

Manager's Corner

Am I scared...?

by Glenn Bergman, General Manager

The answer is yes. The price of “food-at-home” is up five to six percent for the Philadelphia region this year compared to last year for the same period. The latest forecasts for next year are that we will see prices increase this much again, if not more! For those of you who have not been following the price of food increases until this year, why would you? The Philadelphia region was experiencing a two to three percent increase each year. This hurts a little, but when you speak of a six percent increase on a meat or seafood that costs \$10/lb, next year it is \$10.60.

I am scared both as an employee of the Co-op, with a goal to provide quality products at good prices, but also as a consumer. I know that I have cut back on my meat purchases, and for those of you who are vegetarians I realize this is a good thing. Cutting back on meat will decrease our carbon footprint and the number of animals slaughtered, and meat is really not a healthy product. However, if you are the local farmer, such as Paul Landis from Berks/Lancaster County, you have to start rethinking what you are doing. Quietly, we had to drop Meadowbrook Farms. We love

(continued on page 4)

Ogontz Store Gets Finishing Touches

by Jonathan McGoran

Weavers Way's new mini-store in West Oak Lane will be opening some time in mid-June, and although the Grand Opening isn't scheduled until Tuesday, July 1, we are expecting to have a big weekend during the West Oak Lane

Jazz Festival, June 20-22 (see the article to the right). Store

Manager Luis Cruz and Assistant

Manager Anton Goldschneider have been working hard getting the store ready, with plenty of help from Steve Hebden, Josh Giblin, and a slew of contractors.

While we're just wrapping up with the design and finishing work, we are also meeting with a group called the Community Design Collaborative, a community design center that provides nonprofit organizations access to pro bono preliminary design services, offers unique volunteer op-



STEVE HEBDEN (CENTER) AND LUIS CRUZ (BACKGROUND) WORK WITH THE PAINTERS, PUTTING THE FINISHING TOUCHES ON THE NEW WEAVERS WAY OGONTZ STORE IN WEST OAK LANE

portunities for design professionals, and raises awareness about the importance of design in community revitalization. In 2006, nearly 40 design firms and an additional 95 individual design professionals donated over \$570,000 in preliminary design services to 46 nonprofits and initiated 44 new projects. Weavers Way is working with them to develop a design template for small food stores, to make it easier for smaller stores to open up, especially in underserved areas.

West Oak Lane Jazz Festival, June 20-22

by Jonathan McGoran

It's been called the hottest new jazz fest on the East Coast, and it's taking place right across the street from Weavers Way's newest location in West Oak Lane. Thousands of music fans will gather for three days of non-stop music, art, food, and fun during the Fifth Annual West Oak Lane Jazz & Arts Festival, June 20, 21, and 22. Among the more than 50 more live music performers from the Philadelphia region and around the country will be acts like The O'Jays, Ashford & Simpson, Mandrill, WAR, The Benny Golson Quartet, The Whispers, Pieces of a Dream, Kevin Eubanks, and more, and it all takes place on the 7100-7400 blocks of Ogontz Avenue, across from Weavers Way Ogontz, in the heart of West Oak Lane. Weavers Way

(continued on page 11)

End of Monthly Recycling is End of an Era

by Sandy Folzer, Environment Committee Chair

The last date for recycling will be Saturday, July 19. Since the City of Philadelphia will begin a single stream recycling program on July 1, our services will no longer be necessary. “Single stream” means that people can put recycling materials, such as paper and plastics (#1 and #2) in the same container, and they will be sorted later automatically. The City will collect the same items that Weavers Way has collected. But nothing more.

Weavers Way Environment Committee has benefited from recycling by earning money from Philadelphia Partnership Recycling for our recycled materials. This mon-

(continued on page 5)

Spring Membership Meeting



PHOTO BY ROBIN CANNICE



PHOTO BY JOSH GIBLIN

BOARD MEMBERS ELECTED AT THE SPRING GENERAL MEMBERSHIP MEETING, MAY 17, WERE (L - R) BOB NOBLE, NANCY WEINMAN, SUE WASSERKRUG, AND DAVE TUKEY. HIGHLIGHTS OF THE MEETING INCLUDED A PRESENTATION ON EXPANSION AND A DISCUSSION AND VOTE ON BYLAW CHANGES. LOOK FOR MORE DETAILED COVERAGE OF THE MEETING IN THE JULY ISSUE OF THE SHUTTLE.

Weavers Way and Partners Start MLK High School Farm



PHOTO BY RACHEL MILLERBACH

PRELIMINARY WORK IS UNDERWAY, PREPARING FIELDS FOR THE NEW SEEDS FOR LEARNING FARM AT MLK HIGH SCHOOL

by Jonathan McGoran

Although the official Groundbreaking Ceremony is not until June 13, work has already started on the new Seeds for Learning Farm at Martin Luther King High School. Formed by a partnership between Weavers Way Co-op, Enon Tabernacle Baptist Church, Ogontz Avenue Revitalization Corporation (OARC), and Foundations, Inc., Seeds for Learning will be a 0.33-acre working farm right on school grounds, where students will learn about agriculture, nutrition, earth sciences, and more. As part of their “100 Hours of Power” program,

(continued on page 23)

Inside:

Product News	3
Financial Update	14
Recipes	16
Suggestions	28

And of course... scads more

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(continued on page 23)

Editor’s Note

by Jonathan McGoran

There are plenty of new things to talk about in this issue of the *Shuttle*, but we’re also saying good-bye to something old: as of July 19, Weavers Way’s monthly recycling program will be history. But as part of an effort to keep the spirit of monthly recycling alive, I remain committed to trotting out the same lame jokes over and over again in this column, twelve times a year.

Among the newer things in this issue is the new online work calendar. In an effort to boost enthusiasm about the new system and get us into the whole “online” spirit, I’m thinking we should get rid of Co-op numbers and instead have online nicknames, like “studmuffin,” “cuddlebunny,” or even “normanweiss.” The new system is expected to double productivity in some areas: since it allows you to sign up for work slots without coming into the store, in one sense members will soon be able to “no show” twice for the same slot.

Also new is the children’s farm at Awbury Arboretum, next to Weavers Way’s regular production farm. This has already proven to be quite popular, and we’re already looking into the possibility that next year we might add a “children’s garment factory.”

Another new item in this issue is an actual new item: Vegan Scrapple is now on the shelves. It’s called Vrapple, and it’s pretty good. Since it’s made without meat, it could theoretically save some animal lives, although I have my doubts about how many. I don’t know how much meat is in scrapple to begin with, and the meat that’s there is just what would have been wasted anyway. I don’t know how many pig snouts and rectums you have to divert from the scrapple pot to make up a whole pig, but it’s got to be a plenty, and that’s going to be one ugly hog. I have a better idea of a vegan substitute for an animal product that would have a direct impact on the lives of animals. What’s more, this product can even help bring about more harmonious coexistence among people, too.

I call it, *Faux Gras*.

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. July 1 for August 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.



The *Shuttle* is printed on 100% recycled paper



Weavers Way Farm in Full Summer Swing

by David Zelov, Weavers Way Farmer

As we enter our second June on the farm, things are very much in full swing. A warm April brought on some quick growth in our plants and allowed us to begin harvesting almost a full month earlier than last year. Of course, having established some perennial crops like sorrel and chives that come up in early spring certainly helps. We also over-wintered some leeks and scallions, quite hardy members in the allium (onion) family. But most helpful to our early harvests has been the hoophouse at Saul High School where we’ve been working with (and sharing profits with) Ms. Naugle’s Agroecology class. Throughout April they have been helping to care for and harvest baby bok choy, baby spinach, cilantro and Swiss chard. As these spring crops start to dwindle, they are being replaced by tomatoes, peppers and basil (which we have started to harvest), helping us to get a jump on the summer season. At the beginning of May, we even had enough of an early harvest to start selling at the Headhouse market again. In June, look for us at the Weavers Way farmers’ market on Thursday afternoons, just outside the Co-op. You can

also find our veggies at the Fair Food Farmstand at the Reading Terminal Market.

A lot has been happening at the farm aside from bountiful harvests. We’ve had another apprentice join our team. Nina Berryman has come down from Vermont to work with us for the season. Welcome, Nina!

In addition to the new children’s garden, we are expanding the production area by an additional 1/8 acre this year. Already planted there are blueberries and all plants in the squash family. This additional acreage will allow us to add a few new items to our repertoire this season. We’ve also added a bed of thornless (for pleasant picking) blackberries, and a bed of strawberries. Unfortunately, neither will be ready for picking this year. Must be patient.

We are also excited to have a new water line (our own), which has greatly improved



PHOTOS BY JOSH GELIN

WEAVERS WAY FARMER DAVID ZELOV (R) AND FARM APPRENTICE NINA BERRYMAN DO A BUSTLING TRADE SELLING PRODUCE FROM OUR FARM AT THE HEADHOUSE SQUARE FARMERS’ MARKET.

our pressure and allows us to more effectively irrigate the fields – and even wash produce at the same time!

So what does June hold for the lover of fresh local produce? Well, you can continue to enjoy the baby bok choy, Tokyo bekana and other Asian greens while they last. These cool weather crops don’t fare so well in the hot weather so this will be it for a few months. But not to worry, you can still continue to enjoy other greens: lettuce, dandelion, chard, kale, collards, sorrel, and baby salad mix. Also continuing to come in will be beets, kohlrabi, radishes, turnips, and broccoli. New additions for June will be summer squash, cucumbers (slicing, pickling and the return of the elusive lemon cuke), carrots and fennel.

Busy Spring for Farm Education Programs



PHOTOS BY SOL LEVY

WEAVERS WAY’S FARM EDUCATION PROGRAM GOT OFF TO A FAST START THIS SPRING WITH A VISIT FROM FIVE KINDERGARTEN CLASSES FROM WEST OAK LANE CHARTER SCHOOL AT THE END OF APRIL. SINCE THEN, FARM EDUCATOR DAVID SILLER HAS ENTERTAINED A STEADY STREAM OF STUDENTS TAKING ADVANTAGE OF THE GREAT PROGRAMS THE FARM HAS TO OFFER.

by David Siller, Farm Educator

May has been an active month over at the farm and the education programs are in full swing! We’re incorporating all of our youthful volunteers into making our farm a community food masterpiece.

It really is quite amazing to see the change going on day to day the farm. With hundreds of visitors to the farm this spring, we are trying to use each of them in unique ways and give each individual an educational and experiential experience. Every shopper at the Co-op should know these local kids, many of whom have parents that shop at the Co-op, are helping to unfold all the new pieces in our expanding farm. Many of the produce items that we have supplied to the Co-op and market are being made possible with the support of the kids from our education programs. In fact, all of the delicious chard, cilantro, and spinach was made possible by the students from the Saul High School’s Agro-Ecology

class. Look out for some early tomatoes from our hoop house there this month!

Working in partnership with Awbury Arboretum, the children’s garden is unfolding by the day. Each school group that visits has been assisting with this process. We have several beds for planting formed and this month we have been putting summer crops in the ground with our visiting youth as well as planting some of our more unique educational crops such as grains, flowers, and herbs. The farm has been working with our partners from the Pennsylvania Horticultural Society’s City Harvest program to secure local sources for food donations of produce from the farm.

During the month of May the farm education programs were visited by these schools: Wyncote Academy, Wissahickon Charter School, Living Learning Partners Charter School, Neighborhood Bike Works, A B Day School, Philadelphia Waldorf School, and Saul Agricultural High School.

We also hosted volunteer groups from the University of Pennsylvania, Philadelphia Cares, City Year and PHS’s City Harvest program.

Work at the Martin Luther King High School farm project is well under way. The community around the school is really helping to make this project an instant success! We have been working hard to get many of our beds planted and ready for the summer harvest. We have three wonderful student employees who will be joining the farm crew at the site this summer, working in all aspects of the project, from planting to planning to producing sales at market.

With patience, perseverance and practice, we’ll be bringing the produce to a place potentially near you over the summer and into the fall.

For more information, visit www.weaversway.coop or e-mail educator@weaversway.coop.

June’s Hidden Treasures

by Margie Felton, Deli Manager

Is that Scrapple? No, it’s Vrapple!

What is Vrapple? Vegan scrapple of course. If you are not from Pennsylvania you might not even know what scrapple is. Scrapple is a mix of pork scraps, corn meal and spices cooked and shaped into a loaf. It is then sliced, sautéed until crispy and served for breakfast usually with eggs. Some people eat it with maple syrup and some eat it with ketchup.

Scrapple was created by Pennsylvania Dutch farmers who didn’t want to waste any part of the hogs they butchered. Since my background is Pennsylvania Dutch, I grew up eating scrapple. My mother, who grew up on a farm and watched it being made, wouldn’t touch the stuff.

Vrapple offers great scrapple taste and you don’t have to think about what animal parts are actually in it. I tried it at a recent local foods tasting and I loved it. It was well seasoned and seared to a perfect golden brown. It is made in Philadelphia and is now available in the lower section of the Weavers Way deli cheese case. Give it a try!



A Hill of Beans

by Pat Piro

How about beans?

I call myself a vegan although I have been known to wander off from time to time. I have questioned myself during these some 20 + years on whether or not I get enough protein in my diet (the vegan part has been 10 years, no meat for 20). One particular food item that I love and know is high in protein is the bean. And in addition to their high fiber and protein content, they are a rich source of antioxidants, carbohydrates (the good type), folate, calcium and fiber.

Growing up in an Italian family, I remember the smell and aromas coming from my aunt’s kitchen from pasta e fagioli, pasta with chick peas, onions and garlic, escarole soup with cannelloni beans, or a wonderful lentil soup that had the consistency of a luscious (meatless) stew.

Many years ago – 10 to be exact – one of the gurus in the food and wine industry, Aliza Green, actually wrote a book on



beans called *The Bean Bible*. A good friend of mine who also happened to be a very good friend of Aliza’s was kind enough to give me the book. I was in bean heaven and I felt validated that my love of beans was also appreciated by someone I had admired and respected in the industry. I think one impetus for her was that she found it rare when she ordered a dish with beans to be cooked correctly. Whatever her reasons, she wrote quite an extensive book about beans and for me it was a wealth of information.

(continued on page 6)

Second Floor News

by Martha Fuller, Second Floor Manager, and Rebecca O’Shea, Second Floor Staffer

Hellos and Good-byes As always, there are lots of new items on the second floor. And as always, there are some good-byes to be said. Casabella has discontinued the very popular Dish Turtle dish drainer. They also have new items – the Dispensing Dish Brush (the dish soap is dispensed at the touch of a button), Soft-Tip Brushes (a way cool set of three brushes, each in a different size, bendable to reach into corners) and a Stone Surface Magnet Cloth (proudly taking its place in the clan of their other wonderful magnet cloth products). The Magnet Mop has made a return with great fanfare. It is a microfiber floor cleaner which can be used as a dry mop or as a wet mop to clean. The microfiber head can be washed in a washer on a delicate cycle — be sure to air dry it and as with any microfiber cloth, do not use any fabric softener! Their Ergo Broom makes its debut appearance with us. The angled nylon bristles along with the curved broom pole help to do a great job for your floor and for your posture. Ditto the snap-on and snap-off head, which functions as a dust broom along with the dustpan that comes with the broom!

Tom’s of Maine Well, folks, we are still working out what role the Tom’s of Maine products will play in the Co-op. Like many Co-ops, we played a role in the success of Tom’s by supporting Tom and Kate and giving their products a prominent place in the store — carrying many more types of their toothpastes and deodorants than any other company. When Tom’s was sold to

Colgate-Palmolive a few years back and gradually made some adjustments to their product line, some shoppers made the switch to other brands, while others stuck with their familiar products.

With the recent purchase of Burt’s Bees by Clorox, it’s a good time to take stock of our relationship with these companies and think about how we can best balance the dual mission of the Co-op to provide a thoughtfully curated selection of ethically-produced, quality products from companies we are proud to work with and the necessity of continuing to provide the products our shoppers have come to depend on and, occasionally, love.

Back to toothpaste: This topic is an on-going discussion in which member and shopper feedback is greatly valued. We have taken this opportunity to bring in some new products that we are excited about, so feel free to ask the second-floor staff for recommendations. While we continue to look for suitable, reasonably priced alternatives, we will continue to carry a number of treasured Tom’s products. Meanwhile, some of the space that was dedicated to promoting the Tom’s brand has been opened up to highlight more of the locally-produced, greener products shoppers have requested. There are some talented, local folks who are trying to make healthy, planet-friendly products here in our own backyard and we’d like to support them.

We welcome your feedback on your old favorites and new ideas. We also welcome, as always, your special orders. Wholesale quantities of Tom’s are manageable and will garner you a nice savings, too.

June Produce News

by Jean MacKenzie, Produce Manager

Field Trip, Part III

In December, Farmer Dave Zelov and I visited three sites in Lancaster County: Paradise Organics, Kauffman’s Fruit Farm, and Four Seasons Produce, a major packer and distributor of organic and conventional produce.

After visiting Paradise and Kauffman’s, I was not prepared for the size of the Four Seasons facility in Ephrata, PA. Take a look yourself, online at www.fsproduce.com. There’s a technical term for facilities this size: humongous. Our sales rep, Eric Pottager, took us on a tour of the entire facility, during which I surreptitiously dropped a trail of little white pebbles, just in case.

We walked through state-of-the-art storage rooms that were so big I expected to encounter NASA launchpads through any doorway. Every giant room is temperature- and humidity-controlled for specific produce, so we strolled from the warmish, humid tomato room through the cool, dry potato/onion room, and on to the really cold citrus room. The banana-handling area is the approximate size of the high school I attended. I saw a pallet of our Oke Fair Trade bananas locked in one of 17 controlled ripening rooms. Eric says Weavers is the biggest Fair Trade banana account, but looking at that one, puny, heroic pallet, I had to wonder. Eric also says things when I’m placing our order like, “Let me see – there’s just two [bags] of those russet potatoes left – I’ll hold them for you,” and it sounds like those potatoes are sitting on a shelf right behind him and



PHOTO COURTESY OF FOUR SEASONS PRODUCE

FOUR SEASONS’ CAVERNOUS WAREHOUSE DOCK IN EPHRATA, PA

he’s slapping a Post-It on them. Now I know they’re a quarter-mile away on a pallet 50 feet in the air. We saw the receiving/shipping area, with 36 truck bays and the capacity to enlarge to 72, the rail siding, the enormous multi-station sorting/packing area. Then we boarded a Metroliner for the return trip to Eric’s office.

OK, maybe not, but did I mention how big this place is?

And yet: Four Seasons is also a family-owned and run business. The website has information about the origin, history, values, and business philosophy of this company. The goals and values are similar to ours here at Weavers, and their “green” efforts are impressive. It’s encouraging to see

(continued on page 5)

June Grocery News

by Chris Switky, Grocery Manager

Greetings, shoppers. Exciting news in the grocery department this month, including an answer to the “natural marshmallow” question (remember, from last month’s column?) courtesy of the faqs.org website and *Shuttle* editor Jon McGoran: “Marshmallow candy dates back to ancient Egypt where it was a honey-based candy flavored and thickened with the sap of the root of the Marsh-Mallow plant (*althea officinalis*). Marsh-Mallow grows in salt marshes and on banks near large bodies of water. It is common in the eastern United States. Until the mid 1800’s, marshmallow candy was made using the sap of the Marsh-Mallow plant. Gelatin replaces the sap in the modern recipes.”

Well, there you have it; nature, marshes and mallows, working “cooperatively,” so to speak. Completely unrelated to this matter is the expansion of our kefir selection in the dairy case. Please check out Helios brand peach and vanilla kefir, brought in by repeated shopper requests. Both are organic.

New in the freezer are two flavors of Kov (pronounced “cove”) non-dairy frozen dessert pints, in two flavors: Ginger Vanilla, and Garden Mint Chocolate. These are *delicious*, and both are zero-transfat, cholesterol free, lactose-free, low glycemic index and totally vegan. A bit more about Kov from their website, kovfoods.com:

“KOV is a Philadelphia-based company formed by health-conscious individuals. The company is not only focused on providing healthy, natural food alternatives, but also to making a difference in our community and in the world.

“KOV Foods is committed to supporting philanthropic efforts worldwide. We have allo-



MARSH MALLOW PLANT

cated a percentage of profits to support select groups that we feel make a difference. In addition, knowing what it’s like to be “starving artists,” we are also providing artists with a medium to share their talents. A new artist (spoken word, art, music, crafts, poetry, etc.) will be selected each month to grace our site. We hope that our efforts to give back to artists, our community, and the world will inspire others to do the same.”

Please note that our main milk supplier, Merrymead Farms, can provide us with special order items that we don’t stock in our dairy case (mostly for space reasons). Recently, we’ve had preorders for larger sizes of some the dairy products that we carry, for instance: gallons of whole milk, or quarts of half and half. Preorder arrangements can be made with me, Chris Switky, via phone or via e-mail at christopher@weaversway.coop.

As always, thanks for reading. I look forward to your feedback on our new items, in writing or in person, and of course I’m always willing to stop and “talk marshmallows” when we run into each other ...in the grocery aisles.

Managers Corner

(continued from page 1)

Paul and his wife and have wanted to support him through these tough times, but the reality was that his product cost, plus the added delivery charges, made the selling price so high that we had to drop him as a vendor. We had a number of conversations about this and decided that we have limited space and we needed to make sure that our members/shoppers had access to a supplier who has a good product and a better price. We might look at other co-ops and see what they are doing to support these small farmers and how they are getting the product to market at a reasonable price.

I am also scared when I read in the *New York Times* about the rice supply in Southeast Asia and how “The World Food Program, the United Nations agency that feeds the world’s poorest people, can no longer supply 450,000 Cambodian children with a daily breakfast of domestically grown rice...” This is due to the cost of rice. This article was written on April 30 and it said that there was only a 30-day supply of rice available for 1,343 schools. By the time this article is published, the supply of food to this population may have run out!

Paradoxically, many of these children walk and ride bikes to school, passing fields upon fields of rice. Cambodia is a major exporter of rice. Rice is plentiful in Cambodia, but the price is so high on the world market that Cambodians can not afford to purchase their own product. Much of what is grown is exported at world-market prices. The current price of Cambodian rice is \$700/ton; for this year, World Food budgeted \$295/ton.

I am concerned about people who do not have access to local grocery stores and have to rely on processed food items from General Mills, Nabisco, Sara Lee, etc. These costs are high and provide little nutritional value. I believe we will see people moving towards more “conventional produce” and

away from certified organic products that are very expensive. Here are a few other projections that seem obvious:

- Seafood that is under \$12/lb will continue to sell.
- Milk will continue to sell, but organic may drop.
- People will stop purchasing soda or bottled water – at least cut back.
- Frozen food will also be replaced by fresh vegetables. Frozen food per ounce is an expensive product.
- People will want to purchase local product, as long as the product is priced at a reasonable level.
- Health and beauty aids will not increase in sales, only in cost of the unit sold. We may see a decrease in product.
- Pet food will increase, but in the quality area. People love their pets and want to make sure that the scare of last summer does not hit their house.
- Grocery products will decrease or stay stagnant in the organic area. The price is high and people will either cut back a little or purchase from a discount supplier.
- Certain nut prices will continue to increase and sales will slow.

Now, I could be wrong, but if you see the price of certain items creep up each month, you begin to see little changes in buying pattern. For us, we might not be hit the way the children of Cambodia are being affected, but there are people in our community who are being hit nonetheless, and we need to find a way to get food to them at a good price.

Bulk food might be a way to go. We recently discussed opening up a bulk food department and cutting back on the packaged items (pastas, snacks, grains of all types, etc.) and lowering the cost of products to our customers. We will be looking at this more closely as we move into 2008-09.

Bridge and the Battle of the Sexes

by Alison Shoemaker

It’s always fun when the girls beat the boys, especially when the boys are trying really hard and they think they’re better than you. It’s even better when the boy is your husband.

This is exactly what happened when Francine Fineman and I took on Burt McHugh and Len Fineman in Bridge during the Bridge Workshop on April 5. There was really nothing they

could do — Francine was on fire. Every hand dealt to her was filled with multiple high cards and strong trumps. It was her day and I was just lucky to be her partner.

One of her hands contained 23 high card points (ten is average), and between us, we had all the high cards except for one. We only lost one trick— making a small slam. For those of you who don’t know bridge, making a small slam or a grand slam is really fun. Much to your opponents dismay, you take trick after trick, never lose control, and score lots and lots of points. Our opponents finally waved the white flag.



PHOTO BY SOME RANDOM GUY THEY GRABBED OFF THE STREET...SERIOUSLY

ENJOYING SOME FRIENDLY COMPETITION AT WEAVERS WAY’S BRIDGE WORKSHOP ON APRIL 5 WERE (L-R) BURT MCHUGH, LEN FINEMAN, FRANCINE FINEMAN, AND ALISON SHOEMAKER.

The workshop was a successful and fun-filled morning. Besides slams, we learned about bidding during the auction, trumping and finessing during the play, playing in no trump, and we even learned an advanced convention or two.

Thank you to Burt, my co-teacher, for his expertise. His bridge mind is incredible, planning many tricks ahead and remembering every card played over the entire morning!

If you missed the first workshop don’t despair, there will be more. For now I’m just basking in the glow of my win. Thanks, Francine, and better luck next time, boys!

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Household Hazardous Waste Removal at Philly Health Fairs

by Kristie Auman-Bauer

Lurking in nearly every household are potentially dangerous pesticides, cleaners and other products. Many people are unaware of the proper way to store and dispose of these products and that there are less toxic alternatives.

The Philadelphia School and Community IPM Partnership (PSCIP) aims to educate residents about safer pest control products, household cleaners that are less toxic, and provide for neighborhood pickups of household hazardous wastes (HHW) at Vernon Park in the Germantown area of Philadelphia from noon to 7 p.m. The event is part of a series of health fairs. The next one will take place July 26 in the Belmont Community of West Philadelphia.

PSCIP will also be educating residents about IPM, or integrated pest management, a common sense approach to managing pests. IPM uses knowledge of pest habits and needs to help residents implement pest prevention tactics for long-term control. Only pesticide products that are least toxic and that pose the least risk of exposure to residents are used.

Michelle Niedermeier, PSCIP coordinator, says there are many Philadelphia communities that are too far away from established HHW drop-off sites and often residents don't have personal transportation to bring these chemicals to an HHW event. We'd like to encourage proper disposal and good stewardship, so we are establishing toxics exchanges at local health fairs. They

give us their bad stuff and we give them safer pest controls such as snap traps and glue boards, and safer cleaning products such as vinegar and baking soda.

As part of our Community Action for a Renewed Environment (CARE) grant from EPA, one of our measures for success is pounds of toxics removed from homes, says Niedermeier. This is a good way for us to provide information to communities and to promote proper disposal. Families will be able to learn more about safer solutions to pest problems and home cleaning and let go of some potentially harmful practices.

The HHW Health Fair Events will be partially funded by the EPA CARE grant program. This cooperative agreement provides opportunities for PSCIP to work closely with regional and national EPA agents.

The Philadelphia School and Community IPM Partnership, or PSCIP, was formed six years ago when the Pennsylvania Integrated Pest Management Program (PA IPM) began looking for community-based solutions to manage pests effectively and safely. Since then, PSCIP has applied over \$800,000 in grant monies from multiple sources to provide kid-safe pest control education and outreach in Philadelphia. PSCIP members include community groups, schools and child development centers, tenant groups, environmental groups, health professionals, pest control professionals, university staff and city and state agencies.

For more information on PSCIP, including meeting minutes, partners in the initiative, and current and future activities, visit Web site <http://www.pscip.org/>. Or, you may contact Michelle Niedermeier at the Penn State Philadelphia Outreach Center, phone 215-471-2200, ext. 109, or e-mail mxn14@psu.edu.

The Pennsylvania IPM program is a collaboration between the Pennsylvania State University and the Pennsylvania Department of Agriculture aimed at promoting integrated pest management in both agricultural and urban settings. For more information, contact the program at 814-865-2839, or visit www.paipm.org. To view our archived news releases, go to <http://paipm.cas.psu.edu/10.htm>.

End of Monthly Recycling (continued from page 1)

ey, in turn, has been used to give grants to a variety of local community groups. Now that the City will recycle those same items, this potential grant money will cease. The Environment Committee plans to offer grants in 2009. After that time, the grant program will cease unless other sources of income can be found.

We encourage members and neighbors to continue bringing their recycled materials to our Carpenter Lane location on Saturday, June 21, and Saturday, July 19. After that time, everyone is encouraged to recycle at their curb, where these same items will be collected.

Produce News (continued from page 3)

that such a large organization works so hard to maintain a small-business feel, and it shows in the quality of produce and service we enjoy with them.

What happened to May?

Did you see my column in last month's *Shuttle*? No? Maybe because I didn't write one. There's *plenty* to say about produce in May, especially local produce. But the deadline for the *May* issue is *April* 1, which means writing in late *March*. And March is one tough month in the world of produce: Vegetables are travelling thousands of miles to get to your plate; fruit is from the Southern hemisphere; too many of our favorites are underripe, tired and bland. March is usually the month when I wish I had stayed in graduate school, or when I dream of winning the lottery.

Now I'm writing for the *June* issue of the *Shuttle*, which I should have been doing in *April*, and since I am hopelessly punctuality-challenged, it is now *May* (are you following this?) and there is so much to write about I don't know where to start. We're already getting that wonderful Tom Thumb lettuce from the farm, along with chard, radishes, herbs, sorrel, and Tokyo Bekana, this year's eat-and-learn palate-expanding project in the Produce Department. Paradise Organics is back in production, with baby salads and cooking greens and lettuces. Soon we'll have those wonderful local strawberries from Isaac Garman's garden.

But never mind. I'm too busy writing the July *Shuttle* column.



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A Hill of Beans
(continued from page 3)

Some people are intimidated about cooking dried beans and feel more comfortable opening a can. Honestly, I have opened a few cans when time was a real factor. But there are just two simple steps to preparing dry beans – a quick hot soak (recommended) or an overnight cold soak. If you prefer the later, they will need to soak for about 12 hours. The former takes only a few hours by covering the beans with water and bringing to a boil. Just boil for two minutes and then remove from the heat and let sit until they expand about two to three times their dry size. When you are ready to cook your beans, always discard the soaking water and cook with fresh water. And when the actual cooking occurs, if

the beans were property stored they should be ready to use after simmering for 45-60 minutes. To avoid foaming, add a couple tablespoons of oil to the cooking water for each pound of beans. Only add salt after they are tender.

And then what bean to cook. The type of cuisine you are making will really impact what type of bean you should use, although generally you may substitute one type of bean for most others. The exception is maybe the black bean, because of its slightly different taste and color. For example, the pinto is usually used for Mexican and South American cuisine;

the pink is popular in Puerto Rican cookery; red kidney beans in just about any type of salads where color is important; navy beans for baked beans, salads, soups, stews and purees; cannelloni beans (the white kidney bean), which are used extensively in Italy, for soups and salads or in a spread for crostini; borlotti beans (also called cranberry beans) a tuscan bean used also in soups, salads or a puree; black beans used in Cuban, Trinidad, Mexican, and Brazilian cuisine. And let's not forget the ever versatile chickpea – which gives us falafel and hummus, as well as chickpea flour, which is used in India for making fritters and pan-cakes, and in Nice for the snack bread called socca (which is delicious).

There are many, many more varieties but enough already. Try this recipe using cannelloni beans and broccoli rabe.

Broccoli Rabe with White Beans,
Garlic and Olive Oil
(Simple and Delicious)



- One bunch of fresh broccoli rabe
- Olive oil
- Fresh garlic, sliced
- Hot red pepper flakes
- Cannelloni beans
- Fresh lemon

Cut the broccoli rabe into one-inch wide strips, wash, and drain. Heat olive oil in a large pan over low to medium heat. Stir in garlic and hot pepper, and cook until garlic is golden. Add the washed greens (don't dry), and salt, stir and cover the pan. Covering the wet greens will actually help steam the broccoli rabe. Check after a few minutes, add the cooked beans and taste for doneness and salt. Arrange on a plate with a fresh lemon wedge.



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Shuttle Editor Publishes Third Crime
Novel Amid Stalled Probe Into Shameless
Self-Promotion of First Two

Barely six months after pledging to find out who was responsible for the blatant promotion of his last two novels, *Body Trace* and *Blood Poison*, written under the pen name D. H. Dublin, *Shuttle* editor Jon McGoran has declined to release the results of his investigation, even as he prepares to release the third book in the series, *Freezer Burn*, coming out June 3, 2008.

Although results of the investigation have not been forthcoming, there has been a noticeable lack of mention of *Freezer Burn* on the front page or elsewhere in the *Shuttle*. “There’s barely a mention of *Freezer Burn* in this whole issue,” observed McGoran. “Except, of course, for this article about all the shameless self-promotion.”

Asked for more information about the stalled probe, McGoran replied brusquely that anyone interested in an update can ask him in person when *Freezer Burn* is launched, 7 p.m. on Thursday, June 5, at



SHUTTLE EDITOR JONATHAN MCGORAN, A.K.A. D. H. DUBLIN (R), RELEASES *FREEZER BURN* (L), THE THIRD BOOK IN HIS PHILADELPHIA-BASED FORENSIC CRIME SERIES, EVEN AS THE INVESTIGATION INTO THE SHAMELESS SELF-PROMOTION OF HIS FIRST TWO BOOKS, *BODY TRACE* AND *BLOOD POISON*, SEEMS TO HAVE STALLED.

Big Blue Marble Bookstore, 551 Carpenter Lane, or even at a June 21 reading at Borders in Chestnut Hill.

When pressed about whether he would see the investigation through to its conclusion, McGoran replied, “Absolutely... or my name isn’t D. H. Dublin.”

For more information about where and when you can confront McGoran, visit www.jmcgoran.com.

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Tuna, or Not Tuna? That’s an Easy Question

by Peter Samuel

Most people claim they are just too salty and smelly. And the majority of the dining public only experiences them lying flat on a pizza or tossed with a Caesar salad, but in my world there is nothing quite like building a meal around a delicious salt-cured anchovy. What’s not to like about a food that costs a dollar and dates back to the beginnings of civilization?

I have never been to Catalan country in Spain, but I hear it is common practice to consume anchovies there on crusty bread before a meal with olive oil and tomato. Yum! My favorite is to lay them out flat on a whole-wheat cracker, and let the oil drip down my chin. My children act horrified and accuse me of harboring an unusual craving for salt. “Dad, how can you eat that?”

Perhaps the taste buds have become less sensitive with age.

Strange as it may seem, eating fish out of cans or from packages is a good thing. The fish page on the Co-op’s website, explains that anchovies, herring, sardines, salmon, and tuna are “best environmental choices.” That means these fish are abundant, well-managed, and caught or farmed in environmentally friendly ways, and many end up in cans. In addition, the aforementioned fish, plus others like lake trout and mackerel, which live in cold water, are recommended by the American Heart Association because of the large doses of Omega-3 they contain. (See sidebar on page 8.)

Weavers Way carries a great selection of canned fish that includes kipper snacks, baby clams, smoked oysters, sardines, anchovies, salmon, and, of course, tuna. In the refrigerator section, if you bypass the many choices fresh from the sea, you can purchase packages of smoked trout and smoked salmon from Duck Trap of Maine.

Smoked salmon, another favorite quick

meal and good on crackers, is produced by soaking fish in brine and then smoking it using wood chips from cherry, apple, oak, or maple trees. The objective is to draw the moisture out of the fish and replace it with the flavorings. There are two types of smoking – cold and hot – with two different results; hot smoking is also known as kippered, as in herring, and makes for a flakier product.

Lox, a name that originated from *lach*, the German word for salmon, has been considered a delicacy for hundreds of years, and is made with salmon from the Pacific Ocean. It is often paired with fresh bagels at Sunday brunch. Nova lox was originally made from Atlantic salmon (the Nova being short for Nova Scotia), and cured in a milder brine. The fish is cold-smoked, a process in which the air temperature does not exceed 90 degrees, which creates a texture similar to raw seafood. The smoke is used to enhance the flavor of the fish rather than cook it. Today the name Nova Lox refers to the milder brining, not its origins.

The earliest canned fish to receive wide distribution was the oyster, first produced as early as 1819. Then came sardines, which were packed in France, and became popular in the United States around the time of the Civil War. But the tuna industry, which now accounts for almost 20 percent of U.S. seafood consumption, was only begun by accident when the sardine supply temporarily dwindled. An enterprising Southern California canner packed the empty cans with albacore, which at the time was considered a “nuisance” fish with no commercial value. (See “fun facts” sidebar.)

Who hasn’t consumed their share of tuna sandwiches, tuna hoagies, and tuna melts? My mother used to always put celery and mayonnaise in with the tuna, but today

Fun Facts about Canned Tuna

- Although tuna is found in all major bodies of water except the polar seas, the majority of the tuna supply comes from the Pacific Ocean.
- Canned tuna is the second-most-popular seafood product in the U.S., after shrimp.
- Tuna in all forms represents more than one-third of the total fish and seafood segment in the U.S.
- Americans eat about one billion pounds of canned or pouched tuna a year. Only coffee and sugar exceed canned tuna in sales per foot of shelf space in the grocery store.
- Surveys find that 88 percent of all American households have enjoyed canned tuna.
- Almost half of all households serve canned tuna monthly and 17 percent serve canned tuna at least once a week.
- Of those Americans who eat canned tuna, the vast majority, 83 percent, eat it for lunch.
- Over one half of canned tuna, 52 percent, is used in sandwiches.
- Summer months account for nearly 30 percent of tuna-eating occasions.
- Chunk, light meat in water is the most popular form of canned tuna.
- According to the U.S. Department of Commerce, the per-capita consumption of canned tuna in 2004 was 3.4 pounds, equivalent to nine cans of tuna, on average per person.

people add a panoply of extras to their salad including: olives, onions, carrots, tomato, salad dressing, pickles, jalapenos, bean sprouts, mushrooms, cilantro, lime juice, cashews, egg, mustard,, and curry paste. For people who don’t have a refrigerator – which is still a majority of people on our planet – what’s better than a preserved fish?

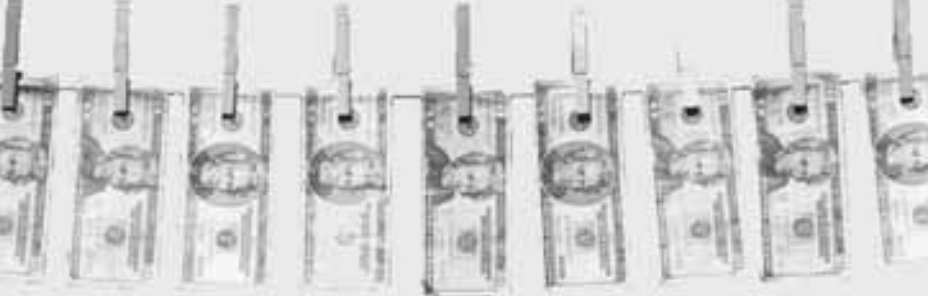
The drying and smoking of fish are ancient processes that archaeologists say were developed shortly after the discovery of fire. The art of salting probably goes back to the Stone Age. In this country the colonists in New England couldn’t have

(continued on page 8)

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Paul Glover is founder of Ithaca HOURS local currency, Philly Orchard Project, Citizen Planners of Los Angeles, and other groups. He teaches Metropolitan Ecology at Temple University.

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Opening June 17

Supported by a grant from State Representative John Myers

Tuna or Not Tuna?
(continued from page 7)

survived without salt cod and smoked her-
ring.

Herring has been a known staple food
source since 3,000 B.C. Kipperred herrings
were first made by rins-
ing the split fish in dry
salt and then smoking
them heavily for several
days in a brick kiln. To-
day the modern kipper
is not so different, ex-
cept probably less salty
with a milder flavor.

I still haven't tried
pickled herring (not
available at the Co-op),
a delicacy popular in
Europe that eventually
became a basic part of
Jewish cuisine. When I
was a kid, my father of-
ten brought out a jar
when he had hors
d'oeuvres with his
nightly martini, and was continuously urg-
ing me to "take a bite." Sorry Dad, I still
can't do it.

Pickled herring is cured with salt and
doused with vinegar, onions and spices like
peppercorns and bay leaves. Sound
scrumptious?

Can't afford smoked salmon? How

about canned? There are three main types:
pink, sockeye, and king (Chinook). The
king is prized for its succulent texture and
supreme flavor.

And don't forget sardines. They have
been found to promote brain activity and
have been used by doctors to treat depres-

sion. One can has more
calcium than a cup of
whole milk, and has
just 160 calories and
24 grams of protein.

Ahh, but the hum-
ble anchovy is still my
canned treat of the
year. Historians tell us
it has been a popular
source of food since
Roman times. The lit-
tle guys are found in a
large range of envi-
ronments, have a
short life span, repro-
duce quickly, are re-
sistant to fishing pres-
sure and remain plen-
tiful.

If you are like my children and turn up
your noses at the notion of eating them
straight from the can, how about a tube of
anchovy paste? The filets have been ground
to a tomato-paste consistency and blended
with salt and a little sugar – delicious on
crackers – plus they are good for you, and
the environment.

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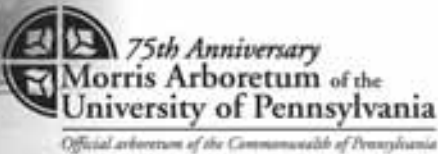
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Weavers Way Film Series

So Goes the Nation... A Look at 2004 Vote

by Larry Schofer

So Goes the Nation, the monthly Weavers
Way film shown on April 9, focuses on the
strategies used by the Democratic and Re-
publican Parties in the 2004 presidential
election, with strong emphasis on how the
campaign played out in Ohio. It emphasizes
the amazing organizational abilities of the
Republican Party, and points out how bad
the Democrats were in the campaign. It
also says that John Kerry was not an effec-
tive candidate, giving off a mixed message
of patriotism, elitism, and "flip-flop"ism,
and without any strategy for combatting
the constant personal attacks.

The Republicans were led by a graduate
of Yale and Harvard, son of a president, a
millionaire businessman with a past history
of alcohol abuse, a man who bought a
ranch in Texas just before the campaign to
show that he was a "man of the people" –
and the Democrats let him get away with it.

The big message of the film was that
the election was John Kerry's and the De-
mocrats' to lose, and they lost it.

On a personal level, I found out how
out of touch I can be from American poli-
tics by not watching television. I find the
ads on TV to be so repulsive that I stopped
watching decades ago, but the film showed
me how much opinion is made in this
country by TV, both in so-called news pro-
grams and in political ads.

This film is not a partisan film; it tries
to take a hard look at how campaigns are
run. It is available for rental from the Video
Library, who provided the film for this
showing.

The next film in the series sponsored by
the education committee is scheduled for
May 14. Films are shown on the second
Wednesday of the month at the Video Li-
brary, Germantown Ave. and Durham St.

Weavers Way Film Series

Shut Up and Sing

*Freedom of speech is fine as
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AD151 02/08

The Simplicity Dividend

The Riders on the Bus Say Deal! Deal! Deal!

by Betsy Teutsch

One of the great economic unknowns has been how high gas prices need to go to pry Americans from our single occupancy automobiles. Up until this last year, with its \$3+ a gallon prices and oil over \$100, the answer was “not yet,” but it seems we have arrived at a marker: \$3.50 a gallon is changing the game. Demand for gas has started to flatten out and even decline slightly; mass transit ridership is UP. To me this seems like a huge headline, but it’s pretty much been buried in the news. We have arrived at a new era. People might beg for relief from gas prices, especially lower income householders suffering from the multiple price run-ups, but in our hearts most of us accept that energy prices will never come down. We may manage to use less energy by retrofitting our technology and changing our behaviors, but we’ll never again see cheap energy, the basis of the 20th century American economy and life style. That’s over.

It’s interesting to watch our various networks begin to smarten up about this. The success of PhillyCarShare, with an exponential increase in members, and corresponding increase in cars and pods, is just one such creative response to this new reality. Another is the niche of cheap intercity busing. I love the train to NYC, but now Amtrak has become a luxury, since you can take a bus for about one fifth of the price. Cleverly, these buses now park themselves near 30th Street Station, not just in Chinatown. Check out Megabus.com and GoToBus.com – as of this writing the roundtrip price to NYC is \$20, way less than gas and tolls alone. Greyhound’s pricing has come down, too, to compete with these private no-frills services. Amtrak’s price for the same route: \$104, online. Since Amtrak is now using congestion pricing, when you go to actually purchase the ticket closer to the

departure, the price has often increased. Amtrak is nicer than these buses, but not five times nicer, and now that they drop off in Midtown, not just Chinatown NYC, they’re quite convenient. Provide cheap mass transit and they will ride! Eventually, perhaps SEPTA will add smaller buses and mini-routes. It always seems so wasteful to run big huge buses off-peak. And if not SEPTA, probably some clever entrepreneurs will see an opportunity, like the private intercity bus guys did.

Once again, we are gearing up with a ride-share program for Mt. Airy, experimenting with balancing our need for safety in picking up strangers with our common sense: it’s stupid to have duplicative cars riding all through our neighborhood, competing for parking spaces, overloading traffic, eating up our dollars, and polluting.

The 21st century world is very different, and it will take a lot of adjusting. Cars are no longer a given, nor is cheap fuel an entitlement. It’s going to cost us a lot more. Partly because of the scarcity of fossil fuels, and partly because of the recognized costs of carbon emissions, within a decade or so, we will have created a whole new set of responses, both technological and sociological, coming up with new ways of organizing our behaviors and meeting our needs. I eagerly await them!

You can read Betsy’s blogs at www.MoneyChangesThings.blogspot.com

Cleaning Lady Seeks More Work

Currently cleaning homes in West Mt. Airy and on the Main Line. Daughter attends Saul High School in Roxborough

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267-456-3573

Farmer Dave Zelov Assists North Philadelphia Community Gardens

Farmer Dave Zelov is consulting with the Historic Fair Hill community gardens at 2900 Germantown Ave. in North Philadelphia. The 17 raised beds are both inside and outside the gates of the Fair Hill Burial Ground, burial place of abolitionists Lucretia Mott and Robert Purvis. Volunteers are invited to come help the neighborhood children grow vegetables and flowers, using organic, intensive methods. The site will be staffed and open weekend afternoons June-October.

Zelov met with Co-op member and Fair Hill worker Jean Warrington and suggested vegetables that were easy to grow and rewarding for children, such as the Three Sister’s Garden of corn, beans, and vines. Last year, the children gave away cherry tomatoes, parsley, squash, and zinnias. This summer, they hope to have a little



farm stand on the corner of 9th and Indiana, where 10 years ago was the biggest open air drug market in Philadelphia. For more info visit www.fairhillburial.org or call Jean Warrington, 215-242-6974.

Zelov is consulting with Warrington in trade for the promotional video she made for Weavers Way Farm.

Monthly Recycling to End July 19

Remaining Dates: June 21, July 19
(see article on page 1 for details)

9 a.m. to 1 p.m.(sharp) in the parking lot behind the firehouse at Germantown Ave and Carpenter Lane, but ONLY UNTIL JULY 19



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Ask the Green House Detectives

by Meenal Raval, Green House Detectives

How can we keep our house cool and comfortable during our lovely Philadelphia summer, without breaking the bank and overheating the planet?

The most obvious efficiency is to cool as little of your house as you can get by with comfortably. Use the lowest tech options first, and move to the higher energy-consuming solutions only in the extreme heat of Philadelphia summer. Recall that heat rises, so use lower floors more. Also keep in mind a lot of what makes Philadelphia uncomfortable is our high humidity, so focus on getting the moisture out of your home, not just cooling it.

We can't live without air conditioning; what are your recommendations?

This year's minimum EER (energy efficiency ratio) for air conditioners has increased to 10. Also check for EnergyStar compliance, the government's rating for the highest efficiency appliances. New models have thermostats, not just Low/Medium/High dials, for increased precision. If your window air conditioner is more than seven years old, upgrading it may be worth it; this can be checked with a Kill-a-Watt meter. Don't forget to change the filters on your units. You can compare the efficiency of various models at the store or online. Portable AC units still need to be vented, and tend to be less efficient than semi-permanent window units. There's no reason to run the AC if you're not there, so watch that carefully. If you are on a predictable schedule, you can always put your AC on a timer so it starts cooling a bit ahead of your arrival.

I can't stand room air conditioners, plus I hate blocking my window views with them. Other ideas?

Think Casablanca – go with fans. Ceiling fans are attractive and effective. (They are reversible, so in winter you can have the warm air pulled downward, but nobody we know ever really bothers with this, since using a fan in winter seems kind of dumb.) Window fans with two directions do make a lot of sense. Install one in an upper floor window directed outward, so it pulls hot air out of your whole home. Turn it off at night or reverse the direction when it cools off. If you work in one location in your home, the most efficient fan is a little clamp-on unit that you can angle directly at yourself. Remember, it's you who needs to feel cool, not the whole room.

Our electricity bills are crazy high in summer, even with barely running the air conditioners. What's up with that?

The Green House Detectives are taking a wild guess here: you have an ancient dehumidifier. Dehumidifiers run constantly and if yours is old, replace it! Not only is it likely to be circulating a lot of mold, but the efficiency standards have increased so much that a new EnergyStar unit will pay for itself in just a season or two. Here's an alternative dehumidifier option – use a window unit AC in your basement. The water then drains out the window and you don't have to worry about piping to a floor drain. Air conditioners set to 75-80 degrees will be just as effective as a dehumidifier at pulling the moisture out of your house. If that surprises you, just think about defogging your car. Running the AC is the fastest

way to do that. Of course this solution requires a basement window that can accommodate a window unit.

What home upgrades should we think about to conserve energy?

Insulation, insulation, insulation! Most people think that insulation is important to keep your heating bills down. But just as insulation helps your home stay warm in winter, it helps your home stay cool in summer. One friend of ours added a ton of attic insulation to increase her winter heat conservation. The next summer she discovered she hardly ever needed her air conditioning!

Anything else we should be doing on a daily basis to keep our place comfortable?

Be sure to close the windows and draw the blinds, drapes, and shades during the day. At night, open them up and let the cool air in. If you have windows that get serious sun beating in during the day, this is especially important. You might even consider upgrading those windows to coated double or triple panes. We've experimented with adding window film which is cut to size, but that's one tedious job! Don't run appliances during peak hours, and turn all

your appliances and lights off when not in use. Not only does this save electricity, but since each running appliance generates some heat (notice this around your computer or TV?), you can avoid that as well. And for sure take advantage of the warm weather to hang your laundry instead of running an electric dryer, which consumes a lot of energy.

Any old-fashioned low tech ideas we should know about?

Yes – ice cream cones.

Have a question for the Green House Detectives? E-mail info@greenbousedetective.com. The Green House Detectives offer complementary neighborhood recycling of compact fluorescent light bulbs.

West Oak Lane Jazz Festival (continued from page 1)

Ogontz will be open throughout the festival, selling fruit and a variety of snacks, drinks and more.

There will be free shuttle service available during Festival weekend. People using SEPTA's routes 6, C, H, XH, and 22, ending at the SEPTA depot located at Ogontz and Cheltenham Avenues, can take the free shuttle located in Cheltenham Square Mall (situated near Wendy's) to festival grounds. Free shuttles will also be located at the Fern Rock Transportation Center for people using the Regional Rail Lines 1, 2, 3, and 5; the Broad Street Line (subway); and Bus Routes 28, 57, 70, and C. There will even be free trolley service between the Festival and Independence Visitors Center, located at Sixth and Market Streets in Center City Philadelphia.

Visit www.westoaklanefestival.com, for more information about the festival.


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Why Parks? A Healthy Alternative

by Bettina Hoerlin

Why parks? Typically, the answers revolve around exercise, different forms of recreation, and contact with nature. A less typical answer is that parks play an integral role in the health of urban populations. With access to Fairmount Park, one of the largest urban parks in America, Philadelphians may want to understand more fully how this gem can affect their physical and mental wellbeing. Specifically, it is worthwhile to fully understand the benefits of the Wissahickon Valley, the section of the park offering the greatest opportunity to experience a natural environment.

According to a recent survey conducted for the Friends of the Wissahickon (FOW), the major activities of park users are walking, jogging, and biking. There is no doubt that these forms of exercise can decrease the incidence of obesity, which has reached epidemic proportions in the United States. Urban areas lend themselves to sedentary lifestyles that contribute to weight problems; urban parks offer an opportunity to counter that danger. Whether playing Frisbee or baseball in the fields around Strawberry Mansion or hiking along the 57 miles of trails in the Wissahickon, exercise has proven positive effects.

Physical activity has enormous benefits for every age group, but is especially important for both ends of the age spectrum: young and old. For a young person, it encourages habits that promote their future

wellbeing. For the older set, it helps protect against the onset of diseases such as Alzheimer's. Recent studies, such as those conducted by Dr. Kristine Yaffe of the University of California, San Francisco, underscore that the more people engage in physical activity, the more they retain their mental abilities. Exercise delays the cognitive decline of aging and plays an important role in the treatment and prevention of a range of memory deficits. Walking is the exercise of preference for many elderly people. This is particularly significant since FOW is conducting a major trail maintenance project in the Wissahickon, the Sustainable Trails Initiative. Accordingly, this area of the park will become more accessible to all park users, and increasingly attractive for seniors.

The fresh air in parks also serves as a strong antidote to the growing scourge of asthma in our society, the number one reason for hospitalizations in children, and the leading cause of school absence, according to a Pew Environmental Health Commission Report in 2000. This increased prevalence of asthma is due to indoor pollutants such as mites and dust and to outdoor pollution from traffic, industrial areas, and smoke. Dr. Devon Payne-Sturges, of the Environmental Protection Agency's Office of Children's Health Protection, and Dr. Gilbert C. Gee, of the University of Michigan School of Public Health, maintain that visiting parks, where air quality is good and

large wooded areas offer protection, minimizes the conditions that trigger asthmatic symptoms or attacks.

While the physical health benefits of parks are well-known (reducing obesity, respiratory illnesses, and coronary disease), their therapeutic effects on mental health are less familiar. Of course, physical and mental health are related, and physical activity impacts positively on mental health. But just viewing a natural environment, especially one with flowing water, can lower stress levels and improve moods, maintains Cecily Maller of Deakin University (Australia). The Wissahickon Valley and its meandering creek are a perfect example of such a setting. Maller also cites research showing that hospital patients are more likely to recover faster if their rooms have a view of nature. In other words, nature has a healing effect.

According to another study, one by Kira Krenichyn of City University of New York, women who exercised in city parks expressed that the break from stressful urban living brought feelings of freedom and peace of mind. Other studies, like those conducted by Shobha Srivivasn at the National Institute of Environmental Health Sciences, indicate that time spent in green areas can decrease rates of mental illness. In addition, Araine L. Bedimo-Rund of Louisiana State University has shown that

exercising in parks can mitigate the causes of depression in all populations, but especially in people already struggling with this debilitating condition.

Whether for physical or mental health, for exercise or aesthetic appreciation, Philadelphia's parks are good for everyone. Wissahickon Valley Park is a major asset, and the price is right for using it. As Maller notes, from a public health perspective,

"... the strength of this evidence alone is sufficient to warrant inclusion of 'contact with nature' within population health strategies, and for parks to be considered a fundamental health resource in disease prevention for urban populations."

Bettina Hoerlin, Ph.D. is a former Health Commissioner of the City of Philadelphia and currently teaches public health issues at the University of Pennsylvania and Haverford College. She served on the Board of the Friends of the Wissahickon for 10 years.

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Ned Wolf Park Plant Sale Offers Plants Grown Locally ...Very Locally

by Ronda Throne Murray

If you like to garden, Friends of Ned Wolf Park might be your new best friends. The volunteers are organizing a Plant Sale on Saturday, June 7, 9 a.m.-12:30 p.m. (rain date Sunday, June 8) at the corner of Mc-Callum and West Ellet Sts. This is a win-win-win event! We hope you'll be interested. Here's why:

We are helping gardeners who hate throwing away their spring plant divisions. If you'll pot up perennial divisions and call us to arrange a drop off, we will nurture the donated plants until they find a new home. We are accepting donations up until 9 a.m. the morning of the sale.

We'll be happy to help you find some great new plants for your garden. We can even help you select plants to fit your garden conditions because the volunteers at the sale are gardeners. Everything will be priced well below retail and the proceeds will benefit "Friends of Ned Wolf Park."

Because our workforce is composed completely of volunteers, 100 percent of

the money collected will be put toward essential materials needed for Ned Wolf Park. If you have seen the park, we hope you'll agree this is a good cause at a great price.

We plan to have a generous base of donated plants available to gardeners who want to spruce up their yard with new plants and get a good deal in the process. The volunteers are committed to seeing Ned Wolf Park become an enchanting spot to quietly convene and enjoy the jewels of nature surrounding you.

While we reuse and recycle plants, we can reduce the costs of greening our community from the gifts of one garden to the gardens growing all around us! Everybody wins.

See you in the park!

If you have plants that you want to donate to the plant sale or need more information, please contact either Eric at emsternfels@msn.com or 215-248-5533 or Susie at susiebloch@earthlink.net or 215-844-7675.

To make a tax-deductible donation as many of our neighbors have, please send your check to WMAN (with "Ned Wolf Park" in the memo section), 6703 Germantown Ave., Ste.# 200, Phila, PA 19119.

If you would like to plan and work on an event, purchase a shirt, or join our group of wonderful volunteers who help in the park, contact Ronda Throne-Murray at -215-848-4222 or rondazmail@verizon.net.





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Camp Kaleidoscope Celebrating families with kids on the autism spectrum 6/20-6/23	African Culture Weekend Drumming & Dance with Jeh Kulu 6/27-6/29
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Weavers Way Co-op Financial Statement

Fiscal Year 2008 to Date

by Susan Beetle, Weavers Way Finance Manager

The accompanying financial report provides a snapshot of the Co-op's financial health through nine months of this fiscal year. We're doing well.

The income statement compares nine months of actual income and expense to the amounts budgeted for the period and to last year's performance over the same nine months. Compared to budget, sales are up; expenses are also up but by slightly less, so net income is better than budget by 1 percent. Compared to last year, sales are up 12 percent and net income by 17 percent.

Personnel costs as a percentage of expense are up from last year but still in line with the budgeted percentage due to higher sales revenues. Net income is running 1

percent ahead of budget and 17 percent ahead of last year.

The balance sheet compares the Co-op's assets, liabilities and equity with their values a year ago. Our assets are up by 1 percent, liabilities down by 37 percent, and member equity and retained earnings up by 21 percent. These figures reflect the pay-off of all loans to further strengthen our balance sheet in anticipation of seeking financing for expansion, and the continuing growth in membership.

If you have any questions or want additional information, feel free to email me at sbeetle@weaversway.coop or call 215-843-2350 ext. 110.

	FY08 Budget (9 months)		3/31/08 (9 months)		3/31/07 (9 months)		Prior Year Variance
	\$	%	\$	%	\$	%	
Income Statement							
Sales	5,428,577	100.0%	5,665,562	100.0%	5,054,116	100.0%	112.1%
Cost of Goods Sold	3,555,952	65.5%	3,734,424	65.9%	3,343,179	66.1%	111.7%
Gross Profit Margin	1,872,625	34.5%	1,931,138	34.1%	1,710,937	33.9%	112.9%
Expenses							
Personnel	1,357,398	25.0%	1,402,875	24.8%	1,206,442	23.9%	116.3%
Other Operating Expense	354,921	6.5%	323,772	5.7%	356,817	7.1%	90.7%
Governance Expense	22,147	0.4%	12,441	0.2%	14,419	0.3%	86.3%
Operating Profit	138,159	2.5%	192,050	3.4%	133,259	2.6%	144.1%
Other Income	56,616	1.0%	87,808	1.5%	107,630	2.1%	81.6%
Other Expense	12,151	0.2%	29,500	0.5%	25,245	0.5%	116.9%
Earnings Before Taxes	182,624	3.4%	250,358	4.4%	215,644	4.3%	116.1%
Income Taxes		0.0%	710	0.0%	2,212	0.0%	32.1%
Net Income	182,624	3.4%	249,648	4.4%	213,432	4.2%	117.0%

Balance Sheet	3/31/08		3/31/07		Prior Year
	\$	%	\$	%	Variance
Assets					
Cash	696,257	33.9%	713,041	35.1%	97.6%
Inventory	280,555	13.7%	270,385	13.3%	103.8%
Other Current Assets	91,816	4.5%	66,831	3.3%	137.4%
Fixed Assets	928,380	45.2%	927,623	45.7%	100.1%
Long-term Assets	54,993	2.7%	51,293	2.5%	107.2%
Total Assets	2,052,001	100.0%	2,029,173	100.0%	101.1%
Liabilities & Equity					
Accounts Payable	234,090	11.4%	190,536	9.4%	122.9%
Other Current Liabilities	209,323	10.2%	166,541	8.2%	125.7%
Long Term Liabilities	0	0.0%	350,365	17.3%	0.0%
Total Liabilities	443,413	21.6%	707,442	34.9%	62.7%
Member Equity	770,935	37.6%	641,555	31.6%	120.2%
Retained Earnings	588,005	28.7%	466,744	23.0%	126.0%
Year-to-Date Income	249,648	12.2%	213,432	10.5%	117.0%
Total Equity	1,608,588	78.4%	1,321,731	65.1%	121.7%
Total Liabilities & Equity	2,052,001	100.0%	2,029,173	100.0%	101.1%

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There's lots going on around us about which people are enthusiastic (or furious).

Each Summer we explore new ways to find rational responses. Join us.

July 6: Tom Paine and John & Abigail Adams

Our annual July 4 look at some of those folks—perhaps less known than the Jeffersons, Washingtons and Franklins— but still key to shaping our success in the creation of the kind of nation we have become.

Suggestion: First read David McCullough's book on John Adams, Abigail and their son, John Quincy Adams, sixth president. (at Amazon: \$13.60)

July 13: Tai Chi

Unitarian Universalism draws on the resources of many traditions, from many belief systems.

Tai Chi, once a martial art—now, also a combination of yoga and meditation—is known to Westerners for the slow-motion routines groups of people practice together every morning in parks around the world, particularly in China.

Guest: Craig Bundick, Practitioner.

July 20: The Fine Art of Stained Glass

Willett Studios of Chestnut Hill has designed stained glass installations for more than 15,000 churches. See and hear Susan Bockius review this special art. How does the artistry of stained glass contribute to our tradition?

Edna: Observe three unique examples of Willett windows at Restoration.

July 27: Third Tuesdays Out!

Led by Frederic McDonald-Dennis.

Guest: Lizza Robb, co-owner (with her partner Donna Robb) of Cresham Cottage Cafe, describes how the invitation to the LGBTs of Mt. Airy for one Tuesday night out a month has worked from a business and a social standpoint. And what is the future for this experiment? Would it work beyond Mt. Airy?

Aug. 3: Lifestyle Coaching

Led by Gary Bamberger. What's coaching about? Why are we adding it to our summer program?

Guest: Gloria Rohlf's—experienced lifestyle coach in Mt. Airy. Want more success in dating? Or just desire to be more effective as a person? What's it all about, Alfie?

Aug. 10: Education's Future

Led by Holly Jobe and Len Rieser.

Holly Jobe is project manager for Governor Rendell's \$200M Classrooms for the Future high school reform program at the Pennsylvania Department of Education.

Len Rieser, Co-Director of the Education Law Center, recently received the Philadelphia Bar Foundation Award for 25 years as a tireless champion of school reform and quality education.

Aug. 17: The Dawkins Challenge

No, not the linebacker, the philosopher. Not the Eagles—the Atheists. An open discussion led by Restoration's Book Readers Group.

Homework: Read Richard Dawkins "The God Delusion" Available at The Big Blue Marble or Amazon (\$13.27).

Aug. 24: Going Green

There's a big-city farm in Philadelphia—at Arboretum on W. Washington Lane. It's part of Weavers Way. Farmer David Zelov will join us to tell how the vegetables he produces are brought to market at Weavers Way and in Center City.

Guest: Weavers Way Representative

Is this a mutant form, or is it something we should understand better?

Aug. 31: Labor Day "My Father was a coal miner"

Led by Dot Feely

At our annual end-of-summer service we will share stories of the jobs that our fathers held and what they and their jobs taught us about the world of work.

Next week our regular services restart upstairs.

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Summer services are in our air-conditioned Fellowship Hall, on the lower level. No admission, but like every church, we pass the basket. Folks often bring things to share—fruit or cheese and crackers or bagels—whatever. Sundays, Conversation starts around 10:30; program at 11:00 to noon. Join us.

Summer Reading 2008, Part I

by Mark Goodman

I know – you already have 14 books on your nightstand just waiting to be read. However, you may want to jump over them to read some of these this summer.

Autism has been prominently in the news lately as parents, teachers, and doctors learn more about the phenomenon. A good book to start with is *Not Even Wrong: Adventures in Autism*, by Paul Collins. Collins, the father of a son with autism, explores historical incidences before there was even a name for autism. He also visits clinics and scientists throughout the world as he tries to gain more insight into his son, Morgan. At the center of his visits, ruminations, research, and recommendations is a deep love for his son, who Collins knows will never be like the “other” kids.

Another parent-child oriented book is *Adoption Nation: How the Adoption Revolution Is Transforming America*, by Adam Pertman. He shows how the once taboo subject of adoption has become more present in people’s discourse and more acceptable in the mindsets of people outside the adoption community. That doesn’t mean that there aren’t still problematic issues for adoptees, adoptive parents and families, and birth parents who have arranged adoption for their children. But at least, asserts Pertman, the issues are out in the open. The father of two adopted children, Pertman’s thesis is

that what is good for a segment of society – in this case openness about adoption – is usually good for society as a whole. He uses the analogy of making curbs accessible for wheelchairs. Although many people at first complained that it was undoable and too expensive, it ended up benefiting not only people in wheel chairs, but also parents

with strollers, bikers, people with wheeled suitcases, and others. While Pertman, who spoke at Mishkan Shalom synagogue in Manyunk in March, sees a more positive aura around adoption, he still faces the tough issues of

adoptees’ search for identity, international adoptions, the cost of adoption, special needs children, and the plight of birth parents, among others.

Two words that most people don’t ordinarily associate with each other are “Buddha” and “divorce.” However, in his engaging book *Storms Can’t Hurt the Sky: The Buddhist Path through Divorce*, author Gabriel Cohen shows how he used Buddhist principles to view his marital break-up in a different way. Like many people going through divorce proceedings, Cohen was frustrated, angry, hurt, and resentful. However, by

practically applying some of the lessons he learned in Buddhist meetings and from reading and contemplating on Buddhist texts, he was able to reduce his pain and look at his ex-wife more compassionately. Of course, any real change takes time, and as Cohen constantly reminds us, change takes practice. It’s not enough to just read,

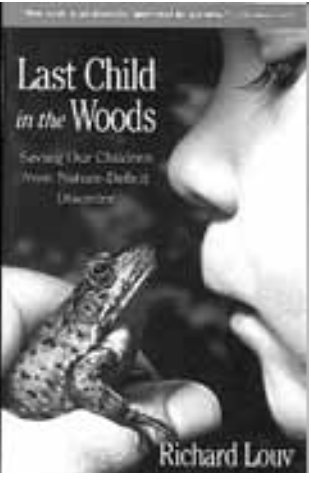
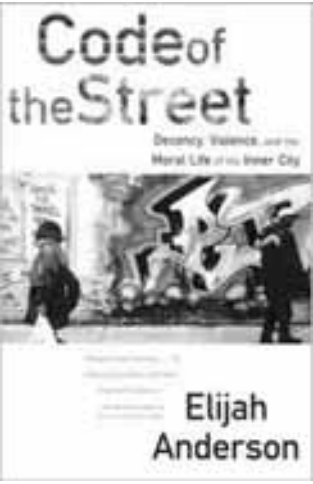
think, or talk about changing one’s responses. One must actively put ideas and ideals into one’s daily life.

A book with a local connection is *Code of the Street: Decency, Violence, and the Moral Life of the Inner City*, by Elijah Anderson.

Anderson is a Professor of Social Sciences at the University of Pennsylvania, and his book, published in 1999, offers insights into the violence that has plagued Philadelphia – and other large cities – for the last few decades. The book begins with a ride down Germantown Avenue, with Anderson commenting on the demographics and social vibrations of each neighborhood as he heads south from Chestnut Hill. The essence of the book, which relies heavily on personal interviews, is that there is a divide between the cultural values of “decent” (law-abiding) people and “street” people, who tend toward criminality. Part of the problem is that each group is living by a different moral code, which makes communication and community building difficult. Anderson presents the rules and mores of the street, including

the language, which makes street life more understandable to someone living outside of the inner-city culture. As a social scientist, Anderson specializes in insightful observations, not solutions. However, he gives a clear picture of the cultural divide so that at least we can see the inner workings of street life, and the pressures and emptiness that lead to urban crime and violence.

Finally, make room for *Last Child in the Woods: Saving Our Children from Nature - Deficit Disorder*, by Richard Louv. This is an enlightening book based on the premise that for children to develop in a healthy way, they need to spend time outdoors in nature. Louv relates in great heartfelt detail his own experiences as a boy in the woods surrounding his mid-western home. He contends that the lack of intimate contact with nature has a negative effect on children. He speculates that the rampant rise in childhood obesity, attention deficit disorders, and depression is directly related to the loss of time that children spend playing in and exploring natural environments. Whatever is gained by children’s technological dexterity cannot replace the valuable inner growth that comes from freely encountering nature, whether it’s in a park, woods, mountain range, or beach. Without belaboring the point, Louv sees a spiritual component inherent in a child’s deep interaction with nature. An important book for parents, teachers, policy makers, health care providers, and environmentalists, the author offers many practical suggestions on how to get kids back to nature. Enjoy the books; enjoy the summer.



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Leafy Greens

by Joe Pientka

Winter is over and it is time to say good bye to root vegetables and hello to green ones. Green both in color and environmentally speaking, many cooking and salad greens are on their way to the store, fresh from their harvest at the Weavers Way Farm. Clocking in less than two food miles of travel from Awbury Arboretum, these local greens will both excite your palate and ease your carbon footprint worries. Our leafy greens vary in shades of green from pale and yellowish to dark forest green, sometimes with tones of red or blue. Greens are nutritionally packed with fiber, calcium, iron, beta carotene and folic acid. In addition, some greens like bok choy, collards and kale contain vitamin C. Greens vary in flavor from mild to sharp and pungent. Many greens, especially tender young greens, are good raw on salads. Other greens, like collards, kale and mustard greens benefit from cooking. Experiment to find out what you like best.

Salad Greens

Best enjoyed raw, though may be combined in stir fries or soups

Lettuce, Tom Thumb – Tender and sweet

Pea Shoots – Delicate spinach and pea flavors

Tatsoi – Mild, mustard taste, similar to bok choy

Tokyo Bekana – Mild salad green

Cooking Greens

Best cooked, though tender portions may be eaten raw in salads

Bok Choy – Mild, crunchy, clean. From the cabbage family

Chard – Tender, slightly sweet, mild

Collards – Mild, almost smokey

Dandelion Greens – Bitter

Kale – Subtle cabbage taste, with hint of pepper

Mustard Greens – Hot, mustardy punch

Sorrel – Tart, lemony

Fresh Ideas in Produce

Mixed Greens Salad with Mustard Vinaigrette

4-6 HANDFULS OF SALAD GREENS,
WASHED AND DRIED
(INCLUDE BABY DANDELION GREENS)

SALT & FRESH GROUND BLACK PEPPER

1 TEASPOON DIJON MUSTARD

1-2 TABLESPOONS RED OR WHITE WINE VINEGAR

5-6 TABLESPOONS OLIVE OIL

HANDFUL OF FRESHLY CHOPPED HERBS
(PARSLEY, BASIL, OREGANO, CHERVIL)

In a large mixing bowl, add about 1/4 teaspoon salt and 1/8 teaspoon freshly ground black pepper.

Add mustard & vinegar to salt and pepper. Whisk until blended.

Slowly pour in olive oil while whisking.

Add salad greens and herbs into the vinaigrette, toss together with tongs so leaves are coated evenly.

Serve in individual portions topped with additional freshly ground black pepper.

Serves 4-6

Collards with Tomatoes and Parmesan

1 LARGE BUNCH COLLARDS, STEMS REMOVED, LEAVES CUT INTO PIECES

2 TABLESPOONS OLIVE OIL

1 CLOVE GARLIC, CHOPPED

2 MEDIUM TOMATOES, CHOPPED OR ABOUT 15-25 GRAPE TOMATOES

PARMESAN CHEESE, GRATED

BLACK PEPPER, GROUND

Clean collard greens by soaking in water to remove any dirt. Remove from water and dry with a towel. Cut off and discard large inedible stalks. Cut into pieces.

Bring large pot of water (about 2 quarts) to a boil. Add 2 teaspoons salt. Add cleaned collards to boiling water. Cook uncovered about 5-20 minutes depending on size and how you like them (tender or slightly crunchy), drain.

While collards are draining, add olive oil to skillet, heat to med-high. Add garlic, sauté until almost brown, and then add the chopped tomatoes. Sauté for 1-2 minutes then add the collards and cook over high heat until heated through.

Remove collards from skillet, plate and top with freshly grated parmesan and freshly ground black pepper.

Serves 2

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Environmental Evangelicals? More Common Than You Might Think

by Scott Robinson

Quick: You're in Wayne, and you're suddenly jonesing for a cup of coffee. Which coffee shop sells only Certified Fair Trade coffee?

- a) Starbucks
- b) Main Line Coffee Roasters
- c) Café Procopio
- d) Jammin' Java at Eastern University

If you guessed "d," you're right.* And while some would not expect to find social justice and environmental issues at work at an evangelical Christian university, "creation care" and global poverty have become priorities among the younger generation.

At Eastern, student organizations like SPEAK, a group with a focus on social justice issues, led the movement for fair trade coffee.

"They pretty much persuaded us to do it," says Mike Kenis, Sodexho food service's Director of Operations at Eastern. "Both the Eagles' Nest (cafeteria) and Jammin' Java now sell exclusively fair-trade coffee."

Caffeine isn't the only energy source to come under Eastern's scrutiny. Since October 2006, the university has run entirely on wind-generated energy. At the urging of SPEAK and the Student Government Association, the university now gives students the option of paying an additional fee toward the purchase of wind power. So far, enough students have opted in – roughly 75 percent – to pay for the power and to start a "green initiatives fund" with the surplus.

"We want our students to think about wind," says Bettie Ann Brigham, Vice President for Student Development. "We want

them to be part of all these kinds of decisions. Our other option would be to jack up their tuition a bit, and they'd never know. This way, every time they pay their bill, they are thinking about wind."

Ever since 86 evangelical leaders signed on to the Evangelical Climate Initiative in February of 2006, public awareness of the shift in attitudes among young Christians has been growing.** But what may come as a surprise to many is that Christians have been mobilized around environmental issues since before today's college students were born.

"Evangelicals actually started to think and reflect on these issues kind of early, if you think of Earth Day 1970 as the birth of the contemporary environmental movement," says the Rev. Jim Ball, President and CEO of the Evangelical Environmental Network (www.creationcare.org). "Some in the community were starting to notice this even before the culture as a whole fully embraced it. It took a while, but now there's a good, strong segment of the community that's following up on this."

If that is so, then why does there seem to be such a sharp divide between theologically conservative Christians and the environmental movement?

"Part of this is just how we talk about these things," says the Rev. Ball. "One of the things that I have been saying about climate change is that it's framed incorrectly in my community. It's framed as an environmental issue, and a lot of people have some trouble with that language. But they also think environmental issues don't necessarily involve people. So a better way to

think and talk about it is as the major relief and development problem of the 21st century – which it is."

When the problem is framed in those terms, people see things differently. Earthkeepers – an environmentally-focused Eastern University student group – says in its mission statement: "It is our mission, as Earthkeepers, and as followers of Jesus Christ, to promote and practice the responsible stewardship of God's creation. We recognize that we must also be devoted to social justice and the relief of human impoverishment, which is both the cause and a consequence of environmental degradation."

But while it may make sense for Christians to embrace "creation care" as part of the cause of social justice, it is less obvious why the language of environmentalism itself should be so troubling.

"There's a lot of reasons for that," says the Rev. Ball. "There's kind of this divide between the evangelical subculture and the environmental subculture. From the evangelical point of view, a lot of it is based on the perception that environmentalists are

liberals, and that helps drive how they view these things. They think 'Well, if environmentalists are liberals – meaning they are probably pro-choice – maybe we ought to go in the other direction.'"

This guilt-by-association, and the fear that environmentalism may come bundled with other liberal causes, accounts much more for evangelical reticence on the environment than the popularly-touted beliefs that environmentalism equals earth-worship, or that the impending end-times make it superfluous.

"A lot of evangelicals don't just look at an issue," says the Rev. Ball. "They look at who's talking about it and then they say, 'See, these people are part of a liberal culture that is not necessarily good for evangelicals.' They don't say, 'Oh, environmentalism: that's distinct from these peoples' views on, say, choice – pro-life or pro-abortion or whatever. They're like, 'If we let these people run things, they're going to also want these other things.'"

"And there's some validity to it," Ball
(continued on page 21)



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Historic Germantown Preserved and “The Great Road”

by Sloan Seale

Chances are, you are not familiar with the work of Historic Germantown Preserved. But that may change soon, thanks to a 2007 planning grant from the Heritage Philadelphia Program of the Pew Charitable Trusts. Supported by the grant, the member sites of Historic Germantown Preserved have been able to strengthen marketing, undertake a branding project, hold dialogues with the community to find out what needs of the community can be met by historic sites, work with historians and scholars to develop a common interpretive framework for all the sites, and study ways to build capacity by doing things together, including sharing staff and a corps of guides who can give tours at more than one site.

But that still begs the question, just who or what is Historic Germantown Preserved? HGP is a consortium of Germantown and Mt. Airy historic sites and museums and Awbury Arboretum, whose mission is to sustain northwest Philadelphia’s extraordinary history and play a more vital role in Philadelphia at large.

The staffs and volunteers of the member sites founded Historic Germantown Preserved in 1979. They were motivated by the enthusiasm generated during the Bicentennial celebration of 1976 and the strength of annual holiday tours, but also the eminent threat of destruction of many historic buildings. Gradually, though, the consortium lost steam as memories of the Bicentennial receded, and the immediate danger of demolition passed. In the last five years or so, there has been yet another change that has re-energized Historic Germantown Preserved. The sites are benefiting from consistent professional support that emphasizes outreach and collaboration. Collaboration is really what this is all about – collaboration between the sites themselves, and between the sites collectively, the Philadelphia school district, and local businesses and non-profits. A shining example of successful collaboration is History Hunters, a state and national award-winning joint effort with the Philadelphia

public schools, created by the HGP sites in 2002. To date, History Hunters has resulted in over 25,000 site visits. “History Hunters” visit Cliveden, Stenton, Johnson House, and Wyck, engaging in interactive programs at each site. History Hunters was initially funded by the Pew Charitable Trusts; now, it is also sustained by a variety of local foundations, corporations, and individual donations.

HGP’s renewed vigor is also part of the overall revival of Mt. Airy and Germantown, which is immediately visible to anyone who walks along Germantown Ave. anywhere between Washington Lane and Allens Lane. Starting at the southern end of what was historically called “the German township,” and proceeding northwestward along the “Great Road,” as Germantown Avenue was known, one can visit a variety of historic houses, an 18th century paper mill, and more. (The sites of Historic Germantown Preserved are not limited to the area inside those boundaries, however.) One of the better-known HGP sites is Cliveden of the National Trust, site of the Battle of Germantown, on Oct. 4, 1777. The battle is re-enacted there on the first Saturday of every October, an event which attracts upwards of 3,000 people each year. As part of the effort to link the sites, Historic Germantown Preserved has now broadened the re-enactment into the “Revolutionary Germantown Festival,” a day-long celebration with shuttle buses to take visitors between sites. Visitors can also now purchase “passports,” which are good for one year and allow the holder to visit all the sites. In fact, few places in America hold so much history in such a concentrated area. But in a city as packed full of American history as is Philadelphia, our neighborhood’s significance is frequently lost in competition with more established historical and tourist sites in Center City.

Community dialogues started in the summer of 2007. To date there have been approximately 20 gatherings held, and more may be added. Before the dialogues began, surveys distributed at Mt. Airy Day 2007 (held annually at Cliveden, one of the member sites of HGP), revealed just how

many people had never heard of the various sites. Following the collection of survey results, over 150 people have been involved in dialogues with representatives of the historic sites, neighborhood associations, community leaders and other non-profit organizations. Participants have urged the historic sites to play a larger role in job opportunities for youngsters, stewardship of green space, creative opportunities after school (due to the large acreage of some sites, there is ample physical space to accommodate after-school programs), and contributions to neighborhood safety and the local economy.

The interpretive framework being developed centers around a cluster of themes: the enduring search for freedom; an industrious neighborhood; creating opportunities in commerce; education and industry; accepting difference in neighbors (how did diverse neighbors live up to William Penn’s ideals?); and an urban village with a distinct physical environment. The underlying goal is simple: to tell the stories that show the significance of Germantown, shaping those stories around the connecting themes.

The Great Road “truly has been a great road,” in the words of David Young, Executive Director of Cliveden. “It’s the first place where Penn’s experimental ideas were played out. The struggle for independence and the revolution took place here, and this is where the struggle for freedom from



PHOTO COURTESY OF HISTORIC GERMANTOWN PRESERVED

HISTORY HUNTERS AT WORK AT THE JOHNSON HOUSE, THE UNDERGROUND RAILROAD SITE AT WASHINGTON LANE AND GERMANTOWN AVE.

enslavement saw both sides – slave owners and abolitionists. Many of the significant buildings are still standing. This makes Germantown an extremely rich resource in explaining the meaning of America.”

“Germantown is a place where history, memory, and everyday life exist side by side,” says Young. “We see the work the sites are doing based on these resources as renewing the Great Road, and building toward a growing sense of pride in Germantown among diverse communities such as the business communities, diverse faith communities, and residents, wherever our historic sites can play a leading role.”

NOTE: Look for next month’s article about the Walnut Lane Bridge Centennial, sponsored in part by Historic Germantown Preserved!



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Plastic Paranoia?

by Sara Lomax-Reese

Who do you trust? The recent debate over the safety of plastics brings this question into sharp focus. Depending on where you get your information, you may see this issue as total hype or serious health hazard.

A 2003-2004 report from the U.S. Centers for Disease Control and Prevention found a chemical compound called bisphenol A (BPA), was circulating in 93 percent of 2,517 Americans age six and over. BPA is used in the manufacture of polycarbonate plastics, found in everything from clear, hard water bottles, baby bottles, and reusable food containers to eyeglass lenses, CDs, helmets, and goggles. It's also used in dental sealants and medical devices such as dialyzers and incubators. Additionally, BPA is used in the making of resin coatings for the linings of cans.

While usually at very low levels, BPA enters the body when it leaches from plastic containers into food and beverages. That can happen especially when products are heated, hence the concern with heating baby formula in plastic bottles.

Weavers Way sells polycarbonate plastic water bottles, which the manufacturer, New Wave Enviro, asserts are safe and non-leaching when used as directed. "It has been shown that BPA is not released into water from polycarbonate bottles unless the bottle and liquid are exposed to extremely high heat, for example boiling water or microwave use," says a representative from New Wave Enviro. "Polycarbonate is non leaching under normal conditions. Meaning you have to break down polycarbonate for

it to leach."

According to New Wave Enviro, the tests that have shown leaching, "were made under forced conditions where baby bottles were subjected to harsh chemical cleaners and boiling temperatures for long periods of time (i.e., 212 degrees for six hours and 120 degrees for 120 days). Even subjected to these severe conditions, the bottles only leached one or two parts per billion. Using a bottle as a water bottle without heated liquids, it is non-leaching. New Wave Enviro has never and will never make bottles that are for use with heated liquids, like baby bottles."

The Environmental Protection Agency states that the current safe daily upper limit of BPA is 50 micrograms per kilogram of body weight. That standard, however, is based on experiments conducted in the 1980s. Over the last 20 years, there has been a barrage of new studies suggesting that serious health risks could result from much lower doses based on experiments in laboratory animals and in human cells.

The question up for debate is how much BPA is hazardous to your health? According to the chemical industry, BPA's impact is minimal. In response to the questions about whether BPA poses a risk to human health, the American Chemistry Council's website states:

"Researchers from government agencies, academia, and industry worldwide have studied the potential for bisphenol A (BPA) to migrate from polycarbonate products into foods and beverages. These studies consistently show that the potential migration of BPA into food is

According to the Consumer Reports website, here's WHAT YOU CAN DO

Identify which containers might have the chemical. Polycarbonate is usually clear rather than cloudy, although it may be colored. If the container carries a recycling code, it will be marked with the number 7 or the letters "PC," or both. No. 7 bottles made with BPA-free polyethersulfone (PES) won't have the PC marking. Other BPA-free plastic alternatives include polyethylene, which may be marked with recycling codes 1 (PET) or 2 (HDPE), and polypropylene, 5 (PP). (Weavers Way's Deli/Prepared Foods containers are all #1)

For baby bottles, glass or BPA-free plastics such as polyethylene are the safest choices, as Consumer Reports has advised in the past.

For those who reuse water bottles frequently and want to avoid BPA, consider polyethylene, stainless steel, or aluminum with BPA-free liners.

extremely low, generally less than 5 parts per billion under conditions typical for uses of polycarbonate products. At this level, a consumer would have to ingest more than 1,300 pounds of food and beverages in contact with polycarbonate every day for an entire lifetime to exceed the safe level of BPA set by the U.S. Environmental Protection Agency. Consequently, human exposure to BPA from polycarbonate plastics is minimal and poses no known health risk."

But according to a statement on the National Institute of Environmental Health Sciences' website, the jury is still out on BPA's affect on human development and reproduction.

"Although there is no direct evidence that exposure of people to bisphenol A adversely affects reproduction or development, studies with laboratory rodents show that exposure to high dose levels of bisphenol A during pregnancy and/or lactation can reduce survival, birth weight, and growth of offspring early in life, and delay the onset of puberty in males and females. Recognizing the lack of data on the effects of bisphenol A in humans and despite the limitations in the evidence for "low" dose effects in laboratory animals, the possibility that bisphenol A may impact human development cannot be dismissed. More research is needed."

And that research is under way. The U.S. National Toxicology Program is expected to release a new report on the risks

of BPA this summer, and a congressional committee is examining the risks of BPA in canned infant formula. Additionally, they will look into how much influence the plastics industry has had over previous research and conclusions.

When *Consumer Reports* asked the Food and Drug Administration what studies it reviewed to justify its recent statement that "studies do not indicate a safety concern at the current exposure level" for infants or adults exposed to BPA in the lining of food and beverage cans, the two studies cited in the agency's response were conducted by the chemical industry.

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Carbon Footprints, Food and the Co-op

by Tom Laskawy

The best available science now indicates that the entire planet must be carbon neutral by 2050 to avoid thousands of years of significant warming. That is, every country on the planet must have annual carbon emissions totaling *zero* within 42 years in order to avoid climate catastrophe.

This represents a major acceleration within scientific estimates of the pace of global warming from even a few months ago. And without sizeable cuts within the next decade, significant warming will occur no matter what we do. The window of opportunity will have closed and our best future efforts will only slow global warming’s rate of increase, not end or reverse it.

Not surprisingly, there has been increasing attention paid by corporations and individuals towards decreasing their carbon output. This despite the fact that scientific consensus has us years away from a reliable way to measure precisely an individual product’s – or even an individual’s – true carbon footprint.

Writer Michael Specter detailed the hazards (and what he asserts are false assumptions) of this process in a somewhat controversial *New Yorker* article. He focused on the challenges faced in the food industry as he described the efforts of Tesco, the British supermarket giant, not only to become carbon neutral but also to develop a unified system of “carbon labels” for every product it sells. When finalized, these labels will display a product’s carbon footprint so that consumers will have the ability to compare a product’s contribution to global

warming as they would its carbohydrate or fat content.

Tesco continues to struggle with implementing its carbon labeling system. They require researchers to pull apart an individual item’s entire production process and to decide how far down the supply chain to travel in order to create a meaningful measure. It’s a manageable process for produce, but for foods with multiple ingredients – even minimally processed – from different parts of the world, it’s staggeringly complex.

Indeed, research detailed by Specter on this subject has led to some unexpected discoveries. It’s becoming clear, for example, that a common statistic used by many to estimate a product’s carbon footprint – food miles – can sometimes be misleading. Food miles are, of course, a shorthand rather than a true measure: We assume that the fewer miles a product must travel to market the smaller the carbon footprint. But it turns out that transportation costs – even taking into account the outsize contribution to global warming by air travel due to burning fuel at high altitudes – are not always the determining factor in calculating a food product’s carbon footprint.

Specter revealed that a product’s mode of transport is as important, if not more so, than miles traveled. Shipping by sea, for example, involves one-sixtieth the emissions of airfreight and even has a significant carbon advantage over trucking the equivalent distance. As a result, East Coast wine drinkers concerned about wine’s carbon footprint may be better off drinking

French wine delivered to New York by boat than California wine trucked across the country.

But Specter’s prime example of this phenomenon is New Zealand apples. According to Specter, apple production in New Zealand is so efficient (due to factors like its exceptionally high crop yield and the ample supply of renewable power) that New Zealand apples transported to a market on the East Coast of the United States have a smaller carbon footprint than apples grown as little as 50 miles away from that same market. That’s counter-intuitive to say the least. It should thus come as no surprise that, though Specter does not reveal the study’s source, the research was produced – like the apples themselves – in New Zealand.

But other examples seem more compelling, such as beans and cut flowers sent from sub-Saharan Africa to Europe. These African products have a much smaller footprint (on the order of six times smaller in the case of beans) than do the same products grown in Europe for European consumption. It turns out that African export-oriented farms still tend to be small, don’t

use tractors and fertilize mostly with manure. So it is possible that the right combination of local agricultural practices and land use issues can trump transport costs as a basis for determining carbon “efficiency.”

All of which defies the concept that closer is better. Certainly, another past assumption – that the farther a product travels the more expensive it is – has fallen by the wayside. As we all know when shopping by price alone, it seems the reverse is now true. This is thanks in part to a little known international treaty enacted in 1944. Intended to encourage the development of what was then a fledgling airline industry, the treaty stipulates that fuel used for international air freight is untaxed (ocean freight fuel has always been tax-free). This has further hidden the costs, both monetary and carbon, of our food choices.

Given the complexities of estimating carbon footprints, it’s not reasonable to suggest that Europeans should prefer all African agricultural products over European ones, or that the Co-op should drop local apples in favor New Zealand apples. Yet these same complexities do raise some

(continued on page 22)

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Environmental Evangelicals
(continued from page 17)

continues. “If most environmentalists are liberals and therefore pro-choice, when you get into the political sphere, there is some carry-over; these things can be joined together.”

As an example, Ball cites an environmentalism event he attended recently.

“I knew most of (the attendees) were going to be liberals, and they were. One of the guys making a presentation was from the League of Conservation Voters, and a person I know fairly well. I raised the question, ‘We need some pro-life Republicans

who are good on the environment; can you give us some examples whom the LVC has given good scores to? And he named, like, two. And afterwards a gentleman came up to me and said, ‘You know, you insulted the women in the audience.’ Now how did I insult the women in the audience? By saying ‘pro-life.’ So it’s not the case that the evangelicals are completely projecting this stuff onto these other folks, and that there’s no validity to it. There’s some truth to it, and both sides need to recognize that, and to realize that we have to de-couple (these issues) a little bit, and be ready to say, ‘I’m going to be pro-environment and pro-life, and that’s OK, and you can be pro-environment and pro-choice, and that’s OK.’ It’s time for olive branches all around.”

In some ways, the current identification of Christians with conservatism is a recent development. As the Rev. Jim Wallis, President and Executive Director of the progressive Christian organization Sojourners/Call to Renewal has pointed out, all the great American movements of social change – from Abolition to child labor laws, Temperance and the civil rights move-

ment, began in the churches. How did we get here from there?

According to the Rev. Ball, Christians became increasingly disengaged politically after the civil rights movement. But all that changed in the Reagan era.

“One of the positive outcomes of the Moral Majority and the Christian Coalition is that they’ve given Christians the idea that they ought to be involved in the public arena. Now, they’ve hopefully not poisoned the well, and gotten people turned off at this point. Some of that has happened. I just hope that Christians continue to see that some of this was excessive and that these guys didn’t do it very well, but they were right in saying that we should be engaged in the public arena.”

For Ball, Christians’ disengagement from public affairs was a betrayal of their own Biblical and theological values – and the best thing they can do is to reconnect with those beliefs.

“We need to continue to establish our own identity on this issue, and ground ourselves in our own beliefs and values. One of the things that I am trying to have my own organization do – and the Evangelical Climate Initiative has helped out also – is to come into the public arena and work with others with a good understanding of what our own beliefs and values lead us to do.”

“We’re getting close to the point where we’ve established ourselves institutionally as

having a position on this,” Ball continues, “and the ECI has really helped. So now we can be intentional, as individuals, about really getting out there and interacting with all kinds of people and finding common ground. And I think that if folks understand that we are being very transparent and honest, and trying to base it on who we are, and at the same time reach out, I think that will be refreshing.”

But is it too late? Has the problem gotten so out of hand, and our differing positions too firmly entrenched, for any real progress to take place? Not according to Ball.

“I always like to leave people with a sense of optimism. I believe that the Lord is with us when we’re doing this work. We’re the greatest can-do nation the world has ever seen; we can find ways to solve these problems. The challenges are large, but our beliefs and values are larger.”

(Scott Robinson is on the music faculty at Eastern University.)

* *The Gryphon Café sells Direct Trade, rather than Certified Fair Trade, coffee. To learn more about the distinction between these two modes of fair trade coffee buying, visit <http://www.intelligentsiacoffee.com/origin/directtrade>.*

** *To read the full text of the Evangelical Declaration on the Care of Creation, visit www.creationcare.org/resources/declaration.php. To read the full Statement of the Evangelical Climate Initiative, visit www.christiansandclimate.org/statement.*

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Carbon Footprint

(continued from page 20)

important issues for us, both as Co-op “owners” and as consumers, regarding the Co-op’s role in making carbon-aware purchases. It is fair to ask how far the Co-op must go to investigate and communicate the carbon footprint – in essence the hidden cost – of the products it sells.

Michael Pollan, author of the *Omnivore’s Dilemma*, suggests that we shouldn’t get too carried away. I emailed him recently to ask him about Specter’s work, which Pollan suggests has “confused the issue for many people, as well as complicating it.” Referring to the case of the New Zealand apples, Pollan strongly believes that “when you compare apples eaten locally in season they win hands down – it’s only when you get to out of season eating that you run into trouble.” He maintains that “if the food is made more from sunlight than fossil fuel, the closer the better.”

That provides some comfort given the Co-op’s involvement with the regional “Buy Fresh, Buy Local” efforts. But despite the Co-op’s commitment to local, seasonal produce, we’re still not entirely off the hook.

It’s true that the Co-op’s own Weavers Way Farm now appears to be far more valuable than anyone could have imagined as it provides significant offsets for other larger carbon-footprint offerings. But just as General Manager Glenn Bergman has recently proposed rethinking the Co-op’s position on meat (meat production being a notorious and massive source of carbon emissions), should the Co-op also rethink its position on out-of-season, non-local produce? Can we now ignore the “minor”

vice of eating berries in mid-winter without examining their carbon footprint more closely?

While there may be “low-hanging fruit” in this regard, it’s hard to imagine the Co-op banning such carbon-intensive mid-winter staples as Chilean grapes (heavy use of pesticides and shipped by air) or California broccoli (transported cross-country in refrigerated trucks). One suspects that taking too rigorous an approach will simply clear the shelves.

Sadly, as Al Gore has observed, this is not a problem that can be solved by individual action alone. “As important as it is to change the light bulbs,” Gore said in a recent speech, “it’s more important to change the laws.” While there are hopeful signs abroad – the EU will begin including air freight carbon emissions in its proposed carbon-trading system and possibly sea freight emissions as well, in essence a backdoor tax – the U.S. remains paralyzed. Whatever domestic solutions may come in the near term must come from the bottom up.

A few possible suggestions for the Co-op do come to mind, however. Though we are still years away from a standardized carbon-labeling system, perhaps the Co-op could add some additional information either to price tags or on posters. Even a set of colored (red/yellow/green?) labels might remind shoppers that the product they’re about to select may have a cost beyond the quoted price that might be worth considering. While sometimes it takes superhuman strength to avoid buying grapes in mid-winter (households with very young children understand this well), an eye-catch-

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ing sticker might be enough to deflect an “impulse” purchase toward something greener.

Another solution could involve the Co-op adding a “carbon tax” to out-of-season or exotic products with large carbon footprints. Proceeds from this tax could be earmarked for the purchase of carbon offsets. Given the difficulties involved in calculating the true carbon footprint of a product (just ask Tesco), this would likely remain a longer-term solution. Co-op members might also prefer not to be “taxed” in this way. A less coercive alternative might involve flagging large footprint products in the inventory system. Cashiers could then offer shoppers the opportunity to make a

voluntary carbon offset purchase at the register.

These ideas are meant as no more than a jumping-off point for discussion. As individual members and as a body, we of the Co-op need to decide how to reconcile our competing wants and needs – for low-cost, high-quality foods; for sustainable local food alternatives; for organic or fair trade products; for choice; for carbon neutrality. If nothing else, the new wrinkles in the debate on carbon footprints provide a powerful lens through which the Co-op and its members can examine how even small decisions, such as what fruit to eat on a given day, can feed into a much larger crisis.

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Wissahickon Speakers Bureau

by Denise Larrabee

How much do you really know about the Wissahickon Valley – that bit of urban wilderness right outside your door? Last year, the Friends of the Wissahickon (FOW) launched a speakers bureau, making experts on the ecology, history, geology, and images of the Wissahickon available to local organizations and retirement residences for free lectures and slide presentations. Topics include:

- Postcards from the Wissahickon, presented by David Bower, Volunteer Coordinator for Fairmount Park;
- Birds of the Wissahickon, presented by Steve Lawrence, FOW Board Member and Co-Chair of Wildlife Committee;
- The History of the Walnut Lane Bridge, presented by David Young, Executive Director of Cliveden of the National Trust;
- Art Inspired by the Wissahickon, presented by Dena Sher, founder of the Whitemarsh Art Center and an FOW

- Board Member;
- A History of Horses in the Wissahickon, presented by Barbara Sherf, a communications professional and member of the Philadelphia Saddle Club out of Monastery Stable and;
 - Stewardship Challenges in the Wissahickon, presented by Sarah West, author of *Rediscovering the Wissahickon* (1993).

In addition, West offers *The Story in Wissahickon Rocks* and four different “Then and Now” PowerPoint programs of historic photos of the Wissahickon compared with current views of the same location: “The 200 Year Industrial Era”; “Wissahickon Homesteads”; “Wissahickon Roads, Paths, and Bridges”; and “The Wissahickon Road House Era (1840-1916).”

Descriptions of the presentations offered through the Speakers Bureau can be found at www.fow.org/speakersbureau.php. To schedule a speaker contact Audrey Simpson at the FOW office at 215-247-0417 or office@fow.org.

MLK High School

(continued from page 1)

from April 22 – 25, 20 workers from the Greater Philadelphia chapter of City Year joined Weavers Way staffers, Farm Committee members, friends, and students from MLK, working hard to clear the land and prepare the fields for planting and for the upcoming June 13 Groundbreaking Ceremony.

The Seeds for Learning Farm is being managed by David Siller, Farm Educator at Weavers Way Co-op’s own farm at Awbury Arboretum, just down the road on Washington Lane. Siller assists head farmer David Zelov with the running of the Weavers Way Farm, and also runs the farm’s education programs as part of Weavers Way Community Programs (WWCP), Weavers Way Co-op’s non-profit arm. Weavers Way Co-op’s Mort Brooks Memorial Farm was created in 2000 by members of Weavers Way with the mission of bringing local children and members of the Co-op community together to create a source of truly local, organically grown produce. Since that time it has grown into an urban farm whose produce is sold at Weavers Way Co-op, Headhouse Farmers’ Market, the Reading Terminal Market, and other farm stands and restaurants.

In addition to breaking ground for the farm, the Weavers Way Marketplace Program debuted at Martin Luther King High School in April, becoming the seventh school – and the first high school – in this innovative partnership with area schools that initiates and oversees school-based, student-run food co-ops selling wholesome, locally-produced snacks to students and teachers. Each year, more than 100 students participate in the Marketplace Program, gaining useful experience and learning about business, nutrition, and the importance of locally produced food, while exposing thousands of their fellow students

to delicious and wholesome foods. At the end of the school year, the students donate their earnings to support causes in the community and around the world. In addition to their sales during school hours, the kids from the Marketplace Program were also on hand selling snacks during the May 2 concert at the school by the renowned Jacksonville Mass Choir (J-MAC), who shared the stage with the school’s own student singers.

“I am pleased to see a collaborative effort grow as this initiative has,” says Jack Kitchen, OARC’s CEO. “This initiative involves OARC, Weavers Way, Foundations Inc., Enon Church, and Awbury Arboretum and has resulted in a means of delivering fresh produce and product into the community as well as providing a unique educational experience at MLK High School. At MLK the students are participating in the growing, harvesting marketing and selling of product produced by the MLK garden.”

Although the current school year will soon be over, students from Martin Luther King will be working part-time over the summer as paid farmers, cultivating the land, and caring for the crops with the help of interns from the Weavers Way Farm and volunteers from Enon Church. Produce from the farm will be sold at a student-run farm stand outside the school on Stenton Avenue. Depending on the harvest, Seeds for Learning produce might also show up on the shelves at the new Weavers Way Ogontz store, and possibly even on the menu at local restaurants.

“We’re thrilled about the programs at Martin Luther King High School,” said WWCP executive director Rachel Milenbach. “The students are very excited about both the Farm and the Marketplace Program, and working with Foundations and Enon is really what community partnerships are all about.”

New Online Work Calendar

(continued from page 1)

using the new system; they will not be able to sign up using the paper calendar. They will only have one week available to them that first month, but no other cycle will be able to sign up during that week (the other cycles will only be allowed to sign up via the paper calendar, which will not include the week posted online). During the second month of implementation, the work cycle starting on the first of that month will also be limited to signing up online, but during the second month, there will be two weeks available online (and only two weeks available on paper, for the other cycles). The third month will see a third work cycle sign-

ing up on-line, and three weeks available on the new system. By that time, there will only be one active cycle still using the paper sign-up, and they will only have one week of that month available to them. By the fourth month of implementation, the paper calendar will be no more, and all work cycles and all slots will be on the new system.

This will be less confusing than it sounds, and please remember that there will be people on hand at all times to help ease the transition, and flexible extensions to help those who are unable to meet their work deadlines. We are confident that this new system will bring a much greater level of convenience and flexibility to membership in Weavers Way.

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STORE HOURS Monday-Friday 9-8 Saturday-Sunday 9-6	Board of Directors President Stu Katz (06 – 08) katzstu@comcast.net Vice President Nancy Weinman (06 – 08) nancyweinman@comcast.net Treasurer Ned Case (07 – 09) uvaraven@aol.com At-large Director David Woo (07 – 09) woo3D@earthlink.net At-large Director Sylvia Carter (07 – 09) sfcarter@verizon.net At-large Director Garvey Lundy (07 – 09) garvey@ssc.upenn.edu At-large Director Jim Peightel (06 – 08) jpeightel@comcast.net At-large Director Chris Hill (06 – 08) chris@chrishillmedia.com At-large Director Rick Sauer (06 – 08) rsauer@pacdc.org Staff Director Josh Giblin (07 – 09) joshgiblin@weaversway.coop Staff Director Dave Tukey (07 – 09) trainbow2@yahoo.com	Managers/Department Heads General Manager Glenn Bergman, ext. 123 gbergman@weaversway.coop Purchasing Manager Norman Weiss, ext. 103 normanb@weaversway.coop Operations Manager Rick Spalek, ext. 101 rick@weaversway.coop Finance Manager Susan Beetle, ext. 110 sbeetle@weaversway.coop Fresh Foods Manager Dale Kinley, ext. 104 dale@weaversway.coop Prepared Foods Manager Bonnie Shuman, ext. 102 bonnie@weaversway.coop Second Floor Manager Martha Fuller, ext. 114 martha@weaversway.coop Human Resources Manager Dave Tukey, 215-843-6552 hr@weaversway.coop Deli Manager Margie Felton, ext. 112 margie@weaversway.coop Cashier Dept. Manager Susan McLaughlin, ext. 311 just call her Communications Director Jonathan McGoran, ext. 111 jonmcgo@weaversway.coop Flowers Catherine Niallon, ext. 317 floral@weaversway.coop Membership Manager Robin Cannicle, ext. 303 member@weaversway.coop Board Coordinator Karly Whitaker boardadmin@weaversway.coop Grocery Manager Chris Switky, ext. 113 christopher@weaversway.coop Produce Manager Jean Mackenzie, ext. 107 mackenzie@weaversway.coop I.T. Tanya Rotenberg, ext. 105 tanya@weaversway.coop Pet Store Purchaser Kirsten Bernal petstore@weaversway.coop Farm Manager David Zelov , 215-983-1616 farmer@weaversway.coop Repair & Maintenance/Environment Steve Hebden, ext. 304 steve@weaversway.coop
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Suggestions

by Norman Weiss

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

Big news this month is wholesale prices are going up. Higher fuel costs are reason number one (diesel went over \$4/gallon in March). Other reasons are a shortage of wheat due to bad growing conditions, increase in demand for some foods (particularly in China and India) and the dollar's decline (which makes U.S. food products cheaper overseas, so more is exported). If this sounds like bad news, it doesn't have to be. A quick example: organic rolled oats sell for \$0.83/pound. Boil a pound and you have about two pounds worth of food. You could serve four people jumbo half pound portions for \$0.21 each. Compare this to a half pound of Cheerios, which at \$2.25 is 10 times more expensive. This is a simplification, but the point is that by starting with basic foods you can still eat pretty cheap. Almost all whole grains and beans are still under \$2/pound, even for organic. Many fruits and vegetables are also under \$2/lb. Even wheat, which has tripled in price in recent months, is still under a \$1/lb. Yes, there is more cooking involved than opening a container or microwaving a box. The classic solutions to not having enough time to cook is to make a bunch of stuff at once and store some for later quick use. Another technique is using a slow cooker overnight. Even with food costs rising, cooking using simple, basic ingredients is still very cheap, doesn't have to take a lot of time, and is probably healthier. It also has a lower environmental cost since there is less packaging created in the beginning and trash at the end.

Suggestions and Responses:

s: "If it is possible – can we carry cookies that are peanut- and nut-free? Pepperidge Farm has some, but none of the natural cookies that we carry are considered 'safe' for children/people with nut allergies. It can not contain the warnings: 'May contain' or 'Processed in a facility that handles nuts and/or peanuts.'"

r: (Chris) Finding packages of cookies that do not have "the warnings" on the package is very difficult, as distributors' catalogs have only information about the actual ingredients in the product (not the allergy warnings). If you find any in other stores, please pass on the brand name and description and we'll look into availability.

s: "Some shelf labels for crackers, cookies, pretzels, and chips show the price per ounce: some show the price per pound. For years I've thought they did this in grocery stores as a diabolical plot to prevent anyone not carrying a calculator around with them from being able to easily com-

pare products. I am surprised that Weavers Way is presenting the information this way. Please convert all labels to one or the other – or better yet – both."

r: (Norman) From what I can tell, grocery stores confine their "diabolical plots" to their normal practice of stocking 40,000 items, most of which are injurious to their customers' health and the world in general. As for our labels, when we first set up our system data we used pounds, then subsequently thought ounces were better, and have been slowly converting ever since. Having both would make the label larger and more crowded, which might be even more confusing.

s: "Could we get Ray's Seitan in bulk? Perhaps it will be cheaper??"

r: (Margie) The Deli is too busy right now to take this on. It wouldn't necessarily be cheaper since items we pack have a higher markup to offset the added labor and packaging required. However, members can (and do) special order five-pound bags at some savings. Fill out a preorder slip if you're interested. It takes a week or two.

s: "OK, you brought in some cherry Vintage seltzer, I'm pleased. Now how about some canned Vintage so I can feel less like ecoscum. Thank you."

r: (Chris) Cans of seltzer present stacking/shelving logistics that I'm not sure we're ready for. Brewer's Outlet, at Gowen and Germantown Aves., has canned seltzer. We encourage you to shop there as their business is suffering because of Avenue construction. Incidentally, Brewer's is our supplier for Vintage seltzers and a few other items, including the two beers every staffer is required to consume before every shift, to "keep their spirits up."

s: "The CitraDrain (upstairs) is great – we have a couple of slow drains that tend to clog and they keep it clean. Also, their powder dishwasher detergent is very good – Great Company!"

r: (Martha) Thank you for your feedback. The Citra company is a terrific one. Glad you like the products.

s: "More wheat-free and gluten-free products would be fab."

r: (Chris) We're working on adding WF/GF items wherever we can, but space is tight so this is easier to say than to do. See Chris or Norman about preordering "Bob's" brand of GF items. You can get small quantities of many items for reasonable prices.

s: "I'm really missing the Baghya's Kitchen Tikka Masala. The pre-packaged Tikka Masala you stock tastes like sodium-overkill. Baghya's was the best!"

r: (Bonnie) The Baghya's didn't sell well. You can pre-order three with a week's notice. It does freeze well. And we agree – it's Nirvana masala.

s: "I was wondering if you could carry cream cheese that does not have BGH in it (because the one you carry isn't marked I am assuming it does?). Or carry organic cream cheese."

r: (Margie) We do sell Organic Valley Neufchatel (a lower-fat cream cheese) in the organic cheese area of the case. We don't really have room for a regular organic cream cheese as well. I will look into a bulk cream cheese without BGH. Maybe there is a local variety. (Norman) Incidentally, labeling of milk products made without growth hormones is a hot topic in a few

state legislatures right now, with a law prohibiting declaring milk as hormone-free narrowly missing getting passed in Pennsylvania.

s: "I haven't seen Norm and Chris in the store at the same time in a while. Are they feuding? Avoiding each other? Avoiding me? I'm worried."

r: (Chris) We may as well level with you. Chris and Norman have trained all the cashiers to warn them of your presence in the Co-op with a "code" loudspeaker announcement, "ninth checkout, please." Hearing this, Chris and Norman drop whatever they're doing and hurry upstairs to their office. A second "code" announcement, "ninth checkout, urgent" means that you are heading upstairs, at which point Chris and Norman prepare to exit the building through the window, out onto the roof and neighbors' roofs, as necessary. It's not that they're avoiding you, it's just that they've become very, very shy. (Around you.) In addition, it should be noted that Norman spends many of his workdays off-site, slogging through Philadelphia area wetlands, searching for "natural marshmallows." He tells Glenn that he's going out to


check on some "expansion opportunities," but when he returns covered in mud, boots soaked, with "The Beginner's Guide to Marshmallow Tracking" tucked under his arm, the truth is hard to deny. Thanks for writing!

s: "We have sour cream, sour-dough bread, and sauerkraut. That's a total of three sour things. I think sour things are underrepresented and this issue demands immediate action. Plus, the sour cream is not sour enough."

r: (Norman) Our sour cream is rated on the sour scale as five puss, halfway to the top rating of 10 sour puss. If enough shoppers complain, we can increase the rating, in fact the very act of shoppers complaining automatically increases the puss rating, as sour cream, like so much in our environment, reflects what is going on around it. As far as increasing the number of sour things, we don't have room to add many new products, but look upstairs in the homeopathic section for "sourpussemex ignitium," which will make everything you eat taste a little sour. Please don't overdo it though, we all know how powerful homeopathics can be.

Equal Exchange

June Coffees of the Month



Organic Co-op Blend

A special blend just for Weaver Way

\$6.99/lb.


Reg. \$9.33/lb.

Organic Decaf French Roast

Rich and full bodied, using the freshest green coffee

\$10.03/lb.

Reg. \$11.93/lb.



Welcome to Weavers Way Cooperative Association

Dear Neighbor,

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

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>
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
Saturday	Sept. 6, 2008	10:30 a.m.	CA

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

Robin Cannick, Membership Manager

PLEASE RETURN THIS PORTION TO WEAVERS WAY

Someone from my household will attend the orientation meeting on _____

Name (please print) _____

Phone Number _____

Address (including ZIP code) _____
