

the Shuttle

Manager's Corner

by Glenn Bergman, General Manager

Jules Timerman

I was in New York due to a family illness when I got the call that Jules Timerman had died. While I knew he had not been well, the news still came as a terrible shock.

One of the founding members and the first manager of the Co-op, I had never met Jules until about three years ago when I called him and asked to meet with him. We would get together occasionally after that, when he was well, and have lunch or just sit and talk about the business. I would listen and try to explain what our goals were for the Co-op. Jules was always concerned about the increased costs of operations. He always believed we could do better by watching how we purchased items. I agreed.

For those of you who are new to the Co-op, or those who never met Jules, we have lost an important member of the Weavers Way family. As we age as a business and as a community it is important that we continue to preserve the history of the Co-op on tape or DVD for those who want to study how we created this special business and community.

I will miss seeing Jules walking up the street. I will miss the history, and seeing Jules look over at me with a hand half

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Online Work Calendar Coming to a Co-op Near You!

by Tanya Rotenberg

This summer we will be rolling out the new Weavers Way Work Calendar ONLINE! What does this mean to you? No more hard-to-read calendars perched over the spritzers. If you know you're supposed to work on Tuesday and you're getting ready to set your alarm on Monday night but can't remember if you picked the 7:30 shift or the 8:30 one, you can check online. If you want to coordinate with other members of your family and you aren't all in the Co-op, you can all cluster around your computer at home and pull out your calendars.

But what if you don't have a computer? That's okay, we'll have one in the Co-op (probably perched over the spritzers). You'll be able to sign up for your hours, find out how many hours you have to do, even check if anyone else from your household signed up already. We'll have some friendly volunteers helping you the first few times you use the system.

Construction Underway at Ogontz Store, Cooperators Will Be Needed

by Jonathan McGoran

With construction underway at Weavers Way's new Ogontz mini-store, the focus now turns to the store's opening in late May or early June, depending on the level of "surprises" that invariably seem to occur during this kind of work.

Things appear to be moving along smoothly,

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STEVE HEBDEN (L) AND OGONTZ STORE MANAGER LUIS CRUZ (R) OVERSEE WORK AT THE NEW OGONTZ STORE, INCLUDING THE INSTALLATION OF NEW LIGHTING.

PHOTO BY JOSH GIBLIN

Bylaw Changes on Ballot at General Membership Meeting

By Nancy Weinman, David Woo & Stuart Katz

Within the pages of this *Shuttle* are proposed bylaw changes that the board of directors wants the Weavers Way membership to consider. A tremendous amount of work went into our creation of this language and into our efforts to explain our motivation and thoughts.

There are four substantial changes to these bylaws that deal with each of the fol-

lowing issues:

- 1) Voting by written ballot
- 2) Election of directors
- 3) Executive session by the board
- 4) A whole series of language, grammar and re-ordering improvements.

The best way to understand the changes we are proposing is to actually read the changes and their explanation

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In Memoriam

Jules Timerman, Founder of Weavers Way

by Norman Weiss

Weavers Way Co-op's founder and first manager, Jules Timerman, passed away on Thursday, April 3. It is important to remember — especially now, as we have met with other groups wanting to start co-ops in their neighborhoods — Weavers Way was not started by a group. It was started by one man: Jules Timerman.

I met Jules in 1974, when I became a part time Co-op staffer. I was a 21-year-old student at Temple, although my main interest seemed to be natural foods, and, as I was about to find out, the cooperative model of business. I worked under Jules, and learned a great deal from him about food, business, and people. Jules was a very hard worker, a great communicator, and knew all the best sources in the Philly wholesale food world. Jules always got good pricing, mainly by employing two techniques. The



WEAVERS WAY FOUNDER JULES TIMERMAN (R), PICTURED HERE BEING HONORED BY THEN-BOARD PRESIDENT BOB NOBLE AT THE CO-OP'S 30TH ANNIVERSARY CELEBRATION

first technique was doing the legwork of calling or visiting all the suppliers and knowing what products they had and at what price. The second technique was explaining to the supplier what he was trying to accomplish, i.e., get this co-op thing going buy providing good food at a good price value to a community of people, and he would ask the supplier to help him accomplish this by lowering their price. I

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Spring General Membership Meeting

May 17, 2008

Summit Church, Greene & Westview
5:30 to 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

Membership Meeting to be Sign-Language Interpreted!

by Marilyn Kass-Jarvis

As part of Weavers Way's ongoing efforts to best serve a diverse membership, a sign language interpreter will now be available at each general membership meeting (at no cost to any members). This means accessibility to all discussions around membership issues, voting and general "schmoozing" for members who use sign language as a means of communication. As the role of a sign language interpreter is not always understood, here are a few points to shed light on this role, as well as on the interpreting process.

Sign language interpreters are, first and foremost, facilitators of communication. As professionals, they do not involve themselves nor allow others to involve them in the dialogue which they are interpreting. Interpreters transmit the spoken word into sign language and also transmit any dialogue that is signed into spoken English. They do not "filter" any parts of the conversation. The goal of the interpreting process is to convey the content and spirit of any speaker or signer. Even sidebars in conversations will be interpreted if the interpreter can hear or see (via sign language) that discussion.

When two parties are communicating through the use of an interpreter, each party should still address the other directly as if there is not a third party (namely, the interpreter) present. For example,

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And of course... scads more

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Editor’s Note

by Jonathan McGoran

We learn in this issue that Weavers Way’s general membership meetings will now be interpreted in sign language. After a look at the arcane bylaw changes up for a vote, I hope to finally learn the sign language for “yawn.”

We also learn that Kraft Foods has discontinued manufacture of Postum, a decision decried by *Shuttle* columnist Betsy Teutsch, who apparently suffers from Postum Partum depression.

With the upcoming move to an online work calendar, Weavers Way begins a transition that will eventually see the end of our paper ledger card system, so if anybody’s looking to buy 87 cases of red star stickers, I can get them a deal.

Finally, they say it’s not what you make, it’s what you keep, which brings us to Sandra Folzer’s article on recycling human waste. No, it’s not about a second career for Norman Weiss (that would be *Recycling Human Wastes of Space*). Instead, Sandra gives us the straight poop on, well, on poop, poop that goes straight onto our food. Waste companies are actually recycling human excrement.

This is not a new idea; for years people have been urging me to recycle my own waste, some of them following up that perhaps I should die afterward. I’d like to think they meant it euphemistically, but these waste companies are doing it for real, recycling toxic sewage into farm and garden fertilizer. Since sewer sludge is too toxic to legally dump it into the ocean, someone figured they would do the next best thing: use it to fertilize our crops. “What if some of it gets directly onto our food?” you might ask. Well, reuse is the best form of recycling.

The worst thing about it is that the poop itself isn’t the worst thing about it. It might seem that there would be nothing more “organic” than poop, but this sludge contains all sorts of industrial pollution, heavy metals, and other toxins. There is no shortage of reasons why this is not a good idea, but what it comes down to is the golden rule. Not “Do unto others,” although that isn’t totally irrelevant, I’m talking about the *first* golden rule: “Don’t poop where you eat.”

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

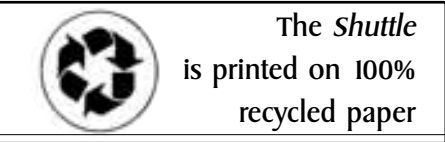
Deadlines for each issue are the first of the preceding month.

e.g. June 1 for July 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.



Manager’s Corner

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raised, signaling, “Hello. Keep up the good work!”

I hope to announce a dedication memorial celebration for Jules some time soon. I do hope you will take time out of your schedule to come and listen or provide your input.

Electronic Work Schedule Sign Up

I am not sure if Jules would have agreed with our spending thousands of dollars to automate the work schedule so members can sign up to work from the home, office, car, or the store, but that’s what we have done. Our large IT department (Tanya and Norman) have been working with an outside consultant to come up with an automated work calendar. Our goal is to get this up and running by July 1 and it will be timed to kick into service week by week through the first few months.

The system will be capable of the following functions:

- Keep track of your information: address, telephone numbers, e-mail addresses, etc., and allow you to easily update them
- Allow you to sign up for shifts from home
- Let you see what special hours are available
- Send you e-mail reminders
- Keep track of the hours you have worked and how many you still have to

- finish
- Allow us to send you messages

This system will hopefully save our membership director time, and make it easier for you to sign up for work hours and to see what special events we have coming up.

This is a major change to our system and we hope that it will go off without too many hitches. We will be sending out notices in the mail to July-August work schedule members, adding a special insert in the June *Shuttle*, and posting information in the store. Norman is ordering the computer terminals (flat touch-screen systems).

Please address any issues you might have to Tanya, Norman, or me.

General Membership Meeting: Why it is important?

On May 17, we will have our semi-annual general membership meeting at Summit Church. I realize it is a Saturday, and I know you have other things to do, but if you can provide two hours (or three, if you want to eat) it is important to learn what is going on at the Co-op, to vote on the bylaw changes, and to understand your co-op’s operations. It is also important for us to hear directly from you. Please take the time to read the agenda and take the time to listen, speak, vote, and eat. I have set a goal of five percent attendance of the full active membership, or about 160 people. If we are going to have a democratically controlled business (co-op principle) we need you to be present and

to vote.

The general membership meeting is an opportunity for you to learn about what we are doing at MLK High School, the farm, the Ogontz new store, the buying club in Germantown that we are assisting as a start-up, and the expansion to Chestnut Hill. It is a time for us to exchange ideas. So please bring the kids (childcare available), eat, listen to music, and vote.

West Oak Lane Jazz Festival

Keep your calendars open June 20 thru 22 for the spectacular West Oak Lane Jazz and Arts Festival, when thousands of music fans will gather for three days of non-stop music, art, food, and fun.

Ogontz Store

(continued from page 1)

plenty of work remains to be done, and much of it can only be completed once all the dirty work is finished. As soon as construction is complete, Weavers Way will be asking members to fill cooperator slots stocking and cleaning the new store to get ready for opening. We don’t know yet when that will be, because so much is contingent on how quickly the remodeling can be completed.

Of course, we’ll be asking for help after the store opens, too. And in addition to helping by cleaning and stocking the shelves, you can also help by stopping by to say hello and do a little shopping.

Keep an eye out for signs at the Greene and Carpenter store, as well as notices on the website and in the E-news, and think about signing up to help us out. Some day you’ll be able to look back and say, “I helped open that store.”

Membership Meeting Interpreted

(continued from page 1)

there’s no need to preface comments with “ask her…” or “tell him…” The interpreting process takes care of that for you. Similarly, when the interpreter speaks in first person, saying “I think …,” the “I” represents the Deaf conversant. It may seem as though the interpreter is becoming personally involved in the conversation and not staying in role of communication facilitator. However, the “I” should be understood to represent the thoughts and concepts of the Deaf party.

The interpreters (me included) who will be present at the general membership meetings are members of Weavers Way. We will be there, ready to interpret should members need our services. Please, please spread the word. It is often assumed that interpreters will not be present if not requested. We will be there — no request necessary. If you know anyone who might be interested in attending a meeting, but has not gone due to these language barriers, please share this information with them. If no members attend who need this accommodation, the interpreters will remain by the door for any late comers. So, if you attend and don’t see an interpreter working, know we are there. If you need this service and don’t spot us, just check in (upon arrival) with Robin Cannicle, the membership manager. If you don’t need this service, but are curious and would like to see an interpreter at work, hang tight. We hope all of our membership will feel comfortable attending a meeting in the very near future.

If there are any questions, comments or special requests, please contact Robin Cannicle, Membership Manager at 215-843-6552 or robincan@weaversway.coop.

SEE CANDIDATE STATEMENTS & BYLAW INSERT

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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 _____

Girl Meets Grill

by Bonnie Shuman, Perpared Foods Manager

It’s that time of year. Our senses are awakened with the bloom of spring. It is the time to trade in the slow oven roasts of winter, open the windows, plant the garden and... barbeque!

While some brave souls are willing to expose themselves to the harsh elements of winter and barbeque (also spelled barbecue)outside despite the temperature, most of us do our barbequing in the late spring and summer months.

So, what about barbeque? It’s origins (both the word and the cooking technique)are a bit obscure, some believe it is translated from the Caribbean from the Tiano peoples phrase for “sacred fire pit.” *Tar Heel* magazine states that the word barbeque comes from a 19th century advertisement for a combination whiskey bar, beer hall, pool hall and seller of roast pork (BAR-BEER-CUE-PIG). Whatever

the origins, barbeque now has as many regionally different recipes and styles as the food of Italy.

Let’s start with the distinction between barbeque and grilling. Grilling is cooking something over high, direct heat for a short period of time. Barbequing is cooking something over indirect heat for a long time. Modern times as they are, we generally cook our food on a gas grill or a charcoal grill, but some folks aren’t past digging a hole in the ground and lighting up the pit. I prefer an old fashioned Weber dome grill.

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Think Supermarket Salmon is a Good Buy? Think Again!

by Dale Kinley, Fresh Foods Manager

The *New York Times* recently reported on a virus called infectious salmon anemia that is killing millions of Chilean farmed-raised salmon destined for Japan, Europe, and the United States. Biologists and environmentalists are renewing their charges that the breeding of salmon in crowded underwater pens is contaminating pristine waters and producing unhealthy fish. “Parasitic infections, viral infections, fungal infections are all disseminated when fish are stressed and the pens are too close together.” A rash of non-viral illnesses in recent years have led Chilean producers to use high levels of antibiotics, some of which are prohibited for use on animals in the U.S. When a *New York Times* reporter inspected a warehouse in Chile, he saw hundreds of bags, some weighing as much as 2,750 pounds, filled with salmon food and medication. “They contained antibiotics and pigments as well as hormones to make the fish grow faster. They also used fungicides. Residual antibiotics have been detected in 29 percent of Chilean salmon destined for the U.S.” In Chilean salmon exported to the U.S., it has been estimated that 70 to 300 times more antibiotics are used by salmon producers in Chile. “Researchers say that some antibiotics not allowed in American aquaculture are legal in Chile. Huge numbers of fish go unin-



spected. The FDA inspected only 1.93 percent of all imported seafood in 2006.

At Weavers Way, we carry Alaskan wild salmon in season, previously frozen wild sockeye salmon during the winter, and Black Pearl farm-raised organic salmon from Scotland. Organic standards are production standards, a set of standards that are established, approved by a governing body and audited by a licensed independent certifying agency. For a fin fish such as salmon to be classified as organic by the EU, the entire life cycle of the fish and all feed and production processes must follow a defined set of standard regulations and be inspected by a certifier for compliance. The concept for organic aquaculture is to produce fish in as natural an environment and method as possible. There are definite controls over stocking density, feed, therapeutic agents, and pigment. No antibiotics are used in Black Pearl salmon, no synthetic pigment and only organic food.

May Grocery News

by Chris Switky, Grocery Manager

Howdy, Co-op shoppers. A few months ago, one of you requested, via the Suggestion Book, that Weavers Way stock “natural marshmallows.” I responded, saying that I would keep my eye out for a marshmallow made of “more natural” ingredients than the Campfire brand that we were then selling. Norman Weiss also chimed in, helpfully explaining that “natural marshmallow” was really a contradiction, as marshmallows do not naturally occur in nature. All this was printed in the *Shuttle*.

Now, this news: Elyon brand marshmallows, made in Israel, are now displayed at your Co-op, right above the organic celery (now there’s a combination...). These marshmallows are primarily sugar, corn syrup and water; “natural,” if not award-winning health food. But they do not contain artificial flavors or colors, or tetrasodium pyrophosphate, so they are arguably an improvement over the Campfire marshmallows. So, grab a stick and light a fire... bon appétit! If you can’t find any sticks, a reminder: the marshmallows are displayed right above the organic celery.

What else is new in the grocery department? More organic canned beans; we’re now stocking organic cannellini and butter lima beans, both Eden brand. I hope they will be well received, although many shoppers have grown weary of the whole canned beans situation. You see them looking at the beans shelf, saying, “Beans there, done that.”

Interesting exchange of views in the *Shuttle* lately: Bonnie Shuman’s review of the book *Nanny State* in the March issue, Evalyn Segal’s response letter in the April issue. Bonnie exhorts us to read *Nanny State*, and although nearly an entire

month has gone by, I didn’t get to it. I did almost everything else that Bonnie asked me to do, so I hope that counts for something.

For me, the questions raised by Bonnie and Evalyn ultimately come down to awareness, impact, and consideration. Whenever I buy something, I try to say to myself, “This item is okay enough to get my vote. No living thing was unduly violated in order to produce this, it comes in packaging that can be recycled or is biodegradable, it is necessary that I have this although I realize that fuel was burned in order to bring it here, it will truly benefit me and not just further my sugar addiction,” and so on. These are good questions to ask each time you purchase something, or do anything. Stop and think, learn about the ramifications, question and re-examine. Make the world a better place. Good luck!

In closing, I must recommend checking out Norman Weiss’s musical compositions. If you have an internet audio hookup, you can enjoy them via www.myspace.com/normanweisscompositions. Regular *Shuttle* readers are, by now, quite familiar with Norman’s scintillating wit and captivating writing style. Well, the man can write music; catchy tunes you can dance to, intriguing titles, and I hear he’s working on a rap number called “(Un)Natural Marshmallow.”



Early Summer Salads with Cheese

by Margie Felton, Deli Manager

It is the end of March and I spent most of my day yesterday working in the garden. The spring mix and kale seeds I planted two weeks ago are starting to poke through the soil. I am looking forward to cooking and eating the produce I am growing through out the summer. A few of my favorite salads with cheese came to mind.

Halloumi Salad

Halloumi is a Greek cheese made of sheep and goat’s milk. It can be sauteed or grilled. I prefer the sautéing method.

Cut the cheese into one inch squares. Sautee in olive oil until all sides are brown. Cool to room temperature and mix with fresh parsley, a little fresh mint and the juice of one lemon. Toss with spring greens and any other vegetables you like. Local fresh radishes should be available at the end of May.

Tomato and fresh mozzarella is always a favorite but tomatoes won’t be ripe for another two months, and there are other great spring/early summer vegetables.

Two spring salads I often make are roasted beets with arrugula and goat cheese and grilled or sautéed Halloumi with fresh parsley, lemon and spring greens.

Roasted Beets, Arrugula, and Goat Cheese Salad

Peel beets and cut into bite-sized pieces. I prefer to use a mixture of red and golden beets if available. Toss the beets with enough olive oil to coat, and add salt and pepper. Spread out on a tray, and roast in a 350 degree oven until tender (about 45 min.). Stir the beets every 10 minutes. Cool to room temperature.

Toss beets with arrugula, goat cheese and a sprinkle of balsamic vinegar. My favorite goat cheeses for this salad are Appletree Farms (Peque) or Chavrie. Both are local. Enjoy!

May’s Hidden Treasures

The Weavers Way Deli continues to add more local products. We have added two new artisanal local cheeses from Birchrun Hills Farm in Chester County. Sue Miller of Birchrun Hills Farm makes delicious Alpine Swiss and Blue cheeses. Look for new local cheeses in the prepared food case.

We have replaced the grated Parmesan and Romano cheeses we used to sell with Claudio’s Brand. Although the cheeses come from Italy, they are freshly grated in South Philly, and we are supporting a small local business.

In the deli meat case we have locally smoked salmon and trout smoked by Lee Pelta of Newtown, Pa. Of course, the salmon is not local, but it is smoked locally and Lee uses Pennsylvania trout whenever possible.



Second Floor News

by Martha Fuller, Second Floor Manager

Bye-bye to some products: The Coffee Socks have been a tried and true staple for many people for many years. They have been for us as a store and for our distributor. Due to lack of consistent availability, Down To Earth is dropping this company and so are we. We have discontinued some Dr. Hauschka products. Please see us if you would like to special order any of these or any other Dr. H. product.

More good-byes: Burt’s Bees and Tom’s of Maine. While these two companies have been favorites for many years (and are still counted as such by many of

our shoppers), they have also gained attention as companies some shoppers avoid. Tom’s of Maine has been owned by Proctor & Gamble for a few years, and Burt’s Bees was purchased a few months ago by Clorox. While we want you to know that you will see more about this decision in future “Second Floor News” columns, and by Glenn in his column as our general manager, we want you to learn about this decision at this time. Glenn has decided that we will no longer carry the products as “stock” items on the shelves. As second floor staffers, we will be doing

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Down on the Farm

Spring Has Sprung

by David Zelov, Farmer

We are off to an early start this spring. The lack of snow on the ground combined with many days with no appreciable rain-fall and a quick draining soil allowed us to fire up the tiller and start turning over beds even before the first day of spring. With seedlings ready to put out from the Wyncote greenhouse, the first plants were set into the ground on March 20 this year. This is at least a week earlier than last year, when there was a frozen wintry mix covering the farm on that same date. Hooray for global warming! (Just kidding).

Traditionally, peas are one of the first crops to be planted outside, but last year’s experience told us that the transplanted peas do much better than direct seeded ones. Pea plants enjoy cool weather for growing, but the seed will sometimes rot in cold soil. So this season, all peas were transplanted, giving them the best of both worlds — a warm soil to germinate in inside the greenhouse, and then a cool climate to grow in out at the farm. Unfortunately, the climate got a little too cool a couple days after they were planted (global warming, where are you when we need you?!) and some of the transplants that were not completely acclimated to the outdoors were partially damaged by the freeze in the wee hours of the morning on March 30. Everything else (baby bok choy, lettuce, broccoli and kohlrabi) faired just fine, nice and cozy under their row covers. The peas could not be covered, however, because of the stakes used to trellis them.

Other reasons behind getting things started earlier: Some of you might remember the mushroom compost debacle last year. I was a little antsy about getting compost to Awbury and scheduled the delivery not too long after a heavy rain. Needless to say, the truck with 16 tons of compost got stuck in the mud. So we had a fall delivery, when the ground was nice and dry, and now have plenty to get us going this spring.

The second reason that things are progressing more quickly this spring is that we have most of our beds already formed. Last spring at this time, David and I were pulling up roots and stumps from the new field and forming all those raised beds by hand. Those same raised beds were cover-cropped in the fall and the pathways mulched so they just need to be tilled (and weeded a little) before planting . No more backbreaking shoveling of dirt from trenches!

The third reason is that we have a small (unheated) greenhouse on site to harden off our plants. This, as you may remember, was on the roof of a local family’s house and transported to the farm on the back of my truck. Last year, we were bringing plants in and out of the Wyncote greenhouse at just the right times of day to slowly acclimate the plants to outdoor conditions. Now we can just transfer them from heated greenhouse to unheated greenhouse to outside.

The final, most exciting reason that we are on top of the game this spring, is that

Weavers Way Farm Planting Day, May 10

Come celebrate Spring with Morris dancing and tomato planting!

10 a.m. – Enjoy the music and dance of the Kingsessing Morrismen. The group, which includes Co-op staffer Bill Quern, will perform the Morris dance, an 800-year-old dance originating in English countryside. The dance celebrates the planting season and the rebirth of life in the spring. So come on out and help ensure this season will be a bountiful one!



11 a.m. – 1 p.m. Help prepare beds and plant tomatoes and other warm weather crops. Bring a trowel and gardening gloves if you’ve got ‘em.

Nicole, apprentice at the Weavers Way Farm, has started working with us! Nicole graduated from Wesleyan University last spring after working on their student-run farm. She recently moved to Philadelphia and will join us for the whole season to learn about urban farming and farm education. Welcome, Nicole!

May on the farm brings much excitement. After the first week in May, it’s generally considered safe to start planting frost-intolerant crops outside (no guarantees — always check the ten-day forecast). This year, the goal is to get all of those plants put in on one day — May 10. Of course, we will need a bit of help with that. That’s where you folks come in. We’ll be hosting a Planting Day at the farm, starting at 10 a.m. with a performance by the Kingsessing Morrismen. The group, which includes Co-op staffer Bill Quern,

will perform the Morris dance, an 800-year-old dance originating in the English countryside. The dance celebrates the planting season and the rebirth of life in the spring. So come on out and help ensure this season will be a bountiful one! After the performance, we will prepare beds and plant tomatoes, peppers, and eggplants. Bring your trowel and gloves.

Also in May, look for the beginning of the bounty of fresh produce from the farm. We’ll be starting to sell at the Headhouse Farmers Market at Second and Lombard Streets on Sunday, May 4. Soon to follow will be our table at the Weavers Way Farmers Market on Thursday afternoons. May promises a harvest that will include kohlrabi, baby bok choy, lettuces, tatsoi, tokoyo bekana, shungiku, pea shoots, beets, broccoli, radishes, turnips, sorrel, and scallions.

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Farm Education in Full Swing

by David Siller, Farm Educator

The educational programs at the Weavers Way Farm are now in full swing and we are looking forward to a great summer.

Each week at the farm, several schools and groups from around the city are participating in events and lessons at the farm. The farm is truly becoming a community enterprise. Here is some of what has been happening in April:

I visited classes at Henry School, Wissahickon Charter School and West Oak Lane Charter School and helped students plant seeds that they then brought to the farm to plant at the children’s garden a few weeks later. During May and June, these students will return to the farm to help harvest what they planted. Classes involved included middle school students from Ms. Bender’s class at the Henry School, third grade students from Ms. Biagioli’s class at the Wissahickon Charter School, and five classrooms of kindergarten students from the West Oak Lane Charter School.

In addition to these multiple farm visits, high school students from the Wyncote Academy and fifth graders from Springside Academy visited the farm for educational lessons and service work during the month of April.

We are also developing some regular weekly programming with area high schools. Continuing a relationship from last year, students from the Wyncote Academy have joined the farm crew each week in the greenhouse to help plant seedlings for the farm. New this year is a developing relationship with the Saul Agricultural High School in Roxborough. Students from Ms. Naugle’s 11th grade class have been working each week helping us culti-

vate product in a hoophouse that the farm crew helped raise. The students have also begun working outside in a vegetable section of the school property.

On April 18, Springside Academy, Chestnut Hill Academy and Penn Charter School all participated in a day of volunteer service at the farm. Citywide programs such as the Pennsylvania Horticultural Society’s City Harvest program brought Haverford College and University of Pennsylvania students to the farm for a day of service on April 12. During the week of April 22 to April 26, the farm was a location for the City Year 100 Hours of Power Servathon, in which students from Martin Luther King High School and other community groups participated in days of volunteer service at the farm and at the Martin Luther King School Farm Project.

The Martin Luther King School Farm Project started its operations this year. It is a collaborative project between the Weavers Way Community Programs, Martin Luther King High School, a non-profit educational group called Foundations, Inc., and Enon Church. The farm is located on school property, on a piece of land that was not in use. David will be overseeing several MLK students who will be employed with the project this growing season. The students will have the opportunity to produce a small business vegetable farm and the produce will be sold in coordination with the Weavers Way Farm as well as at the new Ogontz store, at the school through the Marketplace program, and at Farmer’s Markets in the city.

This is truly a unique partnership and everyone involved looks forward to seeing the results of our efforts.

All this, and it’s only April!

Propagation Party Weathers Bad Forecast



PHOTOS BY TED BARBATO

PLANTS WERE PLANTED AND POTS WERE PAINTED AS THE FARM SEASON GOT UNDERWAY AT THIS YEAR’S PROPAGATION PARTY.

by Ted Barbato

Despite some unpredictable weather, or at least a wayward forecast, the Weavers Way Farm welcomed spring with a festive Propagation Party on April 6.

The annual event was scheduled for the morning of Saturday, April 5. But a day before, organizers saw that the forecast was for rain on Saturday, with clear skies expected on Sunday. “So we made the call to postpone the Propagation Party until Sunday,” said David Zelov, the Co-op’s manager of Farm Production.

Unfortunately, Zelov woke Saturday to sunshine and predictions for rain on Sunday. “It was too late at that point. So we decided to go ahead with Sunday, but we moved the Propagation Party from the farm to the greenhouse.”

The greenhouse is at Wyncote Academy, two miles north of the farm at the Awbury Arboretum. Despite having to move indoors, about a dozen participants enjoyed re-planting seedlings, moving them from crowded flats — planted earlier by Academy students and Co-op members — into individual ‘six-pack’ holders.

In past years, the Propagation Party involved members taking the seedlings

home for a month of nurturing, then returning them to the Co-op for a May planting. “It was hit or miss,” says Board member Mark Klempner. “And we had to grow a lot of our own, because a lot of them would come back in a condition that really wasn’t quite fit.”

Now, though, the Co-op’s seedling needs are met with the greenhouse. “Since we’re planting such a larger area than was previously planted,” said Zelov, “we need a lot more space than can be taken care of in people’s basements.” The Propagation Party has become more about welcoming and celebrating the arrival of spring and the growing season. “We wanted to still have an event and keep people involved in the whole seeding, transplanting and the kick-off of spring on the farm,” said Zelov.

That meant participants at this year’s party were able to keep their seedlings for a nominal charge of \$1 a six-pack. They could take them home immediately, or leave them in a greenhouse to be reclaimed later. Others at the party simply helped transplant seedlings without buying any.

The seedlings, including tomatoes,

(continued on page 27)

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Grilling

(continued from page 3)

Barbequing is largely associated with the foodways of the American South and revolved around the cooking of the pig, as pigs were a convenient food source and could be easily caught when other meat supplies were low. It is debated that if you cook beef, it is not true barbeque. Depending on where you go in the South, BBQ can be done with thick, rich tomato

saucers; thinner, tomato-less saucers; a dry rub of spices; or, in some areas, a mustard-based sauce. Arguments about which is the best do not appear to be ending any time soon.

I prefer the mess of saucy barbeque, but I also like dry rubs. Either way, what could be better than the smell of a smoky barbeque? So, take the cover off the grill, put on your apron, make some coleslaw and potato salad and light ‘er up.

Second Floor News

(continued from page 1)

special orders for our members — please see us in person for more details. Over the next few months, I will write about some of the exciting new products that will fill these displays — you’ll see products from small or local companies.

Mrs. Meyers: What do you think of the new LARGE Mrs. Meyers display? We have a number of new items from this ever-so-popular company.

Spring and Summer items: We will be

carrying more clothing items from Grace Gardner, Maggie’s and Hatley. Grace has already stocked women’s linen shirts and she will have pants and other clothing items. The Hatley items will include clothing for children and adults.

Mother’s Day Month: There are many ways to remember and celebrate the special women in your life. Your mom, or grandmother, or a woman who acts as your mom, deserves to be treated in special ways every day of the year. Let’s also remember them for Mother’s Day! Look for our wonderful cards, jewelry, hand-done mosaic mirrors, garden items, clothing, housewares — there’s lots to choose from on the second floor.

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Mt. Airy Day

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Looking for a way to do your Co-op hours?

Weavers Way has a few upcoming projects for web developers. Applicants must be proficient in any or all of the following technologies: HTML, CSS, CGI, Perl, and MySQL. Send an e-mail to: contact@weaversway.coop



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Film Series Shows *Precious Places*

by Larry Schofer

Precious Places is a series of videos by Philadelphia-area neighbors who were empowered by Scribe Video (a nonprofit organization) to make short videos about their neighborhoods. A selection of these videos was shown on March 12, at the monthly film showing sponsored by the Weavers Way Education Committee.

The first three neighborhoods featured at the March presentation were Manayunk, Ardmore, and Cramer Hill in Camden. Each had a different focus on what made their neighborhood special — Cramer Hill, where residents organized to fight City Hall over the proposed razing of their homes (the residents won); Manayunk, where the video-makers talked about old-time Manayunk; and Ardmore, where local shopkeepers were fighting to prevent the township from using the right of eminent domain to take their shops for the use of a private developer (the township commissioners were later voted out of office; the project was shelved).

What was charming about the videos was that they focused on real people living in these neighborhoods. Following the first set, Rick Sauer, a member of Weavers Way’s board and director of the Philadelphia Association of Community Development Associations, talked with the audience about the various efforts to develop neighborhoods.

The attraction of these videos was apparent when a short recess was called for those wanting to leave before showing another set. One person left; all the rest stayed. The second showing focused on

three other neighborhoods: the “Badlands” (eastern North Philadelphia), where a determined group of residents drove drug dealers from their blocks; Girard Ave. West, a community united in working for improvement; and Southwark, a successful community garden.

Even though these videos were made by amateurs in the communities, they were marked by professionalism in execution. They are a tribute to the work that Scribe (www.scribe.com) has done in empowering neighborhoods. “Precious Places” is produced by Scribe Video Experience, which offers workshops on videomaking and schedules master classes and screenings.

There are a number of other communities who have made videos, and the Education Committee hopes to schedule another showing later in the year with other communities. Films of interest to the Weavers Way community are shown on the second Wednesday of each month at the Little Theatre in the Video Library. Watch the bulletin board in the store and the e-newsletter for the names of future films.

King High School Concert to Showcase R&B, Motown, Gospel Tunes

...and Versatile Talents of Inner-City Youth

by Barbara Hare

On Friday, May 2, at 7:00 p.m. the fabulous Jacksonville Mass Choir (J-MAC), is coming to Philadelphia for an unprecedented concert performance at Martin Luther King High School. As a special, added attraction, J-MAC will be sharing the stage with student singers from Martin Luther King High School.

J-MAC is an acclaimed all-city ensemble of 40 talented young vocal performers aged 13-24 from inner-city Jacksonville, FL, and its surrounding counties. J-MAC’s

repertoire includes everything from contemporary rhythm and blues, Motown and gospel to Broadway show tunes and patriotic classics. Deborah McDuffie, J-MAC founder and director, is a music industry veteran who has composed and produced music for an impressive list of superstars including Philadelphia’s own Patti Labelle. With J-MAC, Deborah is driven by her belief that every child has untapped talent and potential that can shine for all to see.

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C.W. Henry School 100 Years Old and Going Strong: A Remembrance

by Lisa Baird

Most mornings, everyone assembles in the school yard. Little kids, big kids, teachers, parents. Good morning, Pledge of Allegiance, announcements. Let’s start our day on a good foot. That is Henry.

Henry is — and always has been over my years as a parent at the school — all about kids. My two children are long since past their Henry years, but the school still figures prominently in their identities and occupies a big place in their images of the world that shaped them. We are lucky to have been a part of that world.

Memories of Henry are vivid and plentiful. Activities abounded — that great combination of work and play that you find at inspired schools like Henry.

I am recalling science fairs in which neighbors (often retired people) assumed the role of evaluators and judges. Or those glorious late spring concerts, when kids performed classical music and jazz, and fourth graders, dressed in their orchestral best, belted out trumpet solos.

Teachers worked hard at Henry. They motivated kids to write their own books, participate in oratory competitions, create murals, dress up in colonial costumes, play basketball. They organized well-thought-out trips, near and far: hikes in



PHOTO COURTESY OF PHILLYHISTORY.ORG, A PROJECT OF THE PHILADELPHIA DEPARTMENT OF RECORDS

THESE PHOTOS SHOW THE BEGINNING OF CONSTRUCTION OF HENRY SCHOOL IN 1907, AND JUST AFTER COMPLETION IN 1908. PHOTOS ARE COURTESY OF PHILLYHISTORY.ORG, A PROJECT OF THE PHILADELPHIA DEPARTMENT OF RECORDS

Carpenter’s Woods, trips to Woodmere Art Museum, studying and touring historic Germantown... the immediate area was Henry’s extended classroom. Live opera performances and trips to the Museum of Natural History in New York City and the National Liberty Museum in Philadelphia are examples of other opportunities our kids enjoyed. One remarkable teacher moved mountains to take sixth graders every year for an intensive outdoor, quasi-camping experience, full of

new kinds of challenges for the kids. When my son participated, it poured rain much of the time, but he came home happy and excited about the experience.

Parents have always played an active role at Henry School. When the school district announced that the music program would be all but eliminated due to a shrinking budget, parent musicians stepped in and taught music classes. Singing was not about to come to an end at Henry School. One father, conversant in stage technology, took charge of lighting

and equipment so the hugely successful 1995 performance of *Guys and Dolls* could go on. Another mom organized a way to enhance and expand the library collection: “Books for Birthdays.” A student’s birthday was memorialized with the donation of a book to the Henry School Library. And then there were the “math moms.” Working together with the classroom teacher, a group of moms appeared weekly to give extra, “hands-on” support

(continued on page 9)



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Henry School

(continued from page 8)

to children learning the language and concepts of basic mathematics. These were just a few of the many ongoing ways in which parents pitch in.

Public schools at their best embrace the mission of addressing the needs of all the children whom they are charged to educate. Henry did its damndest to honor this responsibility. There was this “let’s roll up our sleeves” kind of attitude, let’s figure out what works... and implement it. And let’s keep re-evaluating our approach. I saw this steadfastness and expertise on the part of many educators at Henry when they encountered children with learning or behavioral challenges. It wasn’t just about the stars in the classroom. All kids were valued. All kids were important. Henry was home for its kids, period. And its quality of excellence was not the brilliance of one or two extraordinary students or teachers, but the excellence found in a determined community trying to accomplish something truly difficult, and succeeding at it.

Years after I graduated from high school, I learned that my favorite teacher of all time, my ninth grade history teacher, graduated from Henry in the eighth grade class of 1935. Her name is Beatrice (Bebe) Nava, and after Henry, she went on to

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graduate from Germantown High School and then Bryn Mawr College. Bebe earned a master’s degree in education from Penn and another in history from Bryn Mawr. Bebe has had a long and distinguished career as a writer and an educator, most recently welcoming and teaching new immigrants in New York City.

Recently, Bebe recalled her Henry principal, Caroline T. Moffett, a naturalist, who loved the birds of Carpenter Woods and organized the annual “Bird Masque” event every year in the park. She promised to give me more details of this event when I visit her soon. Perhaps it can be the re-birth of a tradition for the next 100 years at C.W. Henry.

Carpenter’s Woods Town Watch
Members Get Fit, Meet Neighbors

by Heather Pierce

Did you make a New Year’s resolution to get fit? To get more exercise? To meet new people? If you answered yes to any of the above, you can sign up for Carpenter’s Woods Town Watch Patrol and accomplish all three in as little as one hour a week. In just one hour you can help keep your neighborhood safe, get yourself in shape and meet some really nice people, all at the same time. We have walkers and bikers for those who want to stay in shape or get in shape, and we have members in vehicles who are keeping their brains in shape with great company and conversation.

If you never have patrolled, you will be surprised by how easy and how much fun it really is. We walk and talk and use our eyes and ears – evening or daytime. Once in a while, if something seems odd, we call

it in on the two-way radio patrollers carry to stay in touch with each other and with our base operator. You can sign on to walk or ride with a friend or with neighbors who sometimes go by code names like Thelma & Louise, Walker Texas Ranger, and Lola — or maybe you’d like to meet our First Lady. Who will you be when you patrol?

To sign up, just call us or go to our website, and you will find lots of useful information there. For those of you who have patrolled with us in the past and have gotten too busy to sign up – we still need you!

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Cultural Moment: Homeschoolers in Our Midst

by Katie O'Connor

Weavers Way members are united in their cooperative ways and awareness that living your values is more effective than simply talking about them. Within our membership are those of us who choose to keep our children out of school. We constitute a sub-culture within a sub-culture wrapped in an enigma.

"I am against homeschooling." That is what I hear so often when I tell people I homeschool my son. They object to the idea of keeping children at home sequestered from the rest of society, hovering over worksheets and running to parents to correct them. Luckily, many homeschoolers are more imaginative than that; they actually get out into the world more than those children who spend most of their waking hours in institutions that prepare them for "Real Life" by keeping them from it.

Homeschoolers are a fascinating group. We are resourceful people who create our own opportunities. While we display a fierce independence, most are rather community-minded, quite aware of the accuracy of that trite cliché, “It takes a

village to raise a child.” Our resourcefulness is evident in our ability to recognize a need in our family, seek others with a similar need and create opportunities to meet that need. For example, one person saw a need for indoor physical activity and asked the YMCA for a class that included time in the gym and the pool. When homeschoolers feel a need for social interaction, we form multi-age geographically based playgroups. When we need support and a means to share information, we create listserves.

What kind of education can families offer their own children that schools cannot? In my experience, it is a very customized, broad-based and flexible one. Parents of homeschoolers tend to focus on other areas of development in addition to those addressed through academic subjects. Emotional competency, ability to make healthy choices and an awareness of the benefits of collaboration to name a few. Many of us help our kids develop interests they already have as well as expose them to new ideas and activities. A cooking activity incorporates math, reading a work of fiction can be a history lesson, and

fixing your bike is an opportunity to explore mechanical physics. We see learning opportunities in just about everything.

In conclusion, I would like to point out how homeschoolers are agents of social change. In evolutionary terms, we are cultural mutants. If a mutation allows the organism to adapt to a changing environment and be more likely to survive to reproductive age, their genes get carried on. In the case of homeschooling, the “organism” is the homeschooler, the “environment” is mainstream culture and its tendency to churn out people lacking self-direction and collaboration skills, and “passing on genes” can be translated to a con-

tinuation of the lifestyle and values. The more we homeschoolers live our values and pass them on to our children, the more likely we are to change society to value learning through living.

Katie O'Connor runs Talking Stick Homeschooling Program, offering self-directed learning in a group setting. Call her at (610) 331-1387 or e-mail her at ko_345@yahoo.com for more information about homeschooling.

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A stylized black and white illustration of a bird perched on a branch with a large flower. The bird is a simple silhouette, facing right, perched on a curved branch. The branch has three small, five-petaled flowers. A large, multi-layered flower with many petals is attached to the branch, positioned to the right of the bird. The entire illustration is rendered in a clean, graphic style with thick black outlines.

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This course will cover U.S. Food and Drug Administration (FDA) food manufacturing and labeling requirements for the small food manufacturer. Course topics include registration and licensing, good manufacturing practices, regulations, food standards, food packaging and labeling issues, what to expect during a FDA inspection, and common mistakes to avoid. Attendees will design a food label to meet FDA requirements. Who should attend: Small food manufacturers, Repackers, and Entrepreneurs.

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Jules Timerman

(continued from page 1)

would listen to Jules explain what he wanted to suppliers and think, "this guy has a gift." His combination of clarity, matter-of-factness, and the appeal of his goal (and his commitment to it) proved almost irresistible. Over and over again, the suppliers went along. Weavers Way benefited from these arrangements for many years.

The other thing I learned from Jules is that it should be normal behavior to treat your employees well, and that the workplace does not have to have "us" and "them" type divisions between management and staff. Up until my employment

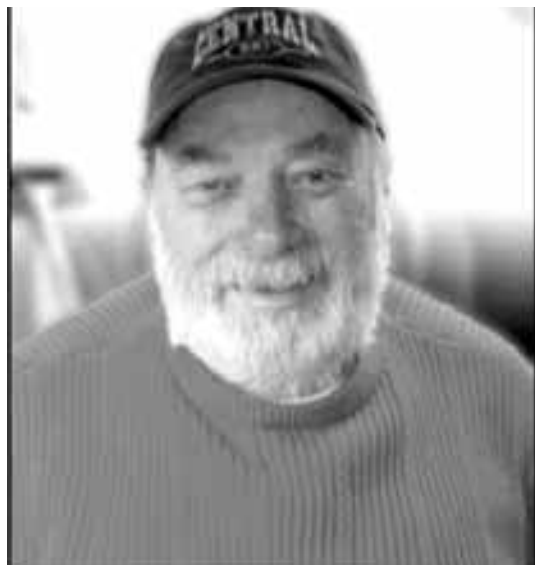
under Jules (with the exception of when I worked for my own family's businesses), in most of the jobs I had it was clear that management usually wanted employees to do as much work as possible for as little pay as they could get away with. Jules was the first manager I met who did not practice this approach.

At 21, I was very idealistic and a bit of a know-it-all and also judgmental, especially when it came to food. What I didn't know then, but do now, was how impressive I was, and how much of an impression Jules made on me, much to my betterment.

Since it is 34 years since the Jules era, and few current members and staff knew

him, I thought it would be appropriate to reprint something from a past *Shuttle* issue (January/February 2005) about the fall membership meeting which Jules attended:

"Perhaps the most poignant and heartwarming moment of the evening came when 78-year-old Weavers Way founder Jules Timerman stood up in the audience and made his way to the stage in order to be honored by hundreds of participants. 'Thank you for this enormous turnout,' Jules told the admiring crowd. Under his direction, the Co-op began as a 'pre-order buy-in group open only once a week,' explained Bob Noble. 'Jules distributed flyers and talked 'co-op' to anyone who would listen,' he added. A prodigious worker who clocked 70 to 80 hours a week with no salary during the Co-op's infancy, Jules bought the property at 559 Carpenter Lane in 1973 for \$5,000. 'A lot of water has flowed under the bridge, and not all of it good,' Jules remarked to the audience. 'But the Co-op has surmounted me and all the other problems,' he said with humility, 'and it will go on for another 30 years. You should all feel a part of an enduring tradition.' In his address, Jules



JULES TIMERMAN

Timerman referred to Mt. Airy as one of the 'great neighborhoods in the country.' Once more, he offered of the Weavers Way Co-op, 'It's individual acts of kindness to neighbors that make this thing go on and on.'"

Jules was one of the many people that helped make Mt. Airy the neighborhood we all love so much. His spirit lives on in the lives he affected and the Co-op he founded.



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Bylaw Changes
(continued from page 1)

that are contained in this *Shuttle*. However, below is a brief summary. We have worked and re-worked the language and ideas many times and these reflect our efforts to both improve Weavers Way's democracy and to ensure a strong, competent board as we move into the future.

1) Voting by Ballot — Article IV, Section 6d is a new section. In an effort to provide a more fair and open voice to the membership when a vote of the membership is needed, the board is proposing to change the voting process from voice/hand-raised vote to paper ballots in the following circumstances: (1) for election of directors; and (2) if authorized by the board, for any other issue that may be brought to the members for vote, including amendments to the bylaws. After researching other food cooperative processes, the board decided that ballot voting would provide an opportunity for members who are not able to attend a meeting in person to make their choice on a topic or issue known. Ballot voting also allows members time to weigh options and deliberate on issues before open debate and vote. Section 6d spells out the rules that will govern ballot voting.

2) Election of Directors — Article V, Section 1 is revised to reflect that all voting for directors shall be by paper ballot and absentee ballots will no longer be necessary, and to spell out the rules that will apply when electing directors by ballot.

Article V, Sections 2 and 3 are revised; (1) to treat Weavers Way employees the same as other members when running for a slot on the Board of Directors, except that only two Weavers Way employees may serve as directors at any one time; (2) to restrict any director who has served as a Director for five consecutive years from being a candidate for a board slot until the member has retired from the board for at least one year; and (3) to set aside a board slot solely for the immediate past president. The board feels strongly that adding clarity about these roles is prudent and appropriate.

Article V, Section 4 is revised to better describe how the officers of the board are to be elected and to change the term of office from two to three years. The board believes that the additional year would help to minimize any turbulence when directors transition on and off the board. Turning over of one-third of the directors rather than one-half of the directors is expected to be less disruptive to the business of the board.

3) Executive Session — Article VI, Section 11 is designed to create a mechanism to preserve confidentiality when sensitive issues are brought to the board. A majority vote of the board would be required to go into executive session. The board anticipates that the General Manager's performance review and other personnel issues are instances where the board may feel the need to protect an individual's or household's privacy. Safeguards are provided to protect

the open and transparent manner in which the board conducts the Co-op's business.

Each year that I have been on the board we have gone into executive session to consider the General Manager's performance evaluation and compensation. Nothing in our current bylaws allows executive session nor does it put any parameters on such a session. I feel strongly that this is a necessary and prudent amendment.

4) General Changes — Changes are made to clarify the intent of the bylaws without changing their meaning. For example, Article III, Section 1 is clarified to expressly state that legally emancipated minors may be members, and it more clearly defines who may be a voting member. Section 7 is revised to eliminate the use of the antiquated Robert's Rules of Order in conducting meetings. Section 4 of Article V is moved to Article VI so that all matters relating to officers are covered

in the same article. Rules governing when notices must be posted for changes to the bylaws and other issues to be considered by the members are made consistent. There are also dozens of spelling, capitalization, and other format changes.

Literally, hundreds of hours of committee meetings, board meeting time, and individual board member effort went into creation of these bylaw amendment proposals. Only after lengthy and committed discussion and debate did the board agree to bring them before the membership. While these issues may seem arcane, they speak to the core of creating both a strongly democratic and effective organizational structure. In past years, this co-op has made spectacular progress at achieving its mission and goals. The board believes these bylaw changes will strengthen us for the very dynamic future we face. We look forward to discussing these changes with you on May 17.

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PROPOSED CHANGES TO THE

By-laws of the Weavers Way Cooperative Association

A Non-Profit Cooperative Association Organized Under The Pennsylvania Cooperative Corporation Law of 1988

CHANGES WILL BE VOTED ON AT THE SPRING GENERAL MEMBERSHIP MEETING, MAY 17, 2008

Article I - Purposes

The purpose of the Weavers Way Cooperative Association (the "Co-op") . . .

Clarifies that Weavers Way Cooperative Association will be referred to as the Co-op throughout the Bylaws; no change in meaning.

Article II - Offices

The principal office of The Weavers Way Cooperative Association (hereinafter referred to as "the Co-op") shall be 559 Carpenter Lane, Philadelphia, Pennsylvania 19119. . .

Change for economy of words; no change in meaning.

Article III - Membership

I. Classes of Membership

a. Regular Membership – A household may apply for a single, regular membership to be held in the names of all persons in the household who are at least eighteen (18) years old or are legally emancipated minors. As used in these By-laws, regular membership shall mean a household unit of one or more persons who are eighteen (18) years or older or are legally emancipated minors. Household shall mean a group of persons residing at the same address who live together as a unit. As used in these By-laws, "Members" shall refer to households who are regular members of the Co-op.

For legal clarification; does not change meaning or intent. Note the definition of a Member.

b. Associate Membership - . . . Associate members shall be eligible for all non-shopping services available to mMembers of the Co-op, and shall receive all Co-op publications. Persons in the household of an Associate members shall not be entitled to serve on the Board of Directors of hold office in the Co-op, vote at membership meetings or on any matters submitted to the Members for a vote, shop in the Co-op as a Member or contribute capital to the Coop. Further, persons in the household of an associate members shall have no orientation obligation and no work obligation. . .

For clarification; does not change meaning or intent.

2. Membership Requirements - The mMembers of the Co-op shall consist only of those households which have met the following requirements: payment in full of the minimum annual regular membership capital contribution established by the Co-op; completion of, or being in the process of completing, the work requirement established by the Co-op; and satisfaction of any other requirements established by the Members from time to time Coop. Any household that meets these requirements shall be considered a Member in good standing for purposes of these By-laws.

Clarification; no change in meaning or intent.

3. Orientation - [No change].

4. Records - The Co-op shall maintain Records shall be kept showing the names, addresses, phone numbers and date of membership for each mMember and associate member, including all persons in a household.

Clarification; no change in meaning or intent.

5. Work Requirement - The Co-op, by vote of the mMembers present and voting at a regular or

special meeting of mMembers may impose an annual work requirement.

Clarification; no change in meaning or intent.

6. Voluntary Termination of Membership - A mMember may, at any time, terminate membership in the Co-op by submitting to a person designated by the Board of Directors a written statement stating that the mMember wishes to terminate its membership. Such statement shall be signed by the member or where applicable, all any persons in the household of the Member. Voluntary termination shall not affect the terminating mMember's existing liabilities to the Co-op. The mMember's regular capital shall, upon written request, be returned to any person in the household of the Member in cash subject to deductions for debts owed by the Member to the Co-op.

Clarification; no change in meaning or intent. The Member household is considered one entity with any one person in the household seen as equal to another.

7. Leaves of Absence - Leaves of absence may be granted to Members for periods not to exceed one year. During the leave of absence the mMember shall be relieved from any annual work requirement, but shall not be relieved of any requirements related to payment of capital. The mMember shall retain its/their right to vote during the leave, but no person in the household of the Member shall not have the right to shop as a Member in the Co-op.

Clarification; no change in meaning or intent.

8. Transfer of Membership - [No change]

9. Death of a Member - Upon the death of the last or only person included in a membership, the membership shall immediately terminate. Upon written request, the Co-op shall return the terminated Member's regular capital to the person designated as "beneficiary" on the Co-op's records. If no such request is made within two years after the member's death of the last person in the household, all of the mMember's capital shall be forfeited and transferred to the reserve capital account.

Clarification; no change in meaning or intent.

10. Suspension or Expulsion - The Board of Directors may suspend or expel any mMember for cause. A mMember proposed for suspension or expulsion shall be given reasonable notice of the pending action. The Board shall be authorized to prescribe procedures under which the proposed suspension or expulsion shall be considered. The mMember shall have the right to appeal the suspension or expulsion to the membership at the next regularly scheduled membership meeting. Suspension or expulsion of a mMember shall not affect that mMember's existing liabilities to the Co-op. If a mMember is expelled, the mMember's regular capital shall be returned to the Member, subject to deductions for debts owed by the Member to the Co-op.

Clarification; no change in meaning or intent.

11. Limits on Members - [No change]

Article IV - Meetings of Members

1. Semi-annual Meetings - Regular meetings of the mMembers shall be held . . .

2. Special Meetings - Special meetings of the mMembers may be called by a resolution of the Board of Directors, or by a petition signed by at least one-tenth of the mMembers entitled to vote stating the purpose of the requested meeting and delivered to the Secretary. . . . If the Secretary fails to call the meeting and issue notice of it within seven days after receipt of the petition, the petitioning mMembers may issue the notice. . . .

3. Notice of Meetings - The Secretary shall mail a written notice of each meeting of the mMembers, setting forth the date, time, place and nature of the business of the meeting, to each mMember at the mMember's last known address, not less than twenty days before the date of the meeting. Such notice shall be deemed delivered if deposited in the United States mail with at least third-class postage affixed and addressed to the latest address provided by the mMember. The notice shall also be conspicuously posted at the Co-op.

4. Agenda - The agenda for the membership meeting shall be set forth in the notice of meeting. . . . Any mMember may request that an item be placed on the agenda of a membership meeting by submitting to the Board a petition of ten (10) voting mMembers, which shall be delivered to the Board within sufficient time for the issue to be publicized in the notice of the membership meeting sent to mMembers.

5. Quorum - A number of Members (i.e., households) members equivalent to either five percent (5%) of the mMembers or fifty (50) mMembers, whichever is less, shall constitute a quorum at any meeting of mMembers. The mMembers present at a properly organized meeting may continue to do business, despite the withdrawal from the meeting of enough mMembers to leave less than a quorum. If a meeting of mMembers. . .

These are only for clarification; no change in intent or meaning.

6. Voting -

a. Eligibility - The Board shall direct the General Manager to Membership Chairperson shall review or cause to have reviewed the membership records prior to each meeting of the mMembers and shall determine that they contain the names of mMembers in good standing and entitled to vote. A list of such mMembers or other similar records shall be produced and kept open at the time and place of such meeting. Listing in the membership records shall be prima facie evidence of a mMember's eligibility to vote.

Clarification; the board as a whole should be the responsible party rather than the Membership Chair.

b. [no change]

c. All questions brought before the meeting shall be determined by the votes of a majority of the mMembers present in person and entitled to vote, except as otherwise provided by statute or these By-laws.

d. Voting by Ballot - All voting for Directors shall be by ballot in accordance with Article V of these By-laws. In addition, the Board may authorize voting by ballot on any other issue that properly may be brought to the Members for a vote, including but not limited to any proposal to amend these By-laws. Whenever voting is conducted by ballot, the following rules shall apply: (1) All votes shall be submitted by ballot and no

voice votes will be counted; (2) the form of the ballot shall be prescribed by the Board; (3) a copy of the proposal or ballot to be voted upon and the date and time by which the ballot must be received by the Co-op in order to be counted (the "Ballot Due Date") shall be published in the Co-op newsletter or another publication mailed to Members no less than 30 days nor more than 60 days before the Ballot Due Date and shall be posted in a conspicuous place in each Co-op store and on the Co-op's website throughout the 20 days immediately preceding the Ballot Due Date; (4) the Ballot Due Date shall not be later than the adjournment of the meeting at which the issue described in the ballot is being considered; and (5) the ballot shall set forth the instructions for returning the ballots, which shall include as one option depositing the ballot in a ballot box located in any Co-op store. Each Member household shall be limited to submitting one ballot on each voting occasion. To be counted, ballots must be received by the Ballot Due Date, must be returned in accordance with the instructions on the ballot, and must meet certification standards set by the Board to ensure confidentiality, authenticity, and validity. Three persons designated by the Board shall count the ballots in a manner designed to preserve the confidentiality of the Member's vote. The vote shall not be considered an act of the Members unless at least 75 ballots are received by the Co-op.

Section 6d is a new section. In an effort to provide a more fair and open voice to the membership when a vote of the membership is needed, the board decided to change the coop voting process in some circumstances from voice/hand raised vote to paper ballots. After researching other food cooperative processes and deliberation, we propose an addition of this section 6d. This addition will provide an opportunity for members who are not able to attend a meeting in person to make their choice on a topic or issue known. It also allows a written record of the topic for a member to better weigh options and have time to think and deliberate on the issue at hand before open debate and vote. The board recommends the adoption of 6d in the Weavers Way Bylaws.

7. Conduct of Meetings - Meetings of mMembers shall be governed by Robert's Rules-of-Order or The Modern Rules of Order, as determined by the presiding officer prior to commencement of the meeting. . . . The regular meetings of mMembers shall include the following matters:

- a. Recording the names of mMembers present;
- b. Reading and action on minutes of previous meeting of mMembers;

9. Referendum on Acts of Directors - Any action taken by the Board of Directors shall be referred to the mMembers for approval or disapproval if demanded by petition of at least ten percent (10%) of the mMembers delivered to the Secretary within sixty (60) days after the date that the action is authorized by the Board of Directors. Such matters shall be approved or disapproved by the mMembers at the next regular meeting. . . . Rights of third parties which vest between the time that the action is authorized by the Board of Directors and the time that the petition is received or the referendum is held shall not be impaired by a vote of the mMembers.

Clarification; no change in meaning or intent.

Candidate Statements for the Board of Directors

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

1. Why is Weavers Way Co-op important to you?
2. What volunteer experiences have you had with other cooperatives or organizations?
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 Streets

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 cooperatives 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 cooperatives or organizations?
I have served on numerous boards in Cincinnati, including my local community council, the Clifton Town Meeting, and a spin-off nonprofit 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 cooperatives 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 Greene. 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 cooperatives 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 judgment 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 signifi-cant 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 hock-ey, Jane Austen, our two cats Rosie and Banjo, and trees ... lots of trees.

Bylaws

(continued from page 13)

Article V - Directors and Officers

1. Election of Directors - The election of Directors shall take place at the Spring membership meeting. The Board shall provide for voting by absentee ballot for election of Directors, subject to these limitations:

a. At least twenty (20) days advance notice shall be given to members, by direct mail or in a publication generally distributed to all members and also posted in the principal place of business of the Co-op.

b. There shall be opportunity in the same publication for presentation of brief statements relating to each candidate.

c. The ballot shall be mailed at least twenty (20) days before the date of the meeting at which the vote is to be recorded.

d. Absentee ballots shall be deemed delivered if deposited in the United States mail with at least third class postage affixed and addressed to the latest address provided by the member at any time up to twenty (20) days before the votes are to be counted.

e. Absentee ballots shall be counted at the meeting at which the vote is to be recorded. No absentee ballot received after the meeting date shall be counted.

f. Members who do not vote by absentee shall be permitted to vote in person by attending the meeting. Members voting by absentee may change their votes at the membership meeting. Each household shall be limited to one vote per Director. All voting for Directors shall be by written ballot. Notice of the election, including the names of the candidates, the Board positions being filled, and a copy of the ballot shall be published in the Co-op newsletter or another publication mailed to Members at least 30 days before the meeting at which the election will be occur and shall be posted in a conspicuous place in each Co-op store and on the Co-op website throughout the twenty (20) days immediately preceding the date of the election, and there shall be an opportunity in the same publication for brief statements relating to each candidate. As set forth in Section 6d of Article IV of these By-laws, to be counted, the ballots must be received by the Co-op by the adjournment of the meeting at which the election is held, must be returned in accordance with the instructions on the ballot, and must meet certification standards set by the Board to ensure confidentiality, authenticity, and validity.

The addition of Section 6d in Article IV of the Bylaws states that all voting for directors will be by ballot and spells out the rules that will apply whenever voting is conducted by ballot. Since all votes for directors will be conducted by paper ballot, the provision for absentee ballots is no longer necessary. The Board recommends the membership adopt the changes to section 1 of Article V.

2. Number of Directors – Effective with the Board election at the Spring membership meeting of 2009~~6~~, the administration of the Co-op shall be vested in a Board of Directors comprised of a minimum of nine (9) and a maximum of twelve (12)~~eleven (11)~~ persons who shall act for the Co-op in all matters, except those required by statute, the Articles of Incorporation or reserved by these By-laws for the mMembers.

This change in language coupled with the changes in Section 3 below better detail the board position reserved

for an immediate past President who is allowed to serve after his or her term as an officer of the board expires.

3. Board Positions - The Board of Directors shall consist of the following persons, all of whom shall be mMembers of the Co-op: the President, the Vice-President, the Secretary, the Treasurer, the Immediate Ppast, -President of the Board, if he or she is willing and able to serve, and a minimum of nine (9)~~four (4)~~ and a maximum of eleven (11)~~six (6)~~ Members elected at large, no more than two of whom may be employees of the Co-op, other Directors, two (2) of whom shall be staff members, and the rest from the membership at large. If the Immediate Past President is unavailable to serve as a Director, there shall be one additional at large Director. The Immediate Past President shall in all other respects be treated as an at-large Director. Staff members may not be elected to other positions on the Board. Except for vacancies filled in accordance with subject to Article V, Section 6, of these Bylaws and the position of Immediate Ppast, -President, all Directors shall beare elected by the membership according to Article V, Section 1.

This change better communicates how the immediate past President slot on the board of directors is handled if the immediate past President is unwilling or unable to serve. The Board also recommends changing the Bylaws so that staff members running for Board seats will be treated the same as other members of the Co-op. The current staff members serving on the Board recommend that this change be made and the Board recommends the membership adopt the changes as proposed.

4. Officers—The officers of the Co-op shall be a President, Vice-President, Secretary and Treasurer, all of whom shall be elected to their offices by the Board at the first Board meeting following the election of Directors. The officers shall be elected by a majority vote of those present and voting. Officers shall be elected for a term of one (1) year and shall serve until that officer's successor is elected and assumes office. Transition election of 2006: The Treasurer and Secretary who were elected in 2005 shall continue to serve in that capacity until the election of 2007; the President and Vice-President shall be elected by the Board following the election of Spring 2006.

Section 4 of Article V is being moved to Article VI so that all matters relating to officers are addressed in the same place. Sections 4-10 of Article V are being re-numbered as follows:

- Existing
4. Officers (Moved to Article VI)
5. Terms of Office
6. Vacancies
7. Removal of Directors
8. Compensation of Directors
9. Meetings
10. Special Meetings
11. Quorum

- Proposed
4. Term of Office
5. Vacancies
6. Removal of Directors
7. Compensation of Directors
8. Meetings
9. Special Meetings
10. Quorum

45. Terms of Office

a. Terms of Office of Directors - Each Director who is a member-at-large shall be elected for a term of three (3)~~two (2)~~ years and shall serve until that Director's successor is elected and assumes office. The immediate past President shall serve until there is a new immediate past

President, but in no event shall a person serve as the immediate past President for longer than eighteen months unless such person subsequently serves as President, in which event he or she shall be eligible again to serve as immediate past President as if he or she had never held that position. If the immediate past President is unable or unwilling to serve for his or her entire term as immediate past President, the vacancy shall not be filled.

b. Term Limits - A Director who has served more than five consecutive years on the Board shall not be eligible to be a candidate for election to the Board until he or she retires from the Board for at least one year. This limitation shall not prevent the immediate past President from serving on the Board as the immediate past President. Membership on the Board, except in the case of the Immediate Past President position who may serve an additional year, shall be limited to three (3) consecutive two-year terms. After being elected and serving a third consecutive term o n the Board, a member shall retire from the Board for one year before regaining his or her eligibility for election.

c. Staggered Terms of Office - The election of Directors will be such that terms are staggered so that under normal circumstances approximately one-third of the Directors comprised of at-large members shall be elected every third year. Transition election in 2009: The four at-large member candidates with the most votes shall each be elected to a term of three (3) years. The other at-large member candidates elected to the Board in 2009 shall be elected to a term of two (2) half the Directors are elected in even-numbered years and half in odd numberered years.

Section 4 has been revised to better describe how the officers of the board are to be elected and to also change the term from 2 years to 3 years. The board of directors believes that the additional year would help to minimize any turbulence when board directors transition on and off the board. Turnover of one-third rather than one-half of the directors is expected to be less of a disruption to the business of the board. The board recommends the membership adopt this change.

56. Vacancies - Vacancies on the Board of Directors occurring between membership meetings at which Board elections are held shall be filled by a majority vote of the remaining Directors, and each person so elected shall be a Director until his or her successor is elected by the mMembers at the next membership meeting. If the size of the Board falls below the 9-member minimum, the Board may continue to function, but must make a good faith effort to bring the size back to the minimum as soon as possible.

Clarification: no change in meaning.

67. Removal of Directors -

a. A Director may be removed with or without cause, by a vote of at least two-thirds of the mMembers present and entitled to vote at a regular or special membership meeting. Any mMember or mMembers may request removal by _____. A vacancy caused by removal shall be filled at the same meeting by the vote of the mMembers present at the meeting.

Clarification: no change in meaning.

11. Executive Session - The Board may go into executive session, at which everyone is excluded except currently serving Directors, for the purpose of discussing any matters of business which the Board may consider confidential or sensitive. Before meeting in executive

session, the Board must approve, by majority vote of the Directors present at a meeting at which a quorum is established, a motion to go into executive session. The motion must include specific reference to the substance of the matters to be discussed. The Board may invite relevant individuals, as required, for consultation. No vote may be taken in executive session except to approve or evaluate the General Manager's performance and compensation, to recess or adjourn out of executive session, or to address any other issue which in the discretion of the Board requires confidentiality. The decision to call an executive session and a general description of the matters discussed must be recorded in the minutes of the Board meeting at which the motion to go into executive session was approved. Directors who are employees of the Co-op shall not be present during any discussions of and shall not participate in any vote on the General Manager's performance or compensation.

Section 11 is designed to create a mechanism to preserve confidentiality when sensitive issues are brought to the board. A board majority would be required to go into executive session. The board anticipates the general manager review and other personnel issues are instances where we feel the need to protect an individual's or household's privacy is paramount. Each time requested, there will be minutes recorded pertaining to any motion in regard to executive session for the open record of the board proceedings. We believe this to be enough of a safeguard to protect the open and transparent manner of the Coop's business that we recommend this change be adopted by the membership.

Article VI - Officers

1. Election of Officers - The officers of the Board of Directors of the Co-op shall be a President, Vice-President, Secretary and Treasurer, all of whom shall be elected to their offices by the Board at the first Board meeting following the election of Directors. The officers shall be elected by a majority vote of those present and voting. Officers shall be elected for a term of one (1) year and shall serve until that officer's successor is elected and assumes office. Employees of the Co-op shall not be eligible to be officers of the Board.

This paragraph was moved from Article V to clarify that the officers are elected by the board of directors. Also, the language dealing with the transition election of 2006 was deleted as it is no longer applicable. The succeeding sections are re-numbered to reflect the repositioning of this section.

Article VIII - Miscellaneous

7. Amendment of By-laws - These By-laws may be altered, amended or repealed by a majority vote of the mMembers present and entitled to vote at any regular or special membership meeting duly convened after notice to the mMembers of this purpose, which notice shall contain the text of the proposed amendments or, if voting by ballot is authorized by the Board in according with the requirements for ballot voting set forth in Article IV of these By-laws, by the majority of ballots submitted, but in no event shall a By-law Amendment be approved by ballot voting unless at least 75 ballot shall have been received by the Co-op by the Ballot Due Date. Any proposed amendments to these By-laws must be posted in a conspicuous place at the principal place of business of the Co-op for at least twentyfourteen (2014) days prior to the meeting at which they will be acted upon.

Due to the addition of section 6d in Article IV in regard to ballot voting, section 7 of Article VIII is modified to account for ballot voting.

Talkoot: Friendly Work Co-op Gets the Job(s) Done

by Marisa Crandall

My friend Andrea is full of ideas. She has big ideas about, say, careers and home-based businesses, and she has tons of smaller ideas about things like food and fashion. Similar to the way many of us live, I think, Andrea's home is often the canvas for her ideas. Thus, there are projects in various states of completion all around her house. Like me, Andrea is interested in doing home projects herself both to save money and to learn skills. I love the sense of accomplishment that comes from the completion of a concrete task, but often I am intimidated by projects because I worry that I do not have the expertise to execute them well. Andrea and I are fortunate to have several friends who do have the skills needed to tackle home projects and they have been generous in sharing their expertise. And while I can offer my limited skill and muscle to their home projects in return, I am always fearful of asking too much of my friends.

Last fall, Andrea's greatest big idea was to form a cooperative of families to do home improvement projects. She invited

five other families, all Weavers Way members, to dinner and we came together to eat, drink, and brainstorm. Half of the families included at least one member with real home improvement expertise. We reached consensus on the mission of the group, which is to create an intentional community of families and friends to share home improvement tasks. We agreed to attempt to include the children as much as possible, and to allow members to both share their expertise and learn new skills.

The rules for the cooperative include a commitment from each family to participate in each of the six projects that take place during the year and to donate approximately six hours of work from each adult family member. In order to facilitate fairness within the community, we all agreed to be conscientious of how we use the group and to be assertive with kindness when dealing with other group members. Each member family is entitled to receive one project per calendar year. Each project should require about six hours of work per adult participant, plus any jobs

that can be completed by appropriately-aged children.

We had a lively time agreeing upon a name for our group. We all likened the spirit of the group to an old-school barn-raising, but we didn't want to use that name as it felt too specific. One member suggested Shared Home Improvement Team and Family Activity Cooperative Endeavour, and while some of us loved that idea, most felt the acronym was offensive and not reflective of the family nature of the endeavor. Subsequently, another group member found the word "Talkoot" on Wikipedia. Talkoot is a Finnish word derived from the name of the founder of the original group. Wikipedia defines talkoot as a group of people gathering to work together, for instance, to build or repair something. A talkoot is by definition voluntary, and the work is unpaid. The task of the talkoot may be something that is a common concern, i.e. for the good of the group, or it



PHOTO BY MARISA CRANDALL

THEIR PARENTS HARD AT WORK, THE KIDS WORK JUST AS HARD AT STAYING OUT OF THE WAY

may be to help someone with a task that exceeds his or her own capacity. The institution bears considerable similarity to barn-raising but is more general in application. The definition felt right to all of us, and Andrea is of Finnish descent, thus we christened our own group the Talkoot.

We commenced our inaugural Talkoot in late February at Sarah and Frank's house. In their old Mt. Airy home, they

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Talkoot

(continued from page 17)

had a room whose walls somehow had resisted all efforts to paint them and whose woodwork was similarly impossible to alter. Frank found a product that purported to create a new wall surface (called NuWall), and applying that product constituted the bulk of the work for the day. Several of the more skilled members went off site to James' workshop to construct cabinetry to be installed in the space. Charlotte and I spent six hours scraping and sanding doors to remove layer upon layer of old paint; a thankless but necessary job. Four other adult Talkooters rotated through childcare, food and beverage procurement, and "running" materials and children between sites.

There are 12 children among the Talkoot families, ranging in age from one year old to almost 12. We decided that due to the nature of the project (lead paint removal), the weather (too cold for outdoor play), and overall convenience, it would be best for the youngest children to be supervised off site. The older kids contributed a few hours early in the day by painting, and joined the younger babes after lunch.

After the long day's work we shared a potluck dinner and the evening was capped by a fabulous musical performance by all of the children and Andrea (another of her great ideas). We were all exhausted, and the room was far from completely finished, but Frank and Sarah were thrilled to have the new wall surface up, two doors sanded and primed, and a new custom cabinet built. The key to the success of this project was in the planning

stage: Frank had thoughtfully parsed the overall project into component tasks that could each be accomplished within the six-hour time frame. Also, Frank and Sarah managed expectations appropriately, so even though I felt frustrated that there was not more to show for the hours of work I put in, they were quite happy to have avoided all of that scraping and sanding despite the fact that all of the woodwork was not completely repainted by the end of the day.

At the end of the day, we were all excited to continue working together. Andrea established a group on Yahoo through which members can communicate between projects. We have already run into a challenge in rescheduling the second project; it is harder to find a whole day that all six entire families can make in common than we anticipated. While we thought we could do it via the internet, we have reached the conclusion that scheduling is best done in person.

At the start of this process, we each agreed to commit to one year of Talkoot, so that each family could get one project completed, and then we will each decide whether we want to and are able to continue. We would love our children to grow up with Talkoot as part of their lives to teach them practical skills as well as the value of cooperative effort. It is certainly my sincere hope that Talkoot will persist for years to come. But even if it doesn't, I am hoping to at least get my back yard deck sorted out one day this June when my friends come over to help me.

Interested in starting your own Talkoot? Contact Marisa Crandall at marisa.crandall@comcast.net

Monthly Recycling

Third Saturday Each Month
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Upcoming Dates: May 17, June 21, July 19

Enviro-Tips:

1. Bring your own plates to the Spring General Membership Meeting. The Environmental Committee will do dishes at the annual meeting, so bring your own plates, flatware, etc.
2. Visit www.catalogchoice.org. This website will remove names and addresses from the whatever catalog mailing lists one wishes.
3. Nonprofit Technology Resources, 1540 Brandywine St., takes computer equipment and repairs it for resale and donation. Visit their website at www.ntronline.org for location, times, etc.



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“Recycling” Human Waste

by Sandra Folzer, Environment Committee

Most of us don’t think much about human waste. It is not exactly dinner conversation. We like to believe waste just disappears. Yet, without realizing it, we may be purchasing our own waste at Home Depot, Agway, Target, Walmart, or K-Mart under names like All-Gro, Vital Cycle, Milorganite, Granulite, and Soil Rich. After all, it is an “organic” product. Frederick Kaufman in his article “Waste-land” (in *Harper’s* February 08, pp.46-59) describes how human waste has become big business. When cities like New York are overwhelmed by the amount of waste they collect, they find businesses who will take it for profit. Synagro Technologies, a “organic residuals industry” is one of these recyclers of “biosolids.” In 2005, Synagro Technologies sold 1/2 million tons of waste for revenues of \$338 million in 37 states. They have many subsidiaries, including NY Organic Fertilizer Co. They hope to generate \$8 billion annually. No wonder that Carlyle purchased Synagro for \$776 million. Now others like Dow, Monsanto, and Toshiba are joining their ranks.

Synagro is very proud of their recycling business. Trucks bring in loads of waste which are heated to 1000 degrees and dried. The high heat is supposed to sterilize the waste. The end product is odorless pellets which are then packaged and sold. These pellets are shipped to Florida to fertilize orange trees or used as fuel in Maryland. The EPA allows this type of fertilizer for beans, carrots, potatoes

and squash. Some companies like Heinz and Del Monte have refused to use this type of fertilizer in the past. Some organic farmers claim that there is more protein in wheat fertilized with waste.

Biosolids, incidentally, is a term created by public relations agencies to describe toxic sludge, anything put in the sewer. The term linguistically detoxifies sludge, according to the National Sludge Alliance (NSA). Businesses would probably not be as successful if they called their product “Feces mixed with industrial and hospital waste.”

In her article, “Civilization & Sludge,” printed in *Current World Leaders* (Vol. 39, No. 6), Abby Rockefeller describes the history of human excreta. She reminds us that in 500 B. C., Rome had water aqueducts for both pure water and to remove excreta from public toilets and those of the rich. Water closets or flush toilets were used in Northern Europe from the 18th century. They only became widespread after water could be piped into homes. Philadelphia had the first waterworks in the United States in 1802. This convenience of an easy water supply increased the per capita use of water, from between three and five gallons; to between 30 and 100 gallons per day. This ready supply of water was then used to move the waste to cesspools, connected to the open sewers of city streets. Wherever there were open sewers, cholera followed. In 1862, 20,000 people died in Paris alone.

The problem was what to do with the sewerage. Some believed in putting it on farm land. Others argued for piping it into

lakes, rivers and oceans. By 1909 in the United States, rivers became open sewers. Sanitation experts believed that running water purifies itself. Their slogan was, “The solution to pollution is dilution.” As a result, cholera epidemics lessened, but in cities downstream, death from typhoid increased dramatically. After the Industrial Revolution, industries wanted cheap disposal and the public was paying, so industries lobbied for public sewers to get rid of their chemical waste. Now, not only was there worry about diseases from the excreta, but there was also concern about the industrial waste, much of which was toxic. So pressure was exerted to treat the sewerage before it was dumped into bodies of water. Despite aeration, the water dispersed to lakes caused an explosive growth of algae due to the nitrates and phosphates present. These algae caused the lakes to die as the oxygen was removed from the water.

The Ocean Disposal Ban was passed in 1988, so we could no longer dump waste in the ocean. Finding places for disposal became more difficult. While the ban was a victory for environmental groups because there would be fewer toxins to affect marine ecosystems, the problem of the sludge remained.

The EPA says of sludge: (*U.S. Federal Register, vol.55, No.218, Nov. 9, 1990*)

“The chemical composition and biological constituents of the sludge depend upon the composition of the wastewater entering the treatment facilities and the subsequent treatment processes.

“Typically, these constituents may in-

clude volatiles, organic solids, nutrients, disease-causing pathogenic organisms (e.g. bacteria, viruses, etc.), heavy metals and inorganic ions, and toxic organic chemicals from industrial wastes, household chemicals and pesticides.”

Some of the major environmental organizations, including the Environmental Defense Fund (EDF) and the National Resources Defense Council (NRDC) made a deal with the EPA to ban ocean dumping. In return, they had to support land application of sludge/waste. One problem was replaced by another. Both the EDF and NRDC received money from the waste industries so they were silent about the danger of the toxic sludge. *Compost Science*, a spinoff of Rodale’s *Organic Gardening and Farming* magazine, was a major publicist of land application of sludge, through articles and advertisements for sludge hauling and spreading equipment. This acceptance by a reputable magazine helped to get public support. The National Biosolids Partnership is a coalition of the EPA and the companies it is regulating. The Partnership uses public funds to change public opinion to accept toxic sludge as acceptable for agricultural uses.

(continued on page20)



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Human Waste

(continued from page 19)

The more waste is treated, the more harmful the sludge becomes. What to do with the sludge is a costly problem for municipalities, so they pay companies to take the sludge and dump it on farms. Words such as “natural” and “organic” made it desirable. When pelletized and bagged, it is sold to gardeners. As long as the environmental groups condoned it, gardeners purchased it. Land application is considered “beneficial reuse” which costs taxpayers nothing. Waste companies offer it free to farmers along with lime which is often needed for acid soils and expensive for small farmers who readily accept the free help. The EPA claims there is a high nitrogen content, an important fertilizer, in sludge. However, most of the nitrogen comes from urine, which is high-

ly soluble and is washed away during treatment. Since the amount of nitrogen is so low, more sludge has to be applied, increasing the amount of heavy metals, including cadmium, zinc, copper, mercury, chromium and arsenic, among others. These heavy metals accumulate in the soil, where they are absorbed by plants used as food.

This sludge should be considered hazardous waste. It could be treated with high-heat oxidation, which produces a mineral ash, minimizing its contact with potential food.

Of more than 100,000 chemicals already in use, most will end up in the sewers. One thousand new chemicals are produced each year, which adds to the mixture of synthetic substances. When pulled from the wastewater, it becomes sludge. It includes organochlorine estrogen mimickers, such as DDT; chlordane, 2,4-D;

PCBs; and dioxin. There is also radioactive matter from hospitals. Along with the human pathogens in raw sludge, there is a soup of many different chemicals. The combination of these chemical can be far more destructive than the effect of any one chemical alone. For example, there are dramatic increases in the estrogenic effects of common pesticides when in combination with others. When two or more chemicals are combined, the effects are multiplied to the order of 600 or 1,600 times. Sludge combines so many chemicals, the impact could be devastating. We do not know the full impact of these dangerous chemicals together on both plants and animals. Some symptoms related to exposure to sludge include eye, nose, throat irritation, headaches, nausea, cough, nasal congestion, palpitations, shortness of breath, stress, and alterations in mood.

For now, all we have are incidental stories of human and animal illness. Cows were dying outside Augustus, Georgia, where they were fed from hayfields fertilized by sewerage from residents. People who live near agricultural lands where sludge has been applied develop strange illnesses. Yet, every year, America processes over 5 million dry tons of sludge and puts them in forests, tree nurseries, state parks, golf courses, cemeteries, and mines.

A better option is not to create sludge in the first place. Sewers are an expensive technology that produces enormous amounts of sludge. On-site technologies would be closer to solving the problem than merely moving the problem. There are waterless composting toilets, greywater purification-by-use systems, and reed beds and water-based biological systems for separating organically polluted wastewater from industrial processes.

Most of us believe we are protecting our families when we purchase organic food. But if excrement is considered “organic,” when are we safe? This waste is not just from homes; waste from hospitals and drug companies often goes into these same sewers. Surveys have uncovered dioxins, furans, coplanar polychlorinated biphenyls, and germs of pneumonia and encephalitis in these organic fertilizers.

Collecting waste, then treating it and placing it on agricultural land may look like “recycling.” But when the chemicals in the waste are not part of the natural life cycle, the resulting product may be dangerous.

Groups such as National Sludge Alliance, Citizens against Toxic Sludge, and Sludgewartch all work to fight the use of sludge in ways that might compromise our health. Google any of these groups to learn about their endeavors.

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The Simplicity Dividend

Postum Lovers, Unite! Bring Back Our Favorite Drink!

by Betsy Teutsch

If memory serves me correctly, it was more than 30 years ago when I first tasted Postum at Grossingers, the classic Catskills resort. As one who drinks one cup of weak coffee in the morning and finds coffee generally too acidic for later in the day, Postum was perfect. It is smooth, mellow, and soothing, with a slight natural sweetness. Over the years I have wound down each night with a ritual cuppa. Year in, year out, it's been my faithful companion — before we knew about lattes, chai, and all the other trendy drinks. Manufactured for over 100 years, this grain-based beverage was generally relegated to the coffee substitute list, favored by caffeine abstainers like Mormons and Seventh Day Adventists. However, to me it wasn't substitute anything; it was my night-time drink of choice.

A few years ago Postum disappeared from the supermarket shelf. Weavers Way carries an equivalent, Roma, which I dutifully tried and rejected — it didn't com-

pare to good ole Postum. Fortunately a search in a suburban supermarket turned up the missing goods, and for the next few years all was well in Postum-Land (named for its creator, C.W. Post, known for all kinds of food products.) But alas! Kraft Foods, its manufacturer, decided in early 2008 to kill this venerable brand, citing low sales. My own personal theory is that they wanted to give valuable supermarket shelf spots to higher profit products, like ones with more sweeteners and chemical additives. Kraft did not report actual sales numbers, but clearly this is a product with a loyal, devoted following, even if we are not the sexiest demographic. There are testaments to Postum all over the Internet, and E-bay sellers are charging upward of \$20 a bottle.



These past few weeks I have tried a series of other hot drinks, but I still really, really want that genuine article, Postum. I've been following the subject online, since Postum's demise has been covered by NPR, the Christian Science Monitor, and other news outlets. It finally dawned on me that it's a perfect product for a small, health beverage and food manufacturer; its ingredients are wheat bran, wheat, molasses and corn dextrin. There is actually a recipe online, but since it takes a few hours to roast the grains, I

have decided to use my energy organizing,

not cooking. Perhaps Weavers Way would like to take on its own production, or talk with some of our suppliers and alert them to this opportunity. How often does a healthy brand with a built-in following come on the market? Seems like a golden opportunity for a niche company. Suggestions? Those of you out there similarly mournful can join the Postum yahoo group, <http://health.groups.yahoo.com/group/postum/>, to share tactics. And I've started a blog, www.bringbackpostum.blogspot.com to promote ideas. Seems like a no-brainer to me, that this lovely, healthy drink should be reintroduced to a new generation. Please send me your ideas! E-mail me at betsy@betsyteutsch.com.

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Mysterious Epidemic is Killing Bats in the Northeast

by Brenda Malinics

If you haven't already heard of White Nose Syndrome (WNS), you will. WNS has been killing bats in the Northeast by the tens of thousands (an estimated half million have already died), since it was identified last winter in a cave near Albany, NY where between 8,000 and 11,000 bats were found dead.

Researchers aren't sure whether the bats are dying from WNS or whether it is a symptom of another disease, a virus, bacteria, toxin, environmental hazard, metabolic disorder or fungus. Some bats have been found with pneumonia, but that and the fungus are believed to be secondary symptoms of whatever is killing the bats. All the dead bats have a white circle on their faces that look like their nose was dipped in flour.

WNS has been compared to the colony collapse of honey bees, and international researchers and scientists have never seen any new disease spread and kill as quickly as WNS. It has been called "the gravest threat to bats ever seen in recorded history" and because bats are mammals, scientists do not know whether WNS will transfer to other mammals, including humans.

Presently there is no risk to humans but all caves and mines have been closed to cavers because it has been suggested that humans are transferring the disease to the bats. Cavers were the first to notify the U.S. Fish and Wildlife Service of the awkward behavior and deaths that they noticed from bats. The disease has spread to caves in southwest Vermont, Massachusetts, Rhode

Island and Connecticut. Most of the 15 sites in New York with dead or dying bats had been visited by people who had been at the original four sites last winter.

Some of the odd behavior that has been observed includes bats leaving hibernation early and traveling from warmer parts of the cave to cooler areas, near the opening. Bats normally leave hibernation sites at the end of April, but emaciated bats have been seen flying erratically in freezing temperatures. They are also flying during the day and due to the weakened condition, are vulnerable to predators. Bats are landing on the outsides of homes and are also falling to the ground. In winter there aren't enough bugs on which these frail bats can feed. Scientists have said that it seems like the bats internal survival mechanism has been scrambled.

While most folks don't like or care about bats, they are a vital part of the ecosystem. A significant loss of bats which help to control the insect populations could have serious environmental and economic implications in terms of crop damage due to excess agricultural pests. Bats are the vacuum cleaners of the night sky and most agricultural insects are active at night. Bats can eat up to 100 percent of their body weight in insects each evening.

One of the affected species, the Indiana bat, is protected under the Endangered Species Act. Little brown bats have been the species most impacted, but the disease has also affected northern long-eared, eastern pipistrelle, and small-footed bats. The big brown bat, the most common bat found in the Philadelphia area, along with foliage bats that migrate to warmer climates during our cold winters, seem to have been spared.

Biologists are just beginning their annual survey of bats and examining caves across Pennsylvania including the Durham Mine Bat Hibernaculum (cave) in upper Berks County. As of now, the disease has yet to be found among the bats examined.

Humans have no need to fear bats found in their homes or on the ground. However, precautions should always be taken when handling bats, who like any mammal, including you and me, can carry rabies. Grounded bats are usually sick or injured and should never be handled with-

out gloves. Bats in a home should never be chased down or hit with objects.

I have been working with wildlife for 25 years, and have been rehabbing and raising orphan bats for almost a quarter of a century. Bats are one of the smartest, cleanest and most gentle creatures I have ever worked with. They don't make nests in your hair, they aren't blind, and they don't want to suck your blood. The victims of myths, ignorance, and Hollywood sensationalism, bats remain one of the most feared creatures on the planet.

For bat facts and bat houses, go to the following websites: www.batworldsanctuary.org and www.batcon.org. For WNS: fws.gov/northeast/whitenose-message.html

Bats are the cornerstone of a healthy environment and they need our protection and our help. Learn about bats and help protect our environment. Our future depends on it.

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Mindful Eating

by Peter Samuel

We have a tradition at our family dinners of eating until we are stuffed. And then after a short break, seeing that there is still food left, we will spoon more onto our plates to ensure that we can barely get up from the table. I'm not sure of the reason for this, but one fact is that it takes about 20 minutes of eating until our brains get the signal to put the fork down, another is that people eat almost 50 percent more when they are in a group. Luckily, none of us have begun to bust our britches or worry about triple chins, but every time we eat too much, I wonder again about portion control, and question how many calories the kids really should be consuming to be healthy.

Often it is not until you deprive yourself of something that you realize how much time you spend thinking about it. In February, I was required to fast for 24 hours for a medical procedure, and was limited to water, juice, and other "foods" like broth, bouillon, and Jell-O. This was not a difficult assignment, but I was struck

by how often my mind would focus on everything that I could not eat. It was frightening to realize what a slave I am to my appetite. Slurping down a can of low-sodium chicken broth at lunch left me yearning for a carrot or a cracker, and while the Day-Glo yellow Jell-O brightened my otherwise dreary day of abstinence, I started having real pangs of hunger. When I returned home that evening, I was afraid I would unconsciously hurl some peanuts into my mouth as I often do when I snack, and ruin the fast.

A woman in my office told me that she fasts every Friday for her religion, and said a few times a year she fasts for five days at a time. She told me it is her way to "get better in touch with the spirit."

Fasting for religious and spiritual reasons has long been a part of human culture. The Bible mentioned that Moses and Jesus both fasted for 40 days for spiritual renewal. Mystics and some eastern religions combine intensive fasting with isolation and other practices to achieve ec-

static states or to attain oneness with God. The idea of spiritual fasting is to use the experience to realize one's excesses, and tounderscore the limitations of our own self-control. It puts a spotlight on how we are normally unconscious of our eating habits.

Last year I read a book by Brian Wansink, *Mindless Eating, Why We Eat More Than We Think* (Bantam 2006). He is a professor of marketing and nutrition science at Cornell University, and his book describes many of the testing methods he uses to prove how what people eat usually has nothing to do with hunger or their need for nutrients. He makes it clear why there might be an "obesity epidemic" in our country, and his premise, that the average person can change their habits to keep their caloric intake under control, is optimistic and refreshing. (See sidebar.)

The news media has done a good job of reporting on how bad things are, and how the incidence of obesity in the United

(continued on page 24)

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Mindful Eating

(continued from page 23)

States has doubled in the past two decades. One reason for this is a big jump in average calorie intake since 1985 without a corresponding increase in the level of physical activity. A third of the adult population is now thought to be obese, and 60 percent are overweight. This has increased peoples' risk for high blood pressure, high cholesterol, heart disease, type-two diabetes, and a long list of other conditions.

According to the USDA, we Americans (but not Co-op shoppers, of course) consume 25 percent more added sugar now than in 1970, and most of that comes from soft drinks, fruit drinks, cookies, cakes, other baked goods, candy, breakfast cereals, and ice cream. The researchers say that the typical teen now consumes approximately two 12-ounce cans of soda per day, which adds up to 20 teaspoons of

sugar, or more than 300 calories added to their daily diets. This amount of sugar is about 20 percent of a child's calorie intake, twice the recommended limit. If the same child consumes additional sweets, their sugar intake can go as high as 40 percent of their daily calories. Some studies have predicted that 50 percent of children will be overweight by 2010.

There are many formulas for determining how many calories we should consume. The calculations are dependent upon gender, height, weight, and normal level of activity. It is said that the average adult should consume about 2,000 calories, but this can vary up or down, with the biggest variable being your activity level for how many calories you might burn in a typical day (I'm afraid most of us fall into the category of "sedentary").

Because most adults add weight slowly over time — just a few pounds a year — a

(continued on page 25)

A few things to do to reduce Mindless Eating:

(adapted from Brian Wansink)

- If snacking, never eat directly from a package.
- Only put healthy foods out on the counter.
- Take your lunch to work so you can better control portions and nutrients.
- Plate food in the kitchen — do not serve food "family" style.
- Use smaller plates.
- Slow down the pace of eating so appetites can catch up.
- Preferably eat at regular times of the day, and in a pleasant environment.
- Eat your meals seated at a table, without distractions.
- Avoid having lots of different dishes — the more variety, the more people will eat.
- Adopt the half-a-plate rule. Half the plate is filled with vegetables and the other half is protein and starch.
- Teach yourself to eat when you're really hungry.
- Reduce your portion size by 20%, or give up second helpings.
- Set down your fork and remove your plate at the first twinge of fullness, instead of taking a break and eating more.
- Get into the habit of leaving something on your plate.
- Eat fruit for dessert.



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Photo: Deborah Boardman

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Mindful Eating

(continued from page 24)

reduction of 50 to 100 calories per day can prevent a gradual bulge in the waist. A new pound of body fat equates to approximately 3500 calories. That means if you have a daily reduction of 500 calories you would lose about one pound per week (500 calories x seven days = 3,500 calories or one pound).

It's easy to see that a daily calorie deficit of 1,000 calories would mean that you'd lose approximately two pounds per week. If you are trying to reduce your weight, this amount is commonly accepted as the maximum rate of weight loss that is healthy. And for those of us who eat a lot at one big dinner with the kids, we can take comfort in the knowledge that as long as we balance out our intake the rest of the day or the week, we won't see the needle on the scale spiraling upward. The downside of this formula is that if 'by accident,' you purchase a bag of cookies, and eat a couple everyday for a week, you may gain a pound.

Some believe that fasting is not just a method for seeking a closer relationship with God, but swear by its positive effects on long-term health. Mark Mattson, a scientist with the National Institute on Aging says, "Even if you don't fast, simply limiting the calories you consume may be beneficial." He points to studies where rats

and mice were fed every other day. Compared with those fed normal daily diets, there was a reduction in disease among the rodents who had a restricted food intake. Mattson says those findings hold promise that humans could also benefit from partial fasting.

"There are hundreds of studies showing that when animals are fed fewer calories they live longer," says Dr. Joel Fuhrman, author of *Fasting and Eating for Health*. Studies on animals ranging from earthworms to monkeys have shown that alternating cycles of fasting and very calorie-restricted diets is a reliable way to extend the lifespan. "The excess calories Americans eat shorten their lives," says Fuhrman. If you want to live longer, Fuhrman's best advice is to "eat healthy and fast periodically."

Dr. James Johnson of Louisiana State University agrees, saying, "it is well established that by reducing the number of calories required for weight maintenance to 60 to 70 percent of normal, lifespan is increased up to 40 percent, with near-perfect health across a broad range of species."

Another benefit of fasting, some believe, is that it aids in the removal of toxins from your body. When you go without eating for more than a day or two, the body starts burning fat for energy rather than the usual carbohydrates. "And the fat is where

the body stores many of the toxins it absorbs from the environment," Fuhrman says. "Fasting allows the body to most effectively remove waste products. The body is designed to fast; we do it every night."

Some animal studies have also shown that partial fasting has beneficial effects on the brain, protecting against Alzheimer's, Parkinson's and stroke. Three clinical trials involving the U.S. National Institute on Aging are under way, each investigating the idea that a reduced-calorie, nutritionally sound diet increases lifespan and prevents age-related chronic diseases such as cancer, diabetes and cardiovascular disease. And another study at the University of Washington, determined that men and

women who had been on a restricted calorie diet for six years displayed "...cardiac-specific effects that ameliorate age-associated declines."

Besides working on my family to start limiting their portion size, I am now convinced that a regular fast will help me to reduce disease risk, slow the aging process, increase my lifespan, and improve my heart health. If any of you readers are ready to jump on the fasting bandwagon, keep in mind that while the Co-op does not have a special "fasting aisle," the store has numerous types of broth and bouillion, a tremendous juice selection, and of course, there is always just plain old bread and water. Let's fast!

Weavers Way Film Series

Montgomery to Memphis

This film captures the eloquence and courage of Dr. Martin Luther King in striking words and images. This film was originally shown at theatres as a "one-time-only" event on 24 March 1970, and ran 3 hours and 5 minutes. The proceeds from the \$5 admission price were donated to the Dr. Martin Luther King Jr. Special Fund. It was later shown on US television, unedited and with limited interruption. The film was nominated for an Oscar in 1970 for Best Documentary Film. In black and white. This is the 103 minute abridged version of the film. The unedited version is apparently not available for rental.

Wednesday, May 14, 7 p.m.
Video Library, 7141 Germantown Ave.




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More Than Skin Deep: Finding Healthy Body and Cosmetic Products

by Charlotte Vallaey

For years, consumer advocacy groups that are part of the Campaign for Safe Cosmetics have reported on toxic chemical ingredients and residues in beauty and body care products, revealing that this notoriously underregulated industry is rather liberal with its use of possibly carcinogenic and other toxic synthetic ingredients.

News has spread of potentially dangerous synthetics — so readily absorbed through the skin and yet so ubiquitous in our everyday beauty products. Consumers with an interest in avoiding unnecessary toxic exposure believed they had found refuge in body care products made with “natural” and “organic” ingredients.

But what few consumers know is that unlike organic claims on food, which are closely regulated and monitored by the USDA National Organic Program, beauty products often use the word “organic” on labels of products that are based on conventional and petrochemical ingredients. The USDA has a conflicted, contradictory practice in not properly regulating “organic” claims on personal care products, even as it certifies qualified products.

“While responsible companies that make organic claims produce products whose main ingredients are made from organic, not conventional or petrochemical, materials, the lack of regulation means ‘Buyer Beware,’” says David Bronner, CEO of Dr. Bronner Soaps. “For some companies, the term ‘organic’ is a marketing tool with no real meaning, and consumers need to research their brands.”

The green “USDA Organic” seal may appear only on products that are made with at least 95 percent certified organic agricultural ingredients and contain no toxics, suspected carcinogens or synthetics.

A recent report by the Organic Consumers Association (OCA) reveals that this distinction — between many beauty and body care products using the word “organic” and those actually bearing the green “USDA Organic” seal — is significant. Using an independent testing lab, OCA analyzed various “organic” and “all-natural” beauty and body-care products for residues of one toxic chemical, 1,4-dioxane.

While some of the self-proclaimed “organic” and “all-natural” products tested contained up to 30 parts per million 1,4-dioxane residues, all of the USDA certified organic products — with the green seal — were found to be free of these

residues. Products certified under the German BDIH “natural” program were also clean.

The European Union has banned the use of known or suspected carcinogens, mutagens, and reproductive toxins — including 1,4-dioxane — in beauty products. Belgium and Germany have recalled body care products when residues of 1,4-dioxane were discovered, citing it as a health threat. The International Agency for Cancer Research classifies this chemical as a probable human carcinogen. So why is it so pervasive in American beauty and body products?

In the U.S., there is no prohibition against the use of ingredients contaminated with suspected carcinogens in beauty and body-care products, even though they are readily absorbed through the skin. The FDA also does not require pre-market safety testing of cosmetics and body care products, leaving it up to the manufacturers to assure that their products are safe. The FDA explicitly prohibits only seven ingredients from body care products due to their extreme levels of toxicity. Chemical contaminants that are classified as “possible” or “probable” carcinogens are allowed, as are the endocrine-disrupting phthalates (which mimic hormones).

Scientists disagree over the level of carcinogenicity of this very common chemical. A team of scientists commissioned to review 1,4-dioxane by the Voluntary Children’s Chemical Evaluation Program writes that 1,4-dioxane “can be considered as a carcinogen in laboratory animals,” but that the evidence suggests that it is a non-genotoxic compound that requires high, prolonged dosing to induce tumors. In an article titled “An updated evaluation of the carcinogenic potential of 1,4-dioxane,” Dr. Julie Stickney suggests that the EPA “significantly overestimates the potential cancer risk from 1,4-dioxane.”

Other questions abound: some studies show that lab animals develop cancer after ingesting 1,4-dioxane, but does that mean that showering with a shampoo and body wash containing 1,4-dioxane will do harm? After all, we don’t take daily sips of our suds. Few studies have been performed on the effects of dermal contact with 1,4-dioxane residues. One study did find an increase in tumors after application of 1,4-dioxane directly to the skin; other experiments did not.

But other scientists believe that the possible carcinogenicity of 1,4-dioxane through skin contact should not be taken

lightly. Dr. Devra Davis, head of the Center for Environmental Oncology at the University of Pittsburgh, said in an NPR interview that “it’s classified as a probable carcinogen, so I was frankly shocked to learn that it’s present in body care products.”

As with most chemicals, we will not find an easy answer or a clear verdict. Scientists have a very rudimentary understanding of thousands of chemicals and their effects on our health and our bodies. Our ability to produce chemicals and our understanding of how they affect the environment and public health rarely progress simultaneously; as with DDT and PCBs, we humans tend figure out how to produce and widely distribute a chemical before we fully understand its impacts.

So for consumers, it boils down to trust. Do we trust the companies that assure us these chemicals are safe, or do we trust lessons from history mixed with a healthy dose of skepticism and caution? Industry representatives certainly would like us to opt for the first choice. John Bailly, executive vice president for science of the Cosmetic, Toiletry, and Fragrance Association, an industry trade group, says, “Cosmetics are safe, whether their formulas contain synthetics or plants,” and adds, “Virtually everything we’re surrounded by carries a hazard of some sort. I think that at the end of the day the levels of 1,4-dioxane in these products do not present a risk by any scientific measure.”

And yet, while scientists disagree among themselves about the level of carcinogenicity of 1,4-dioxane, and industry tries to assuage our fears, you and I have been slathering this chemical on ourselves and our children — often every day. As a consumer, doesn’t it seem only natural and wise to question the sanity of this? The FDA would require manufacturers to remove 1,4-dioxane from products only if there is demonstrated harm. But why should the burden of proof be on the unsuspecting consumer?

This question becomes especially salient when we consider that chemical residues such as 1,4-dioxane are simply not necessary in our body care products. Plenty of companies with a true interest in the values of organics (the ecological principle, not the marketing tool) use only environmentally friendly ingredients that are safe for humans. These companies include those that market USDA-certified organic products, like Dr. Bronner’s and Terressentials, and some that are not certified organic, like Burt’s Bees and Tom’s of Maine.

We encourage all companies marketing themselves as “organic” or “all-natural” to take the necessary steps to remove these chemicals and residues from their products. “Organic” and “all-natural” can be useful marketing tools for them only as long as consumers can trust these claims and are not turned off by findings of potentially dangerous chemical residues. These companies should reformulate, or else drop the “organic” and “all-natural” claims. In response to the OCA report many companies in the natural foods marketplace have indicated that they are now doing just that.

In the meantime, consumers can use OCA’s lab results to learn which companies can be trusted and which use petrochemicals and questionable synthetics. The surest way to distinguish safe and truly organic products from the others is the presence of the little green seal that states “USDA Organic.”

“It’s nice to know I can trust the seal when it comes to body care products,” says Kerstin Lindgren, a member of the Harvest Food Co-op in Boston. “I couldn’t possibly remember all the brands and the ingredients that are free of toxic residues, so it helps to be able to use the green seal as a guide.”

Charlotte Vallaey is a Farm & Food Policy Analyst at The Cornucopia Institute (www.cornucopia.org), one of the nation’s leading organic industry watchdogs.

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Follow the Yellow Farm Code

by Josh Giblin

It’s growing season again at the Weavers Way Farm and you can brace yourselves for a cornucopia of fresh, local produce. Last year, we found that many of you wanted Weavers Way Farm produce — craved it, in fact. It was not always easy, though, to distinguish it from our regular produce or simply to find it at all. This year we are incorporating a whole new Weavers Way Farm identity that will help us connect you to what you want. The farm has a new logo, all its own. From that foundation, all farm signage in the store will use a particular typeface, will either

incorporate the farm name or its logo, and most importantly, will use the color yellow to identify itself. Let me repeat that: YELLOW = WW FARM.

You will see yellow labels, yellow stickers, yellow twist ties, and yellow posters and handouts. If you’re not seeing yellow when you come in to the store, then I’m not doing my job! Keep your eyes out for recipes and information cards on what to do with unusual farm produce. We will also make the harvest schedule for the season available so you know what to look forward to. Join me in celebrating the WW Farm and go yellow

Propagation Party

(continued from page 5)

peppers, eggplant, lettuce, basil, and squash, are to be planted later on the farm. “The plants that we’re doing here, if people aren’t purchasing them today, they’ll be planted in our children’s garden, which is going to be at the farm as well, and/or sold,” said David Siller, the Co-op’s Farm Educator.

Board member Klempner credits General Manager Glenn Bergman with pushing the entire farming operation forward. “It has just exploded under him. Its going

to get more and more sophisticated. It has improved at a much greater rate than I think anybody ever expected.”

And as the farm grows in coming years the Propagation Party will continue to evolve, particularly with the opening next year of the farm’s own greenhouse. Ideas for the event include tours of the farm and tractor rides.

And Siller says they won’t care a whit about the weather forecast. “Even if it is raining, we’ll be able to have it in the greenhouse at the farm. So (the party) is really going to become more of a destination spot as the years go along.”

Upcoming Workshops

Say What You Want To Say, with Beauty, Clarity & Strength: An Introduction to Creative Speech

Sat. May 10, 2008, 10 a.m. – 12 noon
610 Carpenter Ln

A two-hour, free, taster session. With playful exercises, we will tap into our breath and body awareness, finding life in the rhythm and sound of words. We’ll use our names and a little poetry as a springboard for exploration.

Claire McConnell graduated from Artemis School of Speech and Drama in East Grinstead, England, in July 2007. This is a four-year, full-time course focusing on speaking poetry, storytelling, and drama and performing based on Rudolf Steiner’s work. Rudolf Steiner is the founder of Waldorf Schools.

Just because you’re buying healthy, doesn’t mean you are eating healthy

Sun., May 18, 2008, 2:30 – 4:30 p.m.
Aragona Studio, 443 W. Carpenter Lane

The goal of this workshop is to help educate an individual in healthy eating and knowing what to look for in food that is beneficial, along with clearing up some common confusion in eating good food.

Antonio Aragona has a BA in Psychology and is a Certified Ayurveda Practitioner, practicing Ayurveda for more than 5 years. Currently, Antonio is pursuing his Master’s in Ayurveda Sciences through Hindu University of America and will be completing his advanced training in Ayurveda through the Kerala Ayurveda Academy. He is also a Massage Therapist, Yoga Instructor, Shiatsu Practitioner with several years of practical application and experience. Antonio has relocated to the W. Mt. Airy area in order to not only enjoy the beauty of the community and neighborhood but to also contribute his experience as a teacher/practitioner and consultant of the natural sciences.

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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.

Today one my tasks was to set-up phone and internet service for our new Ogontz branch. We use Verizon for phone, long distance and DSL, usually with pretty good results, and the Ogontz branch and the Carpenter Lane store are going to be linked via a WAN (the cash register systems are actually going to be one extended system, among other things). So I figured we'd use Verizon to keep the connections within one company. I called the number on the Verizon website, and when I described what I wanted, the agent told me that to quote me a price on DSL I would have to give him the phone number of a neighbor. At the Ogontz store, one neighbor is a small vacant lot/park and the other is a small storefront church that is only open secret hours. I asked if an address would be good enough, he said no. You would think that Verizon, being the phone company and all, would know the phone numbers of their customers, but apparently that is not the case. I wonder how they contact their customers — look them up in the phone book?

Incidentally, almost right in between our new Ogontz location and the possible Elkins Park location is a great market I recently visited, called H-Mart. It is part of the Han Ah Reum chain of Korean supermarkets. I went mainly to get some kim chi (made without fish sauce), and was pleasantly surprised and amused at all the products. Their fresh vegetables were great and cheap (a pound of mung sprouts for \$1.70), their prep foods unique and tasty (but many with no ingredients listed), and their groceries fascinating. H-Mart is weak on the labeling department, my favorite was “net weight = half gallon.” The kim chi selection was almost a world unto itself, dozens of varieties in many sizes, including large buckets. Check them out at 7320 Old York Road at Cheltenham Avenue.

Suggestions and Responses:

s: “Please bring back Marshall’s Whitefish Salad. Acme Brand not as good!”

r: (Margie) We had a problem w/Marshall’s sending us bad product and their driver disturbing the neighbors so we had to stop selling this product. Marshall’s also contains high fructose corn syrup and Acme does not.

s: “Is toasted wheat germ no longer available in bags? Looks like you switched to jars. More packaging?”

r: (Chris) Bulk toasted wheat germ, which was re-packed in the basement into

plastic bags, is no longer available from any of our distributors, so we’re now carrying this item in jars. “More packaging”? By weight, glass is more packaging, but arguably environmentally friendlier; the glass is recyclable, the lid (made of metal and rubber) is biodegradable. Plastic bags are not biodegradable or recyclable, and when burned in incinerators, they give off poisons like dioxins. So... there you go!

s: “The new prepared salad — tempeh and carrot with lemon ginger dressing — is delicious! Don’t stop making this one. Thanks!”

r: (Bonnie) Thank you, this is one of my favorite tempeh salads too!

s: “Comment — keep Muir Glen tomato sauces — they are great right outta the jar.”

r: (Chris) We are planning to keep them. Thanks for the positive feedback.

s: “Please stock tropical fish food.”

r: (Kirsten) We do currently stock tropical and goldfish flakes. Find them on the top shelf of the supplement section in the pet store.

s: “Please carry not-from-concentrate orange juice. The new stuff is primarily from concentrate — might as well just buy frozen.”

r: (Chris) “Just Pikt” OJ, in the dairy case, is squeezed fresh and then transported frozen, this is probably your best bet in our OJ selection. Our supplier dropped the Sealtest we used to sell and so far we haven’t found a not from concentrate selection with the same availability and price.

s: “Sushi ginger (the pink, packed usually at sushi bars)”

r: (Chris) We do have this item, in the Asian cooking section, above the potatoes.

s: “Want to tell you how wonderful I think Eater’s Digest Tea is! (from second floor collection). It works immediately for my acid reflux problems and related digestive woes. And it only takes one cup to do it! Tried it when it was on sale, at first. And have been buying it ever since! So-thank you very much for making my life more comfortable!”

r: (Martha) We’re thrilled that this wonderful Traditional Medicinals product has helped you so much. Thanks for letting us know.

Cheltenham Co-op Public Meeting

7 – 8:30 p.m.
Monday, May 19
Curtis Hall, Curtis Aboretum Church Rd. & Greenwood Ave. Wyncote

Find out what’s been going on and what’s up next for the much-anticipated Cheltenham Community Co-op. Hear the results of the survey, which had almost 500 respondents. The steering committee has been hard at work, so it’s time to find out what they’ve been doing and how you can help. See you there!

s: “I know I’m picky, but I hate to see delicious food misspelled. Molly’s Tarts (and other things keep saying they’re made with “Grenache.” Shouldn’t it be ganache? (which is a yummy mix of chocolate and cream).”

r: (Nancy) You’re right. Sorry about the misspelling.

s: “Ceylon / Sri Lanka Orange Pekoe loose tea (upstairs, far left) is very delicious, aromatic, colorful and surprisingly inexpensive. Thanks!”

r: (Martha) Wow, what a lovely description of this Frontier tea! Many thanks for your feedback.


s: “Stock plain old birthday cards. All you have are special case (son, wife) or >\$4 local artist. Very disappointing.”

r: (Chris) I did find a number of “plain old” birthday cards on the rack today, 3/26/08, also blank cards; grab a pen and PRESTO it’s a birthday card!

s: “Space is issue, I know, but any way to stock local butter or artisanal butter of some kind other than Cabot? Prefer local (not necessarily raw) but something delicious.”

r: (Chris) Space, and price is also the issue. We looked into this lately, all locally made butter (from Southeast PA.) would

Equal Exchange



May Coffees of the Month

Organic Mind, Body & Soul

Mellow body and light acidity with a dark chocolate finish

\$6.99/lb.


Reg. \$9.33/lb.

Organic Decaf Peru Vienna

This exquisite coffee has a round, syrupy body and a vibrant glow

\$8.33/lb.

Reg. \$9.33/lb.



All Equal Exchange coffees are \$1.00 off in May!

Welcome to Weavers Way Cooperative Association

Dear Neighbor,

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

DAY	DATE	TIME	LOCATION
Saturday	May 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
Wednesday	Aug. 6, 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) _____
