

## Manager's Corner

### Hopes for a Greener Philadelphia

by Glenn Bergman, General Manager

Our new mayor is serious about making Philadelphia a green city in the future. That is my opinion after spending a day in a 12-passenger van with Mark Allen Hughes, the mayor's director of the Office of Sustainability, and Terry Gillen, the head of the Redevelopment Authority and one of the mayor's main policy advisors. The day was spent discussing local food production (farms) and the positive economic, community, and social impact urban farming can have on our city.

The day was organized by Joan Riley, Pennsylvania Horticulture Society (PHS), and Dominic Vitiello, an Assistant Professor from Penn Planning at the University of Pennsylvania (and a Co-op member) after a meeting we had at Weavers Way Farm in May. I was also honored to be in the van with John Weidman from the Food Trust, and Alison Hastings from the Delaware Valley Regional Planning Commission.

So there we were: a planning organization working on a large study on food production in the Delaware Valley region; an agency that has a mission to improve food access for underrepresented areas; a woman who has campaigned for local gardening and the City Harvest program; an-

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## Students From Phila. University Design and Build Green Wash Station at Farm



STUDENTS AND FACULTY FROM PHILADELPHIA UNIVERSITY DESIGNED AND BUILT THIS NEW GREEN WASH STATION AT THE WEAVERS WAY FARM

by Cristina Adams

When Rob Fleming—Weavers Way member, architect, and director of the master's program in sustainable design at Philadelphia University—contacted Weavers Way farmer David Zelov last winter to ask if the Weavers Way Farm needed any new structures built, the response was

immediate: Yes, Zelov wanted a wash station a larger, more efficient wash station where volunteers could clean the produce, pack it, and prepare it for sale. Back then, the wash station consisted of a tent, folding tables, a tiny overhang, and an old bathtub. Not that it wasn't working just fine, but

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## New Fund to Assist Home Delivery Recipients

by Tanya Rotenberg

Weavers Way Co-op is announcing the creation of a fund whose purpose is to help alleviate the financial burden of some of its members. This exciting development is the brainchild of member and home delivery recipient Margaret Stineman.

Margaret feels so grateful to be able to enjoy "these beautiful foods," despite the fact that she is unable to personally shop at the Co-op. In appreciation of the help Weavers Way has given to her, she would like to make sure that members in need of temporary or continuing financial assistance will receive it and, like her, be able to enjoy the fruits (and vegetables) of the Co-op. To achieve this outcome, Margaret devised the idea of a Weavers Way fund. She also became the first contributor, with a very generous donation, for which we thank her.

Because Weavers Way is not a nonprofit and doesn't have full-time staff devoted to fund-administration, we had to find an easy way to identify potential fund recipients and administer donations in accordance with Margaret's wishes. It was decided that

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## MLK Produce from at WW Ogontz, Tuesday Market to Accept Vouchers

by Jonathan McGoran

Produce from the new Seeds For Learning farm at Martin Luther King (MLK) High School is now on the shelves at Weavers Way's new West Oak Lane store. Produce coming into the Weavers Way Ogontz store from the Seeds for Learning farm include tomatoes, basil, beets, peppers, cherry tomatoes, fennel, okra, eggplant, cucumbers, squash, and greens like collard greens, kale, and chard.

Produce from Seeds for Learning will also be prominently displayed at our farm stand in front of the Weavers Way Ogontz store, as part of the West Oak Lane Tuesday Farmers Markets, where we will also be accepting Farmers Market Nutrition Program (FMNP) vouchers, which are available to WIC recipients and Pennsylvania seniors meeting certain age and income requirements. For more information on the FMNO voucher program, call 717-787-2940.

For more information about Weavers Way Ogontz, call 215-276-0706 or just stop by, 2129 72nd Ave, at the intersection of Walnut Lane, Ogontz Ave., and 72nd Avenue.



PRODUCE FROM WEAVERS WAY FARM AND SEEDS FOR LEARNING AT MLK FILL THIS DISPLAY AT THE WEAVERS WAY STORE IN WEST OAK LANE.

**Mark your calendar!**  
Fall General  
Membership Meeting  
is Sunday, Nov. 9, 2008  
*details to follow*

## Interns Making a Big Contribution

by Kirsten Bernal

One aspect of the Co-op that I truly appreciate is the involvement of the members through cooperator hours. It is definitely what sets us apart from your average store. The work hours offer an opportunity for the kind of human exchange that can often be lacking in our fast-paced daily lives and the broader culture in which we exist. Through their cooperator hours, members are able to contribute to the Co-op in a way that helps to defray the cost of operation. But in a greater sense, they are helping to create the community and belonging that seems essential to the Co-op experience. I personally have had many valuable exchanges with members while working cooperatively. I have met so many people and learned so much about them that I might not have under other circumstances.



CO-OP INTERNS JASMINE ROUSE, AGE 19, AND RANDY SPANN, AGE 18, FROM THE PA SCHOOL FOR THE DEAF

This summer, we had an exciting opportunity to collaborate with the Pennsylvania School for the Deaf (PSD). They provided us with two interns to work with us for five weeks. Jasmine Rouse, 19, and Randy Spann Jr., 18, were a great addition to our staff. While they were here, they assisted Karen Edwards in Prepared Foods with her sandwich prep; Cat Naillon with flowers and pet store stocking; and Robin

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And of course... scads more

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**It's Here!**

The new Weavers Way  
**Web-based Work Calendar**  
is HERE!

See insert  
for details,  
or visit



[www.weaversway.coop/members](http://www.weaversway.coop/members)

Editor’s Note

by Jonathan McGoran

I always learn something new from the *Shuttle*. In this issue, I learned that “B and B” is a landscaping term meaning “balled and burlapped.” I already knew that’s what “B and B” stood for, but I had no idea it had anything to do with landscaping. Not that I’ve ever been into the whole “Puritan kink” scene, but that little tidbit might have just saved me from some *serious* embarrassment.

I also learned we carry Wrapsacks reusable gift bags. Since reuse is the best form of recycling, but I like to take the whole thing even further: reduce, reuse, recycle, re-gift. Sometimes I don’t even look inside, so I can join in the surprise of the gift giving. (*Hope you like that ratchet set, mom!*).

They say it is better to give than to receive, but giving and receiving are both better than shopping. The best gift of all is the gift of not having to buy a gift for someone else.

On a more serious note, I also learned that the FDA is holding hearings on “nanoscale materials” in food. Nano-foods have a long history in America, from the 60s and 70s, with nano-bacon in canned “pork and beans,” to the 80s and 90s, when fancy restaurants applied nanotechnology to entire meals (place-settings included three forks, three spoons, two knives and a magnifying glass). Today, many “fruit flavored drink beverages,” contain nano-“real fruit juice.”

In this issue’s insert, I learned about our new web-based work calendar. One thing omitted from the insert was what the system is called. Some call it the “Totally Automated New Yearly Agenda” (T.A.N.Y.A.), while others know it as the “New Online Remote Monthly-Weekly-Everyday Integrated Scheduling System” (N.O.R.M.-W.E.I.S.S.). We’re sure as we phase the system in, you will come up with other names for it, as well. Norman and Tanya assured me the pain of this transition will be on a nano-scale. I asked them, “Will it be painless?”

Norman said, “Nah.”

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**c.g. October 1 for the November 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](mailto: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](http://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

It’s hard to believe that summer has almost passed us by and fall is just around the corner. Yes, it’s September, that month that becomes so much more enjoyable once you are past the time when you fear returning to school.

We still have the bounty of summer--tomatoes, peppers, eggplant, beans, beets, squash, cucumbers--but we also start to see the return of cooler weather, and with that, cooler-weather crops like radishes, turnips, broccoli, cabbage, kohlrabi, lettuces, those elusive watermelon radishes, leeks, winter squash, parsnips and sweeter carrots than those summer ones. It’s truly a feast on the farm and certainly enough to keep the farmers busy. In fact, my head is spinning right now, just figuring out how we’ll fit all of that in my pick-up truck as we’re already stacked beyond the height of the cab--and that’s not including David Siller sitting on top of the whole heap, since there’s no

room in the cab.

We’ve had a great summer on the farm. We grew on more land than ever before; we had a beautiful new wash station built by Philadelphia University (thank you!); our greenhouse is on its way to completion; we grew a greater variety of crops than last year--and perhaps a few too many tomatoes; we (almost) managed to keep up with the weeds; we did manage to grow lettuces throughout most of the summer and keep up with most of our succession plantings, ensuring a more continuous supply; we utilized more cover crops in our rotations; we successfully started seedlings in our little greenhouse and now have fall crops in the ground; and we had many wonderful workers without whom we couldn’t have done all of the above. Nicole and Nina will be staying on into November, but Candace, Dana, and Aminata left us at the end of August to return to school. We thank them for all their hard work and pleasant company.

We now look forward to long sleeves and the cooler weather of autumn after a very hot and humid summer and also to some shorter work weeks (maybe). This year, we’ll be able to extend the season later than we could last year with the addition of at least one hoophouse where we can grow greens and lettuces into the winter with no

A Busy Summer for Farm Education



HARD AT WORK AT THE MARTIN LUTHER KING SEEDS FOR LEARNING FARM ARE (L-R) BRIAN FERGUSON, LEETTA JOHNSON, WEAVERS WAY FARM EDUCATOR DAVID SILLER, AND SIOMARAH CHERY.

by David Siller

August is the busiest growing and selling season on the farm. It seems like every possible vegetable is en route, and on top of it all, we prepare for fall by trying to capture the remainder of the growing season with plantings that mature in the fall. What a wonderful time for a professional development conference. At the beginning of August, I was honored to accept an invitation from the Food Project to attend a three-day seminar in Boston. What I saw and learned is particularly relevant for what we are building with the Weavers Way Farm and its expanding farms. The Food Project operates urban and suburban Community Supported Agriculture (CSA) and market farms, where they employ 60 youths from around the city in a summer and academic-year experience learning how to grow, market and “live” sustainable agriculture. With our fledgling education programs and Martin Luther King (MLK) High School programs, I feel as though we are at a good place for being able to replicate, in our unique way, the development of a youth entrepreneurial farming program here in Philadelphia. Already, with the assistance of

high school student employees from MLK and our volunteers, we have made a big impact. Sales for the month of August have been strong, with many small-scale outlets all over the city, including the new Weavers Way Ogontz store and our very own market just in front of MLK school on Fridays from 4 to 7 p.m. I hope in the future that more MLK students will become involved and can be exposed to all that is being accomplished on their school property.

At the Weavers Way Farm, the story is similar. As I watch the farm operate on some days, it is quite a sight to see our high school interns from Saul (Dana Kilgaroff and Aminata Kalley), an educational group such as the Pennsylvania School for the Deaf, Candice (our Penn State intern), Co-op member volunteers, and other people from the community, all busy working on valuable tasks at the farm. It is quite an experience to be a part of orchestrating all this, but somehow in the end, everything seems to function smoothly. As I compare our farm to others, both new ones and those that are already established, like the Food Project, I am happy with our accom-

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PHOTO BY DAVID ZELOV

FABULOUS FARM APPRENTICES NICOLE SUGERMAN (L) OF WEST PHILLY (ORIGINALLY CONNECTICUT), AND NINA BERRYMAN, FROM VERMONT. THEY WILL BE WITH US THROUGH NOVEMBER.

supplemental heat--just relying on the sun and a little bit of global warming to heat up the air and ground inside the plastic enough to radiate a bit of heat during the cold nights to keep our little plants from freezing. Stay tuned!

WWCP Begins A New Year After a “Quiet” Summer

by Rachel Milenbach

As we approach the beginning of a new school year, Weavers Way Community Programs (WWCP) staff is busy planning for the best Marketplace year ever. Changes include a new Marketplace Coordinator, additions to our product line, and revised curriculum to enhance the learning experience for all of our students. The Marketplace program is currently in six middle schools in Germantown, Mt. Airy, and Chestnut Hill (Wissahickon Charter School, A.B. Day School, Pastorius School, Houston, Henry, and Jenks), and one, Martin Luther King (MLK) High School) in West Oak Lane.

In addition to a variety of healthier-than-usual snacks, the MLK students will be selling harvest from their own farm at their weekly Marketplace sale. You cannot get any more “local or freshly harvested” than that! MLK student-farmers and Marketplace salespersons will also work together to staff the Friday afternoon farm stand on Stenton Avenue. Last, but definitely not least, we are in the planning stages with MLK and Foundations staff to see how the farm and Marketplace can be integrated into MLK’s Senior Project program. Both of these WWCP programs afford students a variety of learning opportunities. Depending on each student’s interest, senior project topics can range from nutrition, urban agriculture, and environmental science to running a small business or selling locally grown food at Farmers’ Markets.

This summer, we received many phone calls from Co-op and community members who are interested in our programs. We also received media coverage from a variety of outlets including the *Philadelphia Inquirer* and NBC-10.

On July 28, Luis Cruz and I were guests on the show “HealthQuest Live” on 900AM-WURD, hosted by Co-op member Sara Lomax-Reese. Sara invited us to talk about the new Ogontz store and activities at MLK. In her introduction, she discussed how so many Philadelphians lack access to

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# Grocery News

by Chris Switky, Grocery Manager

Greetings, shoppers. As summer winds down, we're pleased to announce these new additions to the Co-op's grocery shelves:

Tinkyada brown rice shells pasta and Annie's rice pasta and cheddar mix are two gluten-free items that we've recently added. Also, Amy's frozen rice-crust pizza, which will "rotate through" the selection on our frozen pizza shelf. If you don't see it when you're shopping, please ask a grocery staffer to get it for you from backstock.

In the beverage area, you'll find Westsoy unsweetened vanilla soymilk (1 liter size), and Lakewood organic 100 percent carrot juice, brought in by shoppers' requests. Many shoppers have also asked that we stock gelatin, and we finally found a distributor that can supply us. You'll find gelatin next to the pectin and the cool fruits, directly behind the last cash register. Happy gelling!!

Liohori olive oil, 101 oz., from Greece, is new in the olive oil selection. This item replaces (temporarily? permanently?)



Badalucco olive oil, which we've sold for many years. In mid-July, we had many shoppers return their Badalucco olive oil to us, complaining of a "fermented taste." Our distributor told us that they were going to continue selling the specific lot of olive oil about which we had had complaints, saying that they hadn't heard any other complaints. So, we were forced search out another "economy size" olive oil. We hope that Liohori is an acceptable substitute.

Finally, please notice the new selection of Julie's organic frozen yogurts. We decided to make Julie's our "mainstay" frozen yogurt brand because their product is organic (and Ben & Jerry's is not), and Julie's is a small business with an excellent product line. Ben & Jerry's was once a small business, but the company was bought in 2000 by Unilever, the Anglo-Dutch giant that is the world's largest consumer-products company (a company with a \$52 billion balance sheet.). Thanks for reading, and as always, for your cooperation.

# The Second Story

by Martha Fuller, Second Floor Manager

## Wrapsacks

While the mysterious travels of a message in a bottle will never be known (except in the movies or a novel, of course), those of your Wrapsack will. You can christen it by giving it a name and entering its number at [www.Wrapsacks.com](http://www.Wrapsacks.com). Track-A-Sack lets anyone who receives your gift bag contribute to a story of gifts, places, people, and occasions. Then see how many miles it travels, a map of its journey, what gifts it carries, etc., all online.

"What are Wrapsacks?" you ask. They're gift bags that function as a gift within a gift. The bags are reusable giftwrap. You can "pre-cycle" to save trees and reduce what has been estimated to be \$5 billion in giftwrap landfill each year. It's a unique thing to dress your gift in a gift bag and make it extra special.



We sell a variety of sizes of Wrapsacks and plan to add other items from this innovative company.

## Chicobags

In the same thread, do remember that we sell Chicobags in a variety of cool colors. These reusable bags are made of machine washable and durable nylon and have a hook for a key chain or a backpack. Since they fold up into a little bag, you can have them with you just about any ol' time in case you realize that a shopping trip to the Co-op is needed ASAP. As an aside, here's my favorite

Chicobag story so far: a Co-op member bought a bunch of orange Chicobags last fall to send to all her nephews to use as Trick & Treat bags. Why didn't I have a cool aunt like her?!! And here's another great fact about Chicobags: they come with

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# Pet Store News

by Kirsten Bernal, Pet Foods Purchaser

At the pet store, I am frequently asked for my opinion on the various kitty litters we offer. Several months ago, I felt that I wanted to try a more earth-friendly product, so I set out on an investigation of sorts. I tried several different brands of litter and found there were pros and cons to each. I must admit, though, that in the end I settled on the most convenient and cost-effective litter we stock, which is the Premium Choice 40 lb. bag. As a single mom with a modest income and three kitties, I felt I needed to sacrifice the earth-friendly aspect for the cost incentive. Recently, a member passed on some shocking information that prompted me to research the litter issue further, and I have since become convinced that the lower cost and convenience do not outweigh the hazards of using clay or scoopable litter. While I was aware that these types of litters posed health risks, it took a closer look to convince me to swear them off for good.

Before 1940, cat owners filled their cat

boxes with sand, soil, or shredded newspaper. Then in 1948 a man named Edward Lowe discovered that clay was much more absorbent for this purpose and began to market it as "kitty litter." Clay has long been known to pose danger to pets and their owners. The silica dust that the litter can create has been linked to lung cancer, bronchitis, and tuberculosis. A form of tuberculosis known as silico-tuberculosis can be fatal to felines. In the 1980s, litter producers began to use the additive sodium bentonite, an ingredient that expands into a hard mass when in contact with moisture. According to *Cat Fancy* magazine, when liquid is added to the bentonite, it can swell to fifteen times its original volume. The scoopable litter was born and cat owners were drawn to the convenience and the fact that scooping can extend the use of the litter. Unfortunately, this additive has numerous health risks. Not only do cats inhale dust from the litter, but some litter is inevitably ingested as cats groom themselves after using the

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# Mustards In The Deli

by Margie Felton, Deli Manager

A few months ago the mustards moved from the grocery department to the deli. There are twelve mustards, so it may be difficult to decide which mustard you want to buy. I put together a list and descriptions of the mustards we sell to help make the decision easier.



## Eden

### Eden Organic Yellow Mustard

Our version of bright yellow kids' mustard.

### Eden Organic Brown Mustard

Strong apple cider vinegar flavor

## Miller's Mustard

This is our only local mustard. It is actually more of a relish than a mustard. It is sweet, spicy, and delicious, with bits of peppers. I use it as a dip with Snack Factory pretzel crisps. The web site for this mustard suggests using it in deviled eggs or on a grilled tuna sandwich with pickles and onions.

## Boarshead

One of our deli meat suppliers also brings two great mustards.

### Boarshead Honey Mustard

Sweet and tangy. This mustard is great on ham sandwiches.

### Boarshead Deli Mustard

This is a good all-purpose mustard with perfect hints of white wine and horseradish, whole seeds, and the right amount of vinegar.

## Honeycup Mustard

This is my favorite of all the mustards. It is sticky and sweet with honey and equally strong and spicy. It pairs well with Brie and Cotswold cheeses.

## Colman's Mustard

The last and smallest mustard on the shelf packs the most flavor. This mustard is made by the same company that produces dry mustard powder. Be careful, this mustard will open up your sinuses and possibly make you cry. It's great. Their web site uses the saying "If you can't take the heat get out of the kitchen."

# Hidden Treasures in the Deli

## New Cookies From Liz Lovely!!

Liz Lovely, one of our vegan cookie suppliers, has created four new flavors:



**Snickerdudes--cinnamon sugar**  
**Chocolate Moose Dragons--triple chocolate**  
**Macaroones Sock It To Me--coconut and lemon**  
**Goats A' Grazin--oatmeal raisin**

Look for the new flavors in the cookie bins next to the cheese case. Liz Lovely is also working on gluten-free cookies, which should be available soon.

Managers Corner

(continued from page 1)

other PHS staff member; a retailer whose mission is to buy local; and two important members of the Mayor’s team in a van for five hours visiting neighborhood gardens and farms. I was impressed!

I was impressed not only by what is going on in the city around the City Harvest program and urban farming (Weavers Way, Greensgrow, and Mill Creek Farm), but also by the fact that two high-ranking City officials who stayed in the van (with the occasional Blackberry going off) were visibly interested in learning about what is happening and could happen to the more than 30,000 vacant lots in our city. There was serious interest among the small group. It brought to mind the old adage, “It takes a village.”

As we went around meeting community gardeners and farm operators, we learned how important these urban farmers are to their neighborhoods. Mill Creek and Greensgrow Farms show that you cannot only grow and sell produce on empty land right in the middle of the neighborhood, you can also engage young people in the process. We had seen that at our farm, but it was wonderful to see it being replicated by others.

My children had to read Steve Lopez’s book, *Third and Indiana* for school this summer, and I decided to read the book (finally) so I would have something to discuss with them this fall (besides the Phillies at the World Series). As I was reading about a section of the city that is totally devastated from unemployment, high crime, and major drug transactions, I was struck by how local farming could bring jobs to this

neighborhood, and could transform ravaged areas like Third and Indiana into “green” production areas. It is already happening at a number of sites in this area, but with a coordinated effort more of our region can be transformed. Instead of working drug corners, teenagers could be working “green corners.” If we can make urban

farming “cool” or “in” or “hip” we could see teenagers on the corners selling produce to members of their community and increasing access to locally grown health products.

Programs and agencies such as Teens4Good, PHS, Greensgrow, the Commerce Department, City Recreation, WW, Mill Creek, the Food Trust, Saul School, the City Prison farm program, and others could take on one region of the city and start to train people and provide access to land and

Mark Allen Hughes to Speak at the Fall General Membership Meeting

After a General Membership Planning Meeting we narrowed down the list of possible speakers for the fall meeting. The mayor had just announced Mark Allen Hughes as the City’s Director of Sustainability. By the fall Mr. Hughes will have gotten himself settled into his position and we thought it would be interesting for him to outline what the future might bring in this area, to take Q&A from Weavers Way members and the community, and to hear some ideas from our members. We asked and he accepted the opportunity for the evening of November 9. Yes, it is a Sunday, but this worked for his schedule, and I hope it works for yours too.

markets to improve an area devastated by years of neglect.

I know this could be called naïve, but why not dream? When you have a new city administration that seems very interested (and is willing to take up five hours of time) and the many nonprofit (PHS, Philadelphia Orchard Project, the Food Trust, Farm to City, the Common Market) and for-profit entities in the city that could be brought together, one can begin to see the opportunity to increase the food and social security of our great city for a future that is “green” and income producing. I am very optimistic for the future...

Ave. Merchants Dispatch Green Card Alert



PHOTO COURTESY OF MT. AIRY BUSINESS ASSOCIATION


VALERIE LAVIN (L) OF GERMANTOWN AND ONE SALON OWNER, AMY LYDON, OF MT. AIRY ARE AMONG GERMANTOWN AVENUE COALITION MERCHANTS OFFERING DISCOUNTS AND FREEBIES THROUGH THE NEW “GTOWNAVE” GREEN CARD—WHICH APPEARED ON DOOR HANDLES ACROSS MT. AIRY AND IN PARTS OF GERMANTOWN AND CHESTNUT HILL THIS SUMMER—TO ENCOURAGE SHOPPING AND DINING ON GERMANTOWN AVENUE. FOR ADDITIONAL “GTOWNAVE” GREEN CARDS AND PROMOTION DETAILS, VISIT [WWW.GTOWNAVE.COM](http://WWW.GTOWNAVE.COM).

by Pam Thistle


The Germantown Avenue Coalition, comprised of business owners, organizations, and community members, was formed in response to the \$17 million PennDOT project to replace underground utility lines between Mermaid Lane in

Chestnut Hill and Allens Lane in Mt. Airy. During construction, all businesses in the affected areas are open. The project is scheduled to last through January 2009. Local businesses remind neighbors to stick with them so they can stick with you.

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Interns

(continued from page 1)

Cannicle, Membership Coordinator, with clerical work. I was involved in overseeing the project and organizing their workdays. We were also able to utilize the expertise of two of our Co-op members, Marilyn Kass-Jarvis and Julie Marothy, as sign language interpreters. They were as excited as we were at the possibility of creating a link between Weavers Way and an underrepresented part of the community. For me, it was a meaningful experience in that it allowed a different perspective. It was inspiring to meet two remarkable young people and to learn to communicate in a different way from what I am used to. It is always motivating to witness how others deal with adversity in their lives and become better people for it. Having been hearing impaired at early ages, both Jasmine and Randy have learned to navigate in a mostly hearing world. Jasmine told me that this doesn't bother her. "I'm proud to be deaf," she said.

"It was a great experience having the students assist me in creating sandwiches," Edwards said of her time with Jasmine and Randy. "And it opened a door to the wonders of different kinds of food. Using pesto, chutney, apples, tahini, and brie, I watched their faces light up with enjoyment at the different flavors they were being introduced to. I was impressed by how fast they learned. Their enthusiasm to come to work and get started was great. If they take one thing with them from their experience, I'm sure it would be that a sandwich is not just made of mayo and mustard anymore."

We are all glad to have had this opportunity and look forward to future collaboration with PSD. I am grateful to everyone who helped to make this project possible. This was a truly valuable experience in cooperation.

Friends of the Wissahickon Volunteers Clean Up Devil's Pool

by Denise Larrabee

The Friends of the Wissahickon (FOW) led volunteers in cleaning up the area surrounding Devil's Pool this summer. "Our volunteers have made substantial progress in keeping the pool area clean," says Kevin Groves, FOW Volunteer Coordinator. The group, led by FOW interns Kate Reilley and Kristin Brown, accomplished a lot over a short time:

- placing trash cans in the area
- collecting litter
- painting metal railings along both wooden walkways on either side of the pool
- removing graffiti from boulders, a stone bridge, and trees
- installing temporary signage at trailheads urging pool users to help keep the area clean.

For generations, Devil's Pool has attracted summer crowds. Sadly, some visitors do not always treat it with respect. Graffiti covers the rocks and trees surrounding this small but deep body of water created by Cresheim Creek as it enters the Wissahickon. After a summer weekend, trash—beer bottles, soda cans, and plastic bags—litters the area.

During the spring, FOW met with concerned citizens and began work on maintaining the Devil's Pool area, removing graffiti, and reaching out to Devil's Pool visitors to make them part of the solution to the area's problems. Over the summer, the Friends held regular volunteer days, established a consistent presence at the pool, and acquainted pool users with the concept of park stewardship.

Litter—"The pool is a challenging area for trash removal," says Groves. "It is inaccessible to trash trucks, making it difficult to implement a regular trash pick-up program." FOW installed three trash cans that



PHOTO COURTESY OF FRIENDS OF THE WISSAHICKON

VOLUNTEERS WITH FRIENDS OF THE WISSAHICKON PAINTING A BRIDGE NEAR DEVIL'S POOL IN FAIRMOUNT PARK'S VALLEY GREEN

are serviced by volunteers on foot in coordination with Fairmount Park staff. Future plans include promoting the idea "carry out what you carry in" to park visitors.

Graffiti—FOW tested various methods of graffiti removal over the summer and made progress in clearing it off some areas around the pool, despite the fact that graffiti removal is expensive and labor-intensive. Different surfaces, including rocks and trees, were covered with graffiti, and many are difficult to reach. According to Gene Caffrey, FOW Advocacy Committee Chair,

"Coming back for repeated removal is the only way to keep graffiti off permanently."

Stewardship—The Friends made great headway in developing a sense of stewardship among Devil's Pool visitors. According to Groves, "Everyone we talked to was very positive about the idea of helping to keep the pool clean."

According to Maura McCarthy, FOW's Executive Director, volunteers were the driving force behind this effort. "Their involvement went a long way to making things better in this section of the park."


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Observational Drawing Workshop:Appreciating the World Around Us

by Mindy Flexer

This July, I gave two observational drawing workshops for Weavers Way members—one for children and one for adults. Observational drawing, or drawing from life, requires us to really look and to record what we are seeing. For me, it celebrates seeing, which is one of the great miracles of life. The way the same object looks different from different points of view is endlessly fascinating. Usually, we are too busy getting life done to notice this. Drawing gives us a chance to appreciate the ever-changing view that is always before us.

This is what I taught in both of my workshops. With the children, after some warm-up exercises, we began with gesture drawings. These are quick, two-minute drawings of a model that captures the spirit of his or her pose rather than a lot of details. The children took turns modeling for each other, and made a whole series of large charcoal drawings. It was fun to see how different people looked in different positions and from different angles.

Next, we did the same thing with ob-

jects: each person chose an object and drew several different views of it. Some of the drawings were “mystery drawings” that showed an unfamiliar view that made the object hard to recognize. Others were “answer drawings” that made the object easy to figure out. We noticed that, just like people, objects look different from different angles. The children finished the class by making a more finished drawing of something of their choice.

The adult workshop also focused on seeing and drawing how things really look from different points of view. Students warmed up with blind contour drawings—slow drawings in which they looked only at what they were drawing, not at their papers. Rather than creating beautiful, finished, drawings, this kind of drawing helps artists slow down their eyes and minds enough to really see what is in front of them.

Then we practiced looking and recording by drawing ordinary, everyday objects. Students concentrated on finding big, overall shapes and structures before adding



PARTICIPATING IN MINDY FLEXER’S OBSERVATION DRAWING WORKSHOP FOR KIDS ARE (L-R) SKYLAR SCAFIDI, HANNAH DUTTON-SHEN, AND RORY ERlich.

small details. They also focused on seeing spaces, like the holes in the handles of a pair of scissors, or the spaces between the legs of a chair. Students were surprised by the way ordinary objects became so interesting.

For me, that is the whole point of drawing: to see how extraordinary the ordinary world is. It was great to go on this journey of discovery with everyone in my two workshops. I always learn something new myself when I see other people seeing the world in a new way.

I look forward to doing more drawing workshops with Co-op members in October. See the October *Shuttle* for dates and times. I also offer ongoing children’s after-school art classes and teen and adult drawing and painting classes. Please visit [www.mindyflexer.com](http://www.mindyflexer.com) for more information. Meanwhile, you can have a visual treat by looking at any chair in your house and trying to figure out what shapes the empty spaces make. You’ll be seeing like an artist, and you’ll be amazed at what you see!

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# Greenfest Returns to Philadelphia

by Megan R. Smith

On Sunday, September 7, 11 a.m. to 6 p.m., GreenFest Philly 2008, the Philadelphia/Delaware Valley's largest green living event, returns to 2nd & South Sts. to highlight the endeavors of Philadelphia's environmental organizations and companies making Philadelphia one of the greenest U.S. cities, and to teach attendees lessons in eco-friendly habits and the benefits of adopting green practices. Admission is free.

With attendance expected to exceed 20,000, GreenFest Philly will host 200+ local and national green businesses, and dozens of community and nonprofit groups. Produced by the Urban Green

Partnership (UGP), this year's event theme is water; fitting in that, as we watch the drought in Georgia, Philadelphia does not have to look very far to see how water issues affect lives. The festival will challenge attendees to think about water quality, conservation, and consumption--specifically, what kind of impact they can make by incorporating such things as gray water systems, rain barrels, water-conserving appliances, and refillable water bottles.

The idea for GreenFest Philly came to fruition in 2005 when UGP board president JJ Biel-Goebel and fellow board member Dean Paton were among a group of UGP members who wanted to get in-

involved with communities and make a positive change in the environment as cheaply and conveniently as possible.

The UGP wanted to show individuals how fun and easy it is to be "green."

Bringing the cause to South Street, a heavily trafficked area, was the best way. The team did specific research on green festivals nationwide and Baltimore's annual free public arts festival Artscape, and meshed the two concepts. GreenFest Philly was born.

Since the first event in 2006, GreenFest Philly has remained a model of environmental and social leadership, consistently providing authentic information for consumers on every aspect of green living.

In its third year, the festival has more than tripled in size, jumping from 40 companies/vendors and 6,000 attendees in 2006, to more than 200 local and national companies and an expected 20,000 guests in 2008.

GreenFest Philly demonstrates a commitment to reducing environmental impact by reusing, recycling, or composting 95 percent or more of event waste. In addition, hand-made Recycling Stations will be located throughout the festival to teach everyone how to separate their trash from compost and recyclables.

UGP was founded to help make choosing the greenest option you can afford as

convenient as possible.

The organization helps residents and businesses through education, example, and motivation to better understand what it means to be "green." UGP works with local and national organizations to create appropriate literature, research products and processes, and develop community outreach initiatives that raise Philly's ecological intelligence. UGP is in the midst of planning the construction of the Greenest Building in Philadelphia—what will be the most ecologically sound building in an urban landscape worldwide. See [www.urban-greenpartnership.org](http://www.urban-greenpartnership.org).

For more information and a full list of vendors, visit [www.greenfestphilly.org](http://www.greenfestphilly.org). For media requests, contact Megan R. Smith at 215.410.9879 or e-mail her at [megan@brownstonepr.com](mailto:megan@brownstonepr.com).

## GreenFest 2008 Highlights:

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- Eco-Poetry Slam
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Green Wash Station  
(continued from page 1)

Zelov wanted something bigger and more effective.

That’s where Fleming and his graduate students came in. As part of the master’s program, the students were taking a summer elective course called Green Design Build. According to Fleming, the idea of the course was that the students should understand not only the theoretical aspects of sustainable design, but also the quantifiable aspects and practical applications. In other words, put the theory to work in a real-life, hands-on class. The idea was to undertake a relatively small project for a nonprofit group or neighborhood organization. They found a perfect project with the Weavers Way Farm and its need for a larger wash station that could be built in about a week.

“In our program, we’re trying to find ways of designing buildings and structures that are more likely to meet the needs of the client, while also achieving high sustainability goals,” Fleming says.

Once it was agreed that the students would design and build the wash station, Fleming set about finding people to teach the course. People who could bring greater depth and understanding of sustainability to the project. Two faculty—green architect Scott Kelly, and green builder Sandy Wiggins—were hired to teach the class. By the time summer school rolled around, all the necessary groups were in place to hold a design charrette, a very quick and intense collaborative design process.

Over the course of one day at the beginning of the summer, teams of students--

many of whom are already engineers, artists, designers, and builders--along with faculty, representatives from Weavers Way and Awbury Arboretum, and architectural salvage experts, met at Cope House on the Arboretum grounds to discuss, design, and ultimately give the project its final form. They selected the appropriate site for the wash station and crafted its shape and size, with improved efficacy and sustainability in mind.

“We met our goals through the project’s guiding principles,” Fleming says. “Those principles were to preserve the character of the Arboretum, support the functions of the Weavers Way Farm, and achieve the highest sustainability levels possible, given the time and budget of the project.”

Once the design charrette wrapped up, the students spent the rest of the summer ensuring that the clients were satisfied with the design and tracking down the materials they would need to build the structure. To that end, they made it clear that salvaged materials were the way to go. Nearly 75 percent of the wash station is made from salvaged lumber--any new lumber used had to be certified by the Forest Stewardship Council; in other words, obtained from sustainable managed forests. The students also found three salvaged Victorian-style bathtubs, and designed countertops made of slate from school chalkboards. Paint was not allowed—the students wanted to have as few bio-accumulated toxins as possible—and plastic was used only when absolutely necessary for drainage. The team also came up with the idea of mounting rain barrels up high and creating a hose connection down to the station, so that rainwater, rather than tap water, could be



PHOTO BY RACHEL MUEBACH

STUDENTS AND FACULTY FROM PHILADELPHIA UNIVERSITY, WHO DESIGNED AND BUILT THE NEW GREEN WASH STATION AT THE WEAVERS WAY FARM.

used to clean out the tubs and wash off the counters.

It took five days, with the team working eight to ten hours a day, to complete construction of the wash station. Not only was the structure itself built on principles of sustainable design, but the students themselves were determined to produce minimal or no construction waste on the site. Any leftover scrap wood was woodchipped and given back to the Farm, while leftover wood pieces were donated for use in other projects. All metal was placed in a separate container and recycled. When all was said and done, actual waste from the project--which, according to Fleming, consisted mostly of lunch materials--fit into a five-gallon plastic container.

“These students were actually trying to accomplish sustainability, not just talk about it,” Fleming says.

The result was a bigger, better structure that can accommodate six to ten people washing produce and two to four people packing. According to Zelov, it has definitely improved efficiency and sped up the entire process. Moreover, the structure has turned out to be a multi-purpose space. If the Farm is hosting a class or a dinner, the bathtubs can easily be removed to make room for tables.

“This was something that was on our wish list, something we might have done on our own eventually,” Zelov says, referring to the wash station. “But who knows when we could have gotten to it, and it would not have been as big or nice or intricate as what we have now.”

At 3:30 p.m. on a Friday, everything was finally done. The structure was built and ready to use. At 3:45 p.m., two Weavers Way volunteers arrived to work their hours cleaning vegetables at the Farm. Within 15 minutes of completion, the project was being used to clean and prepare crops that had been delivered that day. And that, says Fleming, was the greatest reward of all.

**Looking for Leadership**

Several of the Co-op’s most important committees have been inactive and are in need of dynamic leadership. If you are interested in serving on a committee, contact Serena Pepito at [boardadmin@weaversway.coop](mailto:boardadmin@weaversway.coop)



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# Climbing to New Heights with the Philadelphia School of Circus Arts

by Shana Kennedy

When my husband Greg and I moved to Northwest Philadelphia in the year 2000, we were attracted to the green space, the housing stock, and the great diversity of people. Greg is a professional juggler, and I am an aerialist. We loved it that so many people here have unusual jobs, unusual paths they've taken in life, and unusual families. This is especially true in Mt. Airy. The Co-op was, of course, a big plus.

We bought a fixer-upper house nearby in Germantown, and immediately tore out a ceiling on the second floor so we could have a practice and teaching space. The concept of "resale value" was the last thing on our minds.

As a housewarming/wedding gift in 2000, Greg gave me a wonderful present—he designed and built a portable aluminum aerial rig. It's 23' high and 30' across. For several years, a steel tripod towered over our backyard, much to the curiosity of our neighbors. The rig is now brought out as a portable performance piece when we travel for special events.

In the last few years, we have had three children. Baz (Sebastian), age five, will start

kindergarten at Henry School in the fall. He takes our "Tots Circus" class, along with his sister Ayla, who's three.

In 2006, I was pregnant with Isa (who is now a rambunctious one-year-old) and I needed to stay off the trapeze for a while. I enrolled at the Wharton Small Business Development Center for some classes on business strategy and planning. The following spring, I worked one-on-one with a consultant there, to make a marketing plan and maximize the use of the space I was in at the time. The consultation is a great service, free of charge to those who meet their criteria.

The process helped me realize that I had to really spell out my ideas. Even though I was confident that I could establish a school that would be successful, I needed to be able to explain that very particularly to others. All that work took place in the midst of a three-year search for a building; that I found it two blocks from my home was a piece of good fortune.

The space I rented is 3,200 sq. ft and has rigging points for 18 pieces of aerial

apparatus, and an ocean of bamboo flooring. Our landlord, Jeff Lustig, put in huge picture windows which overlook lush green gardens next door.

The Philadelphia School of Circus Arts opened in June, with free classes and demonstrations by students and professionals. More than 500 people came! So did CBS, the *Inquirer*, NBC, and lots of other media. Summer camp soon had a waiting list. And more than 150 students are currently enrolled in classes. Our oldest student is 66 years old. (Check out "Alice Dustin" on YouTube.)

Only three other schools in the U.S. offer a comparable full-on contemporary circus arts curriculum. We have seven faculty right now, leading classes in aerial skills, such as trapeze and corde lisse, unicycle, juggling, physical conditioning, and tightwire.

We are also providing special events for groups--children's birthday parties, corporate team-building activities, and student organizations.

There have been so many surprises along the way in this process: how a



PHOTO COURTESY OF SHANA KENNEDY

PHILADELPHIA SCHOOL OF CIRCUS ARTS

burned-out garage space could be transformed into a beautiful training facility; how many people from the neighborhood just wander in to see the space and say hello; and of course, for myself and my family, the huge amount of commitment and cost involved in running a rapidly-growing business.

But it is all worth it. There is so much excitement around our organization; I am confident that the school is an institution that will be an important part of the community and region.

For more information about Philadelphia School of Circus Arts, visit [www.phillycircus.com](http://www.phillycircus.com), e-mail [info@philly-circus.com](mailto:info@philly-circus.com), or call 215-849-1991.

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## Nat. Community Food Security Conference to Be Held Here in October

by Jonathan McGoran

The Community Food Security Coalition's (CFSC) annual national conference, the nation's primary food systems networking and educational event, will be held in nearby Cherry Hill, NJ this year, Oct. 4-8. The event will focus on access to healthy food: how many communities have been transformed into food deserts; the health and economic impacts that these communities face; and the policy and grassroots-based solutions to this ever-growing problem.

With over 1,000 participants (including our own Glenn Bergman), the event offers five days of inspiring presentations, scintillating workshops, fantastic networking, delectable local eats, and fun field trips. It will also include plenaries on climate change and the global food crisis, as well as over 50 workshops, 12 field trips, and five short courses on other issues such as farm to cafeteria, local food systems, business incubators, race, and the food system. As much as possible, the food served will be organi-

cally or sustainably produced, and sourced locally.

The conference is being held in conjunction with Rutgers University's Food Business Incubator Meeting, in hopes of fostering networking and educational opportunities among community food security and micro-enterprise practitioners.

The Community Food Security Coalition is a North American nonprofit organization dedicated to building strong, sustainable, local and regional food systems that ensure access to affordable, nutritious, and culturally appropriate food for all people at all times. We seek to develop self-reliance among all communities in obtaining their food and to create a system of growing, manufacturing, processing, making available, and selling food that is regionally based and grounded in the principles of justice, democracy, and sustainability.

The conference takes pace at the Crowne Plaza in Cherry Hill, a 15-minute drive from downtown Philadelphia. For more information, visit <http://healthy-foodconference.com>.

## GPUAC Offers Resources to Help Homeowners Avoid Foreclosure

The Greater Philadelphia Urban Affairs Coalition (GPUAC) has several initiatives to help homeowners avoid foreclosure. The new GPUAC Foreclosure Prevention Resource Guide is now available for professionals counseling homeowners or individuals at risk of foreclosure. The guide can help you to better understand the mortgage foreclosure process; to know your rights if you are behind in your mortgage payments; and to learn about grants, loan programs, and housing counseling resources.

The Foreclosure Prevention Resource Guide was prepared by the GPUAC's Foreclosure Prevention Task Force. GPUAC is a nonprofit organization that unites government, business, neighborhoods, and individual initiative to improve the quality of life in the region, build wealth in urban communities, and solve emerging issues.

For more information call 215-851-1847, or visit them on the web at [www.gpuac.org](http://www.gpuac.org).

### Fund to Assist Home Delivery (continued from page 1)

the financial aid would be made available to Co-op members who receive home delivery and use food stamps to pay. Members meeting those criteria would be eligible for up to \$15 of assistance per month for up to six months a year. To be eligible, members must have already used the home delivery service three times before they can start using the fund. The program goes into effect on September 1. Applicants should state

their desire to be part of the program when they place their fourth home delivery order.

Margaret hopes to inspire others to contribute to the fund to ensure the continuity of the program. Non-tax-deductible contributions may be made by check and delivered to the accounting office or mailed to Weavers Way Co-op, 559 Carpenter Lane, Phila., PA 19119, attn.: Home Delivery Assistance.

If the fund is a success, hopefully it will be transferred to Weavers Way Community Programs so that donations would be tax deductible and applicant criteria might be broadened to include other members in need.



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# Allens Lane Arts Center Celebrates 55 Years with a Dynamic New Season

by Leslie Seitchik

A community cornerstone in Mt Airy since 1953, Allens Lane Arts Center annually presents a season of five thought-provoking, alternative plays. This year’s season opener, *Bee-luther-hatchee*, was written by Philadelphia’s own Thomas Gibbons. The show runs from October 3 through October 18.

Valley Green Bank, which is headquartered in Mt. Airy, is the proud Play Sponsor for *Bee-luther-hatchee*. “Not only was Valley Green Bank instrumental in our recent building renovations,” said Craig Stover, Allens Lane Art Center’s new executive director, referring to Valley Green Bank’s financing of the Art Center’s recent renovations, “but they also responded quickly to support our theatre season.” Stover is also appreciative of local businesses Model Consulting and Sovereign Insurance for stepping up to the plate with their support for the theatre program as well.

Join in Allens Lane Art Center’s 55th Anniversary Celebration and subscribe today. For information call Allens Lane Arts Center at 215-248-0546 or visit [www.allenslane.org](http://www.allenslane.org).



PICTURED LEFT TO RIGHT: ALLENS LANE BOARD MEMBER MICHAEL COHEN, BOARD TREASURER FRANK ALOISE, VALLEY GREEN BANK PRESIDENT AND CEO JAY GOLDSTEIN, AND ALLENS LANE EXECUTIVE DIRECTOR CRAIG STOVER AT THE ENTRANCE TO ALLENS LANE ARTS CENTER

# La Salle Art Museum Calendar and Exhibitions by NW Philadelphia Artists

by Carmen Vendelin

This year’s calendar—for sale on the second floor of Weavers Way—focuses exclusively on La Salle’s collection of Japanese prints. Because of their light-sensitivity, they are rarely on view and not part of the permanent display of artworks in the galleries. Therefore, buying this calendar is a great way to enjoy these vibrant images. With the exception of a lone 18th-century example, the calendar artworks are 19th- and 20th-century ukiyo-e and modern prints. (Ukiyo-e woodcuts are images of “the floating world.”)

Most of the 19th-century examples in La Salle’s collection are theater subjects and reveal the popularity of celebrity actor portraits and Kabuki Theater in 19th-century Japan. Later 19th- and early 20th-century woodblock prints show changes in ukiyo-e styles and the influence of Western Art after the period of cultural isolationism that ended in 1854. The later 20th-century prints demonstrate innovations in style and technique and involvement in international Modernism. For example, Tanaka Ryohei employs the western print method of etching and a realist style to depict traditional Japanese wood architecture. Umetaro Azechi’s woodblock prints combine a folk art aesthetic with Modernism in simplified, abstracted forms. Matsumoto Akira’s depiction of a newspaper on a table is a fine example of Japanese Modernist flatness and abstraction.

In the galleries, color woodcuts by longtime former Mt. Airy resident Helen Siegl will remain on display through September. Her designs are often whimsical and her style is boldly simplified and graphic. She is best known for her book illustrations, appearing in titles such as *The Dancing Palm Tree and Other Nigerian Folktales* (1990), and



KUNISADA II (1823-1880) GOKUIN SEN’EMON, AFTER 1848 COLOR WOODCUT GIFT OF BENJAMIN BERNSTEIN

*Mother Goose* (n.d.).

The work of Germantown resident and nationally recognized artist Tom Judd will be on display September 12–November 24. Judd’s exhibition, “The Collection,” takes its inspiration from artworks in La Salle’s permanent collection. In each case, the reinterpretation draws attention to some element of the source material, such as the under-drawing, or the texture of a wooden panel, or the domestic implications of still-life.

The La Salle University Art Museum is located in the basement of Olney Hall on the La Salle campus. Regular hours are Mon.–Fri. 10–4 and Sun. 2–4. For more information, please go to our webpage [www.lasalle.edu/museum](http://www.lasalle.edu/museum) or call 215-951-1221. Admission is free.

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A black and white photograph of a young girl with long hair, looking intently at a large pyramid of wooden blocks she is building on a table.

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[www.friends-select.org](http://www.friends-select.org)

Pet Store News

(continued from page 3)

box. The powerful clumping agent can cause these ingested clay and dust particles to combine with natural and ingested juices to form a solid mass. This mass can cause a blockage or clump in the intestines, drawing fluid out of the body to cause dehydration or urinary tract problems. In an article on the subject, Lisa Newman wrote that the clumping substance could potentially coat the digestive tract and “attract the collection of old fecal material, increasing toxicity, bacterial growth and prohibiting proper assimilation of digested food.” This could lead to stress on the immune system, leaving the animal susceptible to viral, bacterial, parasitic, and yeast infections. It is also believed that inhaling the dust can cause problems in the moisture of the lungs. Scoopable litter can also pose a threat to dogs that may have a habit of snacking on what they find in the litter box.

While there have not been documented cases or scientific studies done to prove or disprove these theories, the danger is worth avoiding.

Another article is written by Marina Michaels, who is a breeder of Japanese Bobtail cats. In it, she describes how she had lost an entire litter to a mysterious and elusive illness that was marked by yellow frothy vomit, yellow diarrhea, and nasal and eye discharge. The symptoms began right after weaning as the kitties started to use the litter box. Eventually the kittens could not move their bowels and the veterinarian detected “a hard mass” inside. The kittens

soon died. This happened several times and, after many examinations of the kittens and their parents, an answer could not be found. Finally, it occurred to her that the litter could be causing this condition; she immediately switched to an earth-friendly litter, and went straight to her vet. The vet was familiar with this type of reaction occurring with the use of scoopable litters. Another publication, *Healthy Pets*, stated that the increase in “depressed immune systems, respiratory distress, irritable bowel syndrome, and vomiting (other than hairballs)” all had one thing in common: a clumping litter and improved conditions after switching litters. Still, it is unlikely for a veterinarian to come to this diagnosis. It is in a cat owner’s best interest to mention the use of scoopable litter if the pet has symptoms like sudden stomach problems, constipation, diarrhea, coughing, or discomfort when urinating.

There is another reason to avoid clay and scoopable litters. Not only are they bad for our feline friends, they are bad for the planet. According to *Green Living*, these litters are produced by the destructive method of strip-mining and are incapable of decomposing as they are already in their natural state. They say that two million tons of cat litter is sent to landfills every year.

Fortunately for pet owners, there are so many earth- and pet-friendly alternatives that they are able to avoid all of the risks and care for the earth too. Today, litters are made of so many different materials that it is possible to find one that pleases kitties and their families. Swheat Scoop is one of those options. It is made of non-food-

grade wheat. It is biodegradable and fragrance- and chemical-free. Yesterday’s News is super absorbent, nonabrasive paper pellets that won’t cling and it is also biodegradable. World’s Best is made from corn. It has a unique “micro porous” structure that helps to trap ammonia. This litter is fairly costly, but the feedback I get is that it is well worth the cost and very long-lasting. Feline Pine uses reclaimed sawdust from lumber mills that is cleaned; kiln-dried, and pressurized to remove oils. What is left is a dust-free sterile pellet that is extremely absorbent. Veterinarians often recommend this litter for use after surgery because it is sterile. Healthy Pet is a subsidiary of Absorption Corp, which is finding environmentally safe, nontoxic uses for waste wood fiber, a by-product of the pulp and paper manufacturing process. We carry several of their products, including Milled Grain, a grain by-product that manages odor, is nontracking, and is made with small pellets. Dust-Free Fiber pellets is made of reclaimed paper. I am also interested in adding their P-Pod quick clumping formula, which has mint added for odor

control. Their cracked pine offers superior odor control and an improved tactile feel for cats that may prefer the smaller pellet to larger ones. The Healthy Pet products have the added incentive of being fairly cost effective.

I also feel it is worth noting that, while many of these products are “septic-safe” or “flushable,” Green Living makes the valuable point that it is best not to introduce the material into our waterways. Cat feces can carry the parasite *Toxoplasma gondii*, which is a danger to pregnant woman and marine life, especially sea otters. TG, as it is called, may not be filtered out during water treatment processes.

While this seems like a great deal of information about what is essentially a waste product, I think cat owners will agree that using the right litter is critical to maintaining a happy balance with our cats. Nothing can be more frustrating than cat box training troubles! The benefits of earth-friendly litter are worth the trial and error of finding the product that best suits your pet. Happy hunting!



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The Simplicity Dividend

Deutsch v. the Philadelphia Water Department: Victory!

by Betsy Teutsch

In a winter column I reported that the mighty Green House Detectives determined our household's water bills service charge was five times the normal amount, despite our lower-than-average usage. Here is my whole tale, in loving red-tape detail. When I called to determine why our bills were so high, I reached a Water Revenue Department (WRD) customer service rep on the first try, just like that. The phone rang, it was answered, the voice-mail tree was quick, and a rep came on and talked to me. (I didn't realize that was a fluke, but rest assured that on no subsequent occasion did this again happen; instead I generally got a busy signal half a dozen times before even achieving a ring tone, and the voicemail waits were in the 30-minute range.) The customer service person's explanation for our whopping service charge was "It's because of your one-inch meter." Like a lay person would know what a one-inch meter is! I asked her if we needed a one-inch meter; she answered no. I had assumed our large house and 3/4-acre lot generate large run-off, but that apparently has nothing to do with water bill charges; the one-inch measure is the intake. I continued our game of Twenty Questions until determining that, with a permit, a licensed

plumber could downsize us to a 5/8-inch meter, dropping our monthly service charge from \$147.89 to \$21.69.

Our plumber quoted us \$500 for the change, including the permit and paper-work; realizing the savings would pay for the plumbing in just a few months, we went ahead with installing the new meter. We noticed a very slight decrease in water pressure, but since this change will save over \$1500 a year, we quickly got over it. A few weeks later a WRD meter man came and signed off on the installation. Done. Easy.

Except for those monthly bills for \$169 that continued to arrive. Every other month or so I would call and patiently review all the details with an equally patient customer representative (never the same one, since they don't have any extension numbers or available contact information for following up with...). The rep would yet again explain they were sending our info over to Account Billing, where the account status would be updated. After two or three more automatic deductions at the old rate, I finally thought to cancel automatic billing deduction. That generated scary overdue nonpayment notices, despite our five or six conversations and their owing *us* money. It became apparent that Customer Service and Billing have no working relationship or

capacity to jointly settle an account. When I escalated and insisted on talking to the billing office directly, I was informed that this is not possible. They do not talk to Water Revenue Customers. Somehow, they fix people's billing problems without discussing what the problem might be. Hello, Kafka! Or maybe The Year of Magical Thinking?

After receiving a 30-Day Cut-Off for Non-Payment Notice, out of desperation and with a bit of coaching, I threw myself at the mercy of Keith Richardson, Revenue Commissioner of Philadelphia. A wonderful employee in his office took down my whole tale of woe, had me fax over the documentation, and even called to tell me she received it. About a week later I received an incomprehensible amended bill from the WRB which seemed to show a credit. Then a few days later we received a Refund Form. Yes, more red tape to recover our money. The instructions indicate that if you do not submit the form, they will use

the refund against your future charges. My husband David (who thought I was somewhat daffy to take this all on to begin with), voted against applying for the refund. "Given their ineptitude, why take a chance on filling out another form that requires someone to process it correctly?" Well said, David.

Bottom line: Mayor Nutter has his work cut out for him at the Water Revenue Board. I heard him say one of his goals is to improve service at city offices, and stop torturing Philadelphians. The WRD chamber of horrors would be a good place to start the process. However, I am pleased to report a bill arrived today: Usage, \$3.95, and Service: \$16.95. We still have a hearing to be scheduled to protest the 20 previous years of paying for capacity we never used or needed. I'll let you know how that turns out!

Betsy Teutsch blogs at [www.Money-ChangesThings.blogspot.com](http://www.Money-ChangesThings.blogspot.com) and will teach a MALT class on blogging on October 15.

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# Where Does Your Money Go?

by Sandar Folzer, Environment Committee Chair

I have a confession. My family gives money for mountaintop-removal coal mining, which is terrible for the environment, and we fund the construction of coal-fired power plants, which produce enormous amounts of CO<sub>2</sub>. We also contribute to predatory lending practices. Yet, we call ourselves environmentalists and humanists.

Before you throw stones from your glass house, take a look inside your own wallet. If you use a well-known credit card, then you too have probably compromised your values. Most credit cards are offered by mega-banks, who make loans for projects like the building of the Three Gorge dam in China, which has submerged toxic factories. And their lending protocol is often unethical. We happen to use cards from Bank of America and Citigroup. Both are Cluster Munitions producers. Check out your own credit card banks' record at [www.banktrack.org](http://www.banktrack.org) (click on bank profiles). You won't be happy to learn how your money is being spent.

However, some banks are making positive changes. In 2002, activists protested against Citigroup for funding environmentally destructive logging and mining, according to the Rainforest Action Network (RAN). Today, RAN says Citigroup has one of the strongest environmental policies regarding logging.

Aside from environmental issues, many large banks are guilty of predatory lending, such as high fees, exorbitant interest rates, and marketing to vulnerable people like the elderly, students, and low-income groups. Consumer Reports in 2007 found the worst

offenders to be Bank of America, Capital One, Citibank, JP Morgan Chase, Provident, Target National Bank, US Bancorp, and Wells Fargo. For example, Inner City Press-Fair Finance Watch accused Bank of America and Citigroup of charging blacks twice as much as whites for mortgage loans and 2.5 times more for Hispanics on all types of Bank of America loans.

Mega-banks with better lending practices include American Express, National City Bank, and Juniper Bank. Credit Unions are least likely to use predatory practices since they are run by members who have a vested interest in keeping their members satisfied.

Co-op America suggests possibly using "affinity cards," which donate profits to good causes. For example, Credo (formerly Working Assets) donates ten cents from every purchase to 50 different nonprofits, like ForestEthics. It also plants a tree for every tank of gas purchased by the cardholder. The problem remains that they partner with major banks who still have questionable practices.

There are some socially responsible smaller banks with good lending practices who offer Visa cards: Wainright Bank, Permaculture Credit Union, Redirect, The Loop Card, Shorebank, and Self-Help Credit Union.

What should we, as consumers, do? We can pressure our present card companies to be more responsible to the environment and to our fellow cardholders, and/or we can select more responsible companies in which to invest.

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<p><b>Weekday Mornings</b> Sitting Meditation 6:15-7:00 am Transition in Silence 7:00-7:05 Sitting Meditation 7:05-7:50 am</p> <p><b>Wednesday Evening</b> Sitting Meditation 7:00-7:45 pm Teaching Dialogue 7:45-8:30 pm</p> <p><b>Friday Afternoon</b> Sitting Meditation 2:00-2:45 pm</p> <p><b>Sunday Morning</b> Sitting Meditation 8:00-8:45 am Teaching Dialogue 8:45-9:30 am</p> <p><b>Sunday Evening</b> Sitting Meditation 7:30-8:15 pm Teaching Dialogue 8:15-9:00 pm</p> <p><b>Yoga with Dove</b> Monday &amp; Thursday Mornings 8:00-9:00 am For information, call 215-951-9353</p> <p><b>Yoga with Pat Albright</b> Saturday Mornings 8-9:30 am For information, call 215-844-4639</p>	<p><b>Cultivating Creativity through Painting</b> with Aline Gittleman Monday Evenings 6:30-8:30 pm Begins 9/22, to register call, 215-805-1648</p> <p><b>Cultivating the Inner Dancer</b> with Brigitta Herrmann Tuesday Evenings 7:00-8:00 pm Begins 9/16,to register, call 215-438-2744</p> <p><b>Feldenkrais Class</b> with Bob Chapra Thursday Evenings 6-7 pm Begins 9/4, to register, call 215-732-9173</p> <p><b>Qigong</b> with Paul Martin Thursday Evenings 7:15-8:30 pm Begins 9/4, to register, call 215-849-0387</p> <p><b><a href="http://springboardstudio.net">springboardstudio.net</a></b> 530 Carpenter Lane in Mt. Airy</p>	<p><b>Experiential Therapy Techniques</b> Facilitated by Judy Freed, LCSW 8 Sunday Sessions begin 9/7 2-4:30pm To register, 215-581-3969 or 215-701-7013 Develop skills to expand on verbal methods 20 CE Hours for LSW, LMFT, LPC Tuition \$375 Co-Sponsor: PA Society for Clinical Social Work</p> <p><b>No Bones About it!</b> A Workshop on Nutrition and Lifestyle Choices for Healthy Bones with Cheryl Berkowitz, CHHC Saturday, September 20<sup>th</sup> 10:30am – 12pm \$25. To register, call 267-934-6554</p> <p><b>"Almost Instant Art Show"</b> Springboard Studio Mt. Airy Village Fair Event Sunday, September 21<sup>st</sup> 12-4 Art Materials provided for you to create a "Last Day of Summer" picture that will be displayed in the studio to create a community art exhibit.</p> <p><b>The Creative Crucible</b> A Workshop with Aline Gittleman 6 Saturday Sessions begin 10/18 10:30-12pm To register call, 215-805-1648 Reinvigorate the connection with your creative inner-voice using explorations of writing, speaking and drawing. \$150. Space is limited to 8.</p>

Monsanto Trying to Sell RGBH Business

by Sustainable Food News

Monsanto Company has announced it is pursuing a divestiture in the next few months of its growth hormone product for cows, POSILAC bovine somatotropin. “While POSILAC is a strong product for the business, we believe repositioning the business with a strategic owner will allow Monsanto to focus on the growth of its core seeds and traits business,” said Carl

Casale, Monsanto’s executive vice-president of strategy and operations. The St. Louis-based company did not disclose additional details. POSILAC has been used by U.S. dairy farmers to increase milk production since 1994. Cows administered POSILAC produce an average of 10 pounds more milk per day, Monsanto said.

USDA Completes Assessment of Climate Change Impact on U.S. Agriculture

by Sustainable Food News

The U.S. Department of Agriculture (USDA) said Thursday in a Federal Register notice that it recently prepared a “major scientific assessment” of the effects of climate change on the nation’s agriculture, land resources, water resources, and biodiversity. The USDA is a member of the United States Climate Change Science Program (CCSP) and has undertaken research on issues related to climate change and natural

resources over the past two decades. USDA is giving the public 45 days to comment on its effort to prepare a Strategic Plan for Climate Change Research, Education, and Extension. Public comments will be considered during the preparation of the Strategic Plan, the agency said. The final version of the Strategic Plan will be published on USDA’s Web site. Comments must be received by September 19.

Do You Want Nano Material in Your Food?

FDA hosts public meeting on coming wave of nanotechnology

by Sustainable Food News

The U.S. Food and Drug Administration (FDA) published a notice in the Federal Register announcing a public meeting on September 8 to consider the use of nanoscale materials in foods and other products. The FDA wants comments in an effort to help further implement the recommendations of the agency’s Nanotechnology Task Force Report relating to the development of agency guidances. The Report’s recommendations covered foods (including dietary supplements), food and color additives (including food contact substances), animal drugs and feeds, cosmetics, human drugs and biologics, and medical devices.

In addition, the FDA is seeking available data and information on the effects of nanoscale materials on quality, safety, and, where relevant, effectiveness of products subject to FDA oversight.

Other questions the agency wants answered include: What unique challenges are there for “scale-up” of manufacturing for products using nanoscale materials? How do potentially unique features of nanoscale materials, such as particle size, shape, and surface charge, affect what should be considered in the development of controls,

standards, and specifications for manufacturing? Also, are there particular aspects of product formulation, processing, or storage that can affect the quality, safety, or effectiveness of products containing nanoscale materials, including as excipients? What has been your experience with products containing nanoscale materials? Have you avoided these products due to specific concerns about aspects of development, characterization, or manufacturing? The public meeting will be held on September 8, 2008, from 8:30 a.m. to 5 p.m. Anyone who wishes to speak at the meeting must register and submit a summary of the presentation and an electronic copy of the presentation by Tuesday, September 2, 2008. See section IV of the Supplementary Information section of this document for details on how to register. Submit written or electronic comments by Friday, October 24, 2008.

The public meeting will be held at the University Systems of Maryland Shady Grove Center/Universities, 9630 Gudelsky Dr., Rockville, MD 20850. Submit written comments, available data, and other information to the Division of Dockets Management (HFA-305), Food and Drug Administration, 5630 Fishers Lane, rm. 1061, Rockville, MD 20852. Submit electronic comments to [www.regulations.gov](http://www.regulations.gov). For further information, contact Megan Clark, Office of Policy, Food and Drug Administration, 5600 Fishers Lane, Rockville, MD 20857, 301-827-3360, or e-mail [megan.clark@fda.hhs.gov](mailto:megan.clark@fda.hhs.gov).

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In Memoriam

Thomas Roosevelt Punnett, Jr.

by Laura Punnett

Co-op member Thomas Roosevelt Punnett, Jr., 82, biochemist and Professor Emeritus at Temple University, died on July 4 of cutaneous lymphoma and urothelial cancer at Hahnemann Hospital.

Born in Buffalo, NY, he was educated at the Nichols School and served in the U.S. Army 7th Signal Corps from 1944 to 1946. He received a bachelor's degree from Yale University in 1950, earned his Ph.D. in biophysics under Drs. Robert Emerson and Eugene Rabinovitch at the University of Illinois in 1954, followed by a postdoctoral fellowship in biochemistry at Cambridge University, England, where, with Professor Robin Hill, he continued his interest in the influence of environmental conditions on photosynthesis.

Dr. Punnett grew up sailing on Lake Erie, which inspired a lifetime passion both for sailing and for the natural environment. In combination with his scientific interests, this led him to an early appreciation of ecology and environmental protection. On the faculty of the University of Rochester from 1956 to 1963, he helped to found the Rochester Committee for Scientific Information, an early environmental action and study group. He joined the Biology Department at Temple in 1963, where he developed the interdepartmental Biochemistry program, retiring only when his health made it necessary. Teaching was not a rote activity; he prized critical thinking and communicated the scientific process as a series of trials and errors undertaken by fallible human beings. He was also a caring mentor,



THOMAS ROOSEVELT PUNNETT, JR.

helping his students with everything from language skills to job and graduate school applications. Most recently he had obtained a new patent for a process to optimize anaerobic metabolism of sewage, which could lead to greatly diminished solid waste as well as high production of economically valuable methane, but unfortunately he did not live to complete the experimental procedures.

Dr. Punnett loved to travel and was a history buff, an avid connoisseur of classical music, and an enthusiastic gardener. He is survived by his wife of 58 years, Dr. Hope Handler Punnett; his three daughters, Laura, Susan, and Jill, with their husbands; 7 grandchildren; 3 sisters-in-law; a number of nieces and nephews and their families; and friends around the world.

A memorial service is planned for the fall.

PHOTO COURTESY OF LAURA PUNNETT

End of an Era as Monthly Recycling Ends



A FEW OF THE MANY PEOPLE WHO HAVE MADE WEAVERS WAY'S MONTHLY RECYCLING SUCH A SUCCESS GATHERED ON ITS FINAL DAY. THE PROGRAM ENDED JULY 19, 2008, AFTER MANY YEARS AND COUNTLESS TONS OF DIVERTED WASTE. SINCE THE CITY OF PHILADELPHIA IS NOW COLLECTING EVERYTHING THAT WAS PREVIOUSLY RECYCLED AT THE MONTHLY PICK-UP, THE CO-OP'S PROGRAM IS NO LONGER NECESSARY.



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**Farm Education**  
(continued from page 2)

plishments and excited about how farming at Weavers Way in Northwest Philly will develop in the future. There is a strong interest among those involved in increasing our capacity. As we move into next season, it'll be interesting to see how we can incorporate more youth into our programs. The learning at both farms is so valuable. I am happy to report that the youth we are working with long-term are developing keen abilities with farming. I am confident we can develop this positive experience with more youth if they express interest and are exposed to our projects.

A recap from the month of August: We were visited several times by high school students from the Pennsylvania School for the Deaf, who help out with our harvests and general farm tasks. Thanks to them for

their volunteer assistance! We had educational group visits from a camp group in Fairmount Park called Smith Playground, a summer program for Asian Americans who were part of Facts Charter School, 4H volunteers from the Hansberry Garden Club in Germantown, and City Harvest Youthworks volunteers. Fall is gearing up to be busy for the farm education programs. Word is spreading about the good times and lessons for kids at the farm and we are getting lots of requests for visits from schools and area groups.

If you have a group who is interested, you can e-mail me at [educator@weaversway.coop](mailto:educator@weaversway.coop) to schedule an educational visit. Because we are a working farm, we have limited timeslots for education and slots are filling up fast, so be in touch soon if you or your group wants in.

**WWCP**  
(continued from page 2)


healthy and affordable food. Through the opening of the Ogontz store and our ever-expanding community outreach, Weavers Way and Weavers Way Community Programs are committed to addressing this inequality in Northwest Philadelphia.

Thanks to all of you who have supported our programs in so many different ways. Each week brings phone calls and e-mails with new ideas, potential collaborations, generous offers, or financial donations (which are tax-deductible and always welcome). Questions about Marketplace or any other WWCP programs can be sent to [Rachel@weaversway.coop](mailto:Rachel@weaversway.coop).

**TRF Helps Urban Markets Save with Design, Energy Efficiency Assistance**

Limited often by expectations of what a supermarket should look like or what a storefront offers, grocery store operators get stuck when working with urban spaces. The Community Design Collaborative's In-fill Philadelphia program has taken on Food Access, working with the Reinvestment Fund (TRF) and the Food Trust. Design practitioners and community development experts have come together to develop options for transforming a vacant warehouse into a large food co-op and retail anchor for a reborn business district in Chester, PA, and developing a supermarket on a challenging urban infill site in Brewerytown. They have also been working on plans to retrofit the Weavers Way Ogontz store in the Ogontz Avenue Commercial Corridor.

Designs will be unveiled at a September 16 reception at the Center for Architecture. Another part of TRF's efforts to bring supermarkets to underserved communities seeks to help large and small grocery store operators implement high performance energy efficiency measures in their stores. Greening Grocery: Strategies for Sustainable Food Retailing identifies prototypical store layouts and provides strategies for enhancing building and systems performance while lowering costs over time. Funded by the William Penn Foundation and TRF's Sustainable Development Fund, the report is part of The Green Supermarket Initiative, the Food Trust's focus on sustainability strategies that lower grocery store development and operating costs. Energy costs are second only to labor for supermarkets.



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Second Story

(continued from page 3)

a one-year warranty. Visit [www.Chicobag.com](http://www.Chicobag.com) for more info on their Chicobag recycling program. You can also read about a Chicobag fundraiser for your group or school.

A temporary good-bye

Our very popular Cool Tote lunch bags are no longer available to us. As a store and a wholesale account, we cannot purchase them for our shoppers. As an individual, you can purchase them at [www.cooltote.com](http://www.cooltote.com). I spoke with Bruce, a co-owner, in early August and he said that they are in the process of finding other factories to work with and until that happens (they are hopeful for this to take place in 2009--keep your fingers crossed!), they are able to sell as a retail outlet only. We are sorry for Weavers Way as we liked their lunch bags so much! The company is, for the moment, doing only retail sales through the web site.

Norpro Slim Grater with Three Surfaces

The slim style of this grater allows it to fit into drawers and tight holding spaces in kitchens. The GRIP-EZ handle, designed for right- and left-hand use, allows for a stronger grip and prevents hand fatigue and

cramping. The santoprene base prevents the grater from slipping and keeps it in place. The three stainless steel grating surfaces (fine, medium, and coarse) can be used for everything from cheeses to chocolates to nutmeg.

Triloka Incense

All of the Triloka incenses are made according to the masala method. This method combines natural herbs, gums, resins, woods, and oils that are ground into a fine powder. This is then kneaded into a paste and hand-rolled onto fine bamboo sticks and sun dried. This incense is made in India by the Wind Rose fair trade cottage industry partners who, according to the Wind Rose literature, are small family businesses. Triloka Incense has been a top selling incense since 1977 and for us as a store, it has been a well-received product with a devoted following. For you Triloka "regulars," you will want to know that there is a new package: the background color is a warm, light color. The fragrance area will have a description that is more of a "key word" definition that will tell you about the essence of the fragrance with a detailed description of the scent below the key words.

Some fragrances have been given a new name that the company hopes will better describe the scent.

Members' Fringe Performance to Take Place at Carpenter Lane Theater

Co-op members Tim Harbeson and Buffy Miller announce the world premiere of *Airloom, or Umbrella*, an interdisciplinary performance installation. Original music, text, movement, visual art, and puppet/object manipulation are gracefully interwoven into a compelling, abstract narrative, while the very theatre itself is a character created by the artists to envelop their tale. Performances are August 30 and September 5, 6, 12, and 13 at 8 p.m., and will take place at the Stillhouse Theatre, a carriage house behind the couple's home at 854 Carpenter Lane in West Mt. Airy, transformed, for the occasion, into a tiny, jewelbox theatre.

Inspired in part by the couple's artist ancestors, and the effect of talent dripping down through a bloodline like minerals in rock, the evening-length work traverses the liminal plane in investigation of the connections between family history and artistic destiny, and the crossed messages that may or may not beam from Bedlam, scrambling the mix and skewing the results.

Tim Harbeson and Buffy Miller have been collaborating on multimedia performance works since 2000. In Portland, ME, they founded a small theatre where they presented their own works as well as that of local and international artists. Of their first evening-length collaboration, *apidae (bedizened)*, (2002), Tanya Whiton wrote in the Portland *Phoenix*, "Miller and Harbeson are both adept at layering fragments of information, at keeping an audience captivated by slowly unspooling the details that add up

to a complete aesthetic experience... Between them, Miller and Harbeson create aesthetic ether that transforms any environment into a timeless, charmed vessel in which stories can unfold. They allude to—but are not constrained by—the elements of a 1930s traveling show; early modern tableaux vivante; an intimate confession told on a firefly front porch."

*Time Out New York* says, "The instrumental compositions of Fence Kitchen, the alias of Tim Harbeson, poignantly evoke a wide range of emotions, from derangement to nostalgia."

Tickets are \$20. For more information, contact Buffy Miller at 207-450-6764 or [millerbuffy@yahoo.com](mailto:millerbuffy@yahoo.com). For tickets, contact the Festival Box Office at 215.413.1318 or visit [www.livearts-fringe.org](http://www.livearts-fringe.org).

Environmental Tip for September



Home Depot now accepts all CFLs for recycling, regardless of where they were purchased. (Sales of the bulbs have been much higher than than expected)

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The Neighborhood Gardener

Gardening 101

by Mark Goodman, The Neighborhood Gardener

As with any activity, gardening has its own language and expressions that may not be readily understandable to the casual gardener. Here are some words and terms that are used frequently among experienced gardeners and at nurseries. It helps to know what they're talking about.

**B and B:** This has nothing to do with mushrooms or deli food. It stands for "balled and burlapped." This is one way that a nursery will prepare and sell shrubs and trees. An alternative is to keep them in containers. The advantages of "B and B" plants are that they contain a larger root mass and can stay at the nursery longer without drying out. In addition, they will have an easier time getting established once planted. The disadvantages are that they are heavier and more expensive. The third way that shrubs and trees are sold is bare-root, but this method is usually from catalogs that ship through the mail.

**Cultivar:** A cultivar (cultivated variety) is a plant that has been hybridized to create a certain effect. For example, orange roses and variegated leaf hibiscus are cultivars. Relatively few plants are used in landscapes in their species (natural, original) state. The upside of cultivars is that we have unlimited possibilities for colors, sizes, textures, hardiness, and taste. The downside is that in order to gain something, we must give up something. The orange rose, for instance, is gorgeous to look at, but it does not smell like a rose. In addition, there are

hollyhocks and dahlias that can grow taller than seven feet, but they must be staked or they will fall.

One of the big moral issues of genetic engineering--a form of hybridization--is that the resultant cultivar may contain harmful elements that are not so easily detected. The argument that humans have always hybridized plants is a weak one since the risks of genetically engineered plants are greater because they can affect our immune systems and hormones.

**Specimen Plant:** A specimen plant is one that is so unique and/or attractive that it can--and should--stand alone. An example of a specimen plant is the Stewartia tree, with its mottled bark and attractive white flowers. You can see one on the Co-op block of Greene St., at the top of the steps of the first twin house as you walk up the street. Co-op members Mark Klemptner and Brenda Lazin have several attractive specimen plants on their property.

The concept of the specimen plant is to give the plant special notice by its placement in a conspicuous place and by its solo status. I have seen, on Church Road in Glenside, a row of weeping cherry trees used as a screen. It's certainly an original concept, but by having 5 or 6 of these graceful spring bloomers in a row, the specialness of the individual plant is lost.

**Xeriscaping:** This is a fancy word for gardening with water preservation in mind. Xeriscaping involves selecting plants that don't need a lot of water, planting them in

the right place, and using mulch to ensure minimal irrigation. Drought tolerant plants in our area include junipers, black-eyed Susans, aucubas, and sedums. Note that "drought tolerant" does not mean that you never have to water. These plants still need water, but not as much or as often as other plants.

Examples of why placement is important are azaleas and hydrangeas. Both do best in a half day of sun and a half day of shade. However, if you plant them where the sunny half day is in the hot afternoon, they can become stressed. Their leaves will droop if exposed to hot afternoons day after day, even if they've been watered in the morning. If this happens, they will need to be watered twice a day. The best placement, therefore, is where they will get 4-5 hours of morning sun, which means only one watering in the morning and minimal afternoon stress.

**Woody:** No, it's not a woodpecker. It's a plant with wood stems that do not die back to the ground each winter. Deciduous trees and shrubs are "woodies" because even if they lose their leaves, their stems and branches stay in place over the winter. An example of a smaller woody is lavender. The plants that die down to the ground are called herbaceous.

These are just a few of the terms that you may hear bandied about at the nursery or arboretum. If you're unclear about the terminology, don't be bashful about asking landscapers or nursery workers what they are talking about, the same way that you would ask for clarity from your doctor or mechanic.

September plant tip

Don't forget to take in your caladiums by mid-September if you want to have them again next year. They are extremely tender (vulnerable to cold weather) and will not survive once the night temperatures dip into the lower 50s. If you don't want to move a heavy urn or large container, plant the caladium in a smaller, more manageable pot, and set the pot in the larger container. Then in the fall, just take the small potted caladium inside.

Rita Addessa

Project Management and Communications

Philadelphia, PA 215-817-1100  
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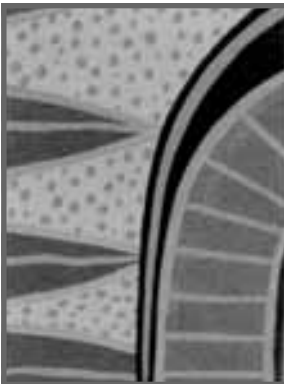
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Q&A with Lise Funderburg

by Meredith Broussard

Your new memoir *Pig Candy: Taking My Father South, Taking My Father Home* follows a series of trips you made with your father to Monticello, his hometown in rural Georgia.

Let's start with the title: what does it mean?

Pig candy is... My father hadn't lived in Georgia for 50 years, yet late in life he decided he wanted to buy a hobby farm in Monticello, where he grew up, and spend as much time as he could there.

It was a place where he could indulge his fascination for crazy gadgets, from earth shoes to nail polishing devices. One day, he read a story in the *New York Times* about the cajatina, a Cuban America box for roasting a whole pig in about four hours. That's really fast, if you know anything about cooking a whole pig. I don't think he'd put down the paper before he was on the phone, ordering a cajatina.

In the recipe, the pig is injected with a mojo marinade: sour orange juice, lemon, sugar, garlic, oregano. The skin gets really crispy and delicious. Most of the recipes

you'll find for pig candy have to do with bacon, coating it in sugar and lemon juice—it's really gilding the lily. The writer of the article borrowed the term from this technique [x].

My father bought this device, but he didn't want to do the work of roasting a 100-lb pig, so he enlisted the help of my husband, John [Howard]. He's a bit of a foodie. We started having these parties where John would roast the pig in the cajatina, and we'd have a ton of people over and make Pig Candy.

What does it taste like? If you know pernil, it tastes a little like that: garlicky, tender meat,

with crispy skin. You don't care how bad it is for you, you just want to eat it! Included at the end of the book is a recipe for marinating a 100-lb pig: it uses orange juice, white wine, onion, 140 cloves of garlic. Most of the sugar in the pig comes from the juice.

You must have eaten a lot of pork. What's your favorite pork at the Co-op?



LISE FUNDERBURG



You're known as the author of *Black, White, Other*, a collection of stories by multiracial people about identity. Might we look at *Pig Candy* as a natural progression from telling other people's stories about mixed-race identity, to telling your own story about mixed-race identity?

Well, this is primarily a book about my father, not me. It's about the place where he is from, and how where we're from shapes our identities. It's a book about the South, about fathers and daughters, about terminal

illness. My experience factors in, but it's not really *Black, White, Other Part II*.

The book spans a period from 2004 to 2006, when I took my first trip down to Monticello, GA, with him to roast a pig and get him chemo. I write about what shines through as his will and his body weaken.

The big question that the book answers (continued on page 22)

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# Food Giants Form Group to Transition Organic to Sustainable

## UNFI, Organic Valley and others create the Food Trade Sustainability Leadership Association (FTSLA)

by Sustainable Food News

Close to two dozen of America’s largest organic food companies have announced a massive effort to transition the organic food industry into a sustainable food system.

The list of industry pioneers that have formed the nonprofit group the Food Trade Sustainability Leadership Association (FTSLA) include the nation’s largest distributor of organic foods, United Natural Foods, Inc. (UNFI), retailer PCC Natural Markets, Organic Valley Family of Farms, Nature’s Path Foods, Amy’s Kitchen, Frontier Natural Products Co-op, and SunOpta Inc.

The plan is to create a process for businesses to make a public pledge of commitment to work toward improvement in 11-action areas including organics, climate change, energy, distribution, labor, packaging, water, waste, animal care, governance, and consumer education.

“The unprecedented scale and speed of global climate change combined with rising energy inputs puts into stark view the vulnerabilities of the food system,” said FTSLA executive director Natalie Reitman-White, also of Organically Grown Company, based in Eugene, OR.

Reitman-White told *Sustainable Food News* that the nonprofit’s first-year budget is between \$50,000 and \$100,000.

“Our vision is for the organic sector to lead the way in the transition toward a sustainable food system, by demonstrating successful sustainable business models that

will, in time, become the beacon for the entire food industry,” she said.

Other founding members that have signed the pledge include: New Harvest Organics, LifeSource Natural Foods, Charlie’s Produce, Albert’s Source Organic, Glory Bee Foods, C F Fresh, Adina for Life, Coop Partners, Heath and Lejeune, Hummingbird Wholesale, and The Wedge Coop.

Reitman-White said the group is looking to recruit 50 additional companies to sign on to its “Declaration of Sustainability” over the next year and commit to “continual improvement and transparency” in their business practices in the 11 key areas. “As more companies sign on, the bigger the annual budget grows,” she said.

Nathan Morr, director of Social & Environmental Responsibility for SunOpta and president of the FTSLA board, said the association offers a “new model” for companies and “creates an opportunity to band organic food companies together on the path to a more sustainable future.”

FTSLA wants to provide a framework for businesses to report progress, using common metrics and explicit benchmarks in order to lend substance to sustainability marketing claims.

Some of the actions already taken on by FTSLA members include:

Alternative energy—At the C F Fresh headquarters in Sedro-Woolley, WA, a new photovoltaic (PV) solar system supplies approximately 70 percent of the company’s annual electricity needs.

UNFI has installed two large scale solar photovoltaic systems at its natural foods distribution facility in Rocklin, CA, and Dayville, CT.

Combined, the systems will generate over 2.1 million kilowatt hours per year, enough to power more than 293 average American homes.

Green building—PCC Natural Market’s Redmond, WA, location is the first grocery store in the U.S. to have been awarded the prestigious LEED Gold certification by the U.S Green Building Council.

New Harvest Organics headquarters in Patagonia, AZ, uses only locally-manufactured materials such as paints derived from clay, soy, and casein (made from milk); replaced all carpeting with low-VOC bamboo flooring and clay tiles; and made counters and desks from pressed sunflower hulls and adopted energy-conservation measures cutting energy use by 40 percent.

UNFI has constructed a Silver LEED-certified distribution center in Ridgefield, WA, and is currently designing a new distribution center in York, PA, with LEED compliance for certification.

Domestic fair trade—Organic Valley was instrumental in helping to convene and launch the Domestic Fair Trade Association to support family-scale farming, reinforce farmer-led initiatives such as farmer cooperatives, and ensure just conditions for those who work in agriculture.

Responsible packaging—Nature’s Path

Foods resized cereal boxes to EnviroBoxes, with no reduction of cereal for the consumer (same net weight), this reduces the packaging by 10 percent thus saving more than 144 tons of paperboard and removing 400 tractor-trailers from highways.

Natural resource conservation—SunOpta Inc saved over 85 million gallons of water annually through a number of technological upgrades, process improvements, and focused conservation programs.

The knowledge gained from these initiatives is now being applied to other SunOpta facilities to achieve a goal to reduce water consumption by 10 percent corporationwide in 2008.

Amy’s Kitchen’s intensive water conservation and recycling program saves over 2.9 million gallons per year.

Waste reduction—Amy’s Kitchen diverts 743 tons of vegetable scraps monthly from the landfill; many of the scraps go to organic dairies from which Amy’s purchases ingredients.

This practice eliminates the equivalent of 53.5 million pounds of carbon dioxide from the environment per year. Heath and Lejeune has cut waste volume by up to 25 percent by becoming an access point in downtown Los Angeles for raw, organic compost material that is used by local gardening associations, inner-city community gardens, and other urban beautification efforts.

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**Lise Funderberg**  
(continued from page 20)

is, what was so great about this town that he wanted to be there? It's known as an exceptionally racist place, even by the people who live in the area; it's like every stereotype of a racist town, but on steroids. This town is so very racist, yet people love it, and my father loved it.

A lot of the book is also about food. Monticello is the kind of place where home cooks make crackling pork, crackling bread. Serious cooks there use the palm of the hand as a measuring device. There's been a recent trend of locavores, people who eat and cook using locally produced ingredients. Everyone in Monticello is a locavore by geographic and economic necessity. Our

friends the Johnsons have a kitchen garden that supplies 99 percent of their vegetables, year-round. People there are deeply connected to the land, and to the food they eat.

In our upper-middle-class and upper-class milieu, we develop a snobbishness about eating fresh food. Down there, there's no snobbishness—people eat fresh food, and they're kind of baffled as to why anyone wouldn't. Partially because they're so geographically isolated, it doesn't make any sense to drive to the store to buy food when you can grow it and raise it so much more efficiently.

I think there's a stereotype that people who are less well-off don't eat fresh food. That's why I think it's so great that the Co-op is expanding into Ogontz.

The big experience of this book: it's the

story of my whole family. The four remaining members of my family—my sisters Diane and Margaret, and my mother Maggie—are all Co-op members. They've all had to share in the experience of this book coming out into the world and telling my family's story, and they've been extremely generous about being in the spotlight.

Does everyone ask you if Oprah has read the book?

Yes, or when I'm going to be on the Book Club.

So?

I don't know if Oprah has read my book. I sure hope so.

Lise Funderberg's new book is *Pig Candy: Taking My Father South, Taking My Father Home*. For more information, visit [pigcandy.com](http://pigcandy.com).

Journalist Meredith Broussard is the editor of two anthologies: *The Dictionary of Failed Relationships* and *The Encyclopedia of Exes*. She blogs sporadically at [failedrelationships.com](http://failedrelationships.com).



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Suggestions

(continued from page 24)

flecting off the subject, and then traveling to the camera. Nothing is originating in the camera (assuming nonflash photography here), the shutter is actually unblocking light that is already coming. So “capture” would be a better word than “shoot.” It is this kind of misnomer so prevalent in our society that makes me so confused much of the time I am awake and struggling to pay attention.

s: “Can’t find Cream of Rye cereal on the shelf. When will we get more in?”  
r: (Chris) We stopped carrying this due to very slow sales. Sorry!

s: “Yikes!! My first suggestion in 25 years is almost a cry for oxygen! Where are the delectable Asher’s organic dark chocolate almond clusters?”  
r: (Norman) Despite decent sales at our store (probably much due to you), Asher’s has discontinued their organic line. One thing you could do is buy some of our organic chocolate drops and toss them in with some almonds, after a few chews it might be a pretty similar experience (and cheaper!).

s: “Any thoughts about carrying pasteurized milk in reusable glass bottles?”  
r: (Chris) I think it’s a good thought, but I doubt that we could do this any time soon due to space limitations, both refrigerated display and storage space for empty bottles. In a bigger store... yes!

s: “Stock more Odwalla single-serving carrot juice than other, less lucrative juices.”  
r: (Chris) Odwalla has been doing an abysmal job supplying us with any of the drinks Co-op shoppers want. It’s gotten so bad we’re actually considering dropping

Odwalla completely and replacing the Odwalla drink case with another one that we would stock with other beverages.

s: “It’s Wednesday and according to Dale there won’t be any whole chickens until Friday because they don’t sell?! What is this all about?”  
r: (Dale) It’s all about the heat. As the weather has gotten warmer sales have dropped, especially weekdays. We were having to reduce and freeze too many birds. I will continue to get them Fridays since they do sell over the weekend.

s: “Now that we have ‘sacked’ Science Diet cat food, do we have any products for oral health or hairball prevention? Thanks.”  
r: (Kirsten) We currently do not have a kibble that is specifically formulated for oral health or hairball prevention. We do have a Vermont Naturals oral health product that is sprinkled onto a pet’s food. We also carry a Naturvet hairball remedy and Petromalt also for hairballs. I am looking for a good alternative kibble to address these issues that cant either be pre-ordered or may be stocked. ProPlan has a hairball formula that should be in by now.

s: “Sunja’s Kimchee—medium and hot, not only mild.”  
r: (Margie) I ordered a case of medium Kimchee; our supplier does not stock the hot.

s: “This is the third week with no chocolate chip Clif Bars available here. Can you no longer get them? They are the only ones our children/grandchildren like. Thank you!”  
r: (Chris) Clif Bars are delivered every Wednesday. If you don’t see any on display, please ask a staff person to see if there are any in the backstock pile. Also, you can pre-order a case of 12 bars; you’ll get a slightly

better price that way and you’ll have plenty on hand for family visits.

s: “Vegan sliced cheese by American Galaxy. All the ‘non-dairy’ sliced cheeses you currently carry are not actually non-dairy. Westsoy unsweetened Vanilla soy milk. Excellent option for better-tasting soy milk without added sweeteners.”  
r: (Margie) I will start ordering American Galaxy. (Chris) We added Westsoy Vanilla Unsweetened.

s: “OK, my grandma Sophie ate not very nutritious matzah balls in the shtetl, but her granddaughter would like to request whole wheat matzah meal.”  
r: (Chris) Not enough requests to bring this item in at this time. Also, matzoh meal is a very slow seller, white or whole wheat, except during Passover. We get it during Passover when available. (Norman) For those unfamiliar with the word “shtetl,” it is a small Jewish village, usually in Eastern Europe. I say “usually” because few people know that there was once a shtetl in what is now Mt. Airy. Back in the 1600s there was a tribe of Native Americans that were descended from one of the lost tribes of Israel, as evidenced by their name, the Mossachickensteins. They ate chicken every Friday night, lit Sabbath candles, and when they needed rain for their crops, they danced the Hora. Little remains of their shtetl, just an oral account as handed down generation to generation of squirrels, who found shtetl life very amusing, and loved to perch on branches and watch Jewish Native American tribal life.

s: “What happened to Gardenburgers? I like them much better than Amy’s and Boca.”  
r: (Chris) Gardenburgers have become temporarily unavailable due to a renovation of the production facility. Depending on

the new Amy’s “Bistro” burger (that we brought in as a substitute), we’ll consider bringing back Gardenburgers when they become available again.

s: “We used to carry the regular non-brown quinoa. I don’t like the brown one. Could we get some of the other kind again? Thanks.”  
r: (Chris) There is a global shortage of white quinoa. At this moment, brown quinoa is the only type that we can purchase in bulk.

s: “Last week I was using the fax machine and heard some just wonderful music coming from the Purchasing Office. It was very catchy and had a real bounce to it. I would love to know what it was so I could get a copy and listen to it over and over and tell everyone I know about it.”  
r: (Norman) Assuming it wasn’t Chris singing Australian opera, as he is prone to do for some reason at exactly 11 am weekday mornings, it was probably one of my compositions. Check out “Bounce Time” at [www.myspace.com/normanweisscompositions](http://www.myspace.com/normanweisscompositions).

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<b>Main Store</b> 559 Carpenter Lane 215-843-2350 Monday-Friday 9-8 Saturday-Sunday 9-6	<b>Board of Directors</b> <b>President</b> Nancy Weinman (2008 - 2010) <a href="mailto:nancyweinman@comcast.net">nancyweinman@comcast.net</a> <b>Vice President</b> David Woo (2007 - 2009) <a href="mailto:woo3D@earthlink.net">woo3D@earthlink.net</a> <b>Secretary</b> Bob Noble (2008 - 2010) <a href="mailto:bobnoble@msn.com">bobnoble@msn.com</a> <b>Treasurer</b> Chris Hill (2008 - 2009) <a href="mailto:chris@chrishillmedia.com">chris@chrishillmedia.com</a> <b>Immediate Past President</b> Stu Katz (2007 - 2009) <a href="mailto:katzstu@comcast.net">katzstu@comcast.net</a>	<b>Managers/Department Heads</b> <b>General Manager</b> Glenn Bergman, ext. 123 <a href="mailto:gbergman@weaversway.coop">gbergman@weaversway.coop</a> <b>Purchasing Manager</b> Norman Weiss, ext. 103 <a href="mailto:normanb@weaversway.coop">normanb@weaversway.coop</a> <b>Operations Manager</b> Rick Spalek, ext. 101 <a href="mailto:rick@weaversway.coop">rick@weaversway.coop</a> <b>Finance Manager</b> Susan Beetle, ext. 110 <a href="mailto:sbeetle@weaversway.coop">sbeetle@weaversway.coop</a> <b>Fresh Foods Manager</b> Dale Kinley, ext. 104 <a href="mailto:dale@weaversway.coop">dale@weaversway.coop</a> <b>Prepared Foods Manager</b> Bonnie Shuman, ext. 102 <a href="mailto:bonnie@weaversway.coop">bonnie@weaversway.coop</a> <b>Second Floor Manager</b> Martha Fuller, ext. 114 <a href="mailto:martha@weaversway.coop">martha@weaversway.coop</a> <b>Human Resources Manager</b> Dave Tukey, 215-843-6552 <a href="mailto:hr@weaversway.coop">hr@weaversway.coop</a> <b>Deli Manager</b> Margie Felton, ext. 112 <a href="mailto:margie@weaversway.coop">margie@weaversway.coop</a> <b>Cashier Dept. Manager</b> Susan McLaughlin, ext. 311 just call her <b>Communications Director</b> Jonathan McGoran, ext. 111 <a href="mailto:jonmcgo@weaversway.coop">jonmcgo@weaversway.coop</a> <b>Flowers</b> Catherine Niallon, ext. 317 <a href="mailto:floral@weaversway.coop">floral@weaversway.coop</a> <b>Membership Manager</b> Robin Cannicle, ext. 303 <a href="mailto:member@weaversway.coop">member@weaversway.coop</a> <b>Board Coordinator</b> Serena Pepito <a href="mailto:boardadmin@weaversway.coop">boardadmin@weaversway.coop</a> <b>Grocery Manager</b> Chris Switky, ext. 113 <a href="mailto:christopher@weaversway.coop">christopher@weaversway.coop</a> <b>Produce Manager</b> Jean Mackenzie, ext. 107 <a href="mailto:mackenzie@weaversway.coop">mackenzie@weaversway.coop</a> <b>I.T.</b> Tanya Rotenberg, ext. 105 <a href="mailto:tanya@weaversway.coop">tanya@weaversway.coop</a> <b>Pet Store Purchaser</b> Kirsten Bernal <a href="mailto:petstore@weaversway.coop">petstore@weaversway.coop</a> <b>Farm Manager</b> David Zelov , 215-983-1616 <a href="mailto:farmer@weaversway.coop">farmer@weaversway.coop</a> <b>WWCP Executive Director</b> Rachel Milenbach <a href="mailto:rachel@weaversway.coop">rachel@weaversway.coop</a> <b>Weavers Way Ogontz Store Manager</b> Luis Cruz <a href="mailto:luis@weaversway.coop">luis@weaversway.coop</a> <b>Repair &amp; Maintenance/Environment</b> Steve Hebden, ext. 304 <a href="mailto:steve@weaversway.coop">steve@weaversway.coop</a>
<b>Weavers Way Ogontz</b> 2129 72nd Ave. 215-276-0706 Monday-Saturday 10-6	<b>At-Large</b> Sylvia Carter (2007-2009) <a href="mailto:sfcarter@verizon.net">sfcarter@verizon.net</a> Josh Giblin (2007 - 2009) <a href="mailto:joshgiblin@weaversway.coop">joshgiblin@weaversway.coop</a> Garvey Lundy (2007 - 2009) <a href="mailto:garvey@ssc.upenn.edu">garvey@ssc.upenn.edu</a> Sue Wasserkrug (2008 - 2010) <a href="mailto:zoya430@yahoo.com">zoya430@yahoo.com</a> Dave Tukey (2008 - 2010) <a href="mailto:trainbow2@yahoo.com">trainbow2@yahoo.com</a>	
<b>Shuttle Staff</b> <b>Editor &amp; Advertising Manager</b> Jonathan McGoran <b>Advertising Billing</b> Susan Beetle <b>Advertising Assistant</b> Angela Allen <b>Proofreaders/Editors</b> Nicole Delessert Shields, Susanne Johnson, Emily Law <b>Contributors</b> Glenn Bergman, Kiersten Bernal, Meredith Broussard, Margie Felton, Mindy Flexer, Sandra Folzer, Martha Fuller, Mark Goodman, Shana Kennedy, Denise Larrabee, Jonathan McGoran, Rachel Milenbach, Laura Punnett, Tanya Rotenberg, Lesley Seitchik, David Siller, Megan Smith, Chris Switky, Betsy Teutsch, Pam Thistle, Carmen Vendelin, Norman Weiss, David Zelov <b>Photographers</b> Robin Cannicle, Mindy Flexer, Josh Giblin, Sol Levy, Jonathan McGoran, Rachel Milenbach, Lesley Seitchik, David Zelov	<b>Committee Chairs</b> <b>Diversity &amp; Outreach</b> VACANT <b>Education</b> Larry Schofer <b>Environment</b> Sandy Folzer <b>Finance</b> Chris Hill <b>Farm</b> VACANT <b>Leadership</b> Bob Noble <b>Membership</b> Sylvia Carter <b>Merchandising Support</b> VACANT <b>Operations Support</b> David Baskin  <i>Board members and committee chairs have mailboxes on the second floor of 559 Carpenter Lane.</i>	
	<b>Co-op Meetings</b> Board: 1st Tues., 7:00 p.m. Education: 3rd Wed., 7:30 p.m. • Environment: 1st Wed., 7:30 p.m. Finance: 3rd Thurs., 7:30 p.m • Diversity: 3rd Tues., 7:15 p.m.  <i>Operations, Membership, Merchandising, and Leadership Committees meet as needed. All meeting schedules are subject to change. Committee meetings are held at 610 and 559 Carpenter Lane and at members' homes. Board meetings are held at Parlor Room of Summit Presbyterian Church. For more information about committee meetings, e-mail <a href="mailto:boardadmin@weaversway.coop">boardadmin@weaversway.coop</a> or call the store.</i>	



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. This month I received an e-mail from a supermarket e-newsletter I subscribe to: “WASHINGTON, July 28, 2008—The U.S. Department of Agriculture today issued an interim final rule for the mandatory country of origin labeling (COOL) program that will become effective on Sept. 30.” What struck me was not that grocery stores will be required to label certain products with the country of origin, (which is fine by me, but more on this later), rather, it’s the concept of an “interim final rule.” Seems to me that “interim” implies something explicitly not final, else why have an interim? And a rule that is final implies no further changes will be made to the rule, or else it’s not final. Couldn’t the USDA issue a plain “interim” rule? I would be much more understanding if it was the “final interim” rule instead. Having the “final” modify “interim” implies there was a series of interim rules and this was going to be the last. But, as we all know from corn price supports, the USDA does not always make sense. Anyway, the other thing that is interesting about the rule is what it covers. Originally, it required COOL labeling of beef, lamb, pork, fish, peanuts, and “perishable agricultural commodities” (meaning fruits and vegetables, but USDA rules prohibit simple language).

Then, about four years later, the USDA decided they forgot chicken, goat meat, ginseng, pecans, and macadamia nuts, so these items have just been added. I wonder what country gets on a label for fish that is born in the middle of the Pacific, migrates to the coast of India, is caught by a Norwegian fishing boat, is cleaned and packed at a port in Mexico, and is sold by a broker in Canada to a wholesaler in the U.S.? And why pecans and not almonds? Why chicken but not turkey? Why ginseng? So many questions, maybe we can send the USDA an interim final questions list. First question would be when can we expect the noninterim final rule, since it’s a known psychological fact that uncertainty is stressful. Thank god we can offset some of that stress with the comfort of knowing what country our ginseng came from.

One other note, now that our city is accepting #1 (and #2) plastic as part of single stream curbside recycling, remember that our own prepared foods are in #1 containers. However, remember that recycling is the third “r” in “reduce, re-use, recycle” because recycling still requires energy to collect and process the materials.

Suggestions and Responses:

s: “Ouch! I counted on WW for film today. We only have 100ASA—there is a lot of opportunity and need to shoot other speeds. Better no film at all.”  
r: (Martha) We discounted the film—actually a few months ago—with the plan to discontinue it. Apparently someone took down the sign that stated that; sorry about that! There will not be film here after the remaining stock sells. (Norman) After reading your suggestion, I realized I find use of the word “shoot” to describe taking a picture disturbing. In general, “shoot” implies something traveling from an originating location (the “shooter”) to a target location (the goal, or victim). However, with photography, what is traveling is light, which is originating with the sun, re-

(continued on page 23)

Save the Date!

MT. AIRY VILLAGE FAIR

Sunday, September 21

12 – 4 pm

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

The Village Fair takes place on the 500-600 Blocks of Carpenter Lane.

Fun for the whole family!

Equal Exchange

September Coffees of the Month

Organic Mind, Body & Soul

We blend the distinct characteristics of Oaxaca and Chiapas for a multi-roast blend that accentuates the mellow body and light acidity along with the dark chocolate finish that beans from these two states are known for producing.

\$7.99/lb.

Reg. \$10.01/lb.

Organic Ethiopian

This exotic and complex coffee has heavy body, gentle acidity and hints of vanilla, black pepper and raspberry, and lives up to Ethiopian coffee’s well-deserved reputation for excellence.

\$9.01/lb.

Reg. \$10.01/lb.

Welcome to Weavers Way Cooperative Association

Dear Neighbor,

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

DAY	DATE	TIME	LOCATION
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) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Not Getting the Weavers Way E-News?

You’re missing out!

Sign up online at [www.weaversway.coop](http://www.weaversway.coop)

and you'll always know what's going on

WEAVER'S WAY EDUCATION COMMITTEE PRESENTS

FREE FILM SERIES

September 17, 7 PM  
The Future of Food.

There is a revolution happening in the farm fields and on the dinner tables of America — a revolution that is transforming the very nature of the food we eat.

THE FUTURE OF FOOD offers an in-depth investigation into the disturbing truth behind the unlabeled, patented, genetically engineered foods that have quietly filled U.S. grocery store shelves for the past decade.

DISCUSSION  
A post-film discussion will be led by David Sifter, The Weavers Way Farm's educator. David has a degree in Environmental Science and Economics from Bucknell University.

Films are shown monthly at the  
LITTLE THEATRE IN THE VIDEO LIBRARY  
7141 Germantown Avenue (near Durham St.)

Admission is free and open to the public.  
Seating is limited to 25 people.  
No standing allowed.