allowed to slowly melt.

One of the favorite drinks there is a mix of black tea, salt and yak butter called po-cha. Drinking butter tea is a regular part of Tibetan life. A Tibetan will typically down several bowlfuls of this tangy beverage before work, and it is always served to guests. Since butter is the main ingredient, it is a very warming drink, providing lots of energy especially suited to high altitudes.

Back in Pennsylvania, my childhood seemed like one butter melting moment to the next; pancakes, vegetables, noodles, rice, bread, and of course corn on the cob, artichoke leaves and the once-in-a-great-

while lobster dipped in bowls of hot melted butter. Everything from my childhood I recall with a dab of butter on top. There was no food except meat that wasn’t improved with the rich nutty flavor of butter, and I have since read that people put it on meat too.

It turns out that butter is one of the oldest foods, and one that has really changed very little since humans first began to keep animals around and milk them. There is record of its use as early as 2,000 years before Christ. The word butter comes from bou-tyron, which means “cow cheese” in Greek, which is strange because ancient Greeks lived mostly from sheep and goats whose milk, which they consumed mainly as cheese, was relatively low in butter (or butyric) fat.

Churning cream into butter is a mechanical process that frees the cream’s milk fat from its bondage to lecithin, an emulsifier that prevents the milk from solidifying in the animal’s teat. Over the centuries various cultures developed different techniques of butter making, but the principle was always the same: thrash the cream around until it foams, then thrash it more until eventually the foam “breaks,” and then you are left with clumps of unemulsified solid fat bobbing in the liquid buttermilk. Once the butter breaks, the substance needs only to be rinsed free of the buttermilk, bumped around to remove as much water as possible, then chilled and formed.

Commercial butter is produced in a high-speed continuous churn. Sweet, uncultured cream is pumped into one end

of the machine, and butter and buttermilk come out the other end. The final stage involves transforming the butter to get it to the right fat content: in Europe the minimum is 82%; in the US it is 80%.

Even though there are a lot of people out there telling you to use butter substitutes, butter is a great source of vitamins, minerals and other things. It is a rich source of easily-absorbed vitamin A, needed for a wide range of functions in the body, from maintaining good vision, to keeping the endocrine system in top shape. Butter also contains all the other fat-soluble vitamins (E, K, and D).

Butter has trace minerals, especially selenium, a powerful antioxidant. Ounce for ounce, butter has more selenium per gram than either whole wheat or garlic. Butter also supplies iodine, needed by the thyroid gland. It has appreciable amounts of butyric acid, used by the colon as an energy source. This fatty acid is also a known anti-carcinogen. And something else called lauric acid is present, which is a potent antimicrobial and antifungal sub-



stance. Butter also contains conjugated linoleic acid (CLA) which gives excellent protection against cancer.

Range-fed cows produce especially high levels of CLA as opposed to “stall fed” cattle. That’s why it is important to get your butter from a cow that has been fed properly. Butter also has small, but equal, amounts of omega 3 and 6 fatty acids, the so-called essential fatty acids.

And what about cholesterol? Despite all of the misinformation you may have heard, cholesterol is needed to maintain intestinal health, but is also needed for brain and nervous system development in the young. Again, this emphasizes the need for lots of butter for your children. One tablespoon of butter contains 100 calories, 12 grams total fat, 7 grams satu-

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CINDY BASS is a native Philadelphia and public school graduate, having grown up in North Philadelphia. She now resides in Mt. Airy with her husband, Scott Bass and nephew, Michael.

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Butter

(continued from page 20)

rated fatty acids, and 31 milligrams cholesterol.

Did you know that the US Department of Agriculture grades butter? Here is what those grades mean: U.S. Grade AA Butter = Delicate, sweet flavor with a fine, highly pleasing aroma, made from high-quality fresh sweet cream, has a smooth creamy texture with good “spreadability” U.S. Grade A Butter = Pleasing flavor made from fresh cream, fairly smooth texture, rates close to top grade. U.S. Grade B = Butter may have slightly acid flavor but is readily acceptable to many consumers. Oh yeah, who says?

If you are buying butter at the Co-op you will find that they sell only Cabot Farms grade AA which comes from the Cabot Creamery Cooperative in Vermont. Their salted butter has earned the “Best of Class” distinction with a score of 99.75 out of 100.

If you would like to go really high class you can order butter over the internet from France. The fame of Isigny, French Normandy butter goes back to the 16th century. And considering that the population of Paris alone consumed 800 tons of butter a year in the 1800’s they should know their butter. Isigny says that gourmets prefer their butter because their cows graze in the marshes where they feed

on grass rich in iodine, beta carotene and trace elements. A 26 oz. wooden basket of the stuff will cost you over \$35 here in the U.S.

Another item Co-op shoppers might be interested in is the clarified butter or Ghee from Purity Foods in Colorado. It is located on the shelves with the Indian food. Clarified butter is butter that has been rendered to separate the milk solids and water from the butter fat. Typically it is produced by melting butter and allowing the different components to separate by density. Some solids float to the surface and are skimmed off; the water and the remainder of the milk solids sink to the bottom and are left behind when the butter fat is poured off.

Clarified butter has a higher smoke point than regular butter, and is therefore preferred in some cooking applications, such as sautéing and especially in Indian curries where it is referred to as Ghee. Clarified butter infused with ginger, garlic, and several spices, is also prominent in Ethiopian and Eritrean cuisine. Typical butter is over 16% water and contains milk fat solids that can spoil. By removing the water and the milk solids, Ghee does not need to be refrigerated and has a long shelf life.

Don’t feel guilty Take pleasure in cooking with or covering something you love in butter today. It’s good, and good for you too

It’s Alive!

Probiotic Foods

by Collin Reynolds

Probiotic foods are deliberately aged, and contain living bacteria with many health-giving attributes. The word probiotic can also refer to these bacteria themselves, which can be taken in pill form. The most common bacteria in both supplements and cultured foods is acidophilus bifidus, contained in all yogurts and other aged dairy products. But why would we consciously eat little bacteria?

Eating probiotic foods helps maintain the balance of bacteria that naturally occur in all human digestive tracts, some of them harmful, others beneficial. It is estimated that the human digestive flora consists of 400 different species of bacteria. By eating deliberately cultured, organic foods, you maintain the balance of positive and negative in your own internal ecosystem.

If the ecosystem goes bad, and you have too few probiotics in your system, then you run the risks associated with a compromised immune system, of which the digestive tract composes about 70%. The most serious of these are probably various cancers that can be fought off by a more balanced system, and autoimmune diseases, which are associated with an immune breakdown under stress. Im-

balance in the digestive flora will also compromise digestion overall, potentially causing a variety of symptoms and conditions.

Such an imbalance can result from illness, poor diet, stress, aging, infection by food poisoning, and the use of certain medications (including antibiotics). Some of those conditions sound pretty familiar to me, and they probably sound familiar to you, too. So if you need to counter any of these all-too common conditions, then you should consider making a serious effort to add probiotic foods from Weavers Way to your daily diet. Pediatric allergist and clinical immunologist Dr. Michael L. McCann of Kaiser-Cleveland Clinic claims, “Probiotics will be to medicine in the twenty-first century what antibiotics and microbiology were in the twentieth.”

The Co-op has a wide variety of beneficial probiotics for dairy lovers and vegans alike, including various yogurts, sour cream, kefir (an aged milk product, often with fruit), as well as sauerkraut, miso, and kimchee (Asian aged vegetables), if you don’t do dairy. Also available upstairs are supplement forms of the bacteria, including acidophilus. Another wonderful

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Probiotics

(continued from page)

probiotic product not yet available at Weavers Way, but which I would be thrilled to see, is Kombucha, a strange drink made from fermented tea and an Asian mushroom. I know it may sound horrid, but the best producers of it available in Philly, GT Dave's, infuse theirs with organic fruit juices, making it taste like a fruity soda (to this sugar-avoiding eater).

When selecting probiotics, it is crucial to make sure that the product contains living cultures, because dead bacteria won't help you wage that little war in your tummy. Also, when you begin to add these foods into your diet, start conservatively, and increase your consumption only over a period of time. Give your system the time to gradually incorporate the beneficial bacteria, because this process will cause a mass exodus of toxic bacteria and can cause other matter blocked in the digestive tract to begin releasing. If you experience symptoms of indigestion when consuming these foods, be patient

with them and cognizant of their power. When I began regularly eating probiotics, I had some symptoms of mild indigestion, but they have now dissipated completely, and my digestive system has since achieved an unparalleled healthy condition.

While some people try to stay healthy by preventing invasion by bacteria, and others stringently detox their systems to kill off bad bacteria, eating probiotics allows you to stay healthy by maintaining an internal balance. Committing to eating these foods regularly and frequently, along with a balanced diet, seems like a small sacrifice compared to eating austere, dieting, and stressful detoxes and fasts. Furthermore, from regularly consuming yogurt and other cultured dairy, Kombucha, sauerkraut, miso, and even live fermented beer, I have experienced decreased sugar cravings, balanced blood sugars (I'm diabetic), and haven't gotten sick since I started a year ago. I hope you share this experience.

Information found at www.irish-health.com/clin/fil/probiotics.html

Neighborhood Welcomes Body Freedom

CranioSacral practice opens across from the Co-op

by Jonthan McGoran

The business boom at the intersection of Greene and Carpenter continues with the addition of Co-op member and CranioSacral Therapist Elaine Tassy's new CranioSacral practice, Body Freedom, at 6819 Greene Street, above Movement Arts of Mt. Airy. Tassy is offering Weavers Way members a discount for first-time sessions. The normal price is \$59 an hour, but members of the Co-op can book sessions at \$48 an hour for a limited time.

What is CranioSacral Therapy?

CranioSacral Therapy (CST) was pioneered and developed by osteopathic physician John E. Upledger following extensive scientific studies from 1975 to 1983 at Michigan State University, where he served as a clinical researcher and Professor of Biomechanics.

CST is a gentle, hands-on method of evaluating and enhancing the functioning of a physiological body system called the craniosacral system — comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord.

Using a soft touch generally no greater than 5 grams, or about the weight of a

nickel, practitioners release restrictions in the craniosacral system to improve the functioning of the central nervous system.

Tassy says that by complementing the body's natural healing processes, CST is increasingly used as a preventive health measure for its ability to bolster resistance to disease, and it is effective for a wide range of medical problems associated with pain and dysfunction.

For more information about Body Freedom, go to www.body-freedom.net, call Elaine Rassey at 215-908-6529, or e-mail her at elainetassy@gmail.com.

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Animals in the Wild Are Not Meant to Be Pets

by Brenda Malinics

On a recent walk into the Wissachickon, I saw a red ear slider (turtle) in the water and thought about two incidences last fall that involved the removal of wildlife from their natural habitat. On separate occasions there were adults doing the capture and children wanting a turtle and a toad for a pet. One intervention was successful after the Park Rangers arrived and confiscated the toad but the other encounter was neither pleasant nor successful. I have been told to mind my own business and that it is “just a turtle” as if they are I inanimate objects, without feelings and/or special needs. Unfortunately, Park Rangers are often not around and there is little one can do, short of violence, to stop someone from walking out of the Wissachickon with a healthy, but defenseless animal.

Parents often feel pressure to please their children rather than explain why an animal should be left alone. It must be easier to kidnap an animal than contend with a screaming child. Unaware or oblivious to the animal’s needs, these adults do not think of the care, diet and caging necessary for that animal. Additionally, in the case of the Box Turtle, that species has declined to the point that it will be added to the State’s “threatened list.”

I have spoken to officers at Friends of the Wissahickon and asked that signs listing the rules of the park include the re-

moval of its wildlife. Until that happens, each of us can attempt to stop the removal of animals if armed with facts and an approach that is concerned, not combative.

Native terrestrial turtles, like the Eastern Box turtle, which are small and slow, are easy targets for capture. Loss of habitat through development is the main reason for their reduced numbers, but too many box turtles are also easily poached. An animal that is raised in the wild cannot, and should not, transition to a commercial diet of turtle pellets or lettuce. I’ve seen many sick and debilitated turtles raised by well-intentioned people who knew little about nutritional requirements of these animals. Captive turtles need many specific minerals and vitamins as supplements.

One of the cruelest things that people do with turtles is to keep them over the summer then as winter approaches, release them back into the wild. What most folks don’t realize is that terrestrial turtles are hardwired to return to the area in which they were hatched. Despite a release into an ideal looking spot, the turtle will begin its homeland search. That place might be fifty miles away, forcing the turtle to cross busy highways, maneuver through shopping malls, tires, dogs and kids. Most never make it back to the spot where they were born.

Turtles naturally hibernate through

the winter by digging deep into soft soil. A captive animal is thus prevented from entering a natural and much-needed cycle in life. I’ve heard of people attempting to artificially hibernate turtles, none with success, despite what the internet might say.

Conversely, if an animal, whether a rabbit, turtle or snake, has lived in captivity most of its life and is then released when “it gets too big,” it will likely starve to death because it does not know how to fend for itself. When an animal is released into the wild, it inevitably is entering into another animal’s territory and is often attacked or killed as an interloper. Additionally, it is highly stressed and without shelter. The closest scenario would be having someone drop you off in a strange town, without money or language skills, and expect you to survive.

It is unlikely that an animal removed from a natural setting will survive in captivity. Trying to stop someone from doing so takes courage and isn’t always successful, but it is better to attempt to stop the removal and provide a little education than to do nothing at all. I live by the old “if you’re not part of the solution, then



you are part of the problem” philosophy. Some people who don’t know that it is against the law to interfere with wildlife will abide by the law and put the animal back; others have little regard for rules. When I see someone removing a healthy animal from its natural setting, I try to approach by saying, “did you know that that toad/frog/snake/turtle is a vulnerable species and should not be removed? Chances are that it will die in captivity and it doesn’t make a good pet, by the way.” If I feel it is necessary to throw in a little fear, I mention that the turtle can carry salmonella. By this time, the child is usually crying and must be reasoned with. I’ve told some children that the animal’s parents are going to be very sad because their son is missing—sometimes this works and sometimes not. But, I try. And on behalf of all the animals who can’t ask directly, I’m asking if you would too.

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who
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Showings are at the **Little Theater at Video Library** (7141 Germantown Ave., near Durham St.). All Co-op members are welcome to attend at no charge in the theater-like big screen atmosphere. The film will be followed by a moderated discussion by the participants. This film is part of the monthly series sponsored by the education committee of Weavers Way. The committee invites Weavers Way filmmakers to submit their films for showings.

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The La Salle University Art Museum, a Hidden Treasure

by Carmen Vendelin

Located in the basement of Olney Hall, on the campus of La Salle University, the La Salle University Art Museum features an excellent survey of artwork in the Western tradition from the Renaissance to the present with smaller special collections of Japanese prints, ancient Greek vessels and Tanagra figures, Pre-Columbian terra cottas, and African sculpture. The museum has been open to the public since opening in 1976, but based on the number of times I have been asked if it is, I have to assume that word has not gotten out. Tucked away on the university's campus, and with no street-front presence, many people do not even realize that they have such a treasure trove of fine art right here, close by northwest Philadelphia. I would like to change that.

La Salle University Art Museum calendars are available for sale in the Co-op again this year. The calendar can give you some sense of the collection, but the best way to experience it is, of course, in person. The Galleries are arranged as a series of period rooms by century. In addition, there is a Special Collections Gallery, in which exhibitions rotate about every three months. Frank Hyder's installation Lost World will be on view April 13-June 15, 2007. Highlights of the collection include: Tintoretto's Portrait of a Gentleman, n.d.; George Rouault's The Last Romantic 1937; Dorothea Tanning's The Temptation of St. Anthony, 1945-46; Henry Ossawa Tanner's Mary, 1898; Elisa-



HENRY OSSAWA TANNER'S OIL ON CANVAS
AMERICAN MARY, ONE OF THE WORKS ON DISPLAY AT THE LASALLE UNIVERSITY ART MUSEUM

beth Frink's The Walking Madonna, 1981; and prints by Old Masters, such as Rembrandt van Rijn and Albrecht Dürer, as well as more contemporary printmakers, such as Leonard Baskin.

Admission is free, but donations are gladly accepted and appreciated. The museum is located in the lower level of Olney Hall on the campus of La Salle University at N. 19th St. and W. Olney Ave. The Museum is open Mon.-Fri 10-4 and Sunday 2-4 during academic semesters (closed on Sundays during the summers and school breaks). The phone number is 215-951-1221. Please call to schedule group visits, make special parking arrangements, or to check to make sure the Museum will be open during academic holidays. You can also visit the museum on the web at www.lasalle.edu/museum to keep up on programming and see images of works in the collection.

Morris Arboretum Spring Plant Sale

by Susan Crane

It is spring and that can only mean one thing, Plant Sale at the Morris Arboretum. Every year on Mother's Day weekend the Morris Arboretum holds their annual spring Plant Sale at Bloomfield Farm, across the street from the Arboretum entrance. Hundreds of trees, shrubs, annuals and perennials, many of which are unusual or difficult to find at other garden centers, will be available for the public on Saturday, May 12 from 10 a.m. – 4 p.m., and Sunday, May 13 from 12 noon – 4 p.m., with a special members-only day on Friday May 11 from 10 a.m. to 7 p.m. Arboretum experts will be on hand to answer questions and advise attendees with their choices. Visitors are welcome to become members on Friday to take advantage of membership benefits. Household memberships start at \$65 a year. This includes a year of free admission to the Arboretum for two adults and all household children under 18, a ten percent discount on your entire purchase at the Plant Sale, one free bonus plant, a Morris Arboretum ultra-soft garden kneeler, 10% discount in the gift shop, 10% discount on classes, free admission to annual events, free admission to evening summer concerts, plus much more.

Spring is the time to start planning your garden, and wandering the Morris Arboretum's 92-acre horticulture display garden is a perfect place to get ideas. The Arboretum features a spectacular collec-



PHOTO COURTESY OF MORRIS ARBORETUM

tion of mature and rare trees in a Victorian landscape with numerous picturesque spots such as a formal rose garden, Japanese gardens, swan pond, meadows, and an elegant Fernery. The Arboretum's educational classes are also a great way to prepare for a successful summer of gardening. Classes are offered in several categories including: Arts and Crafts, Floral Design, Fun for Families, Landscape Design, Horticulture, Special Interest, Trips, Lecture Series, and Professional Training. Does a few nights of yoga in the garden intrigue you or is learning how to control the deer in your garden more your style? Either way the Morris Arboretum has something for you. For more information, please call 215-247-5777 or visit www.morrisarboretum.org

The Morris Arboretum of the University of Pennsylvania is located at 100 Northwestern Avenue in Chestnut Hill. The Morris Arboretum is listed on the National Register of Historic Places and is the official arboretum of the Commonwealth of Pennsylvania.



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Gasoline vs Ethanol as Motor Fuel

by Ray Haupt

In her excellent article about Global Warming in the February 2007 *Shuttle*, Meena Raval states that burning a gallon of gasoline will produce 20 pounds of carbon dioxide that is released into the atmosphere. That number, to a non-chemist, might be rather startling and even seem crazy since a gallon of gasoline weighs nowhere close to 20 pounds. But it is true.

I recently came across the same information from another source. I doubted it, but some fact checking and discussion with a friend who is a chemist reveals how this is truly what happens.

A gallon of gasoline weighs about 6.5 pounds and as it burns it seems to disappear, just as logs in a campfire slowly disappear. You surely do not see the various by-products of combustion but they are still there in the form of invisible gases; about 20 pounds of carbon dioxide and roughly 9 pounds of water vapor.

A web search to find the chemical formula reveals that there are many different molecules in gasoline, but an “average” molecule in that cocktail is C₈H₁₈, meaning that there are eight atoms of carbon and 18 atoms of hydrogen. Gasoline contains no oxygen so is called a non-oxygenated hydrocarbon. Energy is released when the gasoline is oxidized or, to laymen, burned. The chemical formula for ethanol is C₂H₆O and it is therefore known as an oxygenated hydrocarbon. Ethanol is 33 percent oxygen by weight and has 67 percent of the energy content of gasoline. Therefore, to match the energy content of gasoline you need 1.5 gallons of ethanol.

Thus per gallon burned, ethanol produces 33 percent less CO₂ than gasoline, but it also puts out 33 percent less energy

output than gasoline. The upshot is that CO₂ per unit of energy is the same for oxygenated and non-oxygenated hydrocarbons.

The Valley News, a central Vermont/New Hampshire publication, recently had an article stating that the cost of production of a gallon of gasoline in terms of energy is the equivalent of 0.06 gallons of gasoline. It requires the energy in three gallons of ethanol to produce four gallons of ethanol. If those estimates are correct, a task that requires the energy of one gallon of gasoline will in reality require burning 1.06 gallons and will put into the atmosphere about 21.2 pounds of carbon dioxide. To accomplish the same task using ethanol as fuel would require burning 1.5 gallons for the task plus another 1.125 gallons to produce the ethanol for a total of 2.625 gallons; thus putting a total of about 35 pounds of carbon dioxide into the atmosphere.

So, ethanol, it seems, is not a good substitute for gasoline in terms of total carbon dioxide emissions. There may well be other good reasons for conversion to ethanol as motor fuel, but reduction of atmospheric carbon dioxide does not appear to be one of them.

L • E • T • T • E • R • S

Dear Fellow Co-op Members and Glen Bergman,
On Behalf of the Parade for Peace, Stop The Violence Here, There and Everywhere...

We the organizers and participants of the Parade wish to extend our heartfelt gratitude to Weavers Way for your support in making this event so successful. The cider and apples you contributed were a welcome touch for folks who despite the unexpected snow storm, joined in the parade marching down Germantown Ave., starting from New Covenant Campus and ending at Vernon Park. Over 300 folks from the Northwest and wider community came out on this, the Fourth Anniversary of the U.S. war on Iraq, to march and speak up.

“Bring the Troops Home”, “Speak Out for Peace” and “Stop The Killing” “Stop the Violence”

We were a wonderful interracial and intergenerational conglomerate of concerned citizens, each committed to bringing about non-violence and justice from

Germantown to the Middle East.
Parkway Northwest High School for Peace and Social Justice students Ashley Brown and Shaye Bragg Taylor asked each of us, “When does the cycle end?” The Granny Peace Brigade Philadelphia <http://GrannyPeaceBrigadePhiladelphia.org> were joined by all in singing “There’s No Business Like War Business” and “Take Me Out of The War Game.”

Even those who didn’t march were glad to know that our action took place and are encouraging all of us to continue to take to the streets, talk the talk and walk the walk. So, to all my sister and brother Co-op members keep abreast of how you can continue the struggle to “Stop The Violence Here, There and Everywhere”

For current information and actions subscribe to Political Allies at: political_allies_i-subscribe@list.afsc.org.
Marlena Santoyo, Granny Peace Brigade Philadelphia for the March 17 Parade for Peace

Get Competitive!

The Weavers Way Chess Club will be hosting a “ladder” chess competition at


Mt. Airy Day
Saturday, May 5
(rain date May 6)

Cliveden Manor
6401 Germantown Avenue
11 a.m.-5 p.m.

Seasoned player or beginner, all are welcome.
Stop by for a game, or a lesson in the basics (and maybe some fine points, too).

Come to play, come to learn or come to win!

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General Membership Meeting
(continued from page 1)

current Membership Committee chair. “It’s an excellent forum for discussion.” (Specific issue for the agenda, must be submitted to the Board at or before the meeting that determines the meeting’s agenda.)

In the past, the meeting has been organized by the Membership Committee, but for the first time, this meeting has been designed by an ad hoc committee of the Co-op’s Board of Directors. Topics include reports from the President and General Manager, announcement of the four new Board members voted on by the membership this spring, and other topics such as proposed by-law changes (see a detailed agenda on page 1).

An innovation at this meeting is a half hour breakout session for discussion of Co-op values and how these can best be applied to everyday operations and interactions between everyone involved in making the Co-op happen.

“The Co-op is growing,” says Sylvia, “and in the process we don’t want to lose what makes Weavers Way the special place it is. So we think that this kind of discussion is critical in going forward. We want to make sure we have the same goals and that our policies reflect those goals.”

Presiding over the meeting will be Co-op Vice President Nancy Weinman. She urges members to participate: “What makes the Co-op vibrant and meaningful in peoples’ lives is for members to be engaged in helping the Board to determine the Co-op’s values and priorities. This meeting is an opportunity to do exactly that.”

BALLOT

For Election for Weavers Way Co-op Board of Directors

Voting ends Saturday, May 19, 2007, at the General Membership Meeting, Summit Church Sanctuary, Greene & Westview Sts. (Meeting begins at 5pm.)

To vote by mail: Ballots will be accepted by mail if received by May 19. Mail to: Leadership Committee, Weavers Way Co-op, 559 Carpenter Lane, Philadelphia PA 19119.

To vote at store: Place ballots in the box provided at the store by 4:30pm, May 19.

To vote at Membership Meeting: Place ballots in the box provided at the Membership Meeting by 5:30pm, May 19.

AT-LARGE DIRECTOR (2-year terms; Vote for up to 4)

☐ Jeanne Allen

☐ Sylvia Carter

☐ Edward Case

☐ Afshin Kaighobady (incumbent)

☐ Garvey Lundy

☐ David Woo

☐

STAFF DIRECTOR (2-year term; Vote for 1)

☐ Josh Giblin (incumbent)

☐ Dave Tukey

☐

Fold here for confidential vote.

This information is mandatory for vote to be counted. One vote per member household

Name (print clearly)Member #

SignatureDate

C O - O P I N F O R M A T I O N		
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	<div><div>Co-op Meetings</div><div><div>Board: 1st Tues., 7:00 p.m. • Education: 3rd Wed., 7:30 p.m.</div><div>Environment: 1st Wed., 7:30 p.m. • Finance: 3rd Thurs., 7:30 p.m</div><div>Diversity: 3rd Tues., 7:15 p.m.</div><div>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.</div></div></div>	<div><div>Weavers Way Recycling</div><div>New Courtland Elder Service</div><div>6959 Germantown Ave.</div><div>(Enter from Carpenter Lane)</div><div>9:00 a.m.-1:00 p.m., 3rd Sat./month.</div></div>



Suggestions

by Norman Weiss

Greetings and thanks for writing. As usual, suggestions and responses may have been edited for brevity, clarity, and/or comedy.

This month we had Passover and Easter, both of which involve rituals. Speaking of rituals, one of my favorites is the way holiday sale items are sold in supermarkets. Often there will be a greatly inflated “regular” price, like \$12.99 for a 5 pack of matza, then if you use your loyalty card the price drops to \$4.99. The funny thing is that if you don’t have a loyalty card the cashier will call a supervisor who will use the “house” loyalty card and you will get the sale price, despite your lack of true loyalty. And it’s not like the supervisor asks you any questions like, “Are you interested in our loyalty program?” or in any way tries to offer the temporary loyalty sale price as an inducement to get you to signing up. So one is left wondering why they put us through this pointless process. I can only assume the answer is that the whole fake loyalty sale price thing is actually a clever psychological scheme to make everyone feel good. The shopper feels like the store is going out of their way to treat them well by using lower prices than the shopper deserves, and the store employees feel good that they have some power to make a shopper feel good,

and thus maybe build some loyalty. Of course it is all a sham since virtually no one pays the non-sale prices, but this way everyone thinks they are receiving or bestowing an extra benefit. In light of our upcoming plan to expand, and in an effort to compete with the supermarkets, I’m suggesting we adopt a similar program. We’ll double the price of everything but offer a 50% discount for anyone human. Of course, our cashiers will have to begin every transaction by asking if you are human, and if you say yes they will ask to see your “human” card. If you can’t produce it, just wait and a shift manager will come along and verify your humanity for the cashier. This program will allow us to expand with the confidence that we can match our competitors’ loyalty marketing programs. It may take a little extra time to check out, but remember, you are saving fifty percent.

suggestions and responses:

- s: “Quarts of Merrymeade half & half? (less packaging, cheaper?)”
r: (Chris) Good idea, but I doubt we could do this due to no space in the dairy case. Sorry.
- s: “Could we have a raisin called muscats? (organic) I bought a package here — they sorta flew in and flew out again — thick, large raisins. Incredible taste. Those and/or the reddish-black ones called Sultanas. Also incredible taste. Please and thanks.”
r: (Chris) We don’t seem to have a source for Muscats or Sultanas... Sorry
- s: “Some cultures eat bugs, like termites. Can we add some to our ethnic sections?”
r: (Norman) We have some freeze dried bugs on order. Some shoppers may not like the assortment though, as our supplier has been criticized for including too many ants in their basic mix. We are encouraging them to come out with a “premium” blend, with more juicy bugs

like locusts, although it would make this blend more expensive since locusts can only be harvested every 7 years. Locusts are very stubborn this way, and shoppers would resist GMO locusts, which can be harvested more frequently. Such is life in the natural foods business.

- s: “1) Smaller bags (~ ½ lb) of tamari almonds. 2) Tofuttie nondairy blintzes and “cuties” (like ice cream sandwiches). 3) Soy-crisp (low-carb) snacks.”
r: (Chris) 1) We’ll try to get co-operators to do this. 2) Sadly, no room in the freezer at present to add these items. You could pre-order cases if you want. 3) We do sell Glenney’s Soy Crisp snacks, on the chips shelf across from the salad dressings shelf.
- s: “Mochi- plain. Southwest Sunburgers. Could you please order these again? I used to buy them faithfully here and I need them because they are dairy- and gluten-free together and I am one of those minority and would so appreciate it if they could be stocked ”
r: (Chris) Both of these items were discontinued due to slow sales... You could pre-order a case, ask Norman or Chris for details.

- s: “Some cheeses (e.g., shredded mozzarella, shaved parmesan) don’t say if reg. or part-skim, type of milk, salt, etc., as others do. Printed labels could be enhanced.”
r: (Norman) Actually most or our cheeses don’t say anything; if you hear our cheeses speaking to you there is a larger problem than labeling. And just out of curiosity, is the Parmesan speaking Italian? (Margie) We are currently working on new labels for the cheese case. If a cheese does not say part skim it generally is not, but there may be a few items that need to be updated. The labels on the case have pictures of a goat or sheep if they are goat or sheep’s milk. Again we are in the

- process of updating anything that may not be current.
- s: “Chocolate-covered matza for the holidays.”
r: (Norman) We can’t stock this because it would be a violation of the spirit of matza, which is supposed to be a bland, low-nutrient mix of two very cheap ingredients: about a dime’s worth of chemically bleached white flour and water, mixed, baked, and traditionally sold at an exorbitant price even to loyal and fake loyal customers. Covering it in chocolate cannot hide these painful facts and the Co-op product philosophy instructs us not to be party to these kinds of shenanigans.

Jane Von Bergen & the Bulletin Board



QUESTION AND PHOTO BY BRIAN RUDNICK

“WHAT ARE YOU LOOKING FOR?”

“I’m having a party for my high school age son and I’m looking for someone to help me at the party. It might be a big party. I want extra supervision around.”

~ Jane Von Bergen

Help!


Train Co-op Staff with First Aid

We are looking for a Co-op member to provide on-site first aid and CPR training for Co-op staff. For example, some staff need training about handling severe cuts (from knives, slicers and such while others need training about helping people who have fallen or collapsed.

If you are interested, please contact Dave Tukey (hr@weaversway.coop – 215-843-6552 ext. 2#).

Equal Exchange

Coffees of the Month




Organic Columbian

Creamy body, mild acidity and subtle notes of ripe plum, from the state of Caldas

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Reg. \$8.50/lb




Organic Midnight Sun

A bold, syrupy body, and striking acidity. The zesty nature of this coffee is highlighted by the roast – our unique 'East Coast style' French roast.

\$7.49/lb.

Reg. \$8.99/lb



Welcome to Weavers Way Cooperative Association

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

DAY	DATE	TIME	LOCATION
Saturday	May 2, 2007	10:30 a.m.	CA
Wednesday	Jun. 6, 2007	6:45 p.m.	GJC
Wednesday	Jul. 11, 2007	6:45 p.m.	GJC

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

Robin Cannick, Membership Manager+

PLEASE RETURN THIS PORTION TO WEAVERS WAY

Someone from my household will attend the orientation meeting on _____

Name (please print) _____

Phone Number _____

Address (including zip code) _____
