

Manager's Corner

by Glenn Bergman, General Manager

I had the opportunity to spend 10 days in Berkeley, California, visiting family (new baby additions to the family), babysitting, visiting food markets and farmers' markets, and spending 90 minutes with Alice Waters as she showed me around the Edible Schoolyard program at Berkley's Martin Luther King Junior High School. I left her with pictures of our co-op farm education program, the Martin Luther King High School program, and a picture of the MLK students and WW team with Mayor Nutter. She loved the CSA Saul School program-- "Henry Got Crops"--and the idea of kids working with professionals selling shares in an urban farm project.

At the Edible School Yard, I saw part
(continued on page 6)

Shuttle Expands Community Coverage, Distribution

by Jonathan McGoran, Shuttle Editor

Starting with the April 2009 issue of the *Shuttle*, we have expanded our coverage of the broader community and also expanded our distribution. We have increased the number of places where the *Shuttle* is available and added a door-to-door delivery in Mt. Airy, as well as other parts of our service area. As we work to ensure that this distribution runs as smoothly as possible, we need your help. If you live in a house in the 19119 zip code, and you do not receive *The Shuttle* delivered to your doorstep by the second day of the month, contact us right away at circulation@weaversway.coop or
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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 Lamas, U of P Professor, Featured Speaker
- Results of Election
- Questions & Answers

Weavers Way Goes Green at Cliveden



Participating in Going Green at Cliveden are (clockwise from left) WWCP Executive Director Rachel Milenbach, Weavers Way Farmer David Zelov, WHYY's Mike McGrath, Cliveden Education Director Rick Fink, Weavers Way Farm Intern Lauren Hill, and Weavers Way Farm Educator David Siller
by Rachel Milenbach

After years of listening to Mike McGrath on the radio, I finally had the chance to see and hear him in person. The audience was mesmerized as Mike spoke for almost one hour, seemingly without stopping to breathe, on how to "achieve a lush, green lawn free of chemicals." Who knew how fascinating grass could be? Given the alternative, which is grass filled with chemicals, Mike's talk was fantastic.

This opportunity came on April 4, at the 20th Annual Cliveden Institute: Going Green: Environmental Stewardship for Preservation and Profit. Organized by Co-op member Rick Fink, the Education Director at Cliveden, the day was packed full of knowledgeable speakers who wove con-

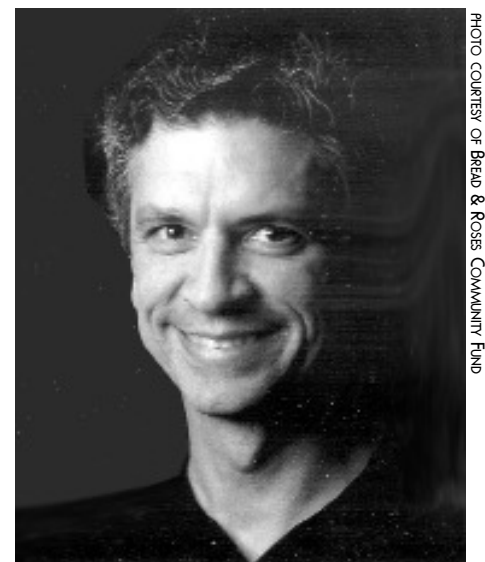
nections between sustainability, historic structures, climate change, and the relationship between environment and history.

Trays of delicious fruits and vegetables were provided by Weavers Way catering during the lunchtime talk by Dave Zelov, Weavers Way's farm production manager, and David Siller, Weavers Way Community Programs' (WWCP) farm educator. The day was completed with a yellow school bus ride to Weavers Way Farm at Awbury Arboretum and the WWCP Seeds of Learning Farm at Martin Luther King High School.

Most people know about Cliveden, ei-
(continued on page 7)

Andy Lamas: Good Neighbor Locally & Globally

featured Speaker at Spring General Membership Meeting



Andy Lamas

by Chris P. Kaiser

Andy Lamas has been a good neighbor for many years, not only to Mt. Airy, but to the entire Philadelphia region as well. He is a professor at the University of Pennsylvania with a primary appointment in urban studies, where he focuses on social justice and economic democracy in the context of urbanization. He will be the featured speaker at Weavers Way's Spring General Membership Meeting, 5:30 p.m. Sunday, May 17, at Summit Presbyterian Church, at Greene and Westview Streets.

(continued on page 17)

Enthusiastic Response at First Chestnut Hill Community Mtg.

by Jonathan McGoran

Over sixty members of the Chestnut Hill community turned out for Weavers Way's first Chestnut Hill Community Meeting, and by the end of the night, Weavers Way had 15 new member households.

Before introducing Weavers Way General Manager Glenn Bergman and board member Stuart Katz, Chestnut Hill resident and Weavers Way member Hillary McAndrews recounted her weekly walks up the Avenue, and how she misses Reese Pharmacy, Under the Blue Moon, Magarity Ford, Caruso's, and WaWa. One of over 500 Weavers Way member households in Chestnut Hill and Wyndmoor, Hillary

(continued on page 4)

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Fill out the pledge form on Page 4

Editor’s Note

by Jonathan McGoran

One interesting item in this issue of *The Shuttle* can be found on page 32. The fact that there is a page 32 is interesting enough, but what I’m referring to is the map showing the impact of cooperatives in our area. (It kind of reminds me of the game Risk; Let’s open a store in Kamchatka!) There is a lot of interest in Co-ops these days, and this is true for a number of reasons.

First, food co-ops give people what they want. True, some people just want a food store. But some people want more than that. Co-ops offer more than that. Plus... they are food stores. Pretty crafty, huh?

Another reason is that so many of the ideas that have become important to so many people in the past few years—organics, locally grown, sustainability, etc.—have been important to co-ops for some time. (In fact, one of the lesser known International Cooperative Principles is “I told you so.”)

Of course, being right isn’t much good if the proof of it is the demise of the species (e.g., “See? I told you our unsustainable culture would lead to the destruction of the planet”). Then again, if the planet is doomed anyway, might as well have smug superiority to cling onto.

Being ahead of the curve on so many things also gives us the perspective to keep a level head as we embark on a major expansion during the worst economic turmoil of the last fifty years. Weavers Way was ahead of the curve on the economy, too; while the rest of the planet was blindsided by a financial crisis partly caused by poor accounting and a lack of oversight, we were thinking, “That is so 2002.”

The world can take comfort in our example, too: just a few years after teetering on the brink, we’ve produced the accomplishments evident on that map, and we continue to grow and succeed. And nothing can threaten that success. Unless, of course, we become hopelessly overextended. Heh-heh...

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Statement of Policy

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

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

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



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Co-op Farms Moving into High Gear

by David Zelov, Weavers Way Farmer

So many seedlings, so little time. Yes, it must be May—the month during which it becomes safe to plant anything, tender or not, outside. That means we are extremely busy getting all of our tomatoes, peppers, eggplants, beans, melons, squash, etc. into the ground. It all seems to happen at once. This year we are trying something a little different with a couple of those crops—not planting them all at once. We at the farm are very familiar with succession plantings. Every week or two, we sow or plant a new section of lettuce, radishes, salad mix, turnips, beets, carrots, and other shorter term crops to ensure a consistent supply throughout the season. But we have not done this with tomatoes and other season-long crops—seems like once you plant them, they just keep going until frost. However, we have noticed that the quality starts to decline after a few months. The other problem is that when planted all at once, many crops, especially tomatoes and basil, come on very strong, and all at once, making it particularly challenging for us farmers (and sometimes Co-op shoppers) to keep up with. So this season, we are planting multiple successions of tomatoes and basil, and perhaps a late planting of eggplant to experiment.

May is also the start of farmers’ market season and we will once again be attending a handful of them. Headhouse (Second and Lombard) opening day is Sunday, May 3, and we plan on being there with plenty of produce. This means getting everything into the ground pretty early to ensure an abundant stand when we show up. If all goes well, we will be offering arugula, baby bok choy, chard, collards, dandelion greens, kale, kohlrabi, lettuce, mustard greens, pea

shoots, radishes, salad mix, sorrel, scallions and turnips. Some fresh herbs should also accompany this selection—chives, garlic chives, lemon balm, and mint. Of course many of these items will also be available in the Co-op and, later in the month, at the Thursday farmers’ market at Greene and Carpenter. Or, new this year, you can have access to all of these items by joining the Henry Got Crops! CSA—a partnership between Weavers Way Farm and the Saul High School of Agriculture. Pick ups will take place every week at the farm on Henry Avenue from mid May until mid November. For more CSA info, visit www.weaversway.coop or e-mail henrygotcrops@weaversway.coop In all, there will probably be produce available from one of the farms (Awbury, Saul or MLK) at one market or another, almost every day of the week. MLK farm sells right at the school on Stenton Ave., as well as at Weavers Way Ogontz and most likely at the Chestnut Hill farmers’ market at the bottom of the hill. Depending on how many CSA shares are sold, produce from Saul may be sold at a market in that neck of the woods. More market details to come next month.



PHOTO BY JESSICA NAUGLE

Weavers Way Farm Staffers Nicole Sugarman (far right) and Nina Berryman (second from right) join students from Jessica Naugle’s Agroecology class to break ground on the Saul High School “Henry Got Crops” CSA Farm.

More Farm Limericks

*The farm work is quite overwhelming
To the Co-op we have begun selling
The crop plan is not done
But I want to have fun
The ideas in my mind are not jelling.*

*It’s April and time to till soil
We rake, we seed, and we toil
The plants must go in
If not, it’s a sin
And our customers’ blood it will boil.*

Help from the Kids Makes Our Farms Possible



PHOTO BY DAVID SILLER

Kids from Stenton Family Manor help clear the land for their new farm

by David Siller, Farm Educator

I want to thank all the kids who make our farm(s) possible. Here is one picture from the collection from the spring that I think illustrate the mood of what’s going on out there lately. I’m pretty sure these kids are really enjoying it! It reminds me of when I was young and how much I enjoyed just digging in the dirt and playing outside. Maybe we really are inspiring amateur farmers and when they are older like me they will be growing all kinds of crazy fun vegetables?! May is on tap to be a great month as usual at the farm.

We’re hosting several groups at the Weavers Way Farm including: The Meredith School, Central High School, Crefeld School, Powell School, Germantown Friends School, a cub scout group, and United Way Global Citizen 365 volunteer group.

More schools are contacting us all the time about our programs, so maybe you or your school will be next to participate! We also have two events coming up that are open to anyone—the Farm Planting Festival on May 9 and a visit from world-renowned naturalist Frank Cook on May 28. By the end of May, the Co-op shelves should be packed full of farm produce and you can turn to this picture so you can have a picture of how it all started for 2009. (Check out the farm pages at www.weaversway.coop for more great pictures.)

I also wanted to give a shout out to Shechtman Tree Service who most graciously donated their time, hard work and machinery to our farm project at the Stenton Family Manor. Their wonderful staff arrived with a stump-grinder and chain saw to remove some of the tree stumps and fallen trees that were straddling the farm there. Thank you Hal, Derek, and Will!

Clearing the Land for the Co-op’s Newest Farms



PHOTO BY HAL ROSNER

Derek McGregor of Schectman Tree Company uses a stump grinder to remove stumps for the farm at Stenton Family Manor .

by Hal Rosner

An urban vacant lot offers up one sure commodity: potential. On Monday, April 6, Weavers Way continued their commitment and vision for developing strategically placed community-sponsored farms, in this case Germantown and East Mt. Airy. Weedy invasive trees, old stumps and brush piles were felled, chipped, and ground out.

Realizing these would be tough and dangerous jobs for volunteers, even seasoned gardeners, Weavers Way staff was pleased (and relieved) when Shechtman Tree Care agreed to donate equipment and trained arborists to handle the difficult tasks. Cool early-spring temperatures and dull gray skies set the backdrop for what would be a long day for Derrick McGregor and Will Madeira.

As the chipper roared to life, the skies opened up with rain and hail. Over the next 10 hours, trucks, chain saws, chippers, and stump grinders produced the expected by-products of woodchips, sawdust, and noise. Lots of noise.

The transformation from vacant lot to a fertile, viable food producing parcel does not come easy. Most urban land has had a prior use, residential or industrial, which inevitably means remnant debris such as brick, timber, and foundation stone.

(continued on page 6)

Do the Dairy Case Shuffle

by Josh Giblin, Merchandising

Hey shoppers! By now you may have noticed that some things have been moved around in the dairy case. Hopefully, you have found the new arrangement pleasing and relatively easy to use. I say “relatively” because we are talking about a retail refrigerator which is not ideal for a store like ours (or any other for that matter). When we replaced the old case last year, we tried to emulate the product layout, which was already a little odd, but it didn’t quite work out. Things got moved around to accommodate the new spaces in the case and we got a lot of category “drift.” Merrymeade milk was spread out all over the case and there were yogurt products in all four quadrants. There were some compelling reasons to make a change.

With the Co-op being open to non-members, a logical shopping experience is becoming more crucial to making a good impression. If people visiting our store can’t find the things they like, they’ll go elsewhere. We only get one chance to make a first impression, and I would like the Co-op to be as inviting and navigable as any other well-run operation.

Also, from an operations perspective, the case presented several challenges to those restocking the shelves. Cooperators unfamiliar with the case often have trouble locating the correct slots for products and order was hard to maintain. There were log jams resulting from fast moving products being trapped behind a working cooperator.

The new layout addresses many of these challenges. What you’ll notice right away is that all of the milk is located on the left side of the case. This is the most visible and accessible area and for the uninitiated, seeing milk is a cue to new shoppers about what else might be back there. All of the yogurts have been grouped together in the upper right quadrant with the exception of Seven Stars, which is just one shelf below. Not only will this make it easier for shoppers and stockers to see the location of these similar items, it may even clue shoppers in to some of the items they didn’t



normally see, like goat yogurt. The unsightly, unpredictable yet highly necessary Overflow section has also been moved to the least visible and most out of the way corner.

When considering the new layout, I worked hard to keep products of the same size together as well, so you’ll see various quarts together, half-gallons, cups, etc. I hope that for folks who like to compare prices, this new arrangement will make it much easier to do so. One more added benefit was the addition of a few new products you have been asking for. Look for these three new items: Eggology 100 percent Egg Whites (think EggBeaters without the artificial coloring), Rosenberg’s Reduced Fat Buttermilk in quarts and WholeSoy Plain Yogurt in 24 oz. Containers.

What did it cost us? In moving things around and squeezing some extra space in, we squeezed out some capacity we had before. There was some loss of yogurt cup space, though our wide variety of flavors (and fat content) remains intact. The flax oil was moved to the new drinks fridge by the prepared foods case. For the most part, it is all still there. In time, your shopping habits will change and I’m sure you’ll begin to wonder how you ever got by without this new layout!

Let me know how you feel about this kind of logic being applied here at Weavers Way, and if you would like to see this implemented in other areas of the store. Don’t forget to try out the Goat Yogurt—it’s fab!

rectly to your pet’s skin in order to be most effective. One way to ensure this is to shave a small area on your pet; I find that the really small, battery-operated mustache/bikini trimmers work well. Small hair clippers would also work. Whatever you choose, remember to use something that won’t nick your pet’s skin. If you have any concerns, consider asking your vet or a professional groomer to do this for you the first time and show you how to do it safely.

Some vets are recommending the use of flea collars in addition to Frontline Plus. We carry herbal collars (and sprays) in the pet store. Please remember that some pets may be allergic to these collars (just as they may be allergic to certain sprays, foods, or any other environmental or dietary influence), so check for any reactions (such as redness) in your pet. Also, flea collars (like any collar, really) are meant to be worn somewhat loosely so that they do not rub against and irritate the skin. If you can easily put 2-3 fingers between the collar and your pet’s neck, then the fit is a good one. One other warning: puppies and kittens, just like small children, will put ANYTHING in their mouths as they explore their environments. Even herbal collars can be toxic if chewed on and potentially deadly if eaten and di-

(continued on page 14)

Floral Notes: Happy Spring!

by Cat Niallon

By now many of you will have started your gardens, whether they are in your backyard, a community plot, or container pots on your patios and porches. Earlier this Spring you would have found (I hope you did!) a selection of bedding plants, including winter pansies, primroses, ranunculus and, for eating, cabbage and collards, as well as a variety of Dutch bulbs.

Now and throughout the Spring and Summer, you will find sustainably grown plants from a variety of local growers, including: Anne’s Herbs, owned by Anne Denner, a local grower with a strong Weavers Way following; our very own and much-beloved Weavers Way Farm (farm updates are on our website!); and George Didden Greenhouses, a Hatfield-based, multi-generational, family-owned-and-operated wholesaler who grows “greener” every year (for more information, visit www.georgedidden.com/going_green.htm). I also hope to again have at least one show-



ing from Peace Tree Farm, who supplied us with wonderfully scented geraniums last year and recently gained USDA organic certification (owners Lloyd and Candy Traven were featured in GMPro March 2009; for more information visit gmpro.texterity.com/gmpro/200903).

From Anne’s Herbs, we are once again carrying several lovely basil, chives, cilantro, lavender, mint, oregano, parsley, thyme, marjoram, tarragon, rosemary, sage, and—although they’re not herbs—tomatoes (including patio tomatoes, a tomato “bush” which does beautifully in large

(continued on page 8)

May Hidden Treasure in the Deli



New cheese spreads from Key Ingredient Market now available in the specialty cheese case. These spreads are locally made, all-natural, and don't contain preservatives. In keeping with this month's beer and cheese theme, the top seller and favorite among the staff is the hot horseradish and ale spread.

— Margie Felton, Deli Manager

Beer! Cheese! Beer! Cheese! Beer!

by Margie Felton, Deli Manager

March was a big month for beer in Philadelphia. March 6-15 was the second annual Philly beer week. (See Keith Kelleher’s article in the April Shuttle) The week included the fifth annual Brewer’s Plate fundraiser, which helps support White Dog Community Enterprises and Fair Food. The fundraiser took place this year at the University of Pennsylvania Museum. This event pairs locally owned restaurants with locally brewed beers. The restaurants provide a food sampling that complements the beer being served. A few days before the event, I was asked if I would like to scoop gelato from Capogiro’s and attend the event for free. Of course, I said “yes!” I had about an hour to partake in the samplings before spending an hour scooping. The food and beer were both great and the event was a lot of fun. It turned out that the gelato was not paired with beer but just a popular extra treat. It is great to know

that with all the talk about local food, there’s great local beer to drink with it. To continue the beer fest, Weavers Way is hosting its second Beer and Cheese tasting, 6 p.m. Saturday June 5, 2009 at the Weavers Way Farm (See below) Philadelphia and the surrounding counties have seen a huge increase in high quality artisanal cheeses and great local brews. Join Weavers Way Deli staff for a tasting of local beer and local cheese. This fun evening of beer and cheese will take place at the Weavers Way farm. Cost is \$20.00 for Weavers Way members and \$25.00 for nonmembers. Please put the completed form and a check made out to Weavers Way in Margie Felton’s mail box (on the second floor near the fax machine). If you have any questions call Margie at 215-843-2350 x 2 or 134 for voice mail. Reservations will not be held with out payment.

LOCAL BEER AND CHEESE TASTING



weavers way farm
at Audubon Arboretum

at the Weavers Way Farm
Saturday June 5, 2009
6 p.m.

Name _____

Phone # _____ Co-Op _____

of People Attending _____ Amount Enclosed \$ _____

MEMBER LOAN CAMPAIGN

EXPRESSION OF INTEREST FORM

Weavers Way is growing and we need your help!

Our goal is to 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 bring it to the store, e-mail us at memberloan@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 Offering Memorandum and other materials. *Thank you for your support!*

Please note: To make a loan, you must be a current member of Weavers Way Co-op and list Pennsylvania as your state of principal residence.

Name: _____ Member #: _____

Address: _____

Phone: _____

E-mail: _____

I am interested in making a loan of: *(Please circle)*

\$2,500 \$5,000 \$10,000 \$20,000 \$50,000 Other: _____

Term of Loan: *(Please circle)* 5 yrs 6 yrs 7 yrs 8 yrs 9 yrs 10 yrs

Interest Rate of Loan: *(Please circle)* 0% 1% 2% 3% 4%

Signature _____ Date _____

Return or Mail your form to:

Weavers Way Co-op, Member Loan Committee
559 Carpenter Lane, Philadelphia, PA 19119

E-mail: memberloan@weaversway.coop



Chestnut Hill Expansion

Chestnut Hill Community Meeting *(continued from page 1)*

seemed to express the feeling of the audience when she talked about how happy she was to hear Weavers Way would open in the old Caruso's location.

Glenn Bergman then discussed Weavers Way's history and explained the background of Weavers Way's expansion into Chestnut Hill. He also touched on some of the many benefits Weavers Way will bring to the Chestnut Hill community, and just a few of the many good reasons to join the Co-op.

Next, Stu Katz, former Weavers Way Board President, talked about the goals and mission of Weavers Way, the importance value of membership and the member loan campaign for the new store. This program allows members to invest in the new store with loans from \$2,500 to \$500,000. Members select the interest rate (from zero to four percent) and term of loan (five to ten years). These loans will help with a healthy launch of the Chestnut Hill store and are key to quick success.

"As are many of the folks here in Chestnut Hill, I am thrilled that Weavers Way is moving into Caruso's," said Chestnut Hill resident Angela Griffiths. "We've been talking it up among the neighbors and there is definitely lots of interest... I look forward to further involvement with the Co-op."

When it came time for questions, attendees were interested to learn about store hours (the plan is 8 a.m. to 8 p.m.); amount of rehab to be done (down to the studs—the place needs work!); product selection (we are a grocery store with a focus on supporting local products, organic options and listening to member needs and wants); and

when the store will be opening (target date is November). Those present clapped when they heard of the Weavers Way commitment to providing good wages and health and dental insurance to employees, and when they heard that the first hire for the new store is Chestnut Hill resident and parking foundation employee Tom Walsh.

Two more meetings are scheduled for May 4 and 11. Residents of Chestnut Hill and non-residents are encouraged to attend, learn about the new store, and, if they're not already members, to consider an annual \$30 membership to show their support. For more information about the expansion or the member loan program, e-mail expansion@weaversway.coop, visit us on the web at www.weaversway.coop, or fill out the Member Loan Campaign Pledge form to the left.

Expanded Shuttle *(continued from page 1)*

215-843-2350, ext 135, and we can make sure you get your Shuttle, and that your house is not missed again. Because this issue includes a notice of the May General Membership Meeting, we are mailing this issue as well as delivering door to door. This may seem wasteful, but it is the most cost-effective way to get the *Shuttle* out to the broader community, while at the same time satisfying the requirement that we mail notice of our membership meeting to all members. But if you receive an extra *Shuttle*, don't just throw it away--share it with a friend.

Thanks for your understanding and patience while we make this transition. If you have any questions, comments or concerns, feel free to e-mail me at editor@weaversway.coop.



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NATIVE PLANT SALE

Saturday, May 9th
9AM – 1PM

Our 5th Annual Native Plant Sale will feature over 85 species of native trees, shrubs, vines, and wildflowers, with over 25 new species to choose from! Many of our plants are grown in our own nursery; the sale also features selections raised from seed responsibly gathered from our grounds.

Sidewalk sale across from Weaver's Way Coop

For more information, call 215.482.7300, or visit our website at www.schuylkillcenter.org

March Special Membership Meeting Explores Expansion, Member Loan, Work Rules

by Ted Barbato

Change is rarely easy, as was evident when the March membership meeting focused on a triple bill of weighty issues: the expansion into Chestnut Hill, the need to borrow money for that expansion, and a proposal to end the Co-op's work requirement.

About 60 members attended the meeting on March 17 at Summit Church. On the agenda was an update on the plans to expand into the new Chestnut Hill location, an explanation of the second phase of the Member Loan Campaign (and an explanation of the first phase), and a discussion on proposed changes to the bylaws to allow both working and nonworking memberships. Most left enthusiastic about the expansion, better informed but still uncertain about the loan campaign, and split on the work rule changes.

Generating a generally positive response from the members in attendance was the Chestnut Hill expansion. "A brilliant idea," said Bob Simon. "It's long overdue."

"I live in Chestnut Hill and I'm excited," added Barbara Bloomfield. "I want to get involved in helping it get established there." Mira Leysorek also felt it is a good idea, but voiced some concerns. "Are we assured of having parking back there?" she wondered. And the state of the economy gives her pause. "It's a scary time to be doing it."

But the effort to raise money for the move clearly vexed members. Most were surprised to learn that the initial letter, requesting loans from all members, was never intended to be successful, and was simply a necessary precursor to a loan application to the state.

"I didn't understand that what was stated in the letter was really not the reality of the loan program," said Susan Bloch. "I don't know that it had to be written that way."

Don McGuire, both a staffer and a member, felt the meeting better clarified the need for that approach, but he wondered if others in attendance may still be confused. "There are people in there who still don't understand why it was done the way it was done. They don't understand the little dance we have to do with the state and federal government before we can do something realistic in terms of raising money."

Many felt that this sort of clarification must be made to members who were not in attendance, perhaps with postings in the stores.

Bob Simon was enthusiastic about the loan effort, but with a caveat: "I just wonder, if our economy continues to worsen, people who thought they had \$10,000 to spare all of a sudden don't, what happens to them when things go south. But that's the nature of risk."

The proposal to eliminate work rule changes prompted varying opinions among those at the meeting. Joseph Wilson gave it a tentative thumbs-up. "I think it's probably a good idea, because we want to get more members in." A lot of people, he argues, can't commit to even six hours of work per year.

Others were skeptical, in part because there's no decision yet on the actual cash discount that would be available to those members who continue to work. "It needs to get a lot more specific for people to



Co-op General Manager Glenn Bergman addresses the members gathered at the March 17 Special Membership Meeting

make a decent decision about it," said Joseph Moselle. Andi Moselle agreed: "All the other nice community things are nice, but people are going to make the decision on balancing their time versus price."

For some, making cooperator hours optional brought a sigh of relief. Member Bob Simon: "I think one of the things that is a very active feature of the landscape is people dodging their work requirement, or buying the labor from someone else to do it. It's very common, and its not really talked about in a very obvious way. This gives an opportunity to recognize reality."

Barbara Bloomfield knows about that technique first hand. "About ten years ago I went through a phase where, sort of underhandedly, I paid a couple of people to work

for me. But I came back." So she supports the work rule changes. "I think its an experiment worth trying. If it doesn't work, we can change it again."

Others at the membership meeting openly wondered if ending the work requirement will change the very essence of the Co-op. "If we will sell to anybody, and raise the prices on the shelf to do so, where did the Co-op go?" said Don McGuire. "We're not going to be the Weavers Way Co-op of 15 years ago when I joined, or of 25 years ago. It's growth and change."

Joseph Wilson, though, said changing the nature of the Co-op is not necessarily a bad thing. "Growth is good, and this will help the Co-op grow."

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Clearing the Land

(continued from page 2)

Preparing the ground means a whole-sale change in what many might consider soil. Lousy soil, low in organic matter and high in clay, mortar, and nameable crud, will not grow the green leafy things that are envisioned. The critical next step for realizing site potential was evidenced by the large heaps of rich mushroom soil (manure with a past life) and a topsoil blend also high in organic matter.

Lousy compacted soil will grow tough tenacious weeds of all classifications, including annuals (dandelion, spotted spurge) biennials (burdock, Canadian thistle) and woody perennials (poison ivy, staghorn sumac.). It is the latter group that poses the most difficulty for farm development, for this group includes the larger woody plants that include red mulberry, black locust, and tree of heaven.

Reminiscent (in a very vague way) of the land clearing carried out by Pennsylvania settlers a few hundred years ago, both sites offered up a bounty of stumps, brush piles, and logs. With the sites cleared, progression toward a bountiful fall harvest will now continue.

Manager's Corner

(continued from page 1)

of the parking lot of the school had been torn up. Planted behind a fence was a beautiful garden that went for what appeared to be about 1/3 of an acre. As we did our fast tour (I plan to go back again) I saw a portable "double-wide" that had been finished in a nice color. We went in and what I saw was the bustling of 20-30 middle school kids working with an educator, teachers, and volunteer parents at three or four different stove areas (clearly the stoves had been lowered for their use). There were tables in the middle for eating together and clearly lots of kids enjoying a cooking class that followed their history lesson on Egypt. The kids were cooking lentils and other dishes that might have been eaten in Egypt during the great pharaoh period.

I was introduced to a number of teachers and students, all whom were energetic and engaged in the work at hand. No one knew we were coming and it took a few minutes for people to realize that Alice was in the room.

Then we went through the gardens and came across a class in a circle with a farm instructor and I wish I had had a camera. The class reminded me of one that David

Siller would run at our farm. Everyone said hello to Alice and on we went to look at the wood-burning pizza oven built by volunteers so the kids can make their own wood-fired pizzas ...well, of course. Then to the back of the garden to look at the chickens, the compost area, and the tool sheds.

Alice said, "You must get the artists involved! You must get older people around who have skills that can be volunteered to the gardens!" One retired welder and exhibit maker from the Exploratorium had made great metal racks on wheels that handled all of the garden equipment for the kids so they could transport them around the farm. A few artists had made the pizza oven and the sheds along with other volunteers.

So here we were on a beautiful East Bay California morning at 10 a.m., not a cloud in the sky, and over 70 children were having a ball learning how to cook, farm, and compost material--and all of it around a history lesson. I could see this at every middle and high school in Philadelphia. She agreed!

The Edible School Yard would welcome our staff and other educators to come out to Berkeley to visit for a day. I plan to make that happen; what better way to tie together learning, food, and a new life for Philadelphia.

Bike Co-op Holds First Meeting, Schedules Clinics

by Nicole Sugerman

The Bicycle Cooperative had a standing-room only first meeting on April 1, where participants discussed their experiences with biking and visioned their goals of a new bike cooperative.

Consensus was met around the ideas that, initially, the cooperative will provide a space and guidance for basic bicycle repair, act as a center for enthusiasts to ride together and gather around bicycle related events, and offer clinics to the community about bike repair and skills. We are still accepting donations to get this space up and running! If you have any old bicycle gear not getting much use, please donate it to the Co-op, where the whole community will have access to it.

The bike cooperative is holding two seminars 7 p.m., May 16 at the Weavers Way Garage, 542 Carpenter Lane. These seminars are FREE and open to everyone!

Bike-Buying Clinic Looking to buy a bike? The choices can be many and overwhelming. Do you really know what you want or need? Learn about the equipment and how to be prepared when you are ready to buy a bike.

Spring Bike Check-up How to check your bike for ride readiness and ride confidence; How to look for potential problems. Bring your bike for this interactive session.

E-mail bicycle@weaversway.coop and let us know if you plan to attend one of these workshops. You can visit the Mt. Airy Bike Coop online at <http://groups.google.com/group/mtairy-bicyclecoop?hl=en>





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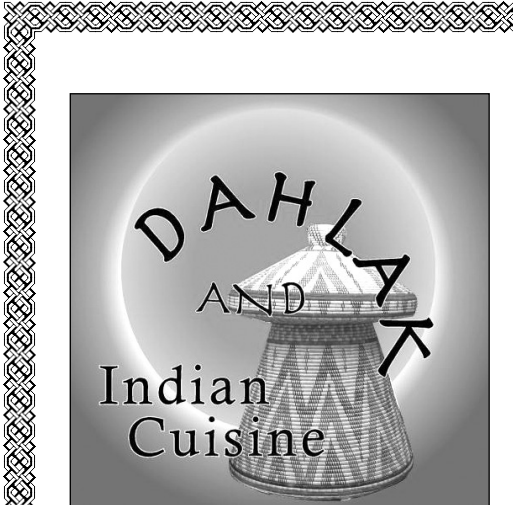
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Why I Love Living & Shopping in Mt. Airy

by Kim Miller, President, Mt. Airy Business Association

After turning 40 I realized that my arms were no longer long enough to allow me to read the fine, or even not-so-fine print. For years, I carted around dollar store readers and they drove me crazy. Never could I find them when I needed them. I finally gave in and started wearing those groovy beaded glass holders around my neck. Friends told me I looked like an old lady, but I'd say, I'd rather be able to see than to look good.

A couple of years ago, Catalina Bautista of Mr. Peeper's Optical suggested that I buy a real pair of glasses. "But, I don't need them other than to read," I said. "Neither do I," she said. "But I wear my progressives all of the time, so that I don't need to go looking for my glasses every time I need to see." She convinced me, and I purchased a beautiful pair of no rim, titanium Silhouettes. My niece told me that now I look like a rich lady instead of an old lady and that made me happy. I loved my new glasses. Loved being able to see whenever I needed to and loved looking like a rich person.

So for two years, I walked around happily seeing whatever and whenever I needed. Back in October 2008, I woke up one morning and couldn't find my glasses. The evening before I was walking my dog, Sweetie, in the Wissahickon and figured I

must have taken them off and dropped them in the woods somewhere. For sure, they were gone and I was back to the old lady readers.

Of course, next time Catalina saw me she asked, "Where are your glasses?"

I had to tell her they were lost. I started collecting DecemberFest gift certificates with the thought of purchasing another pair, but they weren't going to be those titanium Silhouettes, that's for sure. Just last week, Catalina called me and asked me to stop by. I happened to be driving down Germantown Avenue and was there in a flash.

"Guess What! I have your glasses," she said!

"What?" I could not believe it. "How? Who?"

"Well, PJ McMenamin was in here a few minutes ago and he brought a small brown bag full of glasses that people leave at his place. He does that from time to time and tells me to donate them to the needy. Usually they are the dollar store versions that people don't sweat losing. But I was pretty sure, when I saw those titanium rimless ones, they had to be yours!"

For all the many reasons to shop local, this is the number one best. The shop owners know you and love you!

Co-op Goes Green at Cliveden

(continued from page 1)

ther from its annual reenactment of the Battle of Germantown, or more recently as the host of Mt. Airy Day. Cliveden also hosts educational programs for youth, including the Que Vive! Young Writers Project, the History Hunters Youth Reporter program, and amazing educational and historical resources.

If you are looking for a summer camp experience for the young historian in your family, Cliveden offers the Building Bridges

Summer Camp for 7-12 year olds, the week of July 13-July 17.

For more information on Cliveden activities, call 215-848-1777, or contact Rick Fink at rfink@cliveden.org, or visit their website at <http://cliveden1767.wordpress.com>.

For more information on Weavers Way Farm, contact Dave Zelov at farmer@weaversway.coop. For more information on farm education opportunities, contact David Siller at educator@weaversway.coop.

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Floral Notes

(continued from page 3)

pots). The farm boys, David and David, like to surprise me, but keep your eyes out for bright yellow tags on vegetable plants, which will likely include baby bok choy, broccoli, cabbage, chard, cucumber, collards, eggplant, kohlrabi, lettuce, and dandelion greens. Diddens will provide our largest selection of bedding plants—flowers, fruits, vegetables, and herbs (keep your kitty happy with catnip and yourself happy with chocolate mint), as well as a beautiful variety of hanging baskets and larger potted plants.

Forgot to compost last year? We carry Organic Mechanics potting soil, a local (West Chester), premium, peat-free organic potting soil. Want to start composting or learn more about it? Visit our second floor for ceramic kitchen countertop composters or larger, recycled plastic composters, as well as the guide Home Composting Made Easy. We also carry a variety of other books geared toward the city gardener, including The City Gardener’s Handbook, Pots in the Garden, Green Roof Plants, and Natural Gardening in Small Spaces, as well as guides for safe and natural control of bugs, weeds and plant diseases. We also carry a wide variety of gardening tools and accessories, from Fiskars pruners and floral snips to Kotobuki cast iron wind chimes. We also carry all sorts of lovely smelling, lovely working sunscreens and lotions (thanks, Martha) for hard-working (or even just hard-playing) gardeners. Dreaded seasonal allergies keeping you out of the garden, park, or playground? Well, we also have some fantastic homeopathic and natural remedies (thanks again, Martha) that will help keep you from sneezing a lung out.

Don’t want to grow your own fruits, herbs or veggies? Thank Jean we have a fabulous produce department so you don’t have to!

Don’t want to grow your own flowers? Or don’t want to cut the flowers you’ve grown? We will continue to carry beautiful, fresh-cut flowers and, as the weather

warms, they will be from local growers as well! Now through mid-May, we have Van Dyke tulips, grown in New Jersey and delivered to us (via Zieger and Sons, a third-generation Mt. Airy wholesaler) fresh from cutting (usually on Mondays). You may have seen our local daffodils, cherry blossoms, and forsythia. As Spring progresses

and Summer begins, you will find zinnias, dahlias, and more (from Philadelphia-based Pennock Company) and an even larger variety of Weavers Way Farm flowers (look for the yellow stickers) than we had last year. And remember, the non-local flowers we

purchase are sustainably grown, with certifications such as “Fair Trade” and “FlorVerde” and “VeriFlora”. The roses, which arrive every Friday throughout the year (except in August), are certified Organic. One shopper, Andrea Alexanian, sent me a photo of still gorgeous roses that were a month old! Great for her, but what does that do to my sales when she and others like her don’t have to replenish their cut flowers every week?

Mt. Airy Day Reminder!

The 39th Annual Mt. Airy Day will be held on May 2 (rain date May 3) from 11 a.m. to 5 p.m. on the grounds of Cliveden of the National Trust at 6400 Germantown Ave. Weavers Way will once again be participating in and helping to support Mt. Airy Day with our on-site plant sale. We will have plants (flowers and food) from Anne’s Herbs, Diddens, and Weavers Way Farm with special Mt. Airy Day pricing (at Cliveden only). You’ll also be able to meet with Weavers Way Floral, Farm, Membership, and Community Programs staff (that’s right! We’ll all be in the same place, sharing space and cooperating!).

So come to Cliveden, buy some plants, get lots of great information from various community organizations (in addition to our own Weavers Way Community Programs), eat good food from local vendors, and listen to good music from local performers. Support Mt. Airy Day!



State VIPs Tour Co-op’s Farms



On April 17, 2009 members of the Pennsylvania Agriculture and Rural Affairs Committee took a Northwest Philadelphia tour that included Weavers Way Farm at Awbury Arboretum, the WWCP farms at Martin Luther King High School and Stenton Family Manor, and the Weavers Way Co-op Ogontz store. Pictured above, Farmer David Zelov explains our farming operations to our guests. State Rep. Dwight Evans, Chairman, Appropriations Committee, hosted the tour, which included State Rep. Michael K. Hanna, Chairman, Agriculture and Rural Affairs Committee; State Rep. David R. Kessler, Vice-Chairman, Agriculture and Rural Affairs Committee; State Rep. John Myers, Member, Agriculture and Rural Affairs Committee; Russell Redding, Executive Deputy Secretary, PA Dept. of Agriculture; Jean Lonie, Executive Assistant to the Executive Deputy Secretary, PA Dept. of Agriculture; Fran Coleman, Budget Analyst, House Appropriations Committee; and Denise Holloway, Legislative Assistant, Rep. Evans’ Office; as well as Jack Kitchen, President & CEO, Ogontz Avenue Revitalization Corporation; and staff from Jon Meyers’ office. Also pictured are Marketplace Coordinator Carly Chelder and Awbury Arboretum Executive Director Gerry Kaufman.

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Urban Sustainability Forum: How Can We Feed Philadelphia?

by Dennis Burton

A new awareness and closer scrutiny of large-scale, industrialized methods of food production have given rise to a renewed interest in smaller scale food production throughout the country. Investigation into the dynamics and impacts of the food produced on these large-scale farms has raised serious questions about its safety and environmental sustainability. As a result, people want to know where their food comes from, make choices about what they eat, and control their food costs.

Urban Agriculture, or market gardening, as a means to feed urban residents, is not a new concept, but is rapidly gaining appeal as a way for residents to ensure and secure their food supply for their future. One historical precedent for this activity is found in the 19th century market garden: a family run plot that provided food as well as income from surplus produce sold at market. Those gardens were able to support a high turnover of a variety of vegetables and fruits, assuring a continuous supply of fresh fruits and vegetables at home and market. Gardens typically emerged on the outskirts of cities so that fruits and vegetables could be harvested and delivered easily, ensuring their freshness. In fact, in the early 20th century, many acres of Upper Roxborough around the Schuylkill Center supported market gardens, which supplied Philadelphia with produce.

As nations industrialized, workers left the farm for factory jobs, leaving a void in the agricultural work force and in the nation's food production. With industrialization, however, came improved storage systems and refrigeration, which allowed for the growth of industrialized agriculture. By

the mid 20th century, about 10 percent of the nation's workforce supplied food for the other 90 percent, who had left the hard life of farming along with their personal connections to the land. Much of the land once used for market gardening (especially in the eastern United State), was rapidly subsumed by residential and commercial development.

Fortunately for Philadelphia, a serious community of savvy urban farmers has settled in with the hope of transforming our vacant lots and available green space into market gardens. Armed with the call of Buy Fresh, Buy Local, and a lot of research and literature, with Michael Pollan's "Omnivore's Dilemma" leading the way, a new generation of farmer has begun migrating to urban areas: they have come full circle from their parents' and grandparents' desire to leave the farm and see the world (recall the World War One song: "How You Gonna Keep 'Em Down on the Farm After They've Seen Paree" [Paris]). Today's market gardener will typically work full time on one and a half to two acres and grow 20 or more different crops through the season. However, this new generation of farmer wants to see Paree and be a farmer, as well.

The urban agriculture movement in Philadelphia already has a cutting edge reputation in other cities: farmers are already producing food and, at least on a small scale, enhancing economic growth. Now it is time to focus the momentum by growing the grange and increase the potential for these new farmers who are anxious to feed us. On May 21, at 6:30 p.m., the Academy of Natural Science's Urban Sustainability

Forum will present "How Can We Feed Philadelphia?" This forum on Urban Agriculture will feature Ben Reynolds, from Sustain London; Marcia Caton Campbell, from the Center for Resilient Cities in Milwaukee; and Laurie Actman, from the Mayor's Office of Sustainability here in Philadelphia, who will share examples of their successful initiatives and policy models that promote urban agriculture. Domenic Vitiello, assistant professor of city planning at the University of Pennsylvania, will moderate the forum. The event is free and open to the public.

To RSVP visit: <http://feedingphiladelphia.eventbrite.com/>.

In addition to the Thursday evening forum, there will be a series of hands-on workshops, including:

- Seed Saving with George Devault of Seed Saver's Exchange;
- Hoophouse Construction with Bill Lamont, Penn State Horticulture Department;
- Small Space Farming with Dave Zelov, Weavers Way Farmer.

Register for the workshops at <https://growingthegrange.ticketleap.com/> For directions, visit www.schuylkillcenter.org.

"Growing the Grange" is sponsored by City Parks Association of Philadelphia; The Schuylkill Center for Environmental Education; and Penn State Extension. It is also supported with funding from the Claneil Foundation.

Gardening Workshop at Saul High School, May 14

A free intensive hands-on gardening workshop open to all will be held at Saul High School on May 14 from 11 a.m. to 1 p.m.

How to get the most food from your garden using season extenders, raised beds, wide rows, succession planting, soil building and composting. Students from Saul's AgroEcology Class will be on hand to demonstrate and answer questions about their growing techniques.

Workshop will be held on the farm side of Henry Avenue (opposite side from school). Wear gardening clothes and sturdy shoes. (Route 27 bus stops at Cinnaminson Street. Parking available on farm side of Henry Avenue.)

To register, contact Sally McCabe at 215-988-8846 or gardentenders@pennhort.org.

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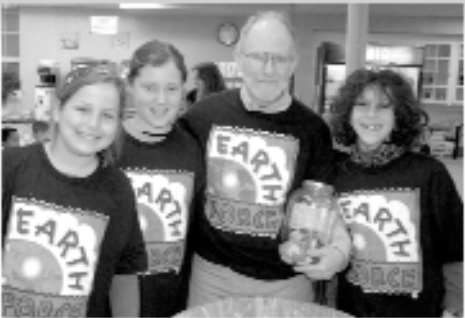
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The Neighborhood Gardener

The May Garden

by Mark Goodman, The Neighborhood Gardener

Okay, no more excuses. It's May and warmer, and the April nippiness has passed. It's time to get out in the garden and plant.

In early May, you can plant seeds for string beans and soy beans, cucumbers, squash, zucchini, and—if you have the space—corn. Another early May choice is New England spinach. Why New England spinach and not the regular spinach? Because the “regular” spinach—like lettuce - will not grow well in hot weather. The plants will “bolt” - that is, send up a stalk that will flower and go into seed production. This makes the leaves bitter. New England spinach, on the other hand, will tolerate heat, will not bolt, and will produce tasty leaves throughout the summer.

The frost-free date for our climate is May 15. Usually though, by about May 10, you can plant lima bean seeds and pieces of sweet potato. In addition, you can set out the following plants: tomato, pepper, and eggplant. Watch the weather reports, and if the forecast on or around May 10 is for some cold nights, hold off planting for a couple days.

Unlike most herbs, which are hardy perennials or biennials, basil is a “tender annual,” which means it should be planted around the frost-free date.

Flower lovers are happy to see mid-May because they can now plant such tender annuals as zinnias, asters, caladiums, and impatiens. But, you say, impatiens have been on sale in nurseries and garden centers since mid-April. That's because impatiens are by far the most popular annuals in our area due to their vibrant colors and slug resistance. Their popularity causes people to ignore the warnings at the plant stores that say that April is too early to plant impatiens. This is similar to the warnings on cigarette packs; people read them but often ignore them. Sometimes you can get away with



planting impatiens before the frost-free date, but if you want to play it safe, don't be impatient with your impatiens.

Once you plant your May vegetables and flowers, wait a couple weeks before you mulch. Why? Because the soil heats up slowly after the winter and early spring, and if you mulch too early in the season, the insulating qualities of mulch will keep the soil cool, and your plants won't grow as quickly as unmulched plants. After a few weeks, when the ground feels warmer, you can mulch.

Plant of the month. If you want a hardy perennial ground cover that flowers for a good part of the late spring and summer, try perennial geraniums. Note the word “perennial.” These are not the annuals (pelargoniums) that we see in flower boxes and pots all summer. Perennial geraniums grow lower, spread, and flower pink, white, magenta, purple, and blue. In addition, the leaves of many varieties will turn reddish as fall approaches. They like a sunny spot, but will grow in some shade. They are perfect for the front of a perennial garden, in rock gardens, or at the top of a wall. Two popular varieties for this area are Wargrave Pink and Johnson's Blue, although many other varieties also do well

If you have any questions on May planting, contact The Neighborhood Gardener at earthcraft@comcast.net or at 215-248-1676.

Change and How We Can Manage It

by David Woo, Board of Directors

We've all heard about and experienced recent change here at Weavers Way in the last year or so. Those of you here about five years ago remember the turbulence we passed through when our own financial crises hit. Almost a precursor to the sad state our larger economy currently inhabits as ill-fitting as a donated suit of clothes.

We made it through that adventure and consolidated our position in the local economy and thought, well, no need to worry about anything like that again. We can go back to working our six hours per household member a year, stocking shelves, running tofu, washing aprons, packing fish, filing cards, mopping floors and the like. Doing the things that make Weavers Way the co-op we all know and love, like a family member, a known entity, solid, static, unchanging, we can go back to being and knowing, “comfortable.”

Only now to be presented with a growing urban farm operation that has over many years come into its own, a satellite store in Ogontz, a 501(c)3 non-profit, the implementation of curbside recycling and the cancellation of our Environmental Committee's recycling program, a Chestnut Hill store expansion, the new office space at 555, a garage, and the proposal to change a mandatory work requirement into an option. This isn't the Weavers Way I joined in 1990; it's different and older, wiser and better-prepared for an uncertain future.

So much change and growth that it is sometimes a chore to keep up with it (I'm sure especially for the hard-working staff who live it everyday). What does this all

mean to me and my membership in this co-op?

It isn't a cliché to say that we have come a long way from the Summit Church basement in the 1970's; there are members now who weren't even born until years after the founding of Weavers Way. Change is inevitable and we are in the business of managing it and keeping up with it, or we can simply concede and let things just happen.

Can we just let things happen and risk hoping it turns out well, or use our collective power to influence our place and position? I can only imagine that if the cooperative structure imagined and implemented by those pioneers in Rochdale, England had grown and been more influential and a stronger economic model, the current societal correction we are facing probably wouldn't be as severe as we are seeing it now.

It's our time to build on the cooperative model, grow the influence and give people outside of the Co-op a chance to see a democratic cooperative in operation and shine a little light into the dark corners of our economy. This is the reason to keep up with change, to build this model and benefit more than just our membership. We have the opportunity to maybe give our neighbors a look at why we are members and do the work, contribute the time, and tout our services as a cooperative entity in our community.

Imagine that Weavers Way can help other groups form their own coop enterprises,

(continued on page 16)



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World Water Week

by Dory Loder

Many people of all ages attended the Women’s International League for Peace and Freedom’s “Party With a Purpose,” a benefit for three outstanding international organizations assisting in countries with water emergencies: UNICEF, International Action, and Traveling Mercies. Almost \$5,000 was raised on their behalf for their special kinds of aid in a time of water shortages that will only increase with the years of global warming ahead.



PHOTO BY DORY LODER

HEATHER SHAFTER, MIRIAM CRAWFORD, ELLEN MIADES, MEMBERS OF BOTH THE CO-OP AND WILPF

Held at the beautiful Fairmount Water Works Interpretive Center with all its fascinating and computerized educational exhibits, this was an educational evening to bring more awareness to the growing inevitability of less water for more people worldwide in the near future. One-third of the world’s population today has to travel distances to search daily for the water need so basic to life for their families. In just 15 years that number will double to two-thirds. Even in the U.S., because of global warming, less snow from warmer winters means less of the snow melt-off that provides a gradual source of water to meet the needs of communities below—such as in the Northwest Cascade mountains, long a source of abundance for Seattle and Portland. Same fate in the Andes for instance, to villages and cities below, as in

Afghanistan—we hear it in the news consistently, and then water gets privatized by corporations that buy up the sources and resell the product at exorbitant prices. Global warming means ever more water will be needed in the huge agricultural areas. The Colorado River is diminishing, no longer extending into the Gulf of Mexico, and the farmlands of central California are already experiencing drought conditions. We are fortunate in PA to have our own Co-op farm with fresh produce nearby and the foods from Lancaster County farms, too, not yet dying of thirst. But with an eye to the future, let’s remember to buy local, and conserve fuel and water wherever and however we can—every drop and every day, and teach our children conservation habits now!

Ethical Electronics Recycling in Chestnut Hill May 9 & 10

by Steven Kretzmann (aka “Stevik”)

The March issue of The Shuttle included an article about Christopher Swain’s ethical electronics recycling program. It featured a March collection event held in Wyncote. On Saturday, May 9 and Sunday, May 10 the Chestnut Hill Friends Meeting will be hosting another electronics drive in collaboration with Swain. The collection will be from noon to 3 p.m. on both days.



PHOTO BY STEVEN KRETZMANN

Called TOXTOUR, Swain’s ethical electronics recycling project guarantees that nothing collected will end up in a landfill, incinerated or dumped in developing countries. A dollar-per-pound fee ensures that all items collected are processed by signers of the Electronic Recycler’s Pledge of True Stewardship. Collection sites that take electronics at no cost may dump into landfills or send the products to countries where the health of workers and the environment are endangered by the many toxics contained in electronics. For information and documentation about this ethical recycling program, visit www.toxtour.org.

Items accepted at the ethical recycling collection are: televisions, computers, monitors, keyboards, drives, cables, cords, peripherals, copiers, printers, cartridges, fax

machines, scanners, laptops, stereo equipment, speakers, CD and DVD players, telephones, iPods, MP3 players, remote controls, VCRs, projectors, digital cameras, PDAs, radios, answering machines, camcorders, electric typewriters, video game systems, pagers, microwaves, toasters, ink cartridges, USB media, and magnetic media such as zip disks, audio tapes and floppy diskettes. Cell phones will be accepted at no charge.

The dollar-per-pound fee is a tax-deductible charitable donation. Receipts will be issued on site. Any net proceeds will support peace and social justice programs of the Chestnut Hill Friends Meeting. For more information please contact Stevik at yostevik@yahoo.com or 215-242-4419.

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Surfin' the Age Wave

by Lynne Iser, MPH

I've noticed that when I walk into the Co-op many people look just like me—people in their 40's, 50's and 60's—people who are growing older. Contrary to the media and the doom-and-gloom folks, I find this very reassuring because I believe that the coming age wave is a great opportunity, rather than the demographic disaster that it is generally portrayed as.

So what is the "Age Wave?" It is the greatest demographic change in the history of humanity. Throughout most of recorded history, only 1 in 10 people could expect to live to age 65. Now, nearly 80 percent of Americans will live past that age. The most rapid increase will take place between 2011 and 2030, when those who are 65 years and older will expand from 13 percent of our population to 22 percent of our population.

So, "older people"—whether they are us, our parents, colleagues, neighbors or friends—are becoming a major segment of the population. What are we going to do with all these people?

From my perspective we, us "older people," are assets. We have talents, skills, concerns, and resources that are critically needed in our contemporary world. Let's encourage ourselves to live our lives fully and recognize that this age wave is an opportunity!

So how can we do that? What is different as we live the second half of life?

There is an inherent concern that arises as we consider our legacies. How will I leave this planet? What has my contribution been to my community? As I come closer to my own 60th birthday, I feel the strong pull of these questions, and struggle for my answers.

I naturally move towards asking my-

self, How can I use my years of life experience to improve this world? What is yearning to come forth from within me?

Along with our skills and experience we have our precious time. We are a treasure chest of volunteer hours. And, not just as "envelope stuffers" but as people who can run organizations and programs, do public speaking, lobbying, writing or fundraising. We are also experienced caregivers, wise about how to care for, love, teach and guide children.

There are two important tasks for us to be doing at this time in our lives:

REFLECTION to consider who we are and what we want to do with the precious hours of our lives; and,

ENGAGEMENT in the world—by meaningful work, pursuing creative interests, volunteering, mentoring, loving and caring for others;

As older people, we have the possibility to address the enormous global issues of sustainability, social justice, and, of creating a more peaceful world.

Inspire yourself and learn what others are doing. Check out the website for the PurposePrize.org, or look at the local website of Coming of Age (philadelphia.comingofage.org)

In future columns, I plan to discuss options to "55+ housing", community building, generativity, and other topics.

This is our time. Let's invite our co-workers, neighbors, family and friends, and use this age wave to change the course of our world.

Lynne Iser, MPH, is an advocate, facilitator, and teacher whose passion is creating elder communities designed to add value to our lives. She can be reached at LPIser@aol.com

Community Caring Task Force Forming At Neighborhood Interfaith Movement

by Jeanne Allen, member, Community Caring Network Task Force.

The rich quality of life available in our Northwest community, and tough economic times are just two reasons a growing demographic of adults, 55 and older, are considering how they can "age in place" as they move through the next stages of their lives.

Linda Brunn, director of adult programs at Neighborhood Interfaith Movement (NIM), is forming a task force to envision and foster an intentional Community Caring Network, to make new connections and support amongst all residents in NW Philadelphia. We all need to see ourselves as resources for each other and to work out new ways of supporting one another in practical and personal ways.

The task force is exploring how we can build upon the strong community groups such as Weavers Way, WMAN, EMAN, MAUSA, babysitting cooperatives, community gardens, and others that have already created a strong culture of cooperation. Weavers Way already offers home delivery of food for those who need that service. The group is exploring what other communities have developed such as time banks, central listings of skills and services people are able to offer, and cross generational programs.

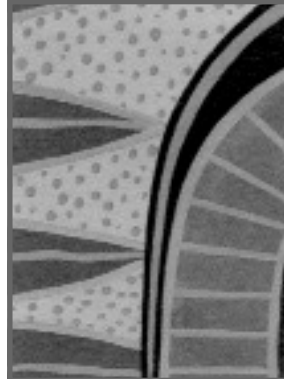
The task force envisions both a furthering of conscious informal networks and a

formalized database of people offering and requesting services. For example, someone we know might be able to help with hanging a window shade, or there might be a directory of volunteers who are willing to help with simple projects.

NIM's Resources for Older Adult Living (ROAL) program (funded by a grant from Green Tree Health Foundation) provides a beginning point for building both the formal and informal networks. ROAL is currently seeking people willing to provide to older adults living in the community such small services as driving, help with income tax returns, running errands, and home repair and yard projects.

The CCN task force aims to involve as many key organizations and individuals as possible in the planning and fostering of community caring networks. There will be a table at Mt. Airy Day with materials and help to encourage people to convene neighbors who live in close proximity for block parties or other social gatherings to further the opportunity of learning more about each other.

Groups and individuals who are interested in participation or more information are encouraged to connect with the CCN task force through Linda Brunn at NIM, lbrunn@nimphilly.com, 215-843-5600, x127.



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Back By Popular Demand: Bridge Workshop at 555

by Aron Goldschneider

When I arrived at 555 Carpenter Lane in mid-March to report on an evening of free bridge instruction, I found five Weavers Way members seated around a table, analyzing face-up cards and soaking up with a quiet intensity the guidance of volunteer teachers Alison Shoemaker and Burton McHugh. Something quite special was happening here—the passing on of a traditional and artful game much beloved and treasured around the world. Words commonplace in law and business —contract, auction, bid, declaration, partnership, passive player, finesse—sounded more exotic in this context . . .

Nonetheless, I declined an invitation to be the eighth player, instead peeling Burton away for a couple of minutes to chat about the event. Burton said that this was the second bridge workshop that he and Alison had taught, and that this year’s class was better attended than last year’s, which was likely dampened by snow.

He explained that the workshop was an introduction to the basic elements of bridge—bidding, play of the hands, and scoring. When I asked him about his connection to the game, he said that he had learned as a child from his grandparents and had been playing ever since, but that it was Alison who was the more expert, avid player. He told me that Alison was an excellent golfer as well, this year making the



Alison Shoemaker (center) and Burton McHugh (right) share a laugh with their bridge students for a night at the March 12 Bridge Workshop at Weavers Way’s new meeting space at 555 Carpenter Lane

Philadelphia Inter-City Team that goes up against New York and Boston in the Griscom cup, but that bridge was her “winter passion” when she wasn’t playing golf. It’s easy to understand why bridge becomes a passion for many who like cards, numbers, and a true mental challenge. Although bridge is a mixture of luck and skill

in most variants of the game played, there is an awful lot of strategy and deduction involved and it is often compared to chess

for its complexity (duplicate bridge, played at the tournament level, largely eliminates the element of luck by having anywhere from two to hundreds of tables of players playing the same deals). If there is demand for another introductory class on bridge, Burton and Alison have generously expressed their willingness to make time for it. Please contact Annette Aloe, Administrative Assistant to Glenn Bergman, if you have questions about this or other events at 555 Carpenter Lane, or would like to inquire about your own group’s use of the clean, comfortably renovated room. “555” has already provided a meeting place for Friends of Carpenter Woods, Northwest Green, and others (besides serving as the Co-op’s regular site now for board, staff, and department meetings). I ran into Glenn outside the building, and he told me that a new bike rack, new exterior lights, and new awnings are in the works. And, believe it or not, 555 already houses a quite impressive member-donated massage chair that can soothe away all your cares while you solve the world’s problems.

PHOTO BY ARON GOLDSCHNEIDER

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What's Killing Our Birds?

by Sandra Folzer

Recently, I was dismayed to learn that according to the U. S. Fish and Wildlife Service, the U.S. Geological Survey, the American Bird Conservancy, the Audubon Society, and the Cornell Lab of Ornithology, one third of U.S. bird species are endangered. Not only would we lose the delightful songs we hear, but we would lose an important natural insect killer. So what are we to do?

Some suggestions are to drink shade-grown coffee because shade trees preserve the winter habitat of many of our migrating birds, reduce pesticide use since pesticides are toxic to birds as well as people, and keep pet cats indoors since they kill so many birds.

There are certainly many other factors which harm birds, such as glass windows, cars and trucks, electric lines, and windmills. However, I believe we would be wise to focus on these dangers over which we have the most control.

In a *New York Times* article, "Did Your Shopping List Kill a Songbird?" the author claims that "The imported fruits and vegetables found in our shopping carts in winter and early spring are grown with types and amounts of pesticides that would often be illegal in the United States."

Migratory birds like bobolinks winter in Latin America where pesticide use is five times greater than it was in 1980. As a result Bobolink numbers have decreased by 50 percent.

What we buy does make a difference.

Mass produced coffee is grown in open fields which are sprayed with enormous amounts of pesticides and fertilizers. Organic fair-trade coffee needs no pesticides or fertilizers and the shade trees give shelter to the birds.

We should buy only organic bananas because growing bananas uses the most pesticides. "Each year, as we continue to demand out-of-season fruits and vegetables, we ensure that fewer and fewer songbirds will return." (www.nytimes.com/2008/03/30/opinion/30stutchbury.html)

Aside from our shopping habits, another action we might consider is preventing our cats from killing birds. This is a tough one. I know friends who adore their cats who roam outdoors. But given the amount of birds killed, it is worth a serious try.

There are various statistics on how many birds cats kill. We do know there are over 40 million "outdoor" pet cats in our country, not counting indoor cats. If each cat only kills one bird a year, that is 40 million birds. These numbers don't include feral cats. A controlled study in Kansas found the average cat studied killed at least 4 birds each. If we can generalize from that, our estimate of birds killed rises to over 240 million every year. Another study in Wisconsin found cats killed an estimated 39 million birds each year in that state alone. If we multiply that number by all the states, the number is staggering. (www.geocities.com/the_srco/Fluffy_article.html)

The American Bird Conservancy suggests keeping all cats indoors, which keeps



the cats healthier, less susceptible to cars and parasites. At a minimum some recommend keeping cats indoors at night during the spring and summer to avoid bird kills. Collars with bells have been shown to be useless. Also, being well fed does not deter a cat from hunting.

We cannot use the argument that cats are just part of nature since they were only introduced from Europe into North America about 300 years ago. Here they have no predators, so the number of feral cats grows. (www.ctaudubon.org/conserv/nature/cats.htm)

I have a dilemma since there are two cats who sleep in our yard. I believe they are feral since they run away whenever I approach. Since we have an indoor cat, it is unfair that other cats are killing our birds. I am considering trapping them with my Havaheart trap. I need to inform my neighbors first, just in case one of these cats is theirs. It isn't easy trying to do the right thing.

Spring Fleas

(continued from page 3)

gested ("natural" does not mean "completely safe"—think of rattlesnakes, for instance). So be aware of all of your small ones' habits and always use all products only as directed (either on the label or by your veterinarian). Also, please remember that these types of products repel but do not kill fleas.

Flea combs are always safe, and combing your pet regularly is a great way to spend time with him or her. It's relaxing for both you and your pet and allows you to keep tabs on your pet's health. If you dip your flea comb into a shampoo/water mix, removing and leaving the removed pet hair in the solution, you can drown the fleas easily and make your pet smell fresh. A garden or shower hose may or may not rinse off all of the fleas, and if any remain they're possibly not dead (I swear the little buggers practice holding their breath).

Regular vacuuming to remove fleas from bedding, carpets and other areas is also a good idea. Borax or diatomaceous earth can be sprinkled in corners and by wallboards; these both kill fleas by dehydrating them. Also, fleas LOVE heat and humidity, so running your AC during the summer not only will keep you and your pets cooler, but will help dissuade fleas from visiting and staying.

Well, I hope you find these ideas useful. And yes, preventing fleas IS a lot of work, but it's a lot less work than dealing with a flea infestation.





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Vultures—Are You Seeing A Lot Around Lately?

by Brenda Malinics

Have you noticed an increase in the number of large dark birds that either soar fly rather ominously low? These are vultures—there are two species around Philadelphia, the Turkey Vulture and the Black Vulture. There populations are on the increase, to the delight or some, and the distain of others. Whatever side you take, these vultures are extremely unique and fascinating in many of their habits and behaviors.

Vultures are the only birds with a well-developed sense of smell. Yes, contrary to what our parents told us about mother birds abandoning their young if we touch them, that was not accurate information. Except for vultures, birds do not have a sense of smell.

Almost every facet of vultures is fascinating. What I find most interesting is their method of defense. While most wild animals bite, scratch, and claw to scare away predators, vultures simply vomit. Yes, vomit. If you think a skunk’s smell is rancid, you have never smelled vulture vomit. In short order, it can evacuate a city block. Think about a vulture’s diet—dead rotting flesh mixed with strong gastric juices designed to break down week old carrion. Now you get a sense of what vulture food might smell like on the way back out of its stomach. If I haven’t grossed you out yet, read on for more interesting vulture characteristics.

Of the two types of vultures you might see locally, the Black Vulture is less common and is known as a Southern bird. Why

it came North is still a mystery but some say that it followed the battles of the Civil War, and fed hardily on the fields. However, records indicate that the Black Vulture was first sighted at Hawk Mountain in 1969. Since then its population has multiplied.

The Turkey Vulture (known by birders as a “TV”) is a common sight, especially over open country and areas where it can catch a thermal. The characteristic mark of a vulture is its “slight dihedral” or bent wings while it soars. Vultures also love to “rock” in open skies and seems to be having fun in the sky as they soar along our roads, fields and turnpikes.

Both vultures are extremely large birds and average 6 foot wingspans, are 30 inches long and weigh approximately 5 pounds. From below, the Turkey Vulture’s wings appear two-toned with brown and white feathers. Its head is reddish, its legs are pale, and its tail is much longer than the Black Vulture. The distinctive field marks of the Black Vulture are its white primary feathers, with an all-black underside, its short squared tail and its whitish/gray head. Both vultures have featherless heads. Nature adapted these birds without head feathers to allow them to remain (relatively) clean after sticking their heads into carcasses while they dine.

Vultures and storks are the only birds to practice the unique method of thermoregulation known as urohidrosis. They deliberately void their own excretory waste on their legs to keep cool. The legs are well supplied with blood vessels, and as the

evaporating liquid cools the legs, the cooler blood is pumped to the rest of the body. In order to prevent the build up of solid wastes on the legs, the birds bathe frequently and will bathe daily if provided with water.

Preferring to lay their eggs directly on the ground or on cliff ledges, vultures build no nests. Both parents incubate. The hatchlings are semi-altricial, or born without feathers and quite vulnerable, and they are fed regurgitated carrion by both parents.

Vultures are extremely intelligent, highly social and tend to roost in large numbers, which has brought them a lot of negative press lately, especially in New Hope, where they have taken a liking to the roofs of local businesses. Their roosts are usually in trees or sometimes on the ground. Their nests however, are on steep cliffs, hollow stumps or logs, in dense thickets or in caves.

They nest in February through June and usually bear two eggs. The turkey vulture’s eggs are creamy white with patches of pale and bright brown, 2.75” x 1.75”; the black vulture’s eggs are grayish-green, or bluish-white, if not speckled brown. The Black Vulture has been known to “decorate” around their nest with brightly colored bits of trash. Both parents incubate the eggs for 38-41 days. They fledge at 12 weeks. Breeding occurs at two years of age. Vultures breed across most of the U.S., winter along the east coast and Southern U.S. into Mexico, and Central and South America. Their natural diet is carrion, but they will occa-

sionally kill small birds or living prey that is on the verge of death. The Black Vulture is more aggressive than the Turkey Vulture and it is taking over much of its territory.

Adult vultures have few predators, although black bears and golden eagles have been known to take vultures. The primary threat is to the incubating eggs and young hatchlings which are a favorite to the common crow.

By virtue of their diet, vultures have highly developed immune systems that make them resistant to most microbial toxins. They are, however, susceptible to chemical poisons which might have killed their food sources. Most of the injuries to vultures are from impact with automobiles while feeding on roadkill.

Vultures are fascinating creatures that serve a valuable purpose in nature. Like bats that are the vacuum cleaners of the night sky, vultures are our roadside clean up crews that make roadkill disappear. Vultures definitely stand out from other birds, and some have even labeled them as ugly. Next time you encounter a vulture, decide for yourself whether it is ugly or simply different. But as you do, please appreciate that all of its adaptations serve a purpose to help nature and mankind.

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How to Eat Healthy and Stay Fat, Vol. 3

by Adam Lippe

Ever see that episode of South Park where Cartman gets “accidentally” swapped with a poor boy from Africa, literally out of one of those Sally Struthers “for the price of a cup of coffee...” ads? Remember how Cartman is amongst these amazingly frail and skinny people, and they look at him with shock and aghast, with no idea how he got so big? Well, in that scenario I’m Cartman and all the other people who can’t eat gluten are the starving kids. How does someone like myself, who has acid reflux and has to eat gluten-free, get to stay so plump, despite the fact that food should be doing the 110 Meter Hurdles right through me? Luck.

This luck has also reliably given me opportunities to explore new recipes without any worry about storing body heat for the winter. One of the simplest and tastiest dishes is the spicy sausage and risotto combination.

At Weavers Way, you can find either the spicy lamb or chicken sausage next to the steaks and fish. The risotto you should try, which is next to the gluten-free macaroni cheese, is the creamy parmesan flavor, made by Lundberg. You’ll also need some red peppers, cucumbers, pepper jack cheese, and sour cream.

Once you’re at home and have these items, turn on the oven to 400 degrees. Cut the sausages apart (they are tied together) and wash the red peppers. You’ll need about three quarters of a large red pepper, one quarter for each of the three sausages (or half if you bought a pack

with only two in it). The red peppers should be in small pieces, but don’t go to too much effort, lest you accidentally burn calories.

Get some tin foil and one of the sausages, and before wrapping it up (no air should leak out, but it only needs one layer of foil), put a few of the pieces of red peppers in with it. Repeat this step for each of the sausages you choose to make. Set your timer for half an hour and put the sausages in the oven in a small baking pan. If the pan is too thick, you might undercook the sausages.

While cooking, the red peppers may develop a little bit of pepper juice within the tin foil. If you like that flavor, pour it over the sausages as you serve, or you can eat the sausage with just the pepper alone.

A few minutes after the sausages have gone into the oven, open the box of risotto, removing the package of powder mix and the plastic package with the risotto in it. Get a smallish pot and cover the bottom of the pot with olive oil. Next, put the risotto in and turn the burner about halfway.

Within 30 seconds to a minute, the risotto should be ready for the instructions on the back of the box. Turn the burner down and put 2 and a half cups of water and the powder mix (or “seasoning pouch,” per the box) and stir it thoroughly. Cover the pot and heat to a boil. Stir every so often.

Once the pot is at a boil, remove the cover and turn the heat down to the mini-

mum. You’re going to leave it cooking for 20 minutes, and you’ll need to stir every five. At the 17-18 minute mark, put a few slices of the pepper jack in the pot and stir it in. You’ll know it is done when the contents of the pot are fairly thick, and the liquid almost eliminated. Turn the heat off and let the risotto solidify.

Since you’ll have so much time to just wait around, while the sausage and risotto are cooking, get the cucumber and sour cream. For every three sausages, you’ll need half a cucumber, with the pieces cut into thirds. Put a few dollops of sour cream in a small bowl and put the cucumbers pieces on top. Mix it up a little. This is your sausage dipping sauce, so make adjustments according to your preference and intended level of spiciness.

All three elements of the meal can easily be timed to be done at the same time, but your choice of desserts and drink are up to you. What goes best is apple cider and some organic strawberries. If you desire a creamier desert (because the sour cream wasn’t enough), buy some chocolate pudding, which is located at the bottom of the cheese fridge.

After you’re done eating, you shouldn’t feel guilty because of the bounty of healthy food you’ve just devoured. However, if you want to feel better, figure out what a cup of coffee costs, turn on the TV and wait till you see Sally Struthers or one of her cohorts.

Change and How We Manage It (continued from page 10)

that we expand our farm operations, that we’ve given back to the community... wait a minute, we’ve already done those things. We’ve tilled additional acreage, expanded the school Marketplace program, initiated a CSA, advised the communities of Chester and Elkins Park in forming their own cooperatives, continued the film and educational programs, maintained an environmental impact and many more successes because of our membership support of these programs.

Do we stop and rest on our laurels? No, I say we can make the changes to appeal to more of the community to join us and learn about how this model works. A model that is more fair, more equitable, and more needed now than in the past. This is why we need our membership to be open, and creative in your own contributions to reach our ends and to develop new ends and objectives to keep Weavers Way relevant and a positive for our community and society.

I ask that you seek out some of the committees and sit in on a meeting, attend the general membership meetings, vote in the next elections, come to our board meetings and observe your representatives, voice your ideas and opinions. Let us know how we are doing and offer your help.

Change is inevitable, we could still be in the basement of Summit Church in 2009 but this co-op has more to offer and is needed by our society more at this time than at any other time in our history. Dare I say that it’s our destiny to make more of a difference than just being the store to buy cheap cheese on Carpenter Lane.

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Andy Lamas
(continued from page 1)

Lamas has served for many years on the board of directors of the Allens Lane Art Center and the Miquon School. In 1999, the West Mt. Airy Neighbors selected him as one of “40 Good Neighbors.” Two decades ago, Lamas, his wife and a friend started Wild Things Girls Softball—an alternative, cooperative, feminist league for girls (pre-school to teens). Last season, more than 160 girls participated.

“Wild Things emphasizes skill development and having fun in a cooperative setting. We all wear the same uniforms, we practice together, and then we split up into teams much like in sandlot games,” Lamas said. “We switch positions in every inning. We have lots of fun, but we also talk about what we are doing and use it to help reflect on their lives as well.”

For several years at Penn, Lamas has been teaching a course on finance and accounting for graduate students from the U.S. and abroad who are interested in becoming leaders of third-sector organizations such as non-profits, cooperatives, and community development financial institutions. “For the past two years, we have used Weavers Way as a case study,” he said. “These sessions have been co-taught with Bruce Boylston, CPA, and Alex Moss, former board president of Weavers Way.”

Lamas has also volunteered to teach—

one course per year—at Masterman High School. The most recent courses are “How to Think Like a Radical: Critical Theories of Race, Gender, and Sexuality; and Social and Economic Democracy.” At Penn, he also teaches courses for students pursuing degrees and careers in social work, community development, NGO/non-profit leadership and related fields, and he is affiliated with women’s studies, the Alice Paul Center, and the Lesbian Gay Bisexual Transgender Center

He currently serves on the board of the Bread & Roses Community Fund, which has distributed more than \$6 million to groups in the Philadelphia area working for access to health care; economic justice; a clean, safe environment; civil and human rights; and peace. For ten years, he served as managing director of PACE of Philadelphia, one of the nation’s leading providers of technical assistance to employee-owned enterprises and community-based businesses. In 2007, with support from the provost’s undergraduate research mentoring program at Penn, he launched a research project on alternative currency in communities across the globe.

Please join us and Andy Lamas at the May General Membership Meeting, which should shed some light on the importance of having an entity like Weavers Way in the community, and the importance of having active, involved members.

The Simplicity Dividend
Your Sustainable Stimulus

by Betsy Teutsch

Experts tell us that consumer spending needs to be robust to keep our economic system from collapse. Can we be appropriately patriotic, while holding true to sensible values like sustainability and fiscal responsibility? We are in uncharted territory, and many of us—even if gainfully employed—have reverted to our natural impulses to reign in spending. But yes, there are ways to make an economic “contribution” without purchasing made-in-China plasma TV’s, daily lattes at Starbucks, or a new car—to name a few of the free-falling purchasing categories.

Not all spending is equal. The point is to keep dollars circulating, not necessarily to produce more stuff. Spending money on services keeps people earning dollars, and you get the benefits. Since construction is down, it’s a great time to do upgrades on a house, especially ones which enhance your home’s efficiency and conservation. This keeps people working, but they’re essentially investments that pay back. Insulate, replace windows and doors, hire people to caulk, and a painter to throw on a few coats of insulating paint—and you can even get tax breaks.

Mt. Airy is very rich in personal care and healing practitioners. Take some yoga, treat yourself to a massage, acupuncture, Reiki, or go to a spa for a stress-relieving day. Hire an organizer and take the time to go through your surplus. Soon, gardening kicks off; there are loads of talented landscapers around. This is a great time to plant a few trees, especially in strategic areas, so

they will shade your home in summer and let the sun shine into your home in winter. Double green: adding carbon sinks and paying for the trees and the labor. That would help both earth and economy. OK, so you’ll skip that plasma TV. But how about springing for a capacitor? This small appliance (like the Kvar, which our electrician recommended), when attached to your electrical junction box, improves efficiency. They run around \$500 and quickly pay for themselves with a 10-30 percent drop in electric usage. Now is a good time to replace old energy guzzlers like dehumidifiers and refrigerators. Our twenty-year-old dehumidifier was not only sporting mold colonies, but was so inefficient that the modern model repaid its cost in one season. Maybe this is the season to start biking? Gearing up with the bike, helmet, gloves, bike lock, and spandex shorts will definitely nurse the economy, while you exercise, improve your health, and take a car off congested roads. Win-win-win. How about supporting crafts people and artists? The Co-op has great choices of handmade items on the second floor, or check out www.Esty.com, a website where artists post and sell their wares at very reasonable prices. Like fresh waffles? Buy a waffle iron, and keep batter in your re-fridge. Way cheaper than buying frozen waffles, and man, it will smell great every morning. Love those lattes? Buy an espresso machine!

Keep those dollars moving, wisely. Betsy’s blog is at Money-ChangesThings.blogspot.com

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Equal Exchange Joins Critique Of Fair Trade Plantations

Tea estate workers voice skepticism over ethical claims.

by Rodney North

A recent article in The London Times (www.timesonline.co.uk/tol/news/uk/article5429888.ece) states that “Tea workers still waiting to reap Fairtrade benefits” reveals the contradictions the Fair Trade system has brought upon itself by embracing large scale plantations into a structure originally created to benefit small scale farmers in the developing world. In the Times article, tea workers in Kenya claim to have been denied the promised benefits of fair trade and “suspect that the scheme is being used to make estates appear socially responsible as demand increases in the West for Fairtrade-labelled goods.”

“We are not surprised to hear of these shortcomings and abuses occurring on Fair Trade plantations,” said Rink Dickinson, President and co-founder of Equal Exchange. “In fact,” he added, “the findings presented in this article only serve to reaffirm our belief that plantations do not belong in the Fair Trade system in the first place.”

Equal Exchange does not debate whether “good” plantations exist, for example, those where workers receive better-than-average treatment, nor whether estate workers deserve to enjoy better working conditions. They do.

Since its founding in 1986, Equal Exchange has held to the belief that the very

nature of plantations is antithetical to the goals of Fair Trade, namely:

- to strengthen the autonomy of small farmer organizations;
- build a sense of ownership and control over one’s business;
- encourage entrepreneurial attitudes and a risk-taking culture;
- strengthen and build community;
- and practice and strengthen debate and participatory decision-making.

The company believes that “Fair Trade” needs to mean “small farmer,” and that the standards which apply to Fair Trade coffee can and should be the sole standard in tea as well as coffee.

Fair Trade has achieved dramatic results in building market access for small-scale farmers who would otherwise not have the means to invest in their business and take the necessary risks to establish markets in their own countries--let alone in the global arena. This preferential market access has been very powerful in building a link between consumers in the North and marginalized small farmers in the Global South. The multiplier effect of this market access and network of Fair Traders has had huge impact on small farmer communities.

Equal Exchange is committed to building market access for small farmer tea or-

ganizations just as they have in the coffee and cocoa industries. Contrary to other Fair Trade importers they currently purchase “small farmer tea” from groups in India, Sri Lanka and South Africa.

Equal Exchange believes that plantations, unlike small farmer organizations, do not need help to gain market access. In the U.S. 98 percent of the tea that is sold as Fair Trade comes from plantations. Plantation owners have networks within the banking, government and export sectors of their countries. One could argue that there is almost no additional economic or social benefit deriving from Fair Trade plantation products.

Further, plantations or “estates” as they are often called, have been accused for decades of exploiting workers. Having changed little in a century, they tend to be run as small kingdoms. For these and other reasons, the role of tea plantations in Fair Trade has been controversial from the first days of the Fair Trade movement. Historically, the first two Fair Trade certifying agencies, Max Havelaar (of the Netherlands) and Transfair (Germany) were locked in fundamental battle about whether plantation tea could ever really be “Fair Trade.” This was the core reason that the

two organizations could not join forces. When they finally did merge in 1997 Transfair’s vision of a Fair Trade system, which included virtually all models of farm production, won out and tea plantations were allowed into the system.

Equal Exchange and others believe that no matter how “benevolent” a plantation owner is, a joint labor-management council and social premiums cannot in and of themselves correct the huge imbalance of power that exists on a plantation. They do not believe the deep, structural goals oriented to change the playing field for small farmers can be achieved in a plantation setting.

A pioneer and U.S. market leader in Fair Trade since 1986, Equal Exchange is a full service provider of high quality, organic coffee, tea, chocolate and healthy snacks to retailers and food service establishments. Major customers include Shaw’s, Whole Foods, Hannaford, Ten Thousand Villages, hundreds of natural food stores, restaurants, and thousands of places of worship nationwide. 100 percent of Equal Exchange products are fairly traded, benefiting more than 40 small farmer co-operatives in 22 countries around the world.

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Weavers Way Film Series

Full House for Film on Farmer John

by Larry Schofer

Farmer John is a real farmer with real dirt on him. A full house at the April film showing by the education committee watched The Real Dirt on Farmer John, focusing on the transformation of an all-American farm boy to a hippie fellow traveler—though he always kept milking the cows and feeding the pigs—to bankrupt farmer, Midwest social outcast, and finally back to organic farming. The culmination of the film shows his work with a Chicago area CSA (community supported agriculture) of 1,200 families, some of whom have now chipped in to buy more land to help the original farm grow.

The film is the story of real-life John Peterson and his love for the land. It isn't easy being a farmer, and John's moving in and out of successful farming makes him more of a success story than some of the neighbors who snubbed his counter-cultural life style. In the end, most of the local farmers in down-state Illinois fell under their mountains of debt, to be replaced by tract homes. The film includes some very

moving footage of John with his very supportive mother, while at the same time it does not neglect the tremendous capital investment in equipment needed to make a modern farm thrive.

David Zelov, Weavers Way farmer, provided some very interesting post-film commentary and some information on the upcoming Weavers Way-Saul High School CSA venture. In the film, Farmer John expressed his amazement that people he met in college had never handled a pitchfork. When Dave asked the audience who had handled a pitchfork, we all conformed to the college audience who astounded Farmer John back in the 1960s—no pitchforks in our past.

Next month the education committee will show New Cops, a well regarded documentary that takes us inside the Philadelphia Police Academy for the training of the men and women in blue around us—Wednesday, May 13, 7 pm, at the Video Library, Germantown Ave. near Mt. Airy Ave.

Saul High School Country Fair On May 9

by Mark Goodman

How would you like to pet a ferret, sample homemade chili and barbecue sauce, feed some pigs, observe a fully operating greenhouse, and watch garden planting and cow-milking demonstrations?

If these activities sound appealing, then come to the annual Country Fair at W. B. Saul High School of Agricultural Sciences in Upper Roxborough. You know, the school with the horses and cows on Henry Avenue.

On Saturday, May 9, from 11 a. m. until 4 p.m., you and your family and friends can see the achievements of the students and faculty of this unique urban high school that functions like a rural farm school.

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nary are the programs in large and small animal science (including a pre-veterinary unit), food science, floriculture/greenhouse management, landscaping, and environmental science.

As you read in the March issue of the Shuttle, Saul and Weavers Way will work together on the Roxborough campus to operate a Community Supported Agriculture (CSA) farm called "Henry Got Crops!"

Amazingly, Saul is part of the Philadelphia Public School System. My son Alex is a freshman at Saul, and you know something special is going on when your teenager tells you, "This school is better than I thought it was going to be."

Saul is located at 7100 Henry Ave. (19128), at Cinnaminson Avenue. For more information, call 215-487-4467.

Botanical Math and the Ned Wolf Park Plant Sale, Saturday May 16

by Eric Sternfels

If I say "Trig" and your first thought is not about Sarah Palin's baby, you might be an old-school Mt. Airyite who remembers that before Ned Wolf Park existed, there was an ARCO gas station at the southern corner of W. Ellet and McCallum Streets. Heck, that station was there long before even the idea for Weavers Way was born! The pumps and station building may be gone, but the broken and uneven sidewalk, trench drain, and curious curb cuts from the ARCO era remain. Therefore, in order to improve the safety, appearance, and maintenance of our continually improving neighborhood park, the Friends of Ned Wolf Park hopes to raise new funds to do some concrete repairs. These are certainly repairs that the City of Philadelphia is not in a position to do.

As part of the equation to solve this funding problem, the Friends of Ned Wolf Park will hold their Third Annual Plant Sale on Saturday, May 16 from 9 a.m. to 12 p.m. (Rain Date is Sunday, May 17). Scheduled in previous years for June, we've calculated that the exponential surge in gardening enthusiasm that follows Mother's Day should help bolster both plant donations as well as sales, so that we may raise the funds needed to achieve our goals and complete these needed repairs this Summer.

So, we're already well into Spring. By now, I hope you've examined your own gardens to see what has multiplied. Perhaps your perennial plants need to be divided. If things look overgrown, maybe it's time for some subtraction. [Tip: use a spade rather than a shovel and you won't have to worry



PHOTO BY ROSA TREONE-MURRAY

Susie Block (r) helps a customer at a previous Ned Wolf Park Plant Sale

about square roots.] Ned Wolf Park volunteers would love to have you contact us if you can donate your remainders for our sale. And, if your garden is in need of a few additions, you should be able to find something unique at our sale for a fraction of what you'd pay at a garden center.

Ask any of your neighbors who may have attended last year's Ned Wolf Park plant sale, and they'll tell you that we've managed to cull a wide array of great plants offered with friendly assistance by several of our neighborhood's most talented gardeners. We'll do our best to have a little something for both serious garden gurus (we've got some hellacious hellebores this year), but also for those who've never whipped out a trowel. And, speaking of your equipment, we have some new and gently used garden tools that we will be selling as well. So, mark the date on your calendar! If you have any questions, or if you wish to support our efforts with plant donations, your volunteer time and energy, or a tax-deductible contribution, then please contact Plant Sale Coordinators Eric Sternfels at 215-248-5533 or Susan Bloch at 215-844-7675.

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Table of contents

Maplewood Music Benefit Concert in Memory of Debbie Szydek

by Rachel Eakin, Maplewood Music Studio faculty member

Just the other weekend, in the well-worn Yarnall auditorium at Germantown Friends School, an unassuming children’s recital took place that frankly brought the house down. Maplewood Music Studio of Germantown and Chestnut Hill hosted it’s annual recital for children ages 12 and under, which featured a little something more than complacent family attendance and Sunday attire. For example, drummer Joshua Adens pulled off an improvisational drum solo that would have had Tony Williams grooving. Pianist Nico Garcia, who has been taking lessons for just shy of a year, beautifully attacked a Bach musette. Jeremy Johnson, accompanied by his teacher, brought the audience to its feet with his rendition of “Take the ‘A’ Train,” which had three other Maplewood teachers literally hopping down from their seats to join him on stage. In short, these kids have got attitude to escort their skills. The only thing missing from this exceptional assembly was the irreplaceable figure of Debbie Szydek, Maplewood’s office manager since 2001. Debbie died on February 8 after a difficult but brief battle with ovarian cancer.

The growth of Maplewood Music Studio was tempered by Debbie in all the right ways. This woman’s delicate influence on the always-evolving performing art school has been a true example of how communicating in the language of music will continue with the investment of the hearts that love it. The petite, solid mother of two found herself dedicated to a community that in turn needed her balance and unbroken, lifelong devotion to the art of music. In Debbie’s honor, Maplewood is launching the Debbie Syzdek Memorial Scholarship Fund, in the hope that young, potential musicians will not be denied a musical education due to financial restraints. To kick off the memorial, Maplewood has gathered musicians involved with the studio, past and present, for an unprecedented concert in May. The performance will no doubt



Rich Rudin and Debbie Szydek demonstrate the spectrum of musical style, humor, and depth that Maplewood is proud to represent and promote. It is our hope that you feel personally invited to share with us this very special occasion and to bring an experience of music into your life.

The concert, featuring Maplewood Music Studio faculty, will be on Sunday, May 17 at 5 p.m. at the Cunningham Piano Company, 5427 Germantown Ave. A reception will follow. There is no fixed price for tickets. Maplewood simply encourages you to join the audience and give generously, in advance of the concert, if possible, and to let us know how many of your family members, friends, and neighbors will be able to join us. Checks may be addressed to “Debbie Syzdek Scholarship Fund,” and donations can also be made by phone or at the concert. All funds raised will be matched by the founder and director of Maplewood Music Studio, Rich Rudin. For more information please e-mail Maplewood at MaplewoodMusic@verizon.net or call 215-848-8353.

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Mt.Airy Scavenger Hunt, May 1- June 5

by Kim Miller, Mt. Airy Business Association President

The hunt is on! In what has become an annual tradition, you can join your neighbors for some good ole Mt. Airy-style fun. Find the clues inside Mt. Airy’s shops and restaurants. For each clue you answer, win a chance at one of three grand prize baskets valued at over \$1,000!

The Fifth Annual Mt. Airy Scavenger Hunt starts with your morning coffee on May’s First Friday, May 1, 2009. Spend the day or the month following a trail of clues that will lead you to your chance at the grand prize baskets, loaded with goodies from dozens of Mt. Airy’s favorite businesses and restaurants (see below). Look for the Scavenger Hunt shopping bags in the windows of participating local retailers.

Prizes will be awarded at 8 p.m. on June First Friday, June 5, in front of the Sedgwick Theater, 7141 Germantown Avenue.

The Mt. Airy Scavenger Hunt is a great way to support the businesses that help make Mt. Airy so special, and also learn about some of the new businesses you might not even be aware of yet. For full details, visit www.mtairyphilly.com/mash.



Herb Rothe III from Rothe Florists and Cicely Peterson-Mangum show off a prize basket from a recent Mt. Airy Scavenger Hunt. This year’s hunt will feature three Grand Prize baskets, each valued at over \$1,000. For more information, visit www.mtairyphilly.com/mash

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Brown Bear Festival 2009 for the Monoshone Creek

by Inga Kimberly Brown, chairperson of The Brown Bear Festival

Brown Bear is a non-profit organization created to bring awareness to environmental and humanitarian causes. This year Brown Bear will host an Arts and Music festival at Vernon Park in Germantown on May 9, 12 to 8 p.m. Brown Bear is committed to increasing public awareness about ongoing pollution in the Monoshone creek and how important our local creek is to the health and welfare of the community. As you know, the Monoshone Creek runs through Mt. Airy and is bounded by Wissahickon and Germantown Avenues, from Allens Lane to School House lane. The Monoshone is the creek that runs along Lincoln Drive. The watershed begins at Rit-

tenhouseTown and extends up to Allens Lane, including Germantown west of Greene Street, and Mt. Airy west of Germantown Avenue. Lincoln Drive traces the very center. The first stormwater outfall along the Monoshone Creek occurs near Lincoln Drive between Johnson Street and Wissahickon Avenue. Upstream are the springs and headwaters and assorted catchments for rain that eventually find their way into the creeks and/or the PWD-managed system.

It has been an environmental headache for local activists like Chris Robinson of Northwest Green since the mid-1990s, when tests revealed that portions of the creek contained high levels of sewage. The source of pollution was a storm-water outfall on the Monoshone at Morris Street, which spewed raw sewage into the creek.

Normally, a separate sewage system should have been carrying household waste to city sewage treatment plants. However, cross connection in private properties, cracked lateral pipes within the sewage system, or even stormwater entering the sani-

tary system causing flooding, are all possible sources of the contamination.

The problem persists because no single city department is clearly in charge of cleaning up the creek and preventing the problem from continuing. PWD has no responsibility to clean up polluted springs, streams or culverts. The department is only responsible for the discharges at city facilities and at all stormwater outfalls. In fact the Water Department builds, repairs and maintains an infrastructure of pipes which transport wastewater and rainwater. Wastewater goes to processing plants while rainwater from storm drains outfall into local creeks. Of course, the PWD also supplies us with drinking water. If there is a “cross-over” and dirty water leaks through a cracked pipe into a storm drain, the PWD must investigate and supervise repairs—often, though not always, shouldering the cost. Who is in charge here? Ultimately, the PA Department of Environmental Protection.

The Senior Environmental Corps has been testing sites all along the Monoshone, including sites both upstream and down-

stream of PWD outfall locations. Their testing indicates that even before Monoshone water reaches the first outfall location, the stream is polluted.

The mission of the Brown Bear festival is to bring the community together around this most important issue. It will be a day filled with information and ways that you can help. Highlights of the festival will include an arts, and craft fair, live music, healing arts and representation from local restaurants and food vendors. To participate and/or sponsor the festival, contact Inga at brownbearfestival@gmail.com or call 267-266-6648. Find out about sponsorship benefits and space rentals.

Brown Bear invites you to become a sponsor of the festival and help it succeed in bringing needed and ongoing attention to this worthwhile cause.

Organizers of The Brown Bear festival include the following committee members: Inga Kimberly Brown, L. J. R, Kristin Haskins-Simms, Chris Robinson, Margaret Motheral, Tanya Murphy-Dodd, Bernadette Soltis, Danielle Victor, Lydia Giordano.

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Ebenezer Maxwell Mansion Hosts Antiques Appraisal Day, Saturday May 30

by Diane Richardson

As part of it Sesqui-centennial Celebration, the Ebenezer Maxwell Mansion in West Central Germantown, will host its first Antiques Appraisal Day Saturday May 30 from 1 to 5 p.m. featuring professional appraisers from Freeman’s, America’s oldest auction house as part of Ebenezer Maxwell Mansion’s year-long Sesquicentennial Celebration.

The Freeman’s specialists will appraise family heirlooms and attic discoveries including paintings, works on paper, jewelry, silver, glassware, pottery, clocks, tools, and other treasures. All types of items both large and small are welcomed except stamps, coins, weapons, toys, and dolls. Freeman’s Auctioneers are donating the time of their appraisers and all of the proceeds from the event will benefit the Mansion. Admission of \$20 (\$30 for two people) covers refreshments, self tour of the Mansion and garden, and appraisal of two items. Additional appraisals may be purchased for an additional \$5 per item. Photos may be taken of items that are too large to carry to the event and approximate appraisals will be made on the basis of the photographs.

Other events include the second annual Old Fashioned Picnic, Saturday, June 13 from noon to 4 p.m. Participants will be able to play a Victorian game of croquet or ring toss, enjoy a juggler, have photographs taken in Victorian apparel and enjoy root beer and hot dogs – both foods popularized during the Victorian Era. The highlight of the celebration is Thank You Ebenezer. . A Celebration of 150 Years, on Saturday, September 12 from 6 to 9 p.m. This soiree features a visit from Queen Victoria, musical entertainment as well as a silent auction. Hors d’oeuvres and wine are on the menu.



Maxwell Mansion

Finishing off the Sesquicentennial Year is the annual Murder Mystery event in October as well as the annual Dickens Christmas Party in December. Sprinkled throughout the year are Victorian Stitchery Workshops on Sunday afternoons where expert instructors will teach guests to create crazy quilt stitches and silk ribbon embroidery projects just as Mrs. Maxwell may have done 150 years ago.

The Ebenezer Maxwell Mansion is a restored historic house museum located at 200 West Tulpehocken Street in West Central Germantown that appears on the National Register of Historic Places. The Eclectic Revival stone “country villa” is located in the Tulpehocken Station Historic District, one of America’s first railroad suburbs that was built following the extension of the Reading Railroad to the area in the mid-nineteenth century. For more info, contact executive director Diane Richardson at 215-438-1861 or vie a-mail at emaxwellmansion@yahoo.com.

Germantown Community Connection Seeks to Unite Community Around Common Goals

by Nancy E. Muth

Germantown Community Connection, Inc. is a new organization that seeks to bring together the many organizations, community groups and institutions of Germantown. Our website address is www.germantownncc.org

Our mission is “to investigate, manage, create and build capacity for charitable, educational, cultural, scientific and community development planning and activities that will impact Germantown.”

Our vision is “to create an inclusive, diverse, self-sufficient, thriving and environmentally friendly Germantown that welcomes people of all racial, ethnic and cultural backgrounds to a safe, visually pleasing and well-coordinated community for shopping, eating, living and cultural enrichment.”

We meet at The First Presbyterian Church in Germantown (35 West Cheltenham

Avenue) on the second Thursday night of each month at 7 p.m. Our work groups meet at the same location on the fourth Thursday nights of the month.

Germantown Community Connection, Inc. sees itself in two distinct, compatible ways:

First, as a bridge that connects all of Germantown’s community groups in conversation and action around the common issues, concerns and priorities of importance to us all; and

Second, as a voice that speaks the collective will of Germantown’s people, as expressed through their organizations, to the “powers that be.”

For more information regarding GCC you may contact Betty Turner at bettyturner1@gmail.com or 215-843-1457.

Leadership Void Continues in YMCA Crisis

by Conni Bille

The YMCA of Germantown remains closed to the public. The Membership of the YMCA of Germantown met on March 17 to begin the process of nominating new members to its Board of Directors, and met again on April 2 to meet the nominees and formally submit a dozen names for membership on a reconstituted Board. However, the current Board, now reputed to be led by Marion Taylor as acting president after the resignation of Gary Miller, has not yet met with the Membership as of April 17, and has not reported back to the Members on the status of the organization as a member organization of the Y-USA.

According to one of the few remaining staff at the Y, Board Members were recently summoned to a meeting in Boston to discuss its status in regard to the national organization.

According to the Germantown YMCA By-Laws, one-third of the Board is elected by the Members each year; however the current Board has not called a meeting to hold an election in three years. As reported at a Germantown Neighborhood Networks meeting on April 7, Taylor was quoted as saying “I don’t think we need any new members on the Board at this time.”



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An Original Eric Carle On Stage At Oak Lane Day School

by Carol L. Finer

Brown Bear, Brown Bear, The Very Hungry Caterpillar, The Mixed up Chameleon, The Tiger and the Puppy, all are books by noted children’s author and illustrator Eric Carle. Wait a minute, The Tiger and the Puppy? This story was actually written and performed by the kindergarten class at Oak Lane Day School, after a lengthy study of Eric Carle. The journey of joyful exploration, discovery and creativity these children took from the first Eric Carle story they heard led to a culminating production of their own play. This is an example of the kind of authentic learning that regularly takes place at Oak Lane.

Kindergarten teacher Rochelle Krauss began an author study of Eric Carle by reading many of his books to her students, and having them think about the characters, settings and “big ideas” in the various stories, as well as observe Carle’s artwork. The children then began to experiment with paper making and imitating Carle’s collages by painting on tissue paper and construction paper with brushes, popsicle sticks and sponges. They used the paper they made to design their own collages, which were remarkably “Carlesque!” In addition, the kindergarteners began telling stories about the animals in their collages. In discussing Carle’s books, the class noticed that his characters are usually animals, he often repeats phrases, and the stories are frequently about friendship and connection. Building on these ideas, and using the stories they were already telling, the children started writing their play. This process required much thought, discussion, listening to each other’s ideas, collaboration, negotiation and



Oak Lane Day School kindergarteners Sydney Kang of Chalfont, Rytha Bhatty of Philadelphia, Andrew Romano of Lansdale, and Cella Reese and Lucas Johnston-Peck, both from Philadelphia, performing their play, *The Tiger and the Puppy*, which they wrote following an in-depth study of noted children’s author, Eric Carle.

compromise. The kindergarteners also helped music teacher Marlis Kraft-Zemel compose an original song about Eric Carle, which they sang at the beginning and end of the play. Finally, production day arrived, and the entire school and many parents watched in awe and admiration as the kindergarten class joyfully presented the results of their wondrous efforts.

Teachers at Oak Lane Day School strive, in many different ways, to make

learning rich, meaningful, and joyful. As Kraft-Zemel notes, “I value colleagues who can follow the excitement of their students and make the study of an author so superbly rich that these children not only will never forget Eric Carle, but might one day, when sharing one of his books with their own children, tell them the story of making up characters who came to life in a play of their very own.”

Animal Talk with Veggie Dinner in Chestnut Hill



Pictured here is Barb’s dog, Simba, on the left, with his date, Bridget Marie Rose of Ambler. Both were adopted through the Delaware Valley Golden Retriever Rescue.

by Barbara Sherf

Eat, Move, Live: What Our Furry Friends Teach Us About Diet, Exercise and Life, will be the topic of the next Smart Supper on Sunday, May 3rd at 5 p.m. at the Seventh Day Adventist Church, 8700 Germantown Avenue (at the corner of Rex Avenue) in Chestnut Hill. Motivational speaker Barbara Sherf of Flourtown will deliver the talk following the 5 p.m. vegetarian dinner.

The cost is \$12 adults and \$7 for children and pre-registration is strongly encouraged by e-mailing SmartSupper@chestnuthillsda.org or by calling 215-247-7022.

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Friends of the Wissahickon Celebrates 85th Anniversary

by Denise Larrabee

The Friends of the Wissahickon (FOW) is celebrating its 85th anniversary this year. FOW was founded in 1924 and got its start during an economic crisis similar to the one we find ourselves struggling with today. Financial support for Fairmount Park had decreased resulting in neglect of the natural forest of the Wissahickon Valley Park. Overuse by park visitors, invasive plant growth, extensive browsing by animals, storms, and tree diseases were threatening this urban wilderness, and the City did not have the financial resources to preserve it.

When a storm in the winter of 1923 destroyed over 200 trees, a small group of landowners along the edge of the Wissahickon met the following year at Drum Moir, the home of the prominent businessman Samuel F. Houston (1867-1952), to begin working to preserve the park. By 1930, this group of men and women from Chestnut Hill, Germantown, and Mt. Airy had grown from 50 to 500 and had raised \$9,000 to purchase and plant 14,000 native trees (hemlock, birch, beech, oak, maple, and dogwood), as well as shrubs and wildflowers.

On Saturday, May 30, FOW will celebrate its 85th anniversary with public events in Wissahickon Valley Park. A Day in the Park—Dance in the Dark will be a full day of activities, including: a five-mile run/walk; a mountain bike trail ride; an equestrian event; nature walks; scavenger hunt for children; fly fishing demonstrations; family volunteer projects; and casual, fun dinner-dance party in the evening. Proceeds will benefit FOW's Sustainable Trails Initiative.

"We hope everyone will join us for this spectacular event," says FOW Executive Director Maura McCarthy. "The Friends look forward to celebrating our history with the community as we raise awareness and funds for the Sustainable Trails Initiative."

The Sustainable Trails Initiative is a three-phased, multi-year project that will make the 57 miles of National Recreation



The Boy Scouts in this 1940s photo are removing tent caterpillar nests from plants in the Wissahickon. Throughout its history, FOW has led groups of volunteers, including children, in park stewardship activities. Photo from the collections of Chestnut Hill Historical Society

Trails in the Wissahickon a physically and socially sustainable system that works for all park users. The project is being organized by the Friends of the Wissahickon in partnership with the Fairmount Park Commission and project consultants from IMBA's Trail Solutions.

Tickets for daytime events are \$30 for adults, \$15 for children, and \$75 for families of four (two adults, two children, addi-

tional children \$10). Full event tickets (daytime and evening events) are \$125 per adult (evening events are for adults only).

For more information, contact FOW at 215-247-0417 or office@fow.org. Businesses wishing to sponsor A Day in the Park—Dance in the Dark should contact FOW's Development Office at 215-247-0417 or tittmann@fow.org.

FOW Offers Lecture on Global Warming

by Denise Larrabee

Friends of the Wissahickon (FOW) is offering a free lecture on reducing global warming at the Chestnut Hill Library this spring. This lecture is offered through FOW's Protect Our Watershed program, launched in 2006 to resolve erosion problems in the Wissahickon by identifying sources of storm water runoff, developing educational programs for property owners, and providing conservation easements.

On May 27, Julie Lalo will present Doing Nothing Doesn't Do Anything! Lalo is Mid-Atlantic Regional Representative of the National Wildlife Federation and works with affiliates and partners across the region to restore and protect the diverse habitats of the Mid-Atlantic. In 2007, she was one of 1,000 volunteers trained by Al Gore to present a version of the slide show featured in the Academy Award-winning film An Inconvenient Truth.

"Scientists have told us that we must reduce global warming pollution by 80 percent by 2050 to avoid the worst impacts of global warming," says Lalo. "They have set the goal, now we have to set the pace. And each of us has a pace we can set for ourselves."

The lecture will take place at the Chestnut Hill Library (8711 Germantown Ave.) at 7:30 p.m. For more information on FOW or the Protect Our Watershed program, visit www.fow.org or call 215-247-0417.

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Admission is free, though seating is limited to about 25 people. No standing allowed.

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FOW Trail Ambassadors Lead Walks in the Wissahickon

by Densie Larrabee

The Friends of the Wissahickon (FOW) are offering free nature walks in Wissahickon Valley Park this spring led by FOW Trail Ambassadors. The Trail Ambassador program was launched in 2008 in partnership with the Fairmount Park Commission. These volunteers share their knowledge of the Wissahickon with park users after completing an eight-week training course which covers Wissahickon history, watersheds, current park projects, wildlife, geology, plants, park rules and regulations, and first aid/CPR. Their primary role is to provide information to park visitors about Wissahickon Valley Park and report any problems they see to Fairmount Park Rangers.

Trail Ambassador Walks Schedule:

Saturday, May 9, 10 a.m.

Join Sarah West for a two-hour hike along the east side of the creek as far north as the Magargee Dam and then South toward Devil's Pool to look at interesting rock formations and discuss the possible geological history of the Wissahickon. Meet at Valley Green Inn. This hike with "rock-talk" is suitable for children ten and over when accompanied by an adult. Heavy rain cancels. Contact Sarah at WestSarah@aol.com.

Saturday, June 6, 3 p.m.

Join Shelly Brick for "Meanderings in the Wissahickon." Come to enjoy our park and talk stories. On our hike we will try not to retrace our footsteps!



Trail Ambassador Shelley Brick

Meet at the gate at the end of the Kitchen's Lane Parking lot. Please bring your own water and snacks to the guided walks. Open to ages six and up. Walk will last one and a half to two hours. Pace will be set by the group. Contact Shelly at shellybrick@verizon.net.

Founded in 1924, the Friends of the Wissahickon is a non-profit partner of the Fairmount Park Commission, dedicated to maintaining Wissahickon Valley Park. FOW restores historical structures throughout the park, eliminates invasive plant species, partners with multiple local organizations to monitor watershed management issues, and is working on a multi-year plan to restore trails throughout the park system. Their work protects the Wissahickon watershed and preserves the natural and historical features of this spectacular urban wilderness for future generations. For more information, visit www.fow.org or call 215-247-0417.

88th Annual Wissahickon Day Parade

by Barbara Sherf

The annual Wissahickon Day Parade (WDP) of horses will be held Sunday, May 3, in Fairmount Park. The parade is the oldest annual equine parade in the US and is sponsored by the Wissahickon Valley Riding and Driving Association (WVR-DA).

The WDP has a rich history; tradition dictates that only riders and carriage drivers participate; no one walks. This tradition relates to the purpose of the original 1921 parade, which was staged to protest the proposal to open the main Fairmount Park path or Wissahickon Boulevard to automobiles. A "Save the Wissahickon" campaign rallied hundreds of equestrians and thousand of spectators. Forbidden Drive got its name from the proposal's defeat, hence cars are 'forbidden' on the drive.

A host of carriages and dozens of individual riders are expected this year, including Devon Horse Show Champion Dr. Donald Rosato with his four-in-hand carriage along with Devon winners Dr. Tom Fitzpatrick and George Fitzpatrick.

The Parade will start at approximately 11:30 a.m., departing from Harper's Meadow and continuing along Forbidden Drive to the judging area at Valley Green Inn around noon.

A Horseshow will precede the parade at 10 a.m. Classes include English, Western,



PHOTO BY BARBARA SHERF

FLOURTOWN RESIDENT DR. THOMAS A. FITZPATRICK (FAR SIDE) WITH HIS GROOM, PATRICK BERKERY OF ROXBOROUGH, WILL AGAIN BE PARTICIPATING IN THE 88TH ANNUAL WISSAHICKON DAY PARADE.

Costume, Stable Group and Carriages. Registration for both the Show and the Parade starts at 9AM.

Spectators can watch the horse show from the bleachers in front of the ring in Harper's Meadow, and Parade viewing is available anywhere along Forbidden Drive. The judging area in front of Valley Green Inn is the most popular Parade viewing site. Picnic areas are available throughout the park. Food and beverages are available at Valley Green Inn (reservations are recommended).

Northwestern Ave. will be closed to traffic and parking to accommodate horse trailers and carriages. Parking will be available in the upper lots at Valley Green.

For more information, sponsorship opportunities, or to secure a registration form see our website, www.wissahickonday.org.

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Memorial Day:Then and Now

by Mark Goodman

Growing up in East Germantown at 68th and Ogontz meant that friends and I could walk to the National Cemetery at Limekiln Pike and Haines Street on Memorial Day to watch the ceremonies. In the 1950's, veterans groups would end their parade in the cemetery and line up in front of the grave stones, which are impeccably arranged in neat, long rows.

After some words of praise and remembrance, the color guards would shoot their rifles over the white headstones to honor the dead soldiers. For us kids, it was great to find one of the spent shells to keep as a souvenir. If a boy ran to get a shell while the guards were still firing (in violation of the leader's warnings), he would get cuffed on the back of his head. In those days, adults could swat kids without getting sued.

But the ceremony meant more than souvenirs to us. In the 1940s and 1950s, many families lost sons, fathers, and husbands in WWII and the Korean War. I remember the little girl across the street telling of the angels she saw around her father's casket. My friend Joel grew up fatherless.

Luckily, none of my relatives got killed or wounded in the wars. That included Un-

cle Fred, who served in the Navy in WWI at—of all places—Million Dollar Pier in Atlantic City. There he kept watch for German boats or submarines. Uncles Leon and Benny returned unscathed from the Pacific of WWII and Korea. My father served stateside in WWII at Fort Livingston in Louisiana, where I was born. His camp guarded German and Japanese POW's, and to my father's recollection, none were tortured. Cousin Richard joined the Coast Guard in the late 1950's, too late for Korea and too early for Viet Nam.

So Memorial Day means something in my family. Last Veterans Day, I took my son Alex to the National Cemetery on Haines Street to lay ornamental grasses from our garden on the soldiers' graves. We'll do the same on Memorial Day. The saddest part was seeing the dates on the tombstones of soldiers who died in their late teens and early 20s.

When Alex and I visit the cemetery, we'll give our thanks to the ones who fought and died, brave and/or scared, for us. And in an age where it takes more courage to stop or prevent a war than to start one, we'll ask that more leaders emerge with the strength to say, "We will not go so quickly to war."

"Fabulous First Fridays" on Wadsworth Avenue a Hit Despite the Rainy Start!

by Patrice Edwards, Business District Manager
Mount Airy Revitalization Corporation

On Friday, April 3, MARC kicked off the first in a series of Fabulous First Fridays on Wadsworth Avenue. Despite a poor weather forecast and the rain that followed, the afternoon proved to be sunny and warm with MARC distributing over 150 large reusable eco-friendly shopping bags with the Wadsworth Avenue logo to shoppers. The first 50 bags were filled with giveaways, promotional items, menus, and coupons provided by many of the merchants. The bags were a big hit and were definitely utilized as we noticed shoppers filling them with items they had purchased. One cheerful customer commented that she lived in the area and walked to the Avenue regularly to shop; however, now that she has a big bag to carry, she can buy more things now that it's easier to carry them!

MARC's gazebo was set up this time in the 1500 Block of Wadsworth, in front of Sam's Meats, which gave away free roast

beef sandwiches and The Fruit Basket, which provided bags of fresh apples to their customers. Other businesses that participated by offering discounts on food and merchandise, or provided promotional for the Wadsworth Shopping Bags were: Big Daddy's Barbecue, Blu Hawk Uniforms, Future One Mortgage, The Hummingbird Diner, Kim's Wigs, Kim's Variety, Metro PCS, Nickens Agency, NY Chicken & Seafood, Papa John's Pizza, Pat's Caribbean Market, Sovereign Bank, State Rep. Cherelle Parker, State Sen. Leanna Washington, Villa, United Bank of Philadelphia, and The Wadsworth Library.

The next Fabulous First Friday will be on May 1st. Look for MARC's tent in Wadsworth Plaza, in front of Villa between 3 p.m. and 7 p.m. and pick up your free, reusable shopping bag, discount coupons and enjoy the joyful sounds of Eva Donaldson's School of Music!! Contact MARC (215-548-5950) for more information.

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Arts in the Park, June 7 at High School Park

by Amy Steffen

Just around the corner from the site of the future Creekside Coop in Elkins Park, is a very special place, High School Park, dedicated to native plant restoration. Each year, the Friends of High School Park sponsor a first-rate, juried arts festival. This year's Arts in the Park will take place on Sunday, June 7, from 10 a.m. to 5 p.m. at High School Park in Elkins Park, PA. Visit www.highschoolpark.org for train and driving directions. This art show started as a small fundraiser for the Friends of High School Park in 1995 and has evolved into a major community event featuring 50 juried artisans, local musicians, children's activities, and a native plant sale.

Highlights of the 14th annual Arts in the Park include:

50 jury-selected artisans selling hand-blown glass, jewelry, clothing and fiber arts, painting, ceramics, and more. Half of the artists exhibiting this year are new to Arts in the Park, making it the most diverse and exciting collection yet!

Selected musicians will perform throughout the day. Expect to hear jazz, a

cappella groups, and a variety of bands.

Delicious food will be available, including Dwight's Barbeque, Kosher burgers and dogs, Pizza, Vietnamese food, fruit smoothies, fresh lemonade, a bake sale, and more.

A native plant sale will include "Ask the Expert" sessions with well-known gardening authority, George Petropoulis. Write down your questions and bring them with you!

The Children's Crafts tent will engage youngsters in several art projects involving recycled materials. A Native Plant Scavenger Hunt will let kids match pictures of native plants to the real thing located around the park.

Additional kid's activities include face painting, a moon bounce, and hay ride.

There is a \$3 suggested donation for adults. Proceeds from Arts in the Park benefit the Friends of High School Park and fund improvements to the park, assuring that the space remains a vibrant showcase of native plant restoration. The Friends and Cheltenham Township have just completed a 10-year Ecological Restoration



PHOTO COURTESY OF FRIENDS OF HIGH SCHOOL PARK

Arts in the Park

Master Plan for the park and have clear plans for meadow, woodland, and stream-bank restoration (the Tookany Creek runs through the park). Currently, the Friends are designing a native plant demonstration garden near the entrance to the park, to educate and encourage people to include native plants in their home landscapes.

Similar to Mt. Airy, Elkins Park is a diverse neighborhood with high community involvement. Local residents have led the creation and restoration of High School Park. Since 1995, they have transformed a derelict abandoned school grounds into a place of natural beauty with the help of hundreds of volunteers and the support of Cheltenham Township. Now neighborhood involvement has led to another exciting development in Elkins Park, CreekSide Co-op. The new full-service food co-op, scheduled to open before the end of the year, promises to serve as a community gathering point that will lead to more foot traffic at High School Park.

High School Park is located at High School Road and Montgomery Avenue in Elkins Park, PA one block from Church Road. The SEPTA Elkins Park station is also one block from the park. For more information visit www.highschoolpark.org.

Spring Classes at Morris Arboretum



PHOTO COURTESY OF MORRIS ARBORETUM

Yoga Around the Garden: Nine Evenings, June 2- August 4

by Susan Crane

Did you know that an average toad can eat enough insects in one summer to fill a trash can? Are you familiar with the methodology used to design a packed parallel pave arrangement? Do you know the peak season of song bird migration?

At the Morris Arboretum, these questions and lots more are answered as topics are further explored in courses entitled:

- Toadally Amazing Toads
- Schools of Floral Design: Parallelism
- Spring Bird Count

Sign up for one of these classes or pick another course of your choosing from more than 50 offered this spring covering topics in horticultural, arts and crafts, kid fun, landscape design, floral design and trips that take you behind the scenes with experts. With the wide range of subjects offered, everyone is sure to find a class that interests them and will come away with a new-found knowledge of nature. Times and costs vary, so check the website, www.morrisarboretum.org or call 215-247-5777 for more information.

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Relax, It's Spring! Valley Green Bank Offers Chair Massages for May First Thursday

by Lesley Seitchik

Is all that gardening making you sore? What about keeping up with your kids and baseball practice? Stressed out with exams and graduations? Valley Green Bank has the perfect remedy: Cardonick Chiropractic will be giving free chair massages as part of First Thursdays at Valley Green Bank.

On Thursday, May 7, Susan Brown, a licensed massage therapist and member of Dr. Cardonick's staff, will be at the Chestnut Hill branch at 23 W. Highland Avenue from 10:30 to 12:30 and from 1 to 3 p.m. she will be at the Mt Airy branch at 7226 Germantown Avenue. In addition to giving soothing and comforting massages, Susan will be providing information on health and wellness. "This is a good opportunity for people to better understand the benefits of massage for managing both physical and stress issues," said Dr. Brett Cardonick, the owner of Cardonick Chiropractic located at 23 E. Durham Street.

Valley Green Bank hosts special events in their lobbies on the First Thursday of each month to spotlight the vitality of the Mt. Airy and Chestnut Hill communities. "We appreciate Dr. Brett Cardonick participation in First Thursdays," commented Jay Goldstein, President and CEO of Valley Green Bank. "Chair massage is a valuable therapy specially designed to allow access to the muscles for relaxation and improving

circulation. We hope lots of people come to the bank to get a massage."

Dr. Brett Cardonick, a chiropractor in the Chestnut Hill/Mt. Airy area since 1993, specializes in musculoskeletal pain and headaches as well as many other injuries. He takes a holistic approach in helping patients achieve optimal health, utilizing both hands-on and non- force techniques. Care plans for patients are designed with an emphasis on correction, prevention and wellness care. Additional therapies include nutrition counseling, massage therapy, stress management, psychological counseling, personal/life coaching, as well as other complementary health modalities provided by licensed and certified practitioners.

Valley Green Bank is a locally-owned and operated Pennsylvania commercial bank. The Bank was 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. It also offers customers individual retirement accounts. Valley Green Bank is a member of FDIC.

Join Valley Green Bank for June's First Thursday, June 4, when Trolley Car Diner will be grilling their famous burgers at the banks! Don't miss out.



PHOTO BY RACHEL MUEBACH

At Valley Green Banks's April First Thursday Event, Weavers Way Farmers Dave Zelov and Nicole Sugarman set up "Farm stands" in both the bank's Mt. Airy and Chestnut Hill lobbies and farmers and gave out farm-grown seedlings to eager gardeners. Pictured here are (l to r) bank customers Mary Lunney and Rina Fesnack; Chestnut Hill branch manager Michele Ferraro, Zelov, bank staffers Sheraye Hall and Sylvia McNally, and assistant branch manager Kathi Vanttouten.

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Don't Forget to Vote!

Weavers Way members will elect eight new members of the board of directors at the May 17 General Membership Meeting. We encourage every member household to attend the meeting and to vote, but those who can't attend can still vote, using the ballot to the right. Just fill out the ballot, one vote per household, and place it in one of the ballot boxes located at both the Mt. Airy and Ogontz stores.

Statements from each of the candidates appeared in the April issue of the *Shuttle*, and are now posted both in the store and on our website, www.weaversway.coop.

Suggestions

(continued from back page)

wood brand 100 percent of the time, whenever possible.

s: "The last couple of times I've been here, we haven't had Republic of Tea Earl Grey-er. It's by far the best Earl Grey tea around. I hope we haven't stopped carrying it."

r: (Chris) This flavor was out-of-stock last time we ordered Republic of Tea. I'll try to get it back by mid-April.

s: "Please bring back the bagged peanuts in shells. We love them."

r: (Chris) We had only one distributor who had this item, and their decision to drop them means that now we have no source. I'll keep looking...

s: "The natural food industry has come a long way. However, before industrialization, all food was "natural." If our goal is to have food like it was then, we not only need organic, non-GMO, nothing artificial, etc., we should also be engaged in an ongoing battle with bugs and rodents in our food. Please leave the doors open at night so bugs and rodents have access to our storage areas, so we can truly have "natural" food. Thanks."

r: "(Norman)" In cooperative fashion, we allow bugs and rodents in each night to eat their fair share. However, these bugs and

rodents are not the "pests" of yore, as before we allow them into the Co-op, they must first attend an orientation meeting, where they commit to only eat their fair share, clean up when finished, and contribute work hours. The work hours thing has been a bit of a struggle for them lately though; so few bugs and rodents have internet access. Maybe if "Wireless Philadelphia" ever succeeds this under-served population will be addressed.

s: "Parking cards for greater than \$20. I have a \$50 one that I love."

r: (Norman) Good suggestion, we'll try some \$50 cards next time we order. The cards are really for parking though, not love objects. I suggest a puppy, they reciprocate emotionally more than parking cards. But whatever.

s: "Something like PAM cooking spray, only more Weavers Way-friendly. I have come here three times looking for it."

r: (Norman) No plan to add a PAM type product right now, any more requests? We do sell two kinds of fill it yourself oil spray bottles upstairs, one plastic and one stainless steel. This is less expensive, and you can choose the oil, and results in less trash. Also, you avoid the "propellant" in PAM, whatever it is (although it's probably harmless carbon dioxide). Another approach I've read about is to use a basting brush dipped in oil, or a flour and oil mixture.

2009 BALLOT

For Election for Weavers Way Co-op BOARD OF DIRECTORS

VOTE FOR UP TO 8
(The 4 winners with the most votes will serve 3-year terms.
The next 4 winners will serve 2-year terms.)

☐

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

☐

Dave Tukey

☐

David Woo (incumbent)

☐

FOLD HERE

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

Name:

(print clearly)

Signature:

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.

| C O - O P I N F O R M A T I O N | | | |
|--|---|--|---|
| <div><div>Mt.Airy 559 Carpenter Lane, 215-843-2350 Monday-Friday 9-8 Saturday-Sunday 9-6</div><div>Ogontz 2129 72nd Ave., 215-276-0706 Monday-Friday 10 - 6 Saturday 9 - 5 * Sunday 12 - 5</div><div>Shuttle Staff Editor & Advertising Manager Jonathan McGoran Advertising Billing Susan Beetle Advertising Assistance Ilene Cohen Graphic Assistance Annette Aloe, Josh Giblin Proofreaders/Editors Barbara Overholser, Mikael Elsila Contributors Jeanne Allen, Ted Barbato, Glenn Bergman, Conni Bille, Inga Kimberly Brown, Dennis Burton, Susan Crane, Rachel Eakin, Patrice Edwards, Margie Felton Carol L. Finer, Sandra Folzer, Josh Giblin, Aron Goldschneider, Mark Goodman, Lynne Iser, Chris P. Kaiser, Steven Kretzmann, Densie Larrabee, Adam Lippe, Dory Loder, Brenda Malinics, Jonathan McGoran, Rachel Milenbach Kim Miller, Nancy E. Muth, Cat Niallon, Rodney North, Diane Richardson, Hal Rosner, Larry Schofer, Lesley Seitchik Barbara Sherf, David Siller, Amy Steffen, Eric Sternfels, Nicole Sugerman, Betsy Teutsch, Norman Weiss, David Woo, David Zelov</div><div>Photographers John Barone, Aron Goldschneider, Bonnie Hay, Steven Kretzmann, Sol Levy, Dorie Loder, Rachel Milenbach, Jessica Naugle, Brad Shapiro, David Siller, Ronda Throne-Murray</div></div> | <div><div>Board of Directors President Nancy Weinman (2008 - 2010) Vice President David Woo (2007 - 2009) Secretary Bob Noble (2008 - 2010) Treasurer Chris Hill (2008 - 2009) Immediate Past President Stu Katz (2007 - 2009) At-Large Sylvia Carter (2007-2009) Josh Giblin (2007 - 2009) Garvey Lundy (2007 - 2009) Sue Wasserkrug (2008 - 2010)</div><div>Committee Chairs Diversity & Outreach Dave Forbes Education Larry Schofer Environment Sandy Folzer Finance Chris Hill Farm Mark Klempner Leadership Bob Noble Membership Sylvia Carter Merchandising Support Josh Giblin Operations Support David Baskin Board members and committee chairs have mailboxes on the second floor of 559 Carpenter Lane.</div><div>Co-op Meetings Board: 1st Tues., 7:00 p.m. Education: 3rd Wed., 7:30 p.m. Finance: 3rd Thurs., 7:30 p.m. Education Committee meets every other month. Operations, Merchandising, Farm and Leadership Committees meet as needed. All meeting schedules are subject to change. Committee meetings are held at 610 or 555 Carpenter Lane or at members' homes. Board meetings are held at 555. For more information about committee meetings, e-mail boardadmin@weaversway.coop or call the main store.</div></div> | <div><div>Managers/Department Heads General Manager Glenn Bergman, ext. 131 Purchasing Manager Norman Weiss, ext. 103 Operations Manager Rick Spalek, ext. 101 Finance Manager Susan Beetle, ext. 110 Fresh Foods Manager Dale Kinley, ext. 104 Prepared Foods Manager Bonnie Shuman, ext. 102 Second Floor Manager Martha Fuller, ext. 114 Human Resources Manager Jon Roesser, ext. 132 Deli Manager Margie Felton, ext. 134 Cashier Dept. Manager Susan McLaughlin, ext. 112 Communications Director Jonathan McGoran, ext. 135 Merchandising Coordinator Josh Giblin, ext. 133</div><div>Flowers Catherine Niallon, vm. 317 Membership Manager Robin Cannicle, ext. 118 Board Coordinator Serena Pepito Grocery Manager Chris Switky, ext. 113 Produce Manager Jean Mackenzie, ext. 107 Information Technology Tanya Rotenberg, ext. 129 Pet Store Purchaser Kirsten Bernal, vm. 301 Farm Manager David Zelov, ext. 310 WWCP Executive Director Rachel Milenbach Weavers Way Ogontz Store Manager Jason Price, 215-276-0706 Repair & Maintenance/ Environment Steve Hebden, ext. 128</div></div> | <div><div>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 Dave Tukey David Woo (incumbent)</div><div>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 Dave Tukey David Woo (incumbent)</div></div> |



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.

For some reason, when I started writing this month’s article, I found myself thinking about how we English-speakers (and many others) write left to right. Hebrew (and a few others) goes right to left. Mongoloian and Nushu go down and then left or right. One language, Boustrophedon, switches direction with each line, back and forth. I was thinking of a new way of

writing that starts in middle and reads out in both directions at once. Maybe nouns and adjectives go left and verbs and adverbs go right. Books and newspapers would be harder to lay out, and reading would be harder, but the benefits would be huge, include fostering eye independence and brain function. Plus, we’d all have to go back to school for awhile, so education funding would get a boost. If only global warming had such simple solutions.

New product I heard about this month: aromatherapy shower tablets. Fear not that our economy is collapsing, with entrepreneurs thinking up new products like aromatherapy shower tablets, (focusing on life’s essentials), we should be out of “hot water” in a jiffy, and smelling good too.

Plug for Henry Got Crops CSA: If you don’t know about the Community Supported Agriculture our farmers are starting with Saul High School, check out our web site (www.weaversway.coop). This is a chance to get truly local produce at a pretty good price and have your money directly support our community in terms of food security, education, environmental health, economic health, etc. Plus if you eat all that grows, you will be supporting your own personal health too.

Suggestions and Responses:

s: “As a longtime vegetarian who is now interested in beginning to eat some meat, I was shocked to discover you have no meat that is certified organic!! Is there a way to order it? I am interested in: pasture raised, organic, veggie-fed, local chicken. Surprising that Weavers Way doesn’t already have some- or support this industry. Animal rights/human health is extremely important.”

r: (Dale) Natural Acres also has organic beef. I can order anything you want. Natural Acres is all pasture and grass fed. We totally support this industry. Please call me, extension 104.

s: “One percent milk.”

r: (Chris) We do carry one percent milk, both half gallon cartons that are organic, and Merrymeade one percent gallons. See dairy case, bottom right.

yoga mats upstairs- but use pieces of it for under slippery throw rugs!!! I do—save yourself a bad fall!”

r: (Martha) Fabulous idea!

s: “Chestnut Hill store suggestion: bulk detergent/cleaning products. Sun & Earth does this...”

r: (Norman) We are hoping to have an extensive bulk section in Chestnut Hill, and maybe at some point at Carpenter Lane too.

s: “I’m glad to see Lakewood Pina Colada Pineapple/Coconut Juice in stock. It’s so much better than Knudsen’s organic—no water (just juice) and it tastes so much better.”

r: (Chris) Thanks for your positive comments. We had the Knudsen brand as a temporary substitute item recently, when the Lakewood juice was out-of-stock at the distributors. We intend to carry the Lake-

(continued inside on page 31)

Chestnut Hill Community Meetings

Mondays, May 4 & 11, 7 to 8 p.m.

Chestnut Hill Library, 8711 Germantown Avenue

Weavers Way Co-op is hosting a series of community meetings to discuss Weavers Way’s expansion into Chestnut Hill.

For more information, e-mail us at expansion@weaversway.coop

COOPERATIVE IMPACT IN NORTHWEST PHILADELPHIA

LEGEND

Weavers Way Co-op Locations

- 1. Mt. Airy
- 2. Ogontz
- 3. Chestnut Hill (2009)
- W. Weavers Way Co-op Warehouse

Weavers Way Farm Locations

- 1. Awbury Arboretum
- 2. Seeds of Learning @ MLK H.S.
- 3. Henry Got Crops! CSA @ Saul H.S.
- 4. Stenton Family Manor
- 5. Fred's Foreign Auto Lot

Marketplace Schools

- 1. Charles W. Henry School
- 2. Henry F. Houston School
- 3. Parkway NW School
- 4. John S. Jenks School
- 5. AB Day School
- 6. Martin Luther King H.S.
- 7. Francis P. Pastorius School
- 8. Wissahickon Charter School

Creekside Co-op Location

- Elkins Park (2010)

Equal Exchange Fair Trade

May Coffees of the Month

Organic French Roast

\$7.99/lb.
Reg. \$10.01/lb.

Organic Co-op Blend

\$9.01/lb.
Reg. \$10.01/lb.

Packaged Coffee Special

Tanzanian Jubilee

Drip grind, full city roast. Rich, syrupy body with intense flavor.

\$6.43/lb.
Reg. \$7.93/lb.

Welcome to Weavers Way Cooperative Association

Dear Neighbor,

If you are not already a member of Weavers Way Co-op, you are invited to join. Weavers Way is a member-owned, not-for-profit cooperative. Our bylaws require that in becoming a member, someone from your household attend an orientation meeting, where details of membership will be explained. Meetings are held at the Germantown Jewish Center (GJC), Lincoln Drive and Ellet Street, at Church of the Annunciation (CA), Carpenter Lane and Lincoln Drive, and at Grace United Methodist Church (GU), 7101 N. 20th St, in West Oak Lane. Upcoming Orientation Meetings are on the following dates:

| DAY | DATE | TIME | LOCATION |
|-----------|---------------|------------|----------|
| Saturday | 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 |
| Saturday | July 18, 2009 | 10:30 a.m. | GU |
| Wednesday | Aug. 5, 2009 | 6:45 p.m. | GJC |

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

Robin Cannicle, Membership Manager

PLEASE RETURN THIS PORTION TO WEAVERS WAY

Someone from my household will attend the orientation meeting on

Name (please print)

Phone Number

Address (including ZIP code)