

Manager's Corner

*How Ends Got Us to Ogontz...
(or What Are Ends?)*
by Glenn Bergman, General Manager

As you know we opened Weavers Way Ogontz on July 1. What you may not know is why.

Well, it goes back to our Ends policy. Our what? You can check out our Ends (long-term goals) on the website, but you can also see them on page four of this issue of the *Shuttle*. When we work on projects at the Co-op, I often look back at our Ends policy to see if what we are doing, or are about to do, helps further our stated Ends. These policies work as a guide for me as I look out into the future.

Let me give you an example. After the representatives from the Ogontz Avenue Revitalization Corporation (OARC) made their pitch for Weavers Way to assist them with either finding someone to run the produce store about to close in Ogontz or running the store as a branch of Weavers Way, I listened to them and began to look at how this fit in with our Ends.

I first went to our Global Ends: "Weavers Way is a sustainable cooperative enterprise benefiting both a growing membership and the wider community."

Opening Ogontz would expand
(continued on page 4)

A Grand Opening for New Weavers Way Ogontz Store



CELEBRATING THE RIBBON CUTTING AT THE NEW WEAVERS WAY OGONTZ STORE ARE (L TO R) OARC PROJECT MANAGER KARYN CONWAY; OARC EXECUTIVE ASSISTANT & HUMAN RESOURCES DIRECTOR CHARMAGNE NEWMAN; WEAVERS WAY BOARD MEMBER SYLVIA CARTER; OARC BUSINESS DISTRICT MANAGER ALFRED DORMAN; AND WEAVERS WAY OGONTZ STORE MANAGER LUIS CRUZ
by Barbara L. Sherf

Weavers Way Co-op rolled out the red carpet and brought out the big scissors for the official ribbon-cutting at the July 1 Grand Opening of the new Weavers Way Ogontz store located at 72nd Avenue and

Walnut Lane in West Oak Lane. A crowd of more than 50 neighbors, shoppers, friends, partners, and members of Weavers Way showed up to celebrate.

"If you had told us a year ago that we'd

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Membership and Work Requirements

What Is a Member? Expansion and Changing the Mandatory Work Requirement
by Glenn Bergman and Jonathan McGoran

This winter, as we explored our future expansions and planned to take on the expansion to Ogontz, an important issue arose. Moving into a neighborhood that knows very little about co-ops, how do you open a market that appears to be a more or less regular store, but requires a shopper to not only invest in equity, but also to commit to work before being allowed to shop? How do we educate our new community, allow them to try us out, and win them over to the co-op world all at one time?

I think the work requirement has done much to help us do many of the community programs we do, strengthen our brand, and manage the store better. Having shoppers who are engaged in a retail store, who truly know that they own part of the business, is one of our big advantages. But the work requirement is also one of our weak-

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Testing Underway for New Online Member System and Work Calendar



WEAVERS WAY'S IT TEAM OF TANNYA ROTENBERG (STANDING, LEFT) AND NORMAN WEISS (STANDING, RIGHT) LOOK ON APPREHENSIVELY AS MEMBERS TEST THE CO-OP'S NEW ONLINE WORK CALENDAR SYSTEM AT THE MT. AIRY COMMUNITY COMPUTER CENTER. TESTING WENT AS EXPECTED—SMOOTHLY BUT WITH SOME GLITCHES. THE GLITCHES SHOULD BE CORRECTED IN TIME FOR THE NEXT ROUND OF TESTING, WHEN WE WILL FIND DIFFERENT GLITCHES. THE NON-COMPUTER-LITERATE TESTER SURVIVED THE EXPERIENCE AND STILL HAS ALL OF HER HAIR.

A Lot Going On at Weavers Way Community Programs

by Rachel Milenbach, WWCP Executive Director

I knew the honeymoon was over when I got the e-mail from Glenn, "I think it is time for you to write a monthly article for the *Shuttle* and share with everyone the wonderful work you are doing."

On the evening that I met with the board of Weavers Way Community Programs (WWCP) for the first time, Glenn announced that we had been asked to start a farm and bring the Marketplace program to Martin Luther King High School. What followed was an intensive, five-week planning process with our new partners, MLK and Foundations, Inc., the organization that manages MLK, as well as others who have made significant contributions to the process. The project was initiated by Enon Tabernacle Baptist Church, which committed generous funds to bring these two initiatives to the MLK community.



MARKETPLACE KIDS AT JENKS SCHOOL

MLK Marketplace

By the end of April, WWCP's first high school Marketplace was selling healthy snacks outside the school every Wednesday at dismissal. The students made a whopping \$62.37 profit the first day. The most popular sellers were oatmeal cookies, pickles, Smart Food popcorn, and water. The students are smart, excited, and motivated, taking on the Marketplace sales as though

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And of course... scads more

* for real!

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Save a Buck!!

Money saving coupon for Weavers Way Ogontz on page 20

Editor’s Note

by Jonathan McGoran

The economy is a mess, we’re mired in war, and the climate may be irreversibly ruined. The good news, however, is that with the successful opening of our new Ogontz store, Weavers Way concludes the first step in Phase Two of the Co-op’s 27-phase plan for global domination. Phase One consisted of hop-scotching back and forth among nine addresses within 60 yards of the intersection of Greene Street and Carpenter Lane (528, 530, 551, 553, 555, 557, 559, 608, and 610), which demonstrated to those who might oppose us that not only are we extremely nimble, but we can accomplish quite a lot without moving our pivot foot.

We now have only six more steps and another 26 phases before victory is ours. Then, we move on to Part Two: exporting the revolution to other planets (we think other planets will be receptive, since most of them are already revolving).

Some might say our plan is impractical, or even impossible, because it would take decades to reach the nearest inhabitable planet. It is true that the challenges are formidable: You would need a population of people who are capable of existing harmoniously together in ludicrously confined quarters for up to thirty, or even thirty-five years... people who are committed to recycling and reuse whenever possible... who could cultivate crops on ridiculously small plots of land... and who could master as many as three different varieties of water-saving toilet technologies.

Starting to make sense, now, isn’t it? That’s right, maybe after our civilization has crumbled, it won’t be the roaches that rule the world, after all. It will be the Rochdales. No other group has surmounted these challenges, and done so uncomplainingly. ...Well, maybe not uncomplainingly, but in general, more or less mostly somewhat polite. Actually, there is one aspect of space travel for which the last few decades could not have prepared us: In space... no one can hear you kvetch.

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c.g. September 1 for the October issue

Statement of Policy

Articles should be under 500 words and can be submitted neatly typed, on disk, or e-mailed to editor@weaversway.coop.

Be sure to include your name, phone number, and membership number. Drop them off by the deadline to the *Shuttle* mailbox on the second floor of the Co-op. The purpose of the *Shuttle* is to provide members with information as well as education about co-ops, health food practices, and other matters of interest to the members as consumers and citizens of the community.

Articles express only the views of the writers and not those of the Co-op or the board of directors, unless identified as such. Articles, letters, comments, criticisms, and suggestions are welcome and should be directed to the editor. Space limitations require that the editor has the right to edit all articles. Ad rates are available upon request, in the advertising mailbox on the second floor, or at www.weaversway.coop. All ads must be submitted electronically, or camera-ready with prior arrangement, and should be submitted with payment. Products or services advertised in this paper should not in any way be construed to be endorsed by Weavers Way Co-op.



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Down on the Farm

by David Zelov, Weavers Way Farmer

Hello friendly *Shuttle* readers, and welcome to the August edition of what’s happening “down on the farm.” As you might imagine, a lot is happening indeed. I’d like to extend a belated welcome to our newest farm interns. Candace Moore comes to us from Penn State University and is actually interning with the Penn State Extension Philadelphia Outreach Center. Candace is really a Philadelphia local though; she attended Saul High School and lives just around the corner from Awbury Arboretum. Speaking of Saul, our two part-time interns, Aminata and Dana, are both students at Saul. Welcome to the Weavers Way Farm family!

In addition to our regular goings-on at the farm, there are a couple of special projects happening this summer. We’ve been meeting with Rob Fleming and the Sustainable Design class at Philadelphia University, who approached us this winter about constructing a building at the farm. Turns out, they are designing two buildings for us, a new beautiful, easy-to-use, ergonomic wash station and a composting toilet to replace our port-a-john. Earlier in June, Awbury hosted a design charrette; basically a meeting with representatives from Philadelphia University, Awbury, and Weavers Way (all

Weavers Way Community Programs
(continued from page 1)

they had been doing it for years. Our team functioned like a well-oiled machine a mere one and a half weeks after the program started, selling snacks at the sold-out J-MAC concert on May 2. I’m still getting calls from people in the community who saw us in action that night. Just this past week, the dean of students from another Northwest area school called to ask, “What can I do to get a Marketplace program in my school?”

The Farm at MLK

Under David Siller’s direction, the planning group discussed what we needed to do to create a small urban farm outside at a large urban high school. We rented a plow attachment for the tractor normally used to clear snow at MLK, chose the site (an unused portion of a playing field), and brought in compost from Lancaster County. The wonderful folks at Ogontz Avenue Revitalization Corporation (OARC) put in the irrigation system. A group of young people from City Year came out to our site the week of April 22 and, along with David Siller and other Co-op volunteers, dug beds, liberated a lot of rocks, and mixed compost into the soil. Two months later, the produce is so bountiful that we need to harvest crops almost every day. If you haven’t seen the MLK farm, stop over for a visit. Our 1/3-acre urban farm is to the right of the school, between the soccer field and the football field, at 6100 Stenton Avenue.

The Marketplace Program

Terri Rivera, capable Marketplace coordinator, left in April to pursue full-time work at another organization. With help from Co-op staffer Stephanie Johnson, who has been involved with Marketplace since the first sale at C. W. Henry School many years ago, and Kerry Arnold, we finished out the school year. Because of Terri, Stephanie, and Kerry and all the advisors at Henry, Houston, Jenks, Wissahickon Char-



PRODUCE FROM THE SEEDS FOR LEARNING FARM AT MARTIN LUTHER KING WAS A BIG HIT AT THE WEAVERS WAY OGONTZ GRAND OPENING.

ter the stakeholders), where together we went through the process of designing the building to come up with a structure that everyone is happy with. As this issue of the *Shuttle* comes out, we should be putting the finishing touches on that very structure. Come out and volunteer on a harvest day and use the new wash station!

The other exciting project happening in the coming month or two will be the construction of a greenhouse at the farm. We are partnering with the Pennsylvania Horticultural Society’s City Harvest Program, which raises seedlings to distribute to community gardeners all over the city, who in turn donate the produce to those in need in

ter, and A.B. Day schools, as well as Pastorious and MLK, who just came on board this spring, we had a very successful year. I also have to mention the many Co-op staffers who work behind the scenes, supporting the financial end of Marketplace—Susan, Julia, Rhea, Jon, and Tanya.

Profits!

This year, the seven Marketplace programs made more than \$5,000 in profit! So, what do we do with it? Students at each school meet at the end of the year to reach consensus about donating the profits. The team at A. B. Day School donated to the American Red Cross, Project H.O.M.E., the Children’s Hospital of Philadelphia, Weavers Way Farm Education (cuz the kids love David Siller), and the A.B. Day School music program (to buy instruments). Their choices reflect their concerns (natural disasters, homelessness, and illness) and also support positive expectations for themselves and their peers (ongoing farm education and musical instruments to play.)

Weavers Way Environment Committee

After many years of taking place on the third Saturday of each month, Weavers Way recycling has come to an end. In recognition of the commitment and dedication by our recycling drivers, the Environment Committee prepared a Weavers Way cloth bag of food and treats for each driver. The



STUDENTS, TEACHERS AND ONE WEAVERS WAY STAFFER AT THE HENRY SCHOOL MARKETPLACE.

committee is an incredibly dedicated group of folks. We are hard at work exploring options for future endeavors. Stay tuned!

Elsewhere in the Community

As you know from David Siller’s monthly article, children and adults alike are learning about farming and urban gardening at the Weavers Way Farm at Awbury Arboretum. We are also working with a design class at Philadelphia University on a wash station and composting toilet (see Dave Zelov’s column, above). With funds from one of our many generous supporters, we just purchased lumber to build a compost bin, which will be used both to compost and to teach our many visitors about the composting process.

As I wrap up my review of the last four months, I want to thank the Weavers Way and WWCP staff and board members, as well as the many community organizations and individuals, who do so much to make Weavers Way Community Programs possible. Northwest Philadelphia is a fantastic community! With partners like Awbury Arboretum; Foundations, Inc.; and so many others, I look forward to many creative and innovative projects to come.

PHOTO BY JOSH GIBLIN

PHOTO BY SOL LEVY

Grocery News

by Chris Switky, Grocery Manager

Howdy, shoppers. Lots of items in this month's grocery column, so let's get right to it...

August is a great month to get acquainted with water (hydration, hygiene), and to celebrate, we've added distilled water to our "packaged water line" in response to several shoppers' requests. You'll find gallons of Poland Spring distilled water on the seltzer shelf by the side door, \$1.56 each.

Major changes in the veggie burger department: we've added a new flavor of Amy's veggie burger, the "Bistro Burger." It's dairy-free and gluten-free, but full of tasty organic ingredients including just a touch of barbeque sauce. Say "goodbye" to Gardenburgers and Gardenvegan burgers, as this company has apparently been sold to Kelloggs, which has stopped production of these two items in order to "reformulate the line." We're replacing them with Amy's bistro burger, in order to support a smaller family-owned company, and to rearrange freezer displays slightly so as to alleviate product crowding on a few of the shelves.

When you consider cooking options for veggie burgers, or whatever you're cooking, please think of Peace olive oil, now displayed with other oils (after spending several years on top of the deli meat case, won-



dering if the other oils disapproved of its peaceful mission, and had therefore banished it to the other side of the Co-op). It's \$14.60 for a 17 oz. bottle, and supports the cause of promoting peace in the Middle East. This from the peaceoil.net website:

"Peace Oil, extra virgin olive oil, is from Palestinian farmers using traditional methods of the region, without the use of artificial pesticides and fertilizers. Taste the distinct, tangy flavor of fresh olives at the peak of their nutritional value. Exported by three fair trade groups, two of them Israeli, Peace Oil encourages grass-roots cooperation, building bridges between the two peoples."

If that wasn't enough, we have a slew of "hellos" and "good-byes" in the grocery department.

Say "hello" to Post Grape Nuts cereal, 24 oz. for \$4.47. Actually, it's "hello again," as we stocked this cereal years ago, until vendor upheaval in 2001 caused us to lose it. (Well, no one really "lost it," although I did notice Norman get visibly agitated.) Recent vendor switcharoos mean that we can get it once again. Grape Nuts replaces Bar-

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Pet Store News

by Kirsten Bernal, Pet Store Manager

One of the more enjoyable aspects of purchasing for the pet store is selecting the variety of toys we offer. On a new toy delivery day you may find me giggling by myself as I squeak and honk the newest additions. I might be cuddling a monkey stick or toting around my favorite alligator. Jangling, shaking, rattling, squeaking, and crinkling are just a few of the qualities that I am looking for in a new toy. I am always searching for quality pet products that are innovative and unique. They must be fun. I

want to imagine all the Co-op pets happy and stimulated with their new toys. Play is an important aspect of our pets' lives. Keeping them active and motivated is a significant facet of pet care. Durability is important, particularly for dog toys, but paramount in the selection of these items is safety. As outlined in an article in *The Whole Dog Journal* (WJD), "Why Vinyl Stinks," the material of which the toy is made is critical.

The safety of vinyl has been an increasing concern. This came to light in relation to the contents of children's toys and child-care items. As a result of studies of the additives in vinyl, many states in the U.S. and other countries have banned its use in such items. It is now believed that the additives can leach out and are toxic enough to cause developmental damage. While this study was conducted on animals, it is no surprise that the findings have not led to similar legislation that would protect animals. Vinyl is a very common material for pet toys and some pet supplies, making this information invaluable for protecting ourselves and our



pets.

Polyvinyl chloride (PVC) is commonly labeled vinyl. According to the WDJ, it is the manufacturing and the ultimate disposal of this cheap plastic that is so toxic. The primary chemical it contains is chlorine, which can produce dangerous dioxins. Dioxins are linked to cancer, as well as reproductive and developmental problems. The dioxins are by-products of industrial processes that can impact our environment and health. Toxicologists believe

that PVC is stable and safe for use after manufacturing and before disposal. Since PVC is hard and brittle it undergoes a process of being infused with additives to make it soft and malleable. It is these additives that pose the greatest danger. While vinyl has been known to contain several highly toxic elements, it is the chemicals known as phthalates that are the most toxic. These chemicals plasticize PVC and are responsible for the unpleasant "vinyl" smell. This is proof of the toxins that are outgassing and leaching into the environment. They can contaminate any skin, living tissue, air, water, and earth with which they come in contact. These toxins have been noted to affect the kidneys and liver. They are believed to cause reproductive problems, including lowered sperm count, abnormal sperm, and improper development of sex organs, especially in males. This is suspected to be especially true for fetuses, infants, and the very young.

It is not a stretch to imagine how vinyl

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Easy Summer Dinners from the Weavers Way Deli

Firing up the grill in the summer is fun, firing up the stove is not. Here are some summer food ideas that don't require heating up the house.

Turkey Burgers With Brie and Chutney

(Adapted from a recipe in Organic Style Magazine June 2005)

- 1 lb. ground turkey
- 1/4 cup finely sliced scallions
- 1/4 tsp. salt
- 1/4 tsp black pepper
- 4 oz. Brie cheese
- 8 slices of sourdough bread
- 1 jar Patak's hot or sweet mango chutney, or Major Grey's chutney
- 1/4 cup olive oil

1. Mix ground turkey, scallions, salt, and pepper.
2. Form into four patties. Grill six to eight minutes on each side.
3. Top with Brie slices.
4. Brush bread slices with olive oil, grill on each side.
5. Serve turkey burgers on grilled bread and top with chutney.

Grilled Pizza

Pizza is delicious grilled and the topping choices are endless.

1. Bring Cacias pizza dough to room temperature.
2. Roll out dough on a floured surface as thin as possible.
3. Brush one side with olive oil.
4. Place oiled side on a preheated low grill. Oil the other side.
5. Grill until light brown, flip, cover with toppings, close lid and cook until bottom is brown or toppings are warm.

Be careful: the dough browns very fast on the grill!! Have all the toppings ready before you start grilling the dough. Some of my favorite toppings include:

- Grilled shrimp with pesto and oil-cured olives
- BBQ chicken, BBQ sauce, grilled onions, and smoked Gouda
- Tomato sauce, fresh mozzarella, parmesan, and fresh basil leaves
- Spinach, feta cheese, sundried tomatoes, calamata olives
- Curly's wing sauce, Buffalo chicken, and crumbled bleu cheese
- Grilled veggies with fresh oregano and basil (vegan) add Pequa goat cheese (not vegan)

August's

Hidden Treasures in the Deli

Sauces from

Betty's Tasty Buttons



We are now carrying a variety of products from Betty's Tasty Buttons, one of Philadelphia's newest and best confectioners. In addition to the delicious Supreme fudge sauce (with orange and Gran Marnier), marshmallow Phluff (even better than you remember), and lemon curd, we also carry Hot Lava (dark chocolate sauce livened with cinnamon and smokey chipotle) and their newest product, Cajeta (ca-HAY-teh), a slow-cooked Mexican caramel similar to dulce de leche, but made with goats' milk. Great over ice cream, as a dip for cookies and fruit, or mixed into coffee!

Second Floor News

by Martha Fuller, Second Floor Manager

We all kid Jon McGoran, right? We're all fair game for him and so he is for us, right? Maybe I should just speak for myself, you say?

Promise—I'm leading to something good about Jon, I really am.

Every month Jon sends an e-mail to the department managers and "gently reminds" us that our *Shuttle* articles are due—truth be told, they are generally overdue. He treats us with kindness over our tardy articles. (See, I told you that I would be writing something good about Jon!) In his most recent e-mail about our articles, he gave suggested topics. One was "Too Hot to Cook."

Of course, we have lots of housewares items on the second floor to help with your BBQ needs so that you can cook outside, keeping the kitchen heat in the yard, and of course, we always have ice cream scoops.



How could I mention the new pressure cookers we have if Jon tells us to write with the idea that it is "Too Hot to Cook"? Sorry, Jon, you may think that I am ignoring you on this topic, but give me a moment and you will realize that I am writing about the topic "Too Hot To Cook."

(continued on page 18)

Ends Policies of Weavers Way Co-op

Weavers Way is a sustainable cooperative enterprise benefiting both a growing membership and the wider community.

E1. The diversity of our community is reflected in our membership, staff, and all our cooperative.

E2. Members own, operate, govern, contribute to, and participate in a democratically controlled enterprise.

E3. Products and services provide high quality, are fairly priced, and meet our members' needs.

E4. The local economy, community groups, and institutions are strengthened.

E5. Members of our co-op and the wider community are informed about cooperative principles and values, consumer issues, and environmental concerns.

E6. Our operations balance economic, social and environmental responsibilities.

Manager's Corner
(continued from page 1)

our services to a wider community and would grow our membership.

Our Ends policies also says that the Co-op has to be “sustainable” while balancing economic, social and environmental responsibilities. So I had to make sure that we did not sign a lease that made it difficult for us to transfer the site if it was not sustainable. I signed a short term lease with options to extend the lease for a longer period if we are successful.

The first specific End, E.1, states: “The diversity of our community is reflected in our membership, staff, and all aspects of our cooperative.”

Ogontz could increase the diversity of our membership and staff if we work on our membership information correctly and our public relations target this community. Our Membership Director and Communications Director are working together to target this market and increase our diversity.

Looking down at E.3, I saw “Products and services provide high quality, and fairly priced, and meet our members’ needs.”

OARC said that among the reasons they wanted Weavers Way was the quality of produce and our pricing. They were also interested in our community spirit. Further, they were mindful that the health of a community is directly related to the quality of

food available in the neighborhood. A produce store with quality fruits and vegetables—and no high-fructose beverages—would be an improvement in food choices for their community.

Ends E4 and E6 declare “The local economy, community groups, and institutions are strengthened,” and “Our operations balance economic, social, and environmental responsibilities.”

We quickly saw how joining the West Oak Lane Business Association (WOLBA) and partnering on programs like the Seeds for Learning farm at MLK High School would strengthen all involved and help balance those responsibilities.

This is really how I thought about this project. It answered a number of questions that kept coming up at General Membership Meetings about our expansion. The Ogontz community is organized around its business community and service centers. I could see clearly how Weavers Way could be part of this community how our Ends are supported by the opening of Ogontz. I hope you agree with me, and if you do not I would like to hear from you.

Please stop by the Ogontz store, look around, and let us know what you think (and use the coupon on page 20!). I also hope that you will get involved in assisting the staff to build that important Weavers Way “web” of shoppers, owners, and community.

Weavers Way Film Series

Shut Up and Sing

by Larry Schofer

Shut Up and Sing! is a documentary about the adventures of one of country music's top groups that ran into trouble in 2003 for telling a London audience that they were ashamed that the President of the United States came from Texas. The Weavers Way audience loved the film, tapping their feet to the music and applauding at the end.

The political scene behind the film is one of a polarized country, one where country stars are supposed to support the right wing and the military, while only some Hollywood types are expected to back more liberal causes.

The film is entertaining, but it does not try to make political points; it concentrates rather on the group reinventing itself after it was dropped by most country-and-western stations. Judging from what I had heard before seeing the film, I thought that they

ran into some economic hard times, but that was hardly the case. In the “depths” of their problems, they were offered \$26 million for a concert tour. Even when they were worried about death threats, they could take their private jet to Austin to give a concert.

The film was shown as the June presentation of the film series sponsored by the Weavers Way education committee.

The Weavers Way film series August Hiatus

We will be on hiatus for the month of August, but will be back with more entertaining and thought-provoking films and discussions in September.



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Ask the Green House Detectives

by Meenal Raval

I've heard that recycling helps alleviate global warming. Is this true?

Vivian Schatz, a longtime Weavers Way member, brought a blog entry to my attention, titled “Want to Curb Global Warming? Start Recycling and Composting” (found at ecocalizer.com). This references a report, Stop Trash-ing the Climate, prepared by The Institute for Local Self-Reliance (www.islr.org) and others. The key findings of this report are:

- Waste prevention and increased recycling and composting could reduce as many greenhouse gas emissions as are produced by 21 percent of the U.S.'s 417 coal-fired power plants. Note that most of the electricity in our region comes from coal-fired power plants.
 - Wasting directly impacts climate change because it is directly linked to global resource extraction, transportation, processing, and manufacturing.
 - Incinerators emit more CO₂ per megawatt-hour than coal-fired, natural-gas-fired, or oil-fired power plants. Incinerating materials such as wood, paper, yard debris, and food discards is far from “climate neutral”; rather, incinerating these and other materials is detrimental to the climate.
- Therefore, the practice of land-filling and incinerating biodegradable materials such as food scraps, paper products, and yard trimmings should be phased out immediately. Composting these materials is critical to protecting our climate and restoring our soils.



In light of the city-wide, single-stream recycling that rolled out this July, let's show the city that we in the Northwest recycle! Each trash day, in addition to glass and metal containers plus mixed paper, you can now include flattened cardboard as well as plastic containers labeled 1 or 2. Place all these in any rigid container (recycling bin, old laundry basket or milk crate

will suffice). There's no need to wait for the once-a-month recycling.

The city has also made electronics recycling easier; the Domino Lane transfer station in Roxborough accepts computer monitors, television sets and other electronics all week, from Monday thru Saturday, 8 a.m. till 6 p.m. In addition, the Green House Detectives offer complementary neighborhood recycling of compact fluorescent light bulbs, as do all Home Depot and Ikea stores.

The summertime heat makes for speedy decomposition in the compost heap. If you'd like to start composting, find a sunny space for a covered container with holes drilled into the bottom. Alternate layers of brown material (dried leaves or shredded paper) with green material (kitchen scraps) and water during dry spells. Add soil on occasion to add microbes to the mix. Turn on occasion and in a few weeks, you'll have black, crumbly compost.

Is it true that clothes dryers are major electricity guzzlers?

Yes, electric clothes dryers use between five and ten percent of residential electricity in the U.S. Gas dryers are more efficient, as is the original solar dryer: the clothesline! In addition to saving about 1000 lbs of CO₂ each year, a side benefit is the smell of the sun and wind, especially on sheets. I've found that hanging clothes on the line gets me to notice the bird calls each morning—a lovely way to start the day. If you're concerned about thunderstorms soaking your almost dry clothes, install a clothesline in the garage or spare room. Indoor lines are also great for delicate and brightly colored clothes that you many not want bleached by the sun!

Have a question about reducing your carbon emissions? E-mail us at info@greenhousedetective.com

Pet Store News

(continued from page 3)

can be of an even greater risk to our pets, particularly puppies and dogs. Although vinyl is ceaselessly releasing phthalates into the environment, there are ways to increase the leaching. Dr. Santillo, a senior scientist with the Greenpeace Research Laboratories, has termed this “mechanical pressure,” which can include chewing, saliva, body heat, digestion, inhalation of airborne chemicals, and skin contact. This obviously puts young children and pets at significant risk. This knowledge has led to legislation to protect children, but has not been extended to the other members of our family—our pets. Pet owners can take up this cause by refusing to purchase products like these that are potentially poisoning us, our pets, and our planet.

Fortunately, there are great alternatives

I've heard about buying locally grown foods. How does that reduce my energy use?

The closer the food is grown, the less fuel is used in its transportation. Only ten percent of the fossil fuels used in the global food system are actually used for food production. The other 90 percent goes to transportation, packaging, and marketing. Though your personal energy usage may not get reduced, you will be voting with your dollars on how your food gets to you. You'll also be supporting the local economy—chances are, you already know a farmer: Dave! August offers up an assortment of selections from our local farms. So, savor the abundance and relish knowing that less fuel was spent getting the food to you.

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Membership and Work Requirements
(continued from page 1)

nesses if we are to grow the co-op economic principals.

For the Ogontz, store we decided to allow people to shop at the store as temporary members. If people want to join and support the Co-op, we welcome that. Our Membership Director has been directed to educate the community about ownership and the importance of membership. Working with our Marketing/Merchandising Manager and Communication Director, we need to get the message out about ownership.

Currently, we expect that starting September 1 the temporary membership will become defunct and we will begin charging a 10% visitor's fee to people who shop who are not members. This is similar to what we do at Mt Airy. We charge this fee and then ask visitors to hang on to their receipts.

When they join, they receive a credit for those fees they have paid in the past 60 days. We say we do not want to charge them the fee, we want them to become members. This is much better than what we used to say, "I am sorry, but you are supposed to be member to shop here. We can let you shop today, but you need to be a member in the future."

It is time for change....

After traveling around the country and listening to a number of different consultants who know more than me, I think it is time we changed the "mandatory work requirement."

It is time for me to speak to you directly about an important issue that I hope to present to the board for a vote and to the membership this fall for discussion and a vote.

I would like to see Weavers Way have a volunteer work program, not a mandatory

one. Nonmembers should be allowed to shop at the Co-op without being charged a visitor's fee, and members should be allowed to decide if they want to work or not. We would raise our prices, and give a discount to working members. Nonworking members would not receive the discount, but would retain all other benefits and obligations of membership. the retail nonmember or member nonworking level. People who work cooperator hours would be provided with a discount from the shelf price.

In addition to being included in any rebates, nonworking members would also be on the e-mail newsletter and *Shuttle* mailing lists, keeping them in touch with information on food, nutrition, and events. We may have special "member shopping days" or "member discount days" in which nonmembers would not have the opportunity to participate. All members, working or nonworking, would be able to take classes, receive business discounts, and attend special events, and would have a vote in the business as would a working member. Non-

working members would be supporting the co-op movement by investing in the membership equity and also by shopping

Co-ops handle working-member discounts in many different ways. I would work with our Operations Committee, Membership Committee, and Finance Manager to determine work on the discount.

As we expand, I believe a tiered membership structure such as this will benefit us greatly, helping us to attract new shoppers and new members, and helping to spread the benefits of our cooperative model.

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Great Gardeners of Mt. Airy: Syd Carpenter

by The Neighborhood Gardener, Mark Goodman

Whenever I shop at the Co-op, the frozen foods melt on the way to my car parked on Sedgwick Street. Not because it's particularly hot (or because I am parked too far away), but because I stop to admire the garden on the eastern corner of Greene and Sedgwick. This colorful and inviting garden, which is an amalgam of formality, creativity, and fun, has become a landmark in the neighborhood. The person responsible for this masterpiece is Co-op member Syd Carpenter. She and her husband, Steve Donegan, have lived at this home for 16 years.

Syd has no formal training in horticulture. Her mentor was her mother, Ernestine Carpenter. As a girl in her native Pittsburgh, Syd was her mother's gardening assistant. Her mother used to take her to nurseries and teach her about the world of plants. Syd remembers vividly her mother pointing out a vibrant hillside of daylilies and encouraging her to plant nasturtiums in their own garden. When they moved to Philadelphia in the early 1960s, they continued gardening wherever they lived, including the 600 block of Sedgwick Street

Syd pursued a career in art and is a ceramics instructor at Swarthmore College. The artist's touch is obvious to anyone who observes the tactile beauty in her garden.

Earth and plants are media as valid as clay when it comes to Syd's creativity. "The sensibilities are transferable," she says, and she points out that both activities depend on light, form, surfaces, and texture.

Syd takes pride in gardening in those "difficult sites" - under maples, on slopes, and in the shade. Although she is not into the "science and scholarship of gardening," she does use the Internet to seek information. One of her secrets of success is that she has no qualms about removing and replacing plants if they don't work. Her garden is not static, as any long-time observers can attest. Syd says that she is constantly "changing, editing, and tweaking" her garden, which she sees as a process, a constant work in progress.

She uses no magic elixirs, only leaf mold, mushroom soil, and compost from her 3x3x3-foot Gardener's Supply Company composter. The term "organic gardener" fits on several levels here. Like the Rodale family, who repopularized organic gardening in the 1960s, Syd believes that all good gardens begin with good soil.

There are several plants that serve as basic structural elements of the garden, or should I say gardens, since there is a lush patio garden as well as the slope and top beds. These structural elements, or



SYD CARPENTER'S GARDEN

"bones," include a cluster of the perennial amsonia, large blue and variegated-leaf hostas, a variegated-leaf lace-cap hydrangea, and a pair of six-foot-tall, stately "Silver King" euonymus shrubs which seem to be the sentinels for the garden.

Luckily for Syd, she prefers planting in dappled sunlight and shade, which abound in Mt. Airy. She also has an eye for the unique, as witnessed by the flowering cartoon, an ornamental perennial in the artichoke family. Another eye-catcher is the pineapple lily (eucomis) with deep purple leaves and a small pineapple shaped flower.

Bedecking the patio are persicarias, or mountain fleece, a five-foot tall perennial with red flower spikes. Small is beautiful too, especially the tiny starburst sedges (acorus minimus aurelius), a gold ornamental grass. One more unusual specimen is the double-flowering Siberian iris, with larger, lighter colored flowers than the standard variety.

Syd also has a warm place in her heart—and garden—for some old standards. In particular, she is fond of black-

(continued on page 10)



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Walk in the Park is No Walk in the Park

by Sandra Folzer, Environment Committee Chair

You wouldn't take your child to a park where bears and wolves roamed freely. But you are willing to take them places where they can be bathed in chemicals that cause respiratory and neurological problems, even cancer. If you don't believe me, ask what chemicals are being sprayed in your local parks. Then, look at the "Material Safety Data Sheet" on each chemical. It's not a pretty picture.

You might tell me, the EPA allows it, so it must be okay. This is where my story gets really depressing.

A January 2006 report issued by the EPA said studies demonstrate certain pesticides easily enter the brain of young children and fetuses and can destroy cells. However, because they lack "evaluation protocols" for measuring this toxicity, the EPA will not say with certainty how a fetus, infant, or child will be adversely affected. The EPA's position invariably is that any chemical is safe until absolutely proven dangerous.

What are parents to do? Can we actually not trust a reputable institution like the EPA? Here is a hint. A May 24, 2006, letter from three unions, representing 9,000 EPA workers, said, "political pressure exerted by agency officials are perceived to be too closely aligned with pesticide industry..."

An April, 2008 survey of 1,600 EPA staff scientists found that 60 percent—889 scientists—reported personally experiencing political interference in their work over the last five years. They said the White House Office of Management and Budget

frequently changed their findings. According to the Union of Concerned Scientists, the highest number of complaints came from those directly involved in writing regulations and those conducting risk assessments such as the cancer risk for humans from chemicals.

If politics are more important than public safety, the EPA's decisions are more easily understood.

After the National Cancer Institute found in 1986 that farmers in Kansas who used the herbicide 2,4-D more than 20 times a year were eight times more likely to get non-Hodgkin's lymphoma, a cancer of the lymph system, the EPA said it would not conduct other studies because they didn't believe there was enough research.

Though the EPA found that farmers who apply the pesticide alachlor face a relatively high risk of cancer, the agency has decided that the chemical does not pose an "unreasonable" risk of cancer in others. In 1984, the EPA allowed the continued use of alachlor with the change of labeling, "this product contains alachlor, which has been determined to cause tumors in laboratory animals." Their decision was praised by the manufacturer, Monsanto.

Another popular herbicide, Atrazine, was found to have a potential link to prostate cancer because employees of the manufacturer, Syngenta, had a rate more than three and a half times higher than statewide average. A Syngenta endocrinologist Dr. Hayes found sex changes in frogs

(continued on page 11)

Come and Sit a While



WEAVERS WAY CO-OP IS PROUD TO ANNOUNCE THAT WE HAVE GIVEN BIRTH TO THREE, 80 POUND, BABY CERAMIC, LOW-FLOW, ADA (I.E. YOU CAN SIT THERE COMFORTABLY) TOILETS. THEY ARE FRATERNAL TRIPLETS. ON THE SECOND FLOOR, BEHIND DOOR NUMBER ONE, JUST PAST THE COFFEE, FROM AUSTRALIA, IS A CAROMA DUAL-FLUSH (A BUTTON FOR NUMBER ONE AND A BUTTON FOR NUMBER TWO). BEHIND DOOR NUMBER TWO, ON THE SECOND FLOOR, JUST PAST THE COPIER IS A TOTO, A REAL WIZARD OF A TOILET, POSSIBLY FROM KANSAS. BEHIND DOOR NUMBER THREE, IN THE BASEMENT NEAR THE PACKING ROOM, IS AN AMERICAN STANDARD CHAMPION (SAY NO MORE). PLEASE LEAVE YOUR FEEDBACK IN THE ENVIRONMENT COMMITTEE MAILBOX.

~ FROM THE ENVIRONMENT COMMITTEE

Workshop

Introduction to Ayurveda

Saturday, Aug 16, 2008 1 p.m. – 3 p.m.
Antonio Aragona's Studio
443 W. Carpenter Lane, 1st floor

Introduction to Ayurveda: its origin, its purpose, its practical application to our daily lives (dietary/lifestyle) and its global contribution (environmental effects). Ayurveda, known as the Science of Life, is making its way into this country and onto local store shelves more and more. This workshop is designed to help individuals understand what Ayurveda is, where it came from, and where it is headed. By attending this workshop individuals will come away with a more in-depth comprehension of how to apply Ayurveda to their lives and learn how it can benefit not only the individuals state of health but also the environment, supporting the balance of the planet.

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

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The Simplicity Dividend
CatalogChoice: A Report from My Mailbox

by Betsy Teutsch

CatalogChoice was launched in Fall 2007, so after nearly nine months, my household is a good test case of whether their free mail-order catalog opt-out service works. My conclusion: it's fabulous! Founded by the Ecology Center (ecologycenter.org) in Berkeley with backing from the World Wildlife Foundation and the Natural Resources Defense Council, and funded by several foundations, it started out with serious cred. Their system is somewhat labor intensive, in that you must set up an account and opt out of each company separately, but once it's a habit, it doesn't take more than a minute or two per request.

CatalogChoice keeps a record of customer opt-outs, so it's easy to check that your requests are processed and honored. One thing that I've learned is that while some companies have embraced CatalogChoice—realizing that antagonizing customers by sending them unsolicited catalogs is a bad idea—others have resisted. In fact, you can see the foot draggers on your account record; those requests are flagged by a red REJECTED label. Since it takes about 10 weeks for catalog mailings to stop, another nice feature of CC is that you can check when you requested a cease-mailing and assess whether you need to request another or if it's just that the normal wait hasn't yet elapsed. By now hundreds of catalog companies are in their data base, so the odds are any store you want to cancel will be in the system already, speeding up the process. Some companies just aren't getting

it, though: I have requested that Dell stop sending catalogs; my father died two years ago and we're still getting their mailings to him, on top of the rest of us. My five requests to Dell are all labeled "unconfirmed" and those Dell circulars just keep coming....

My husband likes to receive a few catalogs. They still come, so they definitely go by name, not by address. We called these stores directly and arranged for seasonal mailing only, rather than the previous nearly weekly deluge. We receive about three catalogs a week now, max. Before this service, even with my e-mailing and calling companies directly to opt out, we received more like two dozen per week. One challenge is that buying online generates a new trail of catalogs, and it's easy to determine that stores sell your name to other lists. If I remember, I request on my order that they not add my name to their mailing list.

A few stores from which I opted out have contacted me directly. The Vermont Country Store sent me a letter (kind of dumb since opt-outers obviously don't like junk mail) and threatened to start sending



me catalogs again if I didn't confirm that I had meant to opt out. Perhaps I missed receiving their catalog? Pottery Barn took a better approach, e-mailing me a confirmation and thanking me for communicating my preference and including a link for me to resume receiving catalogs should I prefer that. (Big surprise, I deleted it.) Most catalog companies just comply and that's it. Nearly a million accounts have been opened at www.CatalogChoice.org just in their first nine months, which the organization reports has meant 12 million fewer pieces of junk mail. My records show I have opted out of 47 catalogs! Let's have a competition. Who can top that?!

You can read Betsy Teutsch's blog at www.MoneyChangesThings.blogspot.com

**Weavers Way
Seeks Economist**
**What is the economic
impact of the co-op?**

This is an important question that was recently asked in the New England area, where there are many more co-ops.

What type of impact do we have due to our mission and Ends?

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We buy locally and keep funds in the community; what does that mean to our region and economy? If we expand to many other stores in the next few years, what impact could we make in neighborhoods with our farm program and local purchasing?

How do we compare to other retail food operations?

The questions asked by the New England co-ops are excellent and ones that I would like to answer here. So, if you are an economist or are involved with an MBA program that might want to take this on for us, please let me know. Glenn Bergman 215-843-2350 or e-mail gbergman@weaversway.coop



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Down on the Farm
(continued from page 2)

news: We have signed a new, 10-year lease with Awbury Arboretum. Our previous lease was for three years, which did not give us enough security to really invest in infrastructure and perennial plants. Now we can feel comfortable with both. We look forward to a long and rewarding partnership with the folks at Awbury.

With all of this happening, there are still vegetables to harvest and tend to. After all, it is August, one of the most plentiful times of the year. Continue to look for all those summer crops, particularly the heirloom tomatoes in all their lovely shapes and sizes. As you'll notice, we've expanded our pepper selection to include a few more colors. A whole host of hot peppers will be available as well as green, purple, and white (all unripe) and red and yellow (ripe) sweet peppers. You may also see some different col-



ored eggplants on the shelves: "Snowy," a white Asian-style eggplant, and "Fairy tale," a small striped one can, both be used as you would any other eggplant, so give them a try. You'll find they are less bitter and more tender than the larger Italian varieties. We also are growing two other varieties of Asian eggplant but the flea beetles have been attacking them and we're not sure they'll make it. Lesson learned: cover all eggplant with row cover immediately upon planting in the ground!

Syd Carpenter
(continued from page 7)

eyed Susans because of their ability to grow in sun and shade, and for their seed heads, which offer winter interest and food for birds. Hostas are a favorite too, especially the blue leaf varieties. As an artist, Syd appreciates the range of colors, shapes, and textures in the hosta family. She likes the sheer "physicality" of these big-leaf plants, "like large quiet animals in the garden." Baptisias, with their interesting shapes and colors, and spireas, with their solid massing forms, are two of her other common favorites. Syd has some advice for new — and

veteran — gardeners. "Take care of your soil. Prepare the soil before planting." She also recommends visiting public as well as backyard gardens. Philadelphia, notes Syd, is rich in both. When we visit other gardens, she encourages us to take notes on plants that resonate. As a sculpture teacher once told her, "Notice what you notice." Finally, our Mt. Airy gardener extraordinaire tells us not to be afraid to make mistakes; trial and error is a wonderful way to learn. Syd views gardening as a primary source of exercise and "a great way of being outdoors." In addition, she states that "to make a garden is one of the most satisfying things you can engage in. The return

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Walk in the Park
(continued from page 8)

in the presence of Atrazine. Syngenta repeatedly asked him to redo his research and did not submit his findings to the EPA. Finally, Dr. Hayes, quit Syngenta and did independent research, finding the same damaging effects.

The EPA decided not to limit atrazine. They said atrazine was not likely to cause cancer in humans though it couldn't be ruled out. When the National Resources Defense Council (NRDC) requested documents under the Freedom of Information Act, they were refused. In November 2003, when the NRDC charged the White House and EPA with violations, they released 22 documents with most of their content blacked out, including a memo from former senator Bob Dole to White House officials not to restrict Atrazine despite its environmental risks. The White House continues to withhold more than 80 documents possibly showing a link between industry and the EPA.

Epidemiological studies have consistently found an increased likelihood of certain types of childhood cancer following parental and childhood exposure to pesticides and combustion by-products, such as dioxins, which may increase the likelihood of childhood leukemia and cancers of the brain and central nervous system. One byproduct of 2,4-D is dioxin. A

2004 study found that young infants and toddlers exposed to herbicides within their first year of life are four and a half times more likely to develop asthma by the age of five.

On August 8, 2007 the EPA stated 2,4-D is safe, though the EPA's material safety data sheets for herbicides like 2,4-D (e.g., Roundup®) list them as respiratory irritants that can cause irritation to skin and mucous membranes, chest burning, coughing, nausea and vomiting.

*While the EPA asserts that dangerous herbicides include 2,4-D, 2,4,5-T, alachlor, and atrazine, their official position is that "with few exceptions (e.g., DES, dioxin, DDT/DDE), a causal relationship between exposure to a specific environmental agent and an adverse effect on human health operating via an endocrine disruption mechanism has not been established." (EPA Special Report, February 1997)

My hope is that not only will parents take care around parks and neighbors' lawns which are treated, but they will also speak up about avoiding chemicals altogether. Remember, herbicides and pesticides were devised to kill living things, and they do that very well.

Excellent site for information and research on children and herbicides:
<http://www.beyondpesticides.org/lawn/fa>
ctsheets/Children&LawnChemsDont-Mix.pdf.

Grocery News
(continued from page 3)

bara's Grainshop cereal, dropped due to slow sales, but still available as a full case preorder.

"Hello" to Lakewood Pina Colada (pineapple coconut) juice, and to Martinelli's Cranberry-Apple sparkling cider, and to Santa Cruz Raspberry Lemonade, all on the juice shelves across from the deli case. "Good-bye" to After the Fall 24 Karrot juice, and to Santa Cruz sparkling lemonade, both of which are no longer available.

New in the canned soup section, two flavors of Muir Glen soups: Beef Vegetable, and Chicken Wild Rice, both \$3.49 for 19 oz. In the nut butter selection, we've added Once Again organic sunflower butter, \$3.94 for 15 oz, brought in due to shoppers' requests. This replaces the Arrowhead Mills honey-sweetened peanut butters, which are (sadly) no longer available.

Please greet the new maple syrup from Spring Hill Farms, grade A dark amber, at these great prices: \$9.29 for pints, \$17.14 for quarts. These come in handsome and reusable mason-style jars, and come directly to us from a local Pennsylvania syrup family. Great deal!!



Say "hello, again" to Omega salmon burgers, they're back in the freezer after having been missing for about the past year. Call it Vendor-Availability-Entropy; the same vendor that dropped them a year ago suddenly lists them in their catalog again.

Say "good-bye" to frozen Eggbeaters, no longer available from any of our suppliers, but we do have a shelf-stable egg replacement product for baking, called Egg Replacer. It's totally vegan, gluten-free, and wheat-free, and is found on the top shelf of the flour and sugar shelf. It comes with detailed instructions, and no less than eleven (11) eggless recipes printed on the box.

Most important, don't forget to say "hello" to me, or Norman, or anyone else you might run into in the grocery aisles. And we will, of course, say "hello" back. That's what makes our co-op special, and makes Co-op shopping rather enjoyable, as contact sports go.

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Nature Writing: A Paradox

by Mark Goodman

I've always had mixed feelings about reading books on nature. On one hand, I've found them profoundly inspiring and energizing. From the naturalist-philosophical writings of Henry David Thoreau, Annie Dillard, and Scott and Helen Nearing to the ecological essays by Aldo Leopold and Barry Lopez, to the vibrant poetry of Gary Snyder, Marge Piercy, and the Japanese haiku masters, to the chants and songs of the Native North, Central, and South Americans, I've loved them all. At the same time, I've always felt a sense of vicariousness when I read nature literature, as if I'm letting someone else do my outdoor living for me.

One solution has been to keep my life in balance, to make sure that I actually live in nature and not just read about it. My experiences working as a gardener in Cape Cod, hitchhiking 6,000 miles from coast to coast and back where — yes — the purple mountains were majestic and the amber grain did indeed wave (1960s), living year-round in a cottage in the Maine woods, canoeing down the Shenandoah (1970s), vacationing along the North Carolina coast where I witnessed one of nature's operatic masterpieces—a lightning storm over the ocean (1980s), going on a whale watch off

Provincetown where I was splashed by the spray from the slapping flukes of a lordly leviathan (1990s), and watching the prehistorically graceful lift-off into flight of great blue herons at the Chesapeake's Eastern Shore (2000s) have all been connected holistically with great nature writing and its authors.

Two nature writers are especially close to my heart: John Kieran and Hal Borland. Both were acute observers of nature and although most popular in mid-20th century, their works still resonate today. Kieran's *Introduction to Nature* was one of my first guides to identifying birds, wild flowers, and trees. Unlike most contemporary field guides, the book relies on illustrations rather than photographs, but the pictures are lively and accurate.

Footnotes to Nature is a rich combination of informal observation of his native Dutchess County, New York, and scientific nomenclature, as Kieran uses his naturalist's eye and poetic sensibility to inform and entertain his readers. Each of the chapters begins with a nature quote from Shakespeare, and his keen attention to the natural world is laced with quotations from English and American poets.

In John Kieran's *Treasury of Great Na-*

ture Writers, Kieran serves as an editor of great naturalist literature by such classic authors as Izaak Walton, William Bartram, John James Audobon, Charles Darwin, and Herman Melville. Also included are more modern environmental masters including Rachel Carson, Henry Beston, Edwin Way Teale, and Aldo Leopold. Before each selection, Kieran writes a pithy biographical sketch of the author. Ever the poetry lover, Kieran laces the volume with nature poems by the likes of Keats, Emerson, Burns, Bryant, and Wordsworth.

Hal Borland, although best known for his novel *When the Legends Die*—about a young native American who becomes a champion rodeo rider but ultimately decides to live in a more natural environment—was a keen observer of nature. Like Kieran, he has edited a meaty (800+ pages) anthology of outdoor America entitled *Our Natural World*. He arranges the dozens of essays into two main parts: "The Scene" (Woodlands, Watery Places, Plains and Deserts, and Mountains) and "The Life" (Animals, Birds, Insects, and Plants and Trees). He too includes biographical sketches as well as introductory commentary for each chapter. He includes many of the same authors as does Kieran, plus John Muir, Roger Tory Peterson, John Burroughs, Loren Eisley, and Elizabeth Madox Roberts.

Sundial of the Seasons is a selection of Borland's nature "editorials" from the *New York Times*, where he wrote for over 20 years, mostly about the area surrounding his home in the Berkshires in Massachusetts. These compact, well-focused essays are arranged by the seasons, beginning with Spring, with one for every day of the year — and every one interesting.

Here's another solution to the reading-of-nature-books paradox: as the days get longer and warmer, find a comfortable outdoor spot — under a tree, on a patio lounge chair, a park bench, a hammock — and enjoy your favorite nature writers outdoors.





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Co-op Member Publishes Book on Flying

by Jonathan McGoran

Kenneth Ford of West Mt. Airy is a retired physicist who has published a number of books on physics. But recently he shifted gears and wrote, *In Love with Flying* a book on his long-time avocation, flying.

In his 50 years of flying small planes and gliders, Ford logged 4,500 hours as “pilot in command” and has flown throughout the United States, with some forays into Canada and Mexico. He calculates that he has carried nearly 700 different people as passengers and has landed in more than 450 different places, from New York’s La Guardia and Chicago’s O’Hare to dirt strips and a few pastures in the West.

Ford’s book is partly a memoir. It’s also a sort of handbook on the art of flying, and it contains profiles of nine aviators he met along the way whom he admired for their skill and their style. Mostly he emphasizes the joy of flying, but he does deal can-

didly also with a couple of incidents where he made what he calls boneheaded mistakes—fortunately emerging unscathed from them.

“Ken Ford’s beautifully written new book could easily be subtitled ‘and the Wonderful People I’ve Met in the Air,’” writes Phil Klauder in *Soaring Magazine*. “Ken’s love for flying has brought him into the extended family of fascinating people who share his passion for the air. In

this book, Ken has done a wonderful job of sharing his lifetime of adventures and friendships with the reader. If you are a pilot, an enthusiast, or if you’ve just always wondered why your loved one is so interested in flight, you will be grateful that Ken has invited you along to meet his friends, share his adventures, and learn his lessons. I hope you enjoy his book as much as I have.”



A former director of the American Institute of Physics, Ford was a member of the Philadelphia Glider Council and towed gliders at PGC’s airport in Bucks County. One thread running through the book is his quest for a diamond soaring badge, a quest conducted mostly in western states. Some of his pasture landings were part of that quest. Finally, at age 73, he earned his diamond badge, number 858 in the United States, for achievements that included covering 500 kilometers in a glider and soaring to an altitude of 26,000 feet.

Among Ford’s books on physics are: *The World of Elementary Particles* (1963, for the general reader; its Italian translation won a science writing prize); *Basic Physics*

(1968, textbook); *Classical and Modern Physics* (3 volumes, 1972-74, textbook); *Geons, Black Holes, and Quantum Foam: A Life in Physics*, with John A. Wheeler (1998, Wheeler’s autobiography, for the general reader, written with John A. Wheeler; it won the 1999 American Institute of Physics Science Writing Prize); and *The Quantum World: Quantum Physics for Everyone* (2004, for the general reader, translated into five languages), which was recommended as essential reading by *Esquire* magazine.

In Love with Flying is available at bookstores, from online booksellers, and directly from Ford’s Web site, www.HBarPress.com. Ford and his wife Joanne have been members of Weavers Way since 1984.



The Physicist Who Flies...

Kenneth Ford will be reading from and signing copies of **In Love with Flying** at **Big Blue Marble** Thurs., Sept. 11 at 7 p.m.

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Midwest Floods Prompt NOP to Relax Organic Crop Rules

by Sustainable Food News

The U.S. Department of Agriculture’s National Organic Program (NOP) has accepted a request by the Iowa Department of Agriculture to relax crop rotation rules due to relentless rains and widespread flooding throughout the state.

Farmers have had no opportunity to complete field work in recent weeks as heavy rains saturated soils, now immersed in floodwaters.

A new study released Tuesday said the state’s flooding rivers will cost an estimated \$2.7 billion in crop damage. Over three million acres of crops overall are said to be impacted.

Agrichemical giant Monsanto Company said Wednesday it is donating \$1 million to the American Red Cross to assist in flood relief efforts in Iowa. “The tragedy is severe, and the need is tremendous,” said Hugh Grant, Monsanto CEO and chairman.

Without the help of NOP granting the temporary variance to the crop rotation requirement, organic farmers faced the challenge of either not planting a cash crop this year to comply with the rule or planting the same crop, such as soybeans, in a field where that crop was planted last year.

“Organic certification requires longer crop rotations. Organic farmers, as well as other farmers, are faced with challenges planting crops this late in the season,” Iowa Secretary of Agriculture Bill Northey said. “This variance will give them much-needed flexibility when making decisions on planting this year.”

The NOP said the temporary variance allows the organic crops to be harvested without compromising the integrity of their organic certification.



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Weavers Way Monthly Recycling Discontinued

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, so Weavers Way has discontinued our monthly recycling program as of the July 19 collection. 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. Please do NOT bring recycling to the parking lot behind the firehouse at Germantown Ave and Carpenter Lane, but DO continue to recycle, and put it out for curbside pick up.

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Noelle Dames, Jessica Rodriguez Becker,
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Playground Build at Wissahickon Charter is a Chance to Build Community

by Dee Dee Risher

August 16 is going to be quite the day at Wissahickon Charter School (WCS), located at 4700 Wissahickon Avenue. By 8 a.m., about 300 volunteers will be swarming over the play yard, erecting amazing pieces of playground equipment. They will be assembling slides, rope webs, and climbing walls. Kids and adults will be working together—shoveling mulch, working on murals and mosaics, assembling a shade canopy and benches, and planting garden boxes.

And by 3:30 that afternoon, there will be a joy-filled ribbon-cutting to inaugurate the school’s new Earthkeeper’s playground!

This playground is a long-held dream. Though the K-8 school has more than 400 students, its outdoor play yard consists of bare asphalt and one small basketball hoop. School staff, parents, and kids have long dreamed of an exciting place to play that is in harmony with the school’s environmental mission and cooperative values.

This summer, those same values of cooperation will bring the dream alive, be-

cause partnerships have made the planned build a reality. Kaboom! (www.Kaboom.org), is a national nonprofit organization that envisions a great place to play within walking distance of every child in America. They connect communities who need playgrounds with those who want to help that happen. Last month, they paired Wissahickon Charter with Wharton Business School. WCS raised a portion of the money needed for the playground construction, and Wharton, through the generosity of alum Randall Wiesenburger and his family, has provided the remainder. Their contribution underwrites the lion’s share of the project’s expenses.

WCS parents raised much of their portion through grassroots fundraising efforts like bulb and card sales and pass-the-hat contributions, but they also looked to the community for support. Weavers Way has donated \$400 to the cause and will also be donating lots of fresh fruit for the build day. Our contribution marks what has been

a long and fruitful (no pun intended) partnership between our Co-op and WCS. In the past, Weavers Way has supported gardening efforts at the school, vied with WCS staff to see which organization could have the greenest commute among staff members, participated in its annual Freecycle earth day event, and run a lunch-time Marketplace program at the school during the school year. Many families and staff of the school are Weavers Way members as well.

The close connections are not surprising, given WCS’s environmental mission. The exciting projects percolating over in our corner of 4700 Wissahickon include gardens, biodiesel fuel, and solar car projects. Wissahickon Charter also won the educational division of the 2008 Greater Philadelphia Sustainability Awards. Recent standardized test results show that Wissahickon Charter is now outperforming both the School District of Philadelphia and charter schools citywide in math and reading—a notable milestone for a school just five years old.

The playground construction itself has been a community-building experience. Kids, parents, staff, and others planned the playground together. WCS seventh and eighth graders planned an entire interdisci-

plinary study unit around playground construction—its history, sociology, science, and theory. As the culmination of their work, they presented playground plans at a WCS/Kaboom!/Wharton group, and their ideas significantly influenced the final plan.

The one-day playground build on August 16 is itself designed to be an empowering experience. Volunteers will be all ages, children to elders. No particular construction skills are required, and there is a place for everyone. (If you do have construction skills to offer, though, we’d love you to help us on Thursday, August 14—the build-prep day.)

It’s a rain-or-shine event, and it’s going to be a blast! There will be food, music, many fun projects, and lots of laughter and cool water. To volunteer and be part of the fun, contact Genie Ravital at 267-977-3008 or via e-mail at geniebud@gmail.com. For more information about Wissahickon Charter School, visit the school’s website at www.wissahickoncharter.org.

Contributions to the project are still needed and gratefully welcomed. If you can give money to this project, contact Genie Ravital at geniebud@gmail.com or call 267-977-3008.

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47 Maplewood Mall

in Germantown

Ogontz Grand Opening
(continued on page 1)

be opening a store in Ogontz, I would have said ‘No way, that’s not our plan,’” began Co-op General Manager Glenn Bergman, introducing a beaming Pamela J. Rich-Wheeler, Executive Director of The Business Center for Entrepreneurship and Social Enterprise. “But this lady told us that a produce store was closing and asked us to consider it, and we did, and here we are.” Following the ceremony, Wheeler said she knew the partnership with Weavers Way would be a good fit.

“We knew that Weavers Way had the staff and the experience to do this. Once we involved the Ogontz Avenue Revitaliza-

tion District (OARC) and took a tour of Weavers Way in Mount Airy, it just came together. The people in this community now have fresh produce and they are becoming invested in the Co-op.” She also credited Al Dorman, a Corridor Manager for OARC for solidifying the concept. “A lot of people don’t know that he worked in the super-market industry and he clearly saw the quality produce and products at Weavers Way. I’m excited to have been the connector for this project.”

Bergman and Wheeler noted that students from the Martin Luther King High School, who are harvesting a third of an acre of fresh vegetables at the new Seeds for Learning Farm on the school grounds are selling their produce at Weavers Way

Ogontz, as well as at the City Hall Farmers’ Market, and several have summer jobs working at the new mini-store.

As he spoke, Bergman proudly showed off a beautiful bunch of beets that had just been plucked from the Seeds for Learning Farm and garlic grown at the Weavers Way Farm in Awbury Arboretum.

“This whole thing is coming full circle. Today, thanks to Stephanie Johnson, we have 20 children from the daycare from the nearby Grace United Methodist Church visiting the farm at Awbury Arboretum.”

Johnson, a long-time staffer at Weavers Way in Mount Airy, chimed in when her church was named, “Where Grace is the Place.”

“And,” Bergman continued, “I’m

pleased to tell you that we just signed a 10-year lease to continue the farm at Awbury.”


Charmagne Newman, Executive Assistant and Human Resources Director for OARC made remarks on behalf of OARC CEO Jack Kitchen, who was unable to attend the ceremony.

“This is pretty exciting. We have local produce in a community that is looking for healthy alternatives. I want to thank the community leaders and local residents for supporting this initiative,” said Newman.



Weavers Way Board President Sylvia Carter told the audience that she wants feedback.

“We want to hear from you the con-

(continued on page 17)



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Photo: Deborah Boardman

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Ogontz Grand Opening
(continued from page 16)

sumers as to what is working and what isn't. We will be having some community meetings because we want this to be your store too," she added before officially cutting the ribbon.

At a casual reception, locally grown vegetables, homemade dip, cheeses, fresh fruit, chicken sausage kabobs, corn bread, and sweet treats were the main attraction.

Ruby Long has lived in the neighborhood for 40 years and can walk to the new location.

"I used to be a member of the Co-op in Mount Airy, but then my granddaughter became ill and I couldn't commit to working the hours," she said. "I really missed it. Now she is better and she and I want to join and put in our hours to make this work. Once people come in, they will come back. There are a lot of older people around here looking to walk to get fresh produce and live a healthier lifestyle."

Esther West echoed those sentiments. "It's wonderful to come to a store in the neighborhood where I can get these fine products."

Wanda Chang and Alex Chan, with the



PHOTO BY JOSH GIBLIN

AN ENTHUSIASTIC WELCOME FOR WEST OAK LANE'S NEWEST BUSINESS.

architectural firm Agoos Lovera, helped retrofit the store as part of the Community Design Collaborative, a community design center that provides nonprofit organizations access to pro bono preliminary design services.

"This is great. They have the support of the community and that's an important first step," said Chan.

Jonathan McGoran, Weavers Way Com-

munications Director, noted that Weavers Way will continue to work with the Community Design Collaborative to develop a design template for small food stores, to make it easier for smaller stores to open up, especially in underserved areas.

"This means empowerment. This means caring about our own people. This means health and enrichment for our

young people," said Katie Ruth Myles, a retired schoolteacher who taught Wheeler when she was a young girl. Myles made her first purchase from Weavers Way Ogontz staffer Renee Champion, a resident of nearby Tulpehocken Street.

Store Manager Luis Cruz was all smiles. "I never thought I'd be here managing this store. I started working at Weavers Way and Glenn saw some potential in me and here I am."

Another familiar face from behind the cash register at Weavers Way Mount Airy has been promoted. Anton Goldschneider is the Assistant Manager, and was busy ringing up sales following the celebration.

"It's been a lot of nine-hour days, but well worth it. I feel the people in this community are very welcoming and it's a pleasure to be here."

The store is located near the Ogontz Plaza and has a colorful mural on the side of the brick building. Hours are 10 a.m. to 6 p.m. Monday through Saturday. For more information, call 215-276-0706.

Barbara Sherf is a former print and broadcast journalist who contributes to the Shuttle. You can reach her through her website at www.communicationspro.com.



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Second Floor News

(continued from page 3)

Fagor Pressure Cookers

If you think about it, pressure cookers may have been one of the first “green” products—they are energy efficient and promote eco-friendly living and, because they can save up to 70 percent in cooking time, a cook spends less time in the kitchen.

In June, we began carrying two sizes of the Fagor Pressure Cookers Duo Line—a six-quart and an eight-quart. The Duo Line pressure cookers have sleek ergonomic

(black) handles for easier opening and closing. Complete with two pressure settings, a low and a high, they provide the flexibility to cook all types of dishes, including the most delicate.

When you purchase an 18/10 stainless steel Fagor Pressure Cooker from us, you will also receive, in the box, a stainless steel steamer basket with a support trivet and a booklet with over 50 recipes. And of course, there’s an instruction booklet too.

The current prices as of this writing (it’s July 3—yep, this article is overdue!) for the six-quart is \$80 plus tax. The suggested retail price is \$99.99. The eight-quart price is

\$88 plus tax, with a suggested retail price of \$109.99.

Please see a second floor staff member if you are interested in other Fagor products. Some of their items can be ordered singly and some require a case of two or six items to be ordered.

Sale items

Be on the alert for summer discounted products—we will have, at some point toward the end of the summer, the sun block and bug repellent products on sale. We place these items on sale while you still can use them—that is, there is summer left and you still may need them.

Back to School and College

Good grief, Charlie Brown, is it time to type that already? Yes, it is! We have notebooks from Rhodia, sketchbooks, cleaning products, personal care products, socks, lip balms, coffee and tea—there’s lots to choose from.

The Last Chance Corral

The discount area is always filled with great sale items. If you have not shopped in this area in a while, check it out. There are hefty savings on products we have discontinued.

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Natural Acres Pasture-Raised Eggs Are the Best

by Dale Kinley, Fresh Foods Manager

When I visited Natural Acres last fall, they were in the processof expanding their egg operation, They built an expanded chicken coop and bought a “moving chicken mobile.” They now house 1,000 laying hens. At noon every day they are loaded into the chicken mobile, driven to a hay-field, and released. The hens spend the afternoon running and picking at the earth. They eat bugs, worms and lots of grass. This makes the eggs high in omega 3 oils.

Their diet is supplemented with corn, soy and spelt, all organic.

We get the eggs directly the farm every Tuesday. They are the freshest and the most delicious eggs around.

Try them , they are sold in the fresh foods case, along with Natural Acres organic and natural meats.

Suggestions

(continued from page 20)

Wednesday and Fridays.

s: “I’ve been hearing folks say they want the Co-op to stay open until 9 p.m.—longer hours??”

r: (Glenn) I would like to see us open at 8 a.m. every day and stay open until 8 p.m. Saturday and Sunday. We close at 8 p.m. right now to respect traffic at night in the neighborhood, though people have said traffic until 9 p.m. might make it safer.

s: “Eggbeaters are a staple in my household. Because of a small freezer, I buy about a two-pack a week. I am told you are no longer carrying them. If you cannot reinstate them either as fresh or frozen I will be forced to buy them elsewhere, and if I am in another store (and using gas to get there), I guarantee you I will be buying other things there as well. Use whatever metaphor you want, this is a “trigger” or “threshold” product: not carrying it will

cause a loss of revenues far in excess of the product sale itself. (It’s just like not carrying eggs!)”

r: (Chris) The loss of Eggbeaters from our frozen foods line resulted from us dropping a really bad frozen food vendor, and replacing them with a very good frozen food vendor. The bad vendor had absolutely no reliable delivery schedule, often delivering during evenings or on weekends with no notice, and delivering damaged products and insufficient quantities of what we ordered. The good vendor is, thus far, much better, but unfortunately, they do not carry Eggbeaters. There’s no way that we’ll be switching back to the bad vendor, and I’m sorry that we can’t be a source for Eggbeaters any longer. We did look for another vendor for Eggbeaters to no avail, and we’re also looking to see if any of our vendors carry a similar product.

s: “Can we have Maille Dijon mustard? Pretty universally agreed upon as the standard for French Dijon. Good to cook with. Tasty...”

r: (Margie) We used to sell Maille Dijon but it contains potassium sorbate so when we found one that didn’t contain preservatives we switched. We don’t have a strict rule about preservatives, but we try to avoid them when possible.

s: “I always bought Olivia’s spring mix in the smaller box and now it doesn’t seem to be available anymore. There’s a 16-oz box, but it’s too much for one person to use in a reasonable amount of time. Thanks.”

r: (Jean) Olivia’s is a nice winter substitute for Paradise Organics and Weavers Way Farm spring mix; now that we can get those, I no longer bring in Olivia’s smaller boxes. If you don’t see any Paradise or WW Farm spring mix, ask a floor staffer to look for you.

s: “The walnut (halves and pieces) are overwhelmingly beautiful halves. I immediately chop them for use in various recipes. Couldn’t we get less fancy walnuts at a lower price?”

r: (Chris) Fascinating Fact from the World of Walnuts: smaller pieces of walnuts are actually more expensive, not less, most likely because walnuts occur naturally in “half-size pieces,” once removed from the shell. This is the less-expensive version of bulk walnuts that we have here at Weavers Way.

s: “While working one day recently, I noticed that Chris is a little loosey goosey with safety—especially with the cutting blades—while Keith was particularly cautious. Is the staff being given inconsistent training? Was Norman involved in Chris’s training and not Keith’s? Please explain. Thanks.”

r: (response from WW Safety Committee) Norman has been involved in safety training for all staff during his entire tenure here, which is quite a long time, as he was first hired the week before dirt was invented. Keith did exceptionally well in Norman’s safety course, and has an exemplary safety record as a Co-op employee. Sadly, we can’t say the same for Chris. This is most likely due to Chris’s upbringing, as he was raised by a circus family. He actually learned “blade swallowing” from his brothers and cousins, as well as other questionable maneuvers such as dog walking while riding a unicycle, the head-first delivery chute dive, and many risky balancing acts that he continues to incorporate into his work habits. We continue to work with Chris on his safety practices and he attends group therapy twice a month.

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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. Last two issues I wrote about food prices increasing, which continues and will be made worse due to flooding in Iowa. Another major cause is the price of oil. FYI, since most trucks carrying food run on diesel fuel, it's the price of diesel that matters, which is running about \$4.80 a gallon right now. Most of our vendors simply pass the increased fuel cost on to us by adding a fuel surcharge line to their invoices. Glenn and I think this is a strange way to run a business, especially since it is not likely the price of fuel is ever going to come down and these surcharges would be eliminated. Why all of a sudden businesses are using fuel surcharge lines instead of simply incorporating fuel costs in with all their other operating costs (which is how things were done prior to about 2006) is a mystery to us. I guess suppliers thought it was a way to not raise product prices. Probably they also thought it would be temporary. Here's where my new theory of fuel use comes in. Although for the last 34 years or so I have ridden my bike to work most days, I have recently started driving. Why? Don't I care about pollution, global warming, excess profits, politics that result in violence and suffering, and all the other negative effects of depending on oil? Yes, and that is my new realization. Instead of

conserving oil by insulating, driving high mpg cars, using mass transit and bikes, etc. I've realized the opposite is what is needed. We need to use up all the remaining oil as fast as possible. Once there is no oil, it will no longer be an issue. No drilling, no wars, no pesticides, no plastic, no Exxon ob-scene profits, no SUVs, no airplanes, etc. We'll have only human-powered vehicles, like the car Fred Flintstone had. So I'm en-couraging everyone to squander as much oil as possible as soon as possible. Here are some ideas: drive everywhere and when you get there, leave your car idling, only turn it off to refuel; in summer, air-condi-tion buildings until you have to wear jack-ets inside; in winter, turn the heat up full blast and leave windows open; replace compact fluorescents with kerosene lamps; leave the oil drain plug in your car slightly open; at campfires and fireplaces replace wood with a bucket of gasoline; you get the idea. If you think this is wrong, consid-er that if Americans don't squander the re-maining oil in the world, the Chinese or In-dians will.

Suggestions and Responses:

- s: "Bring back the grass-fed ground lamb. Grass-fed meat is richer in Omega-3 and Omega-6 fatty acids and lower cholest-erol."

r: (Dale) I am looking for a new source for lamb. The current supplier is often out of stock.
- s: "Is the Bell & Evans chicken free range?"

r: (Dale) No, they are "free roam," meaning they can roam around a barn. Sometimes they bump into each other, the polite ones say "pardon."
- s: "I really like the Goldberg's Chal-lah—I love that it is sliced. Anyway, you order so few of them, they are never on the shelf. Can you order more? And when are they in the shop?"

r: (Nancy) I increased the Goldberg sliced challah—we will get them Monday,

(continued on page 19)

Save the Date!

MT. AIRY VILLAGE FAIR

Sunday, September 21 12 – 4 pm

Musical Acts, Interactive Booths, Pet Parade, Pie-Eating and More!

If you are interested in participating, either with a booth or as a musician, sign up sheets are available through the Maternal Wellness Center's website:
www.maternalwellness.org

Deadline for submissions is August 15th.

Fair takes place on the 500-600 Block of Carpenter Lane.

Fun for the whole family!

Equal Exchange

August Coffees of the Month



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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	Aug. 6, 2008	6:45 p.m.	GJC
Saturday	Sept. 6, 2008	10:30 a.m.	CA
Saturday	Oct. 4, 2008	10:30 a.m.	CA
Wednesday	Nov. 5, 2008	6:45 p.m.	GJC

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

Robin Cannick, Membership Manager

PLEASE RETURN THIS PORTION TO WEAVERS WAY

Someone from my household will attend the orientation meeting on _____

Name (please print) _____

Phone Number _____

Address (including ZIP code) _____
