

Manager's Corner

by Glenn Bergman, General Manager

We have all worked hard over the last few years to make this co-op a viable business for our members, but also for our community here in Mt. Airy and the Northwest section. I am proud when I read about all of the grants given out through our Environment Committee to many neighborhood groups that are not asking for a lot, but just want to get out there on a Saturday or Sunday to clean a park, plant trees, or just help make their neighborhood better. The vast number of people who have sent their plastic and cardboard recycling to our once a month collection site have helped make this program work. People from all walks of life and different socioeconomic levels working together and getting a chance to interact and mingle, even for only a few minutes. Teaching our kids that recycling can be done as a community event, and that we are not alone.

This month, after many years, the Weavers Way recycling program comes to an end. The city says it will be accepting plastic and cardboard. Let's hope they will and that this works well. I am sure that the WW Environment Committee will want to hear from you about the program and make sure that we are not giving up something

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Ogontz Store Open for Business, Grand Opening Set for July 1

by Jay Winston

Weavers Way Ogontz, the Co-op's new location in West Oak Lane, is now open for business. Two weeks prior to the July 1 Grand Opening, Store Manager Luis Cruz and Assistant Manager Anton Goldschneider opened the doors for a soft opening. While they have been working out the kinks and ironing out the wrinkles, word about the new store has quickly spread. Business has been somewhat erratic, but at times customers have lined up out the door. With the help of new Weavers Way Ogontz staffers Bernadette Jackson, Marcus Spencer, and Renee Champion, Luis and Anton have kept things moving smoothly.

"The enthusiasm has been great," says Cruz. "We've already had repeat customers, and even requests to open Sunday, so maybe we'll think about that some more, a little bit down the road."

"At this stage it's more about building a rapport with the community than building sales," says Josh Giblin, who has been working hard getting the store ready for opening. "But sales have been growing."

The product lines carried at the small store are still being tweaked and adjusted. "We're definitely still revamping the product lines," explains Cruz. "We've received a



STORE MANAGER LUIS CRUZ (R) AND ASSISTANT MANAGER ANTON GOLDSCHNEIDER (CENTER) LEAP UP WITH A STEADY STREAM OF CUSTOMERS AT THE NEW WEAVERS WAY OGONTZ STORE.

lot of feedback from the customers already, and we've already made some changes based on that. We're trying to respond to requests as quickly as possible."

Cruz reports strong interest in membership among shoppers at the new store, but mostly people are still just enthusiastic about having the store open and having access to

all the great, healthy food and fresh produce.

Weavers Way Ogontz is located at 2129 72nd Ave., at the corner of 72nd and Walnut Lane, just off Ogontz Avenue. Hours are 10 a.m. to 6 p.m., Monday through Saturday.

For more information, call 215-276-0706.

Lively Debate on Bylaw Changes at Spring General Membership Meeting



AFTER ENJOYING A LAVISH SPREAD AND A CHANCE TO CATCH UP WITH EACHOTHER, MEMBERS HEARD A PRESENTATION ON EXPANSION AND VOTED ON BYLAW CHANGES AND NEW BOARD MEMBERS

by Jay Winston

On Sat., May 17, as Weavers Way held its Spring General Membership Meeting at Summit Presbyterian Church, Co-op President Stu Katz emphasized the importance of keeping a vision of our ability to change the world. At the same time, some members may have found themselves agreeing with the sentiments of the first song played during the meet, eat, and greet, "You Can't Always Get What You Want." While the meeting was largely harmonious, with presentations on expansion and the Weavers Way farm and board member elections, strong disagreements and concerns were voiced concerning changes in bylaws.

The meeting began with general announcements, including the information

that a sign language interpreter will now be available for Co-op meetings as needed, and approval of minutes from the fall 2007 General Membership Meeting. Co-op Purchasing Manager Norman Weiss then paid tribute to Weavers Way founder Jules Timerman and presented an inscribed bench in his honor. The bench is now in front of the store.

Getting into the business of the meeting, Vice President Nancy Weinman brought up proposed changes in Co-op bylaws, initiating the some of the liveliest and most contentious discussions of the evening. Most of the recommended changes involved minor and largely uncon-

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Ground Broken at MLK Farm



BREAKING GROUND AT THE SEEDS FOR LEARNING FARM (L-R): EMILIO MATTICOLI, CHIEF OF STAFF, FOUNDATIONS, INC.; CHARLES IRELAND, HOUSE PRINCIPAL, MARTIN LUTHER KING HIGH SCHOOL; PENNSYLVANIA STATE REPRESENTATIVE DWIGHT EVANS; SCHOOL REFORM COMMISSION CHAIRWOMAN SANDRA DUNGEE GLENN; FOUNDATIONS, INC. CEO RHONDA LAUER; OARC PRESIDENT AND CEO JACK KITCHENS; FOUNDATIONS, INC. EXECUTIVE DIRECTOR OF SCHOOL SERVICES SHERRINE WILKINS; AND WWCP EXECUTIVE DIRECTOR RACHEL MILENBACH.

by Barbara Sherf

As groundbreaking ceremonies for the Seeds for Learning program at the Martin Luther King High School in Germantown got underway June 13, the "pop, pop, pop"

sounds clearly drew the attention of attendees and the array of television crews, reporters and photographers on hand.

"No, you don't have to duck," said Sherrine Wilkins, Executive Director, School Services, Foundations, Inc. as the audience jumped at the sound of the balloons popping due to the heat. "This is a new era at Martin Luther King High. You will see firsthand the growth here, the seeds of change through the Seeds for Learning program." She thanked the media for covering a positive story in the neighborhood where television crews typically arrive following a shooting or violent crime. Others echoed her remarks.

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And of course... scads more

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Editor’s Note

by Jonathan McGoran

We have a new store in West Oak Lane, a new farm at Martin Luther King High School, a new board of directors, but the big news is ...stinkbugs. Not just any old stink bugs, because that wouldn’t really be news; I’m talking about those big Chinese stinkbugs that first showed up in *my* house three years ago. We found a picture of them in my son’s “big book of bugs.” Shield bugs, they were called, and they were cute, in a buggish kind of way. The book didn’t say anything about them being stink bugs or exotic invasives. And it didn’t tell us that they would be soon be climbing up curtains, bouncing off light fixtures, and falling into un-watched beverages.

Yecch!

I did a little research and was shocked to learn they were an invasive species and that in a few short years they had spread across most of Pennsylvania in great numbers. Suddenly, they seemed downright sinister. And I hadn’t even smelled them yet.

That treat didn’t happen until just a couple of months ago, on one of those, “There’s a Blackhawk helicopter buzzing around our bedroom that somehow vanishes any time I turn the light on” nights. After the third failed attempt to find the damn thing, I gave up (making a mental note to sleep with my mouth closed). Lying in the darkness, breathing through my nose, I was suddenly overwhelmed by a strong smell, like citronella, garbage and turpentine. Damn thing was crawling across my pillow, and it stunk. So did my pillow case. And as I picked him up, I realized that now my hands stunk, too.

I know there are much worse invasive species out there, but how many of them come into your house and stink up the joint? Having learned by then that stinkbugs are buoyant enough to “ride out the flush,” I draped him with a single square of toilet paper and held the handle down, smiling as it surfed the circular septic swirl to the great stinking beyond.

Served him right.

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e.g. August 1 for September 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



Farm in Full Summer Swing

by David Zelov, Weavers Way Farmer

Summer is here, and with it comes heat and an abundance of fresh produce from the farm. Yes, that’s right; you’ll no longer have to subsist on greens and root crops alone! In fact some of the greens will be disappearing until the cooler fall temperatures arrive, but will be replaced by green beans, carrots, eggplant, okra, onions, peppers, and 15 varieties of heirloom tomatoes, certain to please the most discerning palate. Hopefully the weather will continue to be seasonally appropriate and these crops will grow well.

Though we had a warmer than usual April, May brought with it some wonderful spring-like temperatures and rainfall that gave us gorgeous greens and beautiful broccoli, and also kept the flea beetles at bay. Regular intervals of rain helped to keep the soil moist for direct-seeded root crops and also helped establish our spring planted summer crops. We planted most of these at our annual Planting Day on May 10. After a rousing performance by the Kingsessing Morrismen, about 20 volunteers stayed to plant all of our tomatoes, summer squash, cucumbers, and the peppers that were ready to go in. Some particularly energetic volunteers also helped to lay black plastic on the beds – no easy task when done without use of a tractor. The black plastic will keep the weeds down and the soil warm, and will increase the yield of tomatoes.

Speaking of yields, we tripled our May sales compared to last year! \$2,300 in 2007,

\$6,600 in 2008. This is mainly due to three things: growing many greens we did not grow last year, having more space to grow early in the season, and selling at farmers’ markets (where we get retail price for our veggies). We had record sales during the first couple weeks of the Headhouse market – over \$1,100 in one particular day (over the course of about 2 ½ hours, actually). Not all of the produce vendors were selling yet, so we were almost the only source of fresh greens, and we sold just about every item we showed up with. Being in Philadelphia, we enjoy a little bit warmer climate than those farmers in the surrounding counties. Using a rototiller and hand labor, we are able to get into the field earlier in the season than those with larger tractors that will get stuck in the mud. Both of these factors combine to give us a jump on the season.

Other sales outlets are, of course, the Co-op on any day of the week, and the Weavers Way farmers’ market on Thursday afternoons from 3-7 p.m. We often bring a

few items to market that aren’t available in the Co-op so stop by and see us. If you happen to be downtown, you can also find our produce at the Fair Food Farmstand at the Reading Terminal Market. Recently, Nicole, who lives in West Philly, has been delivering our produce there via bike cart. This goes a long way towards cutting back on fossil fuels in farming, but it has its limits. We’ll need a fleet of these things if the orders get much bigger.



PHOTO BY DAVID ZELOV



PHOTO BY SOL LEVY

FARM INTERN NICOLE SUGERMAN DELIVERS PRODUCE TO THE READING TERMINAL MARKET VIA BIKE CART (TOP), AND ON PLANTING DAY, MAY 10, MORRIS DANCERS WELCOMED THE GROWING SEASON (BOTTOM).

Weavers Way Farm a Popular Education Destination



PHOTOS BY SOL LEVY

THESE STUDENTS FROM WEST OAK LANE CHARTER SCHOOL ARE SUCH REGULAR VISITORS, NOT ONLY DO THEY KNOW THE ANSWERS TO DAVID SILLER’S FARM QUESTIONS (LEFT), BUT THEY ALSO KNOW ALL THE MOVES TO HIS FARM DANCE (RIGHT).

by David Siller, Farm Educator

These days, East Germantown is very fortunate to have two flourishing farm operations. June, being the beginning of the peak growing season, the harvests at the Martin Luther King High school have already started. We made our first sales at the city’s newest farmers’ market at City Hall. With the students by our sides, we are considering our options for how to best market and sell all of the wonderful abundance that nature gives us. We have been toying with the idea of starting a CSA so we can better form relationships with the people in the surrounding neighborhoods of the school. We’ve also been selling to the new Weavers Way Ogontz store at 72nd Avenue and Walnut Lane. With the increase in abundance from both farms, the interns, David Zelov and I have been working diligently on increasing outlets for the product.

We’re selling at several smaller organic and locally minded health food stores, including Mariposa food coop in West Philadelphia, Almanac Market in Fishtown, Cornerstone Produce Market in Northern Liberties and Peas in the Pod Market in Glenside. Our mantra is often that “marketing is half the job.” Members can eat only so much mustard greens and bok choy during the spring and tomatoes, eggplant and peppers during the summer.

The Martin Luther King High School farm was in the spotlight several times during the month of June. With a growing interest in local food coming from all over the city, the media has been encouraged by our story of taking a vacant piece of land at the school and working with the students to turn it into a productive third of an acre overflowing with produce and flowers.

Together with the Weavers Way Farm’s

full-season apprentices and I, the students from MLK are all very grateful for the opportunity to create this space outside of the school. We are all bonding really fast and I am hoping that the students will continue to uncover some of the passion we bring to farming throughout the season and bring away the knowledge of what they have achieved in their own personal growth and the impact they have had on beautifying their school land and making a livelihood from it at the same time.

The Weavers Way Farm education programs have been active in June as well. During the school year, we’ve hosted students during the mornings and worked with the MLK students during the weekday evenings. Now that the school year is ending, I want to personally thank all of the wonderful students I have met over the

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Making Cheese the Old Fashioned Way

by Margie Felton, Deli Manager

I grew up in a small town in southern Chester County. Surrounding our town were farms, cornfields, creeks, and woods. Housing developments were just beginning and there was only one mall. Today, the beautiful old farm houses are surrounded by newly constructed mansions instead of pastures, most of the trees have been cut down and the cornfields are strip malls.

A few months ago, at a tasting of local cheeses, I was invited to make cheese with Susan Miller at Birchrun Hills, her farm in Chester County. I drove out of the city with another Co-op member who was also interested in learning how to make cheese. We left the city, passed the new treeless suburban housing developments and corporate centers and entered an area of northern Chester County where farmhouses are still located on farms and cows hang out in pastures eating grass. It was great to see that not everything was cut down and rebuilt.

The cheese making actually took place at a neighboring farm that was better equipped for this process. We entered a room where the raw milk from Susan’s farm was being stirred in a large stainless steel vat (cultures and rennet were already added). The milk had to be stirred for one hour while it was slowly warmed. We took turns stirring the milk and although I thought my arms were strong from slicing

meat in the deli, I soon learned they were not strong enough to stir the milk for more than a few minutes at a time. Once the curds separated from the whey and the milk reached the proper temperature, the whey was siphoned off into buckets where it would be used to feed pigs. Our next task was to press the curds into molds and top the molds with weights. After half an hour we flipped the cheeses in the mold so they would press evenly. The cheese would then age for a few months in the humidity-controlled aging room in the basement. The cheese we made was called Alpine Swiss. Susan also makes a blue cheese called Birchrun Blue. Susan marked the cheese we made so in a few months we can sell it in the store. In the mean time, she sent us home with a beautiful wheel of Swiss and two wheels of blue. Look for the Birchrun Farms cheeses in the specialty cheese section of the prepared food case.

To complete our day in the county, we had lunch at Kimberton Whole Foods store and stopped at Seven Stars Farm where our yogurt is made.

There are many new terms being used at the Co-op and other places to describe the food you buy. The list to the right is from the Philadelphia local food guide coordinated by White Dog Community Enterprises and I thought it might be helpful in making purchasing decisions.

Second Floor News

New and hot “off” the shelves!!

by Martha Fuller, Second Floor Manager

Mrs. Meyers You may have noticed that our the shelf unit for the Mrs. Meyers products has doubled in size – cool, eh? We consolidated all Mrs. M. products and have added four new ones. The Baby Blossom Scent has been a hit with our shoppers – those with children or those who don’t have kids. They use, to quote their literature, “the blossoms of Spring wildflowers, butterfly violets and honeysuckle with a teeny bit of apple, lemon and mint.” We are carrying the laundry detergent, stain remover, freshening spray and liquid hand soap.

Seventh Generation We have loved their products for many years and have carried their products on the second floor and the first floor. When you are on the second floor, look for all our new products from them: Free & Clear All-Purpose Cleaner, Natural Tub & Tile Cleaner, Automatic Dishwasher Lemon Gel, Natural Kitchen Cleaner, Natural Shower Cleaner, Toilet Bowl Cleaner in the Emerald Cypress & Fir scent and Natural Carpet Spot and Stain Remover.

Sunblocks and Insect Repellents While I have a limited space here for writing and we have oh-so-many products, let me invite you to scope out the summer section. There are some of your old “friends” in the products you will find as well as some brand new items.

EcoTowl and EcoSponge These products can keep cleanups EcoFriendly. They are made of sustainable, plant-based materials and provide a durable, machine-washable, alternative to paper towels and

non-biodegradable disposables. The label states that the products absorb an amazing amount of water – one source of info re this company stated that the sponge absorbs 15 times its weight in liquid and the towels can sop up to ten times their weight.

Equal Exchange We had their Organic Fair Trade Co-op Blend coffee beans on the deep discount CAP sale in June and what a hit it was. I’d like to remind you that it can be a hit all year ‘round and here’s how it can be: For every pound sold, Equal Exchange donates \$0.25 to their “Small Farmers.

Green Planet” fund. The money raised by consumer co-ops like ours goes directly to their small farmer co-op partners in Mexico, Nicaragua and Colombia to support their environmental rehabilitation projects. I believe that we, as Weavers Way Co-op members, can play an integral role as advocates for the campaign and play a role in raising awareness

of the amazing projects small farmers are taking on to address climate change. As Equal Exchange wrote in their letter to us, “It’s astounding to think that we in the United States have so much impact on the world and yet are doing so little to decrease our environmental impact, and small farming communities who are barely surviving, are taking steps to reverse these astronomical problems. We hope our partners are as inspiring to you and your consumers as they have been to us.” While I know and trust that many among us do thoughtfully go about our daily lives considering our impact on the environmental status of what we do, we can, by buying certain coffee beans, find some ways to impact the world in a loving and healthy way.

Glossary

CERTIFIED ORGANIC: Food that has been USDA certified to be raised free of pesticides, hormones, and sub-therapeutic antibiotics.

CHEMICAL FREE: Crops (including produce and animal feed) grown entirely without the use of chemicals.

CONVENTIONAL AGRICULTURE: A resource intensive agricultural system, relying heavily on machinery and chemicals to raise crops and live stock.

FREE-RANGE/FREE ROAMING: Animals that have been raised for all of their lives in systems where they may freely move about in an unrestrained manner.

GRASS-FED: Animals that have been raised entirely on grass and are fed little or no grain. This term applies specifically to ruminant animals like cows that are meant to eat grass.

HORMONE & ANTIBIOTIC FREE: Animals that have been raised without the use of growth hormones or sub-therapeutic antibiotics.

LOCALLY GROWN: Farm products raised within approx. a 150-mile radius of Philadelphia.

PASTURE:-RAISED/PASTURED: Animals that have never been confined to a feedlot or feeding floor and have had continuous and unconfined access to pasture throughout their lives.

SUSTAINABLE AGRICULTURE: A holistic method of agricultural production and distribution that strives to be ecologically sound, economically viable, and socially just for present and future generations.

VALUE-ADDED PRODUCTS: Farm products that have been processed in some way such as jam, jelly, pickles, and pies.

SUB-THERAPEUTIC ANTIBIOTICS: (I added this because it showed up in a few of the above defintions) Use of antibiotics for anything except sickness. Antibiotics are often used as growth promotes or to compensate for confined and unsanitary living conditions or feeding animals an unnatural diet. For more information go to www.serconline.org/antibiotics/faq.html

July’s Hidden Treasure in the Deli

I don’t know if this is hidden but it is definitely a treasure. Michele’s Tofu Tahini Dip was created by Michele of Michele’s Originals, but it is now made by Helen’s Pure Foods in Cheltenham, PA.

This dip is great with chips, vegetables, crackers or as a spread on sandwiches. For those of you that are tired of hummus give this healthy and delicious dip a try.

One of my favorite sandwiches (sometimes sold in the prepared foods case) is Le Bus multigrain bread with Tofu Tahini, baked tofu (from Fresh Tofu Inc.), roasted peppers, cucumber slices and sprouts.



Michele’s Tofu Tahini Dip

Fiddlehead Ferns

by Bonnie Shuman, Prepared Foods Manager

Well, by the time you are reading this, the topic of this article will be out of season, but I am so excited by my first-time experience with it that I wanted to share it with you anyway. What, you ask, could be so exciting to write about even though it will be old news by the time it is published?

My first time making and eating fiddlehead ferns. Fiddleheads are young fern fronds that have not yet opened. The ferns get their name for their close resemblance to the curled ornamentation on the end of a fiddle. Once the fern has opened, it is no longer edible. Some of you may have noticed them in the store for a few weeks in May. Sadly though, fiddlehead ferns are only around for those short few weeks, so you have to get them while the getting is good – and fiddleheads are damn good.

The fiddlehead fern is also known as the ostrich fern or the pohole fern. The ferns we carried were probably from New England, but they grow as far north as Canada. When buying fiddlehead ferns, you want to look for ferns that are tightly coiled and not too moist. The fern will have a brown, thin, paper-like coat called the chaff. You can remove this gently by hand



or you can briskly wash the ferns to remove the chaff. I also trim the brown part of the stem where the fern was picked. The fiddlehead is a versatile vegetable and can be used in a variety of ways, from soup to grilling. I am a purist and prefer to eat them very simply as I don’t like a lot of other ingredients competing with their delicate flavor, which is often compared to that of asparagus. (I

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Managers Corner

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for budgetary reasons only.

For those of you who have recycled on a monthly basis, thank you, and for those of you who volunteered to make this program work, we all thank you for your dedication and community dedication.

Health Care Expenses

Hurt the Co-op

Our fiscal year ended June 30 and a new year started July 1. Last year we had just over 30 staff members enrolled in the Aetna health care coverage. It is not a bad plan, it is not a great plan (a great plan would be a national health system that was easy to use and had a focus on prevention, support for our medical community, and efficiency through continuum of care services working together and not competing). What I have found is that each year for the most part our bill either goes up or our staff can not afford to use the system. For example, one great, hard-working staff member had a shoulder problem. He had surgery and then went for physical therapy. The doctor wanted him to go a few times a week, but when he (and we) found out that each time he went the cost was \$50 for the co-pay, he said he could go once a week, but anymore and he could not afford the co-pay. So, he did not go.

This is one example how the present system keeps utilization down: just make the hurdles a little too high for average working people (who play by the rules). They might need more intervention later after missing follow-up treatment, but maybe they will not go. Health care by mathematical formulas and profit!

The year that just ended had the Co-op paying out \$93,000 to cover just over half of the staff. The staff paid on top of that their share of the co-pay premiums and more. In April, HR manager Dave Tukey came to me to tell me that the current plan

would be going up over 42 percent! The same plan! That would mean a bill over \$135,000! It does not end here.

After many discussions between a study group led by Dave and a staff meeting, management decided to improve the health care coverage and to assist staff with family coverage so they would see no increase in the cost of the coverage (it was already high). Let's go to the numbers. (See box).

The effect of getting a better coverage plan that our staff can afford and helping the staff pay for the increases (42 percent) that Aetna is forcing on us means that our health care bill for 2008-09 fiscal year has just jumped by another \$90,000 or a total of about \$180,000!

No other expense for the Co-op is going up that quickly (food prices are rising at four to five percent, labor at 12 percent). This increase will erode about 1/3 of our percent profit. I had just put a budget in front of the board that showed a 2.5 percent profit, but with this increase we will have to show a profit of less than two percent. All this work we do and the money we raise from selling product, and the profit is only a few pennies. I am required to show your board a two-percent profit to help keep the cash flow positive after all investments in the business each year. I am now forced to go back to the budget and look at what has to be cut or held up for implementation. This is a direct effect of our medical costs.

I know that our members want to make sure that our staff (hourly and management) are taken care of for their health care coverage and retirement plan (which we also increased the contribution of for next year), but I cannot help thinking that Aetna is taking advantage of our situation. We have

Monthly Health Care Costs for Weavers Way (Aetna 5.2) plan		
	Premiums	Employee Cost
Single	\$419	\$42
Emp +child	\$747	\$219
Emp + children	\$747	\$219
Couple	\$964	\$436
Family	\$1,230	\$652
<i>*For the WW employee the Co-op picks up 90% of the premium</i>		

dedicated older staff who have worked to fulfill our mission, but because they are experiencing some medical bills that might be high, it does not seem fair to be hitting the Co-op instead of spreading this expense over Aetna's entire population. We have paid our medical insurance year after year after year. We do not know what our true utilization is of the system since Aetna does not provide this data to us. We, as are all purchasers of health care coverage, are in a situation where we are purchasing a service and have no idea what we are getting for this coverage. We have no idea what Aetna pays for the utilization that they have "negotiated" on our behalf (give me a break).

It is also worth noting that while raising our rates 42 percent, Aetna is reporting net profits for 2007 of \$1.83 billion, up 7.6 percent from 2006 profits of \$1.7 billion.

Many of the staff have talked about protesting. I support that fully. Perhaps we should have paid work release time to allow staff to go to the insurance company doors and Congress to protest and help force change. So do not be surprised if we report in our quarterly financial results this year a below the line charge for "Insurance Protest Costs" – it might be one of the Co-op's better investments for our future.

Fiddlehead Ferns

(continued from page 3)

happen to think they taste more like artichokes.)

The I made fiddleheads the first time is the way I still make them, so here is my recipe. I hope you will try them next year in early May, when we will republish this article. Perhaps the brevity of their season is so short it adds to the mystique of this beautiful vegetable — but once you taste a fern break over your taste buds, you'll know it's all about their subtle and unique flavor.

Sautéed Fiddlehead Ferns

- 1 pound fiddlehead ferns
- 2 tablespoons olive oil, or grapeseed oil
- 2 cloves garlic, finely chopped
- 1/2 cup white wine
- 3 tablespoons lemon juice
- 3 tablespoons butter (optional)

Trim the dark ends from the stem of the ferns and remove any of the remaining chaff. Heat oil in a skillet over medium heat. Add the ferns and cook for five to 10 minutes, depending on how firm you like them, stirring them so both sides get direct exposure to the heat. (I cook mine on the longer side as I like them to brown). When ferns are just done add the garlic (I also use shallots in addition to the garlic sometimes). Let the garlic cook for about a minute then pour in white wine and lemon juice. Let the liquid reduce for a few minutes. Finish with butter, and salt and pepper to taste.

Sublime, I tell you, sublime.

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Pet Store News

Post-Recall Scrutiny Pays Off When Manufacturers Change Packaging, But Little Else

by Kirsten Bernal

Most of us are aware of the increasing scrutiny prompted by last year’s pet food recalls. It has become a sort of symbol of the changing perspective towards pet food. The event provided an opportunity to enrich the public’s awareness of the benefits of choosing better quality pet foods. I personally will not look at a pet food label in the same light again. This process has served to educate me and provide me the ability to make the best choices for the Co-op pet store. Over the last year, we have made informed changes to the product line reflecting our values and the standard that they imply. Part of these changes have included cutting back on the amount of Science Diet inventory we carry in the store. We no longer carry their dog food products, with the exception of the jerky treats, and we have streamlined the feline products to include only the most popular formulas.

Just after the recall began, I contributed my first article to the *Shuttle*. In that article I wrote that Hill’s Science Diet products were not necessarily the best option. The truth is that Science Diet is a far inferior product than most of what we carry in the pet store. The very first ingredient is chicken by-product meal. When you add that to ground whole grain corn, brewers

rice, animal fat, corn gluten meal, chicken liver flavor, you are left with a product consisting of by-products, food fractions, fat from unknown sources, and corn gluten, which is indicative of a heavily grain-laden poor quality product. A consumer could purchase a bag of Purina with very similar ingredients for half the price. Though I am

not sure that pet owners are purchasing Science Diet with the knowledge of what it contains due to the exceptional reputation that this company has achieved. What bothers me most about the Hill’s Corporation is not that they are making a poor quality product but that they are passing it off as top

of the line. They are boasting health benefits that simply cannot coexist with the ingredients that are used. The company has long taken advantage of their status and reaped the rewards by capitalizing on delivering much less than their promise. Veterinarians are still recommending Science Diet. Hill’s manufactures “Vet only” formula’s meant to treat animals with sensitivities and illnesses. These formulas contain ingredients no better than the regular line. They too are loaded with by-products and fillers. I am not a veterinarian, but I am naturally suspicious of a product meant to promote health that contains nothing remotely

“healthy.” I would not feed my pets these products and I hope others will follow suit. Hill’s is a huge corporation interested in what most corporations are interested in: money.

While I have been unhappy with this product all along, I have chosen to continue to stock it because there are still many members who purchase it. I did however have a recent experience that has prompted me to reconsider. It seems that Hill’s is involved in a great deal of restructuring within their organization. It is no wonder, given the impact of the climate in the pet food industry. The result was that I received a visit from our new – and, as she explained, possibly temporary – sales representative. It was somewhat of a change, as the old rep was not very involved. She was pleasant and personable. She offered information on what was going on within the company and what we might expect in the months to follow. She wanted to introduce the new product line, which is clearly Hill’s’ response to the recalls and its aftermath. She gave me the literature and, while I didn’t believe that Science Diet was making a huge transformation, I did feel as if the new product could serve as a happy medium, that it might come a bit closer to the standard being set by the independent food companies

that have been producing quality all along. That its first ingredient was not a by-product seemed to be a move in the right direction.

As the rep went on about vitamins and minerals, I agreed to begin stocking this new product and I thought that possibly we could replace the whole line with the more “natural” option. I thought of it as the less-

er of two evils. On Monday when the delivery arrived, however, I was forced to revise my plans as I was confronted with the reality of big business.

Hill’s’ new product is called Nature’s Best. It is displayed in packaging that illustrates grassy fields and is presumably meant to evoke a feeling of nature.

This product is very cleverly aimed at carving out a neat little profit from what advertisers perceive as the “health nut, granola and Birkenstocks” crowd that, after the recalls, decided not to use Science Diet any longer. The front of the bag boasts “Ocean fish is the first ingredient.” What it fails to advertise is that the second ingredient is maize gluten meal. This for me is really the defining element. Changing the word corn to maize does not change the fact that it is filler. This is so plainly deceptive that it is bordering on offensive. These two ingredi-

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Membership Meeting
(continued from page 1)

troversial matters of language.

A number of current proposed changes, however, were significant and, in some cases, controversial.

Before raising the proposed changes for consideration, Nancy explained that contrary to a statement at the last general membership meeting that the board was considering changes to the bylaws relating to committees and membership requirements, the board concluded that it is not ready to make any recommendations for changes on these issues at this time. Nancy said that the board will be engaging members and committees in further discussions and will make a proposal when a decision has been made on what changes would be in the best interest of the members. The first two changes brought up for consideration at the meeting involved giving more members the opportunity to vote. First of these was a new section allowing members to vote without attending general membership meetings and instead providing the opportunity to submit ballots. Second, a proposal was made to use ballots rather than a show of hands at general membership meetings voting on changes in bylaws. In both cases, ballot boxes would be placed in Co-op stores and at least 75 ballots would have to be received for the vote to be considered an act of the membership. Both of



FARM EDUCATOR DAVID SILLER GIVES A PRESENTATION UPDATING THE MEMBERSHIP ON ALL THAT’S GOING ON AT THE WEAVERS WAY FARM.

these resolutions were adopted by near-unanimous votes.

A number of proposed changes involving the makeup of the board of directors were then introduced, which caused a bit more disagreement. The board will now include a designated slot for the immediate past president of the board if he or she is willing and able to serve and from nine to 11 members elected at large, a maximum of two of whom may be Co-op employees. At the same time, it was recommended that



WEAVERS WAY BOARD PRESIDENT DELIVERS THE PRESIDENT’S REPORT AT THE SPRING GENERAL MEMBERSHIP MEETING.

staff members will now be treated like any other members of the Co-op in running for seats on the board. In other words, there will no longer be a requirement for the board to include members of the staff. This change inspired some debate among the assembled membership, some of whom felt strongly that staff representation on the board was important and needed to be protected.

Board member and staff representative Dave Tukey pointed out that staff mem-

bers on the board are elected by the general membership rather than specifically by fellow staff members. Thus, as it is, they are not necessarily representatives of the interests or opinions of the staff. In addition, their dual roles as staff and board members create potential conflicts. Josh Giblin responded to a member’s question concerning the potential lack of staff representation, pointing out that, while serving simultaneously as board member and staff member, he found himself in an ambivalent position as a director advising the general manager for whom he works. In addition, he argued that the requirement for staff membership on the board may put pressure to serve on the board on staff members who do not want the responsibility. It was emphasized that, in fact, staff members, rather than being forcibly disenfranchised by this change, support it.

To give a bit more perspective, Dave

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Spring 2008 Board Elections Results

John Adams	16 votes
Edward Case	47 votes
Sylvia Gentry	33 votes
Chris Hill	59 votes (1-year term)
Bob Noble	74 votes (2-year term)
Jim Peightel	29 votes
Sue Wasserkrug	60 votes (2-year term)
Nancy Weinman	75 votes (2-year term)
Dave Tukey	88 votes (2-year term)

113 ballots counted / 8 ballots discarded

Is There a Board Vacancy?

by Bob Noble

A mistake in the ballot for the recent Weavers Way elections has the board now scratching its collective head trying to figure out if there is a vacancy on the board. The problem arose when the ballot was prepared for initial publication in the April Shuttle. There were eight at-large candidates and the intention of the Leadership Committee (composed of volunteer members to oversee the elections) was to allow voting for up to five, but the ballot said to vote for

up to four. If five at-large candidates had been elected, then the size of the current board would have been eleven—the same as the previous board (and the maximum allowed by the Bylaws as they existed at the time). But because of the mistake, the size of the current board is now ten.

The board considered a couple of options at its June 3 meeting. One option was the possibility of holding a special election by the membership; but given the fact that the current board size is still with the range specified in the bylaws, it was decided that the cost and effort were not justified. The board also considered treating the 11th board seat as a vacancy and filling it according to the method prescribed in the bylaws, i.e., by board appointment. At first glance the question of whether or not there is a vacancy on the board might seem obvious. However, during the meeting we noted that our bylaws specify a range (9 to 11 at the time of the election) rather than a specific number of board members. Moreover, our bylaws do not define what constitutes a vacancy. Since the question was important, but not particularly urgent, the board decided to seek legal counsel before making a decision. The board will report developments to the membership as they occur.



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Membership Meeting

(continued from page 6)

and Bob Noble pointed out that a number of different models exist at other co-ops. At some, staff members are elected by the board, rather than the staff or general membership, to represent staff interests; one co-op has half of its board made up of staff; some worker co-ops have staff-elected boards; and others do not allow staff members on their boards at all. In the end, after much debate, the motion was carried with 40 votes for, 14 opposed.

Another recommendation involved increasing board member terms from two to three years. Due to the learning curve necessary for board members to work up to their full potential, it was argued that experience provides more efficient utilization of Co-op resources. Currently, with two year terms, half the board changes each year, creating a disruption in terms of both continuity and efficiency. Under the bylaw changes, any members who do not wish to serve out or meet the responsibilities of an entire three year term may resign, leaving their slots open for the remainder of the term. This proposal also stirred a bit of controversy, but was passed.

Another proposal involved the procedure by which the board of director can go into executive session. Under executive session, anyone who is not a board member is excluded. This is considered necessary since, at times, the board needs to discuss matters that are considered confidential, including staff conflicts, personnel reviews, negotiation of contracts, causes for member expulsion, or other instances in which people might not want their names recorded in meeting minutes. Until this point, the board has been going into executive session without a policy in place. One member suggested that the amendment should be set aside until the board can provide a specific list of instances in which executive session may be called. It was argued to the contrary



PHOTO BY ROBIN CANNICE

ON HAND TO INTERPRET THE MEETING WERE MARILYN KASS JARVIS (L) AND JULIE MAROTHY

that using less restrictive language follows the example of other co-ops. Ultimately, it is up to the members to hold the board accountable and board members must hold each other responsible for making sure that executive session is not called unless it is unavoidable. The motion passed.

Once the business of bylaw changes was done, the meeting's focus shifted to Weavers Way's ongoing plans for expansion. The opening of the Ogontz store, located at 72nd and Walnut Lane, was described as a kind of "detour" as it is not expected to do much to fulfill the goal of drawing business away from the current store. It does, however, have great visibility, access to public transportation, and can serve a badly underserved population. The staff for the store were introduced, including Luis Cruz who will serve as manager. A soft opening in June, to coincide with the jazz festival, was announced, along with a grand opening scheduled for July.

Weavers Way's major plans for expansion, meanwhile, are currently focused on Chestnut Hill. There the Co-op is currently looking at the Kurtz Roofing building and negotiating for half of its space, or 12,000 feet, to open a substantially larger store which would be expected to shift 15-20 percent of the Co-op's business away from

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Weavers Way Film Series

Montgomery to Memphis



SCENE FROM “MONTGOMERY TO MEMPHIS”

by Larry Schofer

Martin Luther King – From Montgomery to Memphis. It’s hard to know what to say about this film, which was shown in the Weavers Way Education Committee film series in May. I lived through this period, and I have read a lot of books about Dr. King and about the civil rights movement, but this film goes beyond all that.

This is truly an inspirational film. Forget about the flaws in King’s character; forget about the political maneuverings in the Southern Christian Leadership Conference; forget about all those things – just focus on the man! The film shows what an inspirational figure he was.

The documentary is unusual in that there is no documentary; it consists entirely of film from the 1950s and 1960s. Most of the speaking is by King himself, with a few snatches from other people, both in opposition and in support. The Montgomery

bus boycott comes alive. Montgomery, Selma, Chicago, Memphis. The story is unbelievable.

Then comes the ending. At his funeral, the tape of his last sermon was played – and it was a eulogy by Martin Luther King Jr. about the death of Martin Luther King Jr.!

I think kids in the schools should see this film, to see what parts of America were like back then. It wasn’t so long ago, and things are quite different now – though we still haven’t made it to the Promised Land.

The documentary won an award in 1970. The original was 180 minutes; this is 103 minutes. The entire original film is not commercially available. The film is available for rental at the Video Library, where we show our monthly films.

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The animated tale about the round-headed child, Oblio, born into a world where everything and everyone has a point, and his faithful dog Arrow, narrated by Ringo Starr and featuring the Harry Nilsson song “Me and My Arrow.”

Singer/songwriter Harry Nilsson wrote and produced this touching animated tale in 1971, and contributed some classic songs for the soundtrack. The soft Liverpoolian lilt of ex-Beatle Ringo Starr narrates the tale, telling the story of Oblio: A sad outcast from the village of “Point.” largely eschewed by the local villagers due to his round head. The adventures of Oblio and his trusty sidekick dog Arrow subsequently take shape in the “Pointless Forest,” a wonderland filled with colorful characters and some enchanting secrets.

Ringo Starr’s narration, especially when he takes the role of a father reading the story of Oblio and the Land of Point to his son, is amusing. The message about accepting diversity is clear without being pushy or strident. The Point is suitable for children and will entertain adults. While there is child to child unpleasantness between Oblio and the Count’s son, and Oblio’s banishment from home is sad, there is no violence or threat of violence, and the bizarre denizens of the Pointless Forest are benign.

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The High Point is “the Place”

by Peter Samuel

We often overlook how one person can make a difference in the community. In Mt. Airy, Meg Hagele, manager of the High Point Café on Carpenter Lane, has brought an energy and enthusiasm that has resonated with many people in our neighborhood.

“She is the Queen of Mt. Airy,” says Co-op General Manager Glenn Bergman. “We couldn’t live without the High Point and the way it has given Co-op members a place to go and socialize.”

If you shop at Weavers Way, it would be difficult not to notice how the High Point has become a presence in the neighborhood, and in very short time given the retail area surrounding the Co-op a much needed boost and focus.

“I go there two or three times a day,” says Nick Gregory, a professional juggler who lives a short walk from the café. “At seven in the morning there is a bit of a coffee clatch there,” he tells me. “I have come to depend on their espresso – it has something to do with their attention to detail that makes it so good.”

Hagele (pronounced ‘Hay-Glee’) sits down on a Sunday afternoon to tell me about herself and the café which she started just three years ago, but ends up talking more about community and how important it is to her and her business..

“When we returned from Seattle we spent a lot of time looking for a store front, and we were so happy when this building opened up,” Meg says. “Growing up I was always a member and a real fan of

Weaver’s Way, and liked the way the Co-op was the unifying factor in Mt. Airy.”

Hagele, now 36, spent her childhood a few blocks away and went to Germantown Friends School through eighth grade. People may remember her lemonade stand at the corner of McCallum and Allen Lane that she ran for three years when she was a kid. “I guess I have always been something of an entrepreneur,” she explains.

After getting a degree in theater from Whittier College, and a short stint managing a theater company with her brother in Ithaca, she moved to Seattle. With jobs ranging from barrista to bookkeeper at the local coffee shop, she eventually opened her own business with a partner and they called it Café Besalu. There too, her shop helped bring life to a neighborhood.

After ten years away she got the urge to return to her family in Philadelphia. She brought her future husband with her, they got married here and then she looked for a



HIGH POINT CAFÉ PROPRIETOR MEG HAGELE, STANDING AT THE SOCIAL EPICENTER OF WEST MT. AIRY

place to start a coffee shop.

Her husband Curtis Coyote is an artist, and has helped with things like creating the sign over the window, and is also in charge of the bi-monthly art shows that adorn the walls of the café. “They are all shows of local artists. We don’t charge a commission, and we are currently booked through 2009,” Meg says. “We also put up kids’ work, like from the Henry school, for a week before the next local artist show goes up.”

She catches her breath after the active pace behind the counter and seems grateful to sit for a while. Her crew doesn’t miss a beat as she turns things over to them. “The barrista culture is not as well established

here as in Seattle. I actually prefer to train new people myself so I don’t have to wrestle with habits they may have learned somewhere else.”

There is a wonderful busy buzz in the orange and green painted space and clearly everyone is happily engaged in conversation, including people gathered outside.

“I have an interest in creating community, and Mt. Airy is an extraordinary place for that,” she says. We are sitting at one of the eight cozy tables in the café, “after the morning rush,” although people are still patiently lined up at the counter waiting for their coffee drinks and beautiful pastries. Meg is often interrupted by customers who greet her warmly. It is obvious that she has made lots of friends here and people seem to brighten when they catch the glow of her good-natured smile.

“I estimate 98 per cent of my customers are regulars,” she confides. “It’s great being the place. Couples come here for special occasions; kids want to have their birthdays here. It’s wonderful to be the center of things.”

She tells me how she discovered her prior pastry chef, Jim Flail, through Craig’s List and how phenomenal he was in producing foods that helped the High Point develop a reputation all over the city. “We have gotten to be known for everything: pastries, quiche, and even our crepes that I thought would just be a sideline,” she exclaims. “And of course there is our coffee.”

When she and her husband were in Seattle, Meg encouraged one of her friends

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Partnership Recycling Grants Awarded by Weavers Way Environment Committee

by Sandy Folzer
Environment Committee Chair

The Environment Committee of Weavers Way Co-op awarded grants to a number of community programs in May. The money is derived from the Weavers Way recycling endeavor which receives funds for recycling from the Philadelphia Partnership Recycling Program.

The majority of the grants will be used to purchase garden-related supplies such as perennial plants, tools, supplies for composting, benches, and fencing. Funds will enable one grantee to acquire a garden watering system; and others to create a children's garden and to acquire educational supplies. One project funded will distribute Healthy Homes toolkits. A total of \$6,110 was awarded.

The Weavers Way Environment Committee commends these programs, which are doing such good work in the communi-

This year's Weavers Way Partnership Recycling Grants were awarded to the following programs:

- Neighborhood Interfaith Movement
- Ned Wolf Park Project
- Waterview Recreation Center
- Penn Knox Community Garden
- Houston Playground
- Springside School
- Urban Tree Connection
- Northwestern Stables
- Hansberry Garden & Nature Center
- Pleasant Playground
- Friends of Carpenters Woods

ty to improve the environment. There are some Partnership Recycling funds remaining; grants will be awarded in 2009 as well. Since the City of Philadelphia will begin its single stream recycling throughout the city on July 1, the last date for Weavers Way recycling will be on Saturday, July 19.



AT THE CITY HALL FARMERS' MARKET, MAYOR MICHAEL NUTTER IS AMONG THE FANS OF THE PRODUCE FROM WEAVERS WAY FARM AND SEEDS FOR LEARNING FARM AT MLK HIGH SCHOOL. FROM LEFT TO RIGHT ARE, MLK STUDENT CHARLES MAPP, WEAVERS WAY FARM EDUCATOR DAVID SILLER, MAYOR NUTTER, FARM INTERN CANDACE MOORE, AND WWCP EXECUTIVE DIRECTOR RACHEL MILENBACH.

Farm Education Programs

(continued from page 2)

spring. It's amazing to see the experiences that students from every background have at the farm... from the smallest kindergarten who puts leaves around plants as a weed mulch and then helps to plant tomatoes only to get enchanted by all the worms on the way, to the high school student who reaches towards a weed to examine pest damage and then learns that plants are grouped into families and is fascinated by

different tastes like sour, sweet and spicy. During the month of June the farm was visited by these schools and groups. Wyncote Academy high school, West Oak Lane Charter School, Drexel University, and the Intercommunity action mental health facility in Roxborough. We've also continued our friendship with the Saul Agricultural High School students. Two students from that school as well as three MLK students will be joining for several hours each week during the summer.

Monthly Recycling to End July 19

With expanded single-stream recycling coming to Philadelphia, the Partnership Recycling Program is no longer distributing grant money, and there is no longer a need for monthly recycling. Thank you to everyone who has participated all these years, diverting countless tons of landfill and raising thousands of dollars for many worthwhile projects and causes. 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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Coming to a Neighborhood Near You: The Dreaded Brown Marmorated Stinkbugs!

by Brenda Malinics

My house has been under siege for the past year. When I suspected that I had what the Dept. of Agricultural was hoping had not yet reached Philadelphia County, I caught and dispatched one of the odd-shaped bugs that was crawling in disturbingly large numbers over the exterior and interior of my house. I preserved the bug in alcohol as instructed, and sent it off for analysis. I soon got a call that the bug was in fact the dreaded brown marmorated stink bug, *Halyomorpha halys*, an insect not previously seen in North America but one that was invading Pennsylvania since it was accidentally introduced into eastern Pennsylvania in the fall 1998 in Allentown. As of April 2008, the nuisance brown marmorated stink bug has been recorded in 26 Pennsylvania counties.

We have had other stink bugs in our area, but not the brown marmorated stink bug. It is known as an agricultural pest in its native range of China, Japan, Korea and Taiwan where it destroys crops and invades residences. I usually catch seven or eight bugs per day/night. They have shown up in my dresser drawers, in my linen closet, in my clothes and shoes... they land on my face when I'm reading... they dive bomb me in the shower... they fall on my head when I'm sleeping... they seem to be everywhere. They are awkward and sluggish flyers that have the courtesy to buzz in flight so at least I know when they are near.

If you've been lucky enough to never have seen one of these bugs in your home, you wouldn't know that they are approximately 17 mm long, or two thirds of an

inch, and are shades of brown on both the upper and lower body surfaces. They are the typical "shield" shape of other stink bugs, almost as wide as they are long. To distinguish them from other stink bugs, look for lighter bands on the antennae and darker bands on the membranous overlapping part at the rear of the front pair of wings. They have patches of coppery or bluish-metallic colored small rounded depressions on the head. The name "stink bug" refers to the scent glands located on the dorsal surface of the abdomen and the underside of the thorax which truly is an unpleasant order. One of my cats took one into his mouth, immediately spit it out, and drooled. By now none of my cats will even touch the stink bugs with their paws. I have resorted to designating "stinkbug" catch tissue and locating them in different rooms throughout the house.

It is suspected that this species has a single generation per year in Pennsylvania. However, in parts of sub-tropical China, records indicate from four to possibly six generations per year. In Japan (and it is anticipated in Pennsylvania), adults emerge from overwintering during the beginning of June. They mate and lay eggs from June through August. The eggs hatch into small black and red nymphs that go through five molts during July and August. Adults begin to appear in mid August (but in my house there are adults 24/7, 12 months of the year). Their flights in search of overwintering sites started in mid September and peaked during the first half of October, so be prepared to see them clustering over homes at this time.

It is not known whether this species will become an agricultural pest in Pennsylvania. In its native range, it feeds on a wide variety of host plants including apples, peaches, figs, mulberries, citrus fruits and persimmons. It has also been reported on many ornamental plants, weeds, and soybeans. Even though these insects do not harm humans and are not suppose to reproduce inside structures such as houses, they are a real nuisance. If many of them are squashed or pulled into a vacuum cleaner, their smell can be quite apparent.

Please do not put the bugs outside where they will breed and spread. I don't like to kill insects, but these bugs are an invasive threat. I also don't like crushing bugs, so I use the same quick-kill method that I use to on fleas. I keep a dish with soapy water available to toss them into. And by the way, I can tell you from experience that these bugs don't drown if thrown into the toilet.

Web sites report that to prevent the bugs from entering a building, one should seal cracks around windows, doors, siding, utility pipes, behind chimneys, and underneath the wood fascia and other openings should be sealed with good quality silicone or silicone-latex caulk. Damaged screens on doors and windows should be repaired or replaced. Even if you use an insecticide such as the recommended pyrethroid, it will be broken down by sunlight, and may not kill the insects much beyond several days or a week.

If numerous bugs are entering the living areas of the home, attempt to locate the openings where the insects gain access. Typically, stink bugs will emerge from cracks under or behind baseboards, around window and door trim, and around exhaust fans or lights in ceilings. Seal these openings with caulk or other suitable materials to prevent the insects from crawling out. Both live and dead stink bugs can be removed from interior areas with the aid of a vacuum cleaner or the daily sudsy dip that I employ.

It is not advisable to use an insecticide inside after the insects have gained access to the wall voids or attic areas. Although insecticidal dust treatments may kill hundreds of bugs, there is the possibility that carpet beetles will feed on the dead stink bugs and subsequently attack woolens, stored dry



goods or other natural products in the home. Although aerosol-type pyrethrum foggers will kill stink bugs that have amassed on ceilings and walls in living areas, it will not prevent more of the insects from emerging shortly after the room is aerated. For this reason use of these materials is not considered a good solution to long-term management of the problem. Spraying insecticides, directed into cracks and crevices, will not prevent the bugs from emerging and is not a viable or recommended treatment either.

Although a great nuisance, these stinkbugs aren't poisonous, they don't sting or bite and they don't carry diseases (at least that we know of). As I like to say, much to my family and friends' dismay, "It could always be worse."

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Sunscreen and Safety

by Sandra Folzer, Environment Committee

We do know that skin cancer can be caused by an overexposure to the sun. However, we don't know if sunscreens prevent skin cancer. The two most popular ingredients, zinc oxide and titanium dioxide, are thought to block UVA and UVB. Remember when lifeguards had a blob of white on their noses; that was zinc oxide. To absorb and look better, sunscreen manufacturers began using nanoparticles. This is possible due to nanotechnology, whereby atoms and molecules are manipulated to make them very small. One nanometer is one billionth of a meter. A human DNA strand is about 2nm, while a human hair is 80,000 nm.

Because of their increased mobility, nanoparticles can enter vital organs, tissues, and cells, possibly causing damage to our DNA. Industry studies are not publicly available. And manufacturers won't allow their products to be tested by others for fear that something negative might be found, that their products could be taken off the market. and it could harm the industry.

In *Scientific American* (Aug. 20, 2007,

David Biello claims more research is needed to identify possible risk factors when reducing chemicals to nanoscale, which can "dramatically alter their physical properties. Pencil lead, for instance, becomes stronger than steel when reduced into nanosize atomic clusters." Neurotoxicologist Bellina Veronesi of the EPA found that photoactive titanium dioxide nanoparticles infiltrated the microglia causing them to produce free radicals, charged oxygen particles, which can stress healthy cells. But Veronesi says sunscreens would likely coat this material to deflect sunlight. While only one of 15 studies showed that nanoparticles were absorbed by the skin of rabbits, there haven't been enough studies to know how these chemicals react with other chemicals. No one but the manufacturers know the exact ingredients of their products. The FDA regulates the active ingredients like zinc oxide, but not the inactive ingredients, such as preservatives.

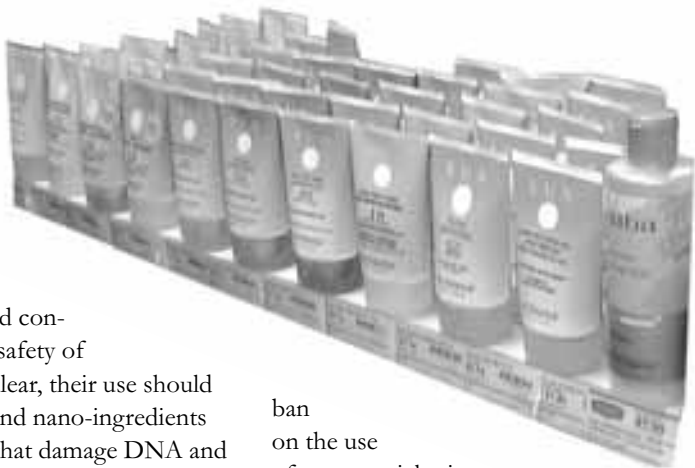
The Royal Society in the U.K. advocated peer-reviewed, publicly accessible safety studies for any cosmetics using nanoparticles. The U.S., in contrast, claims that larger

versions of the same compounds are safe, so more studies are unnecessary.

Consumer Reports did their own study in July, 2007 and concludes that since the safety of nanoparticles is not clear, their use should be avoided. They found nano-ingredients created free radicals that damage DNA and low exposure to nanoparticles of titanium dioxide can damage the lungs of animals if inhaled. They also suggest that nanoparticles are more likely to be absorbed when skin has been damaged by acne, sunburn or shaving nicks, even through hair follicles. *Consumer Reports* suggests choosing sunscreens that don't list titanium dioxide or zinc oxide on their label. Their tests found no correlation between effectiveness based on the presence of these ingredients. Their top product, Neutrogena Ultra Sheer Dry-Touch SPF 45, did not contain either.

Friends of the Earth has called for a

ban on the use of nanoparticles in sunscreens until more safety studies are done. They surveyed 128 companies, but only 38 agreed to participate. Of these, only nine said they did not use nanoparticles. These nine include: Alba Botanica, Aubrey Organics, Avalon, Black Opal, Blistex, Bull Frog, Allergan, Schwarzkopf & Henkel and Tattoo Goo. Others, like L'Oreal No-Ad and Neutrogena PCA did not respond, so nanoparticle composition is unknown. For Friends of the Earth's full list of sunscreens, go to: www.foe.org/nano_sunscreens_guide/Nano_Sunscreens.pdf.



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New Ambassadors Take to the Trails Along the Wissahickon



PHOTO COURTESY OF FRIENDS OF THE WISSAHICKON

AMONG THE FOW'S FIRST CLASS OF TRAIL AMBASSADORS: FIRST ROW: DMITRI ZORINE, SHELLY BRICK, JACK COLEMAN, CYNTHIA TURECKI, SARAH WEST. SECOND ROW: FOW VOLUNTEER COORDINATOR KEVIN GROVES, MERRITT RHOAD, MARIANA MORRIS, PATTY McMENAMIN, LISA ANN FIELDS (FROM SECOND AMBASSADORS CLASS).

by Debbie Carr, Director of Environmental Education, Fairmount Park, and Kevin Groves, Volunteer Coordinator, Friends of the Wissahickon

The Friends of the Wissahickon (FOW) in partnership with the Fairmount Park Commission launched the new volunteer Trail Ambassadors program in Wissahickon Valley Park in March 2008. Outfitted with a unique uniform sporting logo patches of both organizations, Trail Ambassadors took to the trails in late May, talking with Wissahickon park users and answering questions about wildlife, plants, historical points of interest, and park rules and regulations. The Ambassadors will be stationed at various places around the park, with Valley Green Inn as a focal point. The program is similar to the National Park Service volunteer program.

Trail Ambassadors work closely with Fairmount Park Rangers, reporting any problems they see and acting as additional eyes and ears in the Wissahickon. In addition to hiking the trails, Trail Ambassadors will staff information tables at FOW outreach events, lead tours of the Wissahickon Valley, and conduct surveys of park users and wildlife.

Providing information to park visitors

about the Wissahickon's 1,800 acres and 57 miles of National Recreation trails will be a primary role of the Ambassadors. To train the Ambassadors for this role, FOW and Fairmount Park staff created an eight-week training course on Wissahickon history, watersheds, current park projects, wildlife, geology, plants, park rules and regulations, and first aid/CPR.

Twelve enthusiastic and knowledgeable volunteers graduated from the first class in late April, and a second class will be finished with training by July. FOW is excited about this first group of volunteers who you will meet in the park this summer—all are long-time park users and bring a wide spectrum of expertise and experience to the program.

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Mural Drawings on View at Woodmere Art Museum



IMAGE COURTESY OF WOODMERE ART MUSEUM

LEON SITARCHUK, STUDY FOR "SEAFOOD," 1936-40

by Heike Rass-Paulmier

The Depression-era revival of mural painting for public buildings that today is most closely associated with the Works Progress Administration (W.P.A.) largely bypassed Philadelphia, where printmaking and posters held greater sway. In the late 1930s, however, one very young artist, a student at Simon Gratz High School, gave Philadelphians a taste of what could be done with murals in a context that wedded art and education. The three wall paintings he produced are no longer with us, having been destroyed in renovations decades ago, when

such works were out of favor. The artist's studies, nevertheless, survive and are displayed once again to remind visitors of the treasures Philadelphia needs to save.

The Woodmere Art Museum, located at 9201 Germantown Avenue in Philadelphia, has since 1940 exhibited, collected, and interpreted the art of the Philadelphia region. Hours are Tuesday through Saturday, 10 a.m. to 5 p.m., and Sundays, 1 to 5 p.m. Admission to the Museum is free. Call 215-247-0476

or visit www.woodmereartmuseum.org for more information.

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Parkway Peace Students get a Breath of Fresh Air at Fellowship Farm

by Deepa Vasudevan and Laura Richlin

On May 28, the Peace Program at Parkway NW Peace High School led a student trip to Fellowship Farm, a training center for human relations located in Pottstown, PA, thanks to generous funding from the Kate Svitek Memorial Foundation. For the past three years, Fellowship Farm’s 120 acres of land have provided Parkway students with a beautiful and friendly space for personal growth and team-building. This year, teachers worked together to select a group of students who were already showing signs of leadership in the classroom. More than half of the students whom the teachers invited were already working on group projects through EarthForce, a unique service-learning curriculum designed for science classrooms.

Many students were excited about the opportunity to experience an overnight trip, though they were hesitant about the emphasis on working in the outdoors and working with classmates they did not know. As advised by their teachers, the students came ready in jeans and sneakers, though they had no idea what to expect in the following days. We arrived at the farm just in time for a delicious lunch provided by the Fellowship Farm staff.

With bellies full and some rest time on the grounds, we were ready for a hike. Our first adventure led us across part of the farm to a relatively remote cabin site. Though our destination was going to be the site of our service project, the journey itself became a test of group cooperation, trust, and leadership. As we climbed up our first hill, we realized that ground was becoming

softer, and our turbid trail proved to be more than just an “ew” factor. The students’ shoes were sinking quickly into the deep mud, and one of the kids even lost a shoe. Despite the setbacks, students helped each other across, fished out the sunken shoes, and warned the others in the back to find a new route. The group split, each finding its own obstacles along the way. Ashley Brown, Junior at Parkway Peace HS, wrote in her reflection that the mud trail allowed her to face her fears. “I learned a little more about myself,” she wrote, “that if I just stayed focused and think of my future rather than just now, these thoughts act more or less like motivation, that my peer supporting me, of course.” As we finally reached the campgrounds the two groups, which we later named “team mud” and “team thorn,” converged. After the trip, Devon Walton, an 11th grade student, wrote “I think that was important, because as teens we start to realize the importance of moving forward, rather than worrying about our sneakers and clothes.” Being able to overcome the obstacles on the trail, the group had already become stronger, more cohesive, and more confident about themselves.

At the campgrounds, we assigned the students areas that needed clearing for an upcoming children’s program. Though most of the work was simple manual labor, some of the tasks demanded more than just individual thinking. The students quickly designed creative strategies to work together and finish their assignments. The walk back to the living area was just as diffi-

cult but seemed less of challenge as the students already felt that they had accomplished so much.

Before we began dinner, the students learned about the rich history of Fellowship Farm, originally created in Philadelphia to challenge segregation practices in the city. We spent the rest of the evening playing group games that allowed students to get to know one another better. Once it was dark, we created a campfire. For many students, this was their first campfire experience. The students sang, danced, read and made their own S’mores. The highlight of the night for many students occurred when the hostess of the farm, Marta Martinez, came to the campfire and shared two stories. The first was a ghost story about the farm, which undoubtedly left students (even the tough ones) with a shiver down their spines. The second one, however, became the backbone for the rest of the trip. She ended the night by reading *The Giving Tree*, a children’s book by Shel Silverstein,



PHOTO COURTESY OF PARKWAY NW PEACE HIGH SCHOOL

PARKWAY NW PEACE HIGH SCHOOL STUDENTS ENGAGING IN ENVIRONMENTAL SERVICE LEARNING AT FELLOWSHIP FARM

which reminds both children and adults to appreciate the people in our lives who work hard and make sacrifices for our happiness. The following morning, the students met Fellowship Farm facilitators, who led the students for the rest of the day through group discussions and team-building activities. All of the activities encouraged trust and cooperation amongst the students. The initial games prepared students for the low ropes course. The rope course was a series of obstacles that challenged students to create solutions together. Akceem Patterson, (continued on page 15)

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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?

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)

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.

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.

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).

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?

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

Aug. 24: Going Green

There’s a big-city farm in Philadelphia—at Audubon 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?

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. 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.

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Parkway Peace Students
(continued from page 14)

ninth grader, commented afterwards, “I learned how to develop trust in other people [on this trip]. My teacher told me before you can trust somebody, you have to trust yourself.” Participating in some of the challenges required encouragement and positive feedback from everyone. The students each faced the obstacles differently, but when they were finished, they all felt more positive about their capabilities. Reflecting on the ropes course experience, Shante Jarvis wrote, “I quit saying that I can’t, and I no longer fear heights... You bond and come as one together at Fellowship Farm.”

By the end of the trip, many of the students wanted to stay longer. They had made new friends and adjusted to a new environment, and many had a new appreciation for the outdoors. Kendall Wilkerson said, “Two days without electronics really helped me think. The fresh air during the day and crickets and stars at night changed my perspective on the world. I would love to come back, even if it’s my vacation.” Akua Whitaker, 10th grader, commented, “I have friends who have never been out of the city, let alone to a camping ground. On a regular basis, we are not exposed to these kinds of activities. I was able to learn more about myself and my classmates while having fun.”

For more information about Parkway Peace High School, contact Peace Program Coordinator Laura Richlin at 215-248-6669 or at parkwaypeace@hotmail.com.

Check out Fellowship Farm’s website at www.fellowshipfarm.org

The Simplicity Dividend
Back to the Future: Energy Crises Then and Now

by Betsy Teutsch

Much of what I heard and learned in high school in the ‘60s has held up. For example, cloth grocery bags were touted as more resource-efficient by William Proxmire, Gaylord Nelson, and other original Earth Day activists. And here we are, nearly 40 years later, with billions of thin plastic bags littering the planet, choking marine life, and even aggregated as a floating island of plastic refuse. In those days, following the work of Rachel Carson, environmentalism was primarily defined as saving “nature,” something external. There was not yet a sense of global ecology, fossil fuel-induced climate change, or oil wars.

In 1973, we experienced a genuine energy crisis, provoked by OPEC’s decision not to export oil to countries that had supported Israel in the Yom Kippur War (in September 1973). The experience was not primarily one of a run-up in oil prices, but an actual gasoline shortage. Lines at gas stations snaked along streets and people generally felt a great sense of relief and accomplishment when they managed to fill their gas tanks. Eventually a rationing system was enacted. Drivers were only allowed to fuel up on alternating days, determined by whether their last license plate digit was odd or even. Hence, if you ran out of gas on the wrong day, you had to make alternative arrangements to drive anywhere. Too bad OPEC relented. Refusing to supply us would have been the best thing our dealer could ever have done for us and for the planet!

Here we are again. After years of rising gas prices having little effect on citizens’ behaviors, the tipping point has occurred. I haven’t noticed any glut of parking places or an appreciable decrease in traffic, but economists tell us that driving has decreased by about one percent, and mass transit use has increased by single digit percentages all over the country. There are countless articles on how to get better mileage and lower your energy bills all around.

One strategy left over from the ‘70s is to drive slower; indeed, speed limits were lowered nationally from 65 to 55. I recently experimented with driving 60 mph on a trip up the NE corridor. Normally the maximum I can go on a tank of gas is about 320 miles. To my amazement, my tripometer made it over the 400 mark on one tank. It wasn’t even registering empty, but I pulled over to refuel because I really couldn’t believe the gauge was correct. I wasn’t terribly popular, perhaps; lots of people passed me, as you can imagine. On the other hand, some didn’t, and I wondered if they realized I was helping them improve their mileage, also.

Of course driving your car at an optimal speed under optimal conditions (no



stops and starts) will improve your mph, but the best way to save gas: do not drive. After nearly a hundred years of having cars at our disposal, and fairly limited mass transit options, we’re all in for a rocky transition period. What virtue and lecturing did not accomplish, motivating the bulk of the population to decrease energy consumption, pricing has achieved. Gas at \$4 a gallon? Someday we’ll look back at that low price nostalgically! Case in point, there is a glut of used SUVs on used car lots. Someday we’ll reminisce with our grandchildren, explaining that people used to drive those things.

Please share your tips and strategies for using less energy! Betsy@betsyteutsch.com
Betsy Teutsch, blogs about sustainability at www.moneychangesthings.blogspot.com



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New Book on Humanistic Education by Co-op Couple #15

A healthy dose of idealism and practical wisdom in a new book by seasoned Mt. Airy educators

by Debbie Lerman

With their new book, *The Humanistic Teacher: First the Child, Then Curriculum*, Jerry and Donna Allender, Mt. Airy residents since the 1960s and Weavers Way members since the Co-op's inception (with membership #15!), send up a beacon of hope at a time when schools, parents, and educators seem bogged down in a morass of testing standards, accountability measures, and performance indices.

Even as the educational system increasingly seeks to impose rigid external standards on schools and classrooms, Donna Allender (a veteran teacher and practicing psychotherapist) and Jerry Allender (an author and retired professor of education at Temple University), bring the focus back to the core of what education is all about: the infinitely variable and exciting interaction between teachers and their students.

In their book, the Allenders use the Project Learn School in Mt. Airy – which they helped to found nearly 40 years ago – as living proof of successful humanistic education. Combining personal anecdotes with reviews of key educational theories of the 20th century, they demonstrate through their experiences at Project Learn and in schools all over the world how humanistic teaching works.

“Project Learn has been working on humanistic teaching for the last four decades,” says Donna, “and the school consistently turns out kids who not only go to the best high schools and colleges (if that’s what your focus is), but also know how to learn and pursue their own interests and passions.” And, Jerry chimes in, “many professors of education send their children to Project Learn because it actually puts into practice the educational theories that have been shown to foster individual growth and fulfillment as well as responsible membership in one’s community.”

“Sure, it’s not always smooth sailing,” Donna says. “There are always problems and difficulties facing teachers. But this book is about not losing sight of what makes teaching such a great challenge. It’s about the small steps every teacher can take to get closer to what brought them to teaching in the first place.”

“And with one small change today, and another next week,” Jerry adds, “soon you get bigger and bigger changes.”

It’s this interplay of idealism and realism that makes *The Humanistic Teacher* such a compelling educational treatise. What makes it a great read are the personal stories and reminiscences of the Allenders’ “combined 100 years in education – if you

take both of our 50-year careers,” Donna says, especially the impassioned letters the Allenders have written to their now five-year-old grandson, Dylan.

When asked how the letters to Dylan fit into the book’s overall vision, Donna smiles and says, “It was a way for us to express our deep concern for all children and especially our own grandchild, to be educated in a humanistic way. Plus,” she adds with a smile, “something that touches the heart goes a long way.”

The Allenders held their first book signing and reading at the Project Learn School on May 31. Additional events are planned for September at Head House Books in Society Hill and October at the Big Blue Marble Bookstore in Mt. Airy.

The book will be available in bookstores in September. For more information, call Donna Allender at 215-848-4656.



DONNA AND JERRY ALLENDER WITH THEIR GRANDSON, DYLAN, IN FRONT OF THE PROJECT LEARN SCHOOL IN MT. AIRY, WHICH THE ALLENDERS HELPED FOUND NEARLY 40 YEARS AGO, AND WHERE DYLAN WILL BE STARTING KINDERGARTEN NEXT YEAR.

Note for full disclosure: The author of this article is the mother of two current Project Learn students.




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State of California Files Suit Against Whole Foods & Others Over Carcinogen

from Sustainable Food News

California's attorney general filed a lawsuit against Whole Foods Market, Inc. and other companies that manufacture or sell body care and household cleaning products that have tested highest for the carcinogenic chemical 1,4-dioxane.

Defendants in the case include Avalon Natural Products, which makes the Alba brand products, Beaumont Products, maker of the VeggieWash and Clearly Natural brands, and Nutribiotic, which manufactures personal care products made with grapefruit seed extract. Whole Foods sells personal care products under its Whole Foods 365 brand.

The lawsuit was filed May 29 in the Alameda County Superior Court by AG Edmund Brown, Jr., who alleges that the companies knew since at least May 2004 that their body washes and gels and liquid dish soaps contain 1,4-dioxane but did not have a label warning consumers that they contain the chemical.

Under California's Prop. 65 law, consumer products that contain toxic levels of 1,4-dioxane must be labeled with warnings stating they could cause cancer. The defendants face maximum fines of \$2,500 per day for each violation. The defendants' products were tested in a study commis-

sioned by the Organic Consumers Association (OCA) in March. The study analyzed natural and organic brand shampoos, body washes, lotions and other personal care products for the presence of 1,4-dioxane.

Last week, the OCA wrote to the four companies named in the lawsuit asking if any changes to the labeling or product formulations of their products was anticipated.

Beaumont Products of Kennesaw, Ga., was the sole respondent, saying "Upon being notified that there was a problem with our product, we verified that the problem existed, then took immediate action."

Beaumont said it reformulated its products to remove 1,4-dioxane.

Note from Purchaser:

We have been closely monitoring the 1,4-dioxane issue since the spring, when many of the articles and alerts began to appear in a variety of media outlets. We have info on the second floor regarding the testing of products, the standings of the products they tested (we carry many very clean products), what we carry, what we have changed since the results were announced (really it's been very little!) and what might come about due to this publicity.

~ Martha Fuller, Second Floor Manager



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News from the Environment Committee

by Sandy Folzer, Environment Committee Chair

Weavers Way recycling will come to an end on Sat., July 19, with a last collection. After that date you will be able to recycle the same items at your curb.

This means that the Environment Committee will have to find creative means to raise money to give future environment grants. Presently, we have enough saved from our recycling efforts to give grants one more year.

The committee has always been involved in many other projects besides recycling, so our work continues. Presently we are considering initiatives in the following areas:

*We wish to educate the Philadelphia

public so that they recycle curbside. One tentative plan is to educate children about the need to recycle.

*We are looking possibly at creating a “bike co-op” of sorts so that community members would learn how to fix bikes. It would be modeled after Neighborhood Bike Works in West Philadelphia. We wish to promote cycling as an environmentally-friendly means of transportation.

*We wish to address the spraying of harmful herbicides and pesticides along the Wissahickon and elsewhere.

*We are investigating the possibility of recycling #5 plastics and other items.

We believe there are endless possibilities for protecting the environment.


Pet Store

(continued from page 5)


ents are quickly followed up by more food fractions. Again Science Diet benefits from their reputation and counts on the fact that consumers won’t read the label. So what will you pay for this product that is basically a slightly re-vamped version of the old formula? An outstanding \$22 for a six-pound bag! A six-pound bag of Innova cat food is only \$14 dollars and is a far superior product manufactured by an independent company that has been and remains committed to quality.

This experience has solidified my impression of Hill’s Science Diet as a company interested in making a profit rather than making quality pet food. My inclination to drop them from our product line in the pet store has strengthened and I have spoken with many members who agree. I do not feel that it is worth supporting this company any longer when their values are so clearly at odds with those of the co-op and our members. My hope is not to inconvenience any of our many members who are using these products. While I am aware that Science Diet is widely accessible, my hope is that our members may consider switch-

ing to one of our other lines, and during the transition I will make available as many samples as possible. There are several benefits to this option. Most important is that you will be choosing better products that will benefit your pet’s health. California Natural and Innova, among others, are great alternatives. These options are economical in that in some cases they are less expensive, but even more so because with better nutrition your pet often eats less and has an improvement in health, which can save on vet visits. Continuing to support the Co-op is another advantage and supporting the smaller companies makes a statement about what we as consumers value. In the last year and a half I have definitely seen proof of this trend. The amount of inventory that we are receiving from Best Friend, our distributor of Natura products, has more than tripled. This is pleasing to me because both Best Friend and Natura are terrific companies who deserve continued support. What is also evident is that, contrary to advertising statistics, all types of consumers from all different social and economic groups are interested in health and wellness, not only for themselves but for their pets as well.



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The Neighborhood Gardener

July Garden Notes

by Mark Goodman, The Neighborhood Gardener

Here are some tips for your garden this July.

Vacation Watering. We are in the most stressful season for gardens and plants – summer. If this summer follows the pattern of the last 20 years, we can expect at least one period of drought. So if you are planning a vacation of a week or two or longer, or even if you go away for weekends, consider setting up a soaker hose or sprinkler attached to a timer. If you’re lucky, you can find a reliable friend, neighbor, or family member to water your garden for you. However, do not rely on the “I hope” method (“I hope it rains”) or you will likely return to a collection of dried and withered leaves and stems where your flowers used to be.

Annual Fillers. One way of dealing with bare spots in your garden is to fill in with annuals. I recommend those that stay in bloom continuously until fall frosts. For sunny areas, these include petunias, vinca roseum, and marigolds. For shade, try impatiens, begonias, and coleus.

Vegetable Fillers. For bare spots in the vegetable garden, consider quick growing, heat tolerant greens such as arugula, curly cress, and mustard greens. Another good filler for July planting is bush beans, which come in green, yellow, and purple.

Pruning. There are some shrubs that will bloom a second – and sometimes a third – time after pruning. These include spireas, especially the pink flowering varieties such as “Anthony Waterer,” “Neon Flash,” Little Princess,” and “Shirobana.” You can also get multiple blooms from weigelas and roses. The trick is to prune right after the previous blooms wither. For roses, prune to a stem with 5 or more leaves. The second benefit is that you can also keep these plants from getting too large. So if you have these shrubs, and they’ve finished blooming once, and you haven’t pruned them yet, prune them now.

Chrysanthemums. If you have been pinching (cutting) the stems of your chrysanthemums so they will not grow too leggy, mid-July is the time to stop. Then they will fill out solidly for late summer and

fall blooming.

Pots. Potted plants dry out more quickly than plants rooted in the garden. On hot days, you may have to water sun-dwelling potted plants more than once. A covering of shredded mulch in the pots will help protect the plants from drying out too quickly.

Grass. July is a good time for liming your lawn. Lime makes the soil more alkaline – which grass prefers – but does not burden grass plants the way fertilizers can in the summer. Summer grass uses its energy to combat heat; it does not want to expend energy to assimilate fertilizer. (Think of your preference for light meals on hot days.)

Morris Arboretum. One way to spend a July morning or evening is to visit the Morris Arboretum in Chestnut Hill. It’s one



of the finest arboretums in the country, and it’s right in our back yard.

Garden Book Recommendation. One of the handiest books in my gardening library is *How to Grow Almost Everything*, by Stanley Schuler. It covers tree, flowers, shrubs, and vegetables. I don’t know if it’s still in print, but through the wonders of the Internet, you’ll be able to pick up a copy.

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WEAVERS WAY FARM EDUCATOR DAVID SILLER AND STATE REPRESENTATIVE DWIGHT EVANS DISCUSS THE EDUCATIONAL POSSIBILITIES OF THE SEEDS FOR LEARNING FARM AT MARTIN LUTHER KING HIGH SCHOOL.

Seeds for Learning Farm
(continued from page 1)

“Five years ago, I would have been scared going into this high school,” acknowledged Jack Kitchens, president and CEO of Ogontz Avenue Revitalization Corporation (OARC). “But now, when I enter, students look me in the eye and ask if they can help me or direct me to the office. “While the ceremonies progressed, it was clear that behind the speakers ground had already been broken six weeks earlier, on what was once a vacant lot. Row after row of produce was apparent on the three-quarter of an acre tract, as well as an irrigation system.

State Representative Dwight Evans toured the fenced-in lot as Weavers Way farm educator David Siller showed him what he and the students had planted and harvested.

“Just a few short months ago this was a

pile of compost,” Siller noted, wearing a straw hat, shorts and t-shirt. “Now the students pass by the farm on their way to foot-ball practice. The kids I work with couldn’t be more into it.”

The students sold their second harvest in the center square of City Hall last Wednesday. Eventually, they hope to sell their fresh produce on-site.

“The plan is to have the farm stand right on school grounds where the kids will work over the summer to sell what they’ve grown,” said Weavers Way Communications Director Jonathan McGoran. “It’s pretty cool.”

Brian Ferguson, an 11th grader and student farmer, agreed. “I used to walk by this lot and saw that it was not being used. I was so happy when our school was picked. It’s been a fun experience and I hope to continue to learn about farming and selling the produce in the future.”

The Weavers Way Marketplace Program debuted at Martin Luther King High



BY THE TIME OF THE OFFICIAL GROUND-BREAKING CEREMONY, SIX WEEKS AFTER THE FIELD WAS CLEARED, CROPS WERE ALREADY BEING HARVESTED AND SOLD AT THE CITY HALL FARMERS’ MARKET.

School in April, making King the seventh school – and the first high school – involved in the program, which initiates and oversees school-based, student-run food co-ops selling locally-produced snacks to students and teachers.

“We are the first comprehensive high school in Philadelphia to participate in a program like this,” Rhonda H. Lauer, CEO of Foundations, Inc., said of the farm. “With the new skills and healthy eating habits they will acquire, these students will

experience firsthand the benefits of being good stewards of the earth and of themselves. We also hope that the community spirit and self-confidence they gain from the program will encourage them to continue working toward their diplomas and then on to college and careers.”

In addition to guiding students through the entire farming process, Weavers Way’s staff and a host of community groups sup-

(continued on page 21)



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Seeds for Learning Farm
(continued from page 20)

port King students in learning the business side of the venture, including how to calculate costs, keep accounting records, and take orders. Among the partners in the project are Foundations, Inc., OARC, Enon Tabernacle Church, and Awbury Arboretum.

“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, Enon Baptist, and our other partners is really what community partnerships are all about.”

In her remarks, Elizabeth Werthan, Vice President of the Weavers Way Community Program’s Board of Directors, ac-

knowledgeed that a lot had happened in a short period of time.

“We hired Rachel and told her she had a week to put together the proposal. She did and with available staff we got this thing going. We didn’t expect it to happen in 12 short weeks. We’ve had two harvests already and we expect many more,” she said.

Although the current school year will soon be over, students from Martin Luther King School will work 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.

For more information about the program go to www.weaversway.coop or www.foundationsinc.org.

Barbara Sherf is a publicist, writer and speech coach. You can contact her at Barb@CommunicationsPro.com.

Membership Meeting
(continued from page 7)

the overtaxed store at Carpenter and Greene. Should this plan be successful, the store could open in 18 to 24 months. While plans for expansion were received with less controversy than at the fall general meeting, some misgivings were expressed. In particular, a member cautioned that Weavers Way needs to proceed carefully to avoid a repeat of the failure of its store in West Oak Lane.

Additionally, a number of concerns were raised about the Ogontz store and the place of shoppers there within the Weavers Way community. In particular, when it was announced that a ballot box would be placed in the Ogontz store, members asked whether this meant that Ogontz shoppers would have the rights of Co-op members

without the responsibilities. Stu responded to this saying that, in fact, only members of the Co-op will be allowed to vote, and that fully certified members of the Ogontz store will have exactly the same privileges and responsibilities as fully certified Weavers Way members.

Finally, presentations were given on the Weavers Way farm, Weavers Way’s efforts to promote co-ops in other communities and the Co-op’s community education programs. The meeting ended with board member and acting leadership committee chair Sylvia Carter announcing Board results, with Nancy Weinman, Bob Noble, Sue Wasserkrug, and staff representative Dave Tukey elected to two-year terms, and Chris Hill elected to a one-year term, with 113 ballots counted.



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Ned Wolf Park Renovations are Nearly Complete, Grand Reopening This Fall

by Ronda Throne-Murray

We are happy to report that the rehabilitation and renovation at Ned Wolf Park are nearly complete. Thanks to the efforts and contributions of many neighbors and several local businesses that have helped the project progress to where we are now; maintaining what we've gained. Still in the works is a sign to tell all who Ned Wolf was and why he is an important local figure in our diverse West Mt. Airy community.

We could still add new "friends" to help with watering and weeding once in a while, so the gardens get some weekly attention and so that they remain a place of public

beauty as they mature. If light-duty gardening in a gorgeous garden is up your alley, contact Ronda.

We all look forward to seeing the park being used and enjoyed. The benches are here to sit and quietly talk with friends, read, or contemplate. We also have created a plant identification map. The map will help people learn about the varieties we planted in the park. They are low maintenance specimens that you might want to consider for your own little patch of heaven. We will have a couple of events per year like the recent plant sale to benefit the upkeep of the park, and perhaps a summer movie or art show.

Please remember that we don't want to disturb the near neighbors with loud voices, music or skateboarding, and that the space is "closed" between dusk and 9 a.m..

We will be planning a grand reopening ceremony for this fall, and hope you will come to mingle with neighbors and support our intentional diversity of plants and friends, which the Friends of Ned Wolf Park are a getting to be known for following in Ned Wolf's ideological footsteps.



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WEIGHT LOSS PROGRAM

Trevoze Behavior Modification Program, a non-profit weight-loss program run by Co-op member Ilene Cohen, is now accepting applications for people who need to lose 20 to 80 pounds and need to get in control of their lives.

Group meetings are on Thursday evenings at 6:00pm at Roxborough Memorial Hospital, 5800 Ridge Ave., beginning September 25, 2008. There is no cost for these meetings. For application info, call Ilene Cohen at 215-836-9876 or Jennifer Sullivan at 610-667-8082 no later than September 1, 2008.



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High Point

(continued from page 9)

to go into the coffee roasting business, and today still uses beans from the business there, called “True North.”

Her connection with the Co-op is multi-faceted. The café gets their supplies through a Weavers Way institutional account, and the Co-op sometimes holds meetings in the café. There is a certain synchronicity. “I think we have almost been embraced as an extension of the Co-op,” she says.

“When members socialize at the High Point, there are less people clogging up the aisles here at the Co-op,” says Bergman with a chuckle. “If we ever develop another store, we would definitely consider working Meg into the plan as part of it,” he says.

Meg’s interest in building community and promoting Mt. Airy doesn’t stop at the door of her café. She helped start the Village Fair that has now run for two years on the second Sunday of September at the intersection of Greene and Carpenter. “I think that has done exactly what we wanted for the community. It celebrates our village, and is for everyone – kids, adults and even

pets,” she says, referring to the pet parade that has now become a fun addition to the fair.

“I think people are realizing they don’t want to go to the mall anymore. It’s nice if they can find what they want in their own neighborhood.” More recently Meg has been encouraging some of her friends to establish a regular flea market on Carpenter on the weekends in front of Henry school.

She shows me around the kitchen, and the pungent fragrance that comes from a large pot bubbling on the stove is filling the room. “We make our own chai,” she tells me.

It’s a small space with a couple of sinks, a stove, and some commercial-type ovens. It’s astounding what can be created in not very much space.

“We are still thinking about our next steps,” she says. “A second location, a wholesale bakery? As you can see, it is not practical to expand our current shop. I have never liked the idea of an upstairs/downstairs thing, and we are out of room here.”

As I say my goodbyes, a few more of the ‘regulars’ come into the café and I see them giving Meg big hugs. Yes, it is definitely nice to be “the place.”

Attention Weavers Way Members:

The Co-op Needs Your Help!

As of July 1st, health care premiums for Weavers Way employees are set to increase a whopping 42%.

We all know that the healthcare system in this country is seriously broken. What is happening to Weavers Way is happening to hundreds of thousands of individuals and small companies across the country. But we also know that Weavers Way is unique.

Members, we all know what a turn-around our Co-op has made in recent years. That turn-around required sacrifices and hard decisions on the part of the membership. But Weavers Way has become a dynamic presence in the Northwest. Our pioneering urban farm, opened just two years ago; our farmstand program in partnership with Martin Luther King High School; our Marketplace initiative now involving seven local schools; and our new Ogontz store, all fill vital needs in our community. With \$1.87 billion in profits last year, Aetna does not need the extra money this increase will bring in. The programs we sustain, and the communities and schools we serve, do.

What You Can Do:

Call Aetna today at 1.800.872.3862 and ask to speak to CEO Ron Williams. Let him know what an exceptional place Weavers Way is, and how vital our Co-op is to our communities. Demand Aetna drop its proposed increase. Together, we can make this happen!

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Suggestions

by Norman Weiss

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

We’re seeing many price increases come through. Wholesalers seem to pass on price increases and fuel surcharges monthly. There has been much in the press about this, and about what the causes are, which include rising petroleum costs, diversion of corn to ethanol production, draught, etc. I’ve also been attending meetings lately where access to healthy foods is discussed, and high price is sometimes cited as one of the many things that limit access to healthy foods. I talked last month that if you eat basic, whole foods, price does not have to be a limiting factor to eating well, and can combat the rising cost of food. I want to reiterate it this month. Here’s an example: take ¼ lb of organic rolled oats (\$.21) and add a banana (\$.35 for Fair Trade one), a small apple (about \$.35 for a local IPM one), and top it off with some nuts and maple syrup (another \$.60) and you have a complete meal that is extremely healthy for about \$1.50. Even if the price of oats doubled to \$1.70/lb, the meal would still be a cheap \$1.72. There are many other foods that are still very cheap and have high food value, most whole grains and beans are under \$1.00/lb. after they are cooked. Potatoes, onions, carrots, broccoli, peanuts, sunflower seeds, many other vegetables and a few fruits are all under \$2.00/pound, even for organic. You might also note that these foods are also all very nutritious. This example may be oversimplifying, but it does illustrate that food cost does not have to be a barrier to healthy food access, and that even if commodity prices double (like wheat just did, from \$.53/lb. to over \$1/lb.), if you are eating basic whole foods, the impact is not really that great, at least so far. The impact starts to appear when those commodities start to have “value added” to them, i.e., made into packaged, more ready to eat items or used as feed for animals. OK, end of this month’s “sermon on the back page.”

Suggestions and Responses:

s: “Please try to get sweet coated fennel seeds found in Indian restaurants- usually as you’re leaving.”
r: (Chris) We have no source for sweet fennel seeds. We can look for a source if we get many requests- any more requests? (Norman) We could whip up a batch of sweat coated fennel seeds, but have had no requests. Maybe we’ll try sampling some to stimulate demand. And to top the service at Indian restaurants, ours will be available as you’re arriving too.
s: “Suzie’s spelt/gluten free crackers- she has a new line of them and they are ex-

cellent. Thank you!”
r: (Chris) Thanks, we’ll try to make room for them in our cracker section.
s: “Do you ever have drunken goat cheese any more? I used to get it sometimes but I haven’t seen it in a long while.”
r: (Margie) We had drunken goat in the specialty case about a month ago. It’s not a big seller so I only get it in occasionally. I’ll order a wheel next week.
s: “Sell “poop bags” (biodegradable) in the pet store!”
r: (Kirsten) We do sell biodegradable waste bags in the pet store, left side of the toy shelving.

s: “I don’t like the new turkey hot dogs, and I miss the chicken dogs we used to have. How about bringing back the chicken dogs and maybe trying another brand of turkey (Wellshire Farms or other). No preservatives and lower salt if possible.”
r: (Dale) Whole Foods bought the rights to the “Wellshire” brand, and chicken dogs have not yet been available under the replacement label, “Garrett County” (same products, still produced by Wellshire). The turkey hotdogs are supposed to be the same recipe.

s: “Just a suggestion- no need to respond- canned mackerel. Very good for you!”
r: (Norman) But how is it for the mackerel? Crowded!- not much room to swim in those cans. And cut off from friends and family.
s: “Is there any way we can get non-organic (i.e. cheaper) dried mango?”
r: (Chris) The organic bulk mango is a very popular item, I doubt we’re gonna drop it at this time. (Norman) Organic mango is expensive but it is vastly superior in taste and quality to the non-organic we sometimes get when the organic is not available. Also, to echo my earlier point about food expense, if you consider organic mango a treat, at \$10.42/lb it is much cheaper and more nutritious than, for example, Green & Black Chocolate, which at \$3.08 for a 3.5 oz bar ends up \$14.08 per pound.

s: “Why don’t we sell motor oil? For my car, it’s a staple, in a week I go through more motor oil than milk!”
r: (Norman) Just curious, is your car burning oil or dripping it? If dripping, why not consider rigging a catch tray under your engine and you can just put the leaked oil back. If burning, try driving in reverse so the oil smoke will get sucked back into the air intake of your engine and be reused. That way the co-op won’t have to stock motor oil and can save precious shelf space for more valuable items like Varra Valley Truffle Infused Honey at \$10.76 for 4.2 oz (\$41/lb.!).

Working Cycle Coming up?

Don’t forget to wear closed-toed shoes.

Also, if your cycle includes May or June, please sign up during those months – we are always short of cooperators. Thanks!

Marketplace Students End the Year With Ice Cream Party at Trolley Car Diner



PHOTO BY JONATHAN MCCORMAN

THESE MARKETPLACE STUDENTS FROM JENKS AND MARTIN LUTHER KING SCHOOLS WERE AMONG THOSE WHO GATHERED FOR A YEAR-END ICE CREAM PARTY AT THE TROLLEY CAR DINER AND ICE CREAM SHOPPE, COURTESY OF WEAVERS WAY CO-OP, WEAVERS WAY COMMUNITY PROGRAMS, AND THE TROLLEY CAR DINER. AFTER A YEAR OF HARD WORK AND LOTS OF LEARNING, THE STUDENTS ENJOYED MEETING THEIR COUNTERPARTS FROM THE OTHER MARKETPLACE SCHOOLS, AND COOLING OFF WITH SOME FREE ICE CREAM.

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Welcome to Weavers Way Cooperative Association

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

DAY	DATE	TIME	LOCATION
Wednesday	Jul. 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)