

The Weavers Way Shuttle has always reached out to the larger Northwest Philadelphia community. Now, with Weavers Way increasing its scope through new stores in West Cak Lane and now Chestnut Hill, sponsorships, of school and farm programs, and a partnership with a new co-op in Ellurs Park, we are trying something new. With this have, we are expanding distribution and increasing neighborhood content. We particularly welcome Mn.Airy USA which has its own four-page section in the center of this issue. We hope our new readers will enjoy the Shottle and let us know how we can do more to support the Northwest Philadelphia community.



# the Shuttle

# Manager's Corner

by Glenn Bergman, General Manager

What expansion? I have decided that we do not need to expand, and I had an offer to sell the building in Chestnut Hill for more than we paid, so I did that. Who needs all of that work? Just kidding. April Fools!

Since announcing the purchase of the Chestnut Hill location and the start of the Member Loan Campaign, many members have asked what they can do to help if they cannot make a loan of over \$2,500? If you cannot provide a loan to the Co-op, there are other things you can do to help:

- Bring your member equity up to \$400 as soon as you can, either at the register or through the mail, with a note.
- If you can give a few hundred more to (continued on page 15)

# Member Loan Campaign Enters Next Phase

by Stu Katz, Loan Committee Chair

Last month, every member of Weavers Way was sent a letter from Glenn and me requesting that they participate in an "Equal Share" member loan program, in which each household would lend the Coop an equal and specific amount. This equal share loan program was a legally required precursor to a targeted loan program. We are neither surprised nor disappointed that it was not completed.

Since less than 100 percent of our members expressed interest in participating in the equal share loan program, we are moving on to a more targeted loan program. This program requests member households to make a loan in the amount of at least \$2,500. Members can choose an interest rate from zero to four percent and the loan will be paid back starting between five and ten years. Interest paid will be simple, not compounded.

Our goals in seeking these member loans are to: raise a minimum of \$670,000 dollars, and hopefully as much as \$2 million; reduce our costs of borrowing by many thousands of dollars each year; involve members closely in the financial

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## Weavers Way

## GENERAL MEMBERSHIP MEETING

Sunday, May 17, 2009, 5:30 p.m. Summit Presbyterian Church

#### Agenda:

- Meet and Greet
- · Introductions and Review
- President's Report
- General Manager's Report
- Andy Lames,
   If of P Professor, Featured
   Smarker
- Results of Election
- Questions & Answers

## Sundays Super at Weavers Way Ogontz

by Jason Price, Ogontz Store Manager

Sundays are off to a good start at Weavers Way's Ogontz store. With so much traffic in the West Oak Lane area every Sunday, it seemed like a no-brainer to offer our services. Many people in the community find it convenient to shop with us instead of going to the larger stores, which become a mob scene on the weekend.

Our efforts to inform people in the area of this schedule change started with the distribution of flyers to the neighborhood churches. There are several very large congrega-

tions in the immediate vicinity and folks come from far and wide to attend. Our contacts were excited to hear that we would be open.

Stephanie Johnson and I represented
Weavers Way at the annual health and wellness fair held at Enon Tabernacle Baptist
Church. This event is based around the
Daniel Fast for Lent. Members of the



bution of flyers to the neighborhood churches. There are several weavers Way Environment Committee member Stevik Kretzmann with State Representative Dwight Evans at the third Weavers Way Ogontz Recycling Bin Giveaway

church who participate follow a strict vegan diet and cut out all processed foods for 40 days. We were there to let folks know that our store on Ogontz Avenue could meet many of their fasting needs.

Starting with a somewhat soft opening on Sunday, March 1, it was clear that the community was receptive. We saw many of the folks who attended the Enon event, as

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And of course... scads more

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# NEW Community News

Regioning with this issue, the Shottle will be carrying increased coverage of the broader community.

Here's a sampling of what you'll find inside...

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At the center of this issue. you will also find a four page insert from Mr. Airy USA Be sure to check from?

## Editor's Note

by Jonathan McGoran

All around the world, businesses are closing and downsizing, agricultural lands are being built over,

and newspapers of all sizes and varieties are shrinking, closing, merging, and going into bankruptcy. Now that Weavers Way has purchased a new location in Chestnut Hill and expanded our farm programs to include Martin Kuther King School, Stenton Family Arms, Saul High School CSA, and now a lot on East Mt. Airy Ave., we realized that the only logical next step is to expand the Shuttle. Beginning with this issue, we are trying out an expanded model, with a broader distribution and a greater emphasis on community coverage. Our partner for this issue is Mt. Airy USA, whose newsletter can be found inserted in this issue and whose support and cooperation was critical to making this happen.

These moves have been the result of much thought and sober deliberation, but the best reason is that when the rest of the world is zigging, Weavers Way likes to zag.

In keeping with our philosophy of buying local, Weavers Way is determined as much as possible to borrow local, as well, and in addition to working with local banks, we have also launched a member loan campaign. Investing in the Co-op may be a good alternative for those weary of investing in rebundled mortgage backed securities.

Of course, not all exotic sounding investment vehicles are bad. We are very excited that ground has been broken on the Weavers Way/Saul School CSA (Community Supported Agriculture) farm. While the first harvest is probably only a few weeks away, it is still possible to buy shares, or as I like to call them, LGPFs (Locally Grown Produce Futures) or UASDs (Urban Agriculture Seed Derivatives). These investments are not be bundled, but the dividends often are, usually with a rubber band. But they can easily be unbundled when it's time to eat, and even rebundled in case you want to put some back in the fridge and save it for later.

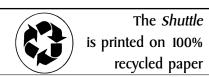
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e.g. May I for the June issue

#### Statement of Policy

Articles should be under 500 words and can be submitted neatly typed, on disk, or emailed 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.



## **Future Farmers of Mt. Airy**

by Rachel Milenbach, Weavers Way Community Programs Executive Director

As winter finally comes to an end and the farming season heads back into high gear, the excitement is growing at the Mt. Airy Stenton Family Manor, the site of the newest Weavers Way Community Programs (WWCP) farm education program. Located on the 1300 block of East Tulpehocken Street, just below Stenton Avenue, Stenton Family Manor is a handicap-accessible homeless shelter exclusively for families in transition. It was founded over fifteen years ago as a place in which homeless families could find shelter, security and the promise of a future. The Stenton site sits on the other side of the fence from the WWCP farm at Martin Luther King High School. A gate allows access between the two plots. On February 24, 2009, David Siller, volunteer Micah Woodcock, and four youths from Stenton broke ground on the new Stenton Family Manor Farm.

Before we can amend the soil, prepare the beds, and plant seedlings, there is a lot of brush to remove. Once improved, this area can be used for spreading crops such as pumpkins, watermelons, winter squash, and gourds. Improving this otherwise vacant land assists the farm ecosystem of both the MLK farm and the Stenton Family Manor plots.

In 2008, some produce from the MLK Seeds for Learning farm was donated to Stenton. Throughout the fall, tomatoes, peppers, turnips, greens, beans, squash, and eggplant were served to the residents. Now, in 2009, you will see produce from the Stenton farm sold on Stenton Avenue, alongside MLK produce.

We hope to see you there!





Helping to clear out the site of the farm at Stenton Family Manor, next to Martin Luther King High School, are residents Kahlil Isom (top right) and Donald Revere (top left) and Shana Isom (above).

## **New Faces at Co-op Farm**

by David Siller, Weavers Way Farm Educator

Think of the Weavers Way Farm as a car (vroom, vroom!) and consider the direction it is heading. The following is an exploration into how within the analogy of the farm as a car, we are evolving!

Just like a car there are many pieces all functioning together to make it tick. Just like a car, we are only as good as the company that makes us, and let it be known that Weavers Way is much better off than General Motors.

Just like a car, we move with agility, torque, and

have high performance ratings. The Weavers Way website and *Shuttle* describe the farm just like a showroom gives you a little glimpse into the minds and hearts of the folks who are busy at work making everything move. And the way to get a little deeper into the workings of the farm, just like a car, is to get in and ride it for yourself or get under the hood and check out what is going on, i.e., We welcome volunteers... extra car parts always needed!

Think of all of us farmers as the wheels of a car. Long ago in 2000, when the farm was started, the structure of the farm was built. We started with one wheel and acted like a unicycle, jumped to two wheels very quickly and moved like a bicycle. Then in 2008 we jumped up to four wheels and became a car. Now moving with all wheels in drive, David, Nina, Nicole and myself all



than General Motors.

Students from Crefeld School with David Siller at the new hoophouse at Weavers Way Farm

hold to the road tightly, through all weather; winter, spring, summer and fall.

This winter, we've been getting a tune up, a major and exciting tune up, and now have the capacity for a larger load and have hitched onto our current operations the addition of the CSA at Saul Agricultural High School and the Stenton Family Manor homeless shelter. This increased load has given us the opportunity to add more wheels. You may see these new bright and shiny wheels around the Co-op one of these days.

Our new apprentices (wheels) are Megan Rulli, Lauren Hill, and Danielle Szepi. Welcome!

In reality this analogy of a car is better characterized as a 18-wheel truck. You'll see what I mean with the addition of three

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## New Crops, New Varieties at Weavers Way Farm

by David Zelov, Weavers Way Farm Manager

As the greenhouse is now full of plants destined for the farms at Awbury, Martin Luther King High School, and Saul High School, I thought I would take this time to write about some of the new crops and new varieties of the same crops we are growing this year.

Artichokes: No, not the tuberous Jerusalem artichokes available in late fall. This year we will be growing real artichokes. They are marginally hardy in our climate, and normally don't produce buds until the second year, but if you trick them into thinking it's their second year of growth by exposing them to warm temperatures and then cool temperature, then warm again, they will bud up in the first season. Silly artichokes.

**Arugula:** We hope to expand the amount and availability of this quick-growing green by seeding successionally throughout the spring and fall.

Asparagus: Probably will not be available this year but we planted a little bit last year and will be adding another row this coming spring. Asparagus is a perennial, but you need to let it grow a couple years before harvesting the shoots so that it can build up reserves of energy in its roots.

**Beans:** Our pole beans did not work out so well last year, and were no less work than the bush varieties, so this year we will return to the green and purple bush types. **Beets:** We will continue to offer the popular mixed bunches of red, yellow and chioggia (striped red and white) varieties.

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## **April Grocery News**

by Chris Switky, Grocery Manager

Howdy, shoppers. What's new these days on the Co-op's grocery shelves? Tree of Life date sugar, brought in by shoppers' requests, \$7.64 for a one pound package. Date sugar is an unprocessed sugar made

from dehydrated dates that are ground into small bits. Date sugar is high in fiber, and has a long list of vitamins and minerals, including iron. Find it on the baking goods shelf, with the other flours and sugars.

Also newly added: Earth's Best organic infant formula, found on the shelves above the jars of baby food, \$19.41 for a 13 oz. container. It's soy-based (dairy and lactose free) and contains DHA and ARA, nutrients that are naturally found in breast milk.

Say "goodbye" to the Odwalla drink case, and to Odwalla drinks, at Weavers Way. We have decided to replace the Odwalla drink case with a display case that we actually own, and can stock with other brands of drinks. Several factors led us to this decision.

First, delivery service from the Odwalla company has been quite sub-standard and variable, depending on which driver is assigned to our delivery route. Drivers often showed up with insufficient stock in their trucks, a situation that seemed unchangeable no matter whom we complained to at the Odwalla company. As a result, the Odwalla drink case was empty much of the time, to the great annoyance of Weavers Way shoppers and staff, including the grocery manager.

Secondly, Odwalla is owned by Coca Cola, one of the largest corporations on the planet. We'd rather do business with smaller, more local companies, if possible.

Lastly, there is the recyclability factor. Glass and metal recycling are much more energy efficient and environmentally

> friendly than plastic "recycling," because when glass and metal food containers are recycled, they are actually formed back into glass and metal food containers.

Plastic food containers, even the #1's and #2's that are collected curbside, cannot legally be used in the manufacture of a foodgrade plastic container. A plastic beverage bottle or food container that is "recycled" (quote marks are

mine) becomes part of a plastic park bench, or tote bag, or toothbrush handle. And then, when that object becomes unusable, it goes into the waste stream (landfill, incinerator). This is why I put the term "plastic recycling" in quote marks, because it is not closed-loop recycling, it's just adding a step in between use of the plastic as a food container and its ultimate destination as unusable and unrecyclable waste.

We realize that many Weavers Way shoppers like the type of protein drink that Odwalla offers, and we will try to bring in a comparable beverage.

Lastly, I'm pleased to report that verbal communication with my friend and supervisor, Norman Weiss, continues to be a daily challenge that I enjoy immensely. Here's a recent example: "Norman, is this computer working?" Norman's answer: "It works, but it doesn't do what you want it to do."

~ christopher@weaversway.coop

## Hidden Treasures for April

In our deli's specialty cheese section (bottom shelf of the prepared food case), I have designated one tray for specialty local cheeses. This section will carry a rotating selection of cheeses. Look for Birchrun Hills Farm cheeses: Fat Cat, Birchrun Blue, and Alpine Swiss (I helped make a batch of this cheese last March) from Chester Springs, PA; Three Belle Cheese goat cheeses from Mifflinburg, PA; and, of course, Claudio's fresh smoked mozzarella made in South Philly. Farms and varieties will change with availability and as we discover new cheeses. As a reminder, we also sell many local cheeses in the regular cheese case and will continue to do so. Some favorites include; Peque goat cheese, Leraysville Cajun cheddar, Friendly Farm cheddars and Colby and our top selling sum- recently helped make. mer item, Claudio's fresh Mozzarella.



Deli Manager Margie Felton (left) with some of the great Birchrun cheese she

On sale this month:

Havarti & Dill Havarti \$5.99/lb ...reg. \$6.25

## Pennsylvania Association for **Sustainable Agriculture Conference**

by Margie Felton, Deli Manager

For the past three years, I have attended the yearly conference of the Pennsylvania Association for Sustainable Agriculture (PASA) at Penn State University. The conference consists of three days filled with workshops, speakers, food tastings, movies, and social events, as well as great meals produced from local foods donated by PASA farmers. After attending a few workshops, eating a few meals, and running into people I met at previous conferences, I realized that for me, this year was about making connections and finding out what's going on in our state and specifically in Philadelphia.

The connecting started on the road to the conference. I had the opportunity to spend time with some of my coworkers and a Weaver Way board member I don't often see. The farmers and farm interns are busy growing food, building hoop houses and starting CSA's. Rachael Milenbach is writing grant proposals and helping students learn how to grow and sell food. Bob



Farmer and cheesemaker Brian Futhey of Stone Meadow Farm shares samples of his artisan cheeses cheese tasting

Maier is visiting farms to find new local products and Chris Hill is doing important board and farm committee activities. I only ever see this group of coworkers in passing. Now I had three days away from work to talk with them. Our first stop was the

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## The Word from Upstairs

Martha Fuller, Wellness, Personal Care and General Merchandise Manager

New Products Source Naturals Hot Flash Supplement is formulated to help reduce hot flash frequency. This product contains non-GMO Soy concentrate, black cohosh root standardized extract, dong quai root extract, licorice root extract, and chaste tree berry extract. We have an informational flier about this and you can find is in the Product Library file. Please ask a Second Floor staff member if you need to find the flier or product.

Archipelago Botanicals has such wonderful candles—we know you love them! There are two new scents: Noir (exotic musk, vanilla, and cedar wood) and Santorini (lotus flower, bergamot and lemon leaf). If you have a favorite Archipelago scent and want info about pre-orders, please see a Second Floor Staff member.

Hero Nutritionals makes some of our most popular vitamins for children—the Yummy Bear vitamin line. They have recently added Vitamin D3 as a member of this valued line. It is gluten- and allergenfree and is 150 percent of the USRDA. Vitamin D3 is among the hottest vitamins on our shelves! Vitamin increases calcium absorption and helps build strong bones and healthy teeth.

Current Products The Clear Conscience multi-purpose solution for soft contact lenses has been a hit with shoppers. This company has been providing a crueltyfree contact lens solution since 1998. The solution is sterilized by filtration (not irradiation) and is free of thimerosal and chlorhexidine. They also donate 10 percent

of proceeds to environmental and animal welfare organizations.

We hear of headaches happening in the Spring season. One product that helps migraine pain is MigreLief. This patented formula was developed by a neurologist who is the Director of the New York Headache Center. It was designed to prevent and reduce the severity and frequency of attacks. It is used daily and, according to the literature from the company, can take four to six weeks to begin working.

Discontinued Products Quantum recently discontinued the production of a favorite Weavers Way shopper lotion: Water Garden Pycnogonal Skin Lotion. We miss

While we are carrying only a few Burt's Bees products, we can special order their products. Please ask a Second Floor staff member for details if you would like to place an order.

While we are on the subject of products we no longer carry, we want you to know how that process works. If a product has stopped selling well for us and has fallen out of favor with our shoppers, we need to move it along and bring in another product. Some products sell faster than others and in a store as seriously small as this one, every cubic inch counts! We do try to keep as many items on our shelves as we can. Please let us know how we can help you with a pre-order for your favorite products.

Spring time!! Say it with me, boys and girls: allergies! I recently read in a trade

(continued on page 4)

## Wellshire Farm & Garrett County

by Dale Kinley, Fresh Foods Manager

I remember in 1996, Lou Colameco delivering his antibioticfree pork and turkey bacon in his own truck with a ice chest in the back.

Lou and his dad started selling hams in New Jersey. Lou was interested in creating an all natural product line of beef, turkey, and pork products. He sylvania farms and used

family-run processing plants in the area. Whole Foods was his first customer and Weavers Way soon followed. His bacon business, Yorkshire Farms, quickly expanded into hot dogs, hams and deli meats, and Yorkshire became Wellshire Farms and about two years ago, Whole Foods bought exclusive rights to the products.

Lou has since created Garrett County, which is a duplication of the product lines Wellshire Farms has grown into a multimillion business. He still uses small family farms and processors. Animal welfare is a prime concern. Antibiotics are never used, ever. The products contain no nitrates, nitrites or artificial ingredients.

Some of the Garrettt County items we



sought out small Penn- Lou Colameco of Garrett County (l) with Dale Kinley

carry are turkey dogs, beef dogs, turkey bacon, pork bacon, ham steaks, and chorizo sausage. We sell the spiral-cut hams for Easter.

One of the new items we are introducing is Lou's Famous Sausage. This is an allnatural, antibiotic-free chicken sausage made by Philadelphia's own Martin's sausage company. They are fully cooked and have no casings!

This is really great news for people who have been wanting chicken sausage without the beef or pork casings. Other new products to look for are pork ribs in sauce, Candian bacon, Irish bacon, and come summer some new dogs.

Let me know what you think. ~ dale@weaversway.coop

## MEMBER LOAN CAMPAIGN

#### EXPRESSION OF INTEREST FORM

#### Weavers Way is growing and we need your help!

Our goal is raise \$1 million in loans from our members to help launch the Chestnut Hill location. Shared member equity and financial risk is an important component of building and growing a co-op. If you are able to support your co-op in this way, please fill in the attached form and drop it at the store, e-mail us at **memberloans@weaversway.coop** or visit **www.weaversway.coop** for information about the member loan campaign. We will follow up with you to discuss the details of your loan and send you a prospectus and other materials. *Thank you for your support!* 

Currently a Member? (Please circle) YES NO Member #:
Address:
Phone:
Email:
Is Pennsylvania your state of principal residence? (Please circle) YES NO
I am interested making a loan of: (Please circle)
\$2,500 \$5,000 \$10,000 \$50,000 More
Term of Loan: (Please circle) 5 yrs 6 yrs 7 yrs 8 yrs 9 yrs 10 yrs
Interest Rate of Equal Share Loan: (Please circle) 0% 1% 2% 3% 4%

Return or Mail your form by Friday, April 17, 2009 to: Weavers Way Co-op, Member Loan Committee 559 Carpenter Lane, Philadelphia, PA 19119 Email: memberloans@weaversway.coop



Signature \_

## **Chestnut Hill Expansion**

\_\_\_\_ Date \_\_\_



## Mt. Airy Psychotherapy Practices

Catherine White, LCSW, Mindfulness & Adult ADHD
Genie Ravital, LCSW, Overcoming Depression & Anxiety
Pam Kelberg, LSW, Couples Counseling
Eda Kauffman, LSW, Healing from Abuse & Addictions
Lauren Kahn, LSW, Child & Family Therapy
Lenore Jefford, LPC, BCPC, GLBT & Adolescents
Robin Witts, MSW, Sex, Sexual Identity & Negotiating HIV/AIDS

7149 Germantown Ave. (Between Mt.Pleasant and Mt.Airy Aves.) www.mtairypsychotherapy.org 215-242-5004



#### Member Loan Program

(continued from page 1)

health of the Co-op

Over the next few months, we will be holding numerous meetings in Chestnut Hill, Wyndmoor, and Mt. Airy to encourage membership in Weavers Way and participation in the member loan program. If you are interested in learning more about the loan program or in making a loan, please fill out the form that is in this *Shuttle* or email us at memberloans@weaversway.coop. You can also find a great deal of information about the loan program by clicking "Member Loan" on the Co-op's website, www.weaversway.coop.

For those Weavers Way members who want to support the Co-op's expansion effort but are unable to loan \$2,500, please consider increasing your equity payment up to or beyond the \$400 maximum. While equity increases do not come with interest, they improve our balance sheet, increase cash flow and demonstrate real support for

the Co-op's efforts.

Glenn and his managers, the architect, and the project team are all hard at work coming up with a design and operations plan for the store in Chestnut Hill. Fifteen people, most new to any organizational involvement with WW, have formed a member loan committee to help us recruit new members and run the loan campaign. Hopefully there are 200 or so member households with the financial ability and interest to help us achieve our member loan goal.

This is an exciting time at Weavers Way. Growing a new co-op market in Chestnut Hill solidifies our place in Northwest Philadelphia, serves the needs and improves the community in Chestnut Hill, and relieves some shopping pressure on the Carpenter Lane store. It is a WIN – WIN – WIN. If you have any questions or want to host or attend a house meeting about the member loan campaign, please e-mail us. Hillary McAndrews or I will be happy to talk with you.

## The Word from Upstairs (continued from page 3)

newsletter that there are an estimated 50 million allergy suffers in the U.S. Approximately 35 million people suffer from seasonal allergic rhinitis, commonly known as hay fever, which is triggered by such allergens as weed, tree, and grass pollens. Wow.

Let's talk about a couple of products from the Wellness Department's allergy section. Both are from Source Naturals. Vitamin Retailer magazine gives the prestigious Vity Awards each year—in 2008, the Allercetin Allergy & Sinus homeopathic tablets was recognized as the bestselling allergy/hay fever remedy. This product con-

tains the trademarked HistaStop, which is a homeopathic histamine and quercetin and is for the temporary relief of hay fever and pollen allergic symptoms of sneezing, runny nose, itchy and watery eyes, plugged ears, sinus congestion, and headaches. Aller-Response, from Source Naturals Bio-Aligned formula, supports histamine regulation, immune response, and the clearing, soothing and tonifying of mucous membranes. It contains powerful herbs including ginger, ginkgo biloba, amla, and andrographis, which have been used traditionally for lung, bronchial, and immune health. Vitamins A and C, along with zinc, also provide immune support.

~ martha@weaversway.coop



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For more information contact Brad Copeland 215.844.6021 x222 or BCopeland@mtairyusa.org



## **Backyard Chickens**

by Anna Herman

Just down the road from Weavers Way Co-op's store in Mt. Airy live one of several local flocks of urban backyard chickens: Buff Orpingtons, Rhode Island Reds, Wynadottes, and Araucans.

It started for me six or seven years ago with four-day-old chicks picked up from the Souderton Agway. They lived for several weeks in my basement in a straw-lined plastic storage container with a wire top and light bulb to keep them warm. Since then I've replenished our flock by ordering fertilized eggs on eBay and hatching them in collaboration with the Project Learn School's youngest students. Many chicken owners order a dozen "day-old" chicks, shipped overnight just after hatching, before they need to eat or drink; the chicks arrive in a small cardboard box at the post office, peeping loudly and huddled together for warmth.

Why have chickens? In a word—it's the eggs. Our hens lay eggs with shells from light blue to brown to green, with rich yellow yolks. They are delicious, nutritious, and useful for every meal and dessert.

The eggs are lovely, but the hens are adorable. What's cuter than a day old chick? How can one help but smile at a chicken walking up the steps and peering in the back door? I guess I really raise chickens because they amuse me.

I fancy myself a small time urban homesteader and the chickens scratching and pecking about add verisimilitude to my garden landscape. As a city girl with a country bent, I learned about chickens, as I learn about almost everything, from books and

the internet. As my network of fellow chicken lovers has grown, I can now often get answers and share resources in line at the Co-op.

Chickens require little more than any household pet. Food, water, and a place to keep warm, dry, and safe from predators. For housing, I have a great little coop, which is sort of a modified shed with straw bedding that has places for the chickens to roost and lay,

and room for a water dispenser. Imagine a dog house with a chicken sized door and ramp. Every morning I let them out of their little door, put some feed out and they busy themselves scratching, pecking, and laying. I keep my chickens cooped up near my compost area so I can clean the coop directly into the compost pile—and the chickens have access to extra snacks from the food scraps and worms in the bin.

In the winter I've found that the flock huddles together more on cold nights, their feathers fluffed. I insulate with bales of straw and the occasional piece of plywood. One winter when I was down to only one hen due to a series of hawk attacks, I resorted to providing my down vest to the shivering hen and she survived to lay again.



Chickens come home to roost

In the summer, I
have had to modify
some of my garden
beds with fencing to
keep the hens from
eating all the lettuce
and broccoli.

My sister Gail (a nearby suburban chicken enthusiast) and I initially took turns driving to Downingtown every few months for organic chicken feed, but there are now enough of us that fellow Co-op members John and Pat Fiorella buy bulk

supplies of organic feed to sell, and supplied my last class hatching project with

It's an amazing thing to take a box of recently laid fertilized eggs out of the refrigerator and put them in an incubator at 100 degrees. If turned several times a day, and kept properly humid, they will almost all hatch exactly 21 days later.

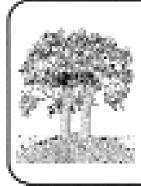
Four or five months later, the hens will start to lay, a bit before that any cockerels (young roosters) will become apparent—

they look fancier and they start to crow—all day and night. This is an issue if you hatch your own chicks—it's almost impossible to tell the sex of a chicken until it's about 10-15 weeks old. Then you have to figure out something to do with the roosters and possibly someone to do that for you. No you don't need a rooster for your hens to lay—but without a rooster the eggs won't be fertile.

The city regulations related to keeping hens have changed since I started this enterprise. Several years ago, one needed L&I approval to build a coop, but there were no laws on the books relating to how many chickens you could house. The rules now basically give your neighbors a way to formally complain and get action if there is a noise or sanitation issue.

Our neighbors have been incredibly tolerant of the accidental rooster (too loud!), the errant carcass (hawk attack) and the occasional hen pecked lettuce plant, or scattered mulch. They deserve thanks (and way more eggs than I offer them).

For more information and resources than you probably will ever need visit www.backyardchicken.com, or www.feathersite.com. There are many great articles and coop designs. If you are interested in learning more, or want to visit this years hatch (not for another month or two) feel free to email me at foodwork@aol.com.



## Simcha Raphael, Ph.D.

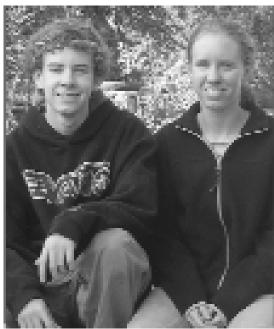
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#### New Crops at Weavers Way Farm (continued from page 2)

Bok Choy (baby): a perennial (but actually an annual) favorite, still trying to find the variety least likely to bolt. This year we're trying "Mei Qing Choi."

Broccoli: no changes—current varieties are working well for us. Nothing exciting to

**Brussels sprouts:** We are saying goodbye to this tasty brassica due to slow sales and the small size of last year's crop.

Cabbage: Adding regular red and green varieties in both spring and fall in addition to the Savoy offered last fall.

Carrots: Continued offering of mixed bunches--orange, yellow, and purple-though we are trying a couple new types of purple ones for possible improvement in taste and color. Welcome "Dragon" and "Purple Rain"!

Cauliflower: A new addition to our repertoire this year, we'll be offering white and purple varieties as well as the Romanesco

Celeriac: One of the ways we hope to extend our growing season is by offering more storage crops like this in the late fall and winter. Get those soup recipes ready! **Chard:** Growing more of this colorful green, "Bright Lights" variety.

Collards: "Champion" continues to be the best variety. Go figure.

Cucumber: With any luck, no one will rip out our first planting like last year and we'll have a full season growing big slicing cucumbers. We'll be trying some in our hoophouse this spring in the hopes of bringing in an extra early harvest. MLK farm will be taking over the production of the "Lemon" variety.

**Dandelion greens:** Hope to have a more consistent supply of this green for Co-op shoppers this year.

**Eggplant:** A few new ones this season: "Applegreen," "Casper," and "Rosa Bianca." We are moving away from the regular purple Italian varieties.

Fennel: Growing a little bit less and trying a variety called "Perfection." Need I say more?

Flowers: We are looking to make our lives easier and replace annual varieties with perennials. Too bad we can't do this with

Garlic: After a less than stellar year in 2008 due to a disease, we are keeping our fingers crossed for 2009 but we did scale back a bit.

## **Henry Got Crops!**

Henry Got Crops is a partnership CSA between W.B. Saul High School of Agricultural Sciences and Weavers Way Cooperative, a farm run by Weavers Way farmers at Saul High School on Fairmount Park's land, employing Saul students and acting as a resource for Saul classes so that students can learn how to operate a diverse, small-scale, ecological vegetable farm. You can purchase a "share" of the farm produce at the beginning of the growing season and every week throughout the season, you receive a week's worth of fresh produce from the farm.

For more information or to receive a shareholder sign up form, e-mail HenryGot-Crops@weaversway.coop or call 215-843-2350, ext. 325.

Gourds (ornamental): Due to space considerations and slow sales, we'll be discontinuing these at Awbury.

Herbs: Basil (green, purple, and Thai), chives, cilantro, lavender, marjoram, lemon balm mint, oregano, parsley, sage, and

Kale: Same varieties as last year: "Winterbor," "Redbor," and "Toscano" but also going to try the super hardy "Beedy's Camden."

Kohlrabi: Same great varieties. Leeks: We are planning on tripling our production of these wonderful fall crops.

Lettuce: Experimenting with about ten new varieties of all colors, including speckled, with hopes of identifying good cold and heat tolerance.

Melon: New addition, "Jenny Lind"—an heirloom grown in the Philadelphia area in the mid-1800s.

Mustard greens: "Red Giant" and "Green Wave" add great color to our brassica section again.

Okra: Trying a new variety this year, "Clemson spineless," in the hopes that it might be less painful to harvest.

Onion: More quantity this year of red, yellow, and sweet Spanish types. **Pea shoots:** Trying to extend the season

with this crop by growing in the greenhouse as well as in the field.

Peas (snap): We are giving this one up this year. Though the demand is strong, production has been sparse and hey, we can't grow everything, right?

Peppers: This season we'll see the addition of "Chocolate" (sweet, brown), "Fish" (hot, striped), and "Valencia" (orange) in addition to some new varieties of the same

Potatoes: Currently, we do not have space for these at Awbury but we'll try them at Saul for the CSA and may have some extra for market if they do well.

**Radish:** Same striking colored bunches as last year.

Salad mix: A variety of lettuces, Asian greens, baby kale, mustards, endive and radicchio

Scallions: Red and white varieties will be offered once again.

Scorzonera: A new addition! Described as one of "the most distinctive root vegetables" and "can't be compared with anything else."

Summer squash: We'll continue to offer an abundance of colors, shapes, and sizes of this popular summer vegetable.

Sunchoke: Hoping to expand our growing area this season and we have not been able to keep up with demand.

Tatsoi: Plan on continuing to see this tender green in both the salad mix and full size in bunches.

Tokyo bekana: Seems to be preferred mostly by slugs, not people, but as it comes in extra early, we plan on one planting in early spring.

Tomato: I just counted 26 varieties that we will be offering this year—up from 15 last year: striped, splotchy, red, yellow, pink, black, purple, cherry—you name it.

**Turnip:** Just going to concentrate on the white "Hakurei" variety and "Purple top" (fall only). After having to tell customers "no, actually those are turnips, not beets." We are discontinuing the red variety.

Watermelon: Although surprisingly they were not smashed in 2008, in 2009 we will be growing these for the CSA only.

Winter squash: Did not have great luck with these at Awbury, but hoping a change of location to Saul can change this. Look for Acorn, Butternut, Kabocha, and Sweet Dumpling.

~ farmer@weaversway.coop

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## Weavers Way Farm Wish List

In order to keep costs down, and to reuse materials when possible, the farm is seeking the following items. If you or someone you know can donate any of these items, please contact Dave Siller at educator@weaversway.coop or David Zelov at farmer@weaversway.coop or Nina Berryman and Nicole Sugarman at Henrygotcrops@weaaversway.coop if you have one of these items that you would like to donate to the farm. Please do not just drop off items at the farm. All donations are tax deductible.

Gardening Supplies: Wheelbarrows—plastic preferred, #9 wire gauge wire, heat mats for starting seedlings, large bamboo poles, gardening gloveschildren's and adult sizes, watering cans, functional hoses, and wands

Hand Tools: rakes, push mower (non electric), shovels, scythes, machetes, trowels, etc. —children's sizes, too

**Power Tools:** Gas push mower, chain saw, cordless drill, and weed whacker

Clearing Tools: Hand pruners and pruning saws

Administrative Support: Assistance with tracking invoices, become the farm historian

Infrastructure: Solar lights, cinder blocks, lumber in good condition, modern window air conditioner, 55 gallon drums (food grade), fruit trees or interesting perennials from your yard, wooden or metal plant stakes (3' or taller), tire pump (manual), baskets, stationary exercise bicycles, wooden labels, plastic harvest bins, and milk

Harvest and Market: produce scale, sturdy folding tables, over the shoulder messenger-style bags knives and scissors

**Educational Supplies:** Art supplies (paint, brushes, colored pencils), magnifying glasses and binoculars, soil sampling equipment (probes, sieves, thermometers, ph kits), weatherproof chalkboard and chalk, natural history and farming books: children's and adults, seed from '07 and '08

Large Ticket Items: Attachments for BCS tiller (rotary plow, potato digger and brush mower), refrigerated truck, small enclosed or metal framed trailer, electric utility vehicle (i.e. golf cart), wood chipper, tractor with bucket loader

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## Worms in the Family!

by Esther Wyss-Flamm, PhD

This summer we added 500 new pets to our home. Not the warm and fuzzy kind. Not of the scaly reptilian variety either; or, for that matter, feathered or even six-legged ones... nope, we got us a pound of wrigglers: red worms, legendary for their ability to rapidly take down piles of kitchen scraps and transform them into top notch soil, now known in our household as "black gold."

As with most decisions in this life stage known as Responsible Middle Age, Brad and I worked hard at informing ourselves well before we adopted this abundance of new pets. We first noted this opportunity while living in the San Francisco Bay Area a year earlier, marking up a newspaper insert on best environmental home practices. With limited outdoor space in our new Mt. Airy abode, we resurrected the article, which touted the benefits of vermiculture in even the tightest of city dwellings. We then checked out books about worms in the library (including a children's book featuring the dramatic 12-foot long Giant Australian Gippsland Earthworm), and purchased Worms Eat Our Garbage, the hottest bestseller on this topic (full reference below). The clincher was an impassioned talk on worm bins offered at Lovett Library through the Morris Arboretum.

According to the experts, red worms are hands-down the best variety for compost bins. By now quite well-informed, Brad and I first took our quest for red wrigglers to the yellow pages and local fish bait outlets, to no avail. We then resorted to the internet, and bingo! Who knew selling

worms was such a booming business? A few days after placing an order with Pennsylvania's own Uncle Jim's Worm Farm, our new pets arrived. The UPS delivery agent watched with fascination as our children tore open the box labeled "live cargo" to reveal a small moist draw-string canvass bag filled with a pound of our precious little ones. As many who have experimented with worms know,

worms are vulnerable: too much heat, they die; too much moisture, they die; too much cold, they die; too dry, they die; too much exposure to light, they die; too much handling, they die... A friend of mine learned last summer that a plastic bag of soil-covered worms in a car for 20 minutes leads to a massive oh-so-tragic die-off.

Worms in hand, we knew we had to jump into action quickly: Brad and our daughter prepared a cozy home made of a large, opaque plastic bin, some peat moss, a bit of sand, and torn up strips of newspaper. Tools included a small drill for lots of air holes (worms need to breathe), a small

stick (for marking garbage placement), a turkey baster (for harvesting delightful worm "tea"), a tarp and bright light (for harvesting that glorious black gold). Our son lovingly fed them their first meal of ba-

> nana peels, rotten lettuce, carrot, zucchini, and celery scraps, burying the garbage in one corner of the bin. Since then, we bury one or two large yogurt containers worth of scraps every seven to 10 days in alternating spots in the bin, following each feeding with one or two containers full of "rain" from the faucet to keep the soil moist. Our children have become ex-

pert at feeding, watering, and rescuing errant pets. And once we discovered hair-thin baby worms flourishing in a nest of water melon rinds, we gave up on counting how many of them we now harbor in our home.

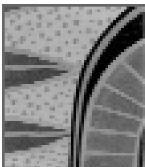
Our enthusiastic practice of vermiculture elicits keen interest and curiosity among our neighbors and friends. Some of the most frequently asked questions we've encountered are: Does a worm bin smell? (No.) Are there other bugs in there? (No.) Is a worm bin a lot of work? (No.) Does a bin take up a lot of space? (No, you can keep it under your kitchen sink or in the basement.) Is it fun to have a bin? (Yes, especially if you have a sense of humor.) Are the rewards worth it? (Yes, yes, yes!) Is it hard to harvest the soil and separate out the worms? (This can be a tad tedious.) Does a worm bin replace the need for a compost heap in your yard? (No.) Do worms die in the winter? (No, they just slow down.) Do you feed them animal products? (No.) Does the soil make good Earth Day gifts? (Yes, especially for indoor plant lovers!)

Esther Wyss-Flamm and her family are recent transplants to the area and happy to answer any questions about vermicomposting. With a PhD in Organizational Behavior, Esther is a keen observer of group life, skills that serve her well in exploring the social behavior of worms.

Reference: Appelhof, Mary (1997). Worms Eat my Garbage (2nd ed.) Flowerfield Enterprises: Kalamazoo, MI.

~ ewyssflamm@gmail.com

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### PASA Conference

(continued from page 3)

Schuylkill Valley Nature Center, where we met up with center staff to share rides in our two vans. This was an opportunity to meet our neighbors from the center.

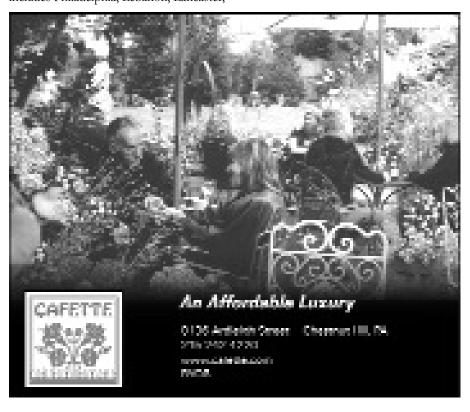
We arrived at the conference in the late afternoon on Thursday. After registering, we attended a Pennsylvania cheese tasting where I met a farmer I have been e-mailing. We made arrangements for a cheese delivery the following week. I also talked with Susan Miller from Birchrun Hills Farm, with whom I had made cheese last March. We also confirmed a delivery of cheese, including a wheel of the Alpine Swiss that I had actually helped make. After the tasting and a quick hotel check-in, we piled back into the vans and drove 20 minutes to the neighboring town of Millheim. Our destination was the Elk Creek Café and Aleworks for an evening of local food, beer and music. The dinner was arranged by Ann Karlen of the White Dog Community Enterprises and the Common Market. It was well attended by Philadelphians and a great opportunity to catch up on what everyone was doing.

The next two days were filled with workshops and speakers, including a regional breakout session. The director of our PASA region is Marilyn Anthony, a former Weavers Way Board President. Our region includes Philadelphia, Lebanon, Lancaster,

Berks, Lehigh, Northhampton, Bucks, Montgomery, Chester, and Delaware counties. During the session, Philadelphia had the largest representation. Some of the organizations and projects going on in Philadelphia include The Common Market, Farm to City, Buy Fresh Buy Local, Philabundance, City Harvest, and, of course, all the Weavers Way activities. It was great to hear all the exciting programs within the city and reconnect with other local food enthusiasts. It was also interesting to find out what our neighboring counties are doing, since we are all connected. If the farms outside the city aren't producing food, there's no need for Farm to City and other programs to exist. It was great to see people who I never have time to talk to in Philly and to meet new people from our region.

Sustainable agriculture practices are growing in Pennsylvania. This year's conference was attended by over 2,000 people including many there for first time. It was very exciting to be a part of the conference and to realize how much Weavers Way is part of this movement. We are involved on many levels from producing, selling, donating, teaching, and hopefully encouraging young people to take part in where their food comes from. Through PASA and our shared goals I hope we can continue to keep our local food chain connections strong and also make new ones.

~ margie@weaversway.coop



Fri. April 17 to Sun., April 19, all weekend!



# Mt. Airy Kids' Literary Festival!

Big Blue Marble Bookstore's third annual kids' literary festival—a weekend of kids' literature, music, crafts, and activities. Featuring popular Baby Loves Jazz author Andy Blackman Hurwitz and special musical guests, a hands-on kids' cooking experience with Atsuko Quirk, young adult author Tonya Cherie Hegamin, storytellers Milt Cohen and Debra Johnson, and more guests to be announced.

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## Co-op at Chestnut Hill Garden Fest

Spring "Greening" and other great ideas for house and home

Weavers Way and our new location in Chestnut Hill will feature prominently in this year's green-themed 13th Annual Chestnut Hill Home and Garden Festival, Sunday, May 3, 2009 from 11 a.m. to 5 p.m. Germantown Ave. will be closed between Willow Grove Avenue and Rex Avenue so all can enjoy more than 150 home and garden vendors, including a block of green specialists in front of the Weavers Way Chestnut Hill location. Weavers Way farmer Nina Berryman will be on hand with other staff and volunteers, hosting an interactive garden display for composting and growing produce with onsite experts to suggest the best techniques. Local school children will also be on-hand as green ambassadors for the day, wearing green and helping collect

## New Faces at the Co-op Farm (continued from page 2)

summer-long interns and several high schoolers also joining us as wheels in the next few months. It'll be quite exciting to watch this beautiful machine in action when the summer hits! Actually... with the literal failing of the car companies, who would want to be replicating their performance? I'm changing this analogy.

We will not be run by petroleum! Rather each of these wheels we will be a choir of synchronized off-road unicyclers. What a wonderful sight to see. Imagine the dirty hands, the beautiful vegetables, the tan and happy faces. Now imagine our performance, moving in unison and then breaking off in multiple directions, dancing recyclables! Other fun activities include outdoor food offerings featuring Chestnut Hill's fine restaurants and live music and dance performances on two stages. For the youngest members of the family, there will be amusement rides, carnival games, face painting, and a rock-climbing wall. The neighborhood's adorable pups can participate in the Bones & Bonnets Pooch Parade, a canine fashion show for all to enjoy. This event is free and open to the public event, and so is parking at any one of Chestnut Hill's nine parking lots. The rain date is set for Sunday, May 17, 2009. Slots are still available for interested vendors. For more information, contact Christa Guidi, Cashman & Associates at 215.627.1060 or email at cguidi@cashmanandassociates.com.

and exchanging produce, tools, markets, locations and moments. Be sure to watch the show... Each person has such a stage presented

That's us this summer. Dancing among the fields and forests of the Weavers Way Farms. There is a lot of good produce on the way. You will see lots of color and heirloom varieties of vegetables filling the northwest farmer's markets and the Weavers Way Co-op stores. In terms of the education programs... Do you remember that car analogy? Well, now think of the 18 wheeler as a bus, and let us say.... All aboard!

Next stop, *great food!* We're on the way toward urban food mecca, Northwest Philly; the destination to be!



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## Philly Beer Week Celebrates Philadelphia as America's Best Beer City

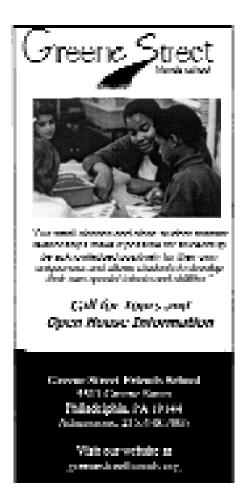
by Keith Kelleher

What is Philly Beer Week? It was a 10-day festival, March 6-15, centered around Philadelphia and the surrounding region to showcase the unlimited possibilities that our area has built towards a growing phenomenon among our bar and restaurant scene—craft beer.

The event was put together by Don Russell, a.k.a. "Joe Sixpack," who writes a weekly column for *The Daily News* and has written two books on the subject, and Tom Peters, who owns Monk's Cafe in Center city. Peters single-handedly brought Belgian beer to the forefront of our area's consciousness and helped enlighten those who would not have normally chosen beer as a beverage.

Why Philadelphia? Due, in part to these two visionaries, our fair city has forged ahead of other areas as the leader in putting a product in the minds of regular 'joes' and restaurant and bar owners alike in gaining respect for America's favorite and most imbibed beverage--beer.

We have, as many would say, an unrivaled craft beer scene that has proudly persuaded its wares on our area in the past decade or more. These are a variety of great local beers to satisfy the pallets of many a thirsty patron; German lagers, India pale ales, imperial stouts, robust barley wines, pale ales, and refreshing hefe-



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Mt Airy - Cresheim Road Manayunk - Main Street wiezens to name a few. These beers are made by some of the founders of the craft beer movement, Carol Stoudt for instance started her brewery in Adamnstown, Pa next to her husband's steak house, the Black Angus, back in 1987. She has won many medals for her brews. Other breweries like Victory in Downingtown and Weyerbacher in Easton have been around for over a decade giving us many fine ales and lagers for which to choose. Add in Yards, Troegs, Dogfish Head, Sly Fox, Lancaster and Philadelphia Brewing Co. and the list just gets better. Top it all off with some wonderful places in which to savor the subtleties of your favorite brew and the magic is compete. Fine establishments like the Standard Tap, Memphis Taproom, Monk's, Eulogy, have varied selections and great food to share along with the suds. Here in the Mt. Airy neighborhood, we are graced with our old friend McMenamins and the new kid on the block, Earth+Bread, has been a welcome addition in creating a "scene" on Germantown Ave.

and it is exciting!

All these elements combine to make
Philadelphia the logical spot for a beer festival that boasts we're "America's Best Beer
Drinking City." Opening night at the Comcast Center brought none other than Mayor
Michael Nutter out to tap the first keg for the event! Behind the backdrop an enormous digital wall with a babbling stream the suds went flying from the "Hammer of
Glory," a custom designed mallet made es-







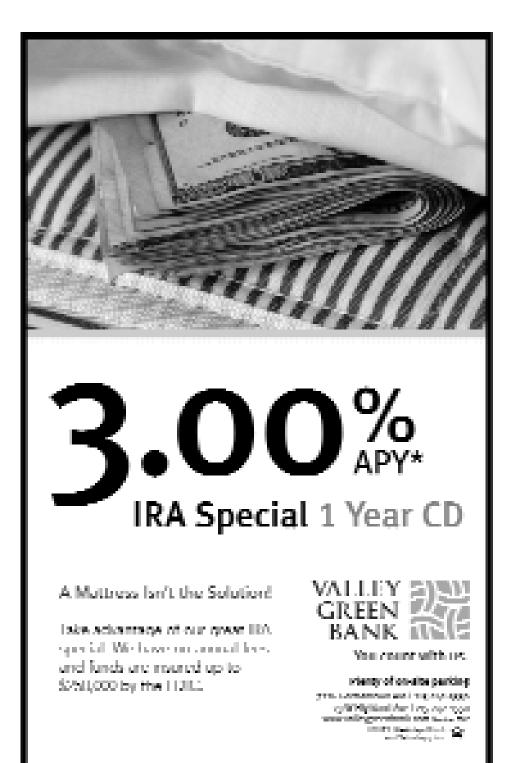
Among the beer fans at Philly Beer Week event were (I to r) Benjamin Franklin, Mayor Michael Nutter, Tom Kehoe of Yards Brewery, and Don Russell (a.k.a. 'Joe Sixpack').

pecially for the event. Also given out were some off beat Philly-styled awards to the brewers such as: Best Tap Handle, Best Tailgating Beer, Best Place To Throw One Back With The President, (which incidentally happened last summer at the Bethlehem Brew Works when candidate Barack Obama tasted a sampler for the cameras).

With over 600 planned events that included tastings, dining with the brewers, informative talks, samplings with cheese and chocolate, beer trivia contests and many

others, I would suggest Philly Beer Week to any and all who enjoy but more importantly want to take advantage of a thriving and unstoppable culinary scene that includes, surprisingly to some, that misunderstood cousin to wine; beer.

If the Pennsylvania state liquor laws are moving towards a change and it looks that way, you may just be able to pick up your own favorite craft or foreign beer selection at your very own Weavers Way-Chestnut Hill location!



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## **Spring Greening**

by Betsy Teutsch

As you are reading this, Mt. Airy is at its most beautiful—tulips and hyacinth smiling at us as we walk under the budding and blossoming trees. It's been a long, hard, scary winter; as we switch seasons we are also entering a new economic reality. While it may not turn out to be The Depression II, it is certainly a contraction. This is bad news for those whose livelihoods are at risk, but the good news is that it's a jumpstart for greening our lives. New policies are at last in place to support households in improving conservation and we'll all be learning more about retrofitting. The R-8 train stations will be repaired with stimulus funds, and we're all awaiting the Weavers Way Farm's new season and the Chestnut Hill Weavers Way branch. Municipal recycling is being taken seriously. It's a new day!

As Margaret Mead famously observed, small groups of committed citizens are the ones who create change from the bottom up. When complementary policy changes come down from above, then change is leveraged and we make real progress. Two local eco-pioneers, Lee Meinicke and Meenal Raval ("Leenal", for short?) are passionate about composting, working energetically to expand this simple practice, and recently founded PhillyCompost (Philly-Compost.org). Their aim is to educate, promote, and ultimately collect compost as a commercial venture. As they state, "Instead of wasting our organic-meaning plantbased—resources, we can recycle them into compost and use that compost to grow our food and beautify our gardens." Household scraps and yard waste is easily composted. The result, black gold, is a fantastic fertiliz-

Generally this household waste goes down the garbage disposal, into the waste

water system to a treatment plant, to be ultimately discharged into public waterways. Yard clippings end up in landfill, costing money, consuming energy, and generating emissions in the process of transporting them there. A simple compost system eliminates all that, while generating rich, decomposed soil amendment. There is some time and effort involved, but if you're looking for a new low-tech ecologically virtuous practice, this one is for you. Composting can be simple, just a corner in a back yard, or complicated-state-of-the-art composters do the job in just a few weeks. You can build a compost pile, buy one, or just have a designated dump.

Meenal and Lee have a ton of how-to-do-it information on their site and are working on solving the problem of those who don't have their own compost piles. They even have a map of the 'hood that indicates neighbors who are happy to accept your contributions. No excuses!

And for those who have mastered composting and are out there gardening, here's another citizen initiative to check out: www.phillygardenswap.org, headed up by Ricardo Jefferson. This group shares seeds and perennial plants in a very Northwest/Cooperative way. Their plan is to both provide online swapping (think themed-Freecycle) with in-person Sunday swap meets. There are gorgeous garden pictures on their site and it will provide great support and connection for local gardeners, whose activity is quite solitary. In this day and age, I'm sure we'll be hearing a lot about Victory gardens, putting in your own vegetable plot. This is greening from the inside out. Go for it!

Betsy teaches blogging at MALT and blogs at MoneyChangesThings.blogspot.com.

# **The Neighborhood Gardener Edible Landscaping**

by Mark Goodman, The Neighborhood Gardener

Don't worry—you don't have to eat shrub leaves or mulch. Edible landscaping means that you incorporate food crops—vegetables, fruits, herbs—into your garden along with, or instead of, ornamental flowers, shrubs, and trees.

When I first started my landscaping business in the early 1980s, I advertised to plant vegetable and herb gardens but got very few responses. The 1980s, remember, were about image, regardless of usefulness, substance, or moral quality. Yes, people grew a few tomatoes or strawberries or herbs for fun, but not for a serious source of their food supply.

Times have changed. Now there are more sound reasons for growing your own produce. First is the economy. If you have room for a 4' x 8' garden, or a few fruit trees, or even some large pots, you can save some money by "growing your own." Country people have been growing, canning, and drying their own food for centuries. This cost-cutting strategy is trickling faster into the cities and suburbs. Community gardens have been popular for some time, but now individual homeowners are using more of their garden space for food crops.

Another reason for growing fruits and vegetables is health. When you prepare and nurture your own garden, you control what fertilizer goes into the soil and what goes onto the plants themselves for pest prevention. The best way to eliminate doubt about chemicals or poisons is to grow the food yourself without using unhealthy additives. Growing food organically is no longer a

fad; it's a lifestyle. Of course, while you're raising your backyard bonanza, you are using your body in a healthy way. Young, middle age, older—everybody benefits from good exercise in the garden.

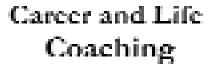
Third, the Green Revolution is here to stay. Once you accept that consuming local produce will save energy costs by not transporting goods from points far and farther, then harvesting your own bounty makes perfect sense. You can't get any more local than out your back (or front) door.

Finally, there are the X-factors. To be in touch with the earth in a productive way is a basic human experience that we—urban and suburban dwellers—have almost lost. There is a sense of pride and satisfaction that emerges when you grow your own food that is akin to the feeling of accomplishment that a craftsperson or artist or healer experiences.

Furthermore, immersing oneself in produce gardening can be educational. By keeping your eyes, ears, and mind open, you can learn more not only about food plants but also about weather, soil, insects, and birds.

If you're spiritually inclined, you can experience the meditative qualities inherent in gardening, and you can understand why so many religions have garden settings for their visions of paradise. If you're more nature-oriented, there's a deeper understanding of the cycles of life as you watch a seed or small plant grow into a beautiful and tasty treat for you and your family and friends,

(continued on page 11)



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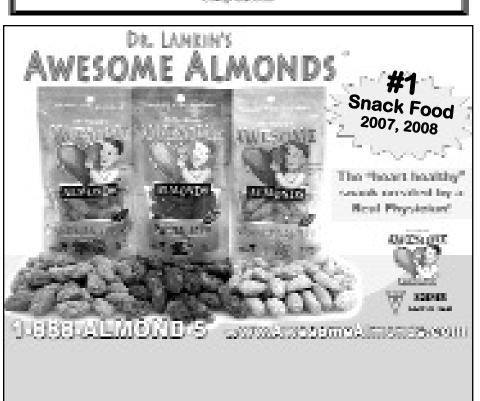
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#### Edible Landscaping

(continued from page 10)

with the debris going into a compost bin. My niece, Leila Nichols (Earthcraft West), tells me that interest in edible landscapes is growing in California, where she now lives, and in the Pacific Northwest. She recommends the book Edible Estates, by Fritz Haeg, et al, and his website, www.fritzhaeg.com. Another good book is The Complete Book of Edible Gardening, by Rosalind Creasy and Marcia Kier-Hawthorne, a comprehensive look at soil preparation, plant choice, insect control, small garden design, and maintenance. Also consider Landscaping with Fruits and Vegetables by Fred Hagy for information on planning, planting, and nurturing the garden. Finally, I recommend Grow Your Own, by Jeanie Darlington, one of the first of the do-it-

For more information about edible landscaping, contact The Neighborhood Gardener at earthcraft@comcast.net or call 215-248-1676.

yourself organic gardening books, and an

inspiration to me in the 1970's, thanks to

Mt. Airy ex-patriates Jack and Fredda Lon-

#### **Incredible Edibles**

by Mark Goodman, The Neighborhood Gardener

Sometimes in life, we need to make a decision between the fancy and the functional. Do we buy the sporty-looking gas guzzler or the more pedestrian model with decent mileage? Do we go for the slick shoes with minimal support or the more substantial pair that will be kinder to the toes and ankles?

Luckily, with vegetable gardening, we no longer have to make these tough choices. That's because vegetable seed companies have been hard at work cross-breeding varieties so that gardeners may reap a harvest that is pleasing not only to the palate but to the eyes, as well.

Growing up in the 1960's, my experience of lettuce was the green and white (and tasteless) iceberg variety. Now if you look at the Johnny's Selected Seeds catalog, you'll find more than six pages of lettuce varieties, including those with red-tipped leaves, such as Sweet Valentine, Rosalita, Vulcan, and Red Star. You can also find the dark red selections Aruba, Firecracker, Oscarde, and Ferrari. If you really want to brighten your salad, there is a bright red va-

riety aptly named Outredgeous. Fireball lettuce not only has reddish tips, but the center is yellow. (Full disclosure: I tested the soil at Johnny's Selected Seeds in Winslow, Maine in 1977 when owner Rob Johnston, Jr. sought—and got—organic certification.)

When summer comes and it's too hot for lettuce, you can satisfy your hankering for greens by growing colorful Swiss chard varieties for salads or cooked dishes. With chard, a relative of beets, the color is in the stems and leaf veins. Choices include dark red (rhubarb chard), magenta, pink, white, yellow, and orange. If you buy the seed packet "Bright Lights," you can have the whole spectrum.

For bean lovers, there are alternatives to the green pod, white-flowered standard. Yellow, or wax, beans are colorful in the garden and on the dinner table and come in bush and pole (climbing) varieties. Purple pod beans are also available in bush or pole form, with the pole variety showing off purple flowers. Purple pod pole beans are hard to find in stores, but they are available at Gurney's Seed and Nursery Company, P.O. Box 4178, Greendale, Indiana, 47025.

My favorite ornamental bean, however, is still the scarlet runner bean. A prolific bearer of pods up to 10-12", it sports a decorative red flower that attracts hummingbirds as well as humans. The gala display doesn't end there. If you break open a

mature pod, you'll be rewarded with gemlike black and purple seeds that can be cooked, saved for next year's planting, or when dried—made into necklaces.

Even carrots are getting into the multihued act. You can now plant yellow, white, and cream colored carrots, as well as purple-skinned alternatives with orange interi-

Green cucumbers too boring, you say? Then grow the "Miniature White" (pickling), russet-skinned "Poona Kheera" (from India), or the round yellow "lemon" varieties. If you really want to get exotic, try the long (up to 18"), thin white-striped Armenian option, "Painted Serpent."

Pepper aficionados can enjoy red, yellow, orange, brown, and purple sweet bells right from their back (or front or side) yards. Here's where you can save some money, because non-green organic peppers fetch a pretty price.

Finally, if you want to have a really ghostly jack-o'-lantern next Halloween, plant the white Valenciano pumpkin.

Recommended book on ornamental edibles: The Edible Rainbow Garden, by Rosalind Creasy. It has a comprehensive plant list and creative recipes.

For more information on ornamental edibles, contact The Neighborhood Gardener at earthcraft@comcast.net or call 215-248-1676.









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## Germany Continues Ban On Nicotine-Like Insecticides Linked to 2008 Bee Deaths

by Rodney B. Griffith

Germany has continued a ban of nicotine-like insecticides while it conducts further investigation into a possible link between the pesticides and honey bee deaths.

The Federal Office of Consumer Protection and Food Safety ("BVL") announced last month that it is continuing the ban of three neonicotinoids--clothianidin, thiamethoxam and imidacloprid. At the same time, it lifted a ban on "Mesurol flüssig," a pesticide containing methiocarb, which also was a suspected cause of bee deaths that impacted 11,000 hives in southern Germany. Neonicotinoids are similar to nicotine and are used for treatment of grass and corn seeds.

"It has not yet been fully clarified to what extent and how bees come into contact with the active substances in plant protection products belonging to the neonicotinoid group... In addition... the question has arisen as to whether drops of liquid from plants which are taken in by bees pose an additional risk. For this reason, the BVL has decided to continue to suspend authorizations for . . . neonicotinoids," the Office

of Consumer Protection said in a press statement.

Bee deaths are a concern in Europe and the United States as beekeepers and scientists seek the cause of Colony Collapse Disorder, or CCD, a phenomenon in which worker bees suddenly disappear from a honey bee hive.

Honey bees are the main pollinator on which U.S. farmers and orchard owners rely. They contribute an estimated \$14 billion annually to U.S. agriculture production. According to one survey in 2008, losses of managed colonies nationwide were 36 percent in 2008, compared to a 31 percent loss during 2007.

A Pennsylvania Department of Agriculture spokesperson punted when asked the Department's position on neonicotinoid use in light of Germany's continued ban of the insecticides. "We're referring comments to the EPA," said Nicole Bucher. The U.S. EPA has primary jurisdiction over pesticide regulation. Federal actions pursuant to the Federal Insecticide, Fungicide and Rodenticide Act preclude action by state and local government.

In December 2008, the EPA moved up its timetable for the periodic review of the neonicotinoid imidacloprid and that review is underway now, according to an agency spokesperson. The EPA also has moved up to 2012 the periodic review of six other neonicotinoids licensed in the United States. A periodic review can take a year or more.

Germany suspended the approvals of clotianidin and methiocarb as treatments for seed corn after the bee deaths in spring 2008 in the Upper Rhine Valley. New German standards for methiocarb-treated corn seeds require that the insecticide must bind with seed so that abrasion creates no more than 0.75 grams of dust per 100,000 seeds. It also has placed restrictions on use of pneumatic seed planting machines that create a vacuum to drill single corn seeds into the ground.

German investigators determined that the approved use of insecticides at a high concentration to treat against western corn rootworm, and use of the machines, may have caused the bee deaths. The machines abraded insecticide from the surface of seeds, created pesticide-tainted dust and released the dust into the air. During corn planting, that dust may have blown onto blooming plants.

Currently, researchers suspect that numerous factors combine to cause CCD. In prepared testimony to the House Committee on Agriculture, Subcommittee on Horticulture and Organic Agriculture in June 2008, Maryann Frazier, a Penn State Senior Extension Associate, beekeeper and apiary researcher, told the subcommittee there is increasing concern that pesticides affect bees at sub lethal levels, and impair their behavior and immune systems, which may contribute to pollinator decline and CCD.

This concern is based in part on recent studies in Pennsylvania that show significant pesticide residue in pollen and beeswax. Some researchers doubt that neonicotinoids contribute to CCD because they are central nervous system toxins that do not appear to affect the immune system of bees.



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Damien P. Ctasullo, DC, FRCPA

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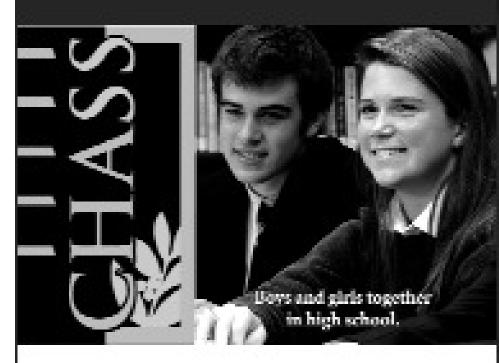


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## Phila. Global Water Initiative Water, Sanitation, And Public Health Conference

by Stan Laskowski, President of PGWI

The Philadelphia Global Water Initiative (PGWI) has announced its third annual conference on global water and sanitation issues, entitled Exploring the Public Health and Water/Sanitation Connection in Developing Countries.

The event will open with a reception on Friday, April 3, 2009 from 5 to 7 p.m. at the Fairmount Water Works Interpretive Center, 640 Waterworks Drive, Philadelphia, PA 19130, featuring refreshments, entertainment, and a presentation by the Philadelphia Water Department on the history of water and sanitation in Philadelphia.

The full agenda will resume the next morning, Saturday, April 4, 2009, at The College of Physicians of Philadelphia, 19 South 22nd Street. Lasting from 8 a.m. to 5 p.m., the conference will include two panel discussions featuring international water and sanitation experts from the United Nations, the U.S. Agency for International Development, and academic institutions.

There will be facilitated breakout sessions, and opportunities for informal discussion. Dr. Shiriki Kumanyika, Associate Dean of Health Promotion and Disease Prevention at the University of Pennsylvania, will deliver the keynote address.

Philadelphia area experts who have worked with these issues in Kenya, Afghanistan, India, and other countries will be available to discuss their efforts. This conference will provide a forum for exchanging ideas, learning how the global water and sanitation crisis will impact everyone, and collaborating to find sustainable solutions that will save lives.

Admission is \$25 for adults and \$10 for students, payable in advance or at the door. Advance registration is required. To register, or for additional information, contact Cassandra Partyka at partykaa@sas.upenn.edu or Dee Nguyen at 808-389-0456.

The Philadelphia Global Water Initiative (PGWI) is a group of interested organizations and individuals committed to helping to meet the UN Millennium Development Goals for water and sanitation throughout the world. Its members include the University of Pennsylvania, Philadelphia Water Department, Water for People, Aqua America, Pennoni Associates, the U.S. Environmental Protection Agency, Uhl, Baron, Rana and Associates, Delaware River Basin Commission, the United Nations Association Greater Philadelphia Chapter, Rotary International District 1750, Keiyo Soy Ministries, and Traveling Mercies.

PGWI was founded in 2006. Its mission is to increase global access to safe water, sanitation, and hygiene services utilizing the resources and expertise of the Philadelphia region and beyond. Additional information is available at www.pgwi.net.

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## **Precious Place Awaits Funding** for a Permanent Home

by Larry Schofer, Education Committee Chair

If you had been present at the Weavers Way fall showing of Precious Places, you would not have been surprised at the recent column by Annette John-Hall in the Inquirer regarding the Asian Arts Initiative.

At the film series sponsored by the education committee, we saw a piece devoted to this very exciting arts and neighborhood project. The film ended as it looked like the initiative was going to lose its space, but later we reported in the Shuttle that it had found a new home.

Now once again the future is in doubt. The Asian Arts Initiative was displaced by the expansion of the Convention Center. It found a home, and in 2007 the City of Philadelphia helped with a large grant. The

center is waiting on a decision for a state grant. If they get it, another neighborhood institution will survive, continuing to make real social and economic contributions to

films about their neighborhoods. The Weavers Way film series has had two showcommunity group in the Northwest, possible including Weavers Way, would organize to make such a film.

If you are interested, please send a note

# Precious Places is a project sponsored

by the Philadelphia-based non-profit Scribe Video. It helps neighborhood groups make ings of these short films, and a third will be presented later this year. It is possible that a

to films@weaversway.coop.









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#### Weavers Way Film Series

## **Preserving Our Freedoms**

by Larry Schofer, Education Committee Chair

The crowd was small, but the films were brilliant at the March film evening sponsored by the Weavers Way Education Committee: Dissent and Religious Freedom, from the ACLU Freedom Files.

Both films highlight the ACLU concern for individual rights. In Dissent, the focus is on police departments that use unconstitutional means to stifle dissent, such as those experienced during the presidential nominating conventions every four years. The most frightening scene showed police opening fire with wooden bullets on protesters picketing at the port of Oakland, California.

The film on religious freedom opened with some cases where school and hospital authorities tried to ban any religious expression by a student or an employee, presumably out of the misguided notion that no religious beliefs are allowed in public institutions. Most of the film, however, focused on religious people—in these cases, mainly fundamentalist Protestants in small towns—denying any right of religious dissent. The film culminated with the case of the school board in Dover, PA, which tried

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Commentary was provided by John Grogan, a Philadelphia lawyer active in civil rights cases. He pointed out that much of our attention is drawn to large political protests, but many free speech cases involve individual acts; sometimes, the actors are not very nice people, even if they also have a right to express their beliefs. John gave some detail about an anti-abortion picketer who habitually confronts passers-by with gruesome pictures of aborted fetuses.

John also discussed at some length a recent threat to personal liberties in the form of immigration laws, especially where local authorities (e.g., Hazleton, PA) try to enforce their own understanding of what immigration laws should be. There is a constant threat to liberty by local authorities, often with the support of many citizens.

Much of this material may be viewed on the internet at www.aclu.tv.

The April 15 showing by the education committee will be The Real Dirt on Farmer John, with commentary by David Siller, farm educator of Weavers Way.

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#### Managers Corner

(continued from page 1)

your equity account, even above your \$400, that would be great too. You get those funds back when you leave the Co-op.

- Volunteer to help us get new members or to help get loans from others.
- Keep shopping at the Co-op. During these tough times, keeping our sales above projections is very important.

Whatever you can do is appreciated. I promise you that we are focused, and will remain focused on nothing less than expanding the Co-op's mission, Ends, and product philosophy.

We moved a little closer in March to a design that most of us think will work for the Chestnut Hill store. Our architects, Dick Winston and Dave Quadrini of DLR, have been asking and listening and working to fit the desires of the Co-op into the space that we presently have to work with. As we move forward with drawings, we will get these up on the website, in the store, and also on the front window of the new store. Here are a few items that we are

working to accomplish (and it is only a draft as of now):

- a. Open the left side of the building to allow shoppers to enter on the left side of the now closed building. It is looking like a produce department on the left and an exit through the present entrance/exit, on the right.
- b. If possible (and we think it is) we are going to take down a few walls to open up the space to allow for an open kitchen format that will let you watch the action or speak to the kitchen staff.
- c. Prepared foods, deli, and fresh foods (chicken, fish, meat) will be in the rear of the store, with most of the real estate going to perishable and prepared foods.
- d. The front façade will probably have a total make-over, with new stucco and paint.
- e. Bulk bins for self service will be prominent along with a bread section of mainly local breads.
- f. In this phase we do not see any seating for food, but only for a membership area that allows members to sit down to talk or read.

#### Member Loan Campaign

Boy, was that a confusing letter you received in the mail last month, or what? Even I was not sure why we have to go through all of this, but we did it as told. We needed to offer equal shares of the loan goal to all members (partners) of the Coop. We knew that not everyone could make a loan commitment, but we had to do that first. Now we can ask those who can afford it for a minimum amount of \$2,500 (and we hope that a few of you will come up with some substantial loans in the five or six figure region).

There is another article in this issue, all about the member loan campaign, and you can also get more information on the web site. What I want to stress here are just three things:

- We have the loans that we need to move forward, for the most part, but member loans enable us to replace bank loans at interest rates of 6.75-7 percent with member loans at interest rates of four percent or below.
- Engaging members in the expansion as loan providers improve the linkage between members and their co-op.
- Replacing the bank loans with member loans will remove the liens on the current Carpenter Lane properties and enable us to get additional loans in the future if we need them for other projects.

If you have any additional, questions speak to Stu, Hilary, or me.

#### **Board Elections**

Beginning in mid-April, voting will be open for our annual board elections. This year, you will have a large slate of candidates from which to choose. While I cannot endorse anyone, I have to report that the current board members have done an outstanding job and have been extremely dedicated. I am always amazed at how much time goes into board meetings, special subboard committees (i.e., Ends, GM Compensation, General Membership Meeting, etc.), and community events that board members attend as your representatives. Take a good look at the slate. To me, this is an interesting group of new people becoming engaged in the future of the Co-op and I look forward to seeing them join the board along with those who are currently on the board.

So, please vote... It is important that we have a sizeable vote, so we can say that the co-op truly is a "democratically" controlled organization.



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## Friends of the Wissahickon

85th Anniversary Celebration

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May 30, 2009

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## Our Most Important Environmental Issue... The One We Don't Talk About

by Sandy Folzer, Environment Committee

Recently I saw a letter in Sierra magazine, which said, "We can drive less, ride bicycles, and improve insulation until the cows come home, but it ain't gonna be enough... [We have to] acknowledge that population growth overwhelms all efforts to be greener."

Overpopulation is a very touchy issue, but one that needs to be addressed, for all our environmental problems, from loss of resources to pollution, are directly related to overpopulation. According to the World Bank, a billion people today lack clean water, while another two billion lack proper sanitation. Ninety-five percent of cities in the world still dump raw sewage into their water supplies. No wonder 80 percent of disease can be traced to unsanitary water, which kills 1.2 to 2.7 million people every year.

The United States has the highest growth rate of any developed country.

As our population doubles in size, we will need more housing, more roads, more energy, more food, and more available health care. We will have more traffic, more overcrowding and fewer resources. Since 1980, the U.S. has taken more than 10 million acres of open land for housing. Our aquifers are already being depleted. And diseases from factory farming are increasing.

Since 1950 the world has lost 80 percent of its rainforests, tens of thousands of plant and wildlife species have become extinct, and greenhouse gas has increased by 400 percent as a result of overpopulation. Even if we reduce our energy consumption by half, the gain would be lost by the doubling population with its energy needs. The

World Health Organization says that loss of resources, along with population growth is the major cause of the increase of human disease. David Pimentel at Cornell University said that 3.7 billion people already suffer from malnutrition. Americans represent four percent of the world population, yet we use a quarter to a third of all resources. We also have resisted any efforts to curb our consumption or population growth. George W. Bush's 2001 "global gag rule" denied any family planning support to foreign organizations that provided information on abortions. We could have been instrumental in helping to decrease population growth in areas where resources are least able to sustain such growth, contributing to more disease.

Since much of war is about land, overpopulation invites more competition for meager resources, which may result in warfare

Much of the resistance to population control has been religious based. Yet there seems to be a shift. Some Jewish scholars point out that Joseph had no additional children during the seven years of famine (Genesis 41-50), which is interpreted to



mean that when there is widespread hunger, one should not bring more children into the world. These scholars also point out that we need to improve living standards so poor families do not rely on having many children to provide economic survival and old age security. With more economic stability, people are more apt to limit their families. This can only happen with more equitable sharing of the earth's resources.

Some evangelical Christians are now using a "Green Bible" to show that caring for the Earth may be more important than having children. They claim there are over 1,000 references to caring for the Earth, far more than references to bearing children. For example:

"Then the Lord God placed the man in the Garden of Eden to cultivate it and guard it (to tend and care for it)." (Genesis 2:15) I would like to see birth control free to all, both inside and outside our country. Many people can not afford to avoid pregnancy. We also need to educate people, even offer some kind of incentives to refrain from having large families. Birth control should be actively pursued, especially since research has proven that abstinence does not work. We need to address the myth that procreating is a sign of masculinity or religious fervor. Changing people's attitudes may be the most difficult task of all.

It is unfortunate we didn't listen to Senator Gaylord Nelson, founder of Earth Day in 1970, who said, "Forging and maintaining a sustainable society is the critical challenge for this and all generations to come. In responding to that challenge, population will be the critical factor in determining whether or not we succeed in forging such a society."

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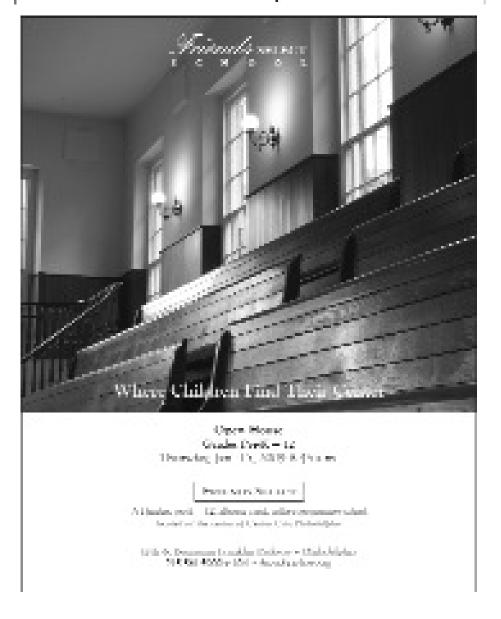
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## **Weavers Way Discount Program**

by Robin Cannicle, Membership Coordinator

There are many benefits of membership at Weavers Way Co-op. Among these, are the valuable discounts local businesses offer to members of Weavers Way. Weavers Way members love to support other Co-op members. This is a great way to utilize our resources within our own community.

We are currently looking for local businesses to participate in our Member Discount Program. Participiation in the program gets you a listing on our website, and in our discount program brochure. If you own a business or provide a service and would like to offer our members a special discount, please send us: the name of your business, contact person, mailing address

of business, e-mail address, phone numbers, nature of the busines, and discount offered.

You can send it to me by e-mail at member@weaversway.coop, by mail at 559 Carpenter Lane, Phila., PA 19119 or stop in and see me at our new membership offices at 555 Carpenter Lane.

If you currently participate in our member discount program, it is important to update your records annually, with business name, contact person, mailing address of business, email address, phone numbers, discount offered.

Inclusion in this program does not imply endorsement by Weavers Way.



Weavers Way Ogontz Store Manager Jason Price (r) and Co-op staffer Stephanie Johnson (center) were on hand at Enon Tabernacle Baptist Church's Annual Health and Wellness Fair, letting everyone know about all the healthy options available at Weavers Way's Mt. Airy and Ogontz stores.

city is making an effort to promote more recycling in this part of the northwest. The giveaway is an effective message to the public that the Co-op can serve as a community hub and be more than just a grocery store. State Representative Dwight Evans stood in line to receive his bin, and another 149 bins were distributed to the citizens he serves.

mann and members of

organized another recy-

cling bin giveaway. The

Weavers Wav's Envi-

ronment Committee

To add to the festivities, Co-op member Sharat Somashekara and his friend Claudio entertained the crowd and passers-by with some great jazz music. With a saxophone,

guitar, and a small drum kit, the duo rocked the avenue and put some pep in everyone's step. Some local talent even sat in to jam out. Having local music on the weekend at Ogontz could become a trend, as we work on contacting members and non-members who are interested.

If you have never been to the Ogontz store, and especially if you find the Mt. Airy store too congested, stop in. And remember, Weavers Way is one Co-op in two (soon to be three!) locations.

# PRE-CORDER EASTORILES uics from our Kitchen CONTRACTOR OF A SEC

White Indiana (Market Pet Tables Com-

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## ULTRY, MEAT AND SEAFOOD

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### **2009 BALLOT**

#### For Election for Weavers Way Co-op **BOARD OF DIRECTORS**

#### **VOTE FOR UPTO 8**

(The 4 winners with the most votes will serve 3-year terms. -year terms.)

The next 4 winners will serve 2
Steve Battafarano
Sylvia Carter (incumbent)
Jen Dubin
Alexandra Ferris
Andrew Herman
Chris Hill (incumbent)
Jon Jensen
Margaret Lenzi
Brian Maher
Susan Miller
Cat Niallon
Joe Pientka
Cynthia Potter
Alyssa Roho

David Woo (incumbent)

Dave Tukey

FOLD HERE	
TOLD HERE	

Fold here for confidential vote. Every effort will be made to maintain the privacy each member's ballot.

Name:		
	(print clearly)	
Signature:		
N. T	<b>D</b>	
Member #•	Date	

To vote by mail: Ballots will be accepted by mail if received by Saturday, May 16, 2009. Mail to: Leadership Committee, Weavers Way Co-op, 559 Carpenter Lane, Philadelphia PA 19119.

To vote at a store: Place ballots in the box provided at a WW Co-op store by 4:30pm, Sunday, May 17.

To vote at the Membership Meeting: Place ballots in the box provided at the Membership Meeting by 6pm, Sunday, May 17.



## 2009 Election for Weavers Way Co-op BOARD OF DIRECTORS One Vate per Household

Published here are the responses of each candidate to the following five questions.

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

To your by math Enlarg will be somewed by mail it received by Separates May 16. 2009. Mail to Leadership Committee, Western Way Co., ag, 500 Chapenter. Long. Philiodelphia IVA 29715.

To state at a state Place bullets on the has greenaled at a WW Co. or store by 4c3Upon, Sundare Miny TV.

To state at the Membership Meetings Place ballon in the box provided at the Microbarthin Microby by Som, Sandari.

See ballot on page 13.



#### Steve Battatarano

- 1. We see a King early manufacturing a group experience in patterns particles may values around the most fundamental sensitive functions. The arrest ensured throcycles from community into our horse, onto our labbs that offer your sussenance. Although the foundation is tood it is more about the libeals, commisment, and practice offering a more healthy and currelinable approach to the future.
- 2. I worked in groupy stores and on farms in my youth lineing a great way to spread happiness, updeer embude, kindness and pleasure to a require community. of component, lica business and eclosed with Chemical Thailnesing and MILA

degree, weding in a major reportation in moderling flustness development, flustrial management and "In matching for a proof of the demand of the contract of the demand of the demand of the formation of and becomes a

- as how storaged with a more of a more or standally fature, it was a procedul and montempted quantily fact. narrower and the even in mostles, are sound to affect a mount the fit that a messen for number of sines. Communal from and the availability of relationally resources will continually be a proving need. I believe that our incideation and membership comprovide the greatest hencility via our expensive quality by applying our Jalania and violen to the greatest good with added community engagement.
- 4. Ally volunteer experiences include leading community free planting programs with only government, major I.S. company acomposed programs, and Boy Scools, as well as many United Nov and MUC days of service.



services, policy, and sociples.

#### Andrew Herman

from exposure Community Service work: Induced elementum school children for TO years.

- 1. Wasnes-War critical community the values that I store in municipals in my He commitment in community, health, education, equality, and environmental separability. Was, I sale ones pleasure in cooling and earing - and, of course. the unique telection of final available or Western lides enhances there activities.
- I amazinal businessowiet who has a background in lineaux, entrepreneur. thip, and merperclusquititions. My experience also includes adulting small technology cumpanies and mart-ups.
- 3. I would like in see Weaven Nay seminur in organd its larning of letings in schools. I am really proud that our co-up spends time and recourse reaching-children about where tood comes from and the importance. of habitis eating. Also, the expansion into County case represent engineers accounts for introducing the In ag to more resplices. Proper execution of the Chestroit Hillergament over the next temporarie miteral to Director's and bony from health of the County

2. I see blower Way regarding and approxing to many different demagnifier, intentionally becoming

become the leading multi-location inflam or up after which other rules can and will multi-litter insuring

8. Departs patellis transformational terring and development for line years. No king at temporary

epresentative of non-registrations). We develop a manufact professionally non-registrative agreements and

4. Surgeon: Explain of Balt Walt from presently reflected over \$1,900, Was several of type stimular lays.

Performance, a philadromical long being white group to play and complicately every day. To a board play bitures,

- 4. I have never a lumewed first connective. I worked to a fail time much reacher in a middle school in. Central Ward of Bernath 10. The schoolings, were broaden examped sust infinite residuate trans-
- Sulfarythe and I have a one-year-old despine, which has been a mean experience. We provely moved to left. ility. Disformately, However special talentum special of with the possible recognite of being able to make a Lodg part of hours. But, its extends regardle remark elebration the tailouts of others.



### Seleia Carner

- Arcaident of West ML Stry for almost 50 years and member of Westers Wey for over 30 years. I have experienced the positive impact Neavers Way has had on our community and hope in continues inside distributes unless i may use.
- 2. Having worked for a regulated industry and a for profit sorp, as well as served on the boards of several monoratins. I feel these experiences will be an asset in my ability to work with unbercard the ability to balance and understand the needs. of savoring a particular, suggested in business that is committed as high quality

muladisant becomes and mistanting secure to discussibles, and a minimally

- 2. Hydrian informative re-chini patine-upok some of our promises and goals while expanding to some a wider and more discrete community of mornitors, thoughest and server of our tholisties and cornices, we do this. may any that will be presented to the recovery on Meson, Long earlier Principles and Males.
- 4. Lamon the board of Debugge (biley College Tourt to Herodrally North College and Universities and a mediles of Samptonet Interactional. I have severed in other basels and clabs uses the grant
- S. Hywork experience included maining, managing and supervision in the saws of marketing, naturate service, budget and collections, corporate uniting, and financial planning bloom from These revised, I spending year to reach up family gardening and going to meyenes, and more to



#### Chris Hill

- 1. The firm postle center of amount yields the amount of its laying to allowed. mechanism approximately for growing lead in releasures. It evaluates values reportant to me community, acclamability, solidoration,
- 2. Summitted Timp term, a tree member of Board and Konstament ter, to exrenerced made and editional resource between the purpose defining our goals and directions. An experienced manager with approaches lacks unliable stirrely. Despity Involved in the local loods movement and sustainable aerituiture.
- 3. Shall be map at Bolicon compelion at numericable to opening a second size that serves a broader. saracrof manties. Long ferm ricine Providing preping leadership in developing a vibrant, curluptual. susialnable, and equilable local economy, and helping start other corporative ventures.
- 4. We so reproducted that Stream to worker membershows the Webse Co. on a Managardo, fan vont beand member: All I Look Farm In No.4 Philladelphia. Advisory Committies, SJ, IRSA ITR Association for Specifiable Apriculturel, Figs Service Executive Exemploses, Dural Improvement Appelation: Co-President. Drawer Street Private Colocal Prevent Besocharton.
- 5. Scrims budyard gardener with 50 varieties of ismaloes and 15 varieties of het poppers, liped lover and rook, Thirry-year switters of Germanopurality, May, My with, Ellen, discretite graduate program in dance? movement therapy of Dreval Councillates, Movemend Liden Lave wooderful, socially committed. How the sitelity of the city Hale of user and organize an annual urban form his train known men such development becomes communications and becomes on the continual transmit



#### Jen Dubin

- 1 Altower No. s. and otherwise to model order, made, commute and
- 2. Experience in a diverse pance-of working equipments, including small havines, magnetic and magnetic guestics and dispersion for founding or eregrent. The sharpests on extend organization skills and qualifold and only would prove turn observant to the brand.
- I magnes a more responsive and efforcationing, not breaken education with staction, sense; and lower cody. I would disable in sense cover residily, both in the physical community. and unline. It is would improve public relations, member recruitment, and appeal to younge generations.
- 4. Conveying its even on the States are committee for borness of the West abstract with a forest maker small. activology. In the past, hydrotecocias manager of a promitions form in an unine artists' edicated:
- Scholler ple that up natural talents are burning required to promitive print, resembly relating printing of mpanifore management White large short lase numbers for map of extent amount salon; they are skills. nozowy lobely un Ustaliow.



#### Alexandra Ferris

- 1.1 am shough committed to people from empowered and unmeded. We were Way provides an apparaturity for people in Interval, make Intereds notions, and develop connections that otherwise might not exist. Local, requirebly produced that enriches the quality and abundance of both consumers' and produces' lives. Wester-filtry disecuta overthis healthy positives, social number, and lendership.
- 2. After being self-employed frontings years, five-operative loss three years condiing introduc bodovkip development programs, training participants in effective

communities and execution through reading people get new and consider ways to prevent the world. around them and tale actions required to obtain quals. These shifts will support the burg members' interests, as we consist in the next years. Many of the conversations in the world below are about ording body. Left and miss points apportunities by apprecing from survival soulies.



#### Jon Jensen

- 1. Alter deadless to one on a life system, according from heard relational. program med at Konstang my lamby and three-personalist a more of an life. but did not want in give up accessorquality allowable lood. We are a Way was Immediately on the map as a significant community resource.
- 2). Hope is support the opening of the new state with an professional expencreditions (Ic 222) in Noncomoun Insurious Inc Johnson Falls and New Jersey. Green building developed as a pupilon leaching learns about it, at

I suppose Data. I the loan database about implementing comeffective measures to decrease the Co-countries. members'use of requires.

- 3. All passion for this work would cartainly prove useful in the precess of seeing up the new stone, whether from a board position or simply as an innerested unknown. I would also like to for uson improving the customer experience sobile-chapping.
- 4. In my race years seening contributional of liables for Humanity Perry County from 2005-2005, I was able to wave than cognitization through energy currenting and uniconset specification.
- 5. Since moving to Philadelphia. I have located on high performance new sometraction, however my training has included much about existing buildings. When I decided to leave my last problem managing a 215-acre. form in Petro County, I knew that I yould innorfer time spent in the outsuit of syctological book production. I hope that I can you same of that through metherness with the bissues: Way form



#### Mangaret Lenzi

1. Weavers Ney to a credit link in creating excelentable common as we move than the 21st density to be important for our society or develop when models of possibling goods than do not depend on corporations that we driven solely by positr. The Co-up is such a model at it is covered and governed by the members who subschool this final and Mi-typles, energy access around an allocal final product on.

2. I am a lawyer who worked in the public sector my entire professional life.

Unimmering the separateurization reasonmed a quadrateur of my life and included insertials Coalition for the Secretal Welfort, Welford Station, Secretaria, Com, Merghian hand Meteories, Coalition in Secretar Missoures, hand MM Thomas Dilace, and the print United Piola Thomas developed Stationards as assumpting Statio, assuming regardations, overseeing budgets, welling by News, applying the grants, and deing public extensions exemb.

- So Rigorous with a Money Way will be a satalptional resonar but the development of other conjecture process shows so that non-society can move in the right direction in the larger or white directions in social security and group due for its members in the short run. The far up has the challenge of growing bigger without changing its essential character of being a welcoming respectful, and caring community.
- How binny, working in the WW harm, and refundering for great early groups. I believe that my impact blood of experience and allowell make me a productive member of the Sount.



#### Brian Maher

- When I was now to Nil. Key. Weavers Way provided an immediate archite to
  the mightenhood: a vibrani. Givens assertment of people joined together around
  the issues of handland local militarity. Viewers liftly in expectal to surplining our
  solution reliablost and welcoming those value have set to active.
- 2. I have learned years of experience with comproles ranging from the sountry's leading thesese company for children roan-enlogibally-forward liberal arm reliege, my prospective to these hazaleted by living in three-countries and eight states, and have accounted by processing a Markey Dispersion companies admired action.

from the Disservally of Periodylasmic Latter your brand the organization, communication, and restor-positives subservable field have cover sold of free experience.

- B. On fature leady nearby, an expansion of the Sout Billand the nationed support of the West Calc. Lancetime, Burdely is to ensure that these charts are an extension of the nature, shoughts, and storidy of Western Way Western Indianated to edge! In our new consumptings, but the eventning goal should be to bring the lead of surveyers in number communities.
- Wywele Sielan and hwere Pose Curps relatives on the stand of Amaha. The lessons is an editionary that time are simply fee numerous in fact in this format.
- N. Virlam and Law aromatic assuming an elevation the product adoption of our heal shirtly and before the upmention).



#### Susan Miller

- 1. Women: Way has long been a street to author for me. I have been a member, more on than oil; since the mid 1980s. As a single-person or as part of group house with kids. There always bund what I membed at the Eu-op, whether it's the load that nourishes may or all the food for thought that grows in surross-small alries. It obtains the Common we are a charge community (Whymoust these people-standing) on familiar of familiar and the excites while they stack any gas as AP() of long term for each and providers whether a positive and a providers whether a people at the people of the p
- 2. In the course of a moving the year conservation that for model has to been in the extension of the state o
- No. Laurery please beth interested to up a braited, because we seem to be some shifty managing more ment in served directions small accords, find that is no mean text. The expensions into Eigents and Einstein. Mill will challenge us across neighborhoods are reclusived into our community. However, all this charge will put a premium on our ability is talk to each other and fision cardially is all members' tomores.
- 4. They relational account and tales, and served responsible and advancey counts.



#### Cat Miallon

- Nonco Ways where Isings work, and maintain and grow hearthings. It is an integral part of the community and of my community.
- 2. Its afficiency dispersions and multiple department staffs, I have an exactive served the totage I limit that its important that the treardise connected to the external transmiting communities, other cooperatives, etc.) and the internal forment membership and staff i communities. I have long-some experience with working and non-working cooperatives, medianism and conflict resolution. I while throwly qual or being still to see the treet and the finest. I am aphiciopatible.

 $[math] \ mit pulpment d. \ timber in a proposable a quantification on the proposable support of pair extension and proposable distribution in the later and player. \\$ 

- 2. Nowe expand, those that we do not been an executed community and identity, and that we remain a continuous opening and family transfer tradition to endangerable may need trade any and transit the trade a part of that process.
- 4. United Vilay Strong Committee: "Visionle, neutre and editor, "Il Soude internal newspaper, Source" and Insurer, Maybig Mol. E. and School/Suite Stephend John wave quarted, PMI and Perfugitor, Konen Holl. Resour Company in Lakeyolic Mills Mediatron Committee, Mangree Pand Comp. action Straiger Uniformia House.
- $\P. At least one of the person the deal contribute good at the prips on a behalf an orande regard <math display="block">P. At least one of the prips of the$



#### Joe Plentka

- Not expect the service of monoming the forequentiates, the forequestions and of expliciteds and blookyte. I before a the community construent, promoting local forms, and appearing beatineses store to where I line. The Compreparation is project on the compression of the communities.
- 25.1 will bring a brock now prospective to the brand Hamaporpol leader: I work at Variguerd. I have a proven back report leading the delivery of software solutions and process improvement projects. All project management shifts coughed with my parelish for cooling if bod will pulnish become an area to the brand.
- 3. We need to manage growth white adhering to our solid hundratum of community environment, and seepending principles. Ne take many other shallenges like work tales, expanding membership and space, implementing change, and proving purmission in our new locations. Suppose will require a local disease.

hardwork, and strong board leadership to proget own challenges while maintaining our bestrage

- 4. Inclinates with the United Ving Philaderatence underter Possp. In the Coop Humber on the Heart and only Committee and contributed material to the Shuttle 1 have also presently funded one mentioner leave. In realizations, in development of the Coop of t
- Subjects becaused I have head here there 1990 the discipline facilities have I expectating exploring the national and examples we glace. My present conding and final I also expectations, and evaluate tradeny mentioned, properly and are expectable. To see Commitments, thereby, about hard



#### Centhia Potter

- 1. Althores Way I in up is important from the second resource. If other is may be suited values for community of the first acceptant healthy local local decision. Additionally, my matter (Density Lept has been deadly invalided in the development of Western Way and so I have been peripherally connected with in since the backming of time.
- I have an elected member of the State College Area School District Beard of Bi section in State College, Parter Drywen, participating in the governance of a reheat

district with over 7,000 made or. In my school based green I was also active in and for a chart time, previolent of the intermediate limit found scured lines also a member of the Pennsylvania School Board is activated; queen my found for a few green, there were all enhances sensors. I have been a present valued to a few and a natural of the most of my professional life. Hampit at a few with region of president found and one grandelistic University I week with my partner operating Walk & Lordon Michaella in Mount Wire.

3. I want to be a part of a corrup that continues to independ to both a healthy relationship with our planet. I am willing in contribute thoughtful time and energy to help Weares Way to med the challenges lating as and to expand into conving other communities within Philadelphia.



#### Alyssa Roho

- Worsen Nay is the buildone of our lamily neurishment, providing a nated and delectable growny selection, suggisted and production, and growners development of progressive energities. Reymolitist, increase my expectation with Worsen-Vilaythe the analysis of and general community quantities have accounted on local transportation of Publishipha from California Physics and
- Alipseparteure accumulaças al estate limite; stache; zurcultara, popia, and locale lime dioped my approximant of individual expression, and affirmed that it extinuous milestance are the ment that we consequence substantial expression.

offer my sales, personable reduce, as allower many influence a constantly to all perspectives, that keeps my task open to reache the ingular forthers and a local awareness of this historic approaches time and the accomunities that abound, that will propel my to act in the best inserted of Co-op members.

- 3. Solidity the reserving equation with increased membership, per inspeties, and build the popularity of Wear ets Way and the new Chestinal I III state. Ocale access in energy districtives that could include some form of energy cooperative or humans the increasing inserves in the green industry, and provide economic relief for members.
- 4. Skypan as a weekly relanteer in through 5 thickness at GLS.
- 5. Kernijs Khairo Kolin is my san and a natrod compleyer at the WL tiny store. Werk begrevered byful years of real realization resident feature. National Recordation of Realization Catalogue State India Masser Timp Shull Assertinger. Yoga.



#### 🕍 Dawe Tukey

- T. The Carteg Is Important to us for its quality food, values, undersmoother to WHA. But home-buying otheria were close-unliking discourses the Co-up and Dependent listock.
- 2. I served previously on the En-op sull i human resources and the branches a realf discrete in scredenic inclinations i votand with budgeting, supervision, recordy planning, inclinational will-mades and prosporus thereing discrete;
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#### David Wee

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**VOTE** for up to 8

The 4 winners with the most solutions will perse 3-year terms.

The next 4 summers will serve 2-year terms.

## Go Native at The Schuylkill Center's 2009 Plant Sale, Now at Henry School, Too!

by Joanne Donohue

The Schuylkill Center's Fifth Annual Native Plant Sale, featuring trees, shrubs, and herbaceous plants indigenous to southeast Pennsylvania, takes place on Saturday, April 25 and Sunday, April 26. Members of The Schuylkill Center are invited to a Preview Night of the Plant Sale on Friday, April 24. New this year is a Second Native Plant Sale, taking place on May 9 in the parking lot of Henry School, across Greene Street from the Co-op.

In these tough economic and environmental times, it becomes necessary to take stock of our lifestyles and see where we can cut corners, not to diminish, but to improve the way we live and interact within our ecosystem. This assessment can serve to improve our health, our relationships with family and neighbors of all kinds, our environment, and our wallets.

In the garden, we should all consider the wildlife who share this space with us, and what they need to cohabitate. All creatures need food, shelter, and a place to raise their young. This is no different from our own needs, if you think about it. Providing these simple elements of habitat in your garden helps to connect the patchwork of habitats in your neighborhood with larger pieces of green space in our region. A simple way to do this is to plant native species, which support local populations of insects, birds, and mammals. Planting an assortment of trees, shrubs, and wildflowers with

a variety of bloom times is usually all you need to do, and in the end, you have a beautiful, four season garden to enjoy!

So where does your health come in? Gardening and the very act of being outdoors do wonders for your physical wellbeing, and the best part is there is no expensive fee to join or lines for the next available treadmill. Gardening can be a fun family activity as well. When a child is given ownership of a small patch in the garden to care for and nurture, he or she will grow up to love and care for the earth. And seeing the fruits (and flowers) of your labor certainly gives a sense of accomplishment to children of all ages, even the grown up

We all know that whatever we put out in our gardens eventually makes its way downstream. This includes synthetic fertilizer, pesticides, and herbicides. Are all these inputs really necessary? Growing a garden without harmful and often costly chemicals is simply a matter of observing your plants and responding to their needs. Cultivating a healthy soil with compost usually eliminates the need for quick acting fertilizers, and going without pesticides means reaching a point of tolerance for a few dandelions here and a few aphids there. When pests do get out of control, there is always something that you can do before you pull out that bottle of insecticide.

Come to our Native Plant Sale to find plants that are sustainably grown, with as little impact on the environment as we can manage. Each year, we try to improve the way we bring quality native plants to you. We hope you appreciate our efforts as much as we appreciate your support!

Our plants are grown with an organic fertilizer, instead of synthetic. Organic fertilizer requires less energy to manufacture. It also promotes a balanced soil environment for the plant and provides a steady source of nutrition that builds healthier soil. Healthier soil means healthier plants, which are better able to withstand pests, drought, and cold.

We reuse our pots. Over the past three seasons, you've helped us keep over 1,500 pots in production. Once you get your plants home and find their place in your garden, why not return the pots they were grown in for use in our nursery? Doing so not only keeps non-biodegradable materials out of our landfills, but also saves the energy of manufacturing and shipping new pots every year. We accept one-quart, two-quart, and one-gallon pots.

We support local genetic diversity by responsibly harvesting seed from our own grounds. This helps preserve all the characteristics that make these plants adapted to our environment: the hot summers, cold winters, and everything in between.

Our plants are insecticide-free! We believe in growing healthy plants from the roots up, and we don't feel the need to spray at the first sign of insects. One walk

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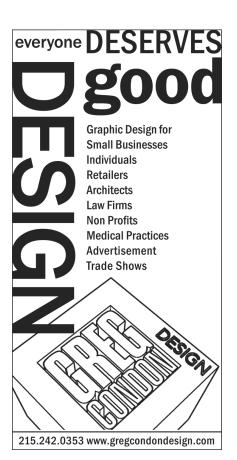
This year's Annual Schuylkill Center for Environmental Education Native Plant Sale

through our nursery and you'll see why: ladybugs, praying mantises, birds, even a few American toads make regular rounds. This pest control is good enough for us!

Mark your calendars now for the Native Plant Sale at The Schuylkill Center for Environmental Education, 8480 Hagy's Mill Road, Philadelphia, PA 19128. Don't forget to look for us at The Henry School across from Weavers Way as well! Bring all of your gardening questions, and we'll do our best to give you sound advice on using native plants to maximize habitat and species diversity in your backyard.

Go to www.schuylkillcenter.org for more event details.

Hope to see you at the Sale!









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### **Northwest Greens Events**

by Chris Robinson

#### Wednesday Peace Vigils

Every Wednesday evening there is a peace vigil from 7:00 until 8:00 pm in any and all weather at the intersection of Germantown Avenue and Bethlehem Pike in Chestnut Hill. Please join us if you want to end the U.S. occupation of Iraq. More information from 215-843-4256 and nwgreens@yahoo.com.

#### **Northwest Greens Monthly** Meeting, April 2

All neighbors are welcome to the next meeting of Northwest Greens at 7 p.m. on Thursday, April 2, in the Weavers Way meeting room, 555 Carpenter Lane in West Mount Airy. Northwest Greens is a nonpartisan organization, and its members will

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discuss what happened during the Peace March on the Pentagon, and they will plan for the Brown Bear Festival for the Monoshone, which is scheduled for Saturday, May 9. For more information, please contact 215-843-4256 or nwgreens@yahoo.com.

#### Bay of Pigs Peace Event, April 19

On this date in 1961, U.S. imperialism suffered its first defeat on the beach at Playa Giron, Cuba. From 2 to 4 p.m., 23 peace groups (including Northwest Greens) will demonstrate near Senator Arlen Specter's home on West Schoolhouse Lane (between Henry Avenue and Gypsy Lane) in East Falls. They want Specter to cut off funding for the U.S. occupation of Iraq and to bring the troops home now. For more information, please contact nwgreens@yahoo.com and 215-843-4256.

#### Brown Bear Festival for the Monoshone, May 9

Music, arts, and crafts at the Brown Bear Festival for the Monoshone, noon until 8:00 p.m. on Saturday, May 9, in Vernon Park, 5800 Germantown Avenue in Germantown. For tabling information, please contact brownbearfestival@gmail.com and 267-266-6648.

## **Events** at **FUMCOG**

Easter worship at FUMCOG, with festive music. April 12, 11 a.m. This uplifting service will feature music for organ, trumpet, and flute. The Chancel and Children's Choirs will sing music of Ralph Vaughan Williams, and Franz Joseph Haydn and spirituals arranged by Ken Berg and Marshall Bartholomew.

Gala Choir Concert to benefit AIDS agencies, April 26, 4 p.m. Adult and Youth Choirs of First United Methodist Church of Germantown will be featured in Voices of Welcome: Songs of Joy, a concert by five inclusive United Methodist Churches presented at Drexel Hill United Methodist Church, Burmont Road at School Lane, in Drexel Hill, PA (www.drexelhillums.org for directions). The Concert benefits MANNA (Metropolitan Area Neighborhood Nutrition Alliance), and CHEO (Community Health and Education Outreach) of Delaware County. Tickets are \$10, patrons are \$25 (2 tickets and program listing).

Requiem, Gabriel Fauré, May 17, 3 **p.m.** This concert will be a memorial to all lives taken by the death penalty and their victims. Chancel and Children's Choirs will sing; Scott Myers, organist; Kevin O'Malia, conductor. Freewill offering, with a reception to follow.

## **Beer Classes at Trolley Car Diner**

by Po-Hong Yu

On Tuesday, April 28, Brad Burke, of Brewer's Outlet, will be teaching fun and educational classes for beer lovers at Trolley Car Diner & Deli from 7-9 p.m. Last year's participants raved about how much fun they had tasting new and different beers while munching on Trolley Car's deli-

"It's a great night out, for couples and singles alike," says Trolley Car Diner & Deli's award-winning chef, Dwight Forrest, whose delicious sampling dishes will be on hand to complement enticing beverages.

"Our beer selection has grown to 80 plus beers since last year due to tremendous demand from our customers. We are starting to be known for our large selection of beers and mixing and matching six-packs," says Trolley Car Diner & Deli owner Ken Weinstein.

Costs for Philly Beer 101 is \$24 for tuition, \$15 for materials (i.e. beer) and a \$5 registration fee. To enroll, please contact Mt. Airy Learning Tree at 215-843-6333. Or visit www.mtairylearningtree.org.

The course will be held at Trolley Car Diner & Deli, located at 7619 Germantown Avenue in Mt. Airy. For more information about Trolley Car Diner & Deli call 215-753-1500 or visit www.trolleycardiner.com

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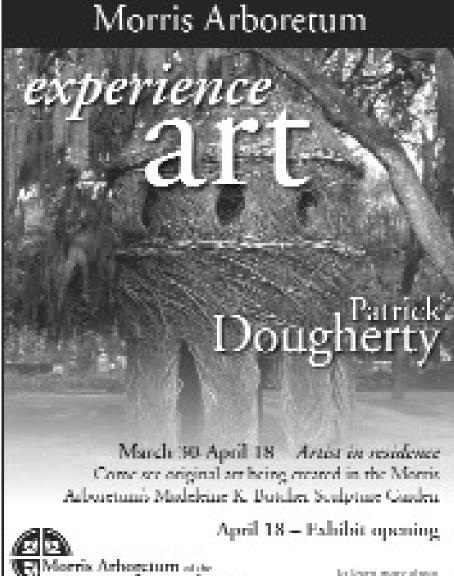
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## Financial Fitness, Nutrition Education, and Fun at Center in the Park in April

by Lynn Fields Harris

Center in the Park (CIP) springs into financial fitness and fun with a series of special events. Unless otherwise noted, events are free and the public is welcomed to attend. Seating may be limited, so please register by calling the Program Office at Center in the Park, 215-848-7722. Center in the Park is located in historic Vernon Park, near Germantown and Chelten Avenues, with off-street parking available at the lot located at Rittenhouse & McCallum Streets.

Need tips on how to eat a more nutritious diet? Attend a free Organic and Natural Foods Nutrition Workshop at Center in the Park on Wednesday, April 8 at 1 pm. Learn where and how to purchase organic food products, the pros and cons, and how they compare to conventional food in nutritional value.

Just in time for Spring cleaning and reorganizing—come out to Center in the Park for a free Feng Shui Workshop on Friday, April 10 at 10 a.m. The ancient art of Feng Shui will teach you how to balance your rooms, where to place belongings to achieve desired results and what type of home décor best suits you.

On Wednesday, April 15 at 10 a.m. come out to Money Matters, a financial fitness and literacy event. For more details on the speakers and program, please contact the Center's Program Office at 215-848-7722

Then on Friday, April 24th at 1:00 p.m., you can dance, sing, enjoy entertainment, refreshments and good fellowship at CIP's

Spring Fling. Please register by calling the Program Office at 215-848-7722, as seating will be limited.

Also, during the month of April—the week of April 13-19—Center in the Park will benefit from a Helping Hands Week at the Trolley Car Diner & Deli located at 7616 Germantown Avenue. Coupons for the event and a chance to win prizes at Center in the Park are available at the Center and at www.centerinthepark.org. We appreciate the community's support for Center in the Park through participation in Helping Hands Week. You must present a coupon to the cashier at the Trolley Car Diner for Center in the Park to benefit. If you need coupons to share with your family, friends and co-workers, please contact Nicole at 215-848-7722.

For information on other programs, including health promotion workshops and weekly movies at CIP, please call the Program Office at 215-848-7722 or visit the Center's website. www.centerinthepark.org.

Center in the Park (CIP) is a community center that promotes positive aging and fosters community connections for older adults (55+) whose voices are critical instruments in shaping its activities and direction. CIP is accredited by the National Institute of Senior Centers, a unit of the National Council on Aging, as a provider of excellent programs, activities and services for its active membership of more than 5,000 and its 1,000 homebound clients.

### Nominations for Center in the Park Awards

by Lynn Fields Harris

In 1986, Center in the Park initiated the Riegel Award, named for Marguerite L. Riegel, one of CIP's founders. At the same time, the endowed Emergency Cash Fund was named in memory of CIP's other founder, Laura Drake Nichols. Beginning in 1990, an organization was also selected for the Riegel Award and in 2006 a Distinguished Service Award was created.

For Award Guidelines and previous winners, visit Center in the Park's website, www.centerinthepark.org.

Members and friends of Center in the Park are invited and encouraged to nominate individuals and organizations to receive the 2009 Marguerite Riegel Award. Nominations are due no later than April 10, 2009. Nomination forms will be available at CIP in the Program Office or at the front desk. You can also visit www.centerinthepark.org. to download a form, or call Dee Gould, 215-848-7722, to have a form mailed to you. Please mail completed forms to the Riegel Award Committee, attn: Dee Gould, 5818 Germantown Avenue, Philadelphia, PA 19144

The Distinguished Service Award is awarded to an individual who has rendered exceptional service to Center in the Park. To nominate someone for the Distinguished Service Award, simply send a one page letter no later than April 10, 2009 to the Distinguished Service Award Committee, attn: Dee Gould, 5818 Germantown Avenue, Philadelphia, PA 19144 or e-mail dgould@centerinthepark.org.



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## **Urban Permaculture at Wyck**

by Barbara Overholser

Nestled behind the gray fence that wraps around the corner of Germantown Avenue and Walnut Lane in Germantown is Wyck, a National Historic Landmark house and garden dating to 1690. Wyck, which existed for more than 250 years as a working farm, was home to nine generations of the same Quaker family, the Wistars and the Haines, a family with a strong history of working for the betterment of society and a tradition of environmental responsibility that continues to this day. Wyck has been working to improve the quality of its urban environment through an approach that includes a chemical-free home farm to supply produce for low-income adults and senior citizens, an Outdoor Education program that targets underserved Germantown students, and the Wyck Lecture and Workshop Series, which offers free or low-cost programming devoted to imparting traditional horticultural skills and sustainability methods to modern urban-dwellers.

Wyck recently hosted an Urban Permaculture Workshop led by Phil Forsyth of Forsyth Gardens and the Philadelphia Orchard project. The word "permaculture"



was originally drawn from the words "permanent" and "agriculture" and has evolved into a sort of best practices for sustainable living. City dwellers can play an important role in ecological sustainability through water harvesting, composting and mulching, growing perennial food plants including fruit and nut trees, and driving less frequently or not at all.

After his presentation, Forsyth led the 40 attendees in a sheet mulching demonstration. Sheet mulching, also known as "lasagna gardening," is a labor saving technique for building beds and suppressing weeds, using layers of soaked newspapers and cardboard, compost, leaves, and mulch.

Two more workshops at Wyck are planned for the spring. On March 21, Wyck farmer Landon Jefferies will demonstrate techniques for starting vegetables and flowers from seed at Wyck's Seed Starting Workshop. He will discuss what materials are needed, which varieties are capable of indoor culture, and how to time plantings for successive harvests.

On April 18, Wyck will present a composting workshop led by Penn State Extension educator Christine Tilles. Participants will learn techniques to help them successfully compost at home and will learn about the importance and the benefits of composting a garden. Each participant will receive a free composting bin. Following the workshop will be a tour of Wyck's garden.

To register for either of these free workshops e-mail njuday@wyck.org or call 215-848-1690.

## Free Bird Walks in the Wissahickon

by Denise Larrabee

From the middle of April until the end of May, some 125 species of birds will migrate through or over the Wissahickon Valley. Some will remain to nest in the varied habitats available here. You can learn more about these spring visitors on one of the free bird walks offered by the Friends of the Wissahickon beginning April 23.

All bird walks are led by one or more experienced birders. The walks are free and each lasts for two hours, sometimes longer if the day is productive. For additional information or directions, contact FOW's office at 215-247-0417 or office@fow.org. Saturday, April 25, 8 a.m.

Meet at Forbidden Drive and Bell's Mill Road for a bird walk led by Ruth Pfeffer, an expert birder and photographer and the owner of "Birding with Ruth" as well as a teacher at the North Penn Continuing Education Center. This walk is offered in conjunction with a slide presentation on Birds of the Wissahickon that Pfeffer is giving on Thursday, April 23 at 7:30 p.m. at New Covenant Campus, Founders Hall, Room 1A, 7500 Germantown Avenue.

Join FOW for a two-hour nature walk along the Wissahickon Creek. Meet at Bell's Mill Road and Forbidden Drive. Early migrants are arriving (orioles, catbirds, thrushes, etc.), wood ducks are nesting, hawks may be aloft, and spring is busting out all over. Leaders include: Richard Berman and Steve Lawrence from FOW and Paul Good. Wednesday, May 13, 7:30 a.m.

Sunday, April 26, 9 a.m.

Get up early for a two-to-three hour walk in Carpenter's Woods at the height of

warbler migration. Meet at the Ellet Street entrance. This time of year is often the actual peak migration for dozens of species of neo-tropical migrants, from humming-birds to cuckoos, but also the best time to get a look at some screech owls. Leaders include: Trish Fries and Debbie Carr from Fairmount Park, Steve Lawrence from FOW, Robin Mattison, and Gary Seagraves. Wednesday, May 20, 6 p.m.

Enjoy a late afternoon walk in the Andorra Meadow. Meet at the Wissahickon Environmental Center (The Andorra Tree House). We will walk up to the Andorra Meadow, looking for late migrants and spotting as many nesting birds as possible in the area, such as yellow warblers and common yellowthroats, tree swallows and/or eastern bluebirds claiming bird boxes, Baltimore orioles, red-eyed vireos, and also many resident species such as woodpeckers, titmice, chickadees, and nuthatches. Leaders to be announced. Saturday, May 30, 8 a.m.

Celebrate FOW's 85th Anniversary with a two-hour nature walk along the Wissahickon Creek to the Covered Bridge and back. Meet at Bell's Mill Road and Forbidden Drive. It will be nesting time for almost all resident and summer species, with many birds making melody as females either nest or nurture young. Some of the species to be expected include wood ducks, belted kingfisher, red-tailed hawk, ruby-throated hummingbird, woodpecker, crested flycatcher, red-eyed vireo, and rough-winged swallow.

Leaders to be announced.

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## Performing Arts at Gtn Mennonite Church | Germantown Poetry Festival

by Charlie McGloughlin

The Sanctuary Arts Series is a new performing arts venue at the Germantown Mennonite Church. Every month (usually Second Saturdays) we have a creative, engaging, all-ages event that hopes to enrich the heart, expand the mind, and make you laugh.

#### Pajama Party with **Vintage Cartoons**

Saturday April 4, 2009 7:30 p.m.

Come dressed in your coziest jammies and join us for a fun family night of cartoons, music, and milk and cookies. The cartoons will be handpicked from the archives of vintage cartoons from the charming early days of cinema. And who knows, maybe there will be a few surprises! At the end of the night, we'll all sing a lullaby and send you off to beddie-bye at home. \$5 per person.

#### Silent Film Night

Saturday May 16, 2009 7:30 p.m.

Eisenstein's 1925 classic film "The Battleship Potemkin" will be screened with live music accompaniment by the West Philadelphia (avant electric) Orchestra. Come out for this once-in-a-lifetime opportunity to see this great film with a live ensemble. \$5 per person, under 11 free.

The Sanctuary Arts Series is held at Germantown Mennonite Church, 21 West Washington Lane, Philadelphia, PA. For information see our website http://info.thesanctuaryarts.com or call 215-680-1175.

## **Theater Party for** Hansberry Garden

Old Academy Players in East Falls will host a performance of the comedy, "Move Over Mrs. Markham" at 2:00 PM on Saturday, April 18, to benefit Hansberry Garden & Nature Center, Inc. (HGNC), a community garden in southwest Germantown. HGNC provides a green oasis on busy Wayne Avenue where neighbors gather to raise organic vegetables and colorful flowers for the benefit of birds, butterflies, bees and even humans. Funds from the event will be used to support HGNC's 4H Club, community workshops and other activities in the all-volunteer organization. Tickets are \$15 per person. Call Dorothy Hannibal at 215-438-9190, for tickets and more info.

by Jean Tickell

Saturday, April 4, 7-10 p.m. LaRose, 5531 Germantown Ave.

"Verbal Roots Open Mic" a biweekly fundraiser for the Germantown Poetry Festival. Teen and adult poets welcome. \$5 cover / \$3 for students with ID.

#### Saturday, April 11, 1 – 5 p.m. Friends Free Library, 5418 Germantown Ave.

"Young Blood" student poetry workshop: Emerging poets in grades 8 -12 are invited to collaborate with spoken word artists from around the Philadelphia region to develop their ability to write and perform poetry. Student poets will develop work to deliver on stage at the Germantown Poetry Festival on April 18. Free.

#### Saturday, April 18, 12 – 5 p.m. Vernon Park

Germantown Poetry Festival: Philadelphia's only all-day outdoor poetry festival showcases student poets and guest artists Sonia Sanchez, Trapeta Mayson, the Twin Poets, and Yellow Rage. www.germantownpoetryfestival.org.

The Germantown Poetry Festival kicks off at noon on Sat., April 18. This free, outdoor event takes place at Vernon Park, in the 5800 block of Germantown Ave.

Teen poets from local schools will perform the works they created together in workshops designed to help them take their poetry from the page to the stage. Featured poet Sonia Sanchez and guest artists Trapeta Mayson, the Twin Poets, and Yellow Rage will fill the Park with words from the heart, sometimes using rugged and raw language to inspire, challenge, and transform the listening ear. The open mic session welcomes local spoken word artists.

The Germantown Poetry Festival engages youth and adult poets in workshops and performances in order to sustain and nurture a diverse community of creative voices in Germantown. The outdoor festival in April is a gathering of local and national poets and a showcase of the creative genius of Philadelphia's youth artists.

For more information about the poetry workshops call Yolanda Wisher at 215-292-4875. Visit the Germantown Poetry Festival's web site at www.germantownpoetryfestival.org.



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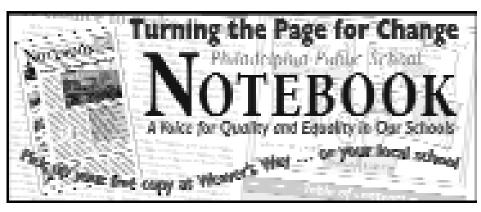


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## Germantown Neighborhood Network Taking on Big Challenges

by Conni Bille, Germantown Neighborhood Networks Coordinator

The Germantown Neighborhood Networks chapter (Gtown NN) is a group of busy volunteers taking on big challenges. Since 2005, Neighborhood Networks has encouraged progressive people to "get informed and get involved"—so Gtown NN went all out for the Obama campaign, working in every ward from Broad Street to Washington Lane. After Election Day, with new members joining from the campaign, the chapter decided that it wanted to focus on the many challenges facing Germantown where Neighborhood Networks can lend support. Each month, members come together to share information about these local initiatives as well as city-wide Neighborhood Networks activities.

#### YMCA Rescue: Emergency **Meeting Called**

Gtown NNers Len Belasco, Pam Bracy, and Conni Bille joined other Y members and concerned community members in the effort to save the YMCA of Germantown. They attended a community meeting on January 21 called by State Rep. Rosita Youngblood. Members of the Y and former staff who attended were dismayed at

the lack of progress in restoring the public part of the facility at 5722 Greene Street after water damage caused by a burst pipe last summer. Suspecting that there was a hidden agenda on the part of YMCA Board, who had made no attempts to communicate, members had the damage assessed independently and again were dismayed to learn that the damage was estimated to be vastly less than the estimates that had been reported in the local press. They learned that the insurer was investigating.

The situation is complicated by the fact that there is a leasehold on the residential part of the Y, which houses 128 low-income men, including transitional housing for residents who receive social services from the city. The residential part was not directly damaged by the flood, but after several months delay in repairing a leaking boiler, the residence heating system was affected as well. It was repaired only at the end of February. The residence leasehold is held by a private partnership controlled by the Y Board. Some board members sit on both bodies. Questions about financial relationships and possible conflicts of interest were studiously avoided by Board Chief

Volunteer Officer Gary Miller, who has since tendered his resignation.

In January the national YMCA organization placed the YMCA of Germantown on probation and directed the Board to create a Recovery Management Team that included non-Board members in order to develop a recovery plan. The Recovery Management Team learned that the repairs to the public facility could have been done for approximately \$100,000, while no effort was made to involve members in fund raising. The insurance claim remains unsettled for reasons that are unclear. In addition, an outside consultant was being paid up to \$50,000 per month, drawing down financial reserves for the housing program in the residential facility. In light of this dire situation in which the Y is in imminent danger of losing its charter and its ability to survive, the Membership of the YMCA of Germantown has called for a Special Membership Meeting under the organization By-Laws for the primary purpose of electing new members and officers to its Board of Managers. If you are a YMCA of Germantown member contact info@ymcaofgermantown.org for details regarding the meeting.

#### Local Media to Get the News Out

Gtown NN Members Cherron Perry-Thomas, Paula Paul, Len Belasco, Peter Handler, David Schogel, and Laura Richlin have all been looking for ways to reestablish a media vehicle to carry news of Germantown. Part of the effort is the outreach to the Shuttle, which has generously increased its circulation to help the cause. Members have offered to distribute copies of the Shuttle in Germantown.

Gtn NN has also connected with "Gtown Radio: The Sound from Germantown" (http://gtownradio.com) a 24-houra-day internet radio site that carries talk shows, music and news of Germantown. New programming is planned to focus on local news, and collaboration in news dissemination among the various media is in the works. Talented and motivated people are urged to get involved. Contact station manager Jim Bear at jim@gtownradio.com or 215-570-2490

#### **Library Coalition & City Budget**

Some Germantown members got involved with the Library Coalition and have

(continued on page 26)

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## Help G-town Radio Spread NW News

by lim Bear

G-town Radio, a community internet radio station serving Germantown and all of NW Philadelphia, is looking for volunteers to help maintain a community events calendar. We believe this is a vital way to keep neighbors abreast of the many wonderful things going on in our local community and maintain a sense of connection. The listings will be hosted on our site, gtownradio.com. This online resource is open to local groups, organizations, and residents to share news of upcoming events and meetings.

The recent loss of both the Germantown Courier and the Mt. Airy Times-Express created a significant void for residents looking for important information not covered in other papers (or any media outlet). In addition to G-town Radio's 24-hour broadcast, we would like to add more print news to the website. This calendar will be a first step in creating a resource that is easy to find and always available. We are looking for volunteers to give up to five hours a week to maintain the calendar. Anyone is welcome to contact us. Strong writing skills and modest technical abilities are preferred. We can train those who need assistance. All work can be done remotely where internet access is available.

This is an exciting opportunity to get involved with a local project doing positive work in the community. We look forward to hearing from you. Contact Jim Bear at jim@gtownradio.com for more information

You can visit our site and listen to our stream at http://gtownradio.com.



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## Germantown Neighborhood Networks (continued from page 25)

been making a vital contribution. They include: Sherrie Cohen, Jesse Brown, and most particularly Irv Ackelsberg, who brought suit against the mayor, preventing the summary closing of 11 library branches. Mt Airy NN members—particularly Stan Shapiro, Marc Stier, Gloria Gilman, Kathy Quinn and John Hogan—played key roles in influencing the Library Coalition to progress from narrow focus on budget cuts to a broader look at what can be done to raise revenue to maintain essential services - including libraries, fire houses, parks and recreation.

#### **May Elections**

NN is already sending questionnaires to candidates for the upcoming District Attorney, City Controller, and Judge races. When candidates resp ond, NN posts their answers to its web site (www.phillynn.org). Candidates are invited to appear at open public forums. Following these, NN groups like Gtown NN will vote to endorse candidates.

#### **Health Care Reform**

From time to time Gtown NN and other chapters sponsor local town meetings on issues like gun violence, health care, city budgets, and forums for candidates for local offices. Some NN members have been very involved in education around health care solutions. Gtown NN members Conni Bille and Diane Witte attended a City Council session last month in which Philadelphia Councilman Bill Greenlee introduced a resolution in support of single-payer health care and Council voted to adopt it. Mt Airy NN members Linda Beckman and Marc Stier have been very ac-



Upcoming Classes, Workshops, & Gatherings

**Abundance and Prosperity Council** April 1, 15 & 29 - 6:30 pm

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tive on health care reform issues at the state and national level.

#### Other GTOWN NN Initiatives

Some members have also participated in the Planning meetings for SEPTA's redevelopment of the Wayne Junction station and renovation of the Chelten Avenue corridor. Others have attended the Germantown Business Association meetings, as well as monthly meetings to coordinate efforts of various community groups.

#### Monthly GTOWN NN Meetings

Neighborhood Networks in Germantown is a lively chapter with active participants representative of wards stretching from Nicetown-Tioga and Oak Lane to the west side of Germantown touching Washington Lane and from Wissahickon Ave to Ogontz (Wards 11,12,13,17, and 59). We meet on the first Tuesday of each month at the historic Germantown Theatre Center at 4821 Germantown Ave. at 7 p.m. (Go through the fence and garden to the old stone barn). New members who care about the community are always welcome. And check the NN website, www.phillynn.org, for news of everything NN chapters are doing.

# WMAN Seeks Board Nominations

"West Mt. Airy Neighbors is a dynamic organization whose mission is to preserve and enhance the quality of life in its richly diverse, urban neighborhood. We are looking for some great people who want to get involved in their community and who have skills and interests in the range of WMAN's activities, from crime prevention to marketing/promotions to fund raising to zoning and land use," notes Della Lazarus, Chair of West Mt. Airy Neighbors' Nominating Committee. "Residents with expertise in marketing and communications are especially encouraged to stand for nominations. This is a great way to get involved with your community, serve with an exceptional group of volunteers, and be part of a growing organization."

The slate will be presented to all current WMAN members in May. New members will be elected at the annual membership meeting in June. Board members serve three-year terms.

To nominate yourself or someone else, visit www.wman.net for board nomination forms, or call (215) 438-6022 The deadline for nominations is Monday, April 6, 2009.



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#### Suggestions

(continued from page 28)

s: "Please consider non-toxic nail polishes. Very hard to find!"

r: (Martha) We have been.

s: "Sweet Red Ancient Peppers-Where are they? They were wonderful. Some of the nicest peppers I ever had. They were organic (I believe) but only seen them here once and no more. They were also cheaper. Please, bring them back!"

r: (Jean) I wish I could! Those wonderful peppers were available only a couple of times. Our buyer is on the lookout for more, or similar.

s: "I was so disappointed to find we no longer carry Nutella!! Our family lives on the stuff and I now have to go to the supermarket to get it. Please bring it back! Thanks."

r: (Chris) We replaced Nutella with Rigoni Chocolate Hazelnut spread, because: 1) Rigoni is made from organic ingredients. 2) Rigoni comes in a glass container, more environmentally friendly than plastic. Please give the Rigoni a try. (Norman) If your

family is living on Nutella, you are likely contributing to our health care crisis. Nutella's second ingredient is "modified palm oil." basically a slightly less damaging oil than trans fat, but still a saturated fat. Nutella also contains the artificial flavor vanillin. Vanillin is made from either petrochemicals or from wood pulp byproducts of paper making. About half the world's supply comes from China. You might want to give the Rigoni a try.

s: "This is the April Shuttle, and Chris has a dog named April. Get the connection?" r: (Norman) The April Shuttle is the April Shuttle because it is subsequent to the March Shuttle and precedes the May Shuttle, so there is precedent and convention. April the dog has no March preceding her or May following her. There is no connection whatsoever other than the same four letters are utilized in the same order. If you consider this a "connection," you probably also think there is a connection between rain dances and the weather. Watch your step as Darwinian theory would put people that think like you on the endangered species

~ normanb@weaversway.coop

## Valley Green Bank First Thursdays **Spotlights Weavers Way Farm**

by Lesley Seitchik

Weavers Way will once again be participating in Valley Green Bank's First Thursday Community Spotlight, this time focusing on the Coop's farm. On the First Thursday in April, April 2, from 4 to 5:30 p.m., farmers from the Weavers Way Farm will be on hand giving out vegetable seedlings to help you get an early start on home gardens. On the first Thursday of each month, Valley Green Bank hosts special events in

At Valley Green Bank's March First Thursday, Weavers Way

Marketplace students gave out a variety of locally produced treats. Pictured here at Valley Green Bank in Mt Airy are (l to r) Houston School counselor Jim Salom; Houston students Naasir Granberry, Destinee Jackson, and Dominic Peterson; Assistant Bank Manager Beverly Morgan; Bank Manager Dale Thistlethwaite; and Marketplace Coordinator Carly Chelder.

their lobbies to spotlight the vitality of our community.

The Co-op's farmers will plant themselves in Valley Green Bank's two lobbiesthe Chestnut Hill branch, 23 W. Highland Avenue and the Mt. Airy branch, 7226 Germantown Avenue. Friends and neighbors are encouraged to stop by to learn about Weavers Way Farm and hopefully get inspired to start or expand their gardens...and grow their own vegetables.

"There are some amazingly talented

people in our community. The First Thursdays will be good opportunities for these people to show off their skills and expertise...and for our neighbors to enjoy these diverse experiences" commented Jay Goldstein, President and CEO of Valley Green Bank. "Weavers Way Farm is comprehensive project that produces a wide array of locally grown food, contributes to a truly local food system, runs education programs for people of all ages teaching the basics in farming and nutrition, cooperates with other local farms, and exemplifies the positive aspect of community partnerships.'

Valley Green Bank is a locally-owned and operated Pennsylvania commercial bank. Formed by community and business leaders who make customer service a priority, the bank offers a traditional mix of deposit accounts, including non-interest and interest-bearing checking accounts, savings, money market and certificate of deposit accounts, as well as individual retirement accounts. Valley Green Bank is a member of FDIC.

# weavers way coop

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## **Introduction to Yogic** Medicine (Ayurveda)

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> **Part 1** – April 18th, 2 - 4 pm Part 2 - April 25th, 2 - 4 pm

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Antonio Aragona (Vishnu), has many years of experience; a BA in Psychology; is a Certified Shiatsu Practitioner (CSP) through The Motherhand Society; Certified Massage Therapist (CMT) through the International Massage Association; Registered Yoga Instructor (RYI) through the National Yoga Alliance; AYI (Ayur-Yoga Instructor through Betheyla Anuradha); CAS (Certified Ayurveda for Self-care) and CAHE (Certified Ayurvedic Health Educator) through The American Institute of Vedic Studies; and CAP (Certified Ayurveda Practitioner) and AAP (Advanced Ayurveda Practitioner) through Kerala Ayurveda Academy Currently, Antonio is completing his M Ay. (Masters of Ayurveda) through International Vedic Hindu University of America.

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## **Suggestions**

by Norman Weiss, purchasing manager

Greetings and thanks for writing. As usual, suggestions and responses may have been edited for clarity, brevity, and/or comedy. Something pretty major in Weavers Way life happened this past February, namely, settlement on the former Caruso's market location. What fascinates me about this occurrence is how, for years, we hoped for a new location that would be physically more like a "normal" store, i.e., with a contiguous open and adequate space, up-to-date utilities, easy entrances and exits, loading docks for receiving, a better parking situation under our own control, room for a kitchen and cafe, etc. We ended up choosing a building that was once three or four separate buildings, built about a century ago and cobbled together at some point to create an operationally quirky but much utilized independent local market that was a community institution for decades.

Sound familiar? Hopefully we can solve the operational challenges and provide the Chestnut Hill community what it is now missing, a convenient, walkable or driveable place to buy quality natural and local foods at reasonable prices. We have an opportunity to provide more than Caruso's and the Wawa did, we can offer healthier choices than was available in the past. When I say "healthier," I'm including personal physical health and local community health and overall environmental health. A member of NCGA staff (the co-op trade group we belong to) was in looking at our new space, in part because we've solicited his help since we don't have experience operating a "normal" store. After looking the place over, he said "don't worry, you're not going to have a 'normal' store." This was a relief to hear.

A plug: One of our contacts at Equal Exchange told me about this web site, http://smallfarmersbigchange.coop, which I found a good place to start reading about food issues and how small farms organized into cooperatives help both their (and our) members achieve sustainability. Check it out, very interesting reading, and help out if you can.

#### **Suggestions and Responses:**

- s: "Please carry Annie's Whole Wheat Cheddar Bunnies—just as good as the others, but healthier. Thanks!"
- r: (Chris) Good suggestion. We'll try to make room for these.
- s: "What happened to peanuts in the shell?"
- r: (Chris) Our supplier dropped them, I'll keep looking...
- s: "Is there any chance the Natural Acres ground beef is exclusively grass-fed? (I doubt it or the label would say so.) If it isn't, you've eliminated my only source for ground beef that is naturally higher in Omega-3 fatty acids and not frozen. How am I supposed to make meatballs?" r: (Dale) Make meatballs galore—Natural Acres is grass and pasture raised.
- s: "Can you get the soy yogurt in 24 oz containers? I love the plain yogurt and

## wayees

## **Special Member Meeting**

## Wednesday, April 15, 7 - 9 p.m.

Summit Church Parlor

### Greene & Westview Sts.

Expansion • Member LoansWork Requirement & By-law Changes

**Agenda** 

would buy it regularly." (Chris) We'll bring this in. Look for it by late February. Thanks.

- s: "Thanks so much for stocking G-Diapers! They're fantastic—biodegradable, flushable, easy to use, and competitively priced. My seven-week-old baby loves them and so do I!"
- r: (Martha) We appreciate your feedback and are glad your new baby likes them. Congratulations to you!
- s: "This is not directly related to the Co-op, but today I was thinking how interested we are as a society in racing things. We race cars, horses, dogs, bikes, bugs, people, and we even had the space race. However, as far as I know, no one has ever raced fish. Why? Is this something we should explore as a Co-op? Perhaps a market study should be done?"
- r: (Norman) Good idea. In this economy we should be looking for new industries that create jobs. Fish racing would open up entire new fields, things like fish trainers, fish sport nutrition, fin brace manufacturing (made in USA), and fish-race betting-

window clerks. I have contacted Ed Rendell and he sees the potential and thinks he can get some stimulus package money to get fish racing started in Pennsylvania.

- s: "Can you increase the quantity of vanilla soy yogurts (vs. the fruit flavors) that you stock? They seem to go fast and are hard to get. Thank you."
- r: (Chris) The Wholesoy yogurt section is a "rotating flavors" section, so not all of the flavors that we have at any given time will be on the display shelf. Please feel free to ask a staff person to check on backstock for vanilla yogurt, if you don't see any when you're shopping. Thanks!
- s: "Oil of oregano on second floor. With it's amazing anti-viral and anti-bacterial properties, it's fabulously effective at knocking out colds, viruses, seasonal 'bugs.' Take as a tincture or straight sublingually one to three times daily at the first signs of a cold or virus. It really, really works!!" r: (Martha) Thanks for your ideas about this product. It's always great to have a product that works so well!!

(continued inside on page 27)



## Welcome to Weavers Way Cooperative Association

Dear Neighbord

If you are not already a metallic of Westers Way Co. eq., you are instead or join. Westers Way is a metallic assemble, and for profit compension. Our hybran require that in becoming a metallic, someone from your locatebook at each an extension conting, whose details of membership will be explained. Most ingular hold at the Germannovan Josish Canter (GJC), Director Differ and Eller. Street at Church of the Amstandation (GA). Carpetter Lane and Lincoln Deve. and a Grace United Methodox Church (GU), 7001 N , 20th St. or. West Oak Line. Opening Overtainess Mecongaine on the following direct

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>	<b>LOCATION</b>
Wednesday	Apr. 1, 2009	6:45 p.m.	GJC
Saturday	Apr. 18, 2009	10:30 a.m.	GU
Saturday	May 2, 2009	10:30 a.m.	CA
Saturday	May 16, 2009	10:30 a.m.	GU
Wednesday	June 3, 2009	6:45 p.m.	GJC
Saturday	June 20, 2009	10:30 a.m.	GU
Wednesday	July 1, 2009	6:45 p.m.	GJC

Meetings start promptly and last about 1% hours. Loss rances community admitted. Whitten reservations are required, suppleme fill out the tear off sheet labors and rature it to the start. At the close of the orientation counting, you will be expected to pay your initial \$50 annual involution (check or early). We look forward to seeing you and velcoming you into the Co-op.

Hobin Cannicle, Membership Manager

#### Equal Exchange

## **April Coffees of the Month**



\$7.99/lb.

Peru Vienna Dekaf

Packaged Coffee Special

Bright Day Brew
A malty aroma & hints of citrus.

\$5.25/lb

Coming Soon!

## **GIMME 5**

#5 Plastics Recycling Project



Start saving your yought cups, sour cream containers and hummus rubs **NOW** for the new munthly 45 plastics collection

Seturdays, 10:00 am = 1:00 pm April 18

May 16 June 20

Drop off location: 6100 appender Lane (next door to the pet store)

Donation: 75¢ - to help defray the ground shipping costs

Recyclables must be clean and dry, with no paper, screws or other number plastics attached.

Spoonaned by the Weavers Day Lawinconent Conscittee

#### PLEASE RETURN THIS PORTION TO WEAVERS WAY

Someone from any household well attend the nonestation meeting on

Name (please princ)

Bloom Number

Address (Including ZIP code)

Organic Love Buzz (regular 10.01, sale 7.99) & Organic Cafe Mexican Vienna (regular 10.01, sale 9.01)

#### Workshops

# Introduction to Yogic Medicine (Ayurveda)

The Aragona Studio, 443 Carpenter Lane, Suite #1 April 18, 2 - 4 p.m. (Part 1) April 25, 2 - 4 p.m. (Part 2)

April: Organic Fair Trade Midnight Sun regular 10.01, sale price 7.99 Organic Fair Trade Peru Vienna Decaf, regular 12.61, sale price 11.61.

Packaged coffee special Fair Trade Bright Day Brew - drip grind, medium roast. Balanced with a malty aroma & hints of citrus. From small farmer coops in Colombia & Tanzania. regular price 6.75, sale price 5.25



# 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

## **Home Delivery**

Available to all members

Delivering Mon. & Weds., 12-2 p.m. other times available by arrangement call 215-843-2350, ext. 309 fax: 215-843-6945 or

e-mail: delivery@weaversway.coop

## **WANTED:**

## **Photographers**

The Weavers Way Shuttle needs photographers who can tp help cover events and take other pictures.

Interested?
Contact

editor@weaversway.coop

## Advertise in the

## Shuttle

5,200 circulation Highly targeted

**Extended Internet presence** 

Affordable and effective

Inserts available

advertising@weaversway.coop 215-843-2350, ext. 315

\$8/column inch \$32/business card Many sizes Discounts available

WED
JUN 3, 2009
6:45 PM
GJC-GERMANTOWN JEWISH CTR
LINCOLN DR & ELLET ST

WED
JUL 1, 2009
6:45 PM
GJC-GERMANTOWN JEWISH CTR
LINCOLN DR & ELLET ST

WED
AUG 5, 2009
6:45 PM
GJC-GERMANTOWN JEWISH CTR
LINCOLN DR & ELLET ST

SAT
SEPT 5, 2009
10:30 AM
CA-CHURCH OF THE ANNUNCIATION
LINCOLN DR & CARPENTER LN



Nature

Balance

Upcoming Classes, Workshops, & Gatherings

**Abundance and Prosperity Council** Bi weekly, start March 18

EarthKeeper Class Series

5 classes start March 21

**Energy Mangement Class** 

March 22

**EarthPrayer Gatherings**Monthly, start March 10

709 Bethlehem Pike, Erdenheim 267-738-9501 www.peacejoylove.us info@peacejoylove.us ECO Libra
Nature Balance

An Educational and Healing Center for Conscious Living and Earth Healing

#### **Mystical Ecology**

Earth Prayer Gatherings EarthKeeper classes

#### **Inner Ecology**

Transitions & Passages – Healing & Reincorporation Life Path Readings & Energetic Healing Sessions Pet Loss & Bereavement Support Sound Healing

#### **Ecology of Home**

Creating Sacred Space Harmonizing Home & Land

709 Bethlehem Pike, Erdenheim 267-738-9501 www.peacejoylove.us info@peacejoylove.us COLibra Upcoming Classes, Workshops, & Gatherings

Abundance and Prosperity Council Bi weekly, start March 18 EarthKeeper Class Series 5 classes start March 21 Energy Mangement Class March 22 EarthPrayer Gatherings Monthly, start March 10

709 Bethlehem Pike, Erdenheim 267-738-9501

www.peacejoylove.us info@peace-joylove.us

Do you have difficulty creating and sustaining intimate relationships?

Do you find it difficult to express your anger directly?

Or do you express only your anger?

Would you like to learn how to assert yourself and express your needs and wants?

## Consider Group Therapy

Mt. Airy Counseling Center 6833 Wayne Avenue Philadelphia, PA 19119

215-848-4656

Liz Schlesinger, Ph.D. Donna Allender, M. Ed.

# Caring and Competent...

Specialized Counselling for mature men & women

- Later Life Transitions
- Bereavement and Loss
- Relationship Issues
- Depression and Anxiety

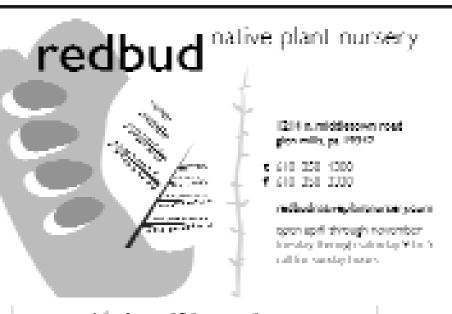
Mary A. Harris, MSS, LSW (215) 248-2173

Home Visits

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Omnia De Arbore Vitae (215) 848-7260



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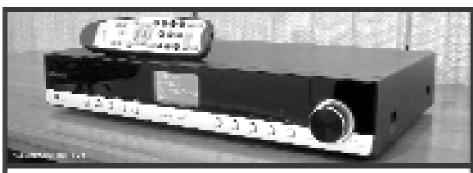
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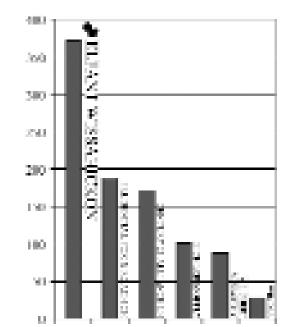


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