

the Shuttle

Manager's Corner

Change the work requirement?

by Glenn Bergman

First, let me set the record straight about my thoughts on expansion. A member e-mailed me and said that it sounded like we were declaring an expansion to two additional locations; one right after each other. We are not. The Board and management have been talking about the following: First, we will find a second location that provides what our members and staff have been asking for: aisles, prepared foods, parking, lockers, staff room, larger private community room, etc. Once that store is up and running and doing well, we will renovate the current
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Down on the Farm September



CO-OP FARM STAFFER DAVID SILLER WITH PRODUCE SO LOCAL, IT GOES TO MARKET ON THE LOCAL

by David Zelov

Fall is upon us and has brought with it some cooler weather, a welcome respite from the 90-plus-degree days of July and August. It certainly makes working more pleasant and keeps the veggies cooler between harvest and delivery, lessening the need to place ice packs in the containers (no fridge at the farm). The farm is also a bit quieter, with our interns heading back to school and the cooks and chefs from La Salle back in the kitchen full-time. We are now relying solely on cooperator help to get everything harvested and packed up for delivery to the various venues. The market at Headhouse Square continues to

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Fall General Membership Meeting

Saturday, October 20 • Summit Presbyterian Church Gym

Childcare will be available

5:30-6:30 Meet, Greet, and Eat
6:30-9:00 Meeting

Agenda:

Approve minutes of Spring General Membership Meeting
President's Report • General Manager's Report
Vice President's Report on Bylaw Language
Expansion Update • Breakout Sessions on Expansion
Report Back from Breakout Sessions • Question & Answer

No Coincidence: October Is Both Co-op Month & Fair Trade Month

by Rodney North of Equal Exchange

Did you know that October is both National Fair Trade Month and National Co-op Month? It's just a coincidence, but like peanut butter and chocolate, fair trade and cooperatives are two great things that go great together. No, wait. That's a lame metaphor, and is borrowed from a corporate jingle. We can do better.

You see, co-ops and fair trade are not only compatible, but extremely complementary. They make each other stronger and more inspiring. And—in our opinion—fair trade could not, and cannot, exist without cooperatives.

The fair trade model helps farmer co-ops to thrive and enables consumer co-op



members to connect with farmer co-op members and do business with one another sustainably, and in solidarity. Sometimes a worker co-op, like Equal Exchange, acts as the bridge, potentially creating a completely co-op supply chain. This is one of the best examples of the Sixth Co-op Principle: Co-operation Among Co-operatives. (If you're unfamiliar with the seven Co-op Principles, visit

(continued on page 4)

Future of Neighborhood Recycling Programs Uncertain

by Jacqueline Boulden

People who live in Mt. Airy and the Northwest section of Philadelphia are known for being environmentally aware and ardent curbside recyclers. But getting them to take their corrugated cardboard and some plastics to the monthly drop-off location of Weavers Way's recycling program is more challenging.

"They have room to improve," says Bob Pierson of the Philadelphia Partnership Recycling Program. Pierson says the recycling program run by Weavers Way is less efficient than it could be because Co-op members do not fill up the city recycling trucks.

Every third Saturday of the month, the Streets Department sends two trucks to the parking lot of the Germantown Home El-

der Service at 6959 Germantown Avenue at Carpenter Lane. One truck is there to collect mixed paper, including corrugated cardboard, and the other truck is for plastics with the numbers 1 and 2. All these items are not currently picked up during regular curbside recycling in this section of Philadelphia.

The Co-op receives incentive awards and market awards for taking the materials off the street and keeping them out of landfills. The city pays the incentive award – the amount the Streets Department would have paid to send the materials to a landfill.

The average payment is \$61.18 per ton for paper or plastic. In January 2007, for example, the Co-op's monthly recycling ef-

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Film Series Continues With Acclaimed Film by Co-op Member



PHOTO COURTESY OF SHARON MULLALLY

VOLUNTEERS FROM CENTER IN THE PARK, IN THE FILM *KNEE DEEP*

by Larry Schofer

The Weavers Way film series (sponsored by the Education Committee) continues its second season at the Little Theatre at the Video Library. Last year's focus on environmental films continues at 7 p.m. on Wednesday, Oct. 10, with *Knee Deep*, a documentary about a senior volunteer

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Park Project at C.W. Henry School

by Kaela Farber

By now you will have noticed the green grass, flowering shrubs, and the new gate, ramp, and benches added over the summer across the street in the schoolyard. They were installed as part of the Philadelphia School District's Campus Parks initiative, but the design originated here in Mt. Airy with the committee of your neighbors described in previous *Shuttle* articles. Here are some answers to Frequently Asked Questions:

Is it finished? Henry School's dedication is planned for September. Eleven

(continued on page 5)

In Memoriam

Norma Brooks



It is with great sadness that we report the death of Norma Brooks, who passed away just as we were going to press. Norma was an invaluable asset to our co-op and a great friend to its members. Her vision, persistence and hard work made our farm a reality. Norma's family has asked that donations be sent to support the Weavers Way Community Farm's educational mission or to the Wellness Community of Philadelphia at the Suzanne Morgan Center. More information is available at the store and on our website, www.weaversway.coop

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And of course... scads more

Weavers Way Cooperative Association
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Editor’s Note

by Jonathan McGoran



As you can probably tell from all the decorations going up and the visible excitement among the children... *Co-op Month is here*

In keeping with a time-honored Weavers Way tradition, this October we will be observing Co-op month by... well, by just observing Co-op month, as in, “Hey, look at that, it’s Co-op month... There it goes... Well, that was fun.” Actually, to be fair, there is a little more than that: My personal tradition is to mark the occasion with a snarky comment in my column about how no one does anything for Co-op Month (And don’t look at me to do more; I’m too busy making snarky comments... Each to his abilities, right?).

It could be argued that here at Weavers Way, every month is Co-op Month (although try telling *that* to the other co-ops). As one of the very few co-ops with a mandatory work requirement, on any given day, there will be more members working in our store – cooperating – than pretty much any other co-op in the country.

That work requirement is one of the things that will bear reexamination as we look at expansion. In the meantime, Membership Coordinator Robin Cannicle’s article on this page answers some frequently asked questions about the member work requirement as it currently stands — questions like, “Do I really have to do my work hours?” and, “Are you sure I really have to do my work hours?” and, “Is it true I can get double work credit running personal errands for the *Shuttle* editor?” The answers are yes, yes, and no, of course not. (I don’t know how that notion ever got out there...)

The gist of Robin’s article is that no one is automatically excused from their work requirement. For the most part, no matter what your limitations, there is something you can do to help your co-op. If you can’t lift, you can pack, if you can’t pack, you can file.

And as you can tell from reading this column, even if you are too mentally feeble to sweep floors or pack raisins, you can always work on the *Shuttle*.

After all, that’s how I got this job.

The *Shuttle* is published by Weavers Way Co-op and is mailed to all members.


Deadlines for each issue are the first of the preceding month.
e.g. October 1 for November issue

Statement of Policy

Articles should be under 500 words and can be submitted neatly typed, on disk, or e-mailed to jonmcgo@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 camera-ready and 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.



The *Shuttle*
is printed on 100%
recycled paper

The 411 on Your Work Requirement

by Robin Cannicle

Many questions concerning the fulfillment of the work requirement have come to my attention: Who is exempt from doing the work requirement? What does exempt mean? What if I have a special circumstance? How can I get help with completing my work requirement?

I have also heard various answers to these questions, and not all of them are accurate.

These questions prompted me to look into the archives to see exactly what is Weavers Way’s policy on this issue. So let’s set the record straight; here is the policy (quoting from an old Co-op article in 1991):

You’re Only as Old as You Feel

There has been on-going confusion among the members regarding the work requirement for those 65 and older. Several years ago, an erroneous statement appeared in the Flexible Flyer saying that members over 65 are exempt from work. It’s time to set the record straight. We need to restate the basic policy of the Co-op: ALL MEMBERS ARE REQUIRED TO WORK. In restating our policy, however, we also want to take into account our members who can no longer carry 40 pounds of lettuce or go down to the basement to pack spaghetti into plastic bags. The Membership Committee has, therefore, worked on this issue and made the following rec-

ommendation, which was approved by the Board at the Nov. 5, 1991 meeting: Those members of the Co-op who are elderly or disabled to the extent that they cannot do the available Co-op jobs may make arrangements with the Membership Coordinator to become part of an on-call phone list for work at home. People on this list would be called in the event that suitable work at home becomes available, not necessarily during the member’s work cycle. This opportunity is only for the elderly and/or disabled. Parents with young children who cannot fulfill ‘normal jobs’ in the Co-op, can look into other options, such as driving or washing aprons. Members who qualify can apply by calling the Membership Coordinator to discuss their specific needs.

Since then, many other alternative jobs have been developed and are available today for cooperators.

Weavers Way member households contribute hours to the Co-op in a wide range of tasks. And I would like to thank all of the members who have worked over the years to make the Co-op successful and vibrant. We realize that your valuable life skills provide for the benefit of the growth and prosperity of Weavers Way Cooperative Association. Thank you, thank you!

So what about the questions I raised above? If you are currently in exempt sta-

tus, you may remain there. However, if you are able to make a contribution to the Co-op...we need you! There are many jobs available where your expertise can be used, such as special projects, committees, outreach events, consulting services, writing for the *Shuttle*, and other ways of using your creative talents and technical skills.

I also invite you to give us some ideas and suggestions about creating new jobs for co-operators. Our GM has an idea for members to recycle used plastic bags. Honest Weight Co-op in Albany, NY doesn’t purchase plastic bags at all. They use the recycled bags that are donated by their members. A team of volunteers checks over the bags and neatly places them in boxes to be used around their Co-op. Maybe we can implement that idea here. And I am sure we can use more ideas as we expand. Please let us know if you think of other ways members can contribute to the Co-op.

If you do have any special circumstances, such as a temporary illness or a family emergency, or if you have any other questions about completing your work requirement, we strongly encourage you to contact the Membership Department at 215-843-6552, or e-mail me at member@weaversway.coop.

Everything is solved through communication and cooperation!

Thanks for cooperating.

What Do You Mean, ‘The Co-op Will Be Closing in Five Minutes’?

by Josh Giblin

It’s 7:45 on a Wednesday night and you’re in the middle of dinner prep. You realize you don’t have the milk you need for that homemade macaroni and cheese, so you zip over to the Co-op, squeezing into the store before they lock the door. There are a number of people still checking out, so you know you have time. On your way to the milk, you notice the fresh berries and start thinking about cobbler, which means you need brown sugar. Now you remember you’re out of coffee for the morning, which sends you upstairs. Once there, you are mesmerized by the variety of clothes and gifts for sale, and your pace slows. Some announcement is made, but you are in a trance. Before long, you are alone and feeling relaxed until a pesky staff member is at your elbow, urging you to check out. Your get your coffee and grudgingly comply. You leave feeling a bit annoyed at being shuffled out; this is your Co-op after all, and you should get to stick around if you want to!

We know how difficult it can be to pull yourself away from the draw of the Co-op. We want you to shop to your heart’s content, but we have one request. Please do your shopping during the posted store hours.

To begin with, the registers are not ready until 9 a.m., when the store opens, and should be shut down at the same time as the store. No registers means no transactions, so you’ll have to wait until we open anyway, or if it’s the evening, come back in the morning. Staff need your consideration as well. Our cashiers have been working hard all night for you, and can get a bit delirious after 8 p.m.

Your safety matters to us. Before the store opens and well after it closes, there are several staff and cooperators there to work. All of these workers are trying to move a lot of things around, do a lot of

cleaning, etc. They are all working under the assumption that only staff and cooperators are present, and may not have your needs as a shopper in mind. As a customer at these times, you may find yourself navigating around stacks of produce or dodging hand trucks and vacuums. It may be difficult and unsafe to access what you want.

We take our security seriously. When the registers are in transition to or from the safe, it is important for us to have locked doors and to know who is in the store. We’ve checked in with all of our workers, but customers are unaccounted for. If you’re not there to work a shift, you will probably be asked to wait outside. Also, if you’re lingering in the store after hours, we are going to have concerns for the safety and comfort of our staff and co-operators who may not know you yet.

Don’t worry, that cute “Dogs Loving Cats” calendar will still be there for you tomorrow.

To protect your store’s assets and provide a safe environment to work in, we need your help. If you get to the Co-op a little early, take a moment to browse the outdoor message board or get one of those incredible High Point pastries you dreamt about the night before. If the store is closing, please wrap up as soon as possible, to help us keep things running smoothly.

Above all, we want to make sure your needs are met. If you find yourself in a jam, morning, noon, or night, just check in with the manager on duty. They are sure to take care of you. After all, this is your Co-op and you deserve the best. Thanks for cooperating.

Are you a handy person?

We need a few handy cooperators for the constant stream of repair and maintenance projects at the Co-op. Some projects are big (60 ft. of sound barrier up on the roof), some medium (painting the bathrooms on the second floor), and some small (replacing the batteries in our smoke detectors). But remember: All the projects are important! You must have your own tools and experience with common repair and maintenance projects, and some free time away from those projects at your own house, like replacing the smoke detector batteries, painting the bathroom, and building a sound barrier on your roof. Please leave your name, Co-op number, phone number and your areas of expertise in Steve’s mailbox (walk, don’t run, upstairs, near the fax machine, mid-level, left side, jammed full of offers to help out), or leave a message on my Co-op voicemail, #304



October Grocery News

by Chris Switky, Grocery Manager

Howdy, shoppers. We’ve made some big changes in the tea selection at Weavers Way this month, cutting back on our line of Celestial Seasonings teas, and adding ten flavors of Choice organic teas. Choice is a small, independent company committed to organic tea leaf-production and fair trade practices, whereas Celestial Seasonings (owned by the Hain-Celestial natural food group, which is partially owned by food processing giant Heinz) has cut back on its organic selection in recent years. Please check out the new tea flavors, and, as always, your feedback is appreciated.

Also new in the grocery aisles: Mountain Valley sparkling spring water, which comes from Arkansas. My thanks to long-time Co-op member Pat Fiorella, who stopped me in the store one day and asked why we had to have San Pellegrino water, imported from Italy. “There must be glass-bottled sparkling water from somewhere closer,” she said. I did some research and found Mountain Valley, a source several thousand miles closer than Italy. Find it on the shelf next to the cold drinks case.

The raw milk preorder program continues to grow in popularity, so I thought



I’d mention it again in this column. The Co-op can get raw, organically produced milk (not certified) from Stolzhus Farm in Lancaster County, in gallons or half-gallons. Other raw milk products available are: cottage cheese (pints), heavy cream and yogurt (quarts only), and butter (one pound pieces). We take delivery once a week, on a preorder basis only. Standing, weekly preorder arrangements are available. For more details and prices, contact me, Chris Switky, by phone, at 215-843-2350, ext. 113.

What else is new in the grocery department? Not a lot. Norman and I have been getting along and working together really well lately, a problem I’m hoping to have solved by mid-October at the latest. Norman’s propensity for musical composition, which he frequently works on in the office that we share, will probably help the situation. If nothing else, it will inspire me to spend more time on the first floor, in the grocery aisles, where I’ll be more likely to run into shoppers. Some of them may have many questions to ask me, or even criticisms of the selection of products on the Co-op’s shelves, but at least most of them aren’t singing.

What’s Up Upstairs

by Martha Fuller

Triloka Perfume Oils

Windrose Trading Company’s products have been quite popular with our shoppers — I am a fan of this company when I wear both my professional and personal “hats.” Their catalog describes their business philosophy in this way: “The majority of our products are hand-made by small cottage industries. Our primary focus is to utilize suppliers who are supporting worthy projects, foundations or individual families. Many of these groups have been in operation for over 20 years. While traveling annually to visit our suppliers, we have the pleasure of personally meeting workers and developing new products. We encourage the preservation of traditional skills, techniques, and crafts which are centuries old, but are disappearing in the villages due to technology.”

We carry Triloka Premium Incense sticks as well as Triloka Chakra Incense. The Shaman Smudge packets and the Global Shaman Dream Pillows come from this distributor, as well as the glass votive candle holders/cups, candle holders, candle plates, rainbow silk bags, brocade bags, soapstone boxes and paperweights.

A few weeks ago we added the Triloka Perfume Oils to our Health and Beauty Products. Big success! Thanks to the shoppers who have given us such positive feedback re quality and price point. These exotic blends use essential oils, extracts, and plant and flower essences. They do not contain animal products or alcohol. As a fan of products that serve more than one purpose, I like the ability to use these oils as a perfume or in a fragrance diffuser. The smallish, square bottles hold one dram which is also .125 ounce. We carry many fragrances which include Amber, Frankincense, Jasmine, Patchouli, Dream



Catcher, Green Tea, Vanilla, and Spring Rain.

Syracuse Cultural Workers (SCW)

This company’s name is familiar to many Co-op shoppers and members. SCW was founded in 1982 with the purpose of Peace and Justice publishing. They carry many more products than we have here at Weavers Way — you can view these at their Web site, www.SyracuseCulturalWorkers.com, and yes, you can order by mail from them.

We are currently carrying the much-requested Women Artists Datebook 2008, which is a collection of artwork and poetry created by women. Also included are unique annotations, lunar cycles, and menstrual calendar.

Among the artists in the Datebook are Ellen Bass, Susan Deer Cloud, Terry Ehret, Martha Rodriguez, Sharon Bottle Souva, Diane Swan, Davi Walders, and Catherine Wiley.

The blank journal from SCW is a beauty and it is as earth-loving as they can make it! The cover, printed by union labor, and the inside pages contain 50 percent and 100 percent post-consumer waste respectively, and are processed chlorine- and dioxin-free. The back cover also contains post-consumer waste. This lovely journal, with cover art by Elly Simmons, can be used for sketching, a gardening journal, a knitting or craft journal, a bedside companion for writing, a travel diary — you get the picture: there are more uses for it than I have *Shuttle* space to mention. The current cost is only \$9.56!

The 2008 Peace calendar is inspiring and informative — after all, 2008 is an election year and what an important election year it will be! This 37th edition gives you contacts and information for getting

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Produce News

Those Autumn Leaves . . .

by Jean Mackenzie, Produce Manager

It’s October, so it must be time to start eating apples again. I recommend Morris Arboretum’s Fall Festival on Sunday, Oct. 7. I’ll be there all day, selling apples and pears, and we’ll try to have a few varieties that we don’t usually carry in the store.

Look for all those great root crops again — red and gold beets, turnips, rutabagas, parsnips, celery root — to join the perennial sweet potatoes, potatoes, and carrots.

And hard squash! So much of it local, so many varieties, so easy, so delicious. Cut ‘em in half, scoop the seeds, bake until soft, toss on some butter and salt and pepper. You can get lots fancier if you want, but really, that’s all you have to do to enjoy squash. Throw chopped nuts on top, sprinkle with cinnamon, if company’s coming. Or you can sauté some onions and garlic, add cooked squash, some fresh ginger, and milk or soy milk, blend with an immersion blender, and voila, soup. Throw a dollop of sour cream in each bowl, impress your friends.

My favorite fall/winter vegetable is delicate squash, mashed and twice-baked with Yukon gold potatoes. My daughter loves sweet potatoes in any form, which is great because they are hands down the healthiest vegetable around, with high levels of fiber, and vitamins A and E. (They also have significant amounts of B6, iron, and potassium.) My son prefers huge batches of greens, especially chard and lacinato kale, which are available all year round but seem to get sweeter and more robust with cold weather.



The Birds and the Bees



Nearly 50 years ago, Rachel Carson invigorated the environmental movement with her book *Silent Spring*. Even if you didn’t read it, the book is so iconic that most of us know the basic message:

“Enough with the pesticides already! They’re killing all the birds!”

A new environmental, agricultural (“agrivironmental”?) problem is causing a lot of worry: Colony Collapse Disorder.

Suddenly, honeybees across North America are dying by the thousands. The Inter Press Service (IPS) posted an article on their web site, stating, “[C]olony collapse disorder can work through a honeybee colony in a matter of weeks. Bees fly off to collect pollen, but never return — or simply weaken and die in the hives... The first cases came to public view in late 2006. Since then, speculation has ranged about the causes from a diverse set of theories which range from new pesticides, genetically modified crops, agricultural products, climate change, viruses [and] cell phones... The value of crops for which honey bees are the prime pollinator is estimated to be in the 15-billion-dollar range in the United States. California’s almond industry alone, which relies on pollination from honeybees, is worth 1.5 billion dollars... [T]he pollination from honeybees is instrumental for growing fruit and vegetables like apples, cherries, tomatoes, zuc-

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Oktoberfest Beer & Cheese Tasting

Monday October 22, 2007, 7 p.m.

Join Weavers Way deli staff for a fall tasting of beer and cheese. Emelio from International Food Distributors, our primary cheese supplier, will present a sampling of imported and domestic cheeses which will be paired with complimentary beers.

Why beer not wine? According to Mark Todd a cheese, beer, and wine consultant “Beer and cheese grew up together, on the farm, with farm women making both. These women would surely have wanted their beer to taste good with their cheese and vice versa.”

San Francisco Chronicle writer Janet Fletcher remarks, “The crowds munching nachos at American ballparks all summer don’t need convincing that beer and cheese go together. It’s the die-hard wine enthusiasts who resist the notion that beer may in fact be cheese’s better match.”

This fun night of beer and cheese will take place on the second floor MAMA studio at Greene and Carpenter Lane. Space is limited so sign up soon. Cost is \$15 for Weavers Way members and \$20 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).

OKTOBERFEST BEER & WINE TASTING

NAME
PHONE NUMBER
CO-OP NUMBER
NUMBER OF PEOPLE ATTENDING
AMOUNT ENCLOSED

Co-op Month

(continued from page 1)

www.weaversway.coop and click on “key Co-op Documents.”)

Conversely, in the 1980s, co-ops here and abroad made fair trade possible, and today they offer the fair trade system its most meaningful expression. I say “most meaningful” because more recently, plantations and publicly traded corporations like Wal-Mart and Hershey’s have entered the fair trade market to an extent. While that development constitutes an improvement over these groups’ historic track record, it doesn’t represent as profound a model as that of co-op-based fair trade.

When the fair trade system for crops like coffee was created in the 1980s, only small-farmer co-ops could participate. And still today, farmer co-ops supply all of the nation’s Fair Trade Certified™ coffee, cocoa, and sugar. (In contrast, the official standards for fair trade tea, bananas and other crops allow for the participation of plantations.) Measured by weight, at least 90 percent of the nation’s supply of Fair Trade Certified™ foods are still supplied by farmer co-ops. However, some of us are launching efforts to push that number back toward 100 percent, in part by introducing new co-op-sourced Fair Trade Certified™ organic teas.

At this end of the global fair trade supply chain, consumer food co-ops definite-

ly “punch above their weight.” That is to say that no group of retailers in the U.S. food system does more for fair trade, proportionate to their sales, than America’s food co-ops.

But the good news goes beyond buying and selling coffee and such. Right now, co-ops of all stripes, in both the Global North and South, are working together to build a stronger and more just co-op economy, and fair trade is a part of those efforts. One example is Oké USA, a fair trade banana importer 50 percent of which is owned by a global co-op of banana growers, 30 percent by non-profits, and 20 percent by Equal Exchange, a worker co-op.

This is a dynamic time in the food industry and our national food culture. Some of the changes — GMOs, massive factory poultry and hog operations — are dismaying. Yet there are also trends heading in the other direction, such as the growing interest in environmental issues, animal rights, and the need to fix the federal Farm Bill. For decades, food co-ops have been at the forefront of new approaches, including that of fair trade, and we just wanted you to know a little about what you are helping to make possible every day.

Rodney North is The Answer Man for Equal Exchange and has been with the worker co-op for 11 years. He also serves as Vice-Chair on the Board of Directors.

Co-op Seafood: Fresh and Safe

by Dale Kinley

With all the publicity about contaminated fish from China, I want to reassure everyone about the continued high quality of our seafood. All of our seafood comes from Samuel & Sons, a Philadelphia-based company. With two exceptions, all the Co-op’s fish is U.S.-raised or U.S.-caught.

The first exception is tilapia; it is raised in Costa Rica. The second is our farmed salmon, which is raised in the Shetland Islands in Scotland.



The domestic farm-raised catfish is raised in Alabama and is grain-fed. The Rainbow Trout is raised in Idaho. Absolutely none of our farm-raised fish, domestic or raised abroad, uses any antibiotics! In addition, all our seafood choices are all made with environmental considerations in mind.

Check out our beautiful Alaskan cod, yellow fin tuna, or Atlantic blue.

What’s Up Upstairs

(continued from page 3)

involved in the electoral process. If that doesn’t float your boat, you can simply enjoy the wonderful calendar.

Turkey Time

We will have lots of Thanksgiving cooking products from turkey timers, bringing bags, and turkey/roast lifters to turkey lacers, cheesecloth and parchment paper. If you don’t see an item that you want, please check with the second floor staff — we may have it and can help you find it. If it is not a product we carry, we will add it to the second-floor suggestion book.

more and more items here on the second floor for your gift-giving needs. Do remember to shop Co-op when you think of those on your gift lists. And feel free to ask the second-floor staff for some ideas — we’d love to assist you.

New and Discontinued

Avalon Organics have discontinued all of their deodorant products... If you are a Burt’s Bees Toothpaste fan, you probably already know that they no longer manufacture any toothpastes in their product line... Eco Tints Lip Moisturizer by EcoLips is our newest lip product. The three colors — Rose Quartz, Plush Red, and Mocha Velvet — contain 90 percent certified organic ingredients including organic sunflower oil, organic beeswax, organic coconut oil, and organic vanilla. These products are cruelty free, carmine free, gluten free and do not contain any hydrogenated oils. Yep, I know — who knew we needed to worry about that with a lip product?!

Holiday shopping

Many of you have told me that you have already started your holiday shopping — good for you! You’re ahead of me, I must say. Remember that we will have

PLYMOUTH MEETING FRIENDS SCHOOL

Pre-Kindergarten - 6th Grade

Fall 2007 - Admission Open Houses

Thursday, October 11 9:30-11:30am

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Enthusiastic Volunteers Work the Wissahickon Trails

by Kevin Groves, Friends of the Wissahickon Volunteer Coordinator

Sixty volunteers contributed a whopping 450 hours to the Friends of the Wissahickon (FOW) Demonstration Trail Project from July 30 through Aug. 10, 2007. These hard-working volunteers rebuilt 555 feet of the White Trail immediately north of the Indian Statue below Rex Avenue. This was a follow-up project to FOW's first Demonstration Trail which took place in the fall of 2006, and while similar objectives were applied to both projects, such as improved safety and stormwater management, Demo Trail #2 provided different challenges. The steep, rocky terrain of this section of the White Trail departed significantly from the friendly terrain of Demo Trail #1, and while Demo Trail #1 included a trail closure and re-route, the section of trail for #2 had to be redone in the very same place as the original trail, as the steep terrain and nearby park boundaries did not allow for a re-route.

The Demonstration Trails are part of FOW's Sustainable Trails Initiative, a three-phase commitment by FOW to make the 57 miles of National Recreation Trails in the Wissahickon an environmentally and socially sustainable system that works for everybody. The project could continue for the next ten years or more. The Demonstration Projects serve two purposes: to show the nature of the physical work under consideration for the entire Wissahickon and to provide a more accurate estimate of the resources necessary to undertake commensurate work on



WORKING ON TRAIL RESTORATION IS (FRONT TO BACK) CO-OP MEMBER AND FOW BOARD MEMBER DAVID DANNENBERG, LANCE HONER AND DMITRI ZORINE FROM THE PHILADELPHIA MOUNTAIN BIKING ASSOCIATION (PMBA).

the balance of the Wissahickon trails. Demo Trail #2 was led by the Trail Solutions Team, a consultant to FOW. Within the volunteer corps, many area groups were represented: the Philadelphia Mountain Biking Association (PMBA), whose members contributed well over 100 volunteer hours; Wissahickon Restoration Volunteers; the Schuylkill Center for Environmental Education; Courtesy Stables; and the Wissahickon Valley Watershed Association. Staff from the Fairmount Park Commission lent a helping hand as well. For everyone involved, the project offered a great learning opportunity and a chance to give back to the Wissahickon Valley Park. Without this huge volunteer turnout, the project could not have been such a success. Not only did volunteers make a big difference in the work at hand, their participation cut costs by 15 to 30 percent. To volunteer on future trail work in the Wissahickon, contact FOW at 215-247-0417 or office@fow.org.



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Henry Schoolyard
(continued from page 1)
shade trees of four different species (half of them native to our area) will be planted this fall, the best time of year for planting trees. Three square openings in the paved area are for trees, with tree grates to help prevent tripping by kids and soil compaction for the tree roots.

How much did it cost? The budget was \$350,000, all provided by the district. These campus parks were Paul Vallas' pet. Most campus parks constructed at this time cost about \$90,000 but Vallas was impressed with the preparation and planning work done in advance by Henry's Home and School Association and neighbors.

Why so much paving? Where several hundred children run and play every day, grass would get too heavily trampled to remain the beautiful green lawn one imagines. In fact, before the 1960s, this schoolyard was not paved. Speaking before a 75th anniversary gathering of alumnae and friends in the mid-1980s, one-time Principal Beatrice Chernok was asked the greatest achievements of her administration — paving over the school yard was first on her list, because she said it had been "a perennial mud hole."

Why the extra fence at the edge of the pavement? Is it permanent? The low green fence is in place to help the new lawn get off to a good start. New grasses need several seasons to root well and to begin to

grow vigorously. Until that time, foot traffic could be especially damaging. Once the lawn is established, it will be taken down, and then we can walk a little and sit on the grass as in other parks.

Why the new entrances? On snowy days teachers parked in the old school yard, entering through the Sedgwick Street gate. The new Greene Street gate allows access for teachers' cars and for heavy equipment to service the area as well. It will be kept locked. The new ramp from Sedgwick Street makes the school yard handicapped-accessible. The old school yard as a whole was too steep to qualify!

Who will take care of watering and pruning? Neighbors have been watering for now, and students might participate as well. If you are interested in pitching in on this project, please call Greg Moore at 215-848-3153.

Other improvements? Lighting is already in place in the lower school yard; it is not part of this project. New modern play equipment for kindergarteners was also installed in the play area behind the building (not open to the public) as part of the Campus Park project. The colorful new play equipment and the singing basketball hoop installed last spring in the lower school yard were donated by Bernard Hopkins, a CW Henry School alumnus and the Light Heavyweight Boxing Champion of the World.

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Mt. Airy Village Welcomes Environmental Homestore

by Deirdre Kilkenny

Before converting an 1876 one-room schoolhouse in Lansdale to a terrifically appealing and comfortable home, television producer/director Todd Ballantyne lived above the Mt. Airy train station. This was several years before Al Gore seared global warming on the national conscience (certain politicians excepted) and Tom Friedman declared that “Green is the new red, white and blue.”

Todd got green religion early. Even as a young Boy Scout, he organized his troop to tackle environmental projects. When he purchased the schoolhouse, he was determined to take it down to the bones and build it up in an environmentally responsible way. He found himself facing a daunting project because there were “simply no places in this region to check out samples and buy environmentally tested products.” An enormous amount of research, sampling and testing followed.

On Earth Day in 2006, after the house was completed and the compliments and questions from admiring neighbors and associates started pouring in, Todd was able to provide answers in full. He opened his first retail venture, The Environmental HomeStore, in a structure attached to his home. With customers almost equally divided between homeowners and profes-

sional builders, designers, and architects, the company sells environmentally friendly products and offers contracting and interior design services for both residential and commercial buildings. From decorative wall plasters to sustainable floors, plywood substitutes, zero-VOC paint, sustainably built cabinetry, cotton insulation, wood treated for decking, and even countertops made of recycled paper, the store offers deeply researched options that are esthetic, healthy, and priced comparably to conventional products.

Obviously one to build on success, Todd began searching for a Philadelphia site to open a second location. The Moving Arts studio was not available nor advertised, but his green commitment was persuasive. In September, MaMa’s 25+ weekly classes shifted to the adjacent PaPa studio (entrance off the Greene Street driveway).

The Environmental HomeStore planned to open with a soft launch at the beginning of September. “We opened in this gentle way. But from day one, we will take the time to hold workshops, meet customers and explain new products,” Todd says.

Zero-VOC (volatile organic compound) house paints will be mixed on site. “It takes time for us to explain what a real-

ly good healthy paint is, but we do it. We get into the specifics. Paint is conventionally full of very toxic chemicals that are bad for you. And many people are especially vulnerable. Children are ten times as neurologically vulnerable to toxins, for example.

“And while some major manufacturers now sell low-odor or low-VOC paints, you need to be careful. The government has defined what a VOC is, but the criteria are built around what will produce and reduce smog and outdoor air pollution. They don’t address indoor air quality and this is different.”

The Environmental HomeStore (215-368-2589/ www.environmentalhomestore.com) is open Tuesdays through Saturdays, with hours posted on the web site (www.environmentalhomestore.com). It is located at 550 Carpenter Lane, across Carpenter Lane from the Co-op.



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Ned Wolf Park: A Community Project

by Ronda Throne Murray

A couple of new developments have occurred in the continuing story of the renovation of Ned Wolf Park, located at the corner of McCallum and Ellet Sts. in West Mt Airy.

Last month, the Friends of Ned Wolf Park received word that Philly Green will continue support for the rehabilitation efforts of Ned Wolf Park in 2008. Philly Green is one of the programs of the Pennsylvania Horticultural Society, which has received a grant from the city through the Neighborhood Transformation Initiative. This assures that we will have some benches and park trash cans to install in the spring of 2008, when a bulk purchase will be made for several "Friends of" park projects throughout the city.

Another new development for the Friends of Ned Wolf Park is that they appeared as one of the new vendors the Mt. Airy Village Fair held on Sept. 16. If you were there you saw the unveiling of the new Park t-shirts sporting our logo on the front and an actual picture of the park on the back. These shirts are available as a limited edition item, and there may still be some left. So get them while you can by checking with Ronda if you are interested in having one for your very own.

Also at the booth in the Village Fair, the Ned Wolf Park Friends were supported with donations to their raffles. Lucky winners have won a Savatree treatment of 100 gallons of ArborKelp® for their favorite tree, an acupuncture treatment with Susie Bloch, a house call by some of the

park crew (eight hours of garden work), and tickets to the Philadelphia Orchestra and University Museum. We all had a lot of fun and got to tell a lot of people about the Friends of Ned Wolf Park project. As you can see, it really is a community project.

Still, there is a lot we unfortunately won't be able to do without more funds raised in the neighborhood. So far we have had almost \$1,500 in funds sent in to WMAN to support our efforts. We thank you so much for a great start, but we are continuing to ask for your tax deductible donations of \$25 or more. We still need to fund lighting, tools, sidewalk repairs and revisions, as well as additional signage and plants. We don't like to point to our deficits, but the wooden retaining wall needs to be repaired before it falls, and the entire lawn still needs work.

We hope you will continue to support us by giving fall gifts, by purchasing shirts, and by attending our events to help keep this project moving ahead. We look forward to seeing you in the park.

To become one of the dozens of neighbors who have made tax-deductible donations, please send your check to WMAN (write "Ned Wolf Park" in the memo section), 6703 Germantown Ave., Ste.# 200, Phila, PA 19119. If you would like to purchase a shirt, or join our group of fabulous volunteers to help in the park renovations, contact Ronda Throne-Murray at 215-848-4222 or you can e-mail her at rondazmail@verizon.net.


Mt. Airy Learning Tree Helps Grow a More Sustainable Mt. Airy

Mt. Airy Learning Tree has partnered with the community's newest nonprofit, Sustainable Mt. Airy, to identify MALT classes we feel that go beyond the idea of green to include understanding the strengths and needs of a neighborhood to make it a good neighborhood for all. These classes represent our idea of smart "sustainable" living:

- Sept. 17: Yoga with Josh
- Sept. 24: Globally & Acting Locally in Mt. Airy, presented by Sustainable Mt. Airy
- Sept. 29: Cooking Straight from the Farm
- Sept. 29: What Were You Born To Do?
- Sept. 30: Intro to Commuter Cycling
- Oct. 3: Handi-Women
- Oct. 3: Woodworking for the Total Beginner
- Oct. 4: Knitted Gifts for the Holidays
- Oct. 6: Hybrid Electric Vehicles
- Oct. 6: What Parents Can Learn from Homework
- Oct. 6: Debt-Free Living!
- Oct. 11: Designing and Maintaining a Green Home
- Oct. 15: Build a Hearth Bench
- Oct. 20: Build Your Own Computer
- Oct. 20: Home Composting
- Oct. 21: Mt. Airy History and Architecture Tour
- Oct. 22: Braids with Extensions
- Nov. 2: Hands On Fermentation
- Nov. 5: A Forum on Environmental Justice: Your Watershed and Your Health
- Nov. 13: Growing Older in Community
- Nov. 13: Senior Care Today: Understanding Options Within Your Community

For more information or to sign up for these and many other MALT classes, visit our new and improved web site – www.mtairylearningtree.org.

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Monthly Recycling
(continued from page 1)

forts earned just \$37.54 a ton. By comparison, that month Friends of Pennypack received \$64.82 a ton because Pennypack filled the trucks with more recyclables and so was able to earn a higher rate. The Co-op's numbers were up in May and June, but Pierson says overall, Weavers Way is coming in below average.

"The incentive, and the challenge," says Pierson, "is to fill the truck. If you don't fill the truck you don't get as high a rate."

"We're only getting about five to ten percent participation from Co-op members," says Steven "Stevik" Kretzmann, a member of the Environment Committee who helps oversee the Co-op's recycling program. He noted that many people who live in the Mt. Airy and Germantown area, who are not members of the Co-op, also drop off their recyclables at the Co-op's site.

"The opportunity to recycle plastic is the reason most people come to the drop-off location," says Stevik.

That opportunity may soon be eliminated.

The Streets Department currently provides single stream recycling in Northeast Philadelphia, West Philadelphia and Southwest Philadelphia. That means residents in those neighborhoods must put all their recyclables into one container, including corrugated cardboard and numbers 1 and 2 plastics. Single stream recycling currently involves 216,000 homes or about 40 percent of the city's households. And plans are to include more neighborhoods in single stream recycling.

"Over the next two to three years the city will expand its single stream curbside recycling to include the Northwest, North Philadelphia and South Philadelphia," says Pierson, "and at that point we will have to assess whether it makes sense for the Partnership to continue."

The future of recycling was discussed by a dozen members of the Co-op's Envi-

ronment Committee meeting on the evening of Sept. 5.

"If I can put corrugated paper and plastics on the curb to recycle," said committee member Meenal Raval, "why would I save it for a month in my basement?"

Some other committee members agreed, saying that when the city adds the Northwest neighborhoods to single stream curbside recycling, the Co-op would need to reassess its program.

"Maybe we will have to broaden our scope," said Jason Henschen, another committee member. "Maybe we will shift our focus to making more people aware of what can be recycled, or maybe we try to recycle other plastics or materials."

These questions are being asked by many community groups who currently participate in the Philadelphia Partnership Recycling Program.

The Partnership began in 1992 with 16 block corner groups searching for a way to recycle newspapers and other materials because the city had no recycling program in their neighborhoods.

"The Partnership was formed in response to the city not having citywide recycling pick-up," says Pierson. "It was created to fill a need in many neighborhoods."

Once a month, residents would drop off their newspapers, glass and cans at des-

ignated corners and the Streets Department would send trucks to pick them up.

Once Philadelphia began its recycling program throughout the city in 1993, the need was met and the 16 block corner groups dropped out of the Partnership. Only three community groups remained, including Weavers Way, "and the Partnership was reborn," says Pierson.

The Partnership may need to reinvent itself again, or it may disband. Pierson says it now involves just over a dozen community groups, and new memberships are not being taken because "it doesn't make sense until we know what direction the program will take."

For now, the Co-op's Environment Committee will also wait to see what the City does before taking any action, but committee members note it would be a shame to end the monthly recycling effort.

"It's a popular work assignment for Co-op members," says Stevik. "And we raise a lot of money that goes back into the community."

The Co-op earns about \$5,500 to \$6,000 a year from its recycling program. Each spring, the Environment Committee establishes a subcommittee that reviews applications for local environmental projects and issues grants to community groups. Those grants range from \$100 to \$1,000

and their impact is far-reaching.

"Grants that the Environment Committee have given have enabled many small groups to beautify their neighborhoods and educate children about the environment," says Sandy Folzer, a past chair of the committee. "Even nearby Ned Wolf Park and Awbury Arboretum's children's education programs have benefited."

It is the funding for those programs, in addition to the desire to be environmentally responsible, that drives many Co-op members to push for the continuation of a recycling program.

"Many community gardens, public parks, and education projects have been grant recipients," Stevik echoed. "Some of these projects would not happen without the funding that our grants provide."

Weavers Way helped redefine the mission of the Philadelphia Partnership Recycling Program more than a decade ago when the city initiated its curbside recycling program and Partnership members shifted to collecting mixed paper, including corrugated cardboard and plastics. The Co-op may need to help the Partnership forge a new path again, or let events dictate the future, as single stream recycling moves into the mainstream.

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Weavers Way Recycling — Commonly Asked Questions

by Liz Giblin

Nearly 20 years ago, Weavers Way started a drop-off recycling program. In the early 1990s, Weavers Way joined Philadelphia’s Partnership Recycling Program, which offered incentive payments from the City for the materials collected. This program is a collaborative program between community groups and the Streets Department. Philadelphia currently does not have a citywide collection program that accepts #1 and #2 plastics and corrugated cardboard. Citizens are able to bring their plastic containers and cardboard to one of 13 centralized locations once or twice a month. Additionally, folks can include office paper, cardboard, junk mail, magazines, cereal boxes, construction paper, etc., with their cardboard. Based on the weight collected every year, the Co-op is rewarded with a sum of money. This money funds good works in the Mt. Airy community. Members of the Environment Committee oversee the recycling program and the disbursement of funds.

Recently, Weavers Way Environment Committee members Steven Kretzmann and Liz Giblin sat down with Bob Pierson to clarify some recent questions about the recycling program. Bob is the program coordinator and the liaison between the city’s program and the community

groups. Below is a summary of the questions asked and a discussion that followed. Please read on for a list of resources you may find helpful and interesting.

Q: We are told that we can only recycle #1 and #2 plastic containers that are narrow at the top and wide at the bottom. Why can’t we recycle #1 and #2 plastics that are wide at the top and narrow at the bottom? For example, strawberry/blueberry containers and take-out containers used by Weavers Way or soup take-out containers are marked #1 and #2, but are rejected from the recycling.

A: Take-out containers and others with wide tops have a different melting point, regardless of the fact that they are #1 and #2 containers. The mills that use the plastics specify narrow-top, wide-bottom plastics #1 and #2. Any other plastics are separated out and discarded as trash.

Q: Why can’t I recycle plastics other than #1 and #2?

A: There is no market nearby for them currently. Due to their low density, it costs too much to ship other plastics to places that accept them. There is optical scanning equipment available that can separate the different plastics. The plant where our plastics go may get one of these ma-

chines if the amount of #1 and #2 plastics collected from Philadelphia households increases.

Q: Can I recycle #1 and #2 plastics that contained automotive products?

A: Yes, ones with narrow tops, but they need to be cleaned and rinsed thoroughly.

Q: Where do the trucks take the materials we collect?

A: To Blue Mountain Recycling, located at Ellsworth Street off of Grays Ferry Avenue. There, the plastics and mixed paper are baled for shipment. This is also where your weekly curbside recycling is taken.

Q: Who actually recycles the plastic? Where does recycled product go?

A: The businesses that buy the bales from Blue Mountain and recycle the plastic include Mohawk Industries, Shaw Carpet Company, Wellman Industries, KW Plastics, Ensley Corporation, and Trex Plastic Lumber Company.

(continued on page 10)

WEB SITES WITH INFORMATION ABOUT PLASTICS RECYCLING

INFORMATION ON PLASTICS AND THE ENVIRONMENT
HTTP://PLASTICSRESOURCE.COM

RESIN IDENTIFICATION CODES
EXPLANATION BEHIND THE 1-7 PLASTIC CODING SYSTEM:
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CLICK ON “LEARNING CENTER” FOR THE RESIN-CODES TABLE

PHILADELPHIA’S PARTNERSHIP RECYCLING PROGRAM
CONTAINS A LIST OF ALL COMMUNITIES INVOLVED IN THE PARTNERSHIP.
[NOTE: THIS WEB SITE IS NOT COMPLETELY UP-TO-DATE.] :
HTTP://64.78.36.115/PROG_PARTNERSHIP.ASP

BLUE MOUNTAIN RECYCLING
CONTAINS INFORMATION ABOUT THE END MARKETS AND THE FACILITY’S PROCESSES:
WWW.BLUEMOUNTAINRECYCLING.COM
RECYCLE NOW PHILADELPHIA
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Recycling Questions
(continued from page 9)

Q: What happens if I forget to de-lid everything? Can I still throw it in the truck?

A: No. Please take the time to remove the lids and take them home with you as trash. The lids do not get recycled; if they end up in the mix, they increase the level of contamination in the “good” plastic mix.

Q: What is meant by contamination?
A: Contamination refers to items that cannot be recycled. If the bales provided by Blue Mountain have too many contaminants in the mix, the buyer will reject the plastic and this becomes waste. This means that not only is all that plastic not being recycled, but also resources are wasted on the transport and final processing of these bundles. This is why it’s so important to be cautious about which plastics are being thrown into the trucks.

Q: What happens to all the objects that end up in the plastics truck that are not supposed to be in there? Will Blue Mountain or its buyers remove these objects?
A: They might get removed — but again, unwanted objects increase the level of contamination. So, well-meaning people who bring other plastics must realize that these are essentially trash, here or at the mill, and are not recycled. Furthermore, they contribute to the risk of having whole bales rejected.

Q: Sometimes the truck drivers tell me information that is different from what I’ve been told from the nice Co-op volunteers — what gives?
A: The volunteers on site will have accurate instructions — listen to them! There is always a supervisor on duty, too. The truck drivers often see out-of-spec materials at Blue Mountain and come to the wrong conclusion that it is OK to include these plastics. Our goal is to collect recycling that is low in contamination and to prevent things getting into the truck

that shouldn’t be there.
Q: If I arrive at 8:45 a.m. and the trucks are not there yet (they are slated to arrive at 9), why can’t I just leave my stuff there? I have been asked by volunteers to wait for the truck.
A: Leaving items before the trucks arrive create piles that volunteers must later sort through. The volunteers are there primarily to assist folks with items as they arrive; they are not there to clean up a dumpsite or pull out nonrecyclable items. Unfortunately, there are people who dump their recycling (and often a lot of trash mixed in because there is no one there to correct them) well before the opening supervisor arrives at 8:30 in the morning. Strict adherence to the 9 a.m. rule prevents the unsightly problem of illegal dumping and reduces the workload of the volunteers.

Q: Who should I contact for further questions or comments regarding the Partnership Recycling Program?
A: Bob Pierson can be reached by e-mail at r.pierson3@verizon.net or write him at Partnership Recycling, 318 Gaskill Street, Philadelphia PA 19147.

Thanks to Bob Pierson for taking the time to meet with us. If you would like to be involved in this monthly program or in other environmental projects, please contact Brian Rudnick, chair of the Environment Committee via e-mail at environment@weaversway.coop.
For a list of web sites that contain information relevant to this article, see page 9.



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Bottled Water Wastes
Precious Resources

by Sandra Folzer, Environment Committee

As you consume bottled water, you may be contributing to water shortages around the world because bottle water companies are depleting aquifers. Keep in mind that over 1.5 billion people don’t have enough water. Coca Cola has been draining precious water in drought-prone areas of India, Australia and elsewhere. As a result, TIAA-CREF and many universities have divested of Coca Cola.

It takes 18 million barrels of oil and 130 billion gallons of water to produce bottles, far more than the 41 billion gallons to fill them. Huge amounts of fossil fuels with harmful emissions are then needed to transport them.

Bottled water is about image. As much as 40 percent of bottled water comes from tap water. One brand’s label with a mountain lake comes from a well in an industrial parking lot near a hazardous site. The #1 seller, Aquafina, a subsidiary of Pepsi-Cola, comes from municipal water in Wichita, KS; the #2 best seller, Dasani, of Coca Cola, comes from taps in Queens, NY, and Jacksonville, FL. Nestle-owned Poland Springs’ last spring was shut down in 1967; they use wells, one of which is in a parking lot along a busy road.

The EPA has no authority to regulate bottled water, and no law says it has to be



bottled in sanitary conditions. The EPA has hundreds of staff to protect tap water but no full-time person to oversee bottled water. The EPA allows no *E. coli* or fecal matter in tap water, but minimum amounts are allowed in bottled water. One third of the 103 brands of bottled water tested contained arsenic and other toxic chemicals. The FDA may regulate only if the bottled water crosses state lines; yet, two thirds is produced and distributed within states. What requirements exist are very general. Carbonated water, soda, and seltzer are held to even looser standards.

Rather than buying new bottles and then discarding them, it is environmentally more sound to buy a bottle of #5 (or greater) which you can reuse safely. Most bottled water is bottled in carcinogenic PET, which breaks down with use, especially with frequent washing. Since only 5 percent are recycled, that means each day, 30 million bottles go in the garbage, where they are either incinerated (putting toxic chlorine, dioxin and heavy metals in the air) or buried (where they leach toxins into our groundwater and take 1,000 years to biodegrade).
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Down on the Farm

(continued from page 1)

do very well, with sales increasing each week, particularly with the help of farm blogger and flower harvester/arranger extraordinaire Jennie Love, who has been volunteering her time early on Sunday mornings to harvest and bring flowers to market. These beautiful bouquets have been one of our best sellers, fetching between \$7 and \$10 each depending on size of the bunch. A big thanks to Jennie and to Joy Peterson for making it possible to do this market. There are so many customers there at market opening that people are getting there early to scope out the goods and then pounce on their favorite items as soon as the opening bell rings, making sure they get the freshest stuff imaginable. All of this activity makes it impossible for me to do the market alone.

Back on the farm, David and I have done the last seedings of carrots and beets, and continue to seed some of the quicker maturing crops like radishes and lettuce mix (30 days). Production is happening again in the greenhouse at Wyncote Academy, but germination during the summer heat was difficult. Hopefully with cooler temperatures our plants will be a little happier in there. Next year we will invest in some shade cloth, or perhaps even have a hoophouse on site to get our fall crops going. In the meantime, we are awaiting the first frost of fall, expected sometime late October or early November in our area, to kill the bugs and yes, unfortunately our beloved heirloom tomato vines and other summer crops. But not to worry, we have lots of frost-hardy fall crops for your enjoyment. In fact, many plants, particu-



PHOTO BY JENNIE LOVE



PHOTO BY JONATHAN MCGORAN

LEFT: AT HEADHOUSE SQUARE FARMERS MARKET, WEAVERS WAY FARMER DAVE ZELOV AND HELPER JOY PETERSON TRY TO KEEP UP WITH DEMAND FOR PRODUCE FROM THE WEAVERS WAY FARM. RIGHT: FARMER DAVE (FAR R.) EXPLAINS TO A CLASS FROM LASALLE UNIVERSITY JUST WHAT THE HECK HE IS DOING AT THE CO-OP FARM.

larly the root crops, actually get sweeter after experiencing a light fall frost. In addition to carrots and beets, we look forward to the much-anticipated return of broccoli, kohlrabi, bok choy, a steady lettuce supply, mesclun mix, the addition of new types of turnips, and the elusive watermelon radish, which can only be planted in the fall.

We had a tough time during the summer growing the brassica family of crops (those in the broccoli family), particularly bok choy, broccoli raab, and mesclun mix, due to the presence of an ornate-looking but extremely damaging insect called the Harlequin Bug. It rendered these crops unsellable or outright killed them, laughing in the face of the insecticidal soap and pyrethrin (derived from a type of chrysanthemum flower) that I applied. In other pest news, after a bumper crop of summer squash early in the season, our

second planting succumbed to a combination of powdery mildew, squash vine borer, and squash bugs, not dying completely but barely hanging on, producing just 15 to 20 pounds a week. This in comparison with harvests of up to 300 pounds a week early on in the season. Rumor has it that a third planting of squash, later in the summer, is not susceptible to the vine borer due to the fact that the caterpillar has stopped eating and has become a non-damaging moth. We're keeping our fingers crossed. The mammalian pest scene has been troubling as well. After a midsummer lull, the groundhogs, raccoons and two-legged pests are back with a taste for munching on tomatoes and smashing watermelons. The groundhogs and raccoons in particular seem to like traveling down the row of striped German heirlooms and

taking a bite or two from each ripe tomato, turning the usually pleasant activity of harvesting tomatoes into a frustrating experience. Pests of the two-legged variety (local kids I presume) have more of a taste for smashing ripe watermelons. Red and yellow varieties seem to be equally as fun, though we have not conducted any trials on our own.

In addition to putting the garden to rest this fall, some other exciting activities are in the works. With some time (at last) to spend on infrastructure, we will be reworking our harvest/packing area and adding some new sinks so we don't have to carry produce quite as far to the water and constantly fill buckets and bins. We will also be constructing a much-needed composting toilet! Look for special sign-up sheets for this on weekends in October.

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Dollars and Sense: Chillin' at Weavers Way

by Josh Giblin

The freezer section of our store may not be vast, but it certainly is beloved. Ice cream and fruit pops have been flying off the shelves, and with your work schedules getting busier in the fall, I know you will be lingering over the pot pies, chicken nuggets and frozen vegetables that make dinner prep so easy. I recently popped into Whole Foods for a closer look at their freezer. The Whole Foods frozen section is about five times larger than ours. I am pleased to say, however, that the variety of our selection is just as good as theirs. They may have dedicated slots for more flavors of certain things like waffles and burritos, but the offerings are pretty similar. They do have more room for whole frozen meals, something the Co-op has not had great sales on to date.

What about prices? Well, I looked for every item that Weavers Way carries and narrowed these down to a list of 44 items we have in common (not all shown in chart). As it turns out there was only a cumulative difference of 31¢ (in our favor) on that list! It is a little disheartening to think that we can't whup Whole Foods on price, but at the same time I am proud of our efforts here. I'll reiterate that we are probably getting most of our freezer goods from the same distributor, United

Natural Foods. However, Whole Foods is paying a lot less with the volume discounts they receive compared to us little co-ops. We have to work harder and smarter to keep up with those big boys and it looks like we are succeeding. Consider, next time you are helping to restock the freezer case, or toss ice cream down the chute, that your cooperative efforts on behalf of the store are helping us to remain a viable and competitive market.

The following are some items that Whole Foods doesn't carry that we do, items which might make your next trip to Weavers Way that much more special: Natural Choice Organic Fruit Pops (very popular this summer), Reed's Ginger Ice Cream (yours truly's personal weakness), Julie's Organic Ice Cream (best Peanut Butter this side of the Milky Way), Golden Blintzes, Mrs. T's Pierogies and Yucatan Guacamole. One other thing I couldn't find to save my life: Egg Beaters!

A couple of reminders about the freezer: All tortillas are now kept in the freezer, so plan ahead. Kosher chicken breasts are sold directly out of the freezer and do not qualify for the frozen meat discount, unless they are specially labeled.

I won't blame you if you shop elsewhere, but I will miss seeing you.

Frozen Foods Price Comparison		August 27, 2007	
	Whole Foods	Weavers Way	Price Difference
Frozen Groceries			
Alexia Oven Fries	2.49	2.44	0.05
Amy's Enchiladas - Cheese	3.69	3.66	0.03
Amy's California Veggie Burger	3.69	4.10	(0.41)
Amy's Lasagne	4.09	3.95	0.14
Amy's Macaroni and Cheese	2.29	2.79	(0.50)
Amy's Pizza - Assorted Varieties	4.99	5.75	(0.76)
Amy's Pocket Sandwiches	2.29	2.35	(0.06)
Amy's Pot Pies	2.49	2.35	0.14
Cascadian Farms Juice Concentrates	3.49	2.95	0.54
Cascadian Farms Broccoli Cuts	2.39	2.44	(0.05)
Cascadian Farms Peas	2.69	2.71	(0.02)
Fillo Factory Organic Fillo Dough	2.29	2.79	(0.50)
Flax Plus Toaster Waffles	3.29	2.95	0.34
Food for Life Corn Tortillas	2.49	2.53	(0.04)
Gardenburger - Original and Vegan	3.89	3.84	0.05
Health is Wealth Chicken Nuggets	5.19	4.95	0.24
Health is Wealth Thai Spring Rolls	3.79	3.66	0.13
Health is Wealth Veggie Munchies	3.79	2.87	0.92
Ian's WF/GF Fish Sticks	5.29	4.97	0.32
Ian's Chicken Pot Pie	4.39	4.46	(0.07)
Just Pikt Fresh Frozen Orange Juice	3.09	2.91	0.18
Just Pikt Fresh Frozen Grapefruit Juice	3.89	3.62	0.27
Nate's Zesty Italian Meatballs	4.49	4.63	(0.14)
Natural Sea Cod Filets	4.99	4.79	0.20
Rising Moon Ravioli	3.49	3.66	(0.17)
Van's Organic Original Waffles	2.69	2.79	(0.10)
Wholly Wholesome Pie Shells	3.29	3.07	0.22
Wholly Wholesome Pies	6.99	6.69	0.30
Frozen Desserts			
Basset's Ice Cream	3.19	2.78	0.41
Ben & Jerry's Ice Cream/Frozen Yogurt	3.99	3.85	0.14
Bryer's Ice Cream - Vanilla	4.49	5.35	(0.86)
Gaga's SherBetter Frozen Dessert	4.29	3.98	0.31
Good Karma Organic Rice Divine	2.69	3.22	(0.53)
Julie's Organic Ice Cream Bars	1.99	1.60	0.39
Purely Decadent ND Frozen Dessert	3.39	2.79	0.60
Rice Dream Pies	1.19	1.09	0.10
Soy Delicious ND Frozen Dessert	2.69	2.79	(0.10)
Soy Dream Lil' Dreamers - Vanilla	3.49	3.56	(0.07)
Stonyfield Ice Cream/Frozen Yogurt	3.59	3.49	0.10

Prices shown may not reflect most current prices at these stores.



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Maker of Horizon Milk Ordered to Remove Organic Label From Some Products

Violations at Platteville, Colorado could result in revocation of organic certification

by Sustainable Food News

Aurora Organic Dairy, one of America's largest organic milk producers, has been ordered to cease applying the U.S. Department of Agriculture's organic label to certain milk and reduce the size of its herd under a consent agreement with the agency.

The USDA's Agricultural Marketing Service (AMS) said recently the deal signed by Aurora on Aug. 23 was in response to "several shortcomings" it found during an investigation of the company's Platteville, CO, dairy.

The investigation was prompted by a complaint filed in November 2005 by the Cornucopia Institute alleging violations of National Organic Program (NOP) regulations, including insufficient pasture for its animals.

NOP also told the company that the allegations in the complaint were also dismissed. However, the consent agreement said that the original notice of revocation sent to Aurora in April was dismissed with prejudice, not the complaint or the allegations it contained, USDA said.

Under terms of the consent agreement, Aurora also must file new organic systems plans for its Platteville, CO, and Dublin, TX, facilities that address "all of the inconsistencies" between its operations and NOP regulations identified in the proposed revocation notice.

The Platteville facility must meet several conditions in order to continue to operate as a certified organic dairy operation, including removing certain animals from the organic herd and ceasing to apply the organic label to certain milk.

AMS ordered Aurora to "stop marketing milk" as "organic" from cows at the Platteville facility that were transitioned to organic status under a previous regulation.

The agency said Aurora did not ensure its cows were converted to organic cows, which involves the amount of organic feed the animals consume, and told Aurora it could not label milk from those cows as organic. Driftmier said the company would sell those 450 cows in question.

Aurora also agreed not to renew the organic certification for its Woodward, CO facility. Additionally, Aurora agreed to enter into written agreements with suppliers of animals for its Dublin, facility that verify the certification of those suppliers and the proper transitioning to the organic status of those animals, according to the SDA's statement.

Additionally, AMS will exercise increased scrutiny over Aurora's operations

during a one-year probationary review period. Both Aurora's Platteville and Dublin plants will be closely monitored for compliance with the provisions of the agreement, the agency said.

If AMS finds the terms of the consent agreement are not being met, then the agreement will be withdrawn and AMS could revoke the organic certification for Aurora's Platteville plant, the agency said.

AMS said it did not revoke Aurora's organic certification because had the matter proceeded to litigation, "it may have taken several years before AMS could have taken action on the alleged violations by Aurora."

The AMS said "major adjustments" required at Aurora's Platteville, Colo., facility include:

- 1) providing daily access to pasture during the growing season, acknowledging that lactation is not a reason to deny access to pasture;
- 2) reducing the number of cows to a level consistent with available pasture with agreed maximum stocking densities;
- 3) eliminating improperly transitioned cows from its herd and not marketing those cows' milk as organic; and
- 4) agreeing to use the more stringent transition process in the NOP regulations for animals added to its dairy herd.

Driftmier also said many of the changes included in the agreement with the USDA had been planned before the complaint was filed.

He said 1,000 of the Platteville farm's 2,200 cows would be sold off over the

next two weeks, and 75 percent of barns and other buildings will be razed to make room for more organic pasture. Last year, the Platteville farm had 4,200 cows. Driftmier also said all the cows at the dairy will be organically grown from birth.

Cornucopia's Mark Kastel was not pleased with the USDA's agreement with Aurora. "We take no glee in this modest victory," he said in an e-mail. "This outfit [Aurora] is a major threat and driving down farm gate milk prices."

Kastel said his sources at the USDA told him that officials there were ready to strip Aurora of their organic certification two months ago "but that political appointees inappropriately intervened."

Meanwhile, as a result of the investigation, Aurora's certifying agent, the Colorado Department of Agriculture (CDA), agreed earlier this year to make several changes in its operation, including attending increased NOP training and hiring additional personnel.

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Weavers Way Film Series

‘Iraq for Sale — The War Profiteers’

by Larry Schofer

As the credits rolled down the screen at the end of the movie, the audience of about 15 people at the monthly Weavers Way education committee movie sat in stunned silence in front of the big screen at the Video Library. Nobody talked; nobody got up to leave. We just all stared into space, astounded at the enormity of what we had just seen.

Iraq for Sale — The War Profiteers focuses on the civilian contracting companies in Iraq in several different ways. Halliburton, Blackwater, CACI, TITAN — these are the names of the biggest companies out there, providing trucking, food service, construction, maintenance, guards, interpreters, and a host of other items.

The material is supplied on a “cost plus” basis, meaning that once an invoice is presented, it is to be reviewed by the is-suing agency (Department of Defense) and then a reasonable profit added on. Such a system depends on those invoices being reviewed and justified, but nothing of the sort takes place. Halliburton gets about \$100 per bag of laundry done; it pays employees at a low level \$100,000 to \$150,000 a year (no federal tax). One case was documented of a lease on a secretary’s car for \$7,000 a month for three years (that’s \$250,000 for an SUV).

Next, the contractors are not doing a very good job, presumably because of corporate policy. What about the contracted Arabic interpreters from the United States who couldn’t even speak English properly? One water specialist found that 63 of the 67 water plants run by Halliburton to supply American soldiers were supplying severely contaminated water. Truck convoys have been shown to run empty so that the contractor can bill the government for a run, including one documented case of seven drivers being killed in an ambush on a

day when no runs should have been authorized.

And then the abuses — at Abu Ghraib prison, many of the interrogators were civilian contractors. Two GIs went to jail for the abuses, and General Janis Karpinski was cashiered (she is interviewed in the film), but the contractors, both employees and employers, just disappeared from the public eye.

In any situation like the U.S. in Iraq, one is bound to find corruption and inefficiency, but what is documented in this film goes well beyond the imagination. Until now, some Democrats in Congress have fulminated about what has happened, but there has been no congressional action to rein in these activities.

For me, what we saw was an extreme example of the conservative vision of “outsourcing” government. Philosophically, they say that they don’t want government to “interfere” in our lives, but in fact what they do is continue government by using private agencies and resist any attempt to control it. The filmmaker (Robert Greenwald) does not make this point, but I think it is basic to everything in the film. He does talk about the personalities in the military-industrial complex and how government officials get recycled into contracting agencies, but he does not point out that the corruption and greed outlined in the film are the direct result of unbridled private businesses.

And by the way, do you know which vice president of the U.S. is the former CEO of Halliburton?

The next film in the series is *Knee Deep* (Wednesday, Oct. 10, 7 p.m. at the Video Library), a documentary about the water of the Wissahickon and volunteers trying to keep it clean (made by Weavers Way member Sharon Mullally and Ann Tegnell). Admission is free.

Battle of G’town Weekend Celebration

by Anne Roller

The 2007 Revolutionary Germantown Festival, Saturday, Oct. 6, 2007, will be a unique celebration involving nine historic sites, dozens of student and community volunteers, and hundreds of colorfully costumed reenactors. The celebration extends for nearly two miles from the grounds of Stenton near 18th Street and Windrim Avenue to the combined Cliveden / Upsala properties in the 6400 block of Germantown Avenue, where the Battle of Germantown will be reenacted twice during the day.

Visitors can either tour on their own or opt for one of several guided, half-day bus tours. Advance reservations are

strongly suggested for the bus tours. Mount Airy and Chestnut Hill also participate in the Festival as part of a weekend-long package of activities beginning Friday evening with Mt. Airy’s monthly “First Friday” promotion (www.mtairyfirstfriday.com) featuring a scarecrow-judging contest along Germantown Avenue, and culminating with Chestnut Hill’s annual Fall for the Arts Festival (www.chestnuthillpa.com).

For information, tour reservations and advance purchase of the Passport to Historic Germantown, call 215-848-1777, ext. 221, e-mail aroller@cliveden.org, or visit www.revolutionarygermantown.org.

Knee Deep

(continued from page 1)

group monitoring the water of Wissahickon Creek. The film is produced and directed by Weavers Way member Sharon Mullally together with Ann Tegnell. Following the film, Sharon and local water quality activists will host a discussion.

Most people do not understand that films available from a video lending facility, and even those purchased privately, cannot be shown in public without permission from the filmmaker or distributor. Very often this involves payment of a fee, which can be a significant amount. Last year, we were able to show *An Inconvenient Truth*, but we had to pay for *Who Killed the Electric Car?* Commercially successful films such as those by Michael Moore, even when they become available for rental, might be quite expensive to show.

The suggestion has been made at the Education Committee that individuals might want to meet in private homes for private showings of films of interest in a way that would not constitute public showings and thus would not be subject to a fee. This might take the form of someone suggesting a film and offering a home site for viewing to a few other members who might sign up. We have no mechanism for such a program yet, but if members express interest, this might be done. This would be a pleasant way of generating small interest groups among Weavers Way members. If you are interested in such a program, please send a note to Larry Schofer, committee chairman, at lawrence.schofer@gmail.com, or leave a note in his mailbox on the second floor of Weavers Way.



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October Garden Notes

by Mark Goodman

Here are some answers to frequently asked questions.

Q. Should I clean up my garden in the fall or just leave the stalks and leftover flowers and vegetables to decompose over the winter?

A. You can leave all your dead stuff until spring. You can also leave your dirty clothes lying all over your house.

Seriously, your garden will look neater if you trim your perennials and remove your vegetable debris this month. Some people like to leave stalks from ostrich ferns, astilbes, and autumn blooming sedums as an outdoor dried flower arrangement, and that’s fine.

Aside from the aesthetics and the often gooey mess that accrues if you leave the clean-up until spring, there is another reason to clean vegetable gardens in the fall. Many plants, such as the tomato family (includes peppers and eggplants) and squash family (includes cucumbers, melons, and gourds) have hollow stems and vines which can harbor over-wintering pests and diseases. This debris should be

shredded very finely before adding to the compost heap, or else it should be thrown in the trash.

Q. When is a good time to plant spring-blooming bulbs?

A. Mid to late October is ideal because it’s warm enough to work outside but cool enough so that the newly planted bulbs will not start growing prematurely. November is also good, but remember, once it gets colder and starts snowing, you will not be out in the garden with snow shovels and ice chippers trying to plant hyacinths. So get it done soon!

Q. Why are daffodils so popular? They seem limited in color compared to other plants.

A. True, daffodils have a narrow range of color, and the leaves take a long time to turn yellow and brown for cutting after the flowers fade in the spring.

However, daffodils’ positives far outweigh their negatives. First, daffodils — unlike many tulips — are reliable returnees each spring. The flowers will get smaller as the plants multiply, but you probably won’t have to divide them for five years or so.

Second, daffodils grow nicely in ground cover beds. They are tall enough to rise above pachysandra, ivy, and vinca, and their long-lasting leaves are less noticeable among the ground cover leaves.

Third, they are deer, rabbit, and groundhog resistant, unlike tulips, which those critters find delectable.

Finally, daffodils — like roses, lilacs,

and hydrangeas — are sentimental favorites, etched into our cultural consciousness by family tradition, lore, art, and poetry. Think of Wordsworth’s “...And then my heart with pleasure fills /And dances with the daffodils.”

Q. Is now a good time to divide my daylilies?

A. Yes. It’s also a good time to divide other rampant spreaders such as hostas, ostrich ferns, Siberian iris, Black-eyed Susan, and any other perennial that has overstepped its boundaries.

If you don’t have the heart to throw them out, pot them and set them out by the curb several days before trash collection day with a sign — “Free Flowers.”

Q. When should I dig up my dahlias to store inside for the winter.

A. Now. Also canna lilies. Yes, they can survive mild winters, especially if planted near a heated building, but we can’t rely on global warming in Mt. Airy ...yet.

Nature Notes.

This summer, my son Alex and I spotted five red foxes resting together in front of the woods next to the Waverly Road recycling center, off Cheltenham Ave. Right nearby foraged three deer. It was like being in one of those PBS nature shows.

Autumn Leaves

(continued from page 3)



chinis, cantaloupes and many other crops.” (Inter Press Service, <http://www.ip-news.net/news.asp?idnews=39200>)

And the basic message seems to be: “Enough with the pesticides (and/or GMOs/climate change/cell phones) already! They’re killing all the bees!”

You know, you’d think we’d learn.

Among the things we can do about this (other than immediately throwing out our cell phones, or maybe the cell phone belonging to that annoying person behind us in line at the bank), is to contact congressional representatives and encourage them to pay particular attention to the parts of the 2007 Farm Bill that support organic or sustainable farming. Check out the web site of the Northeast Sustainable Agriculture Working Group (www.nesawg.org) to learn more.

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Which Comes First? Eggs!

by Peter Samuel

One of the many barnyard sounds I grew up with was the gentle song of chickens buk-buking in the coop (not co-op) at all hours of the day and night. As a “farm boy” I was put in charge of feeding the clucking beasts and collecting their eggs from where they roosted and laid their bounty. While people today clamor for things fresh from the farm, I have to say I don’t remember those warm just-gathered eggs tasting any different than any other I have eaten since, but I could be mistaken.

Assuming that you buy your eggs from the Co-op (not the coop) you should know that the product you are purchasing comes from cage-free chickens. The distributor is Westfield Farm in Lancaster County, which buys eggs from many different farms in the area around New Holland, PA. Weavers Way has white eggs as well as brown organic ones sold under the brand name Nature’s Yoke.

Chris Switky, the grocery manager at the Co-op, says the store sells on average 30 dozen white eggs and 40 to 50 dozen organic brown ones per week. U.S. per capita yearly consumption of shell eggs hit its peak in 1945 at 403, but today it is around 240 according to the egg industry folks. Many of you will be proud to know that Pennsylvania is the fourth largest shell egg producer in the country.

I spoke with George Weaver, one of the owners of Westfield, who explained how eggs acquire the organic certification. “That means that from the time the chicks are hatched and grown into hens they are fed certified organic feed. This certified

food must come from corn that is grown without any herbicides or pesticides on fields that have been chemical free for at least three years,” George told me. “In addition, the hens are not only cage free, they are allowed to roam outside as long as the weather is nice. They also receive no antibiotics.”

George didn’t say anything about playing soothing music for the chickens or massaging their tired aching feet, but considering how the majority of laying hens are treated, the Westfield birds must think they are on a resort. I won’t go into all of the grisly details, but from what I have read, chickens at many of the big egg farms are kept in small cages called batteries, have their beaks cut off, never see the light of day, and generally live miserable lives of servitude — not to mention what happens to them after they have produced their yearly quota of 250 eggs. Cluck cluckkk.

Today, a single egg producer may well have a flock of over 100,000 laying hens — and some have flocks of over a million. In fact there are 11 egg-producing farms in the U.S. that have more than five million hens! In contrast, Weaver said none of the farms where they collect eggs have over 5,000 birds, and some are home to 3,000 or less.

Unless you have been asleep (roosting?) over the last 15 or 20 years you will know that besides this latest push to get the birds out of their cages, there has been a lot of other controversy over eating eggs. The two big issues are cholesterol and *salmonella enteritidis*. The Humane Society

of America is working hard to free chickens from their cages and has encouraged businesses such as Ben and Jerry’s Ice Cream to strive for all cage-free eggs (yes, there are eggs in ice cream) within four years. Also many notable chefs, like Wolfgang Puck, are pushing to free the hens from their prisons. Even Burger King has taken up the cry of “cage free.”

Unfortunately, though, this doesn’t imply that the fowl get a nice cushy life with an outside pen to stretch their legs. Only the organic label ensures that the chickens are free ranging.

The cholesterol controversy is a bit more complicated. The amazing thing about eggs is that they really do have a lot of good nutrients that our bodies need, and at 15 cents per egg they are a cheap way to get those nutrients. One egg contains six grams of high-quality protein and all nine essential amino acids. The egg yolk has about 300 micrograms of choline, an important nutrient that helps regulate the brain, nervous system, and cardiovascular system. Besides that, eggs are a very good source of selenium, iodine, and vitamin B2 and a good source of molybdenum, phosphorous, vitamin B5, vitamin B12, and vitamin D.

But the bad thing is that one single egg (actually just the yolk) has about 215 grams of cholesterol. The American Heart Association encourages people to limit themselves to 300 grams of cholesterol a day or less, and to eat just four eggs or less per week. The 15 to 20 percent of the population who need to keep a careful eye on their cholesterol should cut back even fur-



ther on eggs, or stay away from them entirely.

One way to reduce your cholesterol intake is by just using egg whites (although they have half the protein of a yolk), or you can buy Egg Beaters, which consist of egg whites with extra nutrients (and yellow coloring) — these are in the freezer case at the Co-op. Some of you who prefer the “eggless route” when baking can buy something called Egg Replacer from Ener-G Foods — a dry, egg-free product made of things like potato starch, tapioca flour, and leavening. One pack is equal to approximately 100 eggs.

Keep in mind that eggs and cholesterol are in many things that we eat on a daily basis, such as baked goods, baking mixes, cereals, cookies, snacks, custards, and ice cream, and also in many items that you wouldn’t suspect, like candies, hot dogs, meatballs, and salad dressings.

What about the *salmonella* scare? I don’t remember when the warnings came out that we should always make sure eggs are well cooked before consuming. Suddenly, softboiled eggs (what we called

(continued on page 17)

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Eggs
(continued from page 16)

“dippy eggs”), and fried eggs over easy - were considered dangerous. Recently my kids were scolding me about dipping a finger into batter with raw egg in it. When did they learn this?

The possibility of contracting *sa-monella enteriditis* was not a factor 15 years ago. This risk of infection from raw or undercooked eggs is dependent on the sanitary conditions under which the hens are kept. It is passed directly into the egg from the infected chicken. Most smaller egg producers make a point of keeping their hens in a clean environment, and observe few or no cases of *sa-monella enteriditis* in the birds themselves.

Scientists estimate that across the U.S., on average, only one out of every 20,000 eggs might contain the bacteria, but with the total U.S. egg production around 77 billion table eggs, that adds up to a lot of infected eggs. The egg producers say that if you’re a typical consumer, you might encounter a contaminated egg once every 84 years. Bwarrrk!

But let’s not lose sight of how wonderful eggs really are. People on our planet

have probably been eating bird eggs since the days of the cave man. Historians note that around 3200 B.C., the Indian wild red jungle fowl, the ancestor of the modern chicken (*Gallus gallus*), was dispersed throughout Europe, China, and the Middle East. Culinary evidence confirms that breads and cakes using eggs were baked by ancient Egyptian and Roman peoples. Chickens were brought to the New World on Columbus’s second voyage in the late fifteenth century, and these imported birds were considered most valuable for their egg production rather than for meat.

A lot of the egg’s appeal is the many ways in which it can be cooked, its usefulness in almost all baked goods, and its truly magical qualities. We cannot overlook the fact that eggs provide inexpensive protein and that they will last two months in your refrigerator.

Today we can eat not only chicken eggs but also emu eggs (many of you have purchased these at the Co-op), and it is also possible to order duck, ostrich, and quail eggs over the internet. I still don’t know which eggs taste best — fresh from the chicken, white, brown, or organic, but my life sure would be miserable without them.

The Many Ways to Cook and Serve Eggs

(Note: eggs should be brought to room temperature before you cook them)

Benedict – Poached eggs on toast with bacon & smothered with Hollandaise sauce
Coddled – Eggs boiled without the shell & in a special coddler
Custard – Eggs mixed with milk or cream & often cooked in a double boiler or baked
Deviled – Hard boiled eggs that are stuffed & perfect for picnics
FooYoung – Essentially fried egg mixture with veggies & brown sauce on top
Fried/Sautéed – Use butter for extra flavor, & calories
Frittata – Essentially like an omelet that is baked in the oven, from Italy
Hard boiled – Boil eggs for ten minutes
Huevos Rancheros (cowboy eggs) – Fried eggs on a tortilla with beans & spicy sauce
Meringue – Egg whites that are whipped with sugar & baked
Omelet – If you can find a tape of Julia Child making French omelets you will be all set (remember these are the only eggs cooked quickly on high heat)
Poached – Cook in simmering water 3-5 minutes, vinegar in the water helps the egg white stay whole
Quiche – Egg pie in a crust with things mixed in like cheese, spinach or mushrooms
Scrambled – Whisk eggs in a bowl with milk or water before hand, or scramble directly in pan, use butter for better flavor
Shirred – Baked eggs, usually in individual ramekins
Soft boiled – Boil eggs four minutes for a hard white, & soft yolk
Soufflé – Whites are beaten separately & folded into yolk mixture, then baked, gets puffy (they make special dishes to cook these in)
Timbales – Eggs baked in a ramekin, like a crustless quiche




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Project Vote Smart

by Mark Levner

Like my wife Lynn and me, you may be concerned about where this country is headed, given the enormous cost of election campaigns, the fact that most of the money for them comes from corporations and very wealthy individuals, the difficulty of electing candidates who do not cater to these powerful donors, the difficulty of determining what the candidates stand for based on sound bites and exaggerated negative ads from their opponents, and the apparent impossibility of real reform in these areas.

If so, you may be very interested in learning about Project Vote Smart (PVS), a nonprofit, nonpartisan national political research organization for which we worked as member volunteers for two weeks in August. You can check it out at www.votesmart.org, the PVS web site that

gets as many as 16 million hits per day, even though 90 percent of the country doesn't know about it. The web site includes a link to a 10-minute video about the organization.

PVS was founded 16 years ago by a group of distinguished leaders who saw the need for a reliable, unbiased source of information about political candidates, to enable voters to make rational choices about whom they vote for. The original group and the founding board include Gerald Ford, Jimmy Carter, Michael Dukakis, Barry Goldwater, John McCain, George McGovern, Chakah Fattah, Pat Schroeder, Richard Kimball, Edward Brooke, Geraldine Ferraro, and many others from across the political spectrum.

After outgrowing office space at Oregon State and Northeastern Universities, PVS created its first campus in 1999 at the

Great Divide Ranch in the Rockies, near Philipsburg, MT, and we were put to work there mainly as checkers on the accuracy of the vast amount of information in the PVS database. It allows you to look up any candidates for national or state office, including the incumbents, and to find such information as past speeches and public statements; how they are rated by hundreds of organizations as diverse as the National Rifle Association, Planned Parenthood, the National Farmers Union, and the Humane Society; what organizations have supported them financially; what their views are on most major issues that they need to be concerned with; their education; previous offices and other positions they have held; and so on.

A second headquarters has now been established in Tucson at the University of Arizona, which will provide a convenient

source for the hundreds of student volunteers that support the PVS staff. Member and student volunteers will also continue to work on the ranch in Montana. PVS has also just outfitted a 45-foot bus with a bank of computers and a small theater, which will be touring the U.S. to familiarize people with what Project Vote Smart has to offer. In addition, Richard Kimball, the PVS president, will begin a speaking tour of the U.S. in the next month, and we hope to arrange for him to speak to the Weavers Way community sometime early next year.

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Manager's Corner
(continued from page 1)

store: new counters, new register lane, new floor, interior painting, store shelving reset, new cases, etc. If all of that goes well, in three years or more we plan to find a third location in Germantown or East Falls. That is the thought right now; it could change. Who knows, perhaps we will be wildly successful in our second store and be able to do things sooner, or perhaps things will get pushed back.

Now, here's where I might get into trouble. I would like the membership, the Membership Committee, and the Board to seriously consider changing the work requirement. I'm not saying get rid of it, because after three years at Weavers Way, I believe our work requirement helps build community, equity, improved management of the operations, friendships, and business linkages between owners and the entity. As we plan for expansion to a second store that fulfills many of the Ends policies of the Board, we need to also make sure that we are inclusive and well-positioned for increased community sales.

In the September-October issue of the *Cooperative Grocers Magazine*, an impor-

tant article on "Finding Common Co-op Messages" reports on recent survey data that indicates "The concept of membership/ownership is a turn-off for many customers. This is difficult for many of us to hear, let alone accept." The findings are consistent with other studies. For many consumers, the need to become a member is a serious "barrier" to shopping at a co-operative store. The studies suggest that ownership messages should be kept to the "internal communications." The public can best be educated about cooperative values after they start shopping. But how do you get people to start shopping in a store if they have to be a member to do so, and not only a member, but one with work hours each year on a certain work cycle?

Obviously, if we are going to invest our capital in a new store, we want it to be successful. We want our store to be reflective of our current values, but we also need policies that are welcoming to our new community, any new community, so we can achieve the necessary sales figures as soon as we open our doors, and not only after our membership grows to a necessary level. In other words, to spend a few million dollars on a great new store,

we need to make sure that when we open the doors we hit the ground running.

I know this sounds like a regular business cliché, but we are a business and we do have to meet a payroll, debt service, taxes, and supplier receivables right from the start. To accomplish this, I believe we need to examine our customer membership requirement.

Like many of you, I have traveled to many co-ops around the country, and the system that I like the best is at co-ops that are open to the community to shop. Of the 110 co-ops in the National Co-operative Grocers Association (NCGA), only WW has a work requirement in its bylaws. The shelf prices might be higher than our current prices, more in line with a regular retail operation. Nonmembers pay the shelf price and are not entitled to any rebates, special member "days," or special tastings, nor can they use the special monthly coupons.

"Equity members" just pay a membership fee. They do not have to work, but they do pay the published shelf price, just like a nonmember. As "equity members," they receive any declared rebates and are eligible for special "member day" sales, member coupons, and member tastings,

and they are also eligible to sit on committees or the board, and more.

"Working members" would do a few hours of work a year or a quarter (however we set this up) and receive a discount (to be determined) at the register on their entire order. In this system, being a "working member" is similar to our present system and we will have the software available soon to make this happen. The working member level could be altered to allow for more than one level of work and discount (e.g., six hours a year for a ten percent discount, or 12 hours a year per person for a 15 percent discount, etc). People on fixed incomes who are able to work in various jobs at the Co-op could be "super co-operators" and receive a larger discount. They have the time and they have a need to save on the food bill. What better way then to do some volunteer work at your local co-op and lower your food bill. I love this idea.

Some co-ops say that if you are a certain age, you do not have to work and you get the discount, if you want it and need it. No questions asked. I know of one co-operative cheese collective that says if you are over 90 you get whatever you want for free!

I would also like to see our work hours available to be completed by paid co-operators who are trained. This would be a good source of employment for teenagers, college students, and even staff who are looking to make some extra money without having to go to another employer. I continue to get requests from staff to allow them to do members' hours and to be paid by the member. Under the present system I do not believe I can condone this relationship, but I would like to see how we can open this up for "trained paid co-operators" to help people get their hours. The member would pay the paid co-operator directly. I know that this is already taking place, and we should just get this above board so we have trained people doing the hours of members.

I have seen these other co-ops that allow working members and nonmembers, and they have no less a sense of community as Weavers Way. Feel free to visit or speak to Brattleboro Co-op in Vermont, or Honest Weight in Albany, or Onion River in Burlington, Vermont. They all have a mix of working and nonworking members and they are profitable, similar in feel to WW, and they continue to see double-digit growth in both sales and membership levels.

I look forward to you joining this discussion and I hope that we can change the bylaws to reflect this in the future.

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Co-op Spotlight: Puget Consumer Co-operative (PCC) Seattle

by Glenn Bergman, General Manager

Another Way to Be a Co-op

As part of the National Cooperative Grocers Association (NCGA), our management team, board members, and I have opportunities to visit other co-ops and learn about their “best practices.” I had such an opportunity in September at the PCC markets in Seattle, WA. We had presentations from their management team on all aspects of their business.

Here are a few important tidbits. Started over 50 years ago by 14 people who wanted to buy together, today PCC has over \$110 million in annual sales through eight stores. They have 750 employees and

on average, sales per store are \$290,000 week (we are at \$130,000). Stores range in size from 7,000 to 24,000 sq feet, 70 percent of which is retail and 30 percent back area. Sales are about \$1,000/sq ft (we are at \$2,200). They have classrooms in each store with kitchen facilities and conduct over 700 nutrition and cooking classes each year. They were rated the best cooking school and the best grocery store operator in Seattle last year.

Membership is \$60 and is paid in full the first year. Nonmembers are allowed to shop at the co-op and comprise about 60 percent of the sales. There are no working members hours. The selling price on the

shelf is higher than WW, but members are given a five percent discount on all purchases on the 15th and 16th of each month and are given a monthly coupon that is good for 10 percent off their shopping on any other day of the month they want. PCC does not declare a rebate. Instead they give back through the discounting an amount roughly equal to their profit. Last year they made an after-tax profit of over 3.5 percent on their \$110 million, and distributed a similar amount through discounts.

Their eighth store opened last year and cost them \$5 million to build and fit out. They paid for it in cash from their business. They have no debt service for their business.

The driving force behind PCC is taking care of the customer. Staff are encouraged to open up any package for a customer to sample. Staff are empowered to take care of any customer complaints or returns (even if the product came from another stores).

Overall, these are great stores that give you a sense that food is important and fun. While the prices are higher than WW, the discounting system is a good selling point. Allowing nonmembers to shop (as all co-ops do) helps to support the store for the membership. Worth the time to visit if you are in Seattle. Feel free to speak to the store manager when you are there or visit their web site at www.pccnaturalmarkets.com.





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Photo: Deborah Boanfin



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Financial Report: 2007 Year End Report

by Finance Manager Susan Beetle and General Manager Glenn Bergman

The accompanying financial report covers the July 1, 2006 - June 30, 2007 fiscal year. We are pleased to report that sales were 4 percent favorable to budget for the year, reaching \$6.8 million. This is an increase of 9 percent. It sounds high, but in the co-op world, double-digit growth is normal these days.

Total revenues for the Co-op exceeded \$7 million for the first time. This represents a \$600,000 improvement from 2006. Total revenues include: *Shuttle* ads, rental, interest, rebates from NCGA, and visitor fee income.

Earnings (before taxes) were \$252,449. This is a return on sales of 3.67 percent. Another way to look at this is to say that we made about 4 cents on every dollar we brought in at the register. That might not sound like much, but in this business pennies count! Last year income was \$241,016, a 3.83 percent return.

An important point to note is that our cash on hand also increased by over \$210,000. About \$40,000 of this is due to the increase in member equity, but the rest is retained earnings. This is a strong position for us to be in and shows that although we are spending money on building improvements (new lighting outside, new cement work, new compressors to the roof, steel work on the roof, and much more), we are still in a positive cash position.

Gross margin, which is the profit made

on selling a product before any other expenses besides the product itself, was 34 percent. Our budget was 34 percent, and last year was 34 percent. We were right on budget even though we went through a number of large market-driven price increases. Pet food, meats, some produce items, and dairy showed sizeable increases this year. The Consumer Price Index (CPI) reports that “At Home Food” increased in the Philadelphia market 2.5 percent for the year.

Our labor rate was 24.1 percent of sales, compared to 24.5 percent last year and a budget of 25 percent. While our rate in this year was under budget, we have taken a number of steps to increase the rate of pay for staff in FY 2008 and to increase hours in a number of areas as well. Effective July 1, 2007, our starting rate at the Co-op for employees working regular shifts became \$10/hour. Let’s face it, even at this rate of pay (which is high by food industry standards), making ends meet is hard. We continue to look at our rates of pay and benefits to stay ahead of the market and to be fair with our staff. While we would like to provide a full health and dental program with no deductibles, low monthly charges, and more, we have to be mindful of costs. For 2008 we have been able to get a reduction in premiums with better benefits for staff. We look forward to a national plan that helps low- and middle-income working people and small businesses like the Co-op.

Members should be aware that this was the first year of operation for the Weavers Way farm at Awbury. Farmer Dave was hired at the beginning of 2007. Since the farm did not start harvesting crops until late spring, the farm showed little income during fiscal ‘07. It was not until June that we started to see some sales to the store and other outlets (farmers markets, restaurants, the Reading Market, etc.). We continue to debate how much product should come to the store against how much should go straight to the retail markets that provide for a better return on product. We allow David and Jean to figure this out each week.

	June 30, 2007		June 30, 2006	
	(Audit in Progress)		(Audited)	
	\$	%	\$	%
Balance Sheet				
Assets				
Cash	810,430	37.7%	593,019	31.7%
Inventory	271,264	12.6%	278,073	14.9%
Other Current Assets	46,605	2.2%	29,041	1.6%
Fixed Assets	949,196	44.2%	902,202	48.3%
Long-term Assets	69,446	3.2%	67,108	3.6%
Total Assets	2,146,941	100.0%	1,869,443	100.0%
Liabilities & Equity				
Accounts Payable	218,538	10.2%	231,586	12.4%
Other Current Liabilities	215,728	10.0%	188,611	10.1%
Long Term Liabilities	344,424	16.0%	387,079	19.6%
Total Liabilities	778,690	36.3%	787,276	42.1%
Member Equity	546,635	25.5%	516,423	27.6%
Retained Earnings	570,120	26.6%	342,328	18.3%
Year-to-Date Income	251,497	11.7%	223,416	12.0%
Total Equity	1,368,252	63.7%	1,082,167	57.9%
Total Liabilities & Equity	2,146,942	100.0%	1,869,443	100.0%
Income Statement				
Sales	6,873,348	100.0%	6,296,037	100.0%
Cost of Goods Sold	4,534,158	66.0%	4,155,175	66.0%
Gross Profit Margin	2,339,190	34.0%	2,140,862	34.0%
Expenses				
Personnel	1,653,430	24.1%	1,539,738	24.5%
Other Operating Expense	543,336	7.9%	450,317	7.2%
Governance Expense	22,287	0.3%	20,287	0.3%
Operating Profit	120,137	1.7%	130,520	2.1%
Other Income	190,311		155,642	
Other Expense	57,999		45,146	
Earnings Before Taxes	252,449		241,016	
Income Taxes	952		17,600	
Income Taxes	TBD			
Net Income	251,497		223,416	

The farm incurred a few thousand dollars in expenses, as did the Marketplace program. These costs were covered by operating funds. Our goal for 2008 is to secure nonprofit funding through Weavers Way Community Programs to help expand and pay for the Marketplace program, the Farm educational programs for children, and increased demonstration programs through the Environment Committee, and to begin looking at the possibility of an incubator kitchen in any future expansions. All of these programs are part of the social/community program initiatives of the Co-op and need to secure funding through grants and donations.

Long-term debt continues to be paid down on schedule. We currently have three loans (two with National Penn and one with PIDC) that total \$344,000 of long-term debt. This compares to

\$367,000 last year. Our debt to equity ratio is far better than the expected range for co-ops our size.

The board has approved a FY 2007 rebate of \$100,000. This means that current member households that purchased product during the fiscal year July 1, 2006 through June 30, 2007 will be receiving a rebate. This will reduce our taxable income from \$251,497 to \$151,497. You should know that of the \$100,000, we are required to provide at least 20 percent as cash and the rest can be reinvested in your equity account. The funds we place in the equity account will go toward your \$400 equity cap. Stay tuned for more information in October or November.

So in short, this has been a profitable and generally successful year. Thanks for your continuing involvement and support.

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Allens Lane Art Center Reopening After Extensive Renovations

by Amy Masterman, Allens Lane Art Center Executive Director

Allens Lane Art Center’s building renovations will be complete in late September just in time to start a full season of plays, classes, gallery exhibits and concerts. The first grand reopening events will be held on Sept. 29, with a fundraiser scheduled for Oct. 6. Under construction since early May, the revamped facility features improved art studios and dance room, temperature control, new windows, new restrooms, and many more amenities that will provide a comfortable and attractive place for the thousands of people who utilize the Center each year.

The first chance for the public to see the building will be on Saturday, Sept. 29 during a Gallery Reception from 1 to 3 p.m. PEACE: Cut-Outs by Robert Fluhr will be on display, with most of the work for sale at very attractive prices. The Center’s part of the proceeds will go toward remaining project expenses, which total over \$200,000. At 2 p.m., the improved gallery space will be dedicated as the Caroline Fiedler Alber Gallery. Howard Alber has been a long-standing supporter of both Allens Lane and Nonviolent Peaceforce, to which Bob Fluhr will be donating a portion of his proceeds. Since 1988, Bob has taught the Vision Thru Art program at Allens Lane, a sculpture class for the blind and visually impaired. While the class was on hiatus during the renovations, he began doing intricate, colorful paper cut-outs that feature figures enjoying art, dance, music, and sports. Bob started using the word “peace” as a design element, and in a collaborative moment with Howard Alber, a gallery show that benefits two nonprofit organizations was born.

On the same day from 4 to 6 p.m., there will be an open house for fall classes. Visitors can meet the instructors, tour the facility and enjoy a light snack. While the building was closed, Allens Lane’s ballet, tap and jazz students, and the talented seniors who take tap classes with Audrey Bookspan, continued to meet at alternate locations. During the Open House, the various classes will perform some polished numbers for visitors. With 48 classes (ages three through adult) and ten new instructors this semester, the Fall session has something for almost anyone interested in the arts. New classes include Musical Theater (mounting a performance of Seussical Jr.), Character and Scene Study, Animation, Altered Books, Wheel Thrown Pottery, and a Joy in Motion dance workshop among others. Old favorites include Shakespeare for Kids, Acting for Stage, Ceramics, Oil Painting, Paper Making workshop, and more. Fall classes will begin in mid-October, so there is still plenty of time to register.

On Saturday, Oct. 6, the Center is holding a fundraiser that will feature the first play of the season, *Things You Shouldn’t Say Past Midnight*. Guests can enjoy a cocktail while touring the building, then dine in the cabaret-style theater on a gourmet boxed dinner while they enjoy the show. After the play, there will be a champagne and dessert reception with the actors. Tickets are \$55 for season subscribers and \$75 for nonsubscribers. Proceeds from the evening will go directly toward outstanding renovation expenses.

The theater season actually opens the previous evening with *Things...*, a raucous comedy written by Peter Ackerman and directed by Jay Wahl that continues

through Oct. 20. Next up in the season is Christopher Durang’s dark comedy *Baby with the Bathwater*, directed by Ryder Thornton who directed the box office hit *Psychopathia Sexualis* at Allens Lane two years ago. Winter brings *The Blue Room*, a sexy comedy written by David Hare and directed by Kate Galvin. The spring offerings include John Guare’s drama *Six Degrees of Separation* (directed by Renee Dobson) and *The Mercy Seat*, a compelling look at one couple’s experience of 9/11 written by Neil LaBute and directed by Noelle Nettl. Subscriptions for all five shows are \$60 and individual tickets are \$15 each. Plays run for three weekends for

a total of eight performances each. Reservations are highly recommended, as closing weekend performances often sell out. The theater will continue its tradition of cabaret seating where patrons can bring picnic dinners and beverages to enjoy before the show.

Allens Lane Art Center is located on Allens Lane between McCallum and Greene Streets in West Mt. Airy. For more information about Allens Lane’s programs, fall activities, and the renovations, go to www.allenslane.org or call 215-248-0546.

L • E • T • T • E • R

To the Editor:

I would like to introduce myself as the new Principal of the Houston School. I feel extremely fortunate to be at Houston and look forward to working closely with its energetic students, dedicated staff, and supportive parents and community members.

I have worked in the field of education for the past ten years as a teacher and a principal intern; this past year I was a resident principal at the C.W. Henry School. I completed my principal training at the University of Pennsylvania where I am a doctoral student in educational leadership. In these capacities I have gained invaluable knowledge relating to how children learn and how effective schools operate. Equally important, I have had an excellent relationship with the parents and the community of the schools I have been privileged to work in. I have talked to hundreds of parents, teachers, community members, and students to resolve problems, give advice, or “just listen” to concerns and issues. I was thrilled to move from the Henry School to Houston; I feel honored to still be a part of this wonderful community.

Please feel free to stop in and meet me or call me at school to develop that partnership. We will be celebrating our wonderful community playground on Philadelphia Cares Day October 20, please join us.

Sincerely,
Kimberly Newman
Houston School Principal

C O - O P I N F O R M A T I O N		
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Suggestions

by Norman Weiss

Greetings and thanks for writing. As usual, suggestions and/or responses may have been edited for clarity, brevity, and/or comedy.

In the news in the natural food industry is the acquisition of Wild Oats by Whole Foods. The Federal Trade Commission tried to block this action, thinking it would limit competition in the retail natural food world. Whole Foods appealed, and the judge is allowing the merger. No doubt the judge must have heard of the looming Weavers Way proposed expansion. He knows that once we go from a store with two shopping carts to one with 20, there will be no stopping our growth and Weavers Way will keep Whole Foods in check.

suggestions and responses:

s: “Why are there so few choices of sunflower seeds and so many choices of dog food?”

r: (Norman) Good point. We’ve overlooked this issue for years. A lynchpin of our expansion plan is stocking at least seven varieties of sunflower seeds, so people don’t have to eat the same variety two consecutive days, which many people find abhorrent, although they refuse to admit it due to psychological problems. Stocking products that appeal to people with psychological problems is part of our plan to attract interesting people to the new second store, which will help make shopping there entertaining.

s: “Earth’s Best Infant Formula Soy (can’t get it anywhere near here, closest is Whole Foods. Would be nice if we carried a small amount for use as supplementing nursing).”

r: (Chris) I’ll see if we have room to add this item. Thanks for writing! (Norman) A member recently dropped off a *Guardian Unlimited* article about soy foods, and you (and all of us) might want to take a look at it, there is some concern that estrogenic compounds in soya may have negative health effects. Google “guardian soya” and look for the article titled “Should we worry about soya in our food?” Earth’s Best makes two formulas, a soy version and a milk version. There is also a “Baby’s Organic” brand, which is less expensive and also available in milk

or soy. You can special order either brand easily, the minimum order for Baby’s Organic is three cans, Earth’s Best is six. Make sure you specify you want the infant feeding formula, not the infant formula that produces an actual new infant.

s: “What happened to Le Bus Sour-dough Raisin Pecan bread and rolls? Even the label is gone.”

r: (Nancy) Their recipe changed. People complained and stopped buying them, so we discontinued it.

s: “Can you get Kombucha? I recently encountered two brands in Colorado. Great stuff—or can you special order?”

r: (Norman) We have a few members that special order Kombucha, a drink made from fermented tea and sugar said to have health and “other” benefits. You can order it by the case, it comes ready to drink or as tea bags, ask Chris or Norman for details. As for those “other” benefits, here’s a quote from Wikipedia: “...users report a relatively subtle but definite perceptual shift after consuming kombucha. This perceptual shift is generally characterized by mild euphoria, relaxation, and an overall sense of physical and mental well-being. This effect is not to be confused with the highs associated with some illegal drugs.” Hmm, maybe we should offer courtesy Kombucha in the new store, too...

s: “Please bring Barbara’s Cheese Puffs back! The new ones are terrible — like cardboard, and are not cheesy like Barb’s. I’m addicted to them.”

r: (Chris) They were out of stock at the distributors. Barbara’s are a regular item which we order religiously every week (there is even a little ceremony).

s: “Please — a box of waxed tissue for getting croissants out of the bin. I cannot get a chocolate one using tongs without denting it.”

r: (Nancy) There is no place to put a box, but please ask the deli staffer for a waxed sheet. (Norman) Why do dents matter, aren’t you are going to bite it?

s: “Long time shopper, first time suggester 1) Where is the “Recharge” — a Gatorade type drink essential for hot August heat waves! 2) Roling’s bagels — haven’t seen them lately, are they selling out fast or not being in stock at all?”

r: (Chris) 1) Knudsen Recharge went from glass bottles to plastic, which is a big step backward from an ecological standpoint, as plastic is a petroleum product and it does not recycle as effectively as glass. Recharge is still available as a pre-order, case of 12 is \$24.65, but we’ve dropped Recharge in favor of Lakewood juices, which come in glass. (Norman) Check out the EmergenC powder upstairs, fills the same role as Recharge and you’re not paying for a container or water. 2) Roling’s was on vacation. Roling’s closes a few times every year, including Jewish holidays and their own vacations. Look for the sign we post when they’re closed.

s: “Please stock more Seven Stars low-fat yogurt in big tubs. I often find full fat aplenty and no low fat. Thanks.”

r: (Chris) Seven Stars has been having production problems lately, and the low-fat plain yogurt has been unavailable some of the time. We are ordering this item every week!

s: “I could not find the large rawhide bones my dog craves. Hope you have not stopped carrying them.”

r: (Jon) We do still have them, but we have this strange compulsion to bury them... (Kirsten) No, we haven’t stopped carrying them. They’ve just changed location in order to make room for new product. You can find them in the corner between the California Natural and the back office.

s: “Instead of music to listen to when one is on hold in the Weavers Way phone system, can we have a loop track of the sound of Bob Maier laughing?”

r: (Norman) No. We don’t take leaving the Co-op and Mt. Airy lightly, in fact we take it personally and forever hold a grudge against people that leave, especially if it is for seemingly self-improving things

like college, better jobs, travel, or (as in my case) a career as a movie or rock star. Bob’s laugh is now a laugha-non-grata while he is off creating trouble in Portugal and other countries this fall. Remember that last time Bob left the Co-op’s employ to travel he ended up in Costa Rica for a short time until Costa Rican officials felt compelled to “escort” Bob and his big laugh to the Costa Rican border. He may wish to come back here at some point, at which time the Philadelphia Northwest Tribal Council will have to vote whether to let Bob back within Mt. Airy’s borders.

s: “Eden Shake — white and black sesame and seaweed shake (a spice).”

r: (Chris) I think the item you’re referring to is “gomasio,” which we do have on the shelf. It’s in the Asian cooking section, first floor, to the right of the tea selection.

s: “With the winter coming, does the Co-op discount program offer any deals on vacation travel.”

r: (Norman) Check the web site for information on our current “Inner Solitude” themed vacation package to warm and sunny Guantanamo Bay.

Equal Exchange

October Coffees of the Month

Organic Co-op Blend **\$6.99/lb.**

A complex sweet and spicy aroma with zesty acidity, layers of velvety smooth chocolate and subtle notes of blackberry. From small farmer co-ops in Latin Amercia and Africa.

Reg. \$8.50/lb.

All Dekaf Coffees

\$10.05/lb.

Reg. \$11.05/lb.

Welcome to Weavers Way Cooperative Association

Dear Neighbor,

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

DAY	DATE	TIME	LOCATION
Wednesday	Oct. 10, 2007	6:45 p.m.	GJC
Wednesday	Nov. 7, 2007	6:45 p.m.	GJC
Wednesday	Dec. 5, 2007	6:45 p.m.	GJC
Saturday	Jan 5, 2008	10:30 a.m.	CA

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

Robin Cannick, Membership Manager+

Home Delivery

Available to all members

Delivering Mon. & Weds., 12-7 p.m.

Order by PHONE: 215-843-2350, ext. 309

E-MAIL: delivery@weaversway.coop

FAX: 215-843-6945

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) _____
