

Manager's Corner

Update, Innovation, and Expansion...

by Glenn Bergman, General Manager

As General Manager, it is my responsibility to make sure that you are informed about the goals, activities, and potential issues that we need to address. Whether from me or from others at the co-op, you as an owner, need to be informed.

Expansion

Since our market study was completed in January, 2007, I have been working to obtain a building in Chestnut Hill. There has been plenty of activity in Chestnut Hill during these tough economic times, with businesses both new and long-established, shutting their doors. We have been looking at different opportunities and trying to read our tea leaves to determine the best road to travel. Once we make a decision, we are committed and need to muster up all of our resources. We will keep you abreast of any changes or decisions that need to be made. I suggest that you sign up for the e-mail newsletter Constant Contact on our web site so you can get special instant e-mail updates. We might have to move quickly and I would like to be able to directly inform you of our actions and not have you hear about it in the newspaper. Any major move will include an e-mail newsletter, a press release announcing

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City's Director of Sustainability Speaks at Fall General Membership Meeting

by Jay Winston

Making a dramatic move from church to nightclub, Weavers Way held its fall general membership meeting at North by Northwest on Sunday, November 9, 2008. Judging by the remarkable level of attendance, a working bar appears to be an affective draw. The meeting featured a combination of Co-op business and an inspiring talk by guest speaker Mark Alan Hughes, Philadelphia's Director of Sustainability.

Following remarks by vice president David Woo and board member Sylvia Carter, who urged members committed to co-op principles to run for the board in the Spring election, board president Nancy Weinman ran through the Co-op's impressive list of accomplishments for the past year. Despite economic distress in the United States and the world, and significant reported losses for food industry giants, Weavers Way's August audit shows that the Co-op's finances continue to be safely in the black, with rebates going to



CITY OF PHILADELPHIA DIRECTOR OF SUSTAINABILITY MARK ALAN HUGHES GAVE A FASCINATING, ENTERTAINING AND INSPIRING TALK AT THE WEAVERS WAY FALL GENERAL MEMBERSHIP MEETING.

members for the third year in a row. The primary challenge, and opportunity, for the Co-op continues to be expansion.

General Manager Glenn Bergman went into detail concerning Co-op finances and plans, reporting a 3.6 percent return last year and \$7.7 million in sales. In an update on expansion, Glenn also announced that renovations are continuing at 555 Carpenter Lane, which will house Weavers Way's membership and administrative offices. In

(continued on page 10)

Many Seats Open in This Spring's Board Elections

Leadership Committee Seeks Candidates Ready to Serve on the Board

by Aron Goldschneider

The Weavers Way board elections may seem a little less fashionable than some other elections in the news. No flyers directing people to vote on the wrong day. No confidence-building Diebold voting machines. No chads dangling, either.

And as for eligibility to serve, you don't have to be a comedian or professional wrestler, don't have to take botox injections, don't have to be a household name in Philadelphia, or even Mt. Airy, for that matter.

This spring's board election, though, may well be the most significant one of our lifetimes.¹ In fact, Bob Noble tells me that eight Board seats are up for grabs, with perhaps a few incumbents in the mix. That's eight out of eleven. Add in the fact that we all want to see the Co-op continue to succeed, prosper, and perhaps even expand into Chestnut Hill or Cheltenham in the

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Cheltenham's CreekSide Co-op Moving Closer to Reality



PHOTO BY JOHN BARONE

OVER 200 MEMBERS OF THE COMMUNITY GATHERED AT THE DECEMBER 18 MEETING OF CREEKSIDE CO-OP, WHERE THE CO-OP'S BOARD REVEALED ITS LOCATION.

by Scott Laughlin, Jennifer Brandabur and Jonathan McGoran, CreekSide Co-op Board of Directors

Isn't it amazing what can happen in 12 months?

On December 17, 2007 Weavers Way organized a community meeting with the residents of Cheltenham Township in order to gauge interest in a food cooperative. Just 12 months later, the CreekSide Co-op Board of Directors announced that, with the assistance of the Cheltenham Township

Community Development Corp. (CTCDC), the site of the former Ashbourne Market has been secured by Weavers Way members Bob Kaufman and Ken Weinstein, principals of the Brinton Group development firm, to be developed as the location of CreekSide Co-op.

CreekSide also began accepting memberships at the , raising more than \$26,000 in member equity from 83 member households.

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West Oak Lane Business Association Shops Weavers Way to Help Needy Families



KARYN CONWAY (CENTER) OF THE WEST OAK LANE BUSINESS ASSOCIATION (WOLBA) STOPS BY THE WEAVERS WAY OGONTZ STORE TO BUY FOOD FOR THANKSGIVING BASKETS THAT WOLBA DISTRIBUTES TO NEEDY FAMILIES IN THE AREA. HELPING HER ARE CO-OP STAFFER BERNADETTE JACKSON (L) AND ASSISTANT STORE MANAGER ANTON GOLDSCHNEIDER (R).

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And of course... scads more

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Board Election Notice

We are seeking nominations for candidates for the Weavers Way Board of Directors. Elections will be held at the **Weavers Way Co-op Spring General Membership Meeting Sunday, May 17, 2009.** See page 24 for more information

Editor’s Note

by Jonathan McGoran

Among the big stories this month is an EPA proposal to tax large livestock operations based on the greenhouse-effect methane emitted by their livestock (kind of like a carbon hoof-print).

Critics say this could bankrupt even “modest ranches,” which seems especially unfair, since the modest ones are probably holding it in. Other concerns are that if meat prices rise and consumption goes down, people will seek protein from other sources, like beans. While beans are inarguably better for your heart (in fact, it is said that the more you eat them, the better you feel), their consumption in humans has effects that essentially bring us back to square one. And if taxing bovine flatulence is awkward, imagine taxing the human version.

The idea of a flatulence tax, or “Flat Tax,” has been around for many years. Since everyone “does it,” and would presumably be taxed, it has become shorthand for any tax proposal whereby everyone pays the same amount. Some say this is precisely the type of tax that should not be flat; why, for example, should a Gwyneth Paltrow pay the same as a Jim Belushi? Others warn that anything but the simplest structure would bring up all sorts of questions about deductions and loopholes. It will give whole new meaning to the question, “Do you have something to declare?” Blaming the dog would become a form of tax fraud, and tax lawyers would invoke the “He who smelt it” doctrine. Even more problematic is the likelihood that once instituted, such a tax would be expanded. Drastic spikes in taxable emissions would be taxed at a higher rate, so that if you suddenly come into a lot of money and celebrate with a rich, spicy meal, you might end up having to pay a Windfall Tax.

Finally, proposals like this could imbue the New Year new meaning, while some of us will feel we can finally relax, the rest will be left to hope those are fireworks going off at the stroke of midnight.

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e.g. January 1 for the February issue

Statement of Policy

Articles should be under 500 words and can be submitted neatly typed, on disk, or e-mailed to editor@weaversway.coop.
Be sure to include your name, phone number, and membership number. Drop them off by the deadline to the *Shuttle* mailbox on the second floor of the Co-op. The purpose of the *Shuttle* is to provide members with information as well as education about co-ops, health food practices, and other matters of interest to the members as consumers and citizens of the community.
Articles express only the views of the writers and not those of the Co-op or the board of directors, unless identified as such. Articles, letters, comments, criticisms, and suggestions are welcome and should be directed to the editor. Space limitations require that the editor has the right to edit all articles. Ad rates are available upon request, in the advertising mailbox on the second floor, or at www.weaversway.coop. All ads must be submitted electronically, or camera-ready with prior arrangement, and should be submitted with payment. Products or services advertised in this paper should not in any way be construed to be endorsed by Weavers Way Co-op.



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W. Mt. Airy Neighbors’ Streetscapes Committee Tree Planting

by Sara Allen

On Saturday, Nov. 15, over 40 hearty volunteers turned out to plant 48 street trees in 20 locations throughout West Mt Airy. Organized by the Streetscapes Committee of WMAN, and led by Doris Kessler and Dave Tukey, this semi-annual tree-planting is intended to restore tree cover along city streets. After enjoying coffee and donuts supplied by the High Point Café, volunteers set out in small groups to dig holes in the “tree lawn” (the area between the street/curb and the sidewalk) and then plant and stake bare-root trees. Each group had a volunteer-trained tree planter from area businesses and arboretums, including David Brothers Landscape, Morris Arboretum, Primex, and Wissahickon Tree and Landscape Services. Dirty but satisfied planters were rewarded for their efforts with lunch supplied by Weavers Way Co-op.

The goal of the Streetscapes Committee is to plan and implement environmental improvements along the streets of West Mt Airy. Three tree-planting days over the last year have added over 100 trees to the canopy in Mt Airy. The committee is also responsible for cleaning out and planting trees and perennials to make a small park at the intersection of Allen’s Lane and Lincoln Drive. It has worked with SEPTA and people from the neighborhood to plan landscaping after the upcoming renovation of the Allen Lane R8 station. Long-term projects include exploring and attempting to resolve recurring conflicts with PECO and SEPTA over the issue of street tree pruning.

The trees are supplied through TreeVitalize, a cooperative effort funded by the Pennsylvania Dept. of Conservation and



PHOTO BY SARA ALLEN

THE STREETSCAPES COMMITTEE OF WMAN PLANTED 48 TREES ALONG STREETS IN WEST MT AIRY ON SATURDAY, NOV. 15. ONE GROUP PLANTED FOUR TREES ON THE “TREE LAWN” OUTSIDE 7020 WISSAHICKON AVENUE. PICTURED HERE, LEFT TO RIGHT, ARE VOLUNTEERS TOM SCHONMAKER, WENDY WILLARD, AND CURT PONTZ.

Natural Resources, and administered by the Pennsylvania Horticultural Society (PHS) in cooperation with the Fairmount Park Commission (FPC). Groups like WMAN’s Streetscapes Committee take applications from individual homeowners and submit them to the PHS for FPC approval. TreeVitalize funds the purchase and delivery of the trees. Property-owners are responsible for watering their street trees (roughly 10 to

15 gallons of water per week) for the first two years after planting, as well as mulching, weeding, and protecting the tree from damage. The PHS offers Tree Tender workshops for those who want to become more involved with neighborhood efforts to plant more trees. For further information or to become involved with the Streetscapes Committee, contact WMAN at wman@wman.net.

Weavers Way’s Hometown Heroes

by Leo Strupczewski

You know that stigma associated with being a trashpicker?

It just got kicked to the curb.

A group of Weavers Way members—along with another member, who was there in her own right—were recognized last month by Recycle NOW Philadelphia for their efforts to support recycling throughout the city.

The Co-op’s participation in the Philadelphia Recycling Partnership earned it a “Hometown Heroes” recognition. Meenal Raval, a seven-year member of Weavers Way and co-founder of Philly Freecycle, was also recognized.

The Co-op’s environmental committee, which ran Saturday collection drives in cooperation with the city, taught residents how to recycle. They often did so with success.

Raval, a member of the committee, said she never volunteered with the effort, but often took her own waste there.

“There was a steady stream of cars in the parking lot,” she said. “I’m thinking at least 500 cars on a Saturday morning. It was quite steady.”

The volunteers taught neighborhood residents what was allowed to be recycled and what wasn’t, Raval said. The city would supply the garbage trucks and compactors.

Weavers Way was one of a dozen civic organizations to participate in the city-wide initiative, Raval said, and was also one of the most successful.

Helen Seitz and Stevik Kretzmann have spearheaded the Co-op’s involvement in the program for the past few years, Raval said.

Those participants were recognized for their efforts had their pictures taken with Mayor Michael Nutter.



PHOTO © JACI DOWNS

PICTURED AT THE HOMETOWN HEROES EVENT ARE: (SEATED, L TO R) BOB PIERSON, PARTNERSHIP RECYCLING; MEENAL RAVAL, PHILLY FREECYCLE; DAVID BIDDLE, GREATER PHILADELPHIA COMMERCIAL RECYCLING COUNCIL; MAURICE SAMPSON II, RECYCLE NOW; (SECOND ROW, L TO R) HELEN SEITZ, WEAVERS WAY CO-OP; MIKE SIMONS, PLEASE TAKE MATERIALS EXCHANGE; MAYOR NUTTER; BOB ANDERSON, BLUE MOUNTAIN RECYCLING; ARYON HOSELTON, SPACE 1026 RECYCLING; (BACK ROW, L TO R) STEVIK KRETZMANN, WEAVERS WAY CO-OP; GLENN STIEFFENHOFER, UNIVERSITY OF PENNSYLVANIA PENNMOVES; AND DALTON HANCE, PEDAL CO-OP.

Raval, who was at the Recycle NOW Philadelphia forum, also received recognition.

The 46-year-old Mt. Airy woman has been running www.phillyfreecycle.org for about five years now. Raval and a friend started the site, which allows residents to swap items they no longer want, after reading an article in the *Christian Science Monitor*.

“We were enamoured,” Raval said. “We

really just thought, ‘Oh, we’ll just share it with our environmental friends in Mt. Airy.’ Little did we know, it would take off like wildfire throughout the city.”

Now, it’s a clearinghouse for about 10,000 households.

The web site allows folks to swap items such as old clothing, furniture and the like—all for free. The idea is to keep recy-

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January Grocery News

by Chris Switky, Grocery Manager

Howdy, shoppers!

New developments on our grocery shelves include this sad note: McCutcheon’s cranberry juice, long a Weavers Way favorite, has become temporarily unavailable. When I spoke to the folks at McCutcheon’s, they said that “price negotiations didn’t work” with their cranberry growers this past fall. We do have Lakewood organic cranberry juice blend, and I hope that we’ll be able to get McCutcheon’s (a great deal at \$5.80 for a 1/2 gallon) back early in 2009. In the mean time, we’ve brought in McCutcheon’s cherry apple cider (half gallon) as a substitute item.

In the freezer, we’ve added two flavors of Wholesoy organic non-dairy frozen dessert: chocolate hazelnut and vanilla bean, brought in by shoppers’ requests. Please give them a try, and let us know what you think.



Speaking of frozen items, Chilly Philly ice cream, made locally, has long been a co-op favorite, and many Co-op members have become members of Philly Car Share as well. Now, these two organizations have announced a merger program:

Chilly Philly Car Share. When you sign up for this program, you can use, at reduced rates, Car Share cars that do not have functioning heat. There’s also Chilly Philly Car Share

Extreme, which provides vehicles that have windows stuck in the down position. All the more reason to watch your speed and drive carefully through our neighborhoods, as you’ll want to cut down on that wind-chill factor. Don’t worry—it’s easy to warm up at your favorite food co-op with the friction and body heat of your fellow shoppers, squeezing past each other...in the grocery aisles. Enjoy!

~ christopher@weaversway.coop

Deli Issues

by Marjorie Felton, Deli Manager

What am I doing when I’m on the clock but can’t be found in the deli? One of my new projects over the past few weeks has been working with Josh Giblin, Tanya Rotenberg and the Ogontz staff on changes to the product line at the new store.

In November, Josh and I started reviewing sales reports and, together with the Ogontz staff, determined which items were not selling well. We made some changes and did a bit of rearranging. We also brought in items we thought shoppers would want for Thanksgiving (stuffing, cranberry sauce, etc.) Tanya helped us put new items into the scanning system and is currently creating order forms that should work more efficiently.

The Weavers Way Ogontz store looks great and the customer service is excellent. If you haven’t been to the new store, please come have a look. This is your store, too! The store has wide aisles (two) and the check-out line is short. You probably won’t have to wait for the scale to weigh your produce and if you forget to weigh it the cashiers have scales at the registers to weigh it for you. The Ogontz store doesn’t have everything the main store has, but it does

carry a good selection of produce, dairy, grocery, snacks and bulk items. It also stocks a few items we don’t have room for in the Carpenter Lane store, such as Everett and Andrew local hormone-free cheeses and more produce from the Martin Luther King High School Farm, when in season.

There are other local businesses in the area to visit when you stop by Weavers Way. In the morning, the local coffee shop, Cornbread and Coffee, offers great cornbread or, for a bigger breakfast, cross Ogontz Avenue to Dawn’s. Dawn’s serves sautéed apples with each meal and makes delicious home fries with cheese. Lunch time offers cheesesteaks at the sandwich shop next to the store. These steaks can hold their own against all the big names (Pat’s, Dalessandro’s, Jim’s) and the owners buy some of their produce from us. In the neighborhood you will also find Art Noir Gallery, which hosts Word-4-Word poetry and music every Thursday at 7:15 p.m., a state store to pick up a bottle of wine to go with dinner, and the DMV to renew your drivers license. Weavers Way Ogontz is our wonderful new store in a great neighborhood. Please come shop.

~ margie@weaversway.coop

Comfort Food

by Dale Kinley, Fresh Foods Manager

It’s January. Hurrah! The holidays are over and it’s time to get back to normal life. Time to catch up on movies, books, and museums, and make plans for the new year. As the cold weather sets in, comfort food is what comes to mind.

Our Bell & Evans chickens are great to roast. Pennsylvania-raised, with no antibiotics ever, they are the perfect winter food. I like to stuff the cavity of the chicken with lemon, garlic and thyme and coat the outside with kosher salt and olive oil.

Roast the bird in an oven for 90 minutes at 425. It’s perfect every time. Bell & Evans also has great party wings. The tips have been taken off, leaving the two parts with the most meat. Football fans will love them.

For beef lovers, we have a variety of roasts for the cold weather. Natural Acres, our antibiotic-free, pastured—raised beef, offers brisket, chuck roast, eye of round, rib roast, rump, and top round roast. Their



stew beef is made from chuck and is exceptional. Esposito, our South Philly butcher shop, supplies us with hand-cut prime and choice meats. Their marinated London broil is very popular. The stew beef is a tenderloin chunk, which is especially tender. We will have an assortment of these cuts in the meat case. If you want something particular for a special day, let me know and I will pre-order it for you. Happy winter!

~ ext. 104 or dale@weaversway.coop

Comfort Food, II

by Bonnie Shuman, Prepared Foods Manager

Now that we are into the cold and dreary depths of winter, my mind drifts to the thought of warm and cozy foods.

I love the smell of a slow-cooked pot roast or roasted chicken in the oven, the thought of a warm fire going in the living room, a deeply flavored glass of cabernet in hand. It is an especially comforting thought now, to be safe at home with an uncomplicated and savory dinner in the oven, especially during these scary economic times. I think especially of “comfort food,” two words that fit so well together, a perfect marriage. By standard definition, comfort food is inexpensive and easy to prepare. For most of us, it is highly associ-

ated with childhood. There is a wonderful feeling of nostalgia attached to comfort food. But it is not just that alone. When I think back to my mother’s comfort food—meatloaf, macaroni and cheese, scalloped potatoes—I can feel the safety and security of her love, all but a precious memory to me since she passed away 23 years ago this month.

Of course, we all know that on a “healthy eating habits” scale of 1 to 10, most comfort food is probably a two. So be it. When I see recipes for “healthy comfort foods”—to me an oxymoron—I must ask,

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Produce News and World Report

by Jean MacKenzie, Produce Manager, and Bob Maier

This month the Produce News column was researched and mostly written by Bob Maier, our local produce buyer. But I’m still going to take credit for it.

What the heck do these things mean?

You see it on our produce—“Sustainably Grown!” “Buy Fresh Buy Local” “Integrated Pest Management (I.P.M.).” What do we mean? Why are these terms important? Here it is, your

Handy Guide to Produce Terminology

Local: The definition of “local” varies, depending on where you start. Here at Weavers, we identify produce as local if it is grown within 150 miles of Philadelphia. If you lived on a farm in Lancaster County, that radius might seem absurdly large. By contrast, one co-op in Brooklyn defines local as “within 500 miles.” If you’re not shopping at Weavers, you should ask what “local” means.

Organic: Farming that relies on natural resources to grow and process food. Organic practices include cultural and biological pest management, and prohibit using synthetic chemicals in crop production or antibiotics or hormones in livestock production.

To be labeled “organic,” produce must be grown on a farm that is certified by an agency registered with the USDA.

Sustainable: A way of producing a stable food supply in perpetuity without degrading the natural resources that support

production processes. In other words, agriculture that maintains and replenishes the natural production capacity of the land. Weavers Way is a member of Pennsylvania Association for Sustainable Agriculture (PASA).



Integrated pest management (IPM): The use of all appropriate techniques of controlling pests in a coordinated manner that enhances, rather than destroys, natural controls. If pesticides are part of the program, they are used sparingly and selectively so as not to interfere with natural competitors.

For reasons that are completely opaque to me—hey, I *sell* produce, I don’t grow it—the pest pressure on tree fruit is quite intense here in Pennsylvania, making it very hard to grow high-quality organic apples, peaches, pears, etc. We—and by “we” I mean Bob Maier—look for local growers who practice I.P.M.

These definitions were gleaned from Communities Conservation and Markets (CCM), www.ccmproject.org/glossary.

A number of our members have asked if we know anything about Biodynamics. Mostly we don’t, and, as yet, we have not found or been offered any commercial produce grown biodynamically. Here’s the description that Bob found in Wikipedia:

Biodynamic agriculture: A method of organic farming that has its basis in a spiritual world-view first propounded by Rudolf Steiner early in the 20th century.

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January Hidden Treasure

Smoked Extra Virgin Olive Oil

It happened again. I wrote about a new product and it disappeared. Today it happened before I finished the article. As I’m writing, we just sold out of our first delivery of smoked extra virgin olive oil. I put out a sample in the deli and a few minutes later got a phone call from downstairs asking for more. This exquisite oil is a product of Spain and imported by the company Miguel and Valentino. The oil is naturally smoked with pine cones. This is a great healthy and vegetarian way to add a subtle smoky flavor to your favorite recipes. Keep your fingers crossed that I will be able to order more once the *Shuttle* is published.

~ Margie Felton



The News from Upstairs

by Martha Fuller, Second Floor Manager

As we welcome in our new year, we take a look back at 2008. We had many new, terrific products. Let's walk down Memory Lane and revisit them.

Wellness Department

Wow, where to start—we had many new items that have been popular! From Boiron, we now carry two kinds of Chestal Cough Syrup, one for children and one for adults. Boiron has also introduced a children's version of two of their most popular products—Oscillococcinum and Cold Calm. We are fans of the Source Naturals company. In addition to their other items, like Wellness Formula, we now carry Wellness Cough Syrup for Kids, Allercetin Allergy and Sinus homeopathic tablets, and Aller-Response. Spectrum has brought out new DHA products. We have their Toddler DHA (meant for those off breast milk and formula) and Prenatal DHA for Pregnant or Nursing Mothers.

We enjoyed two hits from the Alacer line: Immune Defense and Electro Mix, which allows you to make sports water instantly. Just think of all those plastic bottles you won't have to buy and all the money you'll save by making your own sports drink with your own filtered water in your own water bottle (which, hopefully, you bought from the second floor).

New Chapter introduced Bone Strength Take Care, which is a whole-food Calcium/Magnesium Vitamin D3 and K2 Complex. The company formulated this as a whole-food plant-source of this important nutrient complex and, as a whole food, it is considered to be easy on your digestive system, as well. For all you grownups who have difficulty swallowing multi-vitamins, we introduced a chewable gummy vitamin for adults: Hero Slice of Life (by the makers of the ever-popular Yummi Bears for children) and we are looking at a couple of other chewable products to round out this part of our Wellness area.

Planetary Herbals Andrographis has

found a loyal following. Folks report using it as a support for immune systems. Others worth mentioning are: Seniority Multi-Vitamin from Country Life, Weavers Way Glucose Support, Solgar Ester-C, and Weavers Way Pure Way Vitamin C.

Personal Care Products

Our re-introduction of the Weleda line has been quite a success, with toothpastes, facial products, baby products (including Baby Tummy Oil, which helps to relax baby's tummy) and Pregnancy Body Oil (which helps to smooth skin and avoid stretch marks).

Desert Essence has expanded and we are pleased with your favorable comments about these products. This company is owned by Country Life Vitamins, who also manufacture Bio-Chem products. We currently stock their facial cleaners and moisturizers, blemish stick (a big seller for pre-teens, teens and adults of all ages), body washes, hand and body lotions, and lip balm with shea butter. The Natracare line of feminine protection products is a name with which you may be familiar, via this column or by shopping for yourself or a member of your household. Many ob-gyns advise their patients to use products made without chlorine-bleached materials, synthetics, and super-absorbents made from petrochemicals. Check out all the new offerings we have from this fine company. (Go to www.natracare.com for more info on them.) A few more new items that have developed fan clubs: refillable Kiss My Face liquid foaming soaps, superb new Badger products (they are using more and more certified organic ingredients, too) and Pure Essential Oils from Aura Cacia.

Housewares

Canning has been hot—we sold Ball Mason jars in seven sizes as well as lids and rings for the jars. We also carried supplies like jar holders, thermometers, jar grippers for lifting jars from the pots and labels for jars. We sold every size of glass storage

What's New in Toyland?



PHOTO BY JONATHAN MCGOAN

TOY PURCHASER ANGELA ALLEN SHOWS OFF TOYS FROM OUR NEWEST TOY VENDOR. BUFFALO GAMES, A TOY COMPANY BASED IN BUFFALO, NY, HAS BEEN AROUND FOR OVER 20 YEAR AND SPECIALIZES IN PARTY GAMES, FAMILY GAMES, CARD GAMES AND JIGSAW PUZZLES. ALL THEIR PRODUCTS ARE MANUFACTURED IN THE UNITED STATES AND SEVERAL OF THE GAMES THAT WE CARRY HAVE WON PRESTIGIOUS PARENTING AND TEACHER AWARDS. KEEP US IN MIND THE NEXT TIME YOU NEED A FUN BIRTHDAY GIFT!

containers in as many sizes as we could find—from teeny to large. The Norpro counter top compost container and the RSVP refillable foaming soap container were huge hits.

Casabella had new products and, based on their popularity with our customers, we brought in new brooms, mops, microfiber accessory bags, sponges, dish brushes, and microfiber cleaning cloths.

Did we ever expand our cleaning prod-

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We Want Your Ideas!

by Martha Fuller, Second Floor Manager

We are preparing two future *Shuttle* articles and would like your input and ideas. Do you use parchment paper? Are you a fan of this marvelous invention? Do you have a kitchen gadget or gizmo that is a multi-purpose tool for you and the other cooks in your home? If so, please e-mail me.

Parchment paper is considered to be a staple for many cooks and there are many folks who are new to its uses.

It seems that every cook has a fave kitchen tool that makes cooking easier and saves time.

These are the things we would love to know. Please send your ideas to martha@weaversway.coop. For the subject line, please use "parchment paper" or "kitchen gadgets." You may see your ideas in a future *Shuttle* article. Thank you in advance for your suggestions.



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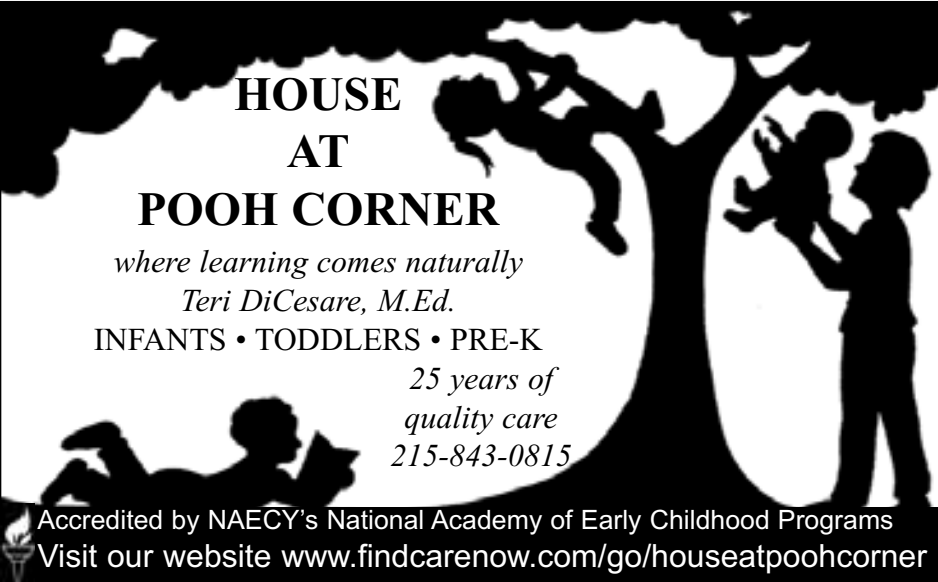
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The Powerful Goji Berry

by Pat Piro, prepared foods

Until I started working in prepared foods, I had never been exposed to, or even heard of, the goji berry*(pronounced “go-gee”).

I was hearing about their powerful anti-oxidant properties and wanted to learn more about them. If you have never seen them before, they are shriveled red berries that look like red raisins and have a sweet delicious flavor.

Goji berries, also called wolfberries, are known as the “longevity fruit” and have been a staple remedy of traditional Chinese medicine for over 2,000 years. They are grown in the Himalayan valleys of China, Mongolia, and Tibet. Traditional Chinese folk medicine has used them to cure many ailments. In the Ningxia Hui region of Northern China, where the berries are eaten on a regular basis, they have about 16 times as many centenarians as the rest of the country. These residents appear more active, vibrant and healthier than their peers in Western cultures and have made this fruit a staple in their diet.

The goji berry seems to be the quintessential product because of its health benefits. While some claims may be difficult to verify, there are some things about this fruit that appear certain. It contains 18 amino acids—six times as many as bee pollen. It contains more beta carotene than carrots, more iron than spinach, 21 trace minerals, plenty of B vitamins, and high levels of antioxidants. Antioxidants are a class of vitamins that includes beta carotene and vitamins E, C, B2. They are also rich in polysaccharides, which help the immune system and are a rich source of potassium. Goji berries have been called the world’s most powerful anti-aging food and they rate #1 on the ORAC scale (oxygen radical ab-



sorbance capacity), which measures the antioxidant levels in foods. This particular test was developed by the USDA researchers from Tufts University in Boston. The other items in this test included prunes, raisins, blueberries, kale, strawberries, spinach and Brussels sprouts—certainly no lightweights in nutritional circles.

Good nutrition is a key in trying to stay healthy and keeping our immune systems as strong as possible. Our bodies are continually bombarded by free radicals because of our polluted air and water, and pesticides on our fruits and vegetables. Incorporating food that contains a healthy amount of antioxidants can certainly start us on our way to remaining healthy and as active as we would like to be. One food does not do this, but a combination of good whole foods does.

I have been incorporating goji berries into my diet by adding them to the green salads that I eat on a regular basis. They combine well with kale and squash (the winter variety) as Bonnie’s salad will prove, and also with any kind of grain like wheat-berries.

People who take a blood thinner may want to avoid goji berries as there may be some possible herb-drug interactions. They may also interact with diabetes and blood pressure medicines. As the drug commercials on TV say—always consult with your physician.

Chocolate: Guilt-Free Pleasure

by Sara Lomax-Reese

Long considered nothing more than a guilty pleasure, dark chocolate is now thought to have valuable medicinal benefits, as suggested by a growing body of research.

Harvested from the seeds of the flowering cacao tree, chocolate is teeming with phytonutrients—plant-based compounds loaded with vitamins and minerals. In fact, according to raw food expert David Wolfe, chocolate is the number one antioxidant food in the world.

Chocolate’s most impressive nutritional component comes in the form of flavonoids, the compounds that provide plants, vegetables, and fruits with their color—reds, purples, and blues.

Researchers suggest that the darker the skin of the fruit, the more antioxidants it contains. The same is true with chocolate: The darker and more bitter the cocoa, the more antioxidant compounds, like flavonoids, it contains.

The combination of stressful lifestyles and high levels of pesticides and other pollutants in our food supply creates a breeding ground for free-radicals, those disease-producing chemicals that damage cells and can cause chronic and age-related diseases. Consuming foods rich in antioxidants, like dark chocolate, can help neutralize the free radical rampage.

According to Steven Warren, M.D., founder of the Foundation for Flavonoid Research, studies have shown that dark

chocolate can act as an antibacterial and antiviral agent, regulating cholesterol and blood pressure, and can reduce blood-clotting tendencies that may cause heart attacks and strokes. It can also boost the immune

system, prevent cavities and other forms of oral disease, and serve as a mood enhancer.

A word of caution: All chocolate is not created equal. Eating a Hershey bar or Kit-Kat will not deliver any of these health benefits. Most “generic” chocolate candies are laden with fillers, waxes and artificial flavors.

Sometimes, the amount of sugar and fat in these candies offsets any of the healing properties. So in order to experience a guilt-

free chocolate indulgence, make sure you scrutinize the label first. Start with the cacao content. Look for chocolate that’s at least 70 percent or more cocoa. The number of ingredients matters, too. Five or less—all of which you can pronounce—is a safe bet. Make sure there aren’t any additives (like vanillin) or preservatives. And check for organic certification and fair trade designations.

Believe it or not, with dark chocolate, you can have it all: You can satisfy your sweet tooth, while nourishing body, mind and spirit.

Sara Lomax-Reese is host and producer for HealthQuest Live radio show on 900AM-WURD, yoga teacher, holistic nutrition counselor and chocolate lover.



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 - Antioxidant
 - Antibacterial
 - Anti-cancer
 - Anti-viral properties
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 - Relax and dilate blood vessels
 - Modify blood platelet clotting
 - Maintain mental function
 - Lower risk of different forms of dementia
 - Fights cancer
 - Prevent tooth decay and other forms of oral disease
 - Relieves allergy symptoms

From The Healthy Chocolate Desk Reference by Steven Warren, M.D., D.P.A.

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January Farm Report

by David Zelov, Weavers Way Farmer

The 2009 farming season has officially arrived and with it comes much excitement. Hopefully, by this time, we have all our crops planned, seeds ordered, planting schedule properly adjusted, and vacation plans set. But before anyone heads off to warmer climes, it's time to start the first seeds of the season. Actually, the first crop planted for the 2009 season was garlic, planted way back in November 2008, but the first ones planted this January will be our onion seeds. Most likely, as it did last year, this will happen inside my home in seed trays placed ever so carefully on top of the radiators. For the quantity of trays we're talking about, it's not worth the energy it would take to heat a whole greenhouse.

As exciting as onions are, they are not the most exciting thing happening this January. Late this past summer, we began a strategic planning process for the farm, to discuss all the possibilities over the coming years. During the previous year, many groups and individuals approached us about possible partnerships and other farming opportunities. Two of the partnerships have been with Penn State Extension and the Pennsylvania Horticultural Society. Now that the greenhouse and hoophouse are up, we decided that we wanted to expand the farm operations to include more acreage and more staff. The reasons are many, but one of the big ones is that we were so impressed with our two apprentices, Nina and Nicole, that we wanted to continue working together and hire them full-time. In order to do this, however, the farm would have to increase its size so that it could bring in enough income to support the extra salaries. But where do we find more farmland in Philadelphia? Vacant lots, Saul High School, Fairmount Park?

Around the same time as our strategic planning meeting, we began a project with

the University of Pennsylvania's Masters of City Planning class to explore the expansion of agriculture in North-west Philadelphia. Other

partners in the project include Saul High School, Fairmount Park, and the Schuylkill Center for Environmental Education. Many projects were discussed, including a farm incubator, but the one the farm staff was most excited about was expanding our relationship with Saul. We worked with the Agroecology class there over

the past year, both at the school and at our farm and it seemed like a natural fit. The school has a large amount of land there, but does not currently have a vegetable farm. Students get experience growing vegetables in class but do not have the business experience involved in running a farm operation. Perhaps we could farm there and involve the students in all aspects of a start up CSA (Community Supported Agriculture) business.

The other partnership discussed is with the Schuylkill Center for Environmental Education. The center is interested in having a farm on-site to enhance their educational programs and has identified some land on which to site such an operation. Again, many possibilities have been discussed. The one that has us most excited is the installation of a permaculture-style "edible forest." This would be a multi-layered "forest" consisting of upper level fruit or nut trees, mid-level berries and lower-level herb species.

At this time, proposals for both projects have been submitted and discussions about implementation are ongoing. We are excited about increasing the number of our partner organizations and about the specific projects proposed. We are also, of course, excited about another year at Arboretum and continuing to improve our soil, our crops, and our presence at that site.



Factory Farms: What Should We Do?

by Sandra Folzer, Environment Committee

Anyone who eats cows, pigs, or chickens needs to know about farming practices today. Just like you read the ingredients of the cereal you eat, you should know what goes into your meat. How did it live? If the animal was raised on a factory farm, from where most meat comes, how did it survive? Was it given many antibiotics because it lived in cramped quarters with thousands of other animals?

Imagine never walking on grass or seeing the sun. The factory farm animal suffers its entire life, unable to turn around or lay down. Calves are tethered by the neck and can't move, pigs and chickens are severely confined. If the image of the animals who suffer to feed us makes us uncomfortable, think about the poor animal. Would you treat your dog or cat so inhumanely? Do you doubt animals have feelings and can suffer as much as you or I?

Ideally, it would be good if Pennsylvania could pass legislation similar to that of California's Proposition Two, which "requires that calves raised for veal, egg-laying hens and pregnant pigs be confined only in ways that allow these animals to lie down, stand up, fully extend their limbs and turn around freely."

Not only does this proposition improve conditions for many farm animals, it also supports family farmers who are competing with these factory farms. It promotes food safety by decreasing some of the need for antibiotics as animals in overcrowded conditions are more prone to disease. Downed cows, with possible mad cow or other ailments, are used for meat in our school

lunches. Limiting factory farms protects the environment, as well, by decreasing the amount of waste that runs off into rivers and streams. People living near factory farms are known to suffer more asthma and other illnesses because of the pollution in the air. Already, Arizona, Colorado, Florida and Oregon have passed similar measures.

What should we do? We can eat less meat. We can eat only organic or locally farm-raised animals. And we can write, call or visit our legislators.

There will be a "Humane Lobby Day" in Harrisburg on March 31, 2009 from 9 a.m. to 4 p.m. The Lobby Day "is a full-day event that includes a lobbying workshop and an overview of relevant bills in your state legislature. Appointments are made for you with the legislators that represent you." If you are interested in going, RSVP to Sarah Speed at 718-691-5798 or sspeed@humanesociety.org by March 24.

If you would like more information, you can find two good videos about factory farming on-line at www.thematrix1.com and at <http://sustainablog.org/2008/01/25/new-video-on-factory-farming-from-the-humane-society/>

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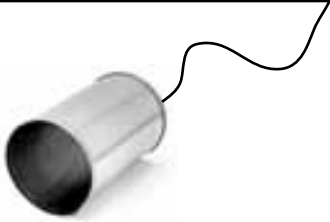
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*If anyone has an event scheduled for the month of February please tell us all the pertinent information so we can list you on our coming events schedule.



“Certified Humane” Founder Honored

by Sustainable Food News

Adele Douglass, founder and executive director of Humane Farm Animal Care (HFAC), has earned election to Ashoka, an international fellowship of social entrepreneurs.

Headquartered in Arlington, Va., Ashoka picks men and women who possess innovative solutions to social problems and the potential to change patterns across society. The group is financed by more than 1,800 individuals and foundations in over 60 countries.

Douglass has steered her nonprofit over the last six years toward improving the welfare of farm animals by providing viable, credible, duly-monitored standards for humane food production and ensuring consumers that certified products meet these standards.

HFAC’s “Certified Humane” eco-labeling program now includes 65 certified companies and over 22 million animals raised under the HFAC standards.

HFAC said its Certified Humane Raised and Handled certification and labeling pro-



ADELE DOUGLASS

gram is the nation’s only animal welfare and food labeling program dedicated to improving farm animal welfare from birth to slaughter for the 10 billion farm animals raised for food each year.

“I am thrilled to have been selected as an Ashoka Fellow,” said Douglass. “The recognition of HFAC and its commitment to certifying humanely raised livestock and poultry in pursuit of improving U.S. animal agriculture is a credit to the vision of the leadership of Ashoka.”

Proposal to Pass Passed-Gas Tax

by Sala Wyman

For some farmers, an Environmental Protection Agency proposal to fine them for the bad manners of their belching and flatulent livestock is the source of a great malodorous discontent.

The proposal comes in the wake of a 2007 U.S. Supreme Court ruling that concluded greenhouse gases “emitted by belching and flatulence [of farm animals] amounts to air pollution,” and a 400-page report by the United Nations’ Food and Agricultural Organization in 2006, which emphasized that livestock production and diet are responsible for more greenhouse gases than cars and airplanes.

The EPA fine is one of several proposed regulations being considered to reduce the production of greenhouse gasses.

That’s a lot of gas.

The proposed law would require farms or ranches with more than 25 dairy cows, 50 beef cattle or 200 hogs to pay an annual

fee of about \$175 for each dairy cow, \$87.50 per head of beef cattle and \$20 for each hog.

“It seems there is an ulterior motive, to destroy livestock farms,” said Perry Mobley, director of the Alabama Farmers Federation’s beef division, to the Associated Press. “This would certainly put them out of business.” Farm executives have estimated that the fees could come to \$30,000 to \$40,000 a year, enough to bankrupt “modest” ranches.

However, Bruce Freidrich, a spokesman for People for the Ethical Treatment of Animals, told the Associated Press, “It makes perfect sense if you are looking for ways to cut down on meat consumption and recoup environmental losses.”

But will it make ranchers consider a change in their livestock breeding and feeding habits?

New Web Site Shows Consumers Where to Buy Certified Humane Meats, Dairy

by Sustainable Food News

The American Humane Association (AHA) launched a new Web site to help educate consumers, producers, retailers and the foodservice industry about humane treatment of farm animals used to produce food.

The site, TheHumaneTouch.com, highlights the American Humane Certified program, the nation’s original independent certification and labeling program for humanely raised food.

The site also shows consumers where to purchase products certified by American Humane as well as upcoming trade and consumer events that will feature the program.

A 2007 survey by Public Opinion Strategies showed that 58 percent of consumers said they would spend an additional 10 percent or more for meat, poultry, eggs or dairy labeled as “humanely raised.”

The same group of consumers ranked the humane label as most important, even over organic or natural labels.

The AHA-administered voluntary, fee-based service is available to agricultural producers of protein products.

The program provides independent, third-party audited verification that the care and handling of animals of enrolled farms meet the Denver-based nonprofit’s strict animal welfare standards.

Producers who meet the standards may use the American Humane Certified label on their products.

The new site features some of those

American Humane Certified producers and their operations.

All producers certified by American Humane meet basic criteria that requires animals have clean and sufficient food and water; have a humane environment under conditions and care that limit stress; are able to express normal behaviors and live in an appropriate and comfortable environment that includes sufficient space, shelter, a resting area and company of their own kind; and have a healthy life, benefiting from prevention of disease and injury and rapid diagnosis and treatment.

The site also provides a secure Certified producer’s section with auditing and management tools.

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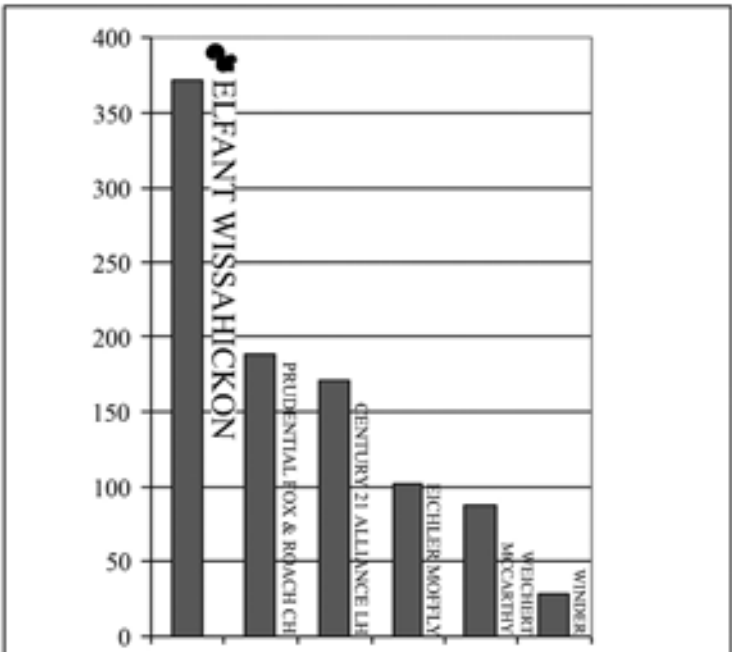
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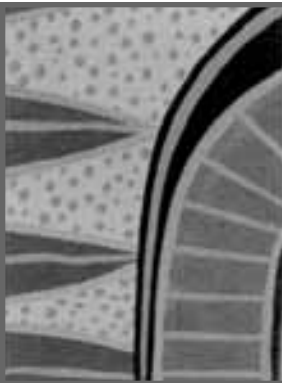
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Save the Bees, Save the World

by Tom Laskawy, originally posted on
Beyond Green, Weavers Way's Sustainability blog.

First it was the frogs and now it's the bees. Yes, Colony Collapse Disorder is old news here in the U.S. (although bees are dying even faster now). But now Europe is getting hit hard, too. Italy alone has lost half its bee population in the last couple of years, according to a report in the *Christian Science Monitor*.

Home to some of the continent's highest numbers of hives and one of the most valuable fruit and nut harvests, Italy has already suffered \$100 million in losses from the decline of bees, according to Italy's beekeepers association. Experts now say southern Italy's entire cherry crop could be wiped out within a few years. Across Europe, an estimated \$1.25 billion in agriculture has already disappeared with the bees.

Dead bees are a problem, and not just because we'd lose a species that is possibly able to interact with quantum fields. There would be no more fruits or vegetables, either. According to the USDA (via the Yale Sustainable Food Project), "a third of all food" relies on bees as pollinators (though corn—that scourge of sustainable foodies—does not). But in Europe it is more like three-quarters.

CCD has been blamed variously on mites, climate change (too rainy), pesticides and fungi. The Monitor article adds another item to the list: poor nutrition.

A study published in May suggests other factors are playing big roles, including the lack of nutritional food for bees.

Indeed, certain kinds of flowers, including white clover and wild mustard, produce nectar that is particularly rich in protein and other nutrients that are useful to the well-being of insects, according to the research. The cultivation of much of Europe's arable

land with crops and vegetables that are favored by humans, but poor in nutritious nectars, have deprived bees of a major protein source.

Oh, the irony. Industrial farming is not only failing at feeding the world, it can't feed the bees either.

Europe is trying to solve the bee problem by mandating "recovery zones" for the bees, which are just untilled fields of flow-



ering grasses. But perhaps it's time to attack this problem at the source and save the bees by changing the way we farm.

The Rodale Institute, one of organic farming's founding institutions and located about an hour and a half from Philadelphia, now claims to have developed an organic no-till system that can operate at scale with yields as good as or better than conventional farming (lower yields being one of the prime arguments against mass adoption of organic practices). No-till farming, which involves growing cover crops on the field (hello, flowering grasses!) rather than plowing the old crop under, has been around for a while. The USDA even has a conservation program which pays farmers

to use it.

But it's also been the subject of great debate. According to *Scientific American*, it reduces soil erosion and run-off (good) but if used "conventionally" requires a lot of herbicides to keep the weeds from choking the soil (bad). At one point, no-till seemed like a good, "easy" climate option since cover cropping would appear to sequester more carbon in the soil. The data on conventional no-till is, however, inconclusive at best, leading climate expert Joe Romm to come out strongly against no-till farming as a climate fix.

But the Rodale folks claim to avoid both failures of conventional no-till farming through a complicated regime, which they call "organic regenerative farming," and new farm machinery. According to their research, the process ultimately leads to greater drought resistance (a good thing given that climate change is bringing drought to agricultural areas around the world), as well as significant increases in soil carbon sequestration over conventional no-till techniques. All this, in addition to a major reduction in hydrocarbon use. And they claim their techniques are perfectly adapted for the developing world.

But, aside from all its other benefits, no-till farming is fundamentally a system that incorporates more flowering grasses and no pesticides. Practically a ready-made blueprint for Michael Pollan's "resolarization" of the farm, it will not only help the climate, the soil and our tables, but will also be just the thing for the bees. I love it when a plan comes together.

Put a Songbird on Your Shopping List

by Sandra Folzer, Environment Committee

In an article in *National Wildlife* (Dec/Jan 09), Bridget Stutchbury tells us that a third of the species of migratory songbirds have plummeted in population by 30 percent over the past 40 years. One cause of this is the fruits and vegetables we import. Countries like Guatemala, Honduras and Ecuador are sprayed heavily with dangerous chemicals (monocrotophos, methamidophos and carbofuran). Though banned in the U.S., they are not banned in Latin America, where their use has increased fivefold since the 1980s. This increase is caused by the demand for produce year-round in the U.S. These pesticides are used on the bird's wintering grounds in Central and South America. A single application of carbofuran, for example, can kill as many as 25 songbirds per acre, and damages many more. It also poses threats to people.

Stutchbury has stopped buying strawberries, grapes, red peppers, and tomatoes imported from Latin America. Produce imported from Latin America has three times more pesticide residues than the same products grown in the U.S. Bananas use more pesticides than any other tropical fruit. In Costa Rica, banana plantations apply 40 pounds of pesticides per acre, compared to 5 pounds per acre in the U.S. That is why buying organic bananas is so important, as well as other organic food. Also, shade-grown organic coffee encourages sustainable farming practices. If you don't buy organic products for yourself, at least refrain from buying out-of-season produce to protect our songbirds.

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Composting Reduces Global Warming

by Sandra Folzer, Environment Committee

Though we have been composting for years, only recently, at the Zero Waste Conference, did I learn the important part composting plays in reducing greenhouse gases. The audience was reminded of the dire need for change, since the U.S. generates 22 percent of the world's carbon dioxide, uses 30 percent of its resources, and creates 30 percent of its waste with only five percent of the world's population.

The good news is that we can begin implementing important changes now. The goal of "zero waste" is to reduce waste gradually through prevention, reuse, recycling and composting. Recycling is not enough. Waste reduction is more important than fuel efficiency in cars because waste is linked to 36.7 percent of total U.S. greenhouse gas emissions.

Landfills are the largest source of anthropogenic, or caused-by-human activity, methane emissions in the U.S., and their impact is vastly underestimated. Methane is 72 times more potent than CO₂ over a 20-year period. Incinerators emit more CO₂ per megawatt hour than coal-fired, natural gas-fired, or oil-fired power plants.

The benefits of composting are twofold: less methane emitted from landfills or incineration and more carbon storage in the soil which improves plant growth. Composting also reduces the need for fertilizers and pesticides. And this reduction in emissions comes at no cost. Local, state and federal agencies need to implement incentives, penalties or bans to encourage composting and thus keep food discards and yard trimming from landfills

and incinerators. Some people praise the benefits of incinerators, which are able to harness the energy for another use. Even gas capture systems only capture 20 percent of the total methane emitted, still causing significant greenhouse gas emissions. Incinerators emit nitrous oxide, a greenhouse gas which is 300 times more potent than CO₂ in trapping heat in the atmosphere. Gasification, pyrolysis, and plasma incinerators are worse because they require inputs of additional fossil fuels or electricity to operate. There is still the problem of industrial pollution. All incinerators should be closed.

Composting is a good means for reducing waste and hence greenhouse gases. If individual households do not have the means to compost, municipalities can collect foodstuff for local use. Many cities are already doing this: Los Angeles, San Francisco, San Jose, Seattle, Vancouver and Toronto. Some cities, like Seattle, will begin to require food-trash recycling in homes by 2009. To implement a program locally, we don't have to reinvent the wheel; we can borrow ideas from these cities.

A great website that has a slide show highlighting what San Francisco is doing is; <http://www.epa.gov/reg3wcmd/composting/AlexaKielty.pdf>

I encourage you to begin composting immediately, if you have any yard space. If you don't, keep a covered bucket, which you can give to a friend to compost. Weavers Way is investigating places where people can bring their foodstuff for composting. Don't just drive less, compost!

Weavers Way Film Series

Precious Places

by Larry Schofer

Germantown Ave., Cliveden Park, Norris Square, Norris Park, Asian Arts in Chinatown, Jazz on 52nd St., African village in North Philadelphia—all these came alive at the November showing of Precious Places, a set of community-made films inspired and nurtured by the Scribe Video Center. The showing was part of the series sponsored by the education committee of Weavers Way.

In a discussion period, John Kromer, former housing director for the city of Philadelphia and a member of Weavers Way, provided some insight into the urban planning process, and audience members enthusiastically discussed their views of neighborhood activism.

Some of the films were very optimistic, such as the renovation and refurbishing of Cliveden Park (Johnson and Magnolia Streets), where neighbors worked to create a neighborhood treasure. The Asian Arts Initiative, while unknown to most of the audience, has clearly provided a home and a door to the future for many young people. They have lost their home to the expansion of the Convention Center, but it seems clear that they are here to stay at their new home at 1219 Vine St.

There were some depressing moments as well, particularly in the Norris Park neighborhood, where the blighted neighborhood initiative under Mayor Street seems to have led to further blight in that neighborhood. In the name of improvement, a number of people were forced from their homes. The discussion, which was led by John Kromer, focused on the whole issue of eminent domain for private business. That is, a government can condemn properties for an economic project, not just for government programs. That concept has been endorsed by the U.S. Supreme Court, but there has been such a backlash around the country that this policy is used only gingerly now.

This was the second showing from the series of Precious Places, and the audience enthusiastically endorsed the idea that we should come back together to show more of these community-made films about our neighbors in Philadelphia.

In January, the education committee will sponsor a public talk by Tom Sugrue, professor at the University of Pennsylvania and a Weavers Way member, on the material from his new book, *Sweet Land of Liberty. The Forgotten Struggle for Civil Rights in the North.*

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General Membership Meeting
(continued from page 1)

addition, Weavers Way now owns a 3,200 sq ft garage at 542 Carpenter Lane. The Ogontz store, while fully revamped and running, is currently doing only about one fifth of expected sales, so Glenn reported that new ways of promoting the store are needed in order to reach goals of \$500,000 in annual sales and 300 members. Apparently, the new computerized work calendar has yet to be a smash hit, as only one person at the meeting had used it. As for the planned new store in Chestnut Hill, Glenn could say little more than that a new site is under negotiation.

In committee news, the Environment Committee is looking into creating a community bike program, as well as expanding recycling programs. The Education Committee is launching a new speaker series, starting Jan. 14, 2009. The Farm Committee's Harvest Festival was attended by approximately 250 people. The Membership Committee is examining other co-ops' work requirements and how co-op membership is defined. Rachel Millenbach, executive director of the Weavers Way Community Programs (WWCP), reported that WWCP is working with the Environment Committee, expanding its work in schools, and initiating a fundraising program.

After an introduction from Past President Stu Katz, who thanked the membership for attending the meeting in such large numbers, Mark Alan Hughes spoke for an hour, proving to be both good humored and highly informative. In line with Mayor Nutter's goal of making Philadelphia

"America's Greenest City" by 2015, Hughes was appointed Philadelphia's Director of Sustainability. According to rankings of the 50 largest cities in the United States on sustainlane.com, Philadelphia has been at number seven for two consecutive surveys, based on fifteen components, including local food, farmers' markets, and community gardens per capita. This is particularly impressive considering that it is the only one of the nation's ten largest cities to be ranked in the top twenty. The goal, however, is to be number one.

While Philadelphia, with its dense community, mass transit, and general walkability, was previously seen as old and obsolete, now, Hughes says, Atlanta, Phoenix, and Denver are desperately reinventing themselves to become the kind of city that Philadelphia already is. Philly has the perfect infrastructure for a period of rising energy prices, however, it needs to develop the its capacities.

Hughes defined sustainability broadly as orienting toward the future, negotiating where the past and future come together to figure out what they are to one another, and meeting present needs without compromising future generations. With this in mind, Mayor Nutter is now attempting to create a reliable strategy in light of the "gorilla in the room"—the economy. Given the current economic climate, City Council is questioning the importance of sustainability when the city is cutting libraries and fire engine companies. Hughes, however, sees the city saving money by changing budget rules and making energy-use more efficient.

A major challenge facing the city and



THE CROWD LISTENED INTENTLY AS MARK ALAN HUGHES SPOKE ABOUT HIS PLANS TO MAKE PHILADELPHIA AMERICA'S GREENEST CITY.

state, however, is the end of the ten-year cap on electric rates. During these years, Pennsylvania has gone from having some of the country's highest electric rates to among the lowest. Unfortunately, this has left residents with little incentive to conserve. On Dec. 31, 2010, the cap will be removed, leaving electric rates without constraint. Following the removal of a similar cap, rates in Maryland rose by 70 percent. Most current projections for increases in Philadelphia range from 20-35 percent, and PECO estimates only a 15 percent rise. To deal with this and similar challenges, Hughes is calling for the creation of strategic

structures such as an energy co-op. Responding to members' questions, Hughes addressed a number of problems. These included the city's lack of enforcement of its own commercial recycling code, organic waste being sent to landfills rather than turned to compost, as well as the city's 26,000 vacant parcels and composting toilets. While the question-and-answer session had to be cut short, overall, the membership seemed to agree that the talk was highly useful in giving us all ideas for how we and our city can move toward a greener future.



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The Simplicity Dividend

Repair, Restore, Rejoice

by Betsy Teutsch

As any homeowner can attest, appliance longevity is diminishing. For technophiles, the breakdown of electronics can be welcomed as an excuse to upgrade to a cheaper, faster gizmo. But constant breakdowns of household appliances frustrate harried homeowners, since it's frequently impossible or extremely inconvenient to repair them, or so expensive as to be uneconomical. Having lived in the same home, which we equipped with all new appliances 22 years ago, I can attest to the culprits. We're on our third refrigerator, second stovetop, third dishwasher, third toaster, and maybe sixth (or seventh or eighth—I've lost count) instant hot water dispenser. Our dryer, microwave and wall-oven are the sole survivors. The dryer is somewhat of an exception, since we air-dry the bulk of our clothes, towels, and sheets and just run them through the dryer for ten minutes or so to soften them, so it gets off easier than in most households.

My advice to householders making appliance decisions is avoid fancier, excess

features which make appliances more complicated (and expensive), keep your manuals along with the sales info where you can find them, and also record this info electronically if you've switched to storing things in cyberspace. Do not purchase extended warranties (but make sure the appliance has a reasonable one up front), avoid the temptation to buy cheap small appliances (like my friend who, after her third bargain blender broke, realized it would have been less time-consuming to buy a better quality product from the get-go) and be persistent about attempting repairs.

If it's a choice between paying for a fairly expensive repair and replacing an appliance, it's a gamble. I generally go with the repair, since I like the idea of paying for a person's labor and conserving the unit, as opposed to buying yet another crappy item manufactured and shipped from China.

About ten years ago, the plastic knobs on our island stove top began to break, one by one. To my astonishment—and outrage—there was no way to replace these simple parts. With our four burners down

to only two functioning, we ran out of possible solutions and replaced the whole damn thing, costing \$1,000 or so, including installation. The company spokesperson was entirely unsympathetic when I indignantly complained the stove was just 12 years old. "That's actually pretty good. The industry standard is five to seven years!"

Fast forward: the internet has provided a great way to research your appliance's problem and read up on solutions, or at least vent along with other annoyed consumers. When the knob on our under-sink "toe heater" went missing, I recalled the fiasco with the stove knobs. Armed with my ancient manual, I tracked down the company, still in business in South Carolina. Here's where persistence is required, in re-

sponse to their "Tough bounce, lady—no longer available" e-mail. I called and grilled Customer Service Guy. [My husband has dubbed these folks "customer disservice representatives".] Part of the trick is 1) finding a person to talk to and 2) asking the right questions to elicit actual help. When I asked if they manufacture the knobs or buy them from a supplier, Bingo! He passed along the number of their knob supplier. That company was wonderful; their business model includes servicing harried householders crazy to replace appliance knobs. For a \$10 charge, the correct knob was quickly dispatched and works perfectly. No more turning the dial shaft with a screw driver and risking it breaking off completely!

As for instant hot water dispensers (my nominee for the most fragile appliance ever invented), do not bother. Just buy an \$8 quick-heat coil pot. If you, like us, are suckers for tap-delivered, near-boiling water, buy the highest quality product you can find, with a multi-year warranty included. It will pay for itself remarkably quickly. Our last one started leaking after a year, but—aha!—Its three-year warranty covers free house calls. I contacted the local rep at 8:30 a.m., and by 10:00 the next morning was the surprised owner of a new unit, installed. From an environmental standpoint, I hate this. But as frugal home manager, I was pleased. The new unit has two years on the old warranty to go. Want to take bets?

Betsy blogs about sustainable living and socially responsible investing at www.MoneyChangesThings.blogspot.com

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Spring Elections

(continued from page 1)

midst of what is now officially declared a recession—you betcha, it’s a doggone important election.

Fact is, for many of us, Weavers Way is pretty high on the list of things we care about. It’s the glue that holds our community together. It’s where we come to know each other while engaged in one of the most essential activities there is—foraging for food. It’s the epicenter of the residential neighborhood with perhaps the greatest number of socially committed individuals per hectare in the Lower 48. And yet, many of us haven’t made the time to vote for the Board, much less run for the Board.

I’m here to tell you that you don’t have to be a lawyer or accountant to serve on the Board. Not only do you not have to have a particular marketable skill, if elected, you will actually receive specialized training from consultants at board-training workshops.

What you must have to serve on the Board is the ability to work with others on a team, to share whatever generosity of spirit, vision, perspective, wisdom, or good judgment you bring to bear while leaving any personal agendas at the door—an ability that no particular age, ethnicity, race, creed, or culture has a monopoly on.

The time commitment involves a three-hour meeting once a month, an annual one-day retreat, and the aforementioned training. In return, one gets the opportunity to be an essential part of the Co-op’s governance and to help shape its future—in a wider sense, the opportunity to improve our city, nation, and world by growing the co-op sector and a portion of community wealth under democratic control.

¹ Probably not, but it sounds good.

Friends of the Wissahickon Need You to be a Trail Ambassador

by Denise Larrabee

The Friends of the Wissahickon (FOW) are looking for volunteers to work as Trail Ambassadors in Wissahickon Valley Park. Application deadline is Friday, Jan. 9, 2009. Trail Ambassadors are volunteers who assist park users by discussing flora, fauna, regulations, geography, history, and daily life, along with providing directions and first aid assistance. Trail Ambassadors share their knowledge by:

- interacting with and providing assistance to park users;
- staffing information tables at FOW volunteer days and events;
- leading tours in the Wissahickon Valley; and
- conducting surveys of park users and wildlife.

There are many benefits to becoming a trail ambassador. “It gives me the chance to learn things,” says Sarah West, who has served as a trail ambassador since last March. “It gets me outdoors and I get to ride my bicycle or walk in the Wissahickon and have it count for community service. It’s a win-win situation.” Ambassadors become experts on the Wissahickon as they receive ongoing education about the Wissahickon through workshops, programs, and field trips. They receive discounts on FOW merchandise, and special gear that includes a hat, shirt, back pack, and first-aid equipment.

“Volunteers interested in becoming trail ambassadors should be committed to park rules and have a strong interest in assisting and educating park users,” says Kevin Groves, FOW Volunteer Coordinator. For more information or to apply, visit www.fow.org/volproj.php. Complete the application form and send it electronically to groves@fow.org or by mail to FOW’s office at 8708 Germantown Avenue, Philadel-

phia, PA 19118. Once accepted into the program, Trail Ambassadors pay a one-time registration fee of \$100 (goes toward the cost of education, first-aid training, and gear), and attend at least six of eight two-hour training sessions. Sessions covering rules and regulations and first aid are mandatory.

Upon completion of the required training sessions, a trail ambassador agrees to work at least two three-hour shifts per month. Twice a year, ambassadors staff an information table at FOW volunteer days and events. Once a month, they meet with other trail ambassadors to share their park experiences and participate in ongoing education.

A new eight-week training session will begin on Feb. 10, 2009. Ambassadors will attend training sessions for eight Tuesday evenings throughout February and March. Topics will include park rules and regulations, first-aid, history, geography, plants, wildlife, geology, and current park projects. Ambassadors



WISSAHICKON TRIAL AMBASSADORS SARAH WEST (L) AND JACK COLEMAN

must be FOW members or willing to join. The number of open positions is limited. Contact Kevin Groves for more information at 215-247-0417 or groves@fow.org.

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First Female Pastor at Summit Church

by Melanie Wright

Summit Presbyterian Church of Mt. Airy is proud to announce the installation of its first female pastor, the Reverend Cheryl Prych. The installation ceremony, which took place Sunday, Nov. 16, 2008, featured Dr. Jon Walton, the Senior Pastor of the First Presbyterian Church in the City of New York. The Rev. Deborah McKinley, Moderator for the Presbytery of Philadelphia, presided.

When asked how they felt about the selection of the first female pastor for Summit, many members expressed joy and enthusiasm about the selection. Dorothy Guy, a founding member of Weavers Way, a member of Summit since 1957, and now in her eighties replied, "Right On! It's a typical thing for Summit to do. We always step into new waters!" Many members expressed the sentiment that Rev. Prych was more than qualified to do the job regardless of her gender.

An experienced, inspiring, and informative preacher, prior to joining Summit, Rev. Prych served as the Designated Associate Pastor of Rutgers Presbyterian Church in New York City. She also worked for ten years as an elementary school teacher. She left teaching to attend Union Seminary in New York City. Upon graduation in 2000, she joined Rutgers Presbyterian Church, where she served for five years as the Associate for Educational Ministries before becoming the Designated Associate Pastor. Rev. Prych's educational background includes a B.A. in religion from Barnard College of Columbia University and an M.S. in elementary and early childhood education from Bank Street College. Rev. Prych received several awards from Union Seminary, including the Auburn Fellowship for a student with academic merit and promise for ministry, the Traveling Fellowship for promise of usefulness through teaching or contributing to theological

knowledge, and the Julius Thomas Hansen Memorial Award for demonstration of special ability in relating philosophy, theology and ethics to problems in contemporary society

Guest speaker Dr. Jon Walton is an insightful and engaging biblically oriented preacher who has spoken in major pulpits, colleges, and national gatherings of Presbyterians, and at worship and music conferences throughout the United States. In addition to being a senior pastor, Dr. Walton recently served as Moderator of the Covenant Network of Presbyterian Churches. He is the author of more than two dozen articles and sermons published in professional journals.

Since its founding in 1884, Summit Presbyterian Church has long been a leading religious and community organization in Mt. Airy and the region. The church has been blessed with a rich and well documented history, which has contributed to the Mt. Airy region's architectural, historical, and religious heritage. The church's congregation reflects the diversity of Northwest Philadelphia and, as a result, Summit has become a cornerstone of the culture and social values of the community. For more information, visit Summit Presbyterian Church on the internet at www.summitpres.net.



REVEREND CHERYL PRYCH

A Visit With Marketplace at Parkway



PHOTO BY LISA SETHNIK

JAY GOLDSTEIN (REAR), PRESIDENT AND CEO OF VALLEY GREEN BANK, VISITED THE MARKETPLACE AT THE PARKWAY SCHOOL ON NEW COVENANT CAMPUS. PARKWAY IS ONE OF THE EIGHT LOCAL SCHOOLS PARTICIPATING IN THE MARKETPLACE PROGRAM. JAY WAS LEARNING MORE ABOUT THE MARKETPLACE OPERATION SEEING THAT THE MARKETPLACE BANKS WITH VALLEY GREEN BANK. JAY ALSO PURCHASED SOME OF THE DELICIOUS OFFERINGS FROM THE MARKETPLACE. THE MARKETPLACE IS ONE OF WEAVERS WAY'S COMMUNITY PROGRAMS THAT TEACHES YOUNG CHILDREN HOW TO RUN A SMALL BUSINESS. PICTURED ARE, (L TO R), MALIKA BROWN, SHAKEERA LYONS-WHITE, DANIEL HARRIS, TIA BRENNAN-DAVIS, DESTINEE AIKENS, MELANIE MORMAN, NADYAH RIDDICK.



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Comfort Food II
(continued from page 3)

doesn't it defeat the purpose? If I want to eat cottage cheese, I'll eat cottage cheese, not use it as a substitute in my mac and cheese.

After all, comfort food is a treat, something we reward ourselves with in times of hardship or stress. If we ate such foods all the time, they would lose our devotion to the very idea of them. The things that I think have changed since my mom's times are that we can buy potatoes from the farm nearby for our scalloped potatoes, locally and organically raised meat for our meatloaf, a fabulous Bell and Evans chicken for our roasted chicken. We can even use local cheese for our macaroni and cheese. While these factors don't make a difference calorie-wise, they certainly offer more peace of mind and, I am sure, taste even better than Mom's.

As I write this, Thanksgiving has just passed—the ultimate comfort food meal. I had this vision on Thanksgiving day, as I drove with barely any traffic on the highways, of families nestled into their homes, of all the turkeys roasting in the oven, all the delicious side dishes, a cold chill hanging in the air, that it would be great if you could smell all that deliciousness wafting in the air outside, a collective sigh of all the wonderful aromas

this special meal generates. To sit down in the company of family and friends we love and to share a meal, reminds that we are truly blessed. There is no greater comfort, no greater food than that which is shared in the company of those we love, and who love us back.

~ bonnie@weaversway.coop

*Mom's Meatloaf



- 1 1/2 pounds ground beef
- 1 cup whole milk
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon salt
- 1/2 teaspoon dried mustard
- 1/4 teaspoon fresh ground pepper
- 1 small onion finely chopped onion
- 1/2 cup Pepperidge Farm white bread, cubed
- 1/2 cup ketchup (my mom always said catsup)

Preheat oven to 350 degrees. Combine all ingredients except ketchup in a bowl, and mix well. Place mixture in a ungreased loaf pan, or shape into a loaf and cook on a sheet pan. Spread ketchup over top of meatloaf. Bake uncovered for 1 to 1 1/4 hours or until inside temperature reaches 160 degrees.

Oh, how I miss you, Ma. Oh, how I miss you.

Christmas Trees at Weavers Way?



PHOTO BY JONATHAN MCCOYAN

ALONG WITH THE USUAL WREATHS, SWAGS, GARLANDS, AND POINSETTIAS, THIS YEAR, WEAVERS WAY ALSO HAD LOCALLY-GROWN CHRISTMAS TREES. AS YOU CAN SEE, THE TREES WERE APPROXIMATELY VINCE GROVER-SIZED.

Produce News

(continued from page 3)

Farmers try to balance the holistic development and interrelationship of the soil, plants, and animals on a farm as a closed, self-nourishing system. Regarded by some as the first modern ecological farming system, biodynamic farming includes organic agriculture's emphasis on manures and composts and exclusion of the use of artificial chemicals on soil and plants. Methods unique to the biodynamic approach include the use of fermented herbal and mineral preparations as compost additives and field sprays, and the use of an astronomical sowing and planting calendar.

Numbers, we got numbers: Do you look at the little numbers on your produce? These are PLUs—Price Look-up Units—and they're mostly there to tell cashiers how to ring up produce, but they also tell you

whether produce is organic or not. Non-organic produce will carry 4- or 5-digit PLUs, beginning with "3" or "4." Organic produce carries 5-digit PLUs, always beginning with "9." FYI, genetically modified produce carries 5-digit PLUs, always beginning with "8." Weavers Way does not carry GMO produce.

We are so COOL: COOL means Country of Origin Labelling, and it's the law. We have included this information on our produce price signs for years, long before it became mandatory to do so.

There you have it, all the info you need to make sense of our produce—where it's from, how it's grown, what to look for. As for what to make for dinner tonight, you're on your own, at least until next month's column.

~ mackenzie@weaversway.coop

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WEAVER’S WAY EDUCATION COMMITTEE PRESENTS

Thomas Sugrue,

professor of history and sociology at the University of Pennsylvania, member of Weavers Way, will discuss the issues raised in his new book, *Sweet Land of Liberty: The Forgotten Struggle for Civil Rights in the North*, at a free public event sponsored by the Weavers Way Education Committee. The talk will be given on:

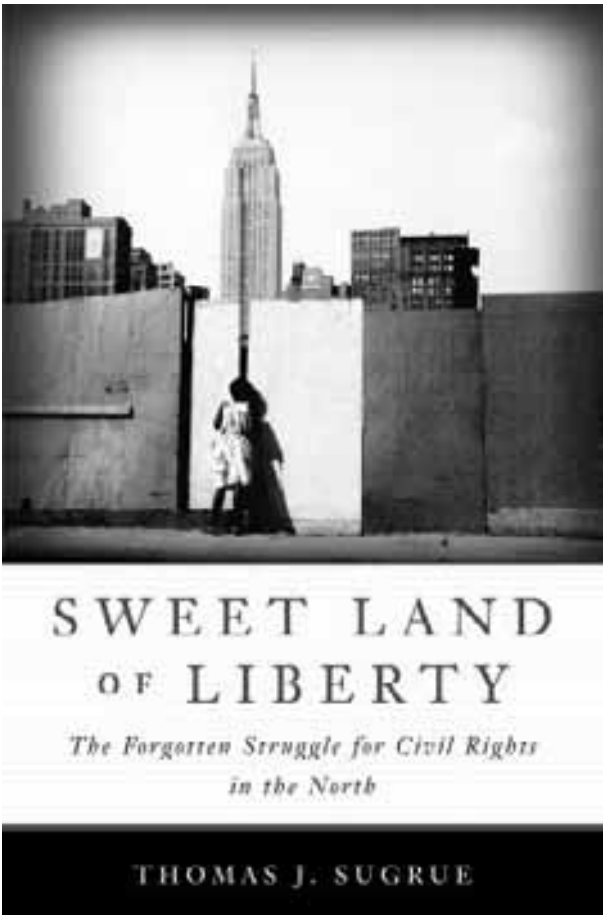
Wednesday, January 14

at 7 p.m.

Summit Church

Greene & Westview Sts.

The public is invited.



According to Sugrue, most histories of the civil rights movement focus on the South and the epic battles between nonviolent protestors and the defenders of Jim Crow during the 1950s and 1960s. The author’s groundbreaking account covers a wider time frame and turns the focus northward to the states with the largest black populations outside the south. Sugrue highlights seminal people, books and organizations in his tightly focused study that restores many largely forgotten Northern activists as integral participants in the civil rights movement—such as Philadelphia pastor Leon Sullivan; Roxanne Jones of the welfare rights movement and first black woman elected to the Pennsylvania State Senate; and James Forman, advocate for reparations.

Tom is a winner of the Bancroft Prize, the premier prize in American history writing, for his earlier study of housing segregation in Detroit, *The Origins of the Urban Crisis*. He is a speaker in great demand at academic centers and activist groups throughout the United States. He has also served as president of West Mt. Airy Neighbors, and continues to live in Mt. Airy and shop at Weavers Way.

This event is sponsored by the Weavers Way Education Committee. For more information, e-mail education@weaversway.coop

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Geologic History of the Wissahickon Valley

by Jane Dmochowski, Ph.D.

There are many things to love about the Wissahickon Valley. For my son and me, it is the rocks. He’s three and loves to throw them in the creek. I’m a bit older, and I appreciate them for the story they tell. I would like to share my appreciation in hopes of converting a few of our readers into Wissahickon geophiles. (My son can write his own article about rock projectiles in a few years.)

While understanding the geology of Eastern North America was part of my education, my love for the geology of the Wissahickon developed fairly recently. In December 2002, despite being a proud Californian who never thought I’d live “East of the Rockies,” my husband and I moved into a row house in West Philadelphia. I enjoyed throwing myself into the urban lifestyle of an East Coast city. I embraced the changes in seasons with an awesome array of mittens and scarves and reveled in walking and taking SEPTA everywhere, but when people asked how I liked Philadelphia, I could only half-heartedly say I did. Intent on discovering a geologic playground near my new home, I googled “geology Philadelphia hiking,” and discovered “The Wissahickon Valley.” Having fallen in love with this area in 2007, my family moved to Mt. Airy. I dove into discovering the geology of the Wissahickon by reading scientific articles dating back to 1858 and with the help of Sarah West, who many of our readers may know is a Wissahickon Trail Ambassador and has written an excellent article on its geology, “Gems of the Wissahickon.” (Please visit the Friends of the Wissahickon website or see the article on page 12 for more information about the Trail Ambassador program.)

In order to introduce our readers to the fascinating geology of our backyard, we

must begin back in time some 540 million years. Wow, that’s a long time ago! It certainly is, considering Rome ruled the western world 2000 years ago, which is a mere 0.0004 percent of the amount of time we are rewinding to start this story. But keep in mind that Earth is roughly 4.5 billion years old, so 540,000,000 years is going back to just the last 12 percent of Earth’s time. Five hundred and forty million years ago was the beginning of a time referred to as the Cambrian Period, when life was still constrained to the oceans and one of the most advanced forms of life was the trilobite, which resembles the modern beetle. Life on Earth was very different back then and in the midst of change, as was the configuration of Earth’s continents. For all of geologic time Earth’s surface has been in flux, as the plates, the brittle top 1.5-130 kilometers of Earth, move at speeds of a few centimeters per year relative to one another, forming mountains, ocean ridges, volcanoes, seafloor trenches and more. In the southern hemisphere, there existed an ancient ocean referred to by scientists as the Iapetus Ocean. It began narrowing during the Cambrian period as the Laurentian landmass (mostly consisting of present-day North America), then just south of the equator, and Baltica (present day Scandinavia) began to move toward one another.

Between 540 and 480 million years ago, sediments, both large-grained sands and fine-grained clays, were intermittently deposited in what was likely a near-shore marine environment. Over time, these layers were buried, compacted and underwent cementation, becoming lithified (turned to stone) in alternating layers of sandstone and shale. Roughly 480 to 450 million years ago, the east coast of Laurentia began its descent (subduction) beneath a volcanic is-

land chain that had existed in the Iapetus Ocean.

During this subduction, and later convergences of other landmasses during the formation of Earth’s most recent supercontinent, Pangaea, the sedimentary rocks that formed in that shallow marine environment were eventually buried 25 kilometers (16 miles) beneath a mountain range. Solid-state chemical reactions produced the metamorphic rocks schist, gneiss (both formed from the shale layers, but the gneiss is more metamorphosed) and quartzite (originally the sandstone layers) that we see at the surface today. Scientists have determined that the metamorphosis of these rocks took place at such depths due to the presence of various “index minerals,” in particular kyanite and sillimanite, which only form at the intense temperatures and pressures that occur at these great depths. During their transformation, these rocks were exposed to temperatures up to 700°C (roughly 47 times the average temperature on Earth) and pressures up to 10 kilobars (10,000 times the air pressure we feel at Earth’s surface, and 10 times the hydrostatic pressure at the deepest point in the ocean). Through millions of years of plate tectonics, superheated fluids and molten rock came up through cracks in these metamorphic rocks and formed veins of quartz and pegmatite, which has the composition of granite but with unusually large crystal size.

So how is it that we have the privilege of walking by outcrops of these intensely morphed rocks, with their crisscrossing

veins, that formed at such depths? Erosion and time. Once tectonics shifted and Pangaea broke apart, ceasing formation and uplift of the mountains, the abrading action of sediment-filled water and wind over millions of years weathered, transported and deposited this rock mostly into the Atlantic Ocean. It is difficult to fathom the removal of so much rock, but it boils down to just a fraction of a millimeter of erosion per year! This drastic change in landscape (sedimentary marine rocks becoming the metamorphic rocks at the base of a massive mountain belt and then later exposed at the surface with lush vegetation growing on top) has taken place in less than 12 percent of geologic time. Imagine all the changes in landscape that have occurred on Earth in its entire 4.5 billion year history!

There are many places along the hiking trails of the Wissahickon Valley with excellent exposures of the schist, gneiss, quartzite, and pegmatite rocks, but the northeast side of the creek, just north and south of Valley Green Road is a good place to start. Schist (pronounced dangerously close to a common expletive) is a grey, layered (foliated) sparkly rock with elongated (platy) crystals called micas (primarily the minerals muscovite and biotite). If you live in a stone house or apartment building in this area, your home is likely built of the Wissahickon Schist. This rock also has large garnet crystals, the rusty, red crystals that often fall right out of the rock and have do-

(continued on page 17)



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The News from Upstairs
(continued from page 4)

uct area?! There are many new 7th Generation products, Citra Laundry in Lavender Bergamot (one hint from me: if you would like just a bit of a scent for your laundry, buy your fav scented detergent and use a small quantity of it with an unscented laundry detergent like Bio-Pak), Sun & Earth Unscented dryer sheets, Earth Friendly Earth Almond Dish Detergent and two cleansers, Bon Ami and Bar Keepers Friend (yes, we finally have suppliers who carry them!).

Clothing and Jewelry
Grace Gardner continues to wow us with her clothing items from Guatemala

Wissahickon Geology
(continued from page 16)

decahedron geometry (twelve-sided polyhedrons). The quartzite layers are distinguished from the schist by their blocky outcropping and lack of foliation or platy minerals. The quartzite is made almost entirely of the very hard mineral quartz so it is not as easily weathered as the schist. The gneiss (pronounced “nice”) outcrops have foliations like the schist, but they lack the platy minerals and have bands of alternating dark and light minerals. There is a spot just northwest of Devil’s Pool where one can see an outcrop of migmatite, which is essentially a gneiss, but was exposed to such high temperatures that some of its components, those minerals with lower melting temperatures, entirely melted and re-crystallized. The left behind gorgeous swirls of black and white minerals, a vivid reminder of their intense environment of formation. The pegmatite veins that crisscross the rocks in the Valley look like granite (because they are granite!) and have large crystals of quartz, grey and white in these

and India. (Be on the lookout this spring and summer for more linen apparel from her.) Our own Susan McLaughlin designs and makes pretty earrings (and earring holders and mirrors). She continues to help our earlobes to look terrific.
And say it with me: Baggallini—you know who you are and you know how much you like Baggallini. Aren’t their new bags and accessories just the best? We are fond of their new 100% recycled line. These products are made from recycled plastic bottles. They are fashionable and functional as well as being “green” and lovely. Let us not forget Hatley and Maggie’s Clothing. We’re glad you like them.
We hope to see you in 2009!

rocks; feldspar, one variety of which is salmon-pink in color, called potassium feldspar; and micas, the same platy minerals found in the schist. There are also quartz veins, chlorite veins (bright green crystals) and metamorphosed parts of the Earth’s mantle that were squeezed into the rocks above that host an array of fascinating minerals from the fibrous anthophyllite to the very soft talc. Sadly, many of the best outcrops have been blurred by graffiti.
December and January may bring chilly weather, but these are excellent months to explore the geology of the region, as much less vegetation will obscure your view. My hope is that an increased understanding of the geologic history will help our community to be proactive in protecting the Wissahickon Valley. If you would like to learn more about this treasure in your backyard, please contact me.

Jane Dmochowski, Ph.D. is Associate Director of Undergraduate Programs, Department of Earth & Environmental Science, University of Pennsylvania janeed@sas.upenn.edu

Service Opportunities for Martin Luther King Jr. Day of Service

Germantown Friends School is currently planning for the annual Martin Luther King Day of Service on Sunday, Jan. 18. The school is one of the city’s key sites for the event, having provided more than 350 volunteers in 2008 who contributed “a day on” in honor of Dr. King. GFS students, parents and faculty work in the community and on-campus in what has become a school tradition, and a vital component of the school’s noted community involvement program. GFS projects will include making hats and mittens, Inndwelling house renovation, visiting local retirement communities, and more.
The Unitarian Society of Germantown will once again host the Martin Luther King Day of Service on the holiday - Monday, January 19, 2009 at their church at 6511 Lincoln Drive, Philadelphia.
USG is planning various service proj-

ects to take place onsite and around the community that everyone can take part in. Volunteers will gather for coffee and doughnuts at 8:30 in the dining room before signing up for a special project. After a short worship service at 9:00, it’s off to the work site at 9:30 and return to USG for a free lunch and wrap up at 12:30. There will be a selection of age-appropriate projects from which to choose. Details of all projects will be forthcoming in December.
If you have special needs, any questions and/or are interested in participating please contact Nancy Dearden at 215 836 1240 or at nancy.dearden@verizon.net.
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Mt. Airy Teachers' Fund Awards \$10,000 in Grants to Area Teachers

by Po-Hong Yu

The newly formed Mt. Airy Teachers' Fund recently announced the awarding of more than \$10,000 in grants to 31 public school teachers in the Mt. Airy section of Philadelphia. Applications were submitted by 48 teachers at the A.B. Day, Emlen, Henry, Houston, and Lingelbach schools in Mt. Airy for this first round of Teachers' Fund grants. Grants ranged in size from \$250 to \$500 each and were judged based on educational opportunities provided by the teachers.

According to Mt. Airy Teachers' Fund Founder and Trolley Car Diner & Deli owner Ken Weinstein, "We received more applications than we expected. This shows great demand for funding to help our teachers better educate our students."

Teachers selected for a Mt. Airy Teachers' Fund grant will receive an award letter this week with reimbursement instructions, a special discount at Paine Learning Aids Center for grantees and other information in regards to the outcome of their project. The grants approved were diverse and ranged from a recycling project at the Hen-

ry School to an African Storyteller at the AB Day School to field trips to the Quilt Architecture Project at the Art Museum, Pennsylvania Ballet and NJ Aquarium.

"We funded some very exciting projects both in and out of the classrooms," explained Mt. Airy Teachers' Fund Committee member Leslie Winder. "I am particularly excited about some of the field trips that will take place because of these grants."

The first round of Teachers' Fund grants is available as a result of strong support from State Senator Leanna Washington, Trolley Car Diner & Deli, Bitar's Eastern Mediterranean Grill and many individual donors. The Mt. Airy Teachers' Fund Committee will continue to seek additional funding in order to provide another round of funding next fall. Committee members include Pat Harless, Pauline Henry, Marilyn Lambert, Richard Raisman, Ken Weinstein and Leslie Winder.

For more information about the Mt. Airy Teachers' Fund, contact Po-Hong Yu at 215-848-1133 x 208 or e-mail pohong.yu@gmail.com.

Farm Gets Help With Business Plan



PHOTO BY JONATHAN MCGOON

REED WILMERDING (CENTER), MEETING WITH (CLOCKWISE, FROM LEFT) GLENN BERGMAN AND, FROM THE CO-OP FARM, DAVID ZELOV, DAVID SILLER, NICOLE SUGERMAN, AND NINA BERRYMAN AT 610 CARPENTER LANE.

by David Zelow, Co-op Farmer

Reed Wilmerding of Temple University's Fox School of Business recently met with (clockwise, from left) Glenn Bergman and, from the Co-op Farm, David Zelow, David Siller, Nicole Sugerman, and Nina Berryman. Wilmerding has been meeting with Bergman and the farm staff, as well as with Finance Manager Susan Beetle, to develop a business plan for the entire farm operation. As the farm grows and more staff and land are added, it has become necessary to evaluate our programs and

create an expansion plan to move forward. Reed, along with Rick Morris and fellow team members Mamatha Nadig, Viv Tsai, and Luke Urban, has been consulting with Weavers Way on the farm project since late summer. The group is scheduled to present a Farm Expansion business plan on March 20. The plan will tie together current farm operations with future endeavors such as the Saul High School CSA, vacant lot farming and others, giving us a timeline and best way to go about expansion as well as recommendations on current financial management.

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Manager's Corner
(continued from page 1)

meetings of the membership and community, and an article in our newspaper. We might also do a snail mail—the cost is about \$3,000 for the entire membership.

Creekside Co-op

A year ago (on December 17, 2007), Jon McGoran and I decided to call a community meeting to see how interested Elkins Park residents would be with the idea of a co-op. We rented the Elkins Park Library for \$35 for a Monday night meeting, sent out press releases, contacted local community institutions, printed leaflets, and started an e-mail chain. Weavers Way board members and a few WW staff showed up early. At one point we thought we might have more WW visitors than Cheltenham township residents, but by the time the meeting got underway, over 200 people had showed up. Today, a year later, “Creekside Co-op” is well on its way to getting off the ground. A serious and professional volunteer group of residents have been meeting as a steering committee. They have incorporated as a co-op, raised funds and executed a market study, and began taking memberships. Along the way, WW has been assisting with the start up of this co-op. It is possible that we will become more involved as we see if the community can raise the funds to make it viable for WW to be more involved.

A site has been selected and a developer (Brinton Housing Partners) has secured the site for CreekSide Co-op. CreekSide is presently raising funds and taking memberships, and will begin a member loan campaign soon. At the present time, we can not take on the risk of this start-up while also

searching for a site in Northwest Philadelphia. I would welcome your thoughts and e-mail comments.

Opening other co-ops

We have also been working with a group in the Allentown area, assisting with their start-up. This group has visited Weavers Way and recently we had a conference call with the executive director of Keystone Cooperative Development and representatives from the Allentown start-up to see how we can help with supplier connections and buying some of their bulk products.

Selene Co-op, Media, PA.

For over 30 years, Selene has been a small co-op located in the center of Media’s Main Street shopping district. A few years ago, Trader Joe’s moved into town and business has not been the same. In November, we sent one staff member down to the store to help out for a day, but we need to do more to help them. A store like this should be successful, but it is just holding on during these tough times. We will be looking at assisting them in other ways over the next few weeks.

Innovation Committee

Long-time member Vivian Schatz often tells me about the house meetings the Co-op’s board used to sponsor to discuss new ideas and directions of the Co-op. The other day, I sat in on an Environment Committee meeting as members discussed the possibility of community composting, a start-up non-profit bicycle center, and other ideas. I have spoken to other NCGA members and we all believe there is a need to have an Innovations Committee at our co-ops. The Innovations Committee would consist of staff and members meeting to



SELENE CO-OP
discuss dreams of the membership and to look at new projects that might be important for the Co-op to pursue: community thrift shop, bike transportation shop, hardware store/appliance repair shop, weaving shop that is called “The Weavers Way” (the true place to shop), alternative health cooperative for providers, cooperative insurance agency, co-op housing, a community-

owned theatre, cooperative brew pub, etc. Any interest? Please e-mail me at gbergman@weaversway.coop and we will schedule an “Innovations Committee” meeting.



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A Hands-On Lesson Using An Alternative Energy Source

by Carol L. Finer

Imagine this - powering your hair dryer or radio while riding a bicycle! Far-fetched? Not really, as the 4th through 6th grade students at Oak Lane Day School recently discovered in science class. As explained by science teacher Dottie Baumgarten, “the science curriculum this fall, which is focusing on sustainability, is geared towards having the students choose something that impacts their environment in a positive way.”

Mrs. Baumgarten is using material from Earth Force, an organization that supports teachers as they teach children about the environment. It involves a stepwise progression through the curriculum. The students began by inventorying the environmental topics that are currently impacting the community, such as tree planting, composting, native plants, reducing trash, recycling, etc.. They learned about each issue by surveying teachers, staff and students within Oak Lane Day School, as well as interviewing experts in the larger community, such as Susan Curry, head of the Environmental Advisory Committee of Ambler, and works with Pennypack Farm. She also helped set up Oak Lane’s sustainable garden. Through this process, the Oak Lane students ultimately chose energy as their focus.

The students’ initial investigations taught them that the way we traditionally use energy hurts our environment, and that using alternative sources of energy is more earth friendly and responsible. To help demonstrate to her students how energy

can be produced without any negative byproducts, Mrs. Baumgarten brought a generator into the science class, in which the energy of motion was turned into electricity. The design was a frame that held a bicycle, with the bicycle wheel connected to a generator, which in turn was hooked up by wires to a board. On the board were three incandescent light bulbs and three fluorescent light bulbs controlled by an on/off switch. In addition, a hairdryer, fan and radio could also be plugged in and powered from the board.

The fourth, fifth and sixth grade students learned several things from their interactions with the bicycle/generator. First, they discovered that they were actually making electricity that could be used to run a hairdryer or power electric lights. They also determined that fluorescent bulbs require less energy than incandescent bulbs. Mrs. Baumgarten led them to this conclusion by turning on the fluorescent bulbs one by one, until all three were lit, while a student pedaled the bicycle. Then she

turned the three lights off and immediately turned on all three incandescent light bulbs, at which time the biker felt as if he or she had suddenly hit a wall!

Finally, the students compared the energy requirements of the fan versus the hairdryer, which got them thinking about energy usage in their own lives, and ways they could help conserve energy, such as towel drying their hair, or using fans in the summer instead of air conditioners when feasible. They also wanted to know if the school used florescent lights, so they went to Oak Lane Head of School Karl Welsh, who informed them that most of the school’s lights were fluorescent. Those that weren’t, were replaced as they burned out.

This activity, in which the children learn through experimentation and investigation,

question, form theories, and come to conclusions that result in new understanding, is the cornerstone of the way teaching and learning occurs at Oak Lane Day School. As is our philosophy, “children see relevance in their learning, develop a deeper sense of understanding, and truly possess their own knowledge.” In addition, as stated by science teacher Dottie Baumgarten, “The exciting thing is that the bicycle/generator and the Earth Force curriculum is not standing alone, but is part of a larger, community wide sustainability effort.”

Here at Oak Lane, we all, from the youngest to the oldest, have endorsed and embraced this effort as a way of life, and are each doing our part, large or small, to help be responsible stewards of our environment.



ON THE LEFT, OAK LANE DAY SCHOOL SIXTH GRADE SCIENCE STUDENTS JESSICA VORSE OF GLENSIDE, TOMMY FLYNN OF JENKINTOWN AND JADE BYDALEK OF BLUE BELL OPERATE A HAIRDRYER, RADIO AND FAN WITH A GENERATOR POWERED BY A BICYCLE RIDDEN BY ISABELLE ESPOSITO OF NORTH WALES. LOOKING ON ARE CONNER SINGMASTER OF LANSDALE, LENNON DRESNIN OF GLENSIDE AND CAROLINE JONES OF PHILADELPHIA (LEFT). PICTURED ON THE RIGHT, JADE BYDALEK PEDALS A BICYCLE, POWERING A GENERATOR FROM WHICH TOMMY FLYNN OPERATES A FAN.

PHOTOS COURTESY OF OAK LANE DAY SCHOOL





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Table of contents

CreekSide Co-op
(continued from page 1)

Now, the real work begins. CreekSide Co-op will need to raise a significant amount of money in just 60 days in order to make this new co-op a reality. Despite the economy, the steering committee remains optimistic. After all, everyone needs to eat! If ever there was a time to introduce a cooperative that is responsive to the values of its ownership and fostering connections between the people of its diverse community, it is now, during these trying times.

What has taken other grassroots organizations years to achieve, has been accomplished in less than 12 months. This could not have been done without the tireless involvement of Glenn Bergman, Jon McGoran and many Weavers Way board members, nor without the countless volunteer hours of the steering committee.

In December 2007, Weavers Way Co-op was approached by the owner of the now-defunct Ashbourne Market in Elkins Park. Having heard the Co-op was looking to expand to a second location, he inquired as to whether Weavers Way had an interest in purchasing the building. At one time a very busy and popular grocery store that served as an anchor for the small retail district surrounding it, in recent years the building had changed owners and occupants. At that point the property was underutilized and the entire retail district was somewhat depressed.

Physically, the area had the feel of a re-

tail village, similar to what surrounds Weavers Way in Mt. Airy, except there were no shoppers. Since Ashbourne Market closed, its previous shoppers now shopped outside the area.

Weavers Way's board and management were intrigued by the possibilities of the location and scheduled the December 2007 community meeting at Elkins Park Library to gauge community support for such a venture. Organizers set out 40 chairs, expecting to fill half that many. By the time the meeting had come to order, at least 200 people had arrived. Many more could not fit in, or find parking within walking distance. Those at the meeting expressed both enthusiastic support and a perceived need for a food co-op in Elkins Park. They were very excited about the Ashbourne Market site in particular—not just to serve an underserved area, but to anchor the revitalization of this once-bustling district.

Soon after, it was decided that in order to relieve the pressure on Weavers Way's current location, its next expansion had to be close enough to draw off some of that store's customers. The Ashbourne Market site was too far away for Weavers Way's current needs. But the idea caught on. A group was formed to start an independent co-op in Cheltenham Township. Dozens of residents at the meeting signed up to volunteer. Before long, hundreds had signed up to receive updates. The e-mail list now has close to 800 names.

A steering committee was formed and quickly got to work. In the twelve months since that first meeting, bylaws were drawn up, the new co-op was incorporated, the community was surveyed, funds were raised, and a feasibility study was conducted. Funded through donations from the residents, Weavers Way, and the Cheltenham Township Community Development Corporation, the study came back with very favorable results. Three more public meetings were held, and a name was voted on by the soon-to-be members—CreekSide Co-op!

As CreekSide Co-op begins accepting memberships and raising funds, there is every expectation of an enthusiastic response with a bright future for CreekSide Co-op.

New CD, Art Show by Anne Johnson

by Jonathan McGoran

January is a big month for Co-op member Anne Johnson. Not only is she celebrating the release of her first CD, *Put the Sun Back in the Sky*, but a selection of her recent mono-types, “Single Moments” is hanging at the High Point Café through the end of January 2009. The mono-types explore the many stages of seeing an object and the discoveries made from being in this process. The CD is a compilation of mostly upbeat vintage pop songs ranging from the 1930s to 1960s. In addition to Anne Johnson on vocals, the CD features Ray Duffy on guitar, Mike Blair on bass, and John Catteral on mandolin, with guitarist Chuck Anderson on “My Funny Valentine” and “Skylark.”

“Anne and her supportive trio held us close,” wrote Susan Bloch after a performance at the Mermaid Inn to celebrate the CD's release. “Her singing reveals her Southern roots and both tenderness and quiet gutsiness. She has written songs that get your heart strings vibrating. She also has a knack for choosing covers of whimsical old tunes that sound kind of familiar and left me wanting more.”

Anne has a BFA in painting from American University. She moved to Philadelphia in 1994 to finish her training as an Alexander Technique teacher and stayed. After she began singing at the Open Circle at the Mermaid Inn, Tom Gala invited her to sing with his band.

“I decided to make my first recording



PHOTO BY GARTH HERICK

ANNE JOHNSON SINGING AT THE MERMAID INN

so I could hear the songs I had been singing with them for the last seven years,” Anne explains. “I am very happy I did it.”

After listening to her sing, you will be glad she did, too.

The CDs are available for \$10 each. You can hear the title track for free at www.myspace.com/cricketsong1, or you can go onto DigStation to hear clips of all the tracks and even buy it online. For more info, call 215-843-1555.

The Highpoint Café is located at 602 Carpenter Lane (now with a second location at Allen Lane Train Station!). For more information, call 215-849-5153 or visit www.highpointcafe.us.com.



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Suggestions

(continued from page 24)

to Bill explain that how his job is physical, being on his feet during most of his shifts carrying boxes, and that the “assist” only works while you are pedaling, and that using this bike is replacing using his car, I started to come around. However, I still couldn’t think of it as a “bicycle,” which for me the definition of which included being human-powered. But then I thought “bicycle” really means two wheels, which this thing has, and is mostly human powered (after all, even a traditional bicycle is gravity powered for half the distance). So I’ve come around and accepted this thing as a bicycle. Now that I’ve completed the rejection-denial-acceptance process around Bill’s electric bike I feel much better about myself and Bill. However, I am left feeling just a little deprived, so now I have to begin the grieving process for having suffering the loss of a target of ridicule. (Few people realize that beneath my calm external demeanor lies such a complex emotional life.) Anyway, if you or anyone you know is interested in an electric bike, Bill got his from a place in New York City: <http://nyce-wheels.com>.

Suggestions and Responses:

s: “Why not put up a small shelf on the wall above the muffins and you could add another basket and have a bit more room for more goodies?”

r: (Margie) There is not a wall above the

muffins. Where do you mean?

s: “Badalucco—Good; Lihori—Bad. Please change back!”

r: (Chris) We switched to Lihori olive oil because the Badalucco came in fermented a few times and caused many complaints. Current Badalucco batch is much better, so we switched back. (Norman) Psychologists tell us it’s best to label the behavior “good” or “bad,” not the oil itself, lest the oil feel criticized and then harbor resentment. I suggest next time saying “Lihori flavor is bad.” This psychological counseling is provided as a free service to members, one of the many courtesies we extend to differentiate our store from Trader Joe’s, which, by the way, is a very bad store.

s: “Is it possible to order dry, candied ginger in bulk and sell it along with other dry fruit (pineapple, apricots, etc)? Right now the only option is a small bag of Reed’s candied ginger pieces. Thanks!”

r: (Chris) I’d love to if we had the shelf space to do this. I’m not sure if we can squeeze this in. Bulk crystallized ginger is available as a full case preorder, 11 lbs. for \$25.88.

s: “Could we substitute a brand of eggs we carry for one that is “Certified Humane”? Whole Foods carries a brand that is both organic and certified humane by givingnaturalfoods.com. Thanks.”

r: (Chris) Good suggestion, we’ll look into this possibility.

s: “Thanks for having Gluten/wheat-free alternatives!”

r: (Chris) You’re quite welcome. In an expanded store (coming soon?), I hope we can offer even more.

s: “There are never any plain croissants left for those of us that sleep in past 9. Could we order a larger # please?”

r: (Nancy) I’ll have to increase it. We get a dozen every day and more on Saturday and Sunday! (Norman) Sleeping past 9 is a bad enough habit, then you want to eat a croissant? How about waking up early to chop some firewood and cook a pot of plain oatmeal? This is more the kind of life your parents intended for you.

s: “The Saint Simeon cheese I bought should not have been for sale: the way it smelled, it was just not the way a St. Simeon smells. It is dangerous.”

r: (Margie) Saint Simeon has been very inconsistent so I stopped buying it for a while. But shoppers continued to ask for it, so I gave it another try. I think this is a product we just can’t sell here. Sorry. Incidentally, all of our regularly scheduled Deli staff have completed (and passed with flying colors) a food safety course and have

Philadelphia Health Department certifications as safe food handlers.

s: “Stock more pizza dough. It seems that it often sells out quickly.”

r: (Nancy) We try. It goes so fast. We have increased the order up to 70 pounds at once!!

s: “Glad you are carrying Purely Decadent non-dairy ice cream. Please, I would like this kind but the ones made w/coconut milk. Better for my health! Thanks.”

r: (Chris) We’ve eliminated a couple flavors to add the coconut milk ones. They do cost a little more.

s: “It would be excellent if we could carry a vegan veggie burger. The Garden Burger variety that’s dairy-free, for instance. (I forget the brand name, sorry.) An occasional selection of vegan things such as large yogurts, tofu ravioli, the amazing Celantano vegan frozen foods, etc., would bring delight. Thanks!”

r: (Chris) Please see the Amy’s veggie burgers that we sell in the freezer. They’re all vegan.



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Hometown Heroes

(continued from page 2)

clables out of the “waste game,” Raval said. Raval said she realized early on that people put perfectly good items to the curb on trash day. The site is a way to change that. “There’s a demand for all that stuff, is what we found,” she said. “It’s a badge to wear instead of, ‘Oh, I got it from the thrift shop, because I can’t afford any better.” This event was Philadelphia’s signature America Recycles Day event, targeting neighborhood leaders as well as environ-

mental and recycling advocates. The event celebrated Mayor Nutter’s commitment to the Recycling Alliance goal for weekly single-stream recycling and to explore future opportunities for recycling in Philadelphia. The Recycling Alliance of Philadelphia is a coalition of organizations and individuals working together to promote expanded recycling in the City of Philadelphia in order to improve the environment, economy, and quality of life in our city. A strong recycling program is essential to the environmental and economic health of Philadelphia.

WEAVERS WAY MEMBER WORKSHOPS

Holistic Wellness Nutrition Seminar: Demystifying Food Labels

Learn how to read food labels. Bring your favorite recipe so we can replace your ingredients with healthier alternatives.

Date: Jan 17th 2009

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11:45am to 1:00pm
Immediately after the new member orientation

Linda Taylor, BA Certified Health Counselor, has been a holistic wellness food consultant for 6 yrs, specializing in turning your favorite comfort foods into healthier foods. Linda has appeared on Channel 12 WHYY’s Chef Jim Colemann’s cooking show Healthy Flavors for America, WURD, and G-Town radio guest speaker on health issues and several magazines and newspapers. Linda was one of the founding members of the Philadelphia Raw Foods society. She conducts several workshops and nutrition classes at adult evening schools including Essene Health Food Store, Cecilian Earth Arts and Spirit Center, MALT and Cheltenham Adult Evening School. For more info, call 215-247-7874 or e-mail cook2raw@msn.com.

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Suggestions

by Norman Weiss

Greetings and thanks for writing. As usual, suggestions and responses may have been edited for clarity, brevity, and/or comedy. At our last General Membership meeting, held at North By Northwest, staffer Bill Quern had gotten there by partially riding his bike. I say “partially” because Bill uses an “electric bike,” meaning

there is an electric motor that provides an assist as you are pedaling. The theory is that the “assist” enables people to overcome conditions that would otherwise prevent them from riding, e.g.: hills, long distances, heavy loads, etc. When Bill first got this bike, I behaved as a bit of a bike snob, not really considering this thing a bicycle, and wondering why someone couldn’t just use their legs. I thought that although it might be difficult in the beginning, most people can develop the strength and endurance to ride a bike over moderate distances and hills with a few months of regular riding. And because I’m a big proponent of promoting friendship and good feeling by using merciless ridicule, I started on Bill and his bike. (I previously ridiculed Bill for participating in “clogging,” a so called “dance,” which he even does in the Mummers Parade, (which is itself worthy of an entire chapter of ridicule)). After looking at Bill’s bike, I found myself admiring the engineering. Then after listening

(continued inside on page 22)

Orientations at Ogontz

Weavers Way is pleased to announce a regular schedule of monthly meetings in West Oak Lane to discuss with members of the community how they can become owners and members of the Co-op. Beginning January 17, 2009, the meetings will take place at 10:30 a.m. on the third Saturday of each month at Grace United Methodist Church, 7101 N. 20th St., in West Oak Lane, unless there is a conflict with church events. Weavers Way is grateful to the Rev. Grant Johnson, pastor of Grace United, for his cooperation and support in allowing

us to schedule these meetings. Weavers Way also looks forward to hosting workshops and cooking demonstrations at the church. “We’re very excited about hosting monthly meetings in West Oak Lane,” says Robin Cannicle, Weavers Way’s Membership Manager. “It’s a great way for people to find out more about Weavers Way, like our farm and our work with Martin Luther King and other schools, but even more important, it helps us get to know our neighbors while they get to know us. It’s also a lot of fun in a friendly, social atmosphere.”

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Reg. \$10.01/lb.

NOTICE of NOMINATIONS for BOARD OF DIRECTORS

Elections will be held at the
Weavers Way Co-op
Spring General Membership Meeting
Sunday, May 17, 2009

Board Positions to be filled:

- 4 At-Large Directors for 3-year terms
 - 4 At-Large Directors for 2-year terms
- (The 4 winners with the most votes will serve 3-year terms.
The next 4 winners will serve 2-year terms.)

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, at Church of the Annunciation (CA), Carpenter Lane and Lincoln Drive, and at Grace United Methodist Church (GU), 7101 N. 20th St, in West Oak Lane. Upcoming Orientation Meetings are on the following dates:

DAY	DATE	TIME	LOCATION
Saturday	Jan. 3, 2009	10:30 a.m.	CA
Saturday	Jan. 17, 2009	10:30 a.m.	GU
Wednesday	Feb. 4, 2008	6:45 p.m.	GJC
Saturday	Feb. 21, 2009	10:30 a.m.	GU
Wednesday	Mar. 4, 2008	6:45 p.m.	GJC
Saturday	Mar. 21, 2009	10:30 a.m.	GU

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 Cannicle, 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) _____

Nomination Form

for Candidates for Election to
The Weavers Way Co-op Board of Directors

All Nomination Forms must be submitted no later than 5pm, Wednesday, February 25, 2009. Please email completed form with answers to the five questions (see below) and a photograph to Bob Noble, Leadership Committee Chair, bobnoble@msn.com. If email is unavailable, place in the Leadership Committee mailbox on the second floor of the store at Greene & Carpenter. Please call Bob at 267-973-6619 to confirm your nomination was received. A copy of this form is also available on our website, www.weaversway.coop.

Name: _____

Member #: _____

E-mail Address (optional): _____

Phone: _____

Address: _____

Please answer the following five questions on a separate sheet of paper. Your entire response to all five questions must not exceed 250 words.

- Why is Weavers Way Co-op important to you?
- How will your experience, skills, or unique perspectives strengthen the Co-op Board?
- What is your vision for the future of the Weavers Way and how does it address the important short-term and longterm challenges facing the Co-op?
- What volunteer experiences have you had with other cooperatives or organizations?
- Is there any other personal information you would like to share, i.e. family, hobbies, work experience, special talents, etc.?