

the Shuttle

Manager's Corner

More Sustainability...

by Glenn Bergman

Last month I discussed the small working group that has been meeting to envision a Sustainable Mt. Airy. Then a few days ago, someone placed a notice about a discussion in Princeton, NJ, by Shana Weber, Princeton University's first Sustainability Manager. I have also heard that Hanover Co-op in New Hampshire (the largest single co-op in the country) is also hiring for a similar position. Now that's a job description I want to read. Perhaps one day we will be hiring for such a person.

The growth of the "sustainable" community is remarkable. Weavers Way is proud to have Steve Hebden on hand, whose job includes repair and maintenance, but also includes monitoring the Co-op's energy efficiency and environmental impact. I am sure that at some point we will have a full-time position for someone to watch over us and point us in the right direction as much as possible towards a sustainable product or way of operating. Right now we have the word in our thoughts, but we are not always looking at sustainability from a strategic point for all products. I know that the farm is just one of many ideas that we have had. Purchasing local is sustainable, but what other "low-hanging fruit" is out there waiting for us? What simple things can we do that could make a big difference, but that we just haven't seen yet?

In many ways, the environment committee has been our guiding internal group. Perhaps we should look at starting

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Green Electricity Offsets at Weavers Way

by Steve Hebden

Weavers Way has begun to green-up our electric energy supply by purchasing carbon offsets from NativeEnergy www.nativeenergy.com. We will still pay most of our electric bill to PECO, but will pay a bit extra towards climate-friendly methods of electricity generation: manure digesters, financed by NativeEnergy's customers, located on the Schrack family dairy farm near Loganton, PA. This 12th-generation family farm started operating its methane project in August 2006.

The Schrack's family farm's anaerobic

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And of course... scads more

You are Invited to an Open Discussion about Weavers Way Expansion

Why are we pursuing this?
How will get this done?
What things could change for the Co-op?
What things are likely to remain the same?
How might membership and co-oper work rules change?
Where are we looking and why there?
Is this all the expansion we plan, or is there more in our future?

What are your questions?
7 p.m., Monday, July 23
Sanctuary of Summit Presbyterian Church
Greene & Westview Streets

Spring Membership Meeting: Hail and Farewell



PHOTO BY TED BARBATO

AFTER CASTING VOTES FOR THE BOARD OF DIRECTORS AND PROPOSED BYLAW CHANGES, MEMBERS HONORED OUTGOING BOARD MEMBERS AND HEARD THE LATEST REPORTS ON THEIR CO-OP. LAST ON THE AGENDA WAS A BREAKOUT DISCUSSION, WITH MEMBERS FORMING SMALL GROUPS TO DISCUSS THE CO-OP'S FUTURE.

by Ted Barbato

A changing of the guard dominated the Weavers Way Spring general membership meeting, with board elections and emotional farewells to two longtime board members.

Honored for their service to the Co-op were former President Bob Noble and founding member Dorothy Guy.

Noble, a member since 1991, served as Vice President from 2000 through 2002, and as President from 2002-2006. Stu Katz, who succeeded him, praised Noble's leadership in comments at the May 19 meeting at Summit Church. "It's hard to imagine that we would be here today, as strong and as vibrant an organization as

we are, were it not for Bob Noble."

Katz credited Noble for thousands of critical decisions and actions during his tenure. "With energy, thoughtfulness and an absolute absence of ego, he led this organization through its most critical moments. And almost unbelievably, we came out the other end better for it."

Board Vice-President Nancy Weinman delivered a heartfelt appreciation of Dorothy Guy. Guy helped found the Co-op in 1973 and has been involved in numerous roles since, including a tenure as President in 1978 and board member since 2000. "Where there is a need, Dorothy volunteers," said Weinman.

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Weavers Way Film Series Who Killed the Electric Car?



PHOTO BY LARRY SCHOER

by Larry Schofer

It was standing room only for a showing of "Who Killed the Electric Car?" the third in a series of monthly films sponsored by the Weavers Way Education Committee and held at the Little Theatre at Video Library.

This hard-hitting and fast-moving documentary, shown on the big screen, made a strong case for the intentional torpedoing of a very promising auto technology, the electric car. The film included many interviews with enthusiastic drivers of the EV (electric vehicle) made by GM, people who were saddened and angered by GM's lack of support for the vehicle – and eventually for the scrapping of every single car in the program.

Despite the promising technology, the cars could be recalled because they were leased, not sold. The film also showed interviews with the inventor of a very stable and reliable battery, who sold his company

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Down on the Farm Spring Turns to Summer



PHOTO BY DAVID ZELOV

DAVID SILLER PUTS THESE YOUNG VISITORS TO WORK AT THE FARM.

by David Zelov

Seems as though there is not enough light in the day to get everything done out at the farm. Which is why we are starting a capital campaign to install floodlights to light up the entire one acre. It will deter theft and allow us to work during the cool night hours. Seriously though, we are busy keeping up with harvest of all the spring veggies (baby bok choy, tom thumb lettuce, easter egg and French breakfast radishes, purple scallions, lettuce and mesclun mixes, sorrel, kohlrabi, broccoli, beets and turnips) and getting the remaining plantings of summer plants into the ground. Just about all of the produce has come into the Co-op, with some surplus being sold through the Fair Food Farmstand at Reading Terminal

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Weavers Way Cooperative Association
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Editor’s Note

by Jonathan McGoran

Here at the Shuttle, we strive to provide answers to the questions on everybody’s minds. And with kohlrabi season now in full swing, I’ve noticed that there is one question everybody seems to be asking: What the hell is kohlrabi?

This is usually followed up with: So, what am I supposed to do with it?

We’ll take on the second question first. For information on what to do with kohlrabi, simply turn to the recipes on page 5. As for the first question, well, as everyone now knows, kohlrabi is, um... Well, it’s the green and purple vegetable in the recipes on page 5.

The Shuttle doesn’t just answer questions about exotic foods that you might never have tried before, however. We also try to answer obscure questions you might never have thought to ask about everyday foods that you already know all about... or thought you did.

In this issue, for instance, Peter Samuel plumbs the briny depths to tell you things you might not have known about salt. An average human body contains 250 grams of salt, he informs us, while a cup of skim milk has 110 mg.

Do tell.
If you want even more information about veggies like kohlrabi, you can visit the Co-op farm’s new blog, Straight from the Farm, by official farm blogger Jennie Love, which you can link to from www.weaversway.coop.

Jennie compares the blog to an online dating service for farm-fresh vegetables and the people who love them.

But please don’t be put off by the name of the blog: Straight from the Farm refers only to the speed with which the produce is brought from the farm to Weavers Way and is in no way meant to exclude anyone. Sometimes, nothing goes with better with a bunch of kohlrabi than... another bunch of kohlrabi.

And a word of caution: while Jennie might be a trusted source, you can’t believe everything else you read on the internet. Those tender pea shoots you’re chatting with may well be last year’s overwintered cabbage. And who knows, maybe all those internet ads are telling the truth when they promise they can help you grow bigger and produce more (we don’t know; we don’t use Miracle-Gro).

But I’d definitely take it with a grain of salt.



The Cultural Moment

Thanking Two Who Made Us What We Are

Tribute To Dorothy Guy

by Nancy Weinman

I am so delighted to have this opportunity to say a few words about Dorothy Guy. But where do I begin? How do I capture in less than five minutes how much she has contributed to the Co-op and our community?

I feel like I have known Dorothy for more than 30 years when in fact I never met her personally until a year ago when I joined the Board. I became a member of the Co-op in 1975 and attended many meetings and events in which Dorothy was actively involved. When I took my children to Summit Nursery School, I often saw Dorothy at Summit Church doing something worthwhile. When I went to vote in national and state elections, I saw Dorothy at the polling place, checking my name to see if I was registered, which she continues to do to this day. I always admired Dorothy from afar but, after serving on the board with Dorothy this past year, I came to admire her from close up.

Dorothy was involved in the Co-op from the very beginning. Fortunately for us and for me in preparing these remarks, she took the time to record much of that early history (which was published in the *Shuttle* in 1993 in a multi-part series titled “The Way We Were: a Reminiscence”). We are all richer for it.

Within its first year of operation, the Co-op had about 500 members. There were no membership numbers assigned; the number of shoppers was small enough that Jules Timmerman

DOROTHY GUY



PHOTO BY TED BARAKAT

Tribute To Bob Noble

by Stu Katz

When Weavers Way’s board of directors met for their June meeting, it was the first in eight years without Bob Noble in attendance. A lot has happened in those eight years, and it is hard to imagine that we would be here today, as strong and as vibrant an organization as we are, were it not for Bob Noble.

Bob had been on the board since 1998, and before that he served as one of the original members of the Diversity and Outreach Committee. But his most lasting impact occurred during his two terms as president, from 2000 to 2004.

Bob’s leadership has been incredibly important in the growth of our co-op and in transforming us into a better, more efficient, and more profitable business, a business with the ability to learn from our mistakes and with a clear vision for the future.

Steady, effective and detailed leadership have been the hallmarks of Bob’s service, but at least as important has been his leadership on issues such as our Co-op’s shift to policy governance, attention to co-op principles, and participation in the national co-op movement.

As we look forward to a possible future expansion, it is hard to believe that just a few short years ago, in the midst of another expansion effort, Weavers Way was hit with a sudden and dire financial crisis that put the future of Weavers Way into very real doubt.

Today Weavers Way is fully recovered with a healthy balance



FILE PHOTO

BOB NOBLE (L) AND STU KATZ

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Spring Membership Meeting

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“Give her a job to do it, and it will get done. And it will get done well.”

Weinman recounted Guy’s early days at the Co-op, when there were few amenities. “During the winter months, there was no heat, and she worked with a coat, hat and gloves all afternoon.”

“I will never cease to be amazed and appreciative of the creativity, the strength of character, the energy, the wisdom and the true caring that you have given to Weavers Way over these 34 past years,” Weinman concluded.

Members offered both Noble and Guy standing ovations.

Then, with an eye to the future, the results of the board elections were tabulated and announced. Elected to two-year terms as at-large directors were Sylvia Carter, Afshin Kaighobady (incumbent), Garvey Lundy and David Woo. Josh Giblin was re-elected as staff director.

Also highlighting the Spring Membership meeting was a lengthy discussion of possible revisions to the Weavers Way Ends Policies, the values and philosophies that will guide the members and staff over the next few years. At the meeting, members offered their thoughts in small breakout groups, then reconvened as a single group for further discussion. Weinman said the results will now be reviewed by board members.

Members also approved a modification of the Co-op’s by-laws. Nancy Weinman reported that about 200 members last year did not redeem the cash portion of their patronage rebate. Under the change, approved by voice vote, any cash portion of the rebate not redeemed within four months will be assigned to that member’s regular capital account.

Both Katz and General Manager

Glenn Bergman briefly touched on the question of expansion. “There’s just too much that’s unknown,” said Katz. “Just as there’s no uniformity in the membership, there’s none on the board.”

Bergman gave members results of the market study that was completed in January. That study concluded the Co-op could open two satellite stores, one just north of Weavers Way covering neighborhoods like Chestnut Hill and Wyncote, and a second one in the Germantown/East Falls area. A broker is exploring real estate options, Bergman said. But he cautioned that this concept is far from becoming reality, particularly with property prices so high. “We may find after all this searching, that we can’t afford something.”

Copies of the market study are available from Bergman.

Financially, both Katz and Bergman had upbeat reports. “Economically and organizationally, we think the Co-op’s doing quite well,” said Katz.

Bergman said sales for the first quarter of 2007 are 10 percent above last year. The gross profit margin of nearly 34 percent is steady compared to 2006.

The general manager said some board members have asked about the possibility of lowering prices. Bergman said he would be against that because the Co-op may pursue expansion, and because the Co-op is at the low end of gross profit margins compared to others around the country.

Bergman said the Co-op is now offering institutional memberships, and that Summit Church is the first such member. He said Springside School in Chestnut Hill is considering membership as well.

Plans for the coming year, according to Bergman, include making membership information available online, including the work calendar, so members could sign

up for shifts from home.

Also reporting to the members was the Co-op’s urban farmer, David Zelov. He said three school groups have visited and worked at the Co-op farm, located at the Awbury Arboretum. Members can sign up for shifts there.

Zelov told members that the first farm crops were already on the shelves, including baby bok choy, Tom Thumb lettuce and salad mixes. Purple and green scallions from the farm are due shortly. “We’re going to be bringing lots of great produce into the Co-op,” he said.

Board Election Results
Spring 2007

Compiled by Sylvia Gentry, Leadership Committee member & chief teller for the election.

AT-LARGE DIRECTOR
(4 elected)

- Jeanne Allen 52
- Sylvia Carter 100 *
- Edward Case 59
- Afshin Kaighobady 76 *
- Garvey Lundy 80 *
- David Woo 79 *

STAFF DIRECTOR
(1 elected)

- Josh Giblin 80 *
- Dave Tukey 46

There was also one write-in: Jenny Godwin

Total ballots counted: 136

The *Shuttle* is published by Weavers Way Co-op and is mailed to all members.
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August 2007 issue: July 1, 2007
September 2007 issue: August 1, 2007
October 2007 issue: September 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

Pet Store News

Pet Food Recall Spurs Greater Scrutiny

by Kirsten Bernal

As things have begun to settle down in the wake of the widespread and unprecedented pet food recall, I have turned my attention to the product line here in the pet store: which manufacturers are committed to high quality, which we should move away from, and which we should stock in the future. To this end I have become a label-reading maniac.

It didn't take much to begin to differentiate the superior from the suspect, and the good news is that the majority of what we carry is of high quality. The not so good news is that some of the brands are unfortunately selling, it would seem, more from reputation than for the quality that their reputation implies. I have long been in the habit of reading labels, but I must admit that it didn't occur to me to read my pet's food labels. The recall has changed that for most of us, I suspect. But what's in a label? How can we sort out the good from the mediocre or worse? I tend to read the first few ingredients until my mind begins to wander as I come to those difficult-to-pronounce words that don't sound edible. I am of the opinion that less is more; simple, whole, fresh ingredients that we can recognize seems like the best approach to me. If it doesn't sound edible it probably isn't.

So how do we begin to decipher the sometimes cryptic lists of ingredients in our pet's favorite foods? Fortunately, a member has brought to my attention an excellent resource, the *Whole Dog Journal*. In it, I found invaluable information for making educated decisions about the products we choose for our pets as well as a detailed list of the very best and worst products available. Armed with this information, I have been reading labels through new eyes, confident that I now know what the label is really telling me.

In light of the recall, many of the larger pet food manufacturers are beginning to take advantage of a large, growing market of pet owners who are interested in feeding their pets the very best and are willing to pay for it. This is evidenced in the trend towards packaging that boasts "all natural" and "holistic." But, as we know, this does not necessarily signify good nutrition. Even if the effects of the recall lead larger companies to use just good quality ingredients, this still does not necessarily compare to the excellent ingredients smaller companies who are committed to quality have been using all along. With the combination of reputation and huge marketing budgets, there is

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Second Floor News

A Lot Going on Upstairs

by Martha Fuller

CAP Sale items

When your *Shuttle* arrives every month, do you carefully peruse the Co-op Advantage Program (hereafter known as CAP) sale flyer or do you push it aside to read the *Shuttle* articles? If you find yourself in the latter category, allow me to ask you to start a new habit. The CAP program offers many great items that are marked down to fantastic sale prices. We all want to save money, right? After all, that was one of the many reasons that Weavers Way was founded. So, how to remember what's on sale? I was hoping you would ask that question – you get credit for asking it. When you shop, you'll see CAP Sale shelf label price cards by or in front of the products on sale. You can bring your *Shuttle* flyer. You can also ask us for a sale flier should you need an extra one.

This month you can find products on the CAP sale from our Wellness Department (also known as the Second Floor) that range from Alba facial and body products to selected Aura Cacia Essential Oils to Emergen-C and to – hold onto your baby bonnets – Seventh Generation Baby products, including diapers, baby wipes and baby laundry detergent. Two of my personal favorite Equal Exchange coffee beans are on sale, too: Organic Ethiopian and Organic Guatemalan French.

New Products

It is fairly common for us to hear the sentence "I want to see what's new up here." We try to stay on our toes and to keep the new products coming in while continuing to make room for the ol' favorites and weeding out the products that have not sold for one reason or another. And, speaking as I did of saving money, do check out the Discount area or as Josh, our Marketing and Merchandising Manager called it in his grand sign, the Last Chance Corral. You will find deep discounts on products

from the housewares, vitamin, and supplement areas and the health, personal, and beauty products.

The lemon and lime savers have been back in stock and hopefully you have bought one or two for your home. They're great for use at your home or office (tea with lemon anyone?) or on your picnics and barbecues.

Heather's Concentrated Oxygen Beach Cleanser is a chlorine free-cleanser that you might want to try. Have some stubborn stains? A grimy surface perhaps? Grab that cleaning sponge and the Heather's Cleanser, add a bit of water and get to work. Shoppers regularly buy this fragrance-free product and we hear positive, "happy with the job it did" comments.

Summer fragrances

If we want to add a splash of a good fragrance for a special occasion or an everyday event, I think we find that the Philadelphia summer humidity and hot temps lend themselves well to a light, breezy type of fragrance. If you find yourself in that boat, allow me to mention these two products: Lavender Water and Rose Water from the Home Health Company. They are delicate sprays (in a non-aerosol bottle, of course) made from purified water and an aromatic oil. Some folks use them as a part of their body complexion program, some use them on their faces and necks (always be careful of anything coming near your eyes) and some use them as a fragrance.

Sunblock and Bug Repellent

Scope out the big Summer Season display area – you'll find some of your summer favorites and hopefully, a couple of new products that you will like. Among the products we have are DEET-free repellent products from All Terrain. Their Herbal Armor was awarded Best Gear of 2006 by National Geographic Adventure, endorsed by Popular Science Magazine and the New York Times and was the winner of the 2006 Camping Gear Award

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Produce News

Summertime and the Living is Easy

by Jean MacKenzie

How easy is it to be the Produce Manager in the summer? All kinds of fruits and vegetables are gorgeous and abundant, and more and more are local. Weavers Way Farm is bringing us beautiful stuff (see below), and Paradise Organics is supplying us with their baby salads, romaine hearts, cooking greens, cucumbers, peppers, and zucchini. Local corn is coming from Sunny Acre Farm, and we're getting those luscious strawberries from the Garman family.

My biggest problem is how to display all this abundance. Soon I will have covered every square inch of counter space, and shoppers will only be able to admire the produce, since there will be no place to put shopping baskets down in order to actually buy any.

The second biggest problem is making sure I taste everything – I do try to do this, so I know what I'm talking about when shoppers ask, but this time of year it's hard to keep up.

I love my job.

From the Farm

Farmer Dave keeps bringing us the most beautiful produce from the farm. So far we've had baby bok choy, baby lettuce mix, mesclun, baby beets, kohlrabi, radishes, broccoli crowns and florets, garlic scapes, sorrel, baby leeks, purple scallions, turnips, and Tom Thumb lettuce. It's so fresh, so delicious, and with all those baby items, so darn cute. Dave definitely knows how to make me happy.

I can hardly wait for those adorable little patty pan squash.

Garlic Update

You keep sending me possible garlic suppliers, and I keep investigating. Most do



not pan out for one reason or another, but keep sending 'em. I'm determined to end our dependence on Chinese garlic. Right now I have two promising leads on Pennsylvania garlic – let's hope for the best.

My Sweet Teenagers

As I write this, I just got them out the door – late, but I think they'll make the bus – and I look around and the whole place is trashed. It's amazing how much damage two kids can do in 20 minutes. Towels on the bathroom floor, hair oil left open, hair crud in sink, clothes – clean and dirty – strewn in hallway, papers everywhere, breakfast dishes on table. Toothbrushes clean, dry, untouched.

I could be upset, or I could be grateful and relieved that they got out the door having had some breakfast, and wearing clean clothes. I could turn around and start cleaning up after them, or I could take a few minutes to sip coffee, listen to music, look at my e-mail, and write this column (late).

Today I choose gratitude, coffee-sipping, e-mailing and writing, though of course there are consequences - mostly good, a few not-so-good (spinach-cheese omelet and ketchup congealing to the approximate consistency of dental enamel on plates and forks).

This early teen stuff is almost unbearably vulnerable and difficult. In preparation for the class trip to Dorney Park, more time and attention was devoted to the debate over long pants v. shorts than has been brought to bear on any homework assignment all year.

It's so much harder than selling produce, and often less immediately satisfying – and I love this job, too.

Grocery News

The Corn Tortilla Switcheroo

by Chris Switky

Good news this month for whole wheat couscous fans: we've switched from prepackaged whole wheat couscous (in a box, \$2.49 per pound) to bulk whole wheat couscous (\$1.75 per pound.) The new couscous is on the bulk rice-and-grains shelf, and please note that we've moved the Lundberg gourmet rice blends (black japonica, country wild, jubilee, and wild gourmet) across the room; they're now located to the right of the Asian cooking section.

Another new bulk item in our midst: organic trail mix, made by the same folks who bring us International Harvest 100 percent organic bulk granolas. The trail mix is totally organic, consisting of goji berries, mulberries, golden raisins, cacao nibs, cashews and pistachios. Find it on the top shelf, above the raisins and dried fruits.

But the big story this month is the



corn tortilla switcheroo. At the urging of several Co-op staffers, we've replaced the "La Tortilla" brand with "Food for Life" sprouted corn tortillas. So far, they've gotten great reviews, even from some very fussy Co-op managers (Glenn Bergman, Margie Felton). If you had written off the Co-op's corn tortillas as "under par," please give the new ones a try. Tortillas are found in the large vegetable case, right above the romaine lettuce.

Did you know that emus lay eggs during the cold months only (November through April)? At Weavers Way, we buy the eggs throughout the cold half of the year (from Marcus Bass, Co-op member and emu rancher), then sell what we've stockpiled through the summer and early fall. We have about 100 eggs in our warehouse refrigerator at this very moment; not every food co-op can say that. Look for more emu facts in next month's column. Until then, I'll be running into you... in the grocery aisles.

Second Floor News

(continued from page 3)

for “Top Bug Spray” by Reserve America.

Out With The Old

The ever-popular Burt’s Bees Company has discontinued a number of their products, including all their toothpastes, many make-up items, and some of their lip shimmers. To say these decisions have been unpopular with many of our shoppers is a major understatement. For those of you who are unhappy with the decisions to drop a product line, i.e. all the toothpastes, speak up. Rock their boat a bit. Contact Burt’s Bees (or any company) and let them know how you feel. As consumers, we can have a voice about the products we buy and use. Companies need to know we’re out here and that we are thinking about how we spend our money.

I’d also encourage you to speak up when you like a product or a line of products. Companies tend to hear the negative experiences that consumers have. How delightful it is to hear a compliment, to hear a shopper say or to read a feedback email or a suggestion book sheet that says “We love this product. It makes a difference in our lives.” A little good news can make a difference for a company representative or employee.

In With the New

Sappo Hill, one of my all time favorite soap companies, has introduced another gentle soap: Gardener’s Fragrance-Free. So far the feedback has been very positive. Casabella’s products have a loyal following that borders on what one would like to see in a fan club. Two of their items are new to Weavers Way: a stylish fly swatter and the Mini Microfiber Duster. We also sell the refills for the Dusters. Sympathical Formula has many fine products and we carry some of them. A future *Shuttle* article will profile the company and the products we carry. For now, let me point out their Homeopathic Psoriasis Lotion and the Eczema Lotion. Their line of products are chemical free, paraben free and water based.

Dorothy Guy

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(who was there full time – working 70 to 80 hours a week with no salary) could recognize everyone. In the late fall of that year, six or seven people gathered and decided it was time to have a board of directors. Dorothy was at that meeting at Maggie Heineman’s house, where they worked out the first organizational structure using the bylaws from the Berkeley Co-op as their guide.

Dorothy began volunteering immediately. Every Thursday was her time and cashiering was her job. During the winter months, there was no heat and she worked with coat, hat, and gloves all afternoon. I am sure that her feet ached as she walked home after standing several hours on that cold, hard floor.

In the spring of 1974, Dorothy was on the ballot for Membership/Education chair. Vince Pieri was nominated from the floor. The result was a tie vote. Dorothy conceded to Vince and offered to serve on his committee. She and Vince created the first orientation requirements and conducted meetings for a year or so.

In 1975, the Membership/Education Committee was split in two and Dorothy was elected Membership Chairperson.

Dorothy was elected President of the Co-op in June 1978 after serving as Vice-president. During her tenure as President, the Co-op purchased 529 Carpenter Lane, hired Flora Lisi to take over the newsletter, hired its first legal counsel, and formed a subcommittee to study the need for a board/staff person. Dorothy served as President until December 1979 when she resigned to become the first board coordinator, working 20 hours per week. She was again elected to the board in 2002 and has served as Secretary since 2003.

For a year or two, Dorothy ran the credit union, which she spent time creating. She still has an account with the organization as it now stands.

Dorothy had a hand in creating the Co-op Development Committee, which came up with the plans to organize and conduct the first retreat for the board and

evaluating possibilities for growth. The final achievement of that committee was when Norma Brooks came to Dorothy’s porch with her idea for using the Mort Brooks memorial funds to create a garden. We all know where that led. After that, Dorothy asked the board to disband the committee because it was clear to her that all the structure of the Co-op was sound and that a separate committee was no longer required.

The Shuttle was born out of an idea that a newsheet was needed. Dorothy did some writing, cut the stencils, and did the mimeographing. For those of you too young to remember the days before Xerox machines and for those who weren’t, you will appreciate this. By 1978-79, they were running off close to 2,000 copies from each stencil. Some of us remember the smell of the fluids and the blue ink used to correct mistakes. As Dorothy reported the experience: “Many stencils did not last that long and would rip before you were finished. What a headache Sometimes they would loosen from the clamps on the mimeograph drum and slip crooked or get a big wrinkle. It was not possible to run off the *Shuttle* unscathed. It was hero’s work for the bravest of volunteers who didn’t mind mimeo ink under their fingernails, streaked on their faces and certainly on their sleeves. By the time the ink was finally scrubbed away, it was time for the next issue.”

I always saw Dorothy at the forefront. I have been told that she was a “lady repair-man” at IBM during World War II after IBM recruited her because all the men were gone. I think she was servicing hardware.

In the house where she still lives on Carpenter Lane across from the Henry School, Dorothy raised six children, some of whom faced serious challenges. She took on those challenges with the same spirit and devotion she has demonstrated in her work for the Co-op.

In addition to being a very spiritual person, Dorothy is reliable and steady. Give her a job to do and it will get done and done well.

At our last board meeting, we were asked to reflect on what we valued about the Co-op. Dorothy started her presentation by saying: “I am the past. I am not the future.”

Dorothy, we do not accept that. In the past year, you have contributed as much to our work as anyone on the oard and we cannot envision our future without you playing a very active and important role in it.

I will never cease to be amazed and appreciative of the creativity, strength of character, energy, wisdom, and true caring you have given to Weavers Way. We thank you from the bottom of our hearts, wish you god speed, and look forward to your continuing involvement for many years to come.

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Pet Store News

(continued from page 3)

some concern that this trend could eventually hurt the smaller independent companies. Despite new packaging that promises health and nutrition, it is these small manufacturers that have been producing good food all along and are still making the best food for our pets.

According to *Whole Dog Journal*, there are several key guidelines to use when choosing nutritious food for your pet. First to look for are “superior sources of protein.” A quality food consists of fresh whole meat or a single source meat meal. These meat sources should be one of the first two ingredients or, more desirably, two meat sources among the first three ingredients. By law, ingredients must be listed according to weight but a manufacturer is not required to report the percentages of each ingredient. This is where it gets tricky. Since fresh, whole meat contains a high water content it may top the list, but if it is followed by three or more grains and no other meat proteins it is safe to guess that the product contains much more grain than protein.

The next rule of thumb involves grains, vegetables, and other foods that are whole and unprocessed. Since much of the nutritional value can be lost during the manufacturing process, this is the best way to ensure that some of the nutrients remain.

Along these same lines, a quality food contains a minimum of food fragments and meat by-products. Food fragments are “lower-cost by-products of another

food manufacturing process.” Two examples of these substances are brewer’s rice – a waste product of the alcohol industry – and wheat bran, which is derived by separating the hull from the wheat kernel, where the nutrition is. While most foods contain at least one of these, WDJ warns to be cautious of products containing several fragments of the same food, which usually signifies that the product is more grain than meat (lamb, rice flour, rice bran, brewers rice...). *Whole Dog Journal* does not endorse any food containing meat by-products, but does state that these substances can often be nutritious. The problem is that by-products are cheaper and therefore not always handled carefully or transported quickly. A consumer is better off avoiding them than trusting the quality of the by-product that cannot be proven.

WDJ also gives a few guidelines concerning what to avoid in a product. Of course these would include artificial preservatives like BHA, BHT, and ethoxyquin and artificial colors. Propylene glycol, an additive used to create a chewy texture, is a chemical that should be avoided. Some foods increase their palatability by adding sweeteners that appeal to a dog’s natural sweet tooth. Such things as corn syrup and sucrose can lead to health problems. Lastly, an educated pet consumer should be aware of “generic” fats and proteins. A product that reads “animal fat” can be anything from grease recycled from a fast food restaurant fryer to a mix of unknown, unwholesome fats. The fat or protein should be from a specific source: “chicken fat” as opposed to

“poultry fat” and “beef protein” instead of “animal protein.”

Whole Dog Journal used these criteria to compile a list of approved dry and canned foods. Among the products on this list were many of the products we stock here in the pet store, including California Natural, Canidae, Innova, Petguard, Merrick, Newman’s Own, and Wellness. Also on the list is Artemis Pet Food. We have recently started stocking this product as a replacement for Sensible Choice, which was recalled and which we will no longer carry. Artemis is a very high-quality holistic formula made with hormone-free turkey, chicken, salmon, fruits, and vegetables. Included in the list are some foods that may be of interest to our members. These foods are available through our existing vendors and some of our members are getting them on pre-order. These are Blue Buffalo, Cloud Star (we stock some of their treats and shampoos), Eagle Pack Holistic Select, Evangers, Evolve, Fromm 4-Star, Karma, Natural Balance, Raw Instinct (we currently carry the feline formula), and Wysong.

Most of the dry foods that were not recommended are not products we stock; for example, products like Purina’s Beneful, Iams, Wal Mart’s maximum nutrition, and Pedigree. However, there were some exceptions – Natural Choice Adult Lamb and Rice was part of this list and it is one of our top sellers. WDJ states that this product is a good example of one where food fragments, when grouped together, outweigh the protein source – “lamb meal, ground rice, rice flower, rice bran...) Purina Dog Chow was also on the list as well as Science Diet. Science Diet is of some concern to me because it is also a very good seller, which I attribute to the

reputation of the company, that at one time may have been producing quality food. This is no longer the case. One glance at the ingredient list tells the story... “Chicken by-product meal, ground whole grain corn, brewers rice, animal fat, corn gluten meal, chicken liver flavor...” This is a clear example of paying more for great marketing than for quality ingredients.

Topping the recommended cans list are California Natural, Canidae, Innova, Merrick, Newman’s Own, Petguard, and Wellness, which we carry. Others that can also be purchased through our vendors on pre-order include: Artemis, Eagle Pack Holistic Select, Evolve Evangers, Natural Balance, Neura Meats (Old Mother Hubbard), Nutro Natural Choice Ultra, Solid Gold, Spots Stew, Triumph, and Wysong. I think it is worth mentioning that WDJ endorses the addition of canned food to a pet’s diet as a healthy practice. According to an article in the journal, top quality canned foods are often made with better, fresher ingredients, can contain a greater percentage of meat, and contain significantly less chemical additives. Canned food is generally more palatable, includes more wholesome meat and fat, and has a higher moisture content which can be beneficial for pets with certain health conditions. Added preservatives are not necessarily needed due to the canning process. But as with most things, not all canned food is created equal. Those that were not recommended by WDJ are Iams, Eukanuba, Wal-Mart’s Ol Roy, Pedigree, and Science Diet.

With this useful information it becomes much easier to make healthy, informed choices concerning pet food. WDJ reminds us that every pet is differ-

(continued on page 8)

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Home Movie Day

by Joanna M. Poses

Have you been stashing away films in your attic or basement? Did you inherit reels of home movies, but no projector on which to watch them? Are you curious about how the city has grown and changed? Then start preparing for Home Movie Day Philadelphia on Saturday, Aug. 11.

This is the fifth year of Home Movie Day, a free event that takes place in cities across the country on a single summer Saturday. Anybody can bring home movies to the event where organizers inspect, repair and project the films for an audience. Home Movie Day offers a context for film archivists to discuss preservation within the home and to celebrate the special qualities of film.

Home Movie Day also offers a great opportunity for community-building. Not only is it entertaining and unpredictable to watch a home movie, it is also illuminating about the way of life in a particular time and place. Philadelphia is in danger of losing such documents of its history. Though there are pockets of film collections at various local institutions, there is, currently, no significant film collection reflecting our local history. It is a hope that Home Movie Day will draw attention to this lack and create interest in building a regional film collection.

So bring your films and friends to Home Movie Day at the Free Library's Main Branch location on Saturday, Aug. 11 from 12-4 p.m. The event is free, but we hope you'll bring some movies along with you. For more information about the Home Movie Day movement, visit the website at www.homemovieday.com. For questions or comments about the Philadelphia event, contact Dwight Swanson at dwswan@gmail.com or Joanna Poses at jmp281@yahoo.com.

Summer Screening Series

by Joanna M. Poses

Wouldn't you love to trip down the block for some outdoor screenings and cool refreshments on lazy July nights? Weavers Way and your very own neighbors are working hard to put together a lawn chair film series in a schoolyard near you this summer.

The series is still in the very early planning stages so we appreciate any input or assistance you can give us. We are hoping to offer weekly screenings of 16mm films in Henry School's yard across the street from the Co-op throughout the summer.

Various neighbors have offered their own 16mm prints for these screenings and we welcome any other material that the community can contribute. We are also actively looking for equipment donations. We are hoping to borrow portable 16 mm projectors from a local theater, but we are still looking for inspection equipment – particularly splicers.

If you have film and a working projector at a different gauge, then we are happy to try to fit your films into the program.

The series is also partnering with the Co-op's Marketplace program. We hope to involve local students in the sale of refreshments and to donate all proceeds to the Henry School. We will also invite students to learn more about film projection and to teach interested students how to inspect and project 16mm film.

If you have any comments, suggestions, films, or ideas please contact Joanna Poses at jmp281@yahoo.com.

Change of Guard at Finance Manager

by Jonathan McGoran

After three years of shepherding the Co-op's numbers from a bright, shocking shade of red to a nice dark black, Finance Manager Lou Dobkin is stepping down. He will be replaced by Susan Beetle, who served as the Co-op's treasurer until this past May.

Since Lou came on board in the aftermath of the financial crisis, Weavers Way has enjoyed a period of virtually uninterrupted growth, and Lou's rock-steady handling of our finances has been an important part of that. As we seek to expand once more, we owe a big thanks to Lou for the important role he played in creating the fiscal health that makes this possible.

Susan Beetle has been a member of Weavers Way for many years. She has also been instrumental in Weavers Way's restructuring and our current financial good health, both as a member of the Recovery Committee and as chair of the Fi-



SUSAN BEETLE



LOU DOBKIN

nance Committee for over three years.

Susan is currently working at the Neighborhood Interfaith Movement (NIM), on Germantown Avenue. She has also been very active with West Mt. Airy Neighbors, Mt. Airy Learning Tree, Mt. Airy Community Computer Center, Historic Rittenhouse Town, The Northwest Fund, and Mt. Airy Community Services Corporation.

To Lou, we wish you the best in all your endeavors, and thank you for his invaluable service.

To Susan, welcome aboard.

Who Killed the Electric Car?

(continued from page 1)

to GM with the idea that this would be the power source of the future for cars, only to find that GM silenced him and eventually sold the company to an oil company.

There was also a lot of information on how California in the 1990s seemed well on the track to forcing the manufacture of such cars by mandating zero emission vehicles, but in the end the California Air Resources Board gave in to industry pressure (critics' view) or decided that the technology was inadequate (board chairman's view).

The final verdict on who killed the

electric car:

- Auto manufacturers - *guilty*
- Oil companies - *guilty*
- Battery technology - *not guilty*
- Consumers - *guilty* (for not pressuring the changes)
- California Air Resources Board - *guilty*

The film is a very exciting 90 minutes, and the audience seemed quite engaged. Following the film, Bonnie Hay, an environmental educator, facilitated a discussion of some of the points raised in the film.

The film is available for private rental from Video Library and other video sources.

Weavers Way Film Series:

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A Powerpoint Presentation and Discussion



Almost two years after 75% of the city of New Orleans was under water, only about half of the city's former residents have returned and much of the city remains devastated. **Why?**

Co-op member Paul Mack was recently part of a week-long volunteer program in New Orleans. In addition to gutting houses of displaced residents, the program's participants met and spoke extensively with residents of neighborhoods devastated by Katrina, examining this natural and man-made disaster through the lens of the human right of people to return to their homes. His presentation will focus on the obstacles facing the most marginalized of the city's residents.

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Greening of Ned Wolf Park is Only the Beginning

by Ronda Throne-Murray

Ned Wolf Park now has areas that can be called “gardens.” If you have passed by since our May 19 “Planting the Future” day, when 39 volunteers donated 150 hours of labor and put approximately 870 plants, five bushes and five trees in the ground, you may agree with passers-by who stop to compliment and thank us for the improvements. We are proud of reaching this milestone and all of the people who have brought us this far, but it is really just the fourth of a 15-step plan toward full rehabilitation of the park.

“Planting the Future” day had a broad range of participants that ranged from toddlers to seniors wielding shovels, rakes and other garden tools for plant, tree and bush planting. The planting day alone required 120 hours of preparation time in the 10 days prior to the event to bring the total effort for getting the gardens planted to about 270 hours of volunteers’ time. It has truly been a labor of love of neighborhood and gardening.

Among the group were relatives and descendants of the park namesake, Ned Wolf. The family included Ned’s widow Flora, daughters Abigail and Susannah, their husbands John and Doug, and children Ned, Amalya, Ben and Samuel, and

their great grandmother Caryl. Some who reside out of the area were in town for another event, but joined the family at the park to help with the final weeding and planting.

The fruits of the total effort created a woodland garden space of native and non-native shade perennials in the “island,” as well as along the back and side borders of the park. It is a great improvement, and will create a lasting visual impact. To protect this investment of labor and funds, Savatree® has donated a fertilization of the new plantings. They used their organic Arborkelp® seaweed biostimulant that promotes fine root growth to heighten the stress tolerance of our newly planted trees, bushes and perennials. Even though the planting is among the cheapest and easiest parts, there are many other parts required for the total rehabilitation of the space.

Laura Sienna, Executive Director of West Mt. Airy Neighbors (WMAN) noted while working on Planting Day, “The park is a lot bigger than it looks when you pass by the space from the street.” Indeed that is so. Volunteers have donated over 700 hours so far this year. Daily watering takes two people more than an hour each day, and this will continue for the four

weeks after planting, and longer if we get harsh heat. While we are happy to do this and are creating a community of like-minded people, there are project goals that require funding.

The park rehab budget is about \$11,000. We have spent about \$2,475, and have grant monies committed in the amount of \$2,070 from Philly Green, Weavers Way Environmental Committee and PECO. Issues like lighting, wall rehabilitation, signage, benches, trash can, proper water run-off planning, concrete repairs and tree maintenance are needed to make the park truly safe for young children.

A few local neighbors have given us cash when they see us working in the park, which is helpful and raises our ener-



PHOTO BY RONDA THRONE-MURRAY

WORK CONTINUES AND PROGRESS IS VISIBLE AT NED WOLFE PARK

gy immediately. A few others who want the tax deduction for their larger donations are sending checks to WMAN with a Ned Wolf Park memo notation.

If you have interest or resources to help us meet our goal of total rehabilitation in two years, contact Ronda at rondazmail@verizon.net or (215) 848-4222 in order to donate services, or forward a check to WMAN at 6703 Germantown Ave., Suite 200, Philadelphia, PA 19119. For more information about Savatree go to savatree.com. To learn more, visit www.WMAN.org or visit Google and search “Ned Wolf Park.”

Pet Store News

(continued from page 6)

ent. What works for some may not work for others. The important thing is to stick with it and find what best suits your pet. *Whole Dog Journal* recommends narrowing it down to three or four quality products and rotating these over the period of a year. Contrary to a popular belief, there are great benefits to periodically switching your pet’s food. This can prevent “nutrient toxicity, deficiency, or imbalance.”

Choosing a variety of foods offers the advantage of different levels of vitamin, mineral, and nutrient levels and guards against food allergies, intolerance, and just plain finicky habits. Mixing foods is not recommended since, in the event of a reaction, it can be more difficult to isolate the cause. However you choose to feed your pet it is an individual decision based on yours and your pet’s needs.

Moving forward, I hope to continue to supply you with the best for your pets. In addition to Artemis, we will also begin

stocking Merrick dry dog foods. To start with, due to space constraints, we will have five pound bags of several varieties. If you have an interest in larger bags, you may place a preorder. In addition we are now carrying Merrick cat food in three ounce cans. With such flavors as California Roll and Surf and Turf they are sure to please even the most discerning feline. Merrick is a great quality gourmet pet food. We’ve also added Canidae canned food since the kibble is selling so well. This is a good quality food that is economical. We also carry a line for the kitties called

Felidae. I’ve had several requests for the 5.5 ounce cans of Petguard cat food so we’ve begun stocking those again. As always you’ll find a great selection of tasty treats and fun toys for your pet.

Feel free to contact me at the pet store with any questions, recommendations, or comments. I am generally in the store Monday through Wednesday. A big thanks to member Liz Welsh for such useful information and thanks to our members for all the great feedback and for shopping at the pet store.

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Renovations Finally Begin at Allens Lane ...And Not a Moment Too Soon

by Amy Masterman

After two years of planning and seven months of delays, the renovation of Allens Lane Art Center is finally underway. On April 30, interior demolition began on what will be a pivotal project in the building's long history. Built in the late 1890s as a carriage house on one of the Woodward



PHOTO COURTESY OF ALLENS LANE ART CENTER

properties, the structure endured many piecemeal alterations over five decades that allowed it to function as an art center and theater. In recent years however, the century-old building was beginning to fail rapidly, and several of the most severe problems were not even readily apparent due to their structural nature. While the building has been owned by Fairmount Park since 1939, Allens Lane has occupied it since the organization's founding in 1953 and has been responsible for all maintenance and repairs.

"We were putting a couple thousand dollars worth of band-aids on it each year, but we couldn't come close to fixing all of the problems. That just wasn't in our budget, but we kept trying to figure out some stop-gap measures" said Marty Sellers, board president and Mt. Airy resident.

In early 2004, Allens Lane officials had a meeting with State Senator (then State Representative) LeAnna M. Washington. While their intent was to secure general operating support for the organization, Sen. Washington went further by offering to put a \$1 million

SOME SLIGHT DIFFERENCES AT THE ALLENS LANE STUDIO

request into the state capital budget. "We were happy about that, but still considered it a long-range plan since it seemed like such a long shot," said Sellers. "At that point; we didn't know how bad off the building was, we just knew it really needed some basic repairs and a good face-lift." In December 2004, Governor Ed Rendell approved the full amount of the request and the planning began in earnest. Allens Lane had been working on and off with Alan Metcalfe of Metcalfe Architecture + Design (MA+D) to create scenarios for short- and long-term renovation plans, so when the grant was approved, that process kicked into high gear. MA+D interviewed building users, staff, neighbors and board members to ascertain the priorities in creating a higher-functioning and more attractive art center. "It doesn't look like a community art center, it's not welcoming or creative-looking," said Metcalfe. "From the group interviews, we learned how the rooms needed to function, and also what the Center means to residents and how they

(continued on page 10)

Learn How to Become a "Localvore" at Big Blue Marble's Sustainability Salon

by Maleka Fruen

Join special guests Ann Karlen, director of the Fair Food Farmstand, and Dave Zelov, Weavers Way's own urban farmer, for a Sustainability Salon entitled, Becoming a "Localvore," 7 p.m. Thursday, July 5, at Big Blue Marble Bookstore, 551 Carpenter Lane. More and more folks are joining the local food movement, which in recent years has become almost more important than the organic movement in the way we buy food. Farmer's markets, local food specialists, farm-to-city programs, and community-supported agriculture are only some of the ways local food is becoming a big part of our everyday lives.

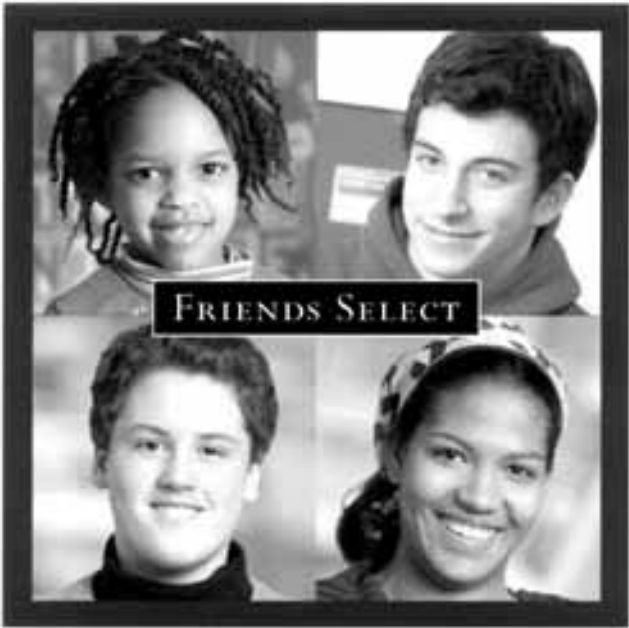
And it makes sense. Just read *Animal, Vegetable, Miracle* by Barbara Kingsolver about our food system, and then come and discuss becoming a "Localvore" with experts Ann Karlen and Dave Zelov. Big Blue Marble Bookstore is an independently owned bookstore located a few doors down from Weavers Way. Big Blue Marble specializes in progressive and multicultural titles of interest to Philadelphians in general and Mt. Airy-ites in particular: children's books; woman-centered pregnancy and parenting; sustainable living; lesbian/gay, African-American, and Jewish studies; feminist science fiction; literary graphic novels; and smart, fun fiction. For more info, visit www.bigbluemarblebooks.com.

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Renovations Begin at Allens Lane
(continued from page 9)

wish its appearance would change, but not too much.”

There has been a long-standing agreement between Allens Lane and neighbors close to the property that the building should remain residential in character, as opposed to looking institutional. While most parties agreed on this, it was also clear to all that the current appearance was unattractive and detracted from the well-kept, historic properties on Allens Lane, McCallum Street and St. George’s Road.

As planning continued, it became apparent that to do even the most basic upgrades – a new heating system to replace a 100-year-old boiler, air conditioning, new windows and removal of the metal grates, all new restrooms, upgrading the art and dance studios and making minor improvements to the theater – would cost more than the amount of the grant. Cutting items out of the plans was not an option, so the board and staff of Allens Lane set out to raise more money. Within a short period of time, they raised an additional \$80,000 from local residents, despite the lack of experience in raising funds from individuals in the past.

“We’ve been lucky to have our operating budget consist of about 65 to 70 percent earned income from program revenues. The remainder is mostly foundation and government grants,” said Michael Cohen, Development Committee chair. “This was an amazing start, and we want to continue the momentum. The more we raise, the more we can do.”

Shortly after this encouraging show of support, Representative Dwight Evans pledged to increase the grant amount to \$1.25 million. That closed a considerable gap, but even with the private donations there is still a \$250,000 shortage in funds needed to complete the project. As is often the case with construction projects, additional problems were uncovered during demolition, most significantly two major structural issues that could not be ignored.

Rebcor, Inc., the general contractor for the project, discovered dry rot at the bottom of two huge structural columns in the downstairs art studio. After meeting with an engineer, it was determined that they needed to be replaced with two steel columns that rest on a solid cement floor (the current floor is a “rat slab” with no true sub-floor). Additionally, the ceiling in the theater was constructed or altered in a way that puts a considerable load in the very center where there are no columnar supports. Removing the existing ceiling tiles revealed a three-inch dip in the framing due to failing steel cabling that was meant to support it.

“These unexpected issues are a fly in the ointment, but it is absolutely necessary to address and fix them,” said Metcalfe. “If you want a safe, functioning art center, this work has to be done and it comes with a cost. With so many changes over the years and the whole process of creating an art center out of essentially a barn, the building has its fair share of quirks. It’s a non-profit, they did what was necessary at the time to keep going.”

Although the budget issues sound ominous, those closest to the project are very optimistic about the progress so far and they believe additional funding will come through. The center will be applying to the newly created City-wide Capital Grant program initiated by Mayor Street to help non-profits renovate their facilities.

“There are a couple options for more funds, but nothing is definite,” said Sellers. “We are still counting on the community’s support – neighbors, residents, those who use the Center or who understand its value to Northwest Philadelphia – to help us get the work completed. This is the community’s art center and we want it to be the best it can be. We can’t go back now and we wouldn’t want to.”

Work is scheduled to be finished in August, so plans for the fall season are underway. All programs will be running as usual, including Classes for Children & Adults, Allens Lane Theater, Art Gallery Exhibits, Vision thru Art and Live @ Allens Lane.

Nearly two years ago, the Theater

Committee thoughtfully chose five plays and directors to create a banner 2006 – 07 season. In anticipation of construction starting in September 2006 however, the entire season had to be cancelled, or more accurately, put on a shelf. As month-by-month delays kept pushing the start date back, the Committee cringed at the thought of the empty theater. There was never a long enough time span during the delays to schedule anything, and thankfully they didn’t try because in December the boiler stopped pumping heat into the usually sweltering theater. As spring rolled around, the Committee took up the task of creating the 2007 – 08 season, and to their extreme surprise and delight, all five directors from the previous, un-produced season made themselves available again after an entire year’s delay.

The 2007 – 08 Allens Lane Theater season features: *Things You Shouldn’t Say Past Midnight*, written by Peter Ackerman and directed by Jay Wahl; *Baby with the Bathwater*, written by Christopher Durang and directed by Ryder Thornton (director of Allens Lane’s box office hit *Psychopathia Sexualis* in 2005); *The Blue Room*, written by David Hare and directed by Kate Galvin; *Six Degrees of Separation* written by John Guare and directed by Renee Dobson; and *The Mercy Seat*, written by Neil LaBute and directed by Noelle Nettel. Four of the directors are new to Allens Lane, and all have stellar careers within the Philadelphia theater scene.

The first play, *Things You Shouldn’t Say...* will open in early October. Subscriptions are available for \$60 for all five plays (individual tickets are \$15 each). A unique feature of Allens Lane Theater is that patrons are invited to bring picnic dinners and beverages to enjoy before the show. The flexible seating is set up cabaret-style and every table has an intimate view of the stage.

Classes for Children and Adults will start in mid-September. In addition to the staples that often have full registration – Children’s Theater, Teen Theater, Shakespeare for Kids, Oil Painting, Ceramics and all of the Dance Program classes (ballet, jazz, hip hop and tap) – new classes will be added to the schedule. In response to participant feedback, the center regularly changes its offerings for each of the fall, winter and spring semesters. The renovations will provide more adequate studio and classroom space for a variety of visual and performing arts-related classes. The Vision Thru Art program, a sculpture class for the blind and visually impaired taught by Bob Fluhr, will continue each Wednesday morning.

The Art Gallery exhibits and Live @ Allens Lane concerts are not yet scheduled, but information will be available on the website later this summer. Allens Lane’s Special Events Committee is planning several grand re-opening functions

for September that will help re-introduce the community to the Art Center while showing off the revitalized building. The website – allenslane.org – is updated regularly and includes an online form to sign up for the mailing list.

In the midst of the delays and discoveries of unexpected issues, Allens Lane had to make the difficult but unavoidable decision to cancel Summer Day Camp. The program had run uninterrupted for over 50 years since the Center’s founding. Since 1987, the Center has given between 10 and 20 full scholarships to children of families residing at local homeless shelters. The scholarships are funded mainly through grants from private foundations awarded expressly for this purpose, and also by a few individuals. It was disheartening to think that these underprivileged yet deserving children would not have the benefits of an enriching summer program this year.

Allens Lane’s staff reached out to several community organizations, but couldn’t find a good fit for relocating the Camp program, at least not until they approached David Young, executive director of Cliveden of the National Trust. Not only did Young and his staff see the potential in using their ample property for Camp, but they were excited at the prospect of having 40 campers ages 5 – 12 at their site for eight weeks. To date, Allens Lane has received enough grant money to provide scholarships to 10 homeless children; the other 30 slots are filled with paying campers. This partnership has already spurred new programming ideas between the organizations, and both are grateful to the other for this unique experience. Allens Lane is particularly thankful to Cliveden for the opportunity to continue the long-standing tradition of camp as it carries out its 53 consecutive year.

When campers return to Allens Lane in 2008, they will have forgotten the decaying old restrooms with clogged sinks and makeshift cubbies for their backpacks. They won’t miss the peeling tile floors, the absent ceiling tiles or the sweltering theater heat. They won’t remember the dangling defunct pipes or the hit-or-miss water fountain (it was so old, new parts were no longer available, but it couldn’t be replaced because the plumbing was inadequate). What they will experience is a clean, fun place to make ceramics and practice their drama skits. They will dance in a freshly painted studio and sample “international foods day” treats in a climate-controlled kitchen. They won’t be the only ones to enjoy the building, but they will certainly know that it is “their” neighborhood art center, right here in Mt. Airy, ready to nurture their creativity and sense of community for another 53 years.

Amy Masterman has been executive director of Allens Lane since 2000. She can be reached at amy@allenslane.org.

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STANDING IN FRONT OF VALLEY GREEN INN ARE: MAURA MCCARTHY, EXECUTIVE DIRECTOR OF FRIENDS OF THE WISSAHICKON; JAY GOLDSTEIN, PRESIDENT AND CEO OF VALLEY GREEN BANK; CINDY AFFLECK, FOW BOARD MEMBER; AND BOB LUKENS, FOW BOARD PRESIDENT.
by Denise Larrabee

The Friends of the Wissahickon (FOW) recently received a donation from Valley Green Bank, the lead sponsor of both the FOW’s first annual ice cream social this summer and Whispers Along the Wissahickon in the fall – two family events celebrating FOW’s family memberships.

“We think the Wissahickon is a true anchor of our community,” said Jay Goldstein, President and CEO of Valley Green Bank. “That’s why, as a community bank, we are thrilled to partner with and support an organization like the Friends of the Wissahickon.”

“We are so grateful for Valley Green Bank’s support for both of our upcoming family events,” says Maura McCarthy, Executive Director of FOW. “The Wissahickon is one of our community’s strongest assets. Valley Green Bank recognizes that, and we appreciate their support.

Founded in 1924, the Friends of the Wissahickon is a nonprofit organization

dedicated to maintaining Wissahickon Valley Park. FOW restores historical structures throughout the park, eliminates invasive plant species, partners with multiple local organizations to monitor watershed management issues, and is working on a multi-year plan to restore trails throughout the park system. Their work protects the Wissahickon watershed and preserves the natural and historical features of this spectacular urban wilderness for future generations.

Valley Green Bank, with headquarters at 7226 Germantown Ave. in Mt. Airy, is a locally-owned and operated Pennsylvania commercial bank. The bank was formed by prominent community and business leaders. Valley Green Bank is a member of FDIC.

For more information about FOW and its new family memberships, visit www.fow.org or call 215-247-0417. For more information about Valley Green Bank, visit www.valleygreenbank.com or call 215-242-3550.

Making Philly the Next Great Orchard

By Domenic Vitiello

Environmental initiatives are a key part of the buzz about Philadelphia becoming the “next great American city.” The Fairmount Park system, the Pennsylvania Horticultural Society’s Philadelphia Green program, and a growing local organic food scene helped Philly capture eighth place in Sustain-Lane’s 2006 ranking of most sustainable U.S. cities. Thanks to the work of institutions like Farm to City, Co-op suppliers Greensgrow and Somerton Tanks Farm, and Weavers Way itself, the city came in third in local food and agricultural capacity, behind Boston and Minneapolis.

But beyond boosterism and the often suspect ranking of places, local food supply is a critical issue for cities as we face the challenges of climate change and declining fossil fuel supply. One new group, the Philly Orchard Project (POP) proposes that Philadelphia’s ability to become a great 21st century city rests precisely on its capacity to wean its residents and their neighborhoods off of oil and natural gas. POP joins a growing number of local food growers and distributors in promoting a more sustainable city through developing a more edible city.

POP’s mission is “to purchase vacant lots and plant orchards within the city of Philadelphia, in order to provide healthy food free or at low cost, create jobs, stimulate related business, reduce crime, increase summer cooling, make space for beauty and play.” It follows no standard model for an orchard, instead partnering with neighborhood-based organizations to facilitate what local residents desire and have the capacity to maintain. Its plantings of fruit and nut trees, berries, and perennials can take many different forms, from fruit-bearing street trees and neighborhood orchards with free harvest, to “edible community centers” with greenhouses, to small business ventures in food produc-

tion, processing, and sales. To combat pests, POP is using nontoxic Integrated Pest Management, fighting bugs with bugs.

In an immediate sense, POP is taking advantage of the opportunities presented by Philadelphia’s 40,000 vacant lots, many of which have been “cleaned and greened” by the Horticultural Society through Mayor Street’s Neighborhood Transformation Initiative. While most politicians and economic development professionals envision condos and townhomes going up on these lots, theoretically adding tax revenue through new residents, POP advocates establishing agriculture as a permanent part of the urban landscape. Its founder, Paul Glover, is a pioneer of alternative community economic development, best known for originating the local currency Ithaca Hours. He views orchards as a more equitable form of development than condos, “sparking thousands of related neighborhood-based ‘green collar’ jobs.” Moreover, their fruit can complement the vegetables grown in existing community gardens, which already make significant contributions to household economies. And the shade from the trees can help reduce air conditioning costs in the summer, and at the same time improve local air quality.

On a broader level, food security is an increasingly pressing issue, not only in low-wealth communities lacking access to nutritious foods, but on a worldwide scale. In the U.S. today, it takes roughly 10 calories of hydrocarbon energy to produce one calorie of food consumed at the table. The global industrial food system directly accounts for about 21 percent of worldwide fossil fuel consumption, and indirectly for more than that. In the U.S., the figures are as follows: 21 percent of all energy used in the food system goes to agricultural produc-

(continued on page 12)

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Next Great Orchard
(continued from page 11)

tion, 14 percent supports bulk transportation, 23 percent for processing and packaging, 11 percent of energy is in retailing and restaurants, and 32 percent in home refrigeration and preparation.

The energy-intensive nature of the U.S. food system results largely from its dispersed geography. The average ingredient in a meal in the United States is grown over 1,500 miles away. Local organic food production has a role to play in diminishing energy consumption in virtually all parts of the food system. It reduces the use of fossil fuel-based pesticides and fertilizers, limits the need for long-distance transportation, and typically requires a low level of processing, packaging, and refrigeration. Indeed, many Americans have embraced these and other benefits of local, organic food in recent years. In the Philadelphia region alone, sales at local farmers' markets more than doubled, from about \$750,000 in 2002 to \$1.8 million in 2006. Still, however, less than one percent of all food consumed in Greater Philadelphia is "locally" grown – within a half-day's drive of the city.

While farms like Greensgrow in Kensington, Somerton in Northeast Philly, and Weavers Way in the Northwest represent important steps towards

localizing the food supply, they account for a tiny proportion of what the city could grow. POP aims to help expand the overall production of local food by assisting for-profit and cooperative farms like these. And like the nonprofit Mill Creek Farm in West Philadelphia, POP is helping to foster broader civic capacity of communities to mobilize for local agriculture and related public health initiatives, such as improved nutrition and air quality.

The social potential of orchards is significant. They are far less labor-intensive than other sorts of farms, making them a more feasible community project. Like community gardens, orchards bring neighbors out of their homes to plant, tend, harvest, and connect with one another, enhancing social networks and safety, and giving people a greater stake in their neighborhood.

For communities in Northwest Philadelphia, it is important to note that vacant lots are not a prerequisite for a POP orchard. Street tree tenders and even underused private yards can become part of the POP network. Indeed, turning lawns to food production will be a vital part of adapting U.S. cities and suburbs to the ecological realities of the twenty-first century.

The Philly Orchard Project is an inclusive, grassroots organization that works thanks to the generosity of volun-

teers. Its principal vehicle for bringing people together is its "POPlucks," pot-lucks hosted in different communities after which orchards are planned or planted in nearby lots. But there are many other POP opportunities... POP is looking for land to plant; people who want to help; donations of plants and materials; and partners among community groups around the city.

For more information and to get involved, visit www.healthdemocracy.org.

Co-op member Domenic Vitiello is President of the Philly Orchard Project's board. Parts of this article are adapted



PHOTO COURTESY OF PHILADELPHIA ORCHARD PROJECT

VOLUNTEERS WITH PHILADELPHIA ORCHARD PROJECT

from his chapter, "Growing Edible Cities," in *Growing Greener Cities: Urban Environmental Issues in the 21st Century*, Eugenie Birch and Susan Wachter, eds. (forthcoming from the University of Pennsylvania Press).




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Please Pass the Salt

by Peter Samuel

Have you ever thought about how important salt is to everything in the world? Or considered how crucial it has been to the earliest trade routes and human settlement patterns throughout history? If not, you should read Mark Kurlansky’s book *Salt, A World History*. After digesting this book a few years ago, I became completely smitten with the relationship of food (especially salt) to human history. Kurlansky has also written a book called *Cod*, and a recent one – *The Big Oyster: History on the Half Shell*, but his book on salt still tops the list, and I highly recommend it.

I don’t think a day goes by when I haven’t reached for a salt-shaker to put a little sprinkle on something to “enhance” the flavor. Salt plays a more important role in food than most people realize. Not only does salt enhance flavor and act as a preservative, but in foods like cheese, it controls ripening and firming while influencing flavor-development during aging. In butter and cultured products, salt enhances natural dairy flavors while stopping the growth of undesirable microorganisms.

Salt, also known as sodium chloride, is an essential dietary nutrient, too. The sodium portion of salt regulates the body’s fluid balance, maintains proper blood pressure and volume, and helps in

the distribution of nerve signals. Without sodium, the body would be unable to transport nutrients or oxygen, or move muscles, including the heart. Chloride is essential for digestion and respiration. While the body contains about 250 grams of salt, we are continually losing it through natural processes and must replace our salt on a daily basis.

We have heard a lot about how people eat too much salt, and the problems it can cause, such as high blood pressure. Various organizations, including the National Academy of Sciences’ Institute of Medicine, have published recommendations for daily sodium intake. They say that healthy adults should limit their intake to between 1,500 and 2,400 milligrams a day. About 11 percent of the sodium in the average U.S. diet comes from adding salt or other sodium-containing condiments to foods while cooking or eating. But the majority of the sodium – 77 percent – comes from eating prepared or processed foods that contain salt.

One teaspoon of table salt has 2,325 mg of sodium (essentially your daily dose), and one tablespoon of soy sauce has 1,005 mg of sodium. Adding these or other sodium-laden condiments to your meals either while cooking or at the table might take you over the recommended dosage, especially if you are adding it to a pre-packaged food.

Your kidneys regulate the amount of sodium kept in the body. When sodium levels are low, your kidneys conserve sodium, and when levels are high, they excrete the excess amount in urine. If your kidneys can’t eliminate enough sodium, it starts to accumulate in your blood. Because sodium attracts and holds water, your blood volume increases, and that makes your heart work harder to move more blood through your blood vessels, increasing pressure in the arteries.

Some people are more sensitive to the effects of sodium than others, and can develop excess fluid retention and increased blood pressure. If you’re in that group, too much sodium in your diet can increase your chances of developing high blood pressure, a condition that can lead to cardiovascular and kidney diseases. Likewise, certain diseases such as congestive heart failure, cirrhosis and chronic kidney problems can lead to an inability to regulate sodium.

The best way to determine sodium content is to read food labels. The nutrition labels tell you how much sodium is in each serving. They also list the salt or sodium-containing ingredients and compounds. Examples of these include: monosodium glutamate (MSG), baking soda, baking powder, disodium phosphate, sodium alginate, sodium nitrate or nitrite.

Sodium naturally occurs in some foods, such as meat, poultry, dairy products and vegetables. For example, one cup of low-fat milk has about 110 mg of sodium. Taste alone may not tell you which foods are high in sodium – you may not think a bagel tastes salty, but a four-inch oat-bran bagel has 451 mg of sodium

All salt comes from the sea or remnants of it; this may be from the evaporation of present day seawater or the mining of deposits from prehistoric seas. The salt concentrations in briny lakes such as the Great Salt Lake in Utah or the Dead Sea in the Middle East are the result of ancient oceans. Salt gleaned from the sea is called sea salt while salt

mined from underground deposits is called rock salt.

Before refrigeration, which has only been widespread in this country for less than a hundred years, salt was crucial to preserving foods. It became one of the first international commodities of trade, and its production was one of the first industries. Salt has been searched for, traded for and fought over, and even used for money. One of our first needs for salt came when mankind switched to eating vegetables, grains and domesticated animals. Prior to that we got our daily dose of sodium from eating wild animals.

I’m sure you have noticed that much of the table salt we buy is iodized. This effort was started in the 1920’s after it was discovered that by the simple addition of iodine to salt the incidence of goiters (an enlargement of the thyroid gland) could be eliminated. It was the first example of a designed functional food. Since that time medical science has identified that iodine deficiency not only causes goiters but a 10 to 15 percent reduction in people’s I.Q., and can lead to mental retardation and cretinism. Around the world, iodine deficiency remains a major debilitating health problem. Natural sea salt has little iodine, so fortifying rock salt is an effective means of increasing people’s dietary iodine. At the 1990 World Summit for Children, the elimination of iodine deficiency was identified as the highest health priority.

The U.S. salt industry began in 1614 when the first non-native solar saltworks was established by the Jamestown colonists on Smith’s Island, VA. Now the U.S. is the world’s second largest salt producer after China, producing 46 million tons a year. Annual salt production worldwide has increased over the past century from 10 million tons to over 200 million tons today. Nearly 100 nations

(continued on page 14)



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Bob Noble

(continued from page 2)

sheet, with firm organizational, business and financial systems in place, with a bright outlook, and with expansion once again in our sights. While no one person deserves all the credit for the recovery, nobody I know thinks we could have done it as well without Bob at the helm. Bob organized the recovery committee, orchestrated community meetings, oversaw creation of the Accountability Committee. He led the Co-op through the difficult decisions that helped save Weavers Way. He unflinchingly absorbed the anger and frustration of members and others, and he did it calmly and with grace. He also did it with a remarkable degree of transparency, which led to a feeling of honesty and cleansing and a restoration of trust and confidence within the Co-op.

It is impossible to list every critical decision Bob helped make, or every action he led us through, but there were thousands of them. With decisiveness and patience, with unbelievable meticulousness and a willingness to listen, with boundless energy, thoughtfulness and absolute absence of ego, he led this organization through its most critical moments and almost unbelievably, we came out the other end better for it.

Weavers Way exists because a group of committed visionaries created it and a wonderful community sustains it. Bob Noble was in a position to take what appeared to be a disaster and with the support of the staff, the leadership and the members, he made this organization better.

No one kids Bob more than I do about his attention to detail. However, Glenn and I – and every board member – knows that we’ll have to raise our game, because his omnipresent eyes will not be dotting every “i,” and pointing it out when we fail to follow our own rules. There is no “thank you” big enough that this organization can ever offer to Bob – apart from allowing him to return to civilian life (although we may need to borrow him from time to time, and I will most definitely continue to call for advice). So, we’ll leave it at “Thanks, Bob,” but know that we say it with our absolute respect, appreciation, and love.

Managers Corner

(continued from page 1)

a sub group that is our sustainable group, looking at product purchases, systems for keeping track of certain products, helping us with overall sustainability audits (oh, more work).

I am sure I understand “sustainable,” but I wish I could just get a definition and a more concrete idea of how I should focus our resources towards a mutually agreed upon goal. Around food, I think I get it, but around some other products I am not sure I know what is right and where we should be focusing our attentions.

Over the next few months I hope to learn more about what the Princeton Sustainability Manager does and see if we can incorporate this into our processes at Weavers Way. In fact, if someone would like to assist on this research, e-mail me at gbergman@weaversway.coop.

Until next month... keeping sustaining.

Salt

(continued from page 13)

have salt-producing facilities ranging from primitive solar evaporation to advanced, multi-stage evaporation in salt refineries. The majority of salt produced is used in the chemical industry.

Very little salt is required – perhaps less than a third of a teaspoon a day – to get the sodium necessary for good health. In this regard, the advent of large-crystal gourmet finishing salts, especially those containing natural minerals that serve to reduce the amount of sodium, have become very popular with top notch chefs.

If you think you are “top notch,” here is a list of gourmet salts that are currently available at some specialty stores, or via the internet: Black Salt; French Grey Sea Salt from the coast of Brittany; Coarse Sea Salt; Flaky Sea Salt; Fleur de Sel (“flower of salt,” an artisan sea salt comprised of young crystals that form naturally on the surface of salt evaporation ponds, ideally from the Guerande region of France); French Sea Salt from the pristine Atlantic seawater; Celtic Grey Sea Salt (colored light purple by the clay

found in the salt flats); Hawaiian Red Salt (colored from the volcanic baked red clay); Sicilian Sea Salt; Kosher Salt, which is rock salt without additives and traditionally used in the preparation of meat; Smoked Sea Salt, which is a new product infused with natural smoke flavors; and, last but not least, our good old table salt.

Right now the Co-op sells sea salt, kosher salt, and standard, iodized table salt. When I recently bumped into manager Glenn Bergman he seemed interested in the idea of expanding the Co-op’s salt selection. He said that someday there would be a whole section in the store with gourmet salts, different kinds of olive oil, vinegars from around the world, etc. He said that some people might even want to use salt as a form of currency. You have got to love a man with vision. If you have thoughts on this, please send Glenn your comments, but until then, watch your sodium intake, and give Kurlansky’s book a read.

Concerts at Pastorius Park

Back by popular demand, Weavers Way will once again be supplying refreshments at the popular Summer Concert Series at Pastorius Park. in Chestnut Hill, Wednesday nights at 7:30 Sit under the stars, listen to great music, and eat delicious Weavers Way food.

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The Simplicity Dividend
The Wonky Tourista: An Eco-Travelog

by Betsy Teutsch

Walking out to the balcony for a closer look at the majestic Red Sea and Gulf of Aqaba from my hotel in Eilat, I read a subtle sign: “Opening the Balcony Door Turns Off the Air Conditioning.” How smart is that, especially on a day like that one, with the thermostat pushing 40° C (104° F)?

Israel is a small country with no fossil fuels to generate energy; all is imported, except for the roof-top solar water-heating. Israel has ratified the Kyoto treaty and throughout my time there I noticed clever strategies to reduce consumption while still maintaining a high standard of tourist comfort. Likewise, on our next stop, Greece, I observed how far the European Union is ahead of us in energy efficiency and conservation. Israeli environmentalist Alon Tal stated flat out, in a lecture on Israeli ecology: “Sorry guys. For innovation and best practices, we look to the European Union, not you in America.” Indeed the Old World is the now the New World as far as dealing with climate crisis and energy design.

Hotel rooms in Israel and Europe have a feature new to us but so widespread that they don’t bother to orient guests when checking-in: key-card activated electricity. Nothing happens when you hit the lights. Instead you insert your key card into a slot by the door, and that turns on the room’s circuit. When you leave, you remove it (if you forget, you’d have no key, so compliance is high) and that turns off all the electricity. One of our accommodations had a different version. Opening the door itself shuts off the electricity, in addition to the swipe card. This is very clever, except that being unaware of it, I returned to our room when my husband was in the shower. As soon as I entered the room, my husband was shouting from a completely dark bathroom, “Turn the lights back on ” Since I had no idea that I had unintentionally turned the electricity off, it was fortunate that the lights went back on when I closed the door. It takes a little getting used to, but one adapts very quickly.

One of our hotels had a clever dispenser of a product called Alphamousse, a European all-purpose cleansing lotion which can be used as shampoo or bath gel. Think of how much shampoo and soap is wasted, along with their individual packaging, by guests who use them for one day and toss the balance. The dispenser is simply refilled, and you withdraw whatever you need. Quite brilliant, and much cheaper and resource-efficient. Another strategy (which is no longer uncommon in the USA, I am happy to report) is including instructions for towels and bedding. These are all changed and laundered daily, an immense waste of water, soap, and electricity since often the towels are unused, and the guest is perfectly happy to sleep in the same sheets if staying multiple nights. If you don’t want your sheets changed, you leave the sign on the bed. You leave towels in need of laundering on the floor. All the lamps and fixtures I observed utilized CFL’s. The hallway of our hotel in Athens was not noticeably dim, but when we exited the elevator, suddenly the corridor

lights brightened. Such motion-activated controls are obviously well within the technological capabilities of American construction, but I have never seen them. These are all simple changes which decrease energy and resource consumption (and the hotel’s overhead expenses) while in no way degrading the lodging experience. Win-win.

In Greece, one notices immediately how much smaller cars are. The rare American style SUVs there look like clumsy behemoths, ridiculously unsuited to their surroundings. SmartCars were evident throughout Athens, little cars which perch with ease in tiny spots on narrow streets. On a wider street, they can be parked perpendicular to the curb, since their length is the equivalent of the width of a typical car. We saw many motorcycles and were particularly intrigued by a three-wheeler cycle with a roof and open sides. The Athens metro, expanded for the Olympics, was state of the art, cheap, and simple to navigate.

(continued on page 16)



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Celebrate 10 years of Garden Railway

by Susan Crane

Bring the family to the Morris Arboretum on Saturday, July 14 from 11 a.m. – 1p.m. to celebrate the Garden Railway’s 10th anniversary with former Eagles star, Hugh Douglas. Picture a miniature world of model trains, buildings, bridges, tunnels, trestles, and famous American train stations, set on a quarter mile track, outdoors in the Arboretum’s summer garden. Come see the train station where Abraham Lincoln arrived in Gettysburg before the famous address, the house of legendary train engineer Casey Jones, and many more. Dress in your favorite Eagles gear and get an autograph from Hugh Douglas while you explore this enchanted Garden Railway. Learn a thing or two about American history as well as getting a few football pointers from a Philadelphia legend as he demonstrates his football techniques. “Train-ing Day” events are free with regular admission into the Morris Arboretum. The Arboretum is offering youth football team discounts with pre-registration. Please contact Carol Lourea Black at 215-247-5777 ext 157 for further information on group attendance or go to our website at www.morrisarboretum.org.

Simplicity Dividend

(continued from page 15)

Public recycling receptacles were plentiful; the neighborhood’s largest receptacles were situated by the metro stop. That makes sense

Our last stop was the Athens airport. One would not expect an airport to be noticeably green, but this one is. The escalators are stationary, but as soon as you approach them, they activate. It is so subtle you don’t notice it unless you’re paying attention. We were there when foot traffic was very light. Probably at busy times of day they almost never stop. Once you see this it seems obvious, but I’ve been taking escalators all my life without ever registering that it’s pointless for them to run without any passengers. There were recycling containers throughout the airport. And to my amazement, the airport featured an Environmental Center. I checked it out and it was a full room of displays analyzing the present state and future goals for the eco-footprint of the airport itself, with charts, maps, and analysis in numbing detail. That’s what happens when you live in a Kyoto-committed country.

We all know what we need to do, and these countries are already doing it. What are we waiting for?

Former Co-op Kid Co-Founds Relief Group

by Carolyn Bjornson

“I am who I am in a large part because I was raised in Mt. Airy,” Ellen Rosenberg recently shared on a visit home from Cape Town, South Africa. Considering Ellen’s accomplishments, Mt. Airy has reason to be proud. Recently, Ellen flew home to surprise her mother, Co-op member and long-time Mt. Airy resident, Barbara Lissy, for her 60th birthday. Ellen has been living in Cape Town for the past two years.

A 2001 graduate from Central High School, Ellen went on to study Psychology at George Washington University. During her junior year, Ellen chose to study abroad at the University of Cape Town. An experience there changed her life and the lives of hundreds of children. While riding public transportation, the boisterous and charming Ellen struck up a conversation with a student from St. John’s University who was going to an orphanage to “hold the babies and change diapers.” Ellen couldn’t resist.

The young women rode to one of the most destitute shack settlements in South Africa, Khayelitsha, a town 20 miles north of Cape Town inhabited by one million people. There they were greeted by Rosalie Mashale and handed a baby to feed. A primary teacher by training, Rosalie found an abandoned baby on her doorstep one morning. Rosie took him in. Soon her reputation in the community grew as someone who had too much heart to turn a needy child away. When Ellen first met Rosie, there were about 50 children under Rosie’s care. Although Rosie worked tirelessly, Ellen realized more resources were desperately needed to sustain the Children’s Home. Ellen returned day after day that semester. She was heart-broken to leave the children, but needed to return to GWU to complete her studies.

Ellen’s promise to help Rosie exceeded all expectations. Upon returning to the States, Ellen contacted her international

exchange program, CIEE. She spearheaded a movement that promoted volunteerism among the college exchange students who were studying at the University. Today, over 10 colleges participate each semester and hundreds of students have volunteered at one of four orphanages.

During Ellen’s senior year, she focused on establishing a non-profit organization, CHOSA (Children of South Africa). As co-founder of CHOSA, Ellen has been instrumental in securing funding and writing grants to establish four orphanages. Approximately 400 orphans, many HIV-infected and affected, are being raised in a secure and loving environment. The homes offer food, healthcare, education and a refuge from the surrounding violence. CHOSA now employs 22 permanent staff members. Today there is day-care, a community clinic, a neighborhood soup kitchen, a second-hand shop, regular visits by a doctor and two nurses and a wood working shop. In the near future, an HIV/AIDS family education and refuge center will be built.

Many *Shuttle* readers may know Ellen



PHOTO COURTESY OF BARBARA LISSY

ELLEN ROSENBERG (RIGHT) AND FELLOW FORMER CO-OP KID LIZZY HARRIS WHO WAS VISITING HER IN SOUTH AFRICA. IN FRONT OF EMASITHANDANE, ONE OF THE CHILDRENS' HOMES CHOSA SUPPORTS.

from her days at the Germantown Jewish Centre or remember her playing for the Wild Things softball team or, in her teen years, as babysitter extraordinaire. Did Ellen serve you a meal while waitressing at the Trolley Car Diner? If there is no connection but the simple fact that Ellen is a fellow Co-op shopper, consider making a donation to CHOSA. How reassuring to know that every dollar will be well spent. Donations are tax deductible since Ellen established this as a 501c3 non-profit. You can send checks to

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Certification Yanked at Big Organic Dairy

by Samuel Fromartz, for Sustainable Foods News

In a sign that pressure is mounting on big confinement organic dairy farms, Quality Assurance International, a major organic certification agency, has yanked certification for the Case Vander Eyk organic dairy in California, an operation with an estimated 3,500 cows.

This dairy in the central valley of California has been the subject of complaints by the advocacy group, Cornucopia Institute. But QAI's decision marks the first time a certifier has suspended a big confinement dairy, though these farms have been criticized for years.

"The process took quite a long time," one source with direct knowledge of the situation said, because of the review requirements under the USDA's National Organic Program.

Once certification is suspended, as it was in this case in mid-May, the operation can no longer sell its products as organic. It can, however, appeal the certifier's decision to the NOP, which then reviews the details of the case.

One source said the farm didn't comply with organic regulations in a number of areas, including pasture.

The Vander Eyk dairy was among several large-scale farms that became lightning rods in the organic industry over the past several years as the organic dairy market expanded at 20-30 percent a year.

Several large scale farms came on line and others were looking to transition to the market. But many organic dairy farmers, consumer groups and advocates strongly objected to these confinement dairy farms that offered little or no pasture to their milking cows.

Complaints were filed with the USDA's National Organic Program and efforts redoubled to tighten up the regulatory language requiring pasture so these large-scale confinement farms would be shut down.

The Vander Eyk dairy, which had both conventional and organic operations, had



THE VANDER EYK FARM WAS A SPLIT OPERATION, ORGANIC COWS ON RIGHT, CONVENTIONAL COWS ON LEFT. THIS TYPE OF OPERATION IS VERY COMPLEX AND CONTROVERSIAL IN THE ORGANIC COMMUNITY

been selling milk to Horizon Organic, but it was yanked as a supplier when its contract ran out in 2006, because it no longer met the company's standards. Horizon, the largest organic milk company, had come under a lot of pressure for a large-scale dairy farm it owns in Idaho. But it has since invested millions in the farm to add pasture in a process that is now nearly complete.

Horizon Organic has backed a tighter organic pasture standard, calling for cows to graze at least 120 days on pasture with at least 30 percent of the cow's nutritional needs coming from fresh grass. Organic dairy farmers nationwide are pushing for this strict language and it is currently under review by the NOP.

The Vander Eyk farm was among several, such as Aurora Organic in Colorado, which did not offer meaningful pasture access to its cows. But the language was so vague in the current regulations that it became a loophole that allowed organic confinement farms to exist, much to the dismay of many organic proponents.

"Your headline should read 'Case Closed,'" said Mark Kastel of Cornucopia Institute.

But the final chapter of these big organic dairy farms has yet to be written.

Samuel Fromartz is the author of Organic Inc. and blogs at Chews Wise.

PHOTO COURTESY OF THE CORNUCOPIA INSTITUTE

Parking Meter Smart Cards at Co-op

by Jonathan McGoran

Tired of lugging around pocketfuls of change just so you can park in the city? Weavers Way is now selling Smartcards, prepaid cards for use with the city's parking meters.

The Philadelphia Parking Authority recently upgraded the city's parking meters and all meters now accept both Smart Cards and coins.

To pay for parking with your Smart Card, simply insert it into the slot on the parking meter. The meter will read the tiny microchip embedded in your card and show you how much money is left on your Smart Card.

Your card will automatically begin adding time to the meter in 25¢ increments, deducting that amount of money from the remaining value on your card. When you reach the desired amount of time on the meter, remove your card from the slot.

Cards will not add time beyond the meter's pre-set limit, or if purchasing additional time would carry you into a time when parking is prohibited on that block. At this time, Smart Cards are not to re-loadable; when your Smart Card runs out, please discard it and purchase another.



Green Electricity

(continued from page 1)

digester captures methane gas from cow manure, and produces electricity with a generator while recovering the waste heat. The farm system will displace electricity on the grid – keeping CO₂ pollution out of the air – and will also burn the captured methane (a much more potent climate altering gas) that would otherwise have escaped from its manure-storage lagoons. The numbers show that the amount the project offsets in CO₂ is roughly equivalent to keeping 200 gas-guzzling SUV's off the road for a year.

Carbon offsets are used to counterbalance the CO₂ emissions the Co-op can't avoid. We really have to keep the ice cream frozen. Offsets are not an excuse to pollute – it's just as important to conserve

In our effort to conserve and improve our energy efficiency and sustainability, we have done a lot to use energy more efficiently and reduce our carbon footprint. We have replaced some refrigeration equipment with new, more energy-



PHOTO COURTESY OF NATIONAL RENEWABLE ENERGY LAB

SEE IF YOU CAN SPOT THE RENEWABLE ENERGY SOURCE IN THIS PICTURE.

efficient models. We regularly maintain all of our equipment in top operating order. We have insulated our ceiling spaces, coated our store roof white, and use compact fluorescent bulbs at every opportunity. And we are looking to develop a more comprehensive composting system with our urban farm. And there is the possibility that we may be able to install solar electric and hot water panels up on the roof. More on that in future Repairs, Maintenance and Environment updates.

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Price Comparisons:

A Merchandising Odyssey

by Josh Giblin

Getting Started

Recently, I have engaged in a comprehensive price comparison campaign. Together with the efforts of a very dedicated cooperator, I have compiled a list of products that Weavers Way carries that are also carried by stores such as Whole Foods, Trader Joes, Genuardi's and, to a lesser extent, ACME. In general, we are most like Whole Foods in the type of products we offer and the degree to which we offer them, proportional to our size. In many cases, you can get similar products at most of these stores, but not always the exact brand. Also, once you start looking for Organic/Sustainable/Local, your options decrease significantly once you leave Whole Foods. In this freezer comparison, for instance, there was about 90 percent crossover with Whole Foods, 50 percent with Genuardi's, 25 percent with ACME and probably more like 10 percent with Trader Joe's. One other difficulty in comparing Weavers Way to places like Trader Joe's in particular and other stores in general is that they often have comparable products available under a store's personal brand. When doing this, they are able to offer significant savings due in part to large-quantity-purchasing over their entire organization. That being said, we can get a good sense of how competitive we are, not only in costs but also in range of products, by looking at

national brands. I began my investigation with a look into the deli/cheese department at both Weavers Way and Whole Foods. I found that most items we had in common were priced per pound; whether items were offered pre-sliced/pre-packaged or cut to order was not a concern. The following is a list of 37 items found in both stores. A large difference in price on a particular product is most likely due to different brands purchased. When there was a choice between a more or less expensive product in the same category, Roast Turkey for instance, I chose the lowest cost product available.

A Closer Look

As you can see, there is a mix of higher and lower-cost items in our cheese department. Whole Foods has a much broader selection of specialty cheese, but our sliced cheeses were generally less expensive. When it comes to sliced meat, Weavers Way was consistently lower and had significantly more meats available. To understand how this might actually impact your wallet, I "purchased" 1/4 pound of each weighed item. From the cheese offerings, there was a savings of \$7.39 when shopping at Weavers Way. In sliced meats, the total Weavers Way savings was \$8.46. There were also three cheese items at both stores that were

(continued on page 19)

Deli Price Comparison

November 2006

	Whole Foods	Weavers Way	Price Difference
Cheese by the Pound			
Arina Goat Gouda	13.49	13.53	+ 0.04
Buffalo Mozzarella Balls	8.99	6.50	- 2.49
Camembert	9.99	12.89	+ 2.90
Danish Blue	6.49	7.75	+ 1.26
Drunken Goat	12.99	10.55	- 2.44
Dubliner	5.49	7.79	+ 2.30
Gouda	4.99	6.60	+ 1.61
Grated Parmesan	14.99	5.19	- 9.80
Grated Romano	8.99	5.66	- 3.33
Havarti	7.99	6.25	- 1.74
Havarti w/ Dill	6.99	6.25	- 0.74
Heine's Yogurt Cheese	6.99	5.40	- 1.59
Jarlsberg	4.69	6.92	+ 2.23
Locatelli Romano	10.99	9.66	- 1.33
Manchego	16.99	12.89	- 4.10
Mozzerella	3.99	3.95	- 0.04
Parmagianna Reggiano	13.99	13.99	0
Shredded Mozzarella	4.99	4.66	- 0.33
Smoked Gouda	8.97	5.15	- 3.82
Sliced Cheese			
American	7.99	2.88	- 5.11
Muenster	5.99	4.59	- 1.40
Provolone	6.99	4.98	- 2.01
Swiss Emmentaler	7.99	8.75	+ 0.76
Individual Cheeses			
Epoisses, mini wheel	14.99	10.65	- 4.34
Organic Valley Cheddar, 8 oz.	4.99	4.77	- 0.22
Ski Queen Gjestot, 8.8 oz.	5.99	6.98	+ 0.99
Deli Meats			
Maple Honey Turkey	8.99	8.69	- 0.30
No Salt Turkey	10.99	7.99	- 3.00
Pepper Turkey	8.99	8.43	- 0.56
Prosciutto	19.99	8.99	- 11.00
Roasted Turkey	8.99	8.65	- 0.34
Salsalito Turkey	8.99	8.26	- 0.73
Smoked Turkey	8.99	6.36	- 2.63
Turkey Pastrami	8.99	7.95	- 1.04
Turkey Salami	6.99	3.28	- 3.71
Virginia Baked Ham	8.99	6.55	- 2.44

Prices shown may not reflect most current prices at these stores.

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Fresh Food Price Comparison		May 2007	
	Whole Foods	Weavers Way	Price Difference
Seafood by the Pound			
Artic Char	11.99	10.73	– 1.26
Blue Fish	4.99	5.95	+ 0.96
Scotland Salmon	12.99	10.50	– 2.49
Sea Scallops	14.99	11.50	– 3.49
Shrimp 16-20 (21-30 ct. @ WF)	14.99	8.99	– 6.00
Yellow Fin Tuna	22.99	12.43	–10.56
Other Meats by the Pound			
Boneless Chicken Breast	5.99	5.62	– 0.37
Chicken Sausage	5.99	4.99	– 1.00
Turkey London Broil	8.99	6.75	– 2.24
Whole Fryer Chicken	2.39	2.69	+ 0.30
Prices shown may not reflect most current prices at these stores.			

This price comparison of seafood, meat, and chicken was compiled in May 2007 by Fresh Foods Manager Dale Kinley

Price Comparisons
(continued from page 18)

priced by the item. Buying all three at both stores, you would save \$3.57 total at Weavers Way, which is pretty significant. I hope that this gives you a sense of how well we are doing with respect to our largest competitor. One thing I am willing to bet on, however, is that you don't know the names of the Whole Foods cheese personnel, nor have you had the opportunity to rub shoulders with them behind the counter, helping to keep the department running smoothly.

One Last Note
Some changes in the Deli case that you may be aware of already are a fresh coat of paint, a streamlined approach to labeling (front and back) and a new display board on the side of the deli case. Also, Margie has been making an effort to highlight local cheese as part of our Buy Fresh Buy Local commitment. As always, we appreciate your input, and if there is a deli offering that you would like to see that we don't currently carry, please leave a note for Margie in the suggestion book.

U.N. Calls Organic Agriculture Possible Answer to Food Security

New paper highlights model showing organic can feed the world; IFOAM to advocate changes favoring organic agriculture

by Sustainable Food News

Kicking off a three-day conference in Rome, the U.N.'s Food and Agriculture Organization recently released a paper demonstrating the huge potential of organic agriculture for food security. "Organic agriculture is no longer a phenomenon in developed countries only, as it is commercially practiced in 120 countries, representing 31 million hectares and a market of \$40 billion in 2006," the agency said in the paper titled, "Organic Agriculture and Food Security," presented at the international conference Organic Agriculture and Food Security. The conference is organized in partnership with the International Federation of Organic Agriculture Movements (IFOAM).

The paper identifies the strengths and weaknesses of organic agriculture with regards to its contribution to food security, which encompasses food availability, food access, food stability and food utilization. "Given the global conditions of war, climate change, disasters and inequity, food security is not just a matter of production figures," said IFOAM Executive Director Angela Caudle. The paper also quotes recent models of a global food supply grown organically, which indicate that organic agriculture could produce enough food on a global per capita basis for the current world population. "These models suggest that organic agriculture has the potential to secure a global food supply, just as conventional

agriculture is today, but with reduced environmental impact," according to FAO. The paper calls on governments to "allocate resources for organic agriculture and to integrate its objectives and actions within their national agricultural development and poverty reduction strategies, with particular emphasis on the needs of vulnerable groups." The paper recognizes that "most certified organic food production in developing countries goes to export" and adds that "when certified cash crops are linked with agro-ecological improvements and accrued income for poor farmers, this leads to improved food self-reliance and revitalization of small holder agriculture."

The outcome of the conference will be a thorough assessment of the state of knowledge on organic agriculture and food security, including recommendations on areas for further research and policy development. The Report of the Conference will be submitted to the 33rd session of the Committee on World Food Security, both to inform government delegations from around the world and to provide a basis for tangible actions to be taken by the FAO. In May, IFOAM advocated that the outcomes of the conference should be taken into consideration by the 33rd Committee on World Food Security, which should result in policy changes within the FAO that favor organic agriculture, IFOAM said in a statement.



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Save a Planet! Save Money! Save the Date!

“Philly Greenfest” Planned for Sunday, Sept. 9

by Pamela Rogow

Last year’s Mt. Airy Village Fair was a hoot. The project grew from an early summer suggestion by Sheila Avelin, owner of the Big Blue Marble Bookstore, that what we needed around here was a block party (writ large). An ad hoc committee formed which also included my studio, MaMa; the Maternal Wellness Center; High Point Café and the Co-op. Jimmy Frail arose before dawn to bake eight-inchers for the World’s First Organic Pie Eating Contest. At least 1,500 people anointed the area around this intersection “the Village” that day. And by all reports, they were glad of it.

Another first-time street fair was born around the same time. I had called the Urban Green Partnership (UGP), an organization not much older than our own committee, a few weeks earlier to see if they had anything in the works that we might borrow for our fair. Nothing worth the shipping (think carbon footprint) it seemed, but it was the beginning of a great conversation with UGP founder J.J. Biel-Goebel.

The “South Street Green Festival” was held the week prior to ours, along one block. Intense grassroots marketing, supported by dozens of volunteers, pulled off a resounding success. The festival attracted 40 exhibitors, bands, all the declared mayoral candidates as speakers – and 6,000 people.

Police Lt. Gerry McShea whose detail oversaw the event confirmed that number, adding that the festival “attracted a real diverse crowd. It rang good from

beginning to end.” Maurice Sampson, Philadelphia’s celebrated recycling leader, collected more than 2000 signatures that were presented to the City Council. (This was one of a number of big-picture efforts which have shifted the political conversation in the city toward sustainability.)

Everyone I spoke with described the festival with enormous enthusiasm. This fair was meant to be. In fact, in San Francisco, D.C., Seattle and Chicago, the Green Festival – a joint project of Global Exchange and Co-op America – is an indoor, ticketed event that attracts upwards of 30,000 people, several hundred exhibitors and at least 100 speakers.

Cutting to the chase: This year, I’m producing the UGP-birthing festival. We’ve gone regional – it’s now “Greenfest Philly” – quadrupled in scale and scope. The festival will traverse four blocks along South Street (from 7th to 11th) from 11 a.m. to 6 p.m., and take in some satellite locations as well.

Isaiah Zagar’s Mosaic Garden will be open to the public... except for the magic moment during the fair when we host a real green wedding on site. Well more than 100 exhibitors – organizations, businesses, designers, schools – will showcase their best. We’re planning a Musicology Concert, eco film forum and tons of “Serious Fun.”

The mission of Greenfest Philly is to accelerate the greening of Philadelphia and the planet. We’re focusing this year on green building, food, fashion and

design, and transportation. The Delaware Valley Green Building Council is organizing a free speakers symposium, geared to residences. And the esteemed Leonard Gontarek is planning the green Poetry Project. The streetside catwalk with eco-fashions is being organized by Ashley Gehman, hair and makeup courtesy of Aveda.

The firm Design for Social Impact has produced our logo. Dennis Murphy has created the inaugural iteration of our website. And early sponsors are making it possible to see the forest through the sustainable trees – Whole Foods Market, Golden Blossom Honey, SCA Americas, Recycle Bank, Philly Car Share, the Sustainable Business Network, Sun & Earth, Environmental Home and Trophy Bikes among them.

Still, we are grassroots – and guerilla marketing-dependent (no ad budget). The cadre of volunteers will swell to 100 as Greenfest Philly nears. At least they’ll get T-shirts and some good grub. College interns will have presumably not just produced serious fun, but had some.

Which reminds me: If you’re interested in volunteering or interning, the Festival office is in Chestnut Hill, right off the St. Martin’s stop on the R8 line.

Check out our website, keep in touch, and on Sept. 9, come out and party as if there is a tomorrow. For more info, visit www.greenfestphilly.org or e-mail greenfest@urbangreenpartnership.org.

10 Reasons to Be a Gardener

by Mark Goodman

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Weavers Way Chess Club Offers Formal Instruction

by Susan Saxe Smith

In response to increased interest from young and beginning players, the Weavers Way Chess Club is now offering classes designed to introduce novice players to rules and tactics that go beyond the basic moves. Classes will be held during the first half hour of the club's weekly meeting, from 7 to 7:30 p.m. every Monday. Students may then stay for open play, which will continue until 9 p.m.

Al Pearson, who heads the club, presents the lessons on topics of interest to relative newcomers to chess, such as evaluating the safety of moves, openings, tactics, and endgames. Players of all ages are welcome to participate.

Because one of the purposes of the club is to encourage competitive play, all club meetings will stress adherence to tournament rules such as refraining from unrelated conversation, not touching pieces except to move them, learning the proper use of the chess clock and much more. Players will also learn chess notation so they can understand instructional books and articles and record their games to analyze them and learn from their mistakes.

As Al Pearson says, "Kids can be exuberant, but if they want to play competi-

tively, they need to develop focus, concentration, and proper chess manners. It would be a shame to be disqualified in a match on a technicality for talking, using the wrong hand on the clock or some other habit that could have been overcome with the consistent practice."

"Kids will benefit from this in all aspects of their lives," he added.

"Chess has been shown to improve scholastic performance and thinking skills. Chess also builds good life skills, patience, self-discipline, fairness, courtesy, and good sportsmanship... But even more importantly, chess is an art and worthy of pursuit for its own sake."

Experienced players may come at 7 p.m. and play quietly through the lesson or just show up at 7:30. Or come to help out with teaching, coaching and evaluating students. As Al points out, it doesn't take long for a beginner to develop into an interesting opponent.

Parents bringing young players to the club are encouraged to sit in on lessons, at least for the first few classes, so that they can help encourage good chess-playing, practice, and comportment, both at the club and at home.



PHOTO BY SUSAN SAXE SMITH

AL PEARSON (STANDING) TEACHES IMPRESSIONABLE YOUTHS HOW TO RUTHLESSLY CRUSH THEIR OPPONENTS

Chess Club Plays Mt. Airy Day

Chess club members turned out to take on all comers at Mt. Airy Day as young and old took their turns at six boards set up on the grounds of Upsala on Germantown Ave. from 11 a.m. to 5 p.m. The location, close to the stage

where many performances and political appearances happened throughout the day, presented a good chance to hone the skill of concentration with so many interesting and loud activities going on nearby. Nevertheless, a good time was had by all.





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Suggestions

(continued from page 24)

with Chinese ingredients in pet foods, toothpaste, and patent medicines being poisonous indicate that Chinese suppliers are a creative bunch when it comes to finding ways to increase profits by skimping on quality. For American consumers, it's another of the many cost/benefit decisions to weigh. Organic food gets cheaper but the risk of poisoning goes up. Once again, I opt for the reduced-stress "What me worry?" approach. What you don't know might hurt you, but if it does you won't care because you'll be gone. Interestingly, organic soybeans (and edamame) often come from China because of concerns about genetic modification of U.S. soybeans. Seems like we have problems no matter where our food is grown. By the way, if you buy frozen organic vegetables, take a look at the packages and notice the country of origin is stamped, not printed. The country of origin seems to change on these items. A month ago Cascadian Organic Broccoli was stamped "product of China," today's is "product of Mexico." Lucky for us we have our own

"product of Germantown" organic broccoli right now, grown just two miles away by our own farmers, Dave and Dave.

s: "Pepperidge Farm is making whole grain fish and they're yummy "

r: (Chris) I'll mention this to our Pepperidge Farm delivery guy. He brings product and puts it on the shelf (we don't actually "order" anything), but I will ask him to include "whole grain fish" in what he's bringing us.

s: "Those Tropical Treat Popsicles are full of sucrose and corn sweeteners. Why not take a box of your fruit juice 'Freezers' and sell them individually. At \$.25 you'd make a profit and this mom would feel better about what she's buying as a treat at the Co-op. Thanks "

r: (Chris) I understand completely. I am going to make space for *organic* frozen fruit bars, probably by the end of June...

L • E • T • T • E • R • S

Dear Neighbors,

I was pleased recently to take part in beginning to mobilize the Chestnut Hill community around a national non-profit organization called KeepKidsAliveDrive25. I (with the help of neighbors Jen and John Follo) began by selling lawn signs at the local spring festival. The community response was overwhelming; people were desperate for a solution. We sold out of the lawn signs by 1 p.m. (The sign messages are "check your speed", "no need to speed", "keeps kids alive, drive 25", etc.) The next step is to further educate drivers. We published an op-ed in the Chestnut Hill local and plan on handing out pamphlets to make everyone aware of the program.

In addition, I am reaching out to the Mt. Airy community for your support and participation. At the Chestnut Hill Garden festival and recently at the Jenks School concert, I spoke with many Mt. Airy residents concerned about the unchecked speeding on Mt. Airy's residential streets.


I urge you to take a look at the national website, www.KeepKidsAliveDrive25.org, and commit to help make Mt. Airy's streets safer. My vision is to see increased community involvement spanning Chestnut Hill, Mt. Airy, Germantown and someday the entire city of Philadelphia. Purchasing and displaying a lawn sign sends the message that you care about your neighborhood and you will not tolerate speeding. We need to work together to increase consciousness about the way in which we drive and the impact of our behavior upon the community.

It is our hope that Weavers Way Co-op becomes Mt. Airy's location for selling the signs and dispensing other traffic-calming educational information.


I very much look forward to hearing from you. I can be reached at chdrive25@verizon.net or via cell phone at 856-278-3155.

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Headhouse Farmers Market Grand Opening, July 22

by David Adler

On July 22, Michael Nutter, Philadelphia's Democratic mayoral nominee, will celebrate the opening of the Headhouse Farmers Market at the Headhouse Square Shambles (Second and Lombard Sts.). There will be much to celebrate. Not only will the new farmers market be the largest farmers market in Philadelphia (25+ farmers and producers) but it will also be a historic occasion. The market will be located in the oldest extant outdoor marketplace in the nation. This historic location will be brimming with the freshest, finest produce and culinary delights our region has to offer.

To celebrate the opening of the market, PhillyCarShare will be sponsoring a local chef competition. Local chefs will select fresh ingredients from the market and compete to create the best dish from local products. The hardest part may be choosing what to use. Sweet corn, tomatoes, blueberries, cantaloupe and watermelon will all be in season. Local producers will also come with a wide range of European style breads, delicious cheeses, and free-range meats.

Customers at the new Headhouse



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The Grand Opening Celebration will be an important day for Philadelphia. The Headhouse Farmers' Market is a much anticipated and eagerly awaited addition to the thriving Philadelphia food scene. In addition to lending your support by shopping at the market, you can also help with much needed donations to help keep the market operating. You can give online at www.thefoodtrust.org.

PHOTO COURTESY OF THE FOOD TRUST

Weavers Way Farmers Market Back in Action



PHOTO BY JONATHAN MCGORAN



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Suggestions

by Norman Weiss

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

Seems like lots of people are concerned about global warming. While I admire Al Gore and the scientists and environmentalists that are trying to get everyone to understand how our actions are resulting in global warming and that that there is only a short time left to remedy the situation and that fairly drastic changes need to occur in a short window of time, I say lets take a step back and reflect on all the issues before we take any

action. For one thing, all this worry about the future increases stress, which some people deal with by finding activities that relax them, like taking long drives in the country, and/or shopping, and getting take-out. All of which contribute to global warming. I prefer to take the “What me worry?” approach and wait and see if the problem solves itself. If it doesn’t, I take the adaptive approach of, “Oh well, too late to do anything now, might as well go with the flow,” even though in this case the flow might be a tsunami.

Speaking of environmentally friendly actions, one locally produced item many people have gotten away from is water. Our country has gone bananas for bottled water; it has become a huge sales category for retailers and has an enormous profit margin for the bottlers. Of course, fueling those numbers is the public, paying premium prices in stores for something that is already available at home for a small fraction of the price. In addition, we are paying for the manufacture of the bottles (which are petroleum based), the disposal of those bottles, the transportation (more petroleum), and the marketing of the brand. In addition, water tables in some areas where water is bottled is being depleted, to the detriment of local populations. Sounds ridiculous, why would anyone choose to overpay and

pollute when they didn’t have to? This is a special form of insanity that inflicts Americans. One antidote is right upstairs at the Co-op. Make your own bottled water. We stock filters and bottles, including one sport bottle made of PLA (corn) that has a built in filter that you can use 90 times. At \$7 per bottle that’s eight cents per fill up, plus a few cents for the water itself. Glenn and I were also discussing installing a reverse-osmosis filter at the Co-op so people could bring bottles and fill them. Reverse-osmosis is the most effective form of filtering. The system would probably have to be located in the pet store; would people cross the street to get it? Let us know.

suggestions and responses:

- s: “Liquid stevia – better for you and tastes better.”
- r: (Chris) No room to add this item at this time, but it can be preordered, one or more bottle, 1.3oz or 4oz. See Chris or Norman for details.
- s: “Bring back the Nutted Rice Pilaf ”
- r: (Chris) We dropped the Casbah Nutted Pilaf in order to expand our selection of Asian rices, favoring, and *ingredients* rather than instant meals-in-a-box. You are not moved to buy this, I can tell. Casbah Nutted Pilaf is available as a preorder, \$22.86 for a case of twelve.
- s: “Please reorder the Stonyfield Farm Banilla yogurt. Thanks.”
- r: (Chris) Stonyfield is not making this yogurt at this time. We are ordering it every week, we’ll get it back as soon as we can.
- s: “Sharp/aged provolone.”
- r: (Margie) Find it in the Prepared Foods case with the specialty cheeses.
- s: “Thank you for the organic Rice Divine I was just about to write in asking for it, and there it was Yay ”
- (Chris & Norman) Glad you like it,

thanks for writing. Rice Divine had been requested by shoppers and replaced Rice Dream in the freezer, which had stopped selling well.

s: “Thank you for selling Metropolitan’s (wonderful) millet muffins. Is it possible to carry them on a regular basis? Thank you for considering it.”

r: (Nancy) We can try them one time per week.

s: “Why never any wild (not farm-raised salmon)?”

r: (Dale) Wild salmon has a season, June-Sept. We prefer to buy it in-season.

s: “Thanks for the Fair Trade, fair price bananas. I appreciate the integrity, and the bananas are good.”

r: (Jean) Thanks I agree on both integrity and taste.

s: “How about alternating the Taco/Burrito Smart Ground with the Regular? Both are great, but sometimes I’m looking for pasta sauce that doesn’t taste like the burritos I served for dinner the night before.”

r: (Margie) I ordered the regular. It is mixed in w/the Taco/Burrito. We also sell Lightlife Gimme Lean veggie ground beef, plain and sausage. It is located next to the Tofurkey products and below the salad dressings in the cheese case.

s: “Can we please stock more products made with ingredients from China? I enjoy a little mystery and danger in my food.”

r: (Norman) We do stock many products with ingredients from China. There has been a trend in recent years toward China becoming an important organic grower of vegetables, beans and seeds for export. Many organic manufacturers of prepared organic products source Chinese ingredients. The recent problems

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Donor Kidney Sought for Co-op Staffer

by Jonathan McGoran

The best thing about Weavers Way is the people. And one of the great things about being a member is the close bond that you form with the people that you see every day. It is an over-used cliché, but in this case an appropriate one, that in many ways, we are like family.

And when one of our family needs help, we pitch in.

Dale Kinley has worked at Weavers Way for over 25 years, almost since the beginning. For the last 20 years, Dale has been living with a transplanted kidney. Now, however, that kidney has begun to fail.

Dale has been on dialysis for the past few months, and she is back on the transplant list, but as everyone knows, the waiting list is very long.

We are asking members to consider being a live donor. We all know this is a major decision, and even though a person can live with one kidney with no ill-effects, it is something to be considered very carefully before a decision is made.

Since the screening process is not without cost, the transplant program asks that possible donors be as certain as possible that they are willing to proceed with donation before volunteering for screening.

Potential donors must be between the ages of 21 and 60, in good health and av-



DALE KINLEY

erage build, with blood types A or O, and with no history of cancer, diabetes, or high blood pressure. A simple blood test checks for compatibility.

The recipient’s medical insurance pays for the donor’s medical expenses. In many cases, employee disability insurance will help cover lost income and Weavers Way has pledged up to \$2,000 to help offset the loss of income during recovery from the transplant surgery.

If you are interested in being screened for a match, and you are in good health with a blood type of A or O, send your name and contact information to: contact@weaversway.coop; or call 215-843-2350 ext. 303; or mail it to: Weavers Way Co-op, 559 Carpenter Lane, Phila., PA 19119, attn: Transplant.

Welcome to Weavers Way Cooperative Association

Dear Neighbor,

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

DAY	DATE	TIME	LOCATION
Wednesday	Jul. 11, 2007	6:45 p.m.	GJC
Wednesday	Aug. 1, 2007	6:45 p.m.	GJC
Saturday	Sept. 8, 2007	10:30 a.m.	CA

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

Robin Cannick, Membership Manager+

PLEASE RETURN THIS PORTION TO WEAVERS WAY

Someone from my household will attend the orientation meeting on _____

Name (please print)_____

Phone Number_____

Address (including zip code)_____

Equal Exchange

Coffees of the Month

Organic Ethiopian

Exotic and complex, with heavy body, gentle acidity and hints of vanilla, black pepper and raspberry

\$6.99/lb.

Reg. \$8.99/lb

Organic Guatemalan French

Vanilla aroma with a spicy flavor, vibrant character and smoky aftertaste

\$7.75/lb.

Reg. \$8.75/lb