

# the Shuttle

## Manager's Corner

### Philadelphia Markets

by Glenn Bergman, General Manager

As you know, we have been searching for a location for an expansion into the Chestnut Hill area. This was recommended by our market consultants, by one of our banking partners, and by many residents of Chestnut Hill (and the surrounding areas) who are members or would like to be members of Weavers Way. One of the reasons we continue to look at this region of the city is not that there are no choices for residents in this area, but that we can increase our base of shoppers who will purchase many of the local (and sometimes more expensive) products that we want to source from local independent farms, which will in turn assist us in our efforts to expand into other, more underserved areas of the city. We are currently working on obtaining assistance for a plan that requires major construction on a specific location.

Part of this goal of opening smaller stores to sell healthy food in under served areas is going to start with our work on the Ogontz expansion. In this column I want to provide you with a few important facts from a report by The Food Trust in 2001 that I find truly compelling.

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### Down on the Farm

## Spring Has Sprung

by David Zelov, Farmer

Spring has finally sprung! The first crops have been planted, the weeds are starting to come back, groundhogs are emerging hungrily from their burrows and cooperators have returned to Weavers Way Farm. It's the beginning of a new season after a seemingly short and not-very-harsh winter and we once again need your help. As usual, activities will vary seasonally, but just to give you a rough idea of what to expect when you sign up for a farm shift:

During the months of March and April, most activities will consist of bed-preparation and planting, with perhaps a little weeding thrown in for a few lucky individuals. This can be some of the more strenuous work, particularly the shoveling and raking involved with bed prep, but planting is not exactly easy on the back either. Once late April rolls around, we will begin to harvest (hopefully) the first crops. Last year, the baby bok choy was the first to come in. While I expect it to place in the top three this year, with the way things look in the greenhouse, either the Tokyo bekana or Tatsoi (both midsized Asian greens) might take the crown. The

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## Co-op Staffer Luis Cruz Named Manager of Weavers Way Ogontz Store



LUIS CRUZ, RENAISSANCE MAN

by Lainey Webb Moseley

Everyone has read by now that Weavers Way is opening a new mini-store in Ogontz, but has anyone met Luis Cruz, the new manager? Until the new store opens in April, you can still find him at the store on Carpenter Lane working in the receiving department, but get to know him, because he is fascinating! I planned on taking 15 minutes to do a quick interview for this article, but realized quickly that I had only given myself enough time to just scratch the surface of Luis' life.

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## Longtime Member Rachel Milenbach Hired as WWCP Executive Director

by Jonathan McGoran

"When I did my first work shift on the farm this past October, I fell in love with the land and what Dave Zelov and Dave Siller have accomplished there," says Rachel Milenbach, newly hired executive director of Weavers Way Community Programs (WWCP).

"Shoveling compost with Dave Siller during my co-op work shift felt like I had come home," she says, explaining, "As a teenager, I spent several summers on Longacre Farm in Central Pennsylvania. It changed my life and inspired much of the work I have done with children and youth. I know first-hand the powerful effect of

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RACHEL MILENBACH

PHOTO COURTESY OF RACHEL MILENBACH

## David Siller Full-Time Farm Educator

by Jonathan McGoran and David Siller

Weavers Way Community Programs

and the Weavers Way Co-op are pleased to formally welcome David Siller as the full-time educator at the Weavers Way Farm, located at Awbury Arboretum. Siller will be heading the education programs at the farm, welcoming local schools and groups for tours and educational programs and helping to improve the farm as a location for volunteer service. The farm's ongoing expansion and its developing educational programs are at



FARM EDUCATOR DAVID SILLER

the forefront of a growing appreciation for the importance of urban sustainable agriculture.

Siller worked at the farm part-time last year, helping full-time farmer David Zelov with all aspects of the farm, but he also worked hard spearheading lively educational programs and hosting hundreds of visitors from local schools and the community, often on his own time. "We forged some great partnerships with schools as far away as center

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## Spring General Membership Meeting

May 17, 2008

Summit Church, Greene & Westview

5:30-6:30 p.m., Eat, Meet, and Greet

6:30 to 8:30 p.m., Meeting, Board Elections

### AGENDA

Welcome and Introductions

Approval of Fall GMM Minutes

President's Report

General Manager's Report

Vote on Proposed Bylaw Changes

A Broader Look at Expansion: Our Emerging Role in the Community

Questions and Answers

Announcement of Election Results

### In Memoriam

## Alan Dawley



PHOTO BY CLIF HANCE

by Jonathan McGoran

It is with great sadness that we report the death of Alan Dawley, a longtime Co-op member, former Weavers Way Board Member and Education Committee Chair, and charter member of the Board of Directors of Weavers Way Community Programs. Alan died suddenly and unexpectedly of natural causes while traveling with his wife in Mexico.

A noted educator and writer, Alan received numerous awards and honors throughout his career. During his tenure as professor of history at the College of New Jersey from 1984 until his death, he also served as visiting professor or associate fellow at University of Pennsylvania, Princeton and Rutgers, among others. Alan's books include *Changing the World: American Progressives in War and Revolution, 1914-1924*, and *Struggles for Justice: Social Responsibility and the Liberal State*, as well as *Class and Community*, for

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And of course... scads more

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Editor’s Note

by Jonathan McGoran

It hasn’t been easy finding things to write about since Norman Weiss gave up his delusions of impending movie stardom. And he hasn’t just ceased to be the butt of jokes (his musical endeavors notwithstanding), he doesn’t crack them like before, either. In this issue, for example, when Martha writes that condoms can be preordered for members, Norman didn’t add, “Of course, they’re for members; what else would you put them on?” or “Shipping is free but handling is going to cost you.” Just some lame joke about product demos.

Prepared Foods Chef Bonnie Shuman has tried to help with her hilarious columns about parenting and foie gras. But it’s not the same.

Just as I was thinking I might have to actually write about something substantive, Glenn “Bugsy” Bergman read an article in the *New York Times*. Now he wants the Co-op to sell insects. And no, we’re not talking worms for your compost pile or ladybugs for your garden; we’re talking meal worms, for, well ...for your meal.

The point of the article is that insects represent a vast and wasted source of dietary protein. It’s a point the apple butter people have been trying to make for years, and you know the fast food people have been thinking about it, too. (And if you don’t think insects are fast food, try whacking them with a magazine while they’re scurrying around on the floor.)

It sounds crazy, but it could do a lot of good. Think of the impact on the American epidemic of obesity: “Here’s your double bacon quarter-pounder with cheese. Don’t forget, it’s made with bugs...” The more tangible benefit, however, is to the environment. Insects boast a very small carbon impact (they’re sensitive about terms like “footprint”).

Of course, as the home of Scrapple, Philadelphia is ahead of the curve on reducing food waste, but it makes you wonder what other protein is lying around going to waste (*Squirr-apple*, anyone?). If we’re serious about reducing protein waste, we’re going to have to close the loop entirely. Besides, what could be greener than Soylent Green?

The *Shuttle* is published by Weavers Way Co-op and is mailed to all members.


**Deadlines for each issue are the first of the preceding month.**

**e.g. April 1 for May issue**

**Statement of Policy**

Articles should be under 500 words and can be submitted neatly typed, on disk, or e-mailed to editor@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 submitted electronically, or camera-ready with prior arrangement, and should be 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.



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is printed on 100%  
recycled paper



Rachel Milenbach  
(continued from page 1)

working on the land and connecting with the source of the food we eat.”

As executive director, Milenbach will oversee and help to expand WWCP’s programs, which include the educational programs at the Weavers Way Farm at Arboretum, the Marketplace program currently in five area schools, and Weavers Way’s environmental programs, like the Co-op’s popular monthly recycling program. “I am very impressed with the Weavers Way Community Programs and excited about future possibilities and expansion,” says the long-time Co-op member, a licensed social worker with a master’s degree in social service and extensive experience with nonprofits in the area of public health and education.

Milenbach originally came to Philadelphia from her native New York to open a bookstore with her mother, Woman’s Book Connection at 10th and Pine. They successfully ran the store for two years, until her mother became ill and returned to New York.

Over the next several years, Milenbach earned her master’s degree in social service from Bryn Mawr College Graduate School of Social Work and Social Research and coordinated community and school-based programs for children with emotional problems in Mt. Airy and Nicetown.

Later, she became involved in the fight against tobacco use among young people. While serving as director of the Tobacco Control and Prevention Program of the

Health Promotion Council from 1998 to 2007, Milenbach coordinated the Tobacco-free Education and Action Coalition for Health (TEACH), Southeastern Pennsylvania’s regional tobacco control coalition. TEACH played an integral role in the seven-year campaign to pass smoke-free workplace legislation in Philadelphia and also worked to eliminate tobacco advertisements from SEPTA and to restrict youth over-the-counter and vending machine access to cigarettes.

“Originally, I spent much of my time going into classrooms in the five-county area, working on smoking prevention and cessation, but as I started taking on greater administrative responsibilities, I found myself working directly with the kids less and less. I figured that when the city finally went smoke free, it would be time for me to move on and do something different. I knew I wanted to get back to working with the kids. That’s when I went back to Widener and started working with a proposed Charter school. I also wanted to be part of a smaller community, more local, I wanted to be in my car less and walking more. I wanted to be working with schools. When I worked at the farm I fell in love with it. When I first heard about this position, it felt like the perfect job and place for me to be.”

Milenbach’s first priorities will be to get up to speed on what everyone has been doing. “I’ll be doing some strategic planning and visioning with the board, figuring out the best way to integrate the programming and expand it throughout the Northwest. I’m already impressed with WWCP’s programs.” Created last year by

Weavers Way Co-op to help coordinate and carry out its community enrichment efforts, WWCP enjoys 501(c)(3) nonprofit status as a service group of Mt. Airy Community Services Corporation.

If her background at Longacre Farm is part of what endears her toward the farm, it is her experience growing up that has Milenbach just as excited about the Marketplace Program. “I grew up in family businesses, and having that kind of experience and responsibility very much affected who I grew up to be. Part of my attraction to this position and these programs is developing opportunities for kids to learn business skills and see the process of running a business. Also, there is a lot of education being done right now about nutrition and eating, especially with the epidemic of obesity. Marketplace is not just teaching about this, it is actually doing it, which is a lot more effective than just telling kids why they should eat fruit instead of candy.”

She is also looking forward to learning more about all the environmental programs. “For years I faithfully recycled every third Saturday and have always been tremendously moved by the enormity of the effort, with so many people working to divert what they could out of our landfills and to reduce waste.”

Pet Store News

Pet Food One Year After the Recalls

by Kirsten Bernal, Pet Store Manager

It is hard to believe that almost a year has passed since the unprecedented pet food recalls of early 2007. This event served as a wake up call on many levels. I like to believe that when you know better, you do better. The recalls prompted most pet owners to consider their pets’ nutrition with much more scrutiny. Those who were already vigilant became even more discerning. Others, who may have been more trusting of the products they were using, learned a valuable lesson and are now paying closer attention and making better choices. Pet owners who were using commercial brands are switching. The aftermath of the recall has placed much needed pressure on pet food manufacturers. It is no longer enough to claim optimum nutrition. Consumers now expect that a company back up this claim with solid facts. They want “full disclosure” and “transparency,” which is the subject of *The Whole Dog Journal’s* newest issue. Pet owners want to be able to turn to a company with questions like where are they sourcing their ingredients, where are the products being made, and how can they ensure safety. Many companies have been forthcoming, but some have not. To this end, *WDJ* has revised the criteria for its 2008 list of approved dog foods to include a “minimum amount of transparency.”

*Whole Dog Journal* states that there is some benefit to accessing manufacturing information and that a company’s willingness to disclose information can be indicative of the value they place on quality. According to the *WDJ*, keeping such information private was the industry norm. The increase of superior, “premium” foods has impacted this practice. The growing popularity of these products led to greater competition which, in turn, led to fuller disclosure of essential details concerning ingredient sourcing, product manufacturing, and quality assurance. This has defi-

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SEE CANDIDATE STATEMENTS PAGES 14-15

BALLOT

For Election for Weavers Way Co-op Board of Directors

Voting ends Saturday, May 17, 2008, at the General Membership Meeting, Summit Church Sanctuary, Greene & Westview Sts.

To vote by mail: Ballots will be accepted by mail if received by May 17. Mail to: Leadership Committee, Weavers Way Co-op, 559 Carpenter Lane, Philadelphia PA 19119.

To vote at store: Place ballots in the box provided at the store by 5:30 p.m., May 17.

To vote at Membership Meeting: Place ballots in the box provided at the Membership Meeting by 6:30 p.m., May 17.

AT-LARGE DIRECTOR (Vote for up to 4)

(three 2-year terms and one 1-year term. The candidate with the 4th highest number of votes will serve for one year)

☐ John Adams

☐ Edward Case (incumbent)

☐ Sylvia Gentry

☐ Chris Hill (incumbent)

☐ Bob Noble

☐ Jim Peightel (incumbent)

☐ Sue Wasserkrug

☐ Nancy Weinman (incumbent)

☐ \_\_\_\_\_

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

☐ Dave Tukey (incumbent)

☐ \_\_\_\_\_

Fold here for confidential vote.

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

Name (print clearly) \_\_\_\_\_ Member # \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

# Ode to a Rice Cooker

by Bonnie Shuman, Perpared Foods Manager

For those of you who don’t do their work hours in the basement you might not know that due to the vagaries of life without a full kitchen, we produce all of our cooked food from rice cookers. When I first took over the department the only thing we produced from the rice cookers were some grains and, well, rice. My culinary ambitions did not sit well with this. Surely, I thought, we could be making much more than these few things. Thus my quest to produce more interesting foods via a non traditional methods was born. When Glenn first came to the basement and saw how we were cooking salmon for salmon salad, his response was “You’re kidding me, right?”

When people work in the basement they sometimes ask where the stoves are. I point to the rice cookers and say “You’re lookin’ at them.” After working three two-

hour shifts in the basement I often hear from cooperators, “You should write a cookbook on all the stuff you can do with a rice cooker.” I gracefully decline and im-plore that I am not working this way by choice; it’s only for the survival of the pre-pared foods dept. and my own quest to re-main interested in what I am doing that this non-conventional method was born.

This tale (of woe) reminds me of a show that airs on NPR called “Hidden Kitchens.” The Kitchen sisters are Davia Nelson and Nikki Silva, and their show, “Hidden Kitchens,” explores street corner cooking and eating traditions( and also very much non-traditions). Their show prompted callers to call with tips about underground kitchens at nuclear test sites, and they’ve done stories about makeshift kitchens at NASCAR races and hippie

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# PASA Conference

by Margie Felton, Deli Manager

In early February, I attended my second Pennsylvania Association for Sustainable Agriculture (PASA) conference at State College, PA. The theme of this year’s conference was people telling their personal stories of sustainability. After attending a variety of workshops and listening to the keynote speakers, other themes seemed to surface, the themes of democ-racy, revolution, standing up for your rights, and taking back control of our country. One workshop I attended told of communities fighting against big corpo-rate farms, feed lots, and landfills invading their communities. Many of these com-munities won. The Farm Bill workshop explained how passing legislation works and how the intent of legislation can change after it is passed or receives no funding. One of the keynote speakers, Di-ane Wilson, told her story of fighting a

large corporation by herself to stop them from dumping pollution into the bay where she was a shrimper. She won this battle. Fighting the corporations that have taken over our world and governments of-ten seems hopeless. It was very inspiring to hear stories from people who fought and won.

This year, I brought my daughter and her friend Gabby, who attends Saul agri-cultural high school. They also found the conference very inspiring. My daughter especially enjoyed the workshop on The Philly Orchard Project and wants to get involved, and her friend wants to tell her principal about the conference and en-courage her to send students from Saul next year. It would be great if the future farmers, veterinarians, and agriculturists learned about sustainable farming at the start of their careers.

# Produce News

by Jean MacKenzie, Produce Manager

## Field Trip, Part II

In December, Farmer Dave Zelov and I visited three sites in Lancaster County: Paradise Organics, which supplies us with top-quality organic produce in season, Kauffman’s Fruit Farm, a new-to-us source of local apples, and Four Seasons Produce, a major packer and distributor of organic and conventional produce.

I wrote about Paradise Organics for the February *Shuttle*, so this time it’s Kauffman’s turn. As I write this, I am using another computer screen to order more of their wonderful ap-ples — Mutsu/Crispin, Fuji, Jonagold, Gold Delicious and Rome. In addi-tion to being a very high quality local product, Kauffman’s apples are grown us-ing low-spray (Integrated Pest Manage-ment) farming methods, so they carry a much smaller pesticide load than conven-tionally-grown apples. For a few weeks I stopped carrying organic apples since we could get so many different local, low-spray varieties — to me, the combination of local+low-spray+good price+great quality outweighed the benefit of certified organic but expensive+mediocre+from-far-away.

*Their website says:* Kauffman’s Fruit Farm produces over 135 varieties of tree fruits on 100 acres of orchards in and around Bird-In-Hand, PA. Founders A. L. and Susan Kauffman planted the first trees in 1915. The orchards are now owned and operated by the 3rd, 4th, and 5th genera-tions of Kauffmans.

*Your Produce Manager says:* I am a complete gadget geek, and Kauffman’s has the coolest, cleverest fruit-sorter I have ever seen. It looks to be quite a bit older than I am (don’t ask), it’s in beautiful con-dition, and it’s entirely mechanical — that is, no sophisticated electronic sensors or electric eyes. Apples are sorted by weight by this machine, then for quality by the



staff working at each packing or bagging station along the conveyor. I was com-pletely mesmerized, staring motionless at this mechanical wonder until the staff be-gan glancing uneasily in my direction and exchanging worried looks. I might still be standing there, but Mike Kauffman and Farmer Dave gently redirected me to my real task, which was to BUY some of those apples for Weavers Way. Buy them I did, in quantity and variety, and wonderful apple cider, too, which we have carried on weekends.

Now I can’t wait ‘til Kauffman’s other tree fruits start to ripen this sum-mer. I’ll proba-bly have to visit again (and again and again) to see how peaches, pears and plums are sorted.

## Passover

This year, Passover is celebrated from April 19-27. About a week ahead, we will start stocking horseradish, and extra pars-ley, watercress, asparagus, and artichokes. And a few days ahead, we will once again have slices of horseradish and sprigs of parsley for your Seder plate.

## Salad Clamshells

I’ve heard numerous complaints about getting organic baby salads in wasteful clamshells. One person who’s NOT com-plainning is our Deli Manager, Margie Fel-ton. Margie loves these containers, and says she has yet to throw one out. She uses them for refrigerator meat trays and cheese trays, for compost containers, for wrap-up-bread-ends-and-freeze-‘em con-tainers. She has so many good ideas for them that I may ask her to be the judge in the Produce Department Creative Uses for Clamshells Contest and Sweepstakes, coming soon. Check the website for de-tails.

I personally plan to enter a mechanical apple-sorter constructed entirely from sal-ad clamshells.

# April Grocery News

by Chris Switky, Grocery Manager

Howdy, shoppers. After much pressure and many shoppers’ requests, we have added Kombucha drinks, in various fla-vors, to our cold drink selection. At pres-ent, our rotation includes “original” flavor, raspberry, mango, guava, gingerade, and cranberry, in 16 oz. bottles, for \$2.97. Oth-er flavors are available as preorders, see Chris or Norman for details.

New on the “efficient soap” front is 7th Generation’s “2x” liquid laundry de-tergent. Seventh Generation has re-formulated their laundry soap to clean clothes using cold water only, thus saving energy and money by avoiding the heat-ing of water for clothes washing. The new bottles are marked “HE” for high-efficien-cy (will women

misunder-stand and think it’s a “guy thing”?), and they’re on CAP spe-cial in April.

Also, please keep in mind that the Co-op has jars of pesto and tapenade (both green and black olive) on the shelves above the baby food. Our own Prepared Foods department of-ten makes these items fresh, and they’re fabulous...but, if our homemade versions are out of stock on the day you need them, we do carry the “shelf-stable” type that you can try as a back up.

That’s it, folks; short and sweet, like some of my best conversations with Nor-man Weiss. Thanks for reading, and I look forward to running into you... in the gro-cery aisles.



# April’s Hidden Treasures

## New Maya Kaimal Indian Chutneys

Maya Kaimal, maker of the delicious Indi-an sauces sold in the prepared food’s case, has started a line of chutneys. The chutneys come in fig, mango, cilantro, and coconut vari-eties and are a great accompaniment to the sauces.

## Baji’s Papadums

The papadums we used to sell on the shelf next to the deli case have been out of stock from our distributor for many months. It is probably safe to say they no longer carry this product. I have replaced them with Baji’s tangy cilantro papadum chips. I realize this is not the same product but the chips are a great snack, especially when paired with Maya’s new cilantro chutney.



# Second Floor News

by Martha Fuller, Second Floor Manager

**Where Is The Parchment Paper?** An important part of our work is the display of our merchandise: we want to present our products to you in such a way that you become aware of them, have easy ac-cess to them and know about them. Here on the second floor, we have products that are here throughout the year and ones that are seasonal. If you are a second-floor shopper (and if you’re not, why not?), you know that we move displays and items around, based on the season, new items, special sales, etc.

Certain kitchen-ware items have

specific homes and those are the ones I want to mention in this column. The fol-lowing items have “homes” - i.e. we keep them in the same place all the time. (If you don’t see them, it means that our sup-plier is out of stock and/or we have sold out and are awaiting another order.) Our muffin cups, parchment paper, tooth-picks, twine and/or string and cheesecloth have permanent homes. Please feel free to speak with us if you need help to find them.

**Did You Know We Carry...** Sportenine from Boiron? If you have read my

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Luis Cruz

(continued from page 1)

Luis Cruz was born in Ocala 49 years ago, but lived in Tampa, Florida, with his family for 20 years before moving to Philadelphia in 2005. His background is peripatetic but very interesting. “I learn things quickly,” he tells me, “and believe that variety is the spice of life.” He graduated from art school in 1982, trained as a painter in oils and went on to be a painter of stained glass for six years — residential and religious, he adds. He is also a self-taught chef who worked as a cook for the past 20 years in various restaurants in Florida, and most recently as the executive chef at the now-closed Café Organica in Ardmore. He describes himself as, “an art graduate who has a natural knack for natural food cooking.” But it turns out that he has also gone to school for two years to become a special education teacher specializing in sign language, has traveled to India on a spiritual pilgrimage in 2000, has studied in Aikido martial arts for five years, and has a Japanese sensei (mentor). So one can understand, I hope, how this adventurous and restless spirit got me off track from asking about his new job in Ogontz. But we did get to that, first, by way of talking about his philosophy of food.

Luis’ background in natural food cooking is based on his own macrobiotic diet and his philosophy of bettering oneself through the food one eats and then turning that into positive social action. Luis believes that “the unhealthy individual is part of the unhealthy community, which in turn is part of the unhealthy world.” He has been a vegetarian since age 19 and avoids refined foods and drive-thru’s. But he also believes that only eating

foods in season is the healthiest way to live. His bugaboo is bananas. He says you shouldn’t eat too many of them out of season, otherwise it will make you lethargic and lower your “Yin.”

Which finally brings me to writing about the challenges and excitement of the new Weavers Way store in Ogontz. Luis, my renaissance friend, is hoping for a business renaissance in the new neighborhood. He is excited to offer the community fruits and vegetables that are hard to find. He has concerns that it may take time to educate the community about trying new foods like Shitake mushrooms, kobacha squash or ground turkey, for instance. But one idea he has is to offer cooking classes at the new store so that people will know how to cook different things. Another challenge he faces will be making sure the cooperative spirit will work in the new community. He is already meeting once a month with the West Oak Lane Business Association (WOLBA) to help start this immersion process in the community.

Luis is an optimist who is excited about the his new job and hopes that he can help spread the Weavers Way philosophy to a new neighborhood ...and who knows, he says, “maybe it will be the first of many.” If anyone has any questions for Luis he would be happy to hear from you at [luis@weaversway.coop](mailto:luis@weaversway.coop).

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Youth Poetry Festival Rocks Germantown On April 19

by Jean Tickell

The poetry reading meets the block party when young artists converge on Vernon Park in Germantown in a free outdoor festival on Saturday, April 19 from 10 a.m. to 3 p.m. All-star poets Ursula Rucker and Ross Gay will hold forth from the main stage at 11 a.m. Then step back for the Youth Poetry Jam at noon, featuring teams from Germantown High, Germantown Friends School, Martin Luther King High, Dobbins Vocational High School, and more. The open mic at 2 p.m. will bring the sounds of Germantown from local poets.

*Poetic Justice: LIVE from Germantown Avenue!* is back for its second year. Formed by teachers and activists in northwest Philadelphia, the Festival brings youth and neighbors together

in a joyful celebration of the spoken word. Teenagers study the craft of poetry and performance all year, and discover their shared humanity in a way that helps bridge the divides of race, class, gender, and sexual orientation. Their work together culminates in this unique celebration of National Poetry Month.

You can support the Festival by coming to the “Jam for Poetic Justice” on Sunday, April 13 from 2 to 6 p.m. at Dowling’s Palace (1310 N. Broad Street, a block north of Girard Ave.). A full afternoon of music by Philadelphia Slick, Leana Song, and Mellow Veneer interwoven with the talents of spoken word poets will kickoff Festival week. Donation is \$10 for adults and \$5 for students.

Visit the festival website at [www.germantownpoetryfestival.org](http://www.germantownpoetryfestival.org) for more information.

young people  
are dying  
in Philadelphia  
everyday

poetry can't  
stop the bullets  
but it can  
stop the gun  
going off  
inside

~ Yolanda Wisher

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- Classroom visits
- Call to RSVP

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Farm Educator  
(continued from page 1)

city and as close as the AB Day School, walking distance from the farm. Students who visited got some great exposure to our unique operation and were given the opportunity to participate in many aspects of the farm's operation." This year, David will continue to have his hands in the fields of vegetables for the store and markets, but his primary task will be leading educational programs at the farm.

Children and adults who visit will not just have the farm's production fields to peruse, but will also have the opportunity to participate in a "children's garden," operated in conjunction with Awbury Arboretum staff and programs. The children's garden will be a place where students can be involved in all aspects of the farm and visitors can experience plants that spur the imagination, such as "moonflowers" and "four o'clocks," as well as "yard-long beans," "red cucumbers," and "pear tomatoes."

A native of Kimberton, PA, about 45 minutes from Weavers Way, Siller graduated from Bucknell University in 2001 with a bachelor's degree in environmental

science before working a series of jobs in environmental education, including teaching garden education and ecology education at a pre-K through 8 school in Ferry Beach, Maine, in 2002. He also worked for 3D Life Adventures in the Appalachian mountains of North Carolina, Georgia, and Tennessee, working with high school kids from urban communities like Boston and Washington D.C. in a program similar to Outward Bound, but that included farm-based education. Siller later worked at Green Oaks Creek Farm in California and Appleridge Farm in Virginia, operations similar to the Weavers Way Farm, but without the education programs. "That's where I learned the farming methods of Alan Chadwick, a pioneer in sustainable, small-scale, intensive agriculture. One of the reasons I returned to the Philadelphia area was so I could share what I had learned in an urban setting."

David is interested in welcoming your school or group to the farm to participate. If you would like to learn more about the program, check out the website at [www.weaversway.coop](http://www.weaversway.coop) or contact him via e-mail at [educator@weaversway.coop](mailto:educator@weaversway.coop).



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### Weavers Way Farm Wish List

In order to keep costs down, and to reuse materials when possible, the farm is seeking the following items. If you or someone you know can donate any of these items, please contact Dave Zelov at 215-983-1616 or farmer@weaversway.coop or David Siller at educator@weaversway.coop Please do not just drop off items at the farm. All donations are tax deductible.

3 bin stainless steel sink

Wooden or metal plant stakes (3' or taller)

Tire pump (manual)

Gardening gloves (children's and adult sizes)

Hand tools: rakes, shovels, trowels, etc. —children's sizes too

Hand pruners and pruning saw

Wheelbarrows – plastic preferred

Knives and scissors

Cordless Drill

Lumber in good condition

EZ up tent

55 gallon drums (food grade)

Small enclosed or metal-framed trailer

Watering cans

Solar lights

Cinder blocks

Sturdy folding tables

Functional hoses and wands

Produce scale

Art supplies (paint, brushes, colored pensils)

magnifying glasses and binoculars

soil sampling equipment (probes, sieves, thermometers, ph kits)

weatherproof chalkboard and chalk


Natural History and farming books (children's and adults')

two-burner camping stove and gas tank ("coleman type")

seed from '07

fruit trees or interesting perennials from your yard

**Thank you for your support!**



Down on the Farm  
(continued from page 1)

planting will peak on May 10, when we host a spring celebration and planting day, complete with music, dancing and the ceremonial planting of the warm weather crops — tomatoes, peppers, eggplant, and more! Mark your calendars and look for more information next month.

As the planting dies down in late May, the weeding will really kick in, with harvesting soon to follow but not peaking until mid-July with the ripening of the tomatoes. That's when we need lots of little hands to help harvest those hard to resist Sun Gold Cherry tomatoes. Cherry tomato harvesting will be even more exciting and colorful this year with the addition of sweet Chelsea (red), black cherry, and yellow pear. Harvest days are probably the least stressful on the body. Although it can involve lifting crates of heavy cucumbers or squash, there is always washing and bunching to do. One of the goals this year is to be more consistent with our supply of lettuces, which (if the right varieties are chosen) can be planted right through the summer. So planting will continue right up through the beginning of September. We'll also be seeding carrots and beets consistently through the summer with the help of our new European style push seeder, which promises to save time, and add consistency to our rows. Harvesting will start to dwindle in early October, just after the last radish planting is sown, but a few weeks before the garlic is planted. We'll then begin to put the garden to rest, seeding cover crops, mulching rows with leaves, and generally cleaning up and organizing what we didn't have time to do over the summer.

There are probably a few other things that will happen; I'm sure I could write in weeding a couple more times, but I don't want to scare anyone. Oh yeah, if things go according to plan, we may be constructing not one, but two greenhouse-type structures! One will be heated and used for starting seedlings, while the other will rely solely on the rays of the sun to heat up the soil where we will be experimenting with season extension. We should be getting some help from folks who actually know what they're doing, but if you have some construction experience (particularly with greenhouses, hoopouses, high tunnels, etc., but any construction experience will do) and are interested in helping out with such a project sometime this summer and fall, please get in touch with me at farmer@weaversway.coop. We will need quite a few hands to make this happen, especially while keeping up with all the other farm duties.

So get out your work clothes, find your gardening gloves, and sign up for another fun and exciting season at your local urban farm. Just like last year, we've got the tools (and gloves too, if you need them), just bring yourself and a willingness to get your hands dirty, maybe some sunscreen and bug repellent, too. And most importantly, start looking for our produce on the shelves of your local Co-op and at your local farmers' market. As I mentioned before, we're hoping to get off to an early start and if the weather cooperates, you'll start to see those tasty greens at the end of this month. In addition to the Asian greens, look for the return of Tom Thumb lettuce heads, Easter egg radishes, lemony sorrel, dandelion greens, shungiku (edible chrysanthemum — a new one for us), and tender pea shoots as our first crops.

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Second Floor News  
(continued from page 3)

columns (and remember them too!), you already know that I am a Boiron fan. Their Quietude (or as my SO describes it, "Quiet Dude") product is a fabulous product for restless sleep and or sleeplessness. A product many adore is Sportenine, a homeopathic sports medicine with Arnica, which is meant to be used prior to physical activity or exercise, and depending on the intensity and length of a workout, you can repeat the dose during and after exercise. Some of the reasons to use it are that it promotes recovery, improves stamina and reduces the risk of cramps, aches, pains, muscle fatigue and exhaustion due to prolonged physical effort. I have been told that some folks use it for recovery after they have been out with an injury and are getting back to their "usual speed" for exercise. Others find it helpful when doing heavier physical work such as work on a house project or gardening. I plan to try this out on that last activity — the backyard needs some spring clean-up, compost spreading, weeding and TLC. Check in with me to see how things go.

**Last Chance Corral** This is the place where our products go when we discount them. What great bargains you can find here. If you don't already cruise this section, give it a try. You might find items here that are past season (i.e. holidays items or seasonal, like sun block products, etc.), slow sellers that just don't sell well enough to justify a permanent space. Do scope out the great savings that can be yours, courtesy of the second floor.

**New Products** You have been seeing lots of new products, especially in the Health and Beauty area (also known as personal care products), and we will be presenting you with information about them in future *Shuttle* pages.

**Oral Care** Eco-dent is a familiar name to shoppers. Before I tell you about a new-to-our-shelves item from them, I'll remind you about what we already carry. This oral care products company makes some of our favorites: Daily Care Naturally Effer-



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vescent Baking Soda Tooth Powder (in anise and original mint) and Natural Daily Rinse and Oral Wound Cleanser/Oral Debriding Agent. Many folks like the fresh cleaning that a tooth powder can give along with the benefit of a two ounce bottle that can be easily transported on trips, near and far.

This powder does not contain dyes or sweeteners. The Mouth Rinse is a blend of 14 essential oils with CoQ-10, echinacea, goldenseal and baking soda. Res-Q-Dent is our newest Eco-Dent product, a natural, spearmint gel toothpaste for sensitive teeth that contains baking soda and Xylitol for low abrasion cleaning. This toothpaste is made with: no parabens or other artificial preservatives, no fluoride, no animal ingredients, no propylene glycol, no artificial colors or flavors, no artificial sweeteners, and no sodium lauryl sulfate. It is also cruelty free (not tested on animals).

**Cards From Local Artists** You may know that our Grocery Manager, Chris, also purchases some of the wonderful greeting cards, seasonal celebration cards, and boxed note cards. (And you thought he knew only about groceries, dairy and frozen foods!) We are bringing you more cards made by some of the talented artists from our area. Chris has been gathering cards by some of our them, along with some help from me, and we will have a prominent display on the large white card, turning rack. (This rack is to your right as you come to the top of the steps and says The rack says "The Nelson Line" along the very top. We will feature, over time, many local people. Do let us know what you think of the newest additions to the card selection.



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Going Gluten-Free at the Co-op

by Josh Giblin


There has been a lot of interest lately in finding gluten-free (GF) products in our store. A couple of issues ago, member Lis Bass wrote about her personal experiences with GF food finding and her article generated even more comments. Lis, along with Merchandising Committee member Sarah Wu then embarked on a fact-finding mission, with the aim of producing an in-store guide to the Co-op's GF offerings. Their inventory of the store yielded a long list of products clearly marked "gluten free." They also contacted a couple of manufacturers, such as Boar's Head and Hebrew National, for information on products that weren't clearly labeled. Contacting manufacturers sometimes inspires them to start labeling their products, so don't be afraid to join in.

I have used their results to prepare a handout for the store, a condensed version of which is included with this article. Many of the manufacturers listed here produce items that are *not* gluten free, as well (Food for Life Ezekial Bread, for instance, is not gluten free). It is important that as a consumer, you double check on the label before purchasing a product. On the other hand, there are plenty of other products in the Co-op which are not labeled gluten free, which do not contain gluten. Educate yourself about what ingredients to be suspicious of and never be afraid to contact the manufacturer with any questions. A good place to start is [www.celiac.org](http://www.celiac.org).

If you find that there are other gluten-

free products that you would like to purchase that the Co-op does not carry, do not despair! Weavers Way can pre-order many products that we just don't have room for in-store. Depending on the product, it is usually required that cases be ordered, but you also can get a pre-order discount. You can also get together with other GF enthusiasts to share cases. Contact Lis ([lisbass@comcast.net](mailto:lisbass@comcast.net)) to see how the Gluten-Free Buying Club is coming along. The items that top their pre-order list include: Glutino Pretzels, Bagels, Crackers, Olive Oil and Croutons; Amy's GF Pizza and Frozen Rice Mac n' Cheese; Lifestream Buckwheat Waffles; Ian's Chicken Nuggets and Gluten Free Pantry Baking Mixes. We will also endeavor to get Weavers Way listed as a GF vendor with other organizations and healthcare providers.


Keep your eye out in the store for the GF handout, and other pieces like it. This project is a great example of the Merchandising Committee at work. If you would like to be a part of the committee or just have ideas for future projects, please contact me at [joshgiblin@weaversway.coop](mailto:joshgiblin@weaversway.coop).



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TastyBite Indian Dishes  
Thai Kitchen Pad Thai

#### Frozen Foods

Amy's Enchiladas, Shepard's Pie  
Food for Life Sprouted Corn Tortillas  
Gaga's SherBetter Dessert  
Good Karma Rice Divine Dessert  
Ian's Fish sticks

#### Chips and Crackers

Bearitos Tortilla chips  
Edward & Sons Brown Rice Snaps  
Kettle Foods Potato chips  
Lundberg Rice Cakes  
Mary's Gone Crackers Seed Crackers  
Masuya's Rice Sembei  
Real Food Corn Thins  
Robert's Pirate's Booty

#### Bread and Cereal

EnviroKidz Gorilla Munch, Panda Puffs  
Erewhon Rice Twice Cereal  
Food for Life Black China Rice Bread

#### Grains and Flour

Ancient Harvest Quinoa  
Arrowhead Mills Corn Meal, Corn Grits  
Arrowhead Mills Flours: Buckwheat, Soy and White Rice  
Bob's Red Mill Flaxseed Meal and Garbanzo Bean Flour  
Lundberg Wild Rice Blends

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Jennies Coconut Macaroon  
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Hellmann's Mayonnaise  
Lundberg Brown Rice Syrup  
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Pet Store News

(continued from page 2)

nately served to benefit the consumer. Products from manufacturers like Science Diet, Iams, and even Eukanuba, are good examples of great advertising that boasts great quality but does not necessarily translate to great nutrition. WDJ asserts that the name of a product is not proof of quality or vice versa.

Many companies make use of production facilities often known as co-packers. The co-packer manufactures a product according to the guidelines set forth by the company that employs it, so a facility may be producing several different competing products. The most selective brands stipulate very explicit procedures in their contracts dictating specific ingredient sources, strict quality assurance guidelines, and third-party audits. Lower quality, lower cost products do not follow the same protocol. These companies often leave the sourcing of the ingredients to the co-packer and require only that the product contain the ingredients it is supposed to and that it meets the “guaranteed analysis” on its packaging. This is a perfect example of how contamination can occur. It is in the co-packers best interest to source out the cheapest ingredients possible in order to increase their profit. WDJ points out that this practice makes it possible for two very different products to be made in the same plant.

In addition to the location of production, pet owners should also be concerned with several other factors. One of these involves the formulation of the product. Who developed it and what are his/her qualifications. Also critical is the source of the ingredients. A consumer may ask where the ingredients came from and if they can be traced. Quality control measures are also hallmarks of an exceptional product. Plants that have on-site labs in addition to outside testing to confirm the results are desirable. If they seek further certifications than what is required of them and monitor co-packers with third party auditors, pet owners may take comfort in the fact that the company is committed to quality. Of course, all of this leads to higher price tags, but when the payoff is a healthy pet, the cost is well worth it.

This year, WDJ’s approved foods had to meet the original requirements of appropriate levels of high-quality animal proteins, exclusion of by-products, exclusion of unidentified proteins or animal fat, inclusion of whole grains, and the exclusion of artificial colors, flavors, preservatives, or sweeteners. In addition, each manufacturer who met these criteria was also invited to disclose certain information concerning their production methods and to comment on their product philosophy. If the company refused or failed to respond, they were not approved

by WDJ. Some products that were included in the list last year, but did not meet the updated criteria, include Blue Buffalo, Newman’s Own, Pet-guard, and Royal Canin. Most of these companies would not agree to disclose the location of their plants but would share other specifics. A few did not respond. I will try to post a copy of this list in the pet store.

At the time I began this article, I had the opportunity to meet with our Wellness representative. He passed on some helpful information that defines Wellness as an exemplary product. Wellness is manufactured by Old Mother Hubbard products and is included in this years WDJ approved foods list. Wellness employs numerous quality-control measures to ensure that they are delivering the best quality. They require their products to pass several independent audits including NSF Cook and Thurber, which is the leading auditor for human food. Most of these are voluntary on the part of Wellness. They require their suppliers to prove the quality of their ingredients and they source 95 percent of these in the U.S. This company seems genuinely concerned with a pet’s health and nutrition.

When I consider the quality and availability of commercial pet foods and other pet products, I am very pleased with what



we are doing at the Co-op pet store. It is really great to have an alternative. It is great to have options. It is not so much about spending more for pet food, as an extravagance, but opting out of something. It is about choosing not to buy food that we know may be slowly poisoning our pets. It is really no different than choosing not to eat processed foods ourselves. The pet food recalls have become one of those instances where we must find the good in a tragic event. I think we are doing better because we know better.

Thanks for shopping at the pet store.

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Check Out Our New Lower Prices on Chicken!

by Dale Kinley

For years we have been buying our Bell & Evans chicken from a great purveyor, Ryan & Co. They have given us great service over the years. Originally, Ryan was buying directly from B & E, but after some changes in company policy, Ryan was forced to buy from another distributor. This made our prices not as competitive as we would like. After exploring various options, we have changed to another company, Ritter Food Services. Ritter is a 100-year-old company located in

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Thighs	1.88	1.99

Lancaster County. It actually started as a grain co-op for various mills in the area. They are located down the road from Bell & Evans and pick up the chicken the day after the kill and bring it directly to us three times a week. This means an improvement in quality, freshness and savings to you. Let me know what you think!

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April Garden Notes

by Mark Goodman, the Neighborhood Gardener

Let's talk about spring pruning. Repeat this couplet until you memorize it: "If it's about to bloom, I will not prune." This means that you will not touch your forsythias, azaleas, wisterias, cherry laurels, rhododendrons, lilacs, spireas, viburnums, or anything else that blooms in spring, until just after they finish blooming.

On the other hand, summer blooming shrubs can be pruned in the spring. That includes crape myrtles, rose-of-Sharons, butterfly bushes, roses, and hydrangeas. Go gently on the hydrangeas, cutting just 1/3 of the tallest branches, since sometimes hydrangeas bloom on old (last year's) branches.

However, you can be merciless with roses and butterfly bushes. Champion rose growers prune their bushes to about six feet high, which means that most of us are not pruning our roses hard enough, leading to a summer of tangled thorny branches. And since butterfly bushes can grow from five to eight feet in one season, if you don't prune them to two to three feet in the spring, they will resemble science fiction by August.

Pruning Tools. The handiest tool is the basic hand pruner, the best of which are made by Felco. For larger branches, use a long-handled lopper. I recommend — for both pruners and loppers — the by-pass type (the blades move across one another similar to scissors) rather than the anvil type (where a single blade fits into a groove). For the thickest branches, use a sharp pruning saw. Some of these fold,



and therefore are safer and easier to store. As a safety precaution, remember to wear gloves whenever you prune.

Plants of the Month. Known popularly as mountain pinks, they are actually creeping phlox, and you don't need a mountain to plant them. They flower white, pink, lavender, and violet, and are great for rock gardens, slopes, and borders. Plant in sunny locations.

Hellebores are among the earliest blooming perennials. Also known as "lenten rose," they bloom around Easter, from mid-March to mid-April, and the flowers can last for up to 10 weeks. The evergreen leaves are dark and lustrous and look good in a garden even after the blooms drop. Hellebores bloom in purple, pink, white, yellow, cream, and mixed, including some with greenish tints. Northwestern Philadelphia gardeners like them because they thrive in shade.

Happy Earth Day (April 22) and Arbor Day (April 25).

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### Manager's Corner

(continued from page 1)

The Food Trust (TFT) has been working to increase food access in urban and rural areas of the state. Not only do they work to assist markets opening in underserved areas (working in conjunction with TRF-The Redevelopment Fund), but they have been a major force in bringing farmers' markets into the city. Recently, Weavers Way Board President Stu Katz invited TFT directors to address a WW board meeting. Stu wanted your board to learn more about TFT's efforts and to learn more about how Weavers Way could work in conjunction with them in our expansion plans. (For minutes of the discussion, send an e-mail to [boardadmin@weaversway.coop](mailto:boardadmin@weaversway.coop).)

One of the important misconceptions about underserved areas is that there is purchasing power in these areas, “Buying Power.” As the reports states, “The lack of access to supermarkets disproportionately impacts lower income populations. The number of supermarkets in the lowest-income areas in the region is 156 percent lower than the highest income areas. The lack of food retailing in Philadelphia undermines the health of its citizenry and curtails the economic revitalization of its neighborhoods.” This is a very strong statement.

There are two important metrics that also need to be understood and examined along with this lack of stores. One is the “buying power” available in an area and the “retail float,” also known as the leakage, or the amount of unmet consumer demand for retail sales in a given area.

So we understand that there is a lack of

markets to provide healthy food in many areas, but the question is, “Is there buying power for the product in those underserved areas?” The report states: “The concentration of buying power makes sales potential per-square-mile significantly higher in the city than in the suburbs. In lower income urban communities, where consumers spend a higher percentage of earnings on retail products such as food and apparel, pioneering retailers are finding explosive untapped sales potential.” One of the areas studied was the Olney/Oak Lane area. That area is shown to have a sales potential per-square-mile of \$160 million dollars. This compares to \$97 million dollars of retail sales per square mile for the City of Philadelphia. The only area that is higher than Olney/Oak Lane was Center City, with \$254 million per-square-mile. For food retailers, Olney/Oak Lane has \$25 million against a city average of \$16 million. Another words, the area in which we are opening up a small produce food store is underserved and has high potential food sales numbers.

"Retail float," or "retail leakage" is a measurement of how much of the retail sales are completed outside of the neighborhood due to a lack of retailers in the area. The report shows that the Float for Grocery Sales Dollars is highest in the Olney area, at \$205 million, followed by Southwest Philadelphia at \$122.5 million and then Parkside (which just opened up a very large Shop Rite) at \$117.9 million.

These two figures of Potential Sales and Retail Float show that Olney/Oak Lane has the highest potential to improve food sales within a neighborhood. The data shows that the area could support a grocery an-

chor store or large stand-alone supermarket in the area. While the Ogontz store that we are planning is only 700 square feet in size right now, there is a potential that if done correctly this store could become an important store for the community. If this data is correct, we might be seeing a rather quick expansion within a few years after opening. I hope so, and so does the community.

For more information on this study and about The Food Trust, visit [www.thefoodtrust.org](http://www.thefoodtrust.org).

## Can I bug you for a minute?

Things have been going very well at the Co-op these last few years. No major issues, good net income, happy customers, pleasant staff, happy food, good sales growth, and good community relations. So, why would I want to go and start “trouble”? Well, I guess this might cause some trouble, or it might start a new trend in food service.

It was a quiet Sunday afternoon and I sat down to read the *New York Times Magazine* (2/10/08) and came across an interesting article, “Man Bites Insect.” I read the article twice, and then had one of those “ah, hah” moments. “Why not sell edible insects at the Co-op?” Of course, we would provide recipes and tastings. We could purchase local and imported products. I loved the way this article ended, “Why douse fields with pesticides, if the bugs we kill are more nutritious than the crops they eat?”

In many areas of the world, people eat insects without thinking twice. The article asks, "After all, if Americans love shrimp and lobster, why won't they eat their terrestrial cousins?" Don't you love that?

Now to be perfectly truthful, the only insects I have ever eaten were done while

running, riding my bike, and, I am sure, in other food when I did not know the added protein was present. I am not sure I even ate the worm at the bottom of the bottle (who could even remember anything after drinking that much?).

I have eaten sea urchin eggs (uni), tripe, chicken feet, sweet breads (thymus of a calf), brains, shrimp, snails (hmmm), sea slugs (sea cucumber), duck eggs preserved in salt and ash, and squid ink. So, would I be willing to try come ants, crickets, or other insects? To be perfectly honest, I am not sure I would, but I would be interested to know if you would.

The use of edible insects in our diet is a possible reality when one starts examining the sustainability of this product, low energy-input into the product line, and the high protein value. Culturally, the use of this product, I realize, has a big hurdle to get over, even with our buyers; but who would have ever thought of eating tempeh or wheat gluten or soy milk today at the present levels that it is used.

Over the last few weeks, I have tried to get a few of the Co-op buyers interested in this product line, but I have to admit it has been a tough sell. Let's face it, this is going to be an uphill (ant hill) fight. Here are some of the comments I have gotten:

Jon McGoran: “Do you really want the Co-op to be known for selling bugs, or would you rather have us known for our expansion plans, our community work, or our wonderful product line?”

Margie: (Deli manager and cheese buyer): "NO! Not in my department. Go speak to Dale, isn't this a Fresh Food (meat) product?" (She said this with one of those looks one gets when they are not sure if they should even respond or just call 911 and have them taken away for observation).

Dale: "I will look into it (not!) and see if we can find a local product that is organic and raised organically."

Bonnie: "Hmmmmm..."

So, as you can see this has not gotten a great response from your Co-op buyers. I now turn to you, our customer and owner. I am interested in learning more about this potentially new product line and if you have any interest in having the Co-op search for or carry such products. Please e-mail me [gbergman@weaversway.coop](mailto:gbergman@weaversway.coop) with any comments, any stories you have about edible insects/bugs, and if you have any sources for such products.

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Weavers Way Film Series

“....So Goes the Nation.”

A ‘what went wrong?’ documentary bristling with answers, “...So Goes the Nation” is a clear-eyed and utterly ruthless dissection of the battle for Ohio in the months leading up to the 2004 presidential election,” says the New York Times. “It’s not pretty, but it is instructive.”

Wednesday, April 9, 7 p.m.  
Video Library, 7141 Germantown Ave.

The image shows the DVD cover for the film "...So Goes The Nation". At the top, it says "MCA Home Video". The title "...So Goes The Nation" is prominently displayed in a bold, serif font. Below the title is a black and white close-up photograph of George W. Bush's face, looking slightly to the side with a serious expression. In the bottom right corner, there is a small logo that reads "PBS".

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# Fourth Annual Earth Day Fair

by Liz Biagioli

Join Wissahickon Charter School and Weavers Way Co-op for the fourth annual Earth Day Fair on Saturday, April 19th from 1-5 p.m. This unique event celebrates the Environmental and Sustainability Movements with a myriad of events, including We-Cycle (a free exchange of reusable household items such as clothing, furniture, books and much more), a Plant Swap, and a plant and food sale by Weaver's Way Co-op. Bring the kids, too... there will be special activities for children along with workshops, exhibits, vendors, and local entertainment for everyone.

Wissahickon Charter School is located at 4700 G Wissahickon Avenue. Drop off your reusable items for WeCycle during the week prior to the event (or the day of the fair before 1 p.m.). To participate in the Plant Swap, bring a plant that day to take a new one home. If you are interested in representing your environmental/sustainable organization or business, tables are available for a nominal fee.

For more information contact Liz Biagioli (liz@wissahickoncharter.org / 267-338-1020 ext. 131).

Hope to see you there!

# Surfing the Cyber Green

by Miranda Spencer

Earth Day is upon us, and no doubt many Co-op members plan to attend or organize events to honor the planet. So now is the perfect time to devote ourselves to becoming better educated about nature and humans' impact upon it. Ironically, thanks to a machine — the computer — some of the most useful information on natural living and the environment is accessible via the Internet. (Preferably using a solar-powered laptop you return to the manufacturer for recycling when it dies.)

There's so much out there, in fact, that as a writer on both environment and media issues, I figured I'd steer *Shuttle* readers to just a few fact-packed, must-know sites (my somewhat wonkish favorites, anyway — this isn't meant to be comprehensive).

**Farm/Food Issues**

**The New Farm**  
[www.newfarm.org](http://www.newfarm.org)

Here's a webzine, courtesy of Rodale Press, all about modern organic farming. While targeted at small, non-industrial style farmers and those who work with them, anyone who follows food issues (and their connection to sustainability and social justice) or has a backyard veg-

gie garden may benefit from the practical advice herein. Recent articles have covered raising heritage breeds, soil and planting tips, management techniques, and bigger-picture topics such as policies on recombinant bovine growth hormone. It also features insider commentaries on topics such as sustainable farming.

**Organic Consumers Association**  
[www.organicconsumers.org/organicbytes.cfm](http://www.organicconsumers.org/organicbytes.cfm)

This site, run by a nonprofit, is not so much about organic food and standards (though its news and information sections highlight that beat) as food safety, giving readers the knowledge to take action on the topics covered. Recent headlines: "EPA gives factory farm right to ignore pollution laws," "Health implications of fluoride in your drinking water." OCA also offers information on its own ongoing campaigns, such as "Millions Against Monsanto" (re: genetically modified organisms). You can search for related news and events by state, participate in discussion forums, and take advantage of its buying guide with links to scads of green businesses and organizations.

**Ideal Bite**  
[www.idealbite.com](http://www.idealbite.com)

Though ostensibly catering to women and positioning itself as "lite" green, Ideal Bite is a highly practical source for anyone — especially if you're pressed for time. Simply subscribe to its topically themed Daily Tip and you'll receive email each morning offering healthier and more environmentally sustainable alternatives to everyday products and services. Be it yard care, hair care, pet care, getting off of catalog lists, or eco-travel, Ideal Bite explains why conventional stuff is undesirable, why the green choice is better, and links to their favorite picks. The founders personally test all items mentioned, and share their green living tips. If your in-box already runneth over, you can search the site for information on areas of interest.

**Environmental Safety And Health**

Wholesome "green" food and consumer products are safer for us, but what about all the chemicals around us in the air, water, land, etc.? And what can we do about it?

**Environmental Health News**  
[www.environmentalhealthnews.org](http://www.environmentalhealthnews.org)

If you're trying to keep on top of toxic exposures that are possible causes of environmental and human health problems — lead, bisphenol A, nuclear waste, pesticides, synthetic estrogen, and other lovelies — this is a great go-to spot. Read the latest articles from respected news sources from around the world, from the Associated Press to local papers to research centers to environmental groups (screened by scientists for accuracy to boot).

**Scorecard**  
[www.scorecard.org](http://www.scorecard.org)

Get an in-depth, custom pollution report on your community covering air,

(continued on page 13)



## Mt. Airy Kids' Literary Festival!

**Fri., April 11- Sun., April 13, 2008!**

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**The Food Trust**



# Big Blue Marble Kids’ Literary Festival, Friday, April 11 to Sunday, April 13

by Maleka Fruean

From preschoolers all the way up to young adults, the neighborhood of Mt. Airy will have a weekend full of reasons for you to love kids' books. Everything from a literary kids' concert by Two of A Kind, classic picture books with words and images of Africa by Muriel Feelings(*Jambo Means Hello*), intricate illustration and hilarious banter of Adam Rex(*The True Meaning of Smekday*), collage art by Dar Hosta(*If I Were a Tree*), and girl-empowering, young-adult novels by Catherine Gilbert Murdock(*Dairy Queen, Princess Ben*) are just some of the highlights of the second annual Mt. Airy Kids' Literary Festival presented by the Big Blue Marble Bookstore. The festival will run from Friday, April 11 to Sunday, April 13, 2008.

Other authors/illustrators at the festival will be Alix Berenzy(*Sammy the Classroom Guinea Pig*), Charlene Crawford(*Adventures with Granny in the Garden*),

Jan Jugran(*Willow Becomes Brave*), and Eloise Prescott(*Aisha's Crowning Glory*). All of the events and activities are free and open to everyone. Besides author readings and signings throughout the weekend, there will also be crafts, giveaways, and games. There will also be a bedtime stories reading at the Maternal Wellness Center right down the street from Big Blue Marble, where children can come dressed in pajamas to hear their favorite night time stories and share snacks. Every activity will be aligned with the festival and the bookstore's mission to provide fun-filled, multicultural book events for the neighborhood and beyond.

A full festival schedule will be available soon at Big Blue Marble's website: [www.bigbluemarblebooks.com](http://www.bigbluemarblebooks.com). For more information on this event, or any event at Big Blue Marble Bookstore, please contact Maleka Fruean: 215-844-1870, [maleka@bigbluemarblebooks.com](mailto:maleka@bigbluemarblebooks.com).

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1. Please bring books and magazines early(but not before 9!) Then more people can go through them and fewer get tossed.
2. Styrofoam packing peanuts and, bubble wrap, plastic airpacks or pillows, and flat thin sheets of styrofoam are happily taken by the UPS store at 7715 Crittenden St (Market Square Shopping Center). Hours are 9 to 7 M-F, 9-5 Sat, closed Sunday. They will not take the big blocks of polystyrene but can tell you where to take it.
3. Recycle thin film plastic (newspapers sleeves, dry cleaning sleeves, bags from stores) in containers at the supermarket. This plastic is used to make Trex "lumber"



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Surfing the Cyber Green  
(continued from page 11)

water, chemicals, and more, by typing in your zip code at this site. Built on more than 400 scientific and governmental database, Scorecard lets you discover, for example, who or what is polluting your neighborhood, which pollutants do the most harm, and which socioeconomic groups are most significantly impacted. It also lets you search the site by chemical, location, or corporation. The goal here is to empower people to take action to get the problems cleaned up. Right from the site, you can fax a polluting company and/or contact your elected representatives.

**News**  
Here are a couple options to let you start your day with broad, general interest news on hot environmental topics. (There are many wonderful environmental magazines that publish some content on the web, but these are unaffiliated with any groups and therefore don't have any particular slant or axe to grind).

**Grist**  
[www.grist.org](http://www.grist.org)  
It's free, it's daily, it's chock full of well-reported news and analysis, and its sassy tone is just right. Fascinating articles up recently include one on carbon-permit auctions ("it's more interesting and important than you think"), the pitfalls of much heralded cellulosic ethanol, and oil and the status of women in the Middle East. Grist also offers many special features on such vital issues as where all the presidential candidates stand on a variety of environmental policy topics, and plenty of interviews with environmental leaders from everyday activists to authors to professors. "Ask Umbra" has become the go-to place to resolve green-living quandaries, and its "Gristmill" discussion

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**Greenadelphia**  
[www.greenadelphia.org](http://www.greenadelphia.org)  
This independent citizen journalism site is open-post — this is the spot where the latest local grassroots urban environment and sustainability goings-on are recounted by diverse voices. It includes some reportage, some opinion, and is always lively and outspoken. You can join the conversation in the comments section. Here the value isn't so much accuracy but getting a sense of the green issues bubbling up, who's involved, what's at stake, and how residents feel about it.

**Green Blogs**  
**BlogNetBiz/Environment**  
[www.blognetnews.com/environment/](http://www.blognetnews.com/environment/)  
Finally, if you love surfing the web and want to read as many environmentally themed news and opinion blogs as possible (or find new favorites), look no further than this site. Scientists, moms, activists, businesses, conspiracy theorists... everyone weighs in and the content updates constantly.  
*Miranda Spencer lives in West Mt. Airy and freelances for E: The Environmental Magazine. She blogs at <http://green-gazette.blogspot.com> and [www.wimnonline.org/WIMNsvoicesblog](http://www.wimnonline.org/WIMNsvoicesblog).*

  
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**Alan Dawley**  
(continued from page 4)  
which he won the Bancroft prize in 1977.  
In addition to his many academic achievements, Alan's career was marked by a steadfast devotion to causes of social justice. From his participation in the Civil Rights Movement in the sixties, which included the editorship of the Mississippi Free Press, in Jackson, 1963-64, through his protests of the war in Iraq, which got him arrested outside the White House in 2005 along with 370 other protestors, and even to his involvement in Weavers Way, Alan lived his life according to his ideals.  
"I am a historian by profession, a community activist by inclination, and the father of two children by my wife of 35 years," he wrote in 2003. "I feel lucky to be ensconced in Mt. Airy, because it is a place where you can live your values. If you believe in community, diversity, and the struggle for equality, you bump into chances to make them real around every corner. That applies directly to Weavers Way, one of the best examples of practical idealism I have come across in a lifetime of looking, starting with the Mississippi civil rights movement, and going on

through a series of good causes up to the recent campaign against corporate globalization. I take pleasure in gardening, traveling, and pondering the mysteries of life, but what I enjoy most is writing, for the same reason I enjoy cooking. It lets you combine a lot of different ingredients in what sometimes turns out to be a scrumptious creation."  
Alan Dawley is survived by his wife Katherine and his two sons. He will be missed by those who knew him, those who worked and studied with him, and by a world that benefited from his efforts to make it better. In lieu of sending flowers, please send donations in his memory to any of the following organizations that Alan supported:  
**Weavers Way Community Programs**, Send checks in honor of Alan to 559 Carpenter Lane, Philadelphia, PA 19119.  
**American College of Nurse Midwives Foundation**, [www.shopacnm.com/foungif.html](http://www.shopacnm.com/foungif.html) (indicate that the donation is in honor of Alan).  
**Woodrow Wilson National Fellowship Foundation**, [www.woodrow.org/supportingww/index.php](http://www.woodrow.org/supportingww/index.php) (indicate that the donation is in honor of Alan).

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Candidate Statements for the Board of Directors

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

1. Why is Weavers Way Co-op important to you?
2. What volunteer experiences have you had with other cooperatives or organization?
3. What experiences and skills or unique perspectives will you bring to the Co-op Board?
4. What do you think are some important challenges for the Co-op in the short or long term?
5. Any other personal information you would like to share, i.e. family, hobbies, work experience, special talents, etc.

Spring General Membership Meeting

May 17, 2008

Summit Church, Greene & Westview  
5:30-6:30 p.m., Eat, Meet, and Greet 6:30 to 8:30 p.m.,  
Meeting, Board Elections

Nancy Weinman  
At-Large Director

*Why is Weavers Way Co-op important to you?*  
A member of Weaver's Way since 1974, I deeply value all aspects of the Co-op's mission, especially the sense of community it has built and inspired, the diversity embraced by its membership, its support of local businesses and other cooperatives, and its commitment to local farming and environmentally healthy products and practices. I also enjoy grocery shopping where I regularly bump into friends and am welcomed by staff who know my name and my children. I cannot imagine the personal sense of loss I would feel if the Co-op were not part of my life.

*What volunteer experiences have you had with other co-operatives or organizations?*  
I started volunteering with cooperatives in the 1980s when I enrolled my two sons in the cooperative nursery school at Summit Presbyterian Church. Most recently, I served on a fund-raising and planning committee of the Mann Music Center and co-chaired the health law committee of the Philadelphia Bar Association.

*What experiences and skills or unique perspectives will you bring to the Co-op Board?*  
An attorney who has counseled businesses and non-profit corporations for 30



years, I regularly advise community-based organizations on transactions and governance matters. When I learned of the Co-op's financial crisis several years ago, I volunteered and was elected to serve on the Accountability Committee. To stay involved in implementing the lessons learned, I joined the Board two years ago and have been serving as Vice-President throughout my two-year term.

*What do you think are some important challenges for the Co-op in the short or long term?*  
The Co-op's greatest challenge, both in the short and long term, is to find ways for the Co-op and its staff to grow and change without sacrificing the sense of intimacy, member participation, and shared values that make Weaver's Way so unique.

Sylvia B. Gentry  
At-Large Director

*Why is Weavers Way Co-op important to you?*  
I have a strong sense of the importance of community. In addition, I enjoy cooking and nutrition, and share the values of Weavers Way. Since moving from Cincinnati to Mt. Airy two years ago, I have become aware that Weavers Way provides the opportunity to participate in determining the source of our food and its distribution, as well as determining the kind of food we consume.

*What volunteer experiences have you had with other co-operatives or organizations?*  
I have served on numerous boards in Cincinnati, including my local community council, the Clifton Town Meeting, and a spin-off non profit organization that gained ownership of a former neighborhood movie theater, saved it from becoming a fast food restaurant as proposed by its former owner, and developed it into a successful 5-screen movie theater.

*What experiences and skills or unique perspectives will you bring to the Co-op Board?*  
I have had considerable experience in working on community Boards, in the areas of planning, development, and fund raising. I am a Social Worker by profession and have had considerable experience in managing and developing programs.



*What do you think are some important challenges for the Co-op in the short or long term?*  
The most important challenges for the Co-op at this point are addressing the need to expand while maintaining the values and community base it embraces. Addressing the need to expand while maintaining our fundamental values will be our challenge.

*Any other personal information you would like to share?*  
In addition to our daughter, son-in-law, and their two children who live in Mt. Airy, we have a son who lives in Chicago. Mt. Airy is similar to the community in which we lived in Cincinnati. I have always been involved in the life of my community, and want to continue that here.

Chris Hill  
At-Large Director

*Why is Weavers Way Co-op important to you?*  
Weavers Way is the heart of the community, and a regional leader in making a local, sustainable food system a reality.

*What volunteer experiences have you had with other co-operatives or organizations?*  
Worked at The Wedge Co-op in Minneapolis. Serve on Board of Mill Creek Urban Farm. Worked with Farm Aid to develop an urban farm bike tour. Served on the board of the Duval Street Improvement Association. Served on the Organic Committee of the National Campaign for Sustainable Agriculture. Serve actively on Weavers Way Farm Committee. Work with the Common Market local foods distribution center initiative.

*What experiences and skills or unique perspectives will you bring to the Co-op Board?*  
Worked closely with farmers and food activists as founder of Rodale Institute's newfarm.org. Bring to the Board a deep knowledge of farming and regional food economies, and a passionate interest in building infrastructure for increased access to local foods. (Roots of interest? Years spent on granddad's farm in Oklahoma, inflamed by reading Wendell Berry's passionate critiques of U.S. agriculture.) I'm also an innovator: Co-founded City Paper, New Farm, howtogoorgan-



ic.com and dozens of other web sites and publications. Bring creativity and discipline to the process of envisioning the Co-op's future.

*What do you think are some important challenges for the Co-op in the short or long term?*  
Handling expansion and growth in a way that doesn't violate the spirit of the community. Learning how to provide leadership and support for development of other cooperative enterprises in the region.

*Any other personal information you would like to share?*  
Passionate gardener with a thing for tomatoes and hot chili peppers; can, freeze, dry, roast hundreds of pounds a summer. Writer and editor with over 25 years experience. Have had success with grant writing.

Jim Peightel  
At-Large Director

*Why is Weavers Way Co-op important to you?*  
I hear members, neighbors, and visitors refer to Weavers Way Co-op, as more than the corner store at Carpenter and Green. For some, it's mostly a local friendly crowded store, for others — including myself — it's a place that builds and sustains community through programs, notice boards, and engaging other community groups. It's also a place that values values, and tries hard to put its money where its mouth is regarding environmental impact, member participation, economic fairness, diversity, and our mission statement. We may debate the details but these things actually matter at WW.

*What volunteer experiences have you had with other co-operatives or organizations?*  
My first experience with co-op experience and philosophy, some 20 years ago, was at a student housing co-op in Austin Texas. I served on the board the second of my two years there. At WW this will be my third and final two-year term on our board.

*What experiences and skills or unique perspectives will you bring to the Co-op Board?*  
One practical part of what I bring to the board after four years is the return on the Co-op's investment in board membership. Board orientation, mentoring,



training, and the ongoing experience of putting in the time and energy of board work, prepare a member to know and respect the role. To keep the Board experienced, yet refreshed and not entrenched, I support the six-year limit for a stretch of board service.

*What do you think are some important challenges for the Co-op in the short or long term?*  
How do we survive, develop, and transform? I think we need a broader way to think of expansion, not just new store locations, but how to balance our tried and true identity with making a bigger difference in our community.

*Any other personal information you would like to share?*  
Family, friends, movies, tennis, photography.



**Edward R. Case**  
*At-Large Director*

*Why is Weavers Way Co-op important to you?*  
Philosophically as an egalitarian system that treats every member’s needs equally. Socially as a center of positive community activity. Pragmatically as a market for alternative suppliers and products that would not otherwise be available.

*What volunteer experiences have you had?*  
Commonwealth Youthchoirs (financial planning), Philadelphia After School Activities Partnership (chess for children), Had-donfield Friends School trustee (plan-ning). In 2007 – 08 I have been a Board member and Treasurer of Weavers Way.

*What experiences and skills or unique perspectives will you bring to the Co-op Board?*  
I am a corporate chief financial officer with 25 years’ experience in business planning, financial statement preparation and interpretation, and financing. Previ-ously I ran the ceramics business unit for Armstrong World Industries.

*What do you think are some important challenges for the Co-op?*  
We need to maintain a balance among fi-nancial health of the Co-op, low prices for members, and support for community



activities. Expansion can be controversial — one constituency favors expansion and another favors an unchanged corner store. We have to balance both groups’ interests. As treasurer I will work to en-sure that any expansion does not put at risk the financial stability of Weaver’s Way.

*Any other personal information you would like to share?*  
Resident of Mt. Airy since 2006, four blocks from the Co-op. Four children through or at Germantown Friends School. My wife Mary Ann is a long-time community volunteer. I have confidence in the collective judg-ment of the Board, staff and membership of the Co-op.

**Sue Wasserkrug**  
*At-Large Director*

*Why is Weavers Way Co-op important to you?*  
I am a firm believer in alternative eco-nomic models, particularly those that promote social and environmental justice, and it’s important to me to have a place to shop where I feel that I am putting my beliefs into practice. I like to know where my food comes from, and I prefer eating healthy, locally produced food. The Co-op is important to me for its role in promot-ing a strong sense of community, too.

*What volunteer experiences have you had with other co-operatives or organizations?*  
I have been a member of several co-ops over the years. Most have been grocery-style co-ops like Weavers Way (in Balti-more, Cleveland, Iowa City, and Tucson), and some have been dining or living co-ops. I also was a founding member of a food-buying club.

*What experiences and skills or unique perspectives will you bring to the Co-op Board?*  
I have excellent organizational skills and I’m well-informed about food issues, from nutrition to food politics. I have a back-ground in anthropology, law, and journal-ism -- all of which have contributed to my ability to examine issues from various



perspectives and to articulate a range of positions.

*What do you think are some important challenges for the Co-op in the short or long term?*  
The expansion of the Co-op and the growth of Weavers Way Community Pro-grams are two of the Co-op’s greatest challenges. In fact, I am running for the board at this time because of my interest these two issues.

*Any other personal information you would like to share?*  
I have a great sense of humor, and I’m a great cook. I love having the coop as my “corner grocery” - I live just a block away

**Bob Noble**  
*At-Large Director*

*Why is Weavers Way Co-op important to you?*  
The idea of neighbors organizing for the mutual benefit of all is exciting to me. Weavers Way enriches our community by providing a means for us to participate in an alternative economic enterprise—one that embodies the values of healthy food, concern for the environment, and collec-tive self-reliance.

*What volunteer experiences have you had with other co-operatives or organizations?*  
I am the current Board President of Weavers Way Community Programs. I helped start a co-op in Cambridge, MA, in 1971. I have been a union organizer and community activist.

*What experiences and skills or unique perspectives will you bring to the Co-op Board?*  
I was WW Board President from 2002-2006 and have served on many commit-tees. I have attended several co-op na-tional conferences. I was a delegate to, and presented at, the International Coop-erative Alliance General Assembly this past October.

*What do you think are some important challenges for the Co-op in the short or long term?*



Our biggest challenge now and in the coming years is responsible, managed ex-pansion in a way that maintains our iden-tity, values, and cooperative principles. We need to broaden our membership base and increase our diversity.

*Any other personal information you would like to share?*  
I am a Sr. Technical Consultant at the Philadelphia Stock Exchange where I have worked for the past 20 years. My wife of 30 years, Mindy, is a Philadelphia public high school math teacher. We have a daughter in graduate school and a son in college. We’ve lived in Mt. Airy (just a block away from the Co-op) for 15 years.

**John Adams**  
*At-Large Director*

*Why is Weavers Way Co-op important to you?*  
Weavers Way is a well-earned Mt. Airy icon and a demonstration of how to do fair business. It is a core example of the type of things that build a true viable community.

*What volunteer experiences have you had with other co-operatives or organizations?*  
Past president and frequent Board mem-ber of Chestnut Hill Business Association. Past Board member Chestnut Hill Busi-ness Improvement District. Past Executive Search Committee OHBA. Past CHBA liason to Chestnut Hill Community Asso-ciation Design Review Committee. Past member Teen Committee of Sedgewick Cultural Center. Past member of Vince Pierri’s Committee to start merchant dis-count program for Weaver’s Way. Past Board member United Communities of Southeast Philadelphia.

*What experiences and skills or unique perspectives will you bring to the Co-op Board?*  
Recently designed and implemented Weaver’s Way 2nd floor sound system. Free consultations with numerous Weaver’s Way managers over the years on electronics issues in many regards.



*What do you think are some important challenges for the Co-op in the short or long term?*  
Physical plant issues, parking/loading is-sues on the ongoing balance of quality/price/value/ and values for a co-op. I am not cutting-edge current but am aware of ongoing themes.

*Any other personal information you would like to share?*  
My wife, Elena Aldrete, and I enjoy travel, hiking, camping, our dogs, arts and music, sports, politics and activism, and living in Mt. Airy. We have a strong social network of family and friends, and recently reno-vated two Victorians into quality, afford-able rental units in this area.



**Dave Tukey**  
*Staff Director*

*Why is Weavers Way Co-op important to you?*  
Weavers Way is well positioned to be a dynamic partner in the transformation of neighborhoods within Philadelphia. It em-bodies value and values, and its success as a member-owned cooperative can serve to empower others. Its unique shopping experience has made it an icon of West Mt Airy.

*What volunteer experiences have you had with other co-operatives or organizations?*  
Working with the Philadelphia Tree Ten-ders program in recent years, I have coor-dinated the planting of roughly 100 street trees in West Mt Airy.

*What experiences and skills or unique perspectives will you bring to the Co-op Board?*  
I have experience with institutional strategic planning, self-studies, and vision statements. I sponsored efforts promot-ing institutional values, such as continuous quality improvement teams, and facilitated consensus building both within and among groups. I have also been involved in programs that fostered diversity in aca-demic institutions.

*What do you think are some important challenges for the Co-op in the short or long term?*  
A major short term challenge within the Board is the continued implementation of policy governance and refinement of “ends policies” that guide management. A

challenge to both Board and management is how best to involve Co-op members in committees and decision making. A signif-icant long term challenge is improving and expanding retail operations at our cur-rent location and beyond, and what state-ment we want to make in this process about the place of Weavers Way on the economic, political and social landscape of West Mt Airy and the city as a whole.

*Any other personal information you would like to share?*  
I enjoy bicycling, games like chess and go, celtic fests, history, and hand drumming, especially middle eastern rhythms for dancers. My wife and I love Cornell hockey, Jane Austen, our two cats Rosie and Banjo, and trees ... lots of trees.



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Environment Committee Now  
Accepting Grant Applications

Weavers Way Environment Committee invites community groups from the surrounding area in Mt. Airy, Germantown, and Chestnut Hill to submit proposals for grants. Grants are awarded for public purposes that benefit the environment through education and/or gardening projects. Applications and guidelines are available from the Environment Committee mailbox on the second floor of the Co-op and at [www.weaversway.coop](http://www.weaversway.coop). Grant proposals must be returned to same location by Monday, April 28.

~ Sandra Folzer, Environment Committee Chair

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Not sure where to take your mom for Mother's Day? Surprise your mom with a jazz concert and a delicious dinner at Mt. Airy Presbyterian Church. On Sunday May 11th from 4:00-6:00 p.m., you can celebrate Mother's Day with a catered dinner while listening to Philadelphia's finest jazz music live. Victor North's jazz trio, featuring Victor North on sax, Lucas Brown on organ, and Wayne Smith Jr. on drums, will be performing. Advance purchase tickets are highly recommended for this special event. For more information and ticket prices, call 215-247-1303. Mt. Airy Presbyterian Church is located on the corner of Germantown and Mt. Pleasant Aves.



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# Spring Into Your Local Park

by Ronda Throne-Murray

Ned Wolf Park might seem quiet these days, but lots of activity has been happening behind the scenes in order to prepare for continued activities in 2008.

As you may already know from the fundraising letter campaign that we circulated in early March, the Friends of Ned Wolf Park have been working to raise funds to continue the good work started last year. PhillyCarShare has awarded the project with a \$250 grant. It's a good start, but we can certainly use additional financial assistance from our neighbors and the community at large.

On Saturday, April 26, from 10 a.m. to 2 p.m., we will have "Spring into Your Park," a workday in the park sponsored by Philadelphia Green. It will be the ninth annual citywide celebration of parks and partnership between the Dept. of Recreation, Philadelphia Green, and volunteers like you who come and join their neighbors to give their local park a Spring Cleaning. Last year dozens of people performed some really brutal workdays in Ned Wolf Park. This year is sure to be much easier and with a shorter list of things to do, but we really do need your assistance, and we always "pay" our volunteers with food and appreciation for a job well done.

One of the "unseen activities" this winter has been meetings with other people who are interested in sustainability and greening up the city. Philadelphia Horticultural Society (PHS) started a small gardening project over 33 years ago called Philadelphia Green, which has grown into one of the largest and most comprehensive urban greening efforts in America. Philadelphia Green collaborates with concerned residents who volunteer to work with community organizations, private businesses, and city government to use horticulture to transform once-blighted neighborhoods. The mission is to eliminate the discouraging effects of vacant lots by planting "clean and green" spaces. They have changed the perception of these previously uncared-for areas throughout the city; first by the neighbors on the block, then by the neighborhoods. It is a small movement that continues to spread across Philadelphia, and the nation.

A yet-to-be-seen event was a town hall-style meeting taped by WHYY for the series "Edens Lost and Found." The goal was to bring together citizen volunteers, civic minded for-profit and not-for-profit "green" enterprises, academics and local government officials to speak about best practices found to address the nationwide problem of urban and forest deterioration.



PHOTO BY LAURA SERRA

STEPHANIE KRUEL (L), COMMUNITY RELATIONS COORDINATOR FOR PHILLYCARSHARE PRESENTING RONDA THRONE MURRAY WITH A GRANT CHECK FOR NED WOLFE PARK

Quite a mix of people attended; students from Saul Agricultural High School, leaders of park "Friends of" groups, leaders from many groups including the Philadelphia Horticultural Society, Philadelphia Green, Philadelphia Department of Recreation, Fairmount Park Commission, Home Depot Foundation, William Penn Foundation, the Pennsylvania Environmental Council, and many others. Philadelphia is one of only four cities in the U.S. successfully re-greening, along with Chicago, Seattle, and Los Angeles. The Philadelphia edition of "Edens Lost and Found" airs on Earth Day, April 22, check for show times at [www.pbs.org](http://www.pbs.org).

Ned Wolf Park is a small "pocket park" whose caretakers want to respect its immediate neighbors by utilizing the park

with relatively quiet community activities. We are looking for people who want to work with us to have perhaps a community event like an art show or some acoustic music events that will bring neighbors together in a way that contributes a positive impact on the diverse jewel, Mt. Airy.

I look forward to seeing you in the park.

To make a tax-deductible donation as many of neighbors have, please send your check to WMAN (with "Ned Wolf Park" in the memo section), 6703 Germantown Ave., Suite 200, Phila, PA 19119. If you would like to plan and work on an event, purchase a shirt, or join our group of really great volunteers who help in the park, contact Ronda Throne-Murray at 215-848-4222 or at [rondazmail@verizon.net](mailto:rondazmail@verizon.net).

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# Are Compact Fluorescents the Solution?

by Steve Hebden

You’ve probably heard the amazing environmental impact claims made on behalf of compact fluorescent light (CFL) bulbs. Here’s a typical example: If every U.S. household replaced six 60-watt incandescent light bulbs with compact fluorescent light bulbs, it would be equivalent to taking 4,068,370 cars off the road — for good! More about those claims later, but for a moment, let us consider the romance of incandescence: glowing fireplace coals, meteors streaking across a dusky sky, the flare of matches lighting cigarettes in gangster *film noir*, carrying the torch for a romantic interest, and yes, the soft warming glow of a tungsten filament light bulb. Okay, romantic moment over, replaced by the gradually brightening Dairy Queen swirl of a CFL.

The claims are true, CFLs do use less energy, but they also contain mercury, a potent neurotoxin known to cause plenty of environmental problems and human suffering throughout the ages. The toxic heavy metal is integral to the design of current CFL bulbs: electricity agitates the mercury molecules, causing them to emit ultraviolet light. That light then spurs a bulb’s phosphor coating to give off visible light. The average CFL bulb now contains around 4 milligrams of mercury. In their efforts to cut down on the quicksilver, at least two manufacturers offer bulbs that contain just 1 mg of mercury: Neolite and Earthmate Lighting CFLs contain 1 mg. Stepping back and looking at the global picture, most if not all CFLs are manufactured in China. It’s reasonable to wonder if the mercury mining and refining processes are well regulated there (or any of the other world sources for that matter). Other environmental concerns are,

as with anything bought and consumed, how is the product packaged? Many CFLs are packaged in non-recyclable plastic blister packs, incandescents are packaged in cardboard. Earthmate and Sylvania package their bulbs in recycled cardboard. Now, more about those energy claims. Yes, less energy-per-lumen for a CFL, but a comprehensive analysis of the carbon footprints of light bulbs must include every aspect of their production, delivery to the consumer and their disposal, not just the energy consumed while in use. Unfortunately, no analysis has been done but the following example will show a few of the unresolved issues and strands of inquiry. The Co-op sells both CFLs and incandescent bulbs. Both are manufactured presumably using electric power in China where most electricity is generated using coal. A single incandescent bulb weighs about twice as much as a CFL and transportation of the bulbs should be figured into the carbon footprint. Anecdotal evidence suggests that some CFLs do not last as long as advertised. This may have to do with brands or the situations they’re used in, but needs to be accounted for in a life-time analysis.

Once you’ve installed the bulb and flipped the switch, where does the electricity the bulb and the rest of your house is using come from? Here on the PECO/PJM electric grid, approximately 55 percent is generated using coal. Coal-fired power plants are the largest source (40 percent) of all U.S. mercury emissions. Various analysis show that the total amount of mercury from CFLs, including from 100-percent coal-power generation, is favorable to that of incandescents. But what if you live where hydro- or nuclear

power is the main component of the mix? Since there is no clear conclusion, we should, as Reinhold Niebuhr suggests, “be far less concerned with the purity of our actions and much more concerned with the integrity of our compromises.” At the present, there are no pure actions, just reasonable compromises. Meeting the challenges of global warming and environmental stewardship would therefore lead me to urge our community to switch to CFLs and to find means to recycle them. The Green House Detectives, a local start-up environmental business will sell and recycle CFLs, tentatively by appointment from their showroom in the basement of the pet food store at 608 Carpenter Lane. They can be reached at 267-709-3415. Ikea in either Conshohocken or in the stadium area of Philadelphia recycle both CFLs and household batteries. Go to their Returns and Exchanges area and look for the “Think Green” signage.



Ode to a Rice Cooker  
*(continued from page 3)*

kitchens at Phish concerts. Though I haven’t read the book of the same name, I will be putting *Hidden Kitchens, Stories, Recipes and More* with a forward by Alice Waters (2006, Rodale Press), on my must read list.

As I said, this is not my preferred way of cooking. In a room that is often crowded with as many as 10 people on any given day, I am sometimes tempted to seek out the haven of a professional kitchen. I dream of six burners and a convection oven. Oh, the things we could do. But as the kitchen sisters remind us, cooking is about how communities come together. As I think I’ve said on these pages before, cooking is an act of love. To nourish someone with healthy and tasty food is a gift I feel I can give freely and openly. And so, while these conditions in the basement are not the makings of a dream kitchen, it is still all about the principles of the community table. I am staying here for now because my roots are deeply planted and I love this community. So the next time you’re shopping and see the fire truck pull up to the Co-op, don’t be alarmed. Just smile and think of us girls down in the basement smokin’ the joint up with our rice cookers. We do it all for you.

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The Simplicity Dividend

# Viva Kiva: Microfinance Comes to Philly on April 18

by Betsy Teutsch

Kiva.org began as a kitchen table start-up — a small group of accomplished, idealistic folks wanting to make a difference in the world pooled their skills, connections, and some modest start-up capital and in 2005 launched a direct microfinance site with support from PayPal. The rest is history. Their platform took off and has grown exponentially; the number of folks wanting to loan money at no interest to developing-world entrepreneurs has been so robust that Kiva’s present challenge is vetting entrepreneurs quickly enough to keep up with the loaners! Rupa Modi, the Philadelphia-based head of Northeast Development for Kiva, reports that when the loaner supply exceeds the

available loan applicant profiles, Kiva’s San Francisco staff take a moment to shrug their shoulders and congratulate each other on having solved world poverty. Then they roll up their sleeves and redouble their efforts, working to ramp up fast enough to spread the opportunity for poverty reduction as far and as fast as they can.

Kiva.org is a simple interface. In increments of \$25, loaners designate to whom they loan money for a no-interest term of around 12 months. Since Kiva is in year three, the early loans have come due and the statistics are remarkable: 0.1 percent for default rate for \$4.5 million in completed loans. (Compare that to the U.S. subprime mortgage debacle....) Kiva has

indeed made some high profile friends such as Bill Clinton, who has featured them in his book *Giving*, and Oprah Winfrey. A list of Kiva’s corporate sponsors is pretty much a who’s who of successful Silicon Valley companies, many of them contributing their services to help provide the infrastructure to make no-cost loans possible. Clearly they have tapped into an enormous lode of generosity and excitement on the part of loan providers, mostly everyday folks thrilled to be part of the solution.

Philadelphians will have a remarkable opportunity to learn more about the microfinance world on Friday, April 18, 2008, when the Wharton Microfinance

Club will sponsor a daylong workshop including two of the founders of Kiva as keynotes, Premal Shah, and Matt Flannery, along with other leaders in the microfinance/ social entrepreneur world. If you’re interested in attending the conference, visit [www.pennmicrofinanceconference.com](http://www.pennmicrofinanceconference.com) for more information.. After the conference Kiva will be hosting a reception where you can celebrate its success and even expand your “portfolio” by lending to new loan applicants on the spot. Viva Kiva!

Check out Betsy Teutsch’s blog at [www.MoneyChangesThings.blogspot.com](http://www.MoneyChangesThings.blogspot.com).



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L • E • T • T • E • R • S

As you invited, I am writing about Bonnie Shuman’s article on *pâté de foie gras* (paste of grossly fattened goose or duck livers).

Objections to forcefully cramming corn down the gullets of geese and ducks in order to fatten and enlarge their livers and pack as much cholesterol into them as is humanly possible, is not confined to Americans. Some French object, too, and in French charcuteries and supermarkets one can find an alternative: *pâté de foie maigre* (paste of skinny livers). Chalk one up for choice. I have spent time in the Perigord, where reside the geese and ducks who contribute their *foies* — *gras* or *maigres* — for the delectation of pâté lovers, and I can attest that natives of the Perigord are well aware of, and not unsympathetic to objections about mistreatment of water fowl.

As for the larger question of whether people should be allowed to do as they please in return for letting others do the same, I have two comments:

1. Many countries, including the United States, England and France, have laws against the inhumane, cruel and degrading abuse and torture of nonhuman animals. We have been outraged by reports of pro football players’ torturing pitbull dogs to turn them into killers. In most states dogfighting and cockfighting are against the law, as are other forms of torture, abuse or neglect of animals, and these criminal activities are punishable by fines and jail terms. Fox-hunting has been outlawed in England. The Animal Planet television channel broadcasts popular programs documenting the daily efforts of SPCA workers in many U.S. cities to track down animal abuse and put a stop to it.

Would Bonnie consider it a violation of gourmets’ free choice if the French decided to include the force-feeding of geese and ducks under their bans on animal abuse? Such a ban would be on the farmers who raise the birds and supply the livers, not on consumers, but *pâté de foie gras* might become very hard to find, and exorbitantly expensive on the black market. Would laws promoting the welfare of ducks and geese that are anyhow raised for human consumption be an instance of an overreaching Nanny State? What about current U.S. laws regulating the humane treatment of livestock?

2. Bonnie quotes from *The Nanny State*: “When exactly did we lose our right to be unhealthy, unsafe, immoral, and politically incorrect[?] What if I want to be fat, drunk, immoral, and intolerably foolish?” Well, we “lose” such “rights” when we find ourselves living in communities of interdependent individuals whose actions inevitably affect others. We have a fundamental choice: we can choose to remain in human community and reap the benefits (and costs) of civilization, or we can choose to go live as solitaries in the wilderness, in which case our actions affect no one but ourselves. Once a person has “chosen” (usually by default) to remain in the human community, their choices are inevitably limited by the consequences of their actions for others. A choice to “be unhealthy” costs everyone who has health insurance or pays taxes, because sooner or later

such persons need health care in excess of what a person who chooses to “be healthy” requires. The community (i.e., the taxpayer) pays for that excess care if the unhealthy person is indigent, or private insurance rates go up. Anyone who chooses to “be unsafe. . . [or] intolerably foolish” — ride a motorcycle without a helmet, say, or drive without a seatbelt or while talking on a cell phone or while drunk — risks accident, injury, death, to themselves or others. The costs and consequences are widespread.

Put aside *The Nanny State*, Bonnie. Read Jared Diamond’s *Collapse*.  
*Evalyn F. Segal*

Dear Editor:  
The opening by Weavers Way of a store on Ogontz Ave. is a wonderful event, but it has made me think again about other issues that I think we have not faced up to — namely, required work hours, and shopping restricted to members.

It is clear that neither of these principles will apply to Ogontz because this is a different sort of enterprise, one on which we are going to pursue different goals, including that of working with the local community. But what of the Carpenter store, and what of any expanded store location in Mt. Airy or Chestnut Hill? How do work hours and restricted shopping apply to these stores?

We have been told that very few food co-ops in the U.S. have retained the work requirement. For me, that comment has been a source of pride rather than a criticism of Weavers Way. In my view, that minimum requirement of six hours per adult per year has helped instill a sense of ownership of everything that we do, something that goes back to the Rochdale Principles (which we refer to occasionally, but which don’t seem to carry much weight with most people). I have little patience for those people who say they are “too busy” to do their hours. Except for the physically disabled, this “too busy” means “I am interested in doing other things, and I don’t want to be bothered by this requirement.”

As for shopping being restricted to members — this requirement has suddenly disappeared. I really don’t know how it happened, but there it is. We talk incessantly about how crowded the store is and how difficult it is to stock the shelves, and then we decide to welcome in other customers. I am familiar with the contention that one of our jobs is to serve the neighborhood, but at what cost?

I have been quite disappointed that the issue of non-member shopping has not been discussed more extensively at membership meetings. Even if our new governing principles say that this decision is the prerogative of the management, it is such a basic change in the way we have been doing things that I think more needs to be said about it.

I would be very interested to hear what other members think about these things.  
*Larry Schofer*

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# Printmaking Show at the High Point Cafe

by Rebecca Mott

The High Point Cafe, at 602 W. Carpenter Lane, will be featuring the 2007 Philadelphia Invitational Portfolio in its entirety, along with selected portfolio prints from previous years, in an exhibition will run April 1 through April 15. An opening reception will be held April 5, from 3 p.m. to 5 p.m.

Selected by Philagrafika’s Portfolio Committee, the portfolio is designed to provide printmaking opportunities for artists, affordable artwork for collectors, and visibility for print shops. The program also encourages artists from other disciplines to experiment with printmaking. This exhibit represents fine-art prints from 40 artists, spanning six years of partnership and experimentation.

Philagrafika’s Portfolio Committee is composed of participating area print shops, including: The Borowsky Center

for Publication Arts of The University of the Arts; Brandywine Workshop; Brodsky Center; Deer Tree Press; C. R. Ettinger Studio; The Fabric Workshop and Museum; Silicon Gallery Fine Art Prints, Space 1026, and the University of Pennsylvania Printmaking Department.

The High Point Cafe gives back to the community in a multitude of ways. Along with their superior coffee, made-to-order crepes, and an assortment of fresh pastries, they exhibit the artwork of the local community and beyond, creating visibility and opportunity for artists in the area.

Philagrafika's mission is to promote and sustain printmaking as a vital and valued art form by providing artistic, programmatic and administrative leadership for large-scale, cooperative initiatives with broad public exposure. For more information about Philagrafika, visit [www.philagrafika.org](http://www.philagrafika.org).

# Mt.Airy Scavenger Hunt Starts Fri., April 4

by Kim Miller

The hunt is on! Come join your neighbors for some good ole Mt. Airy-style fun.

The Fourth Annual Mt. Airy Scavenger Hunt can start with your morning coffee on Friday, April 4, 2008. Spend the day or the month following a trail of clues that will lead you to your chance at the grand prize basket being drawn at 7 p.m. on the First Friday in May. Prize baskets are loaded with goodies from over 30 of Mt. Airy’s favorite businesses and restaurants!

Follow Mt. Airy’s History, Sustainability or Community trail to uncover the answers and the clues on this year’s hunt. You can find a list of the clues at [www.mtairyfirstfriday.com](http://www.mtairyfirstfriday.com) and at other places around town, but you must follow

the trail. Each correctly answered “clue” will earn you a marker on your entry card, along with your next clue. You start collecting chances once you successfully answer the first ten clues on your card. The more clues you answer, the more chances you have to win.

Our new mayor challenged all Philadelphians to find ways to connect with their neighbors. The Mt. Airy Business Community has put together a great calendar of events with the purpose of creating local connection points for neighbors, family, and friends — safe and close to home.

So please mark your calendars! Start your “hunt” on April’s First Friday and I’ll see you on the trail!

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### Suggestions

(continued from page 24)

another staffer, we’ll look for someone with the first name “Dog.” After that will be “Bird,” then “Lizard.”

s: “Condoms.”  
r: (Martha) They can be special ordered for members. Contact us for more info. (Norman) We used to stock them and found they were a high theft item. Also, the vendor refused to do demos on a table in front of the dumbwaiter.

s: “How about bringing back the olive tapenade spread — Weavers Way brand! It’s great, but I haven’t seen it for several weeks. Thanks.”  
r: (Bonnie) We will make this again. Sales of it slowed for awhile.

s: “I was shocked to look on the back of Woodstock Farms Organic Cut Spinach and find “Produce of China” on the label! I can’t imagine that it’s very eco-friendly to transport frozen food across the Pacific... and I’m not sure I want to eat anything grown in China — even “organic”! The U.S. Olympic team is importing all

food for the team because of concerns over Chinese produced food!!”

r: (Norman) The state of organics is at the point where many organic products are basically commodities — sourced, distributed and sold by large companies looking to keep costs low. A product could be sourced from China one week and Mexico the next. This system offers benefits and drawbacks. Benefits include lower prices to consumers and improving/reducing pesticide/fertilizer-based farming practices and the resulting pollution worldwide. Drawbacks include the food safety concerns (remember the *E. coli* spinach, which was grown in the U.S.), large-scale farming, and travel distance, and more. For a good discussion of these issues, see Michael Pollen’s book *The Omnivore’s Dilemma*. Meanwhile, according to Woodstock Farms, they are diligent about growing food safely in China, strictly adhering to organic standards, working with only farmers they know, growing and processing on Woodstock’s own fields, and using water from their own deep wells. FYI, the brand Woodstock Farms is actually the house brand of the main distributor of natural and organic products in this country, United Natural Foods Inc.

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Suggestions

by Norman Weiss

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

This month’s topic? Can’t think of one. So, how about some shameless self-promotion, to balance Jon’s past shameless self promotion of his books. Here’s mine: About 11 years ago, out of the blue, I was asked to play the part of Bob Cratchitt in *A Christmas Carol*, being put on by a children’s theater group at the Watertower Recreation Center (my son was in the play, and an adult actor had quit and the director was desperate and saw me dropping my son off and figured I was the Bob Cratchitt type). After that, I became convinced that it was inevitable I would continue acting, and after a few more neighborhood plays to gain experience, would become a movie star. Turns out, the movie star thing never happened, and last year I finally gave it up. But, I have a new fantasy, as a composer/key-board player. Don’t think I’ll ever become a star, just don’t have the chops, but if you want to check out some of my stuff, visit my Myspace page:  
http://www.myspace.com/normanweiss-compositions. Even though I never became a movie star, at least now I can say I did become a published composer/key-board player.

Suggestions and Responses:

s: “Can we get Synergy or Kombucha drinks?”  
r: (Norman) Yes. We are now stocking GTS brand, a couple of choices, in the drink case. Our attention was drawn to Kombucha because a few members have begun regularly ordering it by the case. Kombucha is a tea that has been fermented by microorganisms (a Kombucha colony). It is claimed to have detoxifying and energizing effects, and many people claim it results in a mild perceptual shift which includes feelings of mental and physical well being and even slight euphoria. To keep things even, we’re also going to stock “Kombdowna,” which results in slight depression.

s: “Please be aware that customers shopping with small folks are still customers and shouldn’t feel like the Co-op experience is downright child unfriendly!! I love supporting my local co-op and I love feeling welcomed and not being given the “evil” eye if my child is simply being a child and not even in harms way. Isn’t there room for children at the Co-op? This is after several very unpleasant interactions w/staff and members.  
r: (Norman) We all know our store is way, way, way too crowded. It is difficult

for parents to keep an eye on their kids while scooping nuts and weighing vegetables. One tactic I’ve seen used with success is involving kids in the shopping process where possible, asking them to push scale buttons, put things in bags, and climb up on top of the freezer to throw a box down. Shoppers and staff should be more understanding; we do want people with kids in our store. If anyone gives you the evil eye, let the Shift Manager know and we’ll give them a bottle of Kombucha.

s: “Given the number of gluten-free products and the new gluten-free support group, I’d like to request Arrowhead Mills Gluten-Free Pancake Mix. Thanks!”  
r: (Chris) No room to add this item at this time, but you can preorder three bags (minimum) for \$6.25 each. (Norman) Pancake mix is a cruel joke by food processors on people that don’t read ingredients. It is mainly flour, baking powder and salt, items almost everyone already has in their cupboard, and which cost far less when bought separately then when prepackaged as pancake mix. Look online for a basic pancake recipe.

s: “Any chance of getting loaves of ‘Slow Rise’ bread on Saturdays? It only seems to be here on Sundays. Thanks. (Multigrain, Rye, Oatmeal) Awesome!”  
r: (Nancy) They come in Saturday afternoon and Tuesday afternoon. We are often sold out Saturday morning. They cannot deliver more often, sorry.

s: “The Mom’s Pasta Sauce is *fabulous*! It has whole chunks of garlic and basil leaves. Thank you.”  
r: (Chris) Thanks for the positive comments. We’re glad you like it. *Bon Appetit*!

s: “Stilton crumbles are great! If the word gets out, I worry about future availability. Psst!! Keep this quiet.”  
r: (Margie) I ordered more to come in this week. I wouldn’t worry too much about availability. -Psst.- anything you write in the Suggestion Book could end up in Norman’s *Shuttle* column so word could get out.

s: “I have to admit I’m shocked that there have been complaints about Roling’s bagels — they rock! I don’t even shop at the Co-op on Saturdays because that’s the day they’re not here. Please, save the best bagels in town!”  
r: (Nancy) You are not alone. We promise to keep Roling’s bagels.

s: “Is there any chance we can carry Awesome Foods products? Awesome Foods is a local company making prepared raw (live!) entrees, breads, sweets, etc. Thanks!”  
r: (Norman) We have sampled some Awesome Foods products, and I enjoyed watching people try them, make faces and then spit them out. They are also relatively expensive. You have to be a hard core raw foodie to voluntarily eat these products and we don’t have that many members quite that crazy. Cooking food has generally been regarded as an acceptable practice, at least for the past 800,000 years.

s: “A bunch of the prepared salads lately (Green Sea Goddess, Ethiopian Lentils, Smoked Chicken Salad, Potatoes w/ Shitakes and Arugula) have been awesome. Don’t know if these are new or just

Check Out Weavers Way’s  
New Online Work Calendar!  
see a preview at [www.weaversway.coop](http://www.weaversway.coop)

new to me, but — great cooking!”  
r: (Bonnie) Thank you very much. These are newer items.

s: “The scurrilous propaganda campaign against Roling’s bagels must stop. If shoppers want perfectly round bagels that will stay soft for a solar year, I suggest they get their “bagels” at Dunkin’ Donuts, “Hole” Foods, or the freezer at “Super Fresh” (is that a joke?). If Roling’s bagels are replaced, I will call for a Basic Bagel Boycott and make trips to Glenside for my bagels. If any bagels have to go, make it the dreaded Goldberg. Roling’s rules!”  
r: (Nancy) Yes! Roling’s are appreciated by many of our members.

s: “Sweet Water Baking Company Bread is outstanding! Incredible chewy texture! Yum. I’ve only seen it on the weekends. Am I blind and/or slow? Or is it only a weekend item? It’s great bread!”  
r: (Nancy) Thanks. It’s a great addition. It is only delivered once a week on Saturday mornings. That’s as much as we

can do right now. (Norman) By the way, if you were blind you would probably know it, which leads us to conclude you probably are a little “slow.”

s: “Sugar-free soy milk. Silk brand has it.”  
r: (Norman) We do stock Westsoy unsweetened soy milk.

s: “I really appreciate the pet supply store — it’s a great resource and has a nice variety of products. I strongly urge the Co-op to allocate more staff hours, the understaffing is evident in terms of shelf stocking! Thanks!”  
r: (Kirsten) Thanks so much for supporting the pet store! Growth has been unexpectedly rapid over the last year (especially since the recall). I remain committed to continuing to stock the best products while we figure out how to best cope with the increased volume. We just added staffer Cat Naillon, who is knowledgeable about dog care, usually there on Thursdays. If we hire

(continued inside on page 23)

Equal Exchange

April Coffees of the Month



Organic French Roast

Rich & full bodied, we use the freshest green coffee & transform it into this beauty.

\$6.99/lb.

Reg. \$9.33/lb.

Organic Café Peru

Graceful & delicate, with a consistency of honey & a flavor of fresh sugar cane & brandied chocolate.

\$8.33/lb.

Reg. \$9.33/lb.



Welcome to Weavers Way Cooperative Association

Dear Neighbor,

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

DAY	DATE	TIME	LOCATION
Wednesday	Apr. 2, 2008	6:45 p.m.	GJC
Saturday	May 3, 2008	10:30 a.m.	CA
Wednesday	Jun. 4, 2008	6:45 p.m.	GJC
Wednesday	Jul. 2, 2008	6:45 p.m.	GJC

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

Robin Cannick, Membership Manager

PLEASE RETURN THIS PORTION TO WEAVERS WAY

Someone from my household will attend the orientation meeting on \_\_\_\_\_

Name (please print)

Phone Number

Address (including Zip code)