

Manager's Corner

by Glenn Bergman,
General Manager

SINCE APRIL, Weavers Way has been sending out the *Shuttle* to almost every household in the 19119 zip code. Before then we only sent out our newspaper by bulk mail through the US Postal Service to members, inactive members, some of our local officials (to keep abreast of news in this industry), and, of course, my mother in New York (she gets a free copy so she can keep me in line). Circulation increased from 5,000 to 21,000 copies. Last month we printed the front pages in color and the insert for Mt. Airy USA. I have been hearing very positive responses from people who are not members right now, but have thought about joining the Co-op.

The mission and overall purpose of the *Shuttle* is to inform our members and community about our business, cooperative economics, and most importantly our education mission around local purchasing, local urban

(continued on page 7)

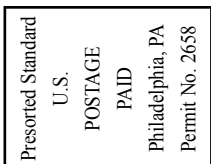
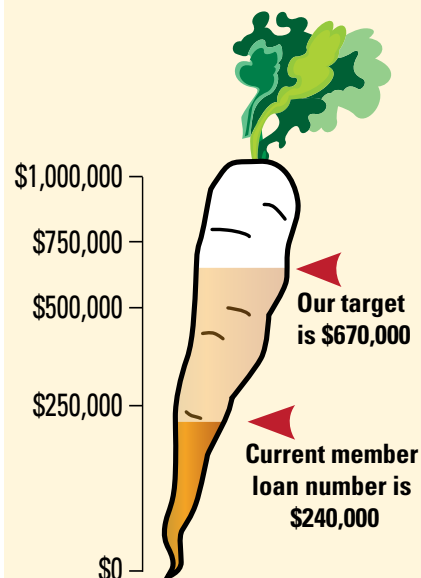


photo by Rachel Milenbach

Students from Weavers Way's Marketplace Program mark the end of another successful year with an Ice Cream Social, compliments of the Trolley Car Diner

Member Loan Campaign



**Thank you for
your support!**

Grants Awarded by Environment Committee

by Bonnie Hay,
Environment Committee

THE ENVIRONMENT Committee of Weavers Way Co-op awarded grants to a number of community programs in May. Funds disbursed were accumulated through Weavers Way Partnership Recycling Program, which ended in 2008 with the beginning of single-stream citywide curbside recycling. Over the 15-year span of the program, over \$96,000 in small grants have been awarded to community projects in Northwest Philadelphia through this Weavers Way program.

This year, with limited funds

(continued on page 8)

Health Care Costs Hitting Hard

by Cheryl Bettiglione

THE INSTITUTE of Medicine estimates that at least 18,000 Americans die each year due to lack of health insurance. Many of these deaths are here in Philadelphia, in the shadow of some of the country's greatest medical centers. In Washington and across the country, advocacy groups are arguing for the urgent need for health care reform. Many of us feel this need personally in the form of skyrocketing insurance costs or unaffordable co-pays for ourselves and our families. As members of a vibrant, interconnected community, we need to understand what this crisis means for our neighbors and for Weavers Way itself.

A few weeks ago, I had the opportunity to testify at a congressional briefing on health care reform. One of the other speakers was a gentleman from Florida who had come to Washington to tell his story. For 30 years, he had worked to build a family business into a thriving restaurant that employed many members of the family. Unfortunately, he then developed a series of medical problems, including diabetes, hypertension, and

(continued on page 4)

Co-op News INSIDE...

Farm News	2
Product News	3
Bylaw Changes & Ballots	10 - 11
Member Survey Results	12
Upcoming Workshops	20
Chess Club is Back	20
Suggestions	28

Community News



INSIDE...

Chestnut Hill Bookfest	23
Night Kitchen Certified Green	24
Sculpture at the Schuylkill Center	25
Tree Adventure at Morris Arboretum	26

Weavers Way General Membership Meeting

July 8 - 7:00 p.m.

Allens Lane Art Center, 2nd floor, 601 Allens Lane

AGENDA

- Introduction by board Vice President, David Woo, on the proposed changes to the bylaws to open Shopping to nonmembers and to make the work requirement and optional program
- General Manager's review of the work option program: Glenn Bergman
- Q & A on the issue: David Woo
 - Comments for and against the proposal: Members
 - Vote
 - Member Survey Results 2009
 - Announcement of vote: David Woo
- Adjourn: David Woo

"Please note: Any change to the Co-op's work requirement will not take effect until the details have been worked out by the Co-op's board and management."

Editor’s Note



by Jonathan McGoran

IT’S HARD to go back to Kansas once you’ve been to Oz. So, once again, the *Shuttle* is coming to you live, in Technicolor.

We have been working hard these last few issues, making the *Shuttle* look better (actually, I’ve been less involved than usual, which in itself may explain some of the visual improvement), but not all of the changes in to look of the paper are intended to improve it’s appearance. We also had to do a little rearranging on the front page, to accommodate new rules at the post office.

It’s a funny thing when the post offices changes their rules, because no one at the post office knows what the new rules are. They can tell you that you had better follow the new rules, or there will be big trouble; they just can’t tell you what the rules actually are.

I spent several days following various trails of clues and instructions, but each led to an informational dead-end. Then I started visiting actual post offices, in search of the elusive “clue.” Eventually, I started getting reports about a guy in Jenkintown, who knew “The Answer.” I called ahead and they told me he was there, so I gathered up my *Shuttles* and galleys of the different front-page configurations, hoping to get his postal benediction. When I arrived, I was told that he did indeed have the answers I was looking for, but while he was there until four, he couldn’t answer bulk mail questions after one one o’clock. Seriously.

I felt like I was trying to return a dead parrot.

The Shuttle is published by Weavers Way Co-op
Deadlines for each issue are the first of the preceding month.
e.g. August 1 for the Sept. issue

For information about advertising, contact advertising@weaversway.coop, or call 215-843-2350, ext. 135

Statement of Policy

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

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

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



The Shuttle is printed on 100% recycled paper

During Busy Season, Farmers Need a Break

by David Zelov, Weavers Way Farmer

SOMEHOW IT got to be July again. It always sneaks up on me. It seems like just recently that we were harvesting radishes in the snow for one of the last Headhouse Markets of 2008. Then I remember planning for our upcoming season, particularly the Henry Got Crops! CSA at Saul High School, the evaluation of 2008, the seed order, the official hiring of Nina and Nicole as farm employees, the buying of many supplies. I think I may have gone on vacation once or twice. There might have been some snow. Then we started farming again—first inside the greenhouses and hoophouses (January and February), then outside (March). Things are kind of a blur from there—tilling, planting, weeding, harvesting, etc. Many new apprentices started during the spring.

Now all of a sudden we have a crew of ten full-time farmers and many part-time interns and we are about to start picking outdoor tomatoes. The squash and cucumbers have already been producing for a couple weeks and I smell pesto in the air. Ah, farming.

In addition to tomatoes, squash, cukes, and basil, keep your eyes open for eggplant (five types), peppers (many colors), okra, beets, dandelion greens, fennel, some greens (while they last), lettuce, onions, scallions, garlic, green (and purple) beans, carrots and corn.

Hope to see you all out at one of the farm sites soon.



Brandon Ritter

Part of the farm crew in ‘lunchroom’ on a cool and rainy day.

No Summer Break for Farm Education Programs

by David Siller, Farm Educator

I AM so happy for July. At this time of year the rewards of the all the hard work of the spring begin to show their pieces... whether it’s beneath the winter squash or watermelon leaves or the flowers that appear around the field. It’s so nice to be able to share it with so many this year at the farm. It’s been the most beautiful of years. I am so proud of all the people who make our farm happen. I love the conversation, like today when we all stopped for a break and sat in the middle of a patch of mint! Or after work on Friday, when the adult farm staff has been gathering in Mt. Airy for a “mixer,” as we call it. We’re all so engrossed in our plants, plantings, and harvests during the week, that Friday evening is our only chance to catch up!

But the produce is amazing. Not only in taste, but also in looks. I get so excited to present it at the Chestnut Hill Farmer’s market or at Headhouse market or outside the Co-op at the market there. It’s nice to have our high school staff along for the ride. I know they love to show off their produce. I see ownership and pride in what they are doing when I watch them sell the market. It’s very cool.

Along the way, our summer is looking busy with education programs. We are being visited by several groups. Those confirmed include the Pennsylvania School for the Deaf, Youthworks City Harvest volunteers, Temple University Ambler Food Crops Class, SAITA apprentice learning seminar, the urban farms bike tour, and, of course, our regular crew with the Stenton Family Manor Homeless Shelter, the MLK High School, and the Saul High School.

I’d also like to give a big thank you to one of my mentors for the past few growing seasons. His name is William Woys Weaver. No, he is not related to our Weavers Way by blood, only in name. He is a well-known heirloom kitchen gardener and has been generous enough to share seeds and knowledge with me over the last year. I am especially excited to plant at all our farms the dahlias that Will has passed my way this spring. If folks are not familiar with this flower, I recommend you visit the Weavers Way Farms this year, because we will probably plant at least a few of each at each location. They are gorgeous pom pom and showing annual flowers that add a masterpiece to a bouquet or a centerpiece for a dinner table. With any luck, at a place like the Stenton Family Manor, our wonderful farmers will have not only the freshest of wonder-

(continued on page 8)

WWCP Approves Strategic Plan

Adina Abramowitz, WWCP Board Member

THE BOARD of Directors of Weavers Way Community Programs (WWCP) has developed a strategic plan for the organization. The process included getting input from all components of the Weavers Way family, community leaders, research into similar programs and other program possibilities. In addition to our regular board meetings, the board held two weekend strategy sessions facilitated by Rebecca Subar, a Co-op member and organizational consultant.

The Board approved the following vision, mission, and goals for the organization:

Vision Statement

We envision a community where people have access to healthy food and lifestyles, and live in a healthful and sustainable environment; available land is used productively to meet common needs; low-impact and efficient modes of energy production and transportation are available; conservation and recycling is a way of life; and the cooperative business model is valued and practiced.

Mission Statement

Weavers Way Community Programs builds the Northwest Philadelphia community by fostering cooperative activities that support local food production, economic literacy, a sustainable environment, and healthy lifestyles.

Strategic Goals for the Next Three Years

Marketplace

Increase children’s knowledge and experience of good healthy nutrition, basic retail finance skills, and cooperative principles.

Farm Education

Improve participants’ knowledge of organic, urban, sustainable food production and marketing, nutrition, math, and science through a multisensory experience.

Play an integral role in Northwest Philadelphia’s urban farm community by creating replicable models and partnering with other organizations with similar goals.

(continued on page 8)

Grocery News

by Chris Switky, Grocery Manager

HOWDY, SHOPPERS. July is a hot month, of course, so let’s start out with some cool news about: egg whites. Since adding Eggology brand egg whites to our dairy case a few months ago, we’ve gotten several complaints about the consistency of the product. We’ve replaced Eggology with Organic Valley egg whites, which are organic and only cost a few cents more. If this is an item that you buy, please let us know if this change is an improvement!

New in our condiments section: Nellie & Joe’s key lime juice, found near the catsup and mayo. On the soup and broth shelf, you’ll find two new cooking bases from Better Than Bouillon: reduced-sodium chicken base, and vegan no-chicken (but tastes like chicken) base, brought in by shoppers’ requests.

We’ve moved a few products around on the grocery shelves, so please note that the ramen noodles are now part of the dried pasta section, and powdered egg replacer, as well as powdered milk, have moved from their former locations (upper shelves, up at 6½ feet) to the easy-to-reach

shelf where the ramen used to be, just below the canned broths.

Say a sad “good-bye” to bulk carob peanuts, which are no longer available from our suppliers. Look for Sunridge yogurt-covered almonds, on the bulk snacks shelf, as a replacement item.

Another “sad goodbye” goes out to Natural Choice sorbets, both lemon and blueberry, victims to product cuts made by our distributors. If you haven’t already, please give the organic sorbets by Julie’s a try. We have blackberry and mango, which are dairy-free, as well as two creamy flavors: strawberry and mandarin orange. Gaga’s sherbetters are also great choices for cool relief on a hot summer night.

In fact, just “window shopping” for sorbet can be a welcome relief from the heat; you’re in the Co-op, which is air-conditioned, and you can stick your head in the freezer to get a good look at the selection. It’s much cheaper than a pool membership. Popsicles all around, and a happy summertime to all.

christopher@weaversway.coop



Fresh Foods Department: Smoked Fish From Maine

by Dale Kinley, Fresh Foods Manager

IN THE Fresh Foods department, we carry smoked fish from two distinctive companies, Duck Trap River and Grinstone Neck, both of Maine.

Ducktrap River is currently located in Belfast, Maine. I have visited their facility and it is state of the art. The company was started by Des Fitzgerald. In the 70s, he bought land on the Ducktrap River and built a cabin for himself and his dog.

In 1978, he built several fish runs and started a rainbow trout farm. For several years, he sold his fish to local markets and restaurants. The wildlife in Maine—otters, raccoons and such—created a lot of problems for him, so he decided to try smoking his fish.

He built a smokehouse on the property and had great success with traditional European smoking methods. In 1991, the company moved to Belfast. Their products are all-natural with no preservatives or artificial ingredients. Their smoked salmon is one of the best.

Their peppered mackerel and rainbow trout are also delicious. If you are serving a crowd, they have 1½-lb. smoked salmon sides that I can get for



you with 24-hour notice at a great savings.

Grinstone Neck of Maine is located on a beautiful peninsula between Mt. Desert Island and Blue Hill.

I visited there last summer. They take their natural smoking process one step further. They use wild Alaskan sockeye salmon for their smoked salmon. They also make a gravalax out of wild sockeye. It is partially smoked and marinated. Their smoked mussels are to die for!

Check out our May smoked fish special on these products and our in-store demo.

dale@weaversway.coop

July Hidden Treasure

Chipotle Chilies in Adobo Sauce

THESE FABULOUS chilies come in small cans and are sold above the hot soups in the deli. Chipotles are dry smoked jalapeno chilies. The drying and smoking process makes the chilies much hotter than they are in their raw state. Adobo sauce is a delicious tomato based sauce. If you want less heat but a nice smoky flavor, add just the sauce to your recipe and skip the chilies.



Too Hot to Cook? Try Some Creative Sandwiches

by Margie Felton, Deli Manager

HOAGIE BAR. Have your family and friends create their own hoagies. You can go the traditional route—with sliced ham, salami, and provolone—or bump it up a notch and add prosciutto and fresh mozzarella. For a local version, use Kunzler smoked ham and Lebanon bologna. Don’t forget to include everyone’s favorite extras, like lettuce, tomatoes, pickles, onions, and for a special touch add peppadews, hot hoagie spread, and hoagie oil, or your favorite olive oil and a sprinkle of oregano.

Vegetarian options could include grilled vegetables, roasted red and yellow peppers, pesto, or roasted tomatoes. The deli also sells a large selection of soy lunch “meats.”

How much stuff to buy? I usually serve three to four ounces of lunchmeat per person plus one or two ounces of cheese. Four ounce makes a large sandwich, so I judge according to how hungry everyone is and how big their appetites are.

The variety of sandwiches that can be made is endless but here are a few of my favorites. All the recipes are for one sandwich.

Be creative and have fun. If you have a favorite sandwich or invent something great, send me the recipe and it may end up in a future edition of the *Shuttle*.
margie@weaversway.coop



Roast Pork (now available in the deli) with Provolone, Roasted Peppers, and Greens

INGREDIENTS

- Olive Oil- ½ tablespoon
 - Garlic-2 cloves, diced
 - Fresh Baby Spinach-½ pound
 - Salt and pepper-to taste
 - Roast Pork-sliced medium thick
 - Roasted Peppers-½ large pepper
 - Provolone-2 slices
 - Steak roll or Kaiser roll
- Heat olive oil in a pan over medium heat.

Add garlic and sauté for 30 seconds.

Add spinach and cook until spinach is wilted. Season with salt and pepper. Remove from pan and drain any excess liquid. Return liquid to pan.

Add pork to pan and heat until hot.

Cut roll in half and line with provolone.

Top with the heated pork, roasted pepper, and spinach. Enjoy!

Roast Pork with Sauteed Onions, BBQ Sauce and Cheddar

INGREDIENTS

- ½ tbs. olive oil
- ½ small onion sliced
- 4 oz Roast Pork
- 3 tbs BBQ sauce
- 2 slices sliced Vermont Cheddar
- Kaiser Roll

Heat olive oil in a pan over medium low heat.

Add onion and cook slowly until browned.

Add pork and BBQ sauce and heat until hot.

Cut roll in half and line with cheddar.

Top with pork, onion, BBQ sauce mix

Corned Beef (new first-cut brisket on sale in July) with Cole Slaw, Russian Dressing, and Swiss

INGREDIENTS

- 3 oz corned beef, cut thin*
 - 2 oz Cole slaw
 - 2 tbs Russian dressing
 - 2 slices Swiss Cheese
 - 2 slices Rye Bread
- Spread 1 tbs Russian dressing on 1 slice of bread.

Top with 1 slice of Swiss cheese, ½ the corned beef, all the cole slaw, the rest of the corned beef, and 1 slice of Swiss.**

Spread the remaining Russian dressing on the remaining bread and close up the sandwich. Cut in half and enjoy with a dill pickle spear and your favorite chips.

**For a vegetarian version you can replace the corned beef with your favorite soy meat.*

***I place the slaw in the middle of the sandwich to keep the bread from becoming soggy*

Spicy Buffalo Chicken (on sale in the deli in July) with Blue Cheese Dressing

INGREDIENTS

- 3-4 oz spicy Buffalo chicken, sliced medium thick
- 3 tbs blue cheese dressing
- 2 tbs Beano’s Wing Sauce (optional but highly recommended)
- 1 leaf Romaine lettuce
- Kaiser Roll

Mix the sliced chicken with the wing sauce. This makes a very spicy sandwich, which I love, but you may skip this step if you want less heat.

Spread the blue cheese dressing on both sides of the roll. (I use the blue cheese dip made by the Weavers Way prepared foods staff, sold in the refrigerated case next to the canned soup shelf).

Add the chicken and sauce to the roll and top with the lettuce leaf. Enjoy with a cold beverage.

Grilled Portabella Mushrooms with Smoked Gouda, Roasted Peppers and Chipotle Mayonnaise

INGREDIENTS

- 1 large Portabella Mushroom,stem removed and washed.
- ½ tbs olive oil
- Salt and Pepper to taste
- 2 slices Smoked Gouda-
- ½ lg. roasted pepper
- 1 cup baby spinach
- 2 tablespoons Chipotle Mayonnaise (recipe to follow)
- Roll (my favorite for this sandwich is an onion roll)

Toss the portabella mushroom with olive oil, salt, and pepper.

Grill the inside down first until it starts to soften. Turn over and top with spinach, roasted pepper and Gouda.

Grill until cheese melts.

Cut roll in half and grill slightly. Spread the chipotle mayonnaise on both sides of the roll. Add mushroom with toppings.

Chipotle Mayonnaise

To 1 cup of mayonnaise add 1/2 teaspoon roasted garlic and ¼ chopped chipotle chili plus 1 teaspoon adobo sauce. You may roast your own garlic or use the jarred roasted garlic sold in the deli on the shelf next to the meat case.

Health Care Reform

continued from page 1

a slowly progressive form of cancer that required expensive chemotherapy treatments. As his medical problems grew, his health insurance premiums grew exponentially, eventually reaching a point where the costs of his premiums combined with the co-pays for his medications and doctor visits had reached \$50,000 per year. He is now facing a choice between bankruptcy and dropping his health insurance, realizing that this latter choice will mean stopping his life-saving medications.

As a family doctor working at an inner-city clinic, I hear stories like this again and again. Most people without health insurance work, and many are self-employed or work for small businesses that don't have the negotiating power of larger firms. As a result, small businesses end up being forced to accept plans that cost more and cover less than those available to bigger firms and often end up passing more of the cost on to their employees. Their employees often see the plans offered to them as unaffordable, particularly since most have risen steeply in price over the past few years. Health insurance may seem like an unnecessary expense, especially to those who are young and healthy. Sadly, over the years, I've seen many people who made this choice or had it made for them by their financial circumstances.

If it's hard to afford health insurance as a healthy adult, it's much harder with a diagnosis of early breast cancer or heart disease.

I am working with the National Physicians Alliance in support of the creation of a public health insurance option as a choice that would be available to all of us. Such a public plan would not eliminate private health insurance, but could provide a lower cost choice without the dangers of experience rating, the current system by which insurers rate groups based on previous health care costs. It would also force competition into a market in which a very limited number of private companies have previously had virtual monopolies.

So what does this mean for Weavers Way and what can we do about this mess of an insurance system? Weavers Way is many things: it is a central community institution; a warm, welcoming place to chat with friends; a place to buy all sorts of delicious local produce and baked goods; and it is also a small business endangered by the same forces that affect other small businesses. Health insurance costs have risen astonishingly rapidly in the last few years and will continue to do so unless major changes occur. To cover these costs, we will eventually need to increase prices, change to

lower cost plans that likely will offer less coverage, or increase the proportion of health insurance costs paid by employees. As we all know, these are lousy choices.

Beyond these choices lie the real decisions and opportunities. Will we sit back passively and wait to see what happens in Washington, in hopes of changes that will help our neighbors and our community? Or will we choose to speak out by calling on our senators and members of Congress to write legislation that can provide high quality, affordable health care to all? In the next few months, we face our best chance in many years for a real fix to this chronic problem. In hopes that many of you will choose to speak out, I am including a list of resources both for information and for opportunities to advocate for health care reform. One of the clearest lessons that I have learned from taking care of uninsured patients is that it can happen to any of us. I hope that you will join with many members of our Weavers Way & Mount Airy community to work for change we so desperately need.

To learn more about these issues, the following resources may be useful:

Families USA: www.familiesusa.org/

A national, nonpartisan advocacy organization working for quality health care for all. Site gives information on related issues as well as opportunities for advocacy.

Health Care for America Now: www.healthcareforamericanow.org/

National grassroots coalition of more than 1000 organizations working for quality, affordable health care for all. See site for many ways to get involved.

Kaiser Family Foundation: www.kff.org

A major nonprofit foundation focusing on the major health issues affecting the U.S. KFF is a great source of information on many issues related to the health care reform debate.

National Physicians Alliance: www.npalliance.org

A multispecialty physician organization of more than 30,000 doctors dedicated to service, integrity, and advocacy. NPA is a member of the HCAN coalition.

To find your elected officials: www.congress.org/congressorg/dbq/officials/



**Mt. Airy
Psychotherapy
Practices**

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

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



Life Counseling Services

Tara Gutgesell, MA, LPC
Licensed professional counselor

Offering individual, couples and family therapy

801 Old York Road, Suite 310
Jenkintown, PA 19046

1-800-882-2799 ext. 585
Fax 215-572-6452



Traditional Acupuncture
Susan Bloch, M.Ac., R.N.
Board Certified in Acupuncture
Now in 2 Locations!
548 W. Sedgwick St., Mt. Airy
750 South 15th St., Center City

215-844-7675 susiebloch@earthlink.net



**\$7.95
Lunch Buffet**

**\$2 OFF
Dinner with
this ad**

We're Open Tues. - Sun.
Lunch 11:30 - 2:30 Dinner 5 - 9:30
3 courses for \$7.95 on Sat., Sun., & Tues.
Lunch Buffet - Weds., Thurs., & Fri.

5547 Germantown Ave.
Philadelphia, PA 19144
Tel: 215-849-0788
Fax: 215-849-0958



YOUR IPOD IN THE GREAT OUTDOORS



YOUR IPOD IN THE GREAT ROOM

WE'LL MAKE YOUR IPOD SOUND IPHENOMENAL.

HEAR, SEE, AND CONTROL YOUR MUSIC FROM ANYWHERE IN YOUR HOME. NOW IPOD, SATELLITE RADIO, HD FM AND INTERNET RADIO CAN ALL BE ACCESSED THROUGH AN EASY-TO-USE WHOLE HOUSE AUDIO/VIDEO SYSTEM. CALL THE PROFESSIONALS AT COMMUNITY AUDIO FOR A FREE CONSULTATION - 215-242-4080. OR START BY BROWSING OUR PORTFOLIO OF INSTALLATIONS AT WWW.COMMUNITYCUSTOM.COM.



COMMUNITY AUDIO
8020 GERMANTOWN AVENUE • CHESTNUT HILL, PA
OPEN MONDAY-FRIDAY 11AM TO 7PM, SATURDAY 10AM TO 5PM

215 - 242 - 4080
WWW.COMMUNITYCUSTOM.COM

What the Board Is Thinking...

The True Meaning of Weavers Way

Yes, we're weavers, but the threads are food and community.

by Chris Hill, Board Member, Treasurer

FOR THE last four years, I've organized an urban farm bike ride that starts at the Weavers Way Co-op Farm and weaves its way through the city: Mill Creek Farm at 49th and Brown, in a poor neighborhood of West Philadelphia; a new orchard project in Strawberry Mansion; a teen-run pocket farm at 8th and Poplar; and Greensgrow, the grandmother of all urban farms in Philadelphia, in the heart of Kensington. (This year, the ride takes place on July 18, starting at 8:30 a.m. at Weavers Way Farm at Awbury Arboretum. See the article on page 6 for more information.)

I love this bike ride, as do the folks who've taken part in it the last several years. So I decided I'd use the opportunity of this board column to reflect on what it is about the ride that's so special, and how it connects to Weavers Way Co-op and its mission.

There are two things about this bike ride that get raves: The opportunity to meet creative people who've committed themselves to growing good food in the city; and the chance to cruise through neighborhoods in the city you'd never roll through on your own.

The New Urban Food Frontier

Every year, the bike ride's schedule gets shot to hell when we stand on the funky half-acre of ground at 49th and Brown where Johanna Rosen and Jade Walker, with the help of friends and supporters, have created a small urban paradise that encapsulates all that we imagine might be possible in terms of sustainable farming in the city. Nobody wants to leave once they arrive. They want to bask in the creative complexity of this small educational farm: the living roof on the farm shed, which is itself made of cob (thick walls of hay and mud); the bee hives, which yield lots of honey; the small constructed wetlands, which filter grey water; the composting toilet; the fruit trees around the property's perimeter; the bat caves; etc.

And nobody wants to leave Greensgrow when founder Mary Seton Carboy starts talking about the constant tinkering and experimentation she and her staff are engaged in each year: trying out new crops; new above-ground growing methods (the soil in Kensington is too polluted to use); their bio-diesel operation; their homemade, energy-efficient walk-in refrigerator with living roof

And of course, our own co-op farm has inspired us all. People are clamoring to volunteer and work there. It has become a model to which people in other cities aspire.

Urban farming is the new frontier, and Weavers Way Co-op is in the creative heart of it. All of the urban farms and gardens we visit on our ride are experimenting with a new way of organizing how we feed and sustain ourselves. The creativity and commitment of the folks who are engaged in this grand new experiment are astonishing. I think we all love brushing up against this new breed of farmers because, finally, someone is doing something concrete and immediate to provide an alternative to a system of food production and distribution that is wasteful and destructive and beyond our control.

Feeling the Fabric of the City

We love our corner, at Greene and Carpenter. People throughout the city love their corners. The urban farm bike ride allows us to pass by other corners, rub the texture of the city's fabric between our fingers, smell the woolly threads of other people's lives.

How many of you have biked alone through North Philadelphia or

Kensington? Yet on the bike ride, with the security of numbers, we get to pass through these communities, with their street life and structure, their unique character and institutions. I think the folks on the ride love this opportunity as much as they do the farms they visit.

So what's the connection to Weavers Way? We at the Co-op are all about strengthening the fabric of community life in our part of the city, of joining together cooperatively to weave a stronger, subtler fabric with a complex and joyful pattern. We weave it through our voluntary labors and formal projects: starting urban farms, starting a bike co-op, planning an urban farm bike ride, creating a community non-profit, helping neighbors start their own co-ops.

In fact, the Co-op board recently rewrote our Ends Policy, which outlines the Co-op's long-term vision and goals, and two of the six goals have to do with participation in the life of the broader community.

The Co-op is as much about weaving and reweaving the fabric of community as it is about providing good food at fair prices. And as it turns out, community and food are the warp and woof of the fabric we're weaving.

Specializing in Holistic Approach to Healing and Transformation

Patricia Haman

Master Holistic Practitioner

28 years in private practice in Delaware, has moved to Chestnut Hill.

Nationally Certified Counselor, Master's in Clinical Psychology, Certified Core Energetic International Instructor, Certified in Holotropic Breathwork, Radical Aliveness Instructor in Venus, California, Core Energetic Instructor in Holland, University Instructor in Psychology, Member of the International Body Work Psychotherapy Association.

Creating the life you want through Mind, Body, Spirit Integration, Emotional Process Work, Trauma Integration and the Utilization of Dreamwork with Body Work in Transformational Healing;

www.patriciahaman.typepad.com and *Psychology Today*.

E-mail: Patriciah888@verizon.net

Phone: 215-459-8543

100 W. Evergreen, Chestnut Hill, Pa.

302-388-7988

Need Central Air? New windows? Insulation? New Furnace?

Get significant new tax credits for specific, energy efficient products:
New Air Conditioners...
now get 30% back as a tax credit.
Get as much as \$1500 for high rated windows and skylights. Get even more for geothermal heat pumps, solar hot water heaters and solar panels.

Call me 215/669-3660 or 215/487-3300 x454 for a list!
Or email zeta@elfantwissahickon.com or www.energystar.gov

Zeta Cross
Elfant Wissahickon Realtors
Certified in Green Remodeling & Energy Efficiency!

Elfant Wissahickon Realtors

SAVE \$

weave your way to US

We'll save new members **\$60!***

Open a free checking account with direct deposit or online bill pay and we'll give you a \$60 Weavers Way gift card for shopping at the Co-op!

True partnership. True savings. Hurry — offer ends soon!

*Offer may be withdrawn at any time. Direct deposit or online bill pay needed. We will give you a \$60 Weavers Way gift card after the first direct deposit is received or first online bill payment is made.

weavers waycoop

VALLEY GREEN BANK

You count with us.

Plenty of on-site parking
7226 Germantown Ave | 215-242-3550
23 W Highland Ave | 215-242-3550
www.valleygreenbank.com Member FDIC
HOURS: Weekdays 9 to 6 and Saturday 9 to 1

4th Annual Urban Farm Bike Ride, July 18

by Chris Hill, Weavers Way Board Member & Treasurer

LAST JULY, 75 bikers of all ages and abilities saddled up for a tour of urban farms in Philadelphia. As usual, they were amazed and delighted by the diversity and ingenuity of the farmers they met... and got a kick out of rolling through neighborhoods they'd never visited on their own.

This year, we expect an even larger group to join up when the ride kicks off at Weavers Way Co-op Farm, 8:30 a.m., Sat., July 18.

We're requesting a donation of \$15 per rider, payable on the day of the ride, to cover the cost of snacks, drinks, and pizza—with some left over to support the community outreach activities of Weavers Way Farm ...and to help get a new bike co-op in Mt. Airy up and running.

A Google map of the route, more details about the ride, descriptions of the farms, and information about public transportation options are available at www.weaversway.coop (just click the link under "Bike Tour").

This year we've added a new stop, the Orchard at Woodford Mansion in the Strawberry Mansion neighborhood—a site developed by the Phila-



photo by Sol Levy

The 2007 Urban Bike Tour, stopping at the Weavers Way Farm

delphia Orchard Project on the grounds of this historic mansion.

Other stops include: Weavers Way Co-op Farm, at Awbury Arboretum; The farm at Martin Luther King High School (near the Co-op Farm); Mill Creek Farm at 49th and Brown in West Philadelphia; Spring Garden Community Gardens, overlooking the city skyline at 18th and Wallace; The Teens for Good farm at 8th and Poplar; Greensgrow, the grandmother of urban farms in Philadelphia, in Kensington; and Philadelphia Brewing Company, just a short five-minute ride from Greensgrow, where we'll finish up with beer and pizza in its great old tasting room.

A screening of *Faces From The New Farm*, a video produced by a group of women from Washington, DC about their three-month bike tour of urban farms from DC to Montreal, will be held at the Brewery at the end of the ride, for those who are interested. The video has a local connection: The women from DC came up for a private bike tour of farms in Philadelphia to get inspiration for their ride, and have attended the ride for two of the last three years. (This year, they're off in upstate New York and Maine, working on farms, and can't make the ride.)

If you are interested in participating, RSVP as soon as possible to Chris Hill, Weavers Way board member and founder of the ride, at chris@chrishillmedia.com.

The Weavers Way Farm Committee, which is organizing this ride, would like to thank folks from the Young Friends of the Pennsylvania Horticultural Society and from Young Involved Philadelphia for helping plan and promote the event.

KEY THINGS TO KNOW ABOUT THE RIDE

- Any questions: Contact Chris Hill at chris@chrishillmedia.com.
- RSVP as soon as you can so we can plan the ride more effectively. RSVP to Chris Hill's e-mail address, above.
- Pay your \$15 fee on the day of the ride.
- Be at the Co-op Farm at 8:30 a.m. sharp (or earlier), so we can get the ride started on time. If you want, you can join the ride at Mill Creek Farm in West Philadelphia, at approximately 10:30 a.m.
- We will be riding, rain or shine.
- Helmets are required.
- This is a fully supported ride, with a "SAG" van available to repair tires and provide other technical support when necessary. However, if you have extra tubes, repair kits, and pumps, please bring them along.
- There will be route "cue sheets" for those who want them.
- The ride will end at approximately 2:30 p.m. at Philadelphia Brewing Company, where you're welcome to hang around (closes at 5 p.m.).
- We will be organizing groups at the end of the ride for return trips to West Philadelphia and Germantown/Mt. Airy.

MEMBER LOAN CAMPAIGN

EXPRESSION OF INTEREST FORM

Weavers Way is growing and we need your help!

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

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

Name: _____ Member #: _____

Address: _____

Phone: _____

E-mail: _____

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

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

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

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

Signature _____ Date _____

Return or Mail your form to:

Weavers Way Co-op, Member Loan Committee
559 Carpenter Lane, Philadelphia, PA 19119
E-mail: memberloan@weaversway.coop

Chestnut Hill Expansion

Organic Chicken Feeds & Uncertified Locally Grown Chicken Feeds

phone: **215.508.4826**

e-mail: **patlittleflower@yahoo.com**

Nancy Boxer
Writing and Editing
When you want your words
to pack a punch

Why don't you delegate,
Let someone else communicate
While you go off and do
the things that
you're more suited to?

Helping people with their

- Book editing
- Business communications
- Speeches and presentations
- Annual reports and letters
- Bios, eulogies, etc etc

Did you love *The Clan of the Cave Bear*?
Check out my novel
The Cavekeeper's Daughter
Highly reviewed!
Read the first 5 pages
on Amazon.com

nboxer@brilligpress.com (215) 435-2119

CANOE / KAYAK OPEN HOUSE & RACE

SUNDAY, JULY 12, 2009 10:00 AM-4:00PM

The Philadelphia Canoe Club will open its doors to the public for a day of free demonstrations, whitewater and flatwater canoe and kayak rides, equipment sales, music, food and fun! Right here on the Schuylkill River!!!

Whether you dream of spending the summer running raging whitewater or on quiet paddles through the woods and wetlands, come check out the Philadelphia Canoe Club. Among the day's highlights:

- Used Boat and Equipment Sale - great gear at great prices
- Canoe and Kayak rides - free and fun for adults AND kids
- 8.4 Mile Race - mass start at noon (10:30 am registration, \$15)
- Live Music and Food - affordable, home-made and delicious
- Antique Canoe Display
- Paddling Demonstrations - entertaining and informative
- Vendors - paddling and outdoor gear, wooden canoe/kayak building and more
- Phila artist Ava Blitz will be floating large-scale sculptures on the river
- PCC membership and Paddling Instruction Information

The PCC Open House at 4900 Ridge Avenue, Philadelphia is FREE and open to the public. For a detailed map, directions, and more information, visit www.philacanoes.org

Manager's Corner

continued from page 1

farming, food safety, farming practices, building community, and local news (and of course as an outlet for Norman to crack a few jokes).

Member Work Option: Special Membership Meeting

Another important role the paper plays is to inform the membership about board decisions. Presently, to be a member in good standing of the Co-op, you have to invest both money and "sweat equity" (volunteer labor) in the operation. Recently, after years of research headed up by Committee Chair Sylvia Carter at the request of Weavers Way management, the Membership Committee presented to the board a proposal to make the work requirement optional. The board has approved the decision to recommend that the membership vote to approve this change.

For over 35 years, Weavers Way followed the principals of membership built on equity investment in the business (an annual investment with a lifetime cap for fully vested members) plus a work requirement of six hours each year per adult in a household (and to shop at the Co-op as often as possible). Over the years, we have watched as members left who wanted to be owners and part of this community, but could not or did not want to do the work hours. Since I started here five years ago, we have been debating the validity of our system and the pressure and need to be more inclusive.

What is being voted on by the membership between now and the July

8 Special Membership Meeting is allowing nonmembers and members to shop together, and giving management room to provide for the development of a volunteer work option program. It is my hope that you will vote in favor of this change. We are working to provide a store that will be inviting to all of our neighbors, while allowing people the possibility of earning discounts for volunteering.

So, let's say that this passes on July 8, what then? As soon as management knows the measure has been passed, we will begin to implement a system that has new pricing for nonmembers and members versus working members who have stayed on the volunteer work option. It is management's goal to see that the discount for working members is enough to bring the prices in line with current pricing in the store, so as to entice most members to continue to work.

If you are a member today, after the vote you will be considered a working member unless you decide to opt out of the program. We will ask you soon if you want to be a working member (so we know how to plan for staffing the store). If you opt out, when your cycle comes up you will be moved over to a nonworking member status (as long as you have paid your member investment), and will pay the higher shelf price.

Our plan is to make this simple and easy. We will be working with a few members on a steering committee to assist management with the change. We hope to have the changes in place by October 1, November by the latest.

If you have any questions, join us at the July 8 Special Meeting or call me at 215-843-2350 x 131.

Expansion Update

Planning for the Chestnut Hill expansion is going very well. We have a drawing of the store, which will soon be posted on the website. Right now, we are looking at a November/December opening. Nothing else to report right now. Dick Winston, our architect on the project, has done a wonderful job fitting all of our desires into a small space (what else is new with the Co-op?). We are working on the details of the traffic flow and how to get people through the store and out again to the parking lot. This will be a little tricky.

In May and June we continued to work on the design and value-engineering the work. At this time, we are still planning to do the following green endeavors: low-flow toilets, solar tubes to bring light from the roof into the building, dimming light capability, rain water catchment system, solar panels on the roof, reuse of heat generated by the compressors, geothermal ground water cooling and heating system, and full insulation of the walls and ceiling areas. All of this costs money up front, but in the long run we see it as important, both to our mission and to our operating expenses.

Keep an eye on the window panels of the new store as we add more information.

Health Care

Last month I spoke about the high costs of health care benefits and the quick increase in that expense line from 10% to 14% of personnel costs in two years. We need to keep our health care benefits at or below 10% of personnel costs as a retail operation trying to stay competitive. Allowing it to increase beyond that would eliminate any profit from the bottom line, requiring us to increase prices or work hours. We have no other choice but to offer three plans this year which are good for different levels of need. In the past we only offered one program; now the staff have a choice. We were able to get a line item for 100% payment for all Preventive Health Care coverage, with no co-pay.


As we move forward, I ask you to fight for a single payer system or a combined system that allows small employers and individuals to purchase inexpensive health care coverage that does not eat up our net income. It is not fair for the workers, the society, or the businesses to have the entire burden of making decisions for people's coverage in the hands of the employer. Just as basic education is provided by our government representing our interests, and libraries are funded by our tax dollars, there should be a health care option for all that is funded by the government, spreading the risk across a broad spectrum of the population and taking the profit margin out of the insurance equation for health care. If we are going to change the system, the time to get involved is now.

Shechtman Tree Care, LLC
Zach Shechtman 215-776-TREE
Robert Sawyer 215-233-0722
Ed O'Connell 215-859-7798

www.shektree.com

Free Estimates Fully Insured


Tree & Stump Removals
Tree Pruning, Cabling, & Planting
Complete Tree & Shrub Healthcare


CAMMAROTA'S PLUMBING & HEATING
Serving Philadelphia for over 50 years
Plumber to Weavers Way Co-op

Modern Kitchens & Baths

No job too small
ask your neighbor about our work

JAMES CAMMAROTA

Drain Cleaning Available

24 HR EMERGENCY SERVICE
PHONE: (267) 251-8521
OFFICE NUMBER (215) 362-8354


Alyssa E. Roho, Associate Broker, ASP, E-Pro, GREEN

Let me serve you and you'll have the market knowledge and command of today's electronic marketing tools to make your home a best seller! In addition to my attention to every detail that will set your home apart from others, you will have a powerful edge in targeting online buyers who are looking for a home just like yours. **Find success by calling or emailing me today!**

Web: www.alyssaroho.com
E-Mail: alyssa@alyssaroho.com
Office: 215-247-3750 x281
Cell: 267-250-2857


Fox & Roach, REALTORS*


Check our website for summer events, special sidewalk sales, discounts, and more!

Check out Big Blue Marble's bargain sidewalk sales throughout the summer!
Great fiction, ecology, kids' books, and more for prices as low as \$5.00!

HOURS
Mon-Wed: 10 a.m.-7 p.m.
Thurs. - Fri: 10 a.m.-8 p.m.
Sat.: - Sun: 10 a.m.-5 p.m.

Voted
Best Kids' Bookstore
in Philly 2007 by *Philadelphia Magazine!*

551 Carpenter Lane 215-844-1870 info@bigbluemarblebooks.com
[www.bigbluemarblebooks.com!](http://www.bigbluemarblebooks.com)

WWCP Statement

continued from page 2

Evaluation Mechanisms

All programs will establish an evaluation component no later than August 31, 2009.

Develop and implement outcome measures for Marketplace and Farm Education programs, making them more ambitious each year. Coordinate with Pennsylvania educational standards to the extent possible. Board and staff will use evaluation findings to improve program impact on at least an annual basis.

Board of Directors

Grow the board to more effectively govern and advise the organization by recruiting people with relevant skills and knowledge from throughout Northwest Philadelphia reflecting the diversity of the area.

Recruit four new board members by October 30, 2009.

Finances

WWCP revenues will exceed expenses on a fiscal year basis every year.

Increase the level of earned income as a percentage of total expenses each year to make the organization more sustainable.

Staff

Provide appropriate ongoing professional education for staff.

Ensure there is appropriate staffing for the organization.

Encourage volunteer-based programs.

During the strategic planning process, the board affirmed that we want to remain focused on the two existing programs of the organization, Marketplace and Farm Education. In both of these programs young people learn about healthy food options, basic financial concepts, and cooperative principles. We explored several other program options that would complement these programs but decided to expand and improve each of the existing programs over the next three years by formalizing and implementing a curriculum while developing an evaluation process for each program.

As you can see, one of our goals is to expand the board and to increase the knowledge base on the board, especially in the areas of youth education, nutrition, urban farming, fundraising, and legal skills. If you are interested, please contact WWCP Board President Bob Noble at bobnoble@msn.com. For more information about WWCP, please visit www.weaversway.coop and click on Weavers Way Community Programs.

Marketplace Trivia Quiz

- 1. Number of Schools that participated in 2008-09.
- 2. Number of students who participated in 2008-09.
- 3. This school held weekly sales.
- 4. The only school that sold soft pretzels at their sale.
- 5. Haverford College Intern working on Marketplace Curriculum.
- 6. Amount available to contribute to local, national, and international groups.
- 7. The only school that sells edamame at their sale.
- 8. A group that allows you to offer micro-loans around the world.
- 9. This co-op member volunteered all year at Houston School.
- 10. Co-op staff that does accounting for the marketplace sales.
- 11. This school went wild for strawberries.

- A. 4137
- B. Peter Block
- C. Parkway NW High School for Peace and Social Justice
- D. 237
- E. Pastorius Francis P. School
- F. Nancy Elfant
- G. Wissahickon Charter School
- H. Eight
- I. KIVA
- J. David Schectman
- K. Anna B. Day School

Answers on page 22.

Farm Education

continued from page 2

ful vegetables from their own garden, but also wonderful flower center pieces for their cafeteria as well.

Also, you might not know that we've created a volunteer database this year because lots of Co-op members and people from the general community expressed interest in participating in the farm this year.

If you are interested in pitching in or lending a hand, you can e-mail me at educator@weaversway.coop to get on our list. Also we are actively building our farm education schedule for visiting schools for the fall and if you are a school teacher or know of a school that may be interested, please give them my e-mail address or refer them to the website. Thanks and hope to see you out at the farm.

Environment Grants

continued from page 1

available, Weavers Way awarded small grants to 11 of the 26 applicants. Grants totaling \$4,669 were awarded to the following programs: Neighborhood Interfaith Movement; Hill Freedman Middle School; East Mr. Airy Community Garden; Henry Got Crops! CSA ; Weavers Way Community Program at Stenton; Dignity Housing; Crefeld School; Winston/Willow Grove Park; Wissahickon Charter School; Cherokee Community Garden ; and Mt. Airy Revitalization.

The majority of the grants will be used to purchase garden-related supplies. One project funded will distribute Healthy Homes toolkits. The Weavers Way Environment Committee commends these programs, which are doing such good work in the community to improve the environment. Weavers Way Environment Committee is investigating ways to continue this small grant program in the future.

NATURAL PEST CONTROL COMPANY

Specialist In Long Term Roach and Ant Elimination
We Use Environmentally Friendly Products!

• SINCE 1979 •
NO ODORS
NO TOXIC SPRAYS
NO MONTHLY SERVICE NECESSARY
FEATURING THE MULTI-TREATMENT SYSTEM
CALL US TODAY AT (215) 276-2962 OR (609) 338-1229

Do you want to create your life?
Do you find yourself living in the past or future,
wishing you could embrace the present?

Cindy Shapiro MSW, LCSW

Over 25 years experience and training in traditional and wholistic
therapies assisting others in creating lasting change

(215) 886-8616 (V/TTY)

Community Acupuncture of Mt Airy
Sliding Scale: \$30-\$45

New! Book Online
Mon & Wed 6-9pm
Thu & Fri 10am-1pm
514 E. Sedgwick St, Mt Airy
Chinese Herb Consults Available

Call Elise Rivers, M.Ac.
215-266-5757
MoonRiverAcupuncture.com

We've Grown to Serve You Better:
Double the size! Double the staff! Same Great Price.
Visit our web site to easily book your appointment online

Training Works Fitness Services
Burn Fat • Lose Inches • Get Results

Functional Training / Pilates Core Conditioning

 trainingworks4you@yahoo.com
267-481-2687


Fat burning workouts you can do at home.
Combining body sculpting, cardiovascular and core conditioning exercises.


Carla Batson
Certified Personal Trainer

World Elite Painting
Where Elegance is Affordable

877-272-3124
Serving PA, NJ, NY & DE
We have eco-friendly paint options.

WORLD CLASS CUSTOM PAINTING SERVICE

 Phone: (215) 844-4400
RhinoChiropractic@hotmail.com

Damien P. Ciasullo, DC, FICPA

Chiropractic Family Practice • Chiropractic Pediatrics
Rhino Chiropractic Center
6809 Germantown Avenue
Philadelphia, PA 19119

Still a Few Kinks in Online Work Calendar

by Robin Cannicle, Membership Manager

SWITCHING FROM the paper work system to the online work calendar has been a long and at times confusing process. We are still working on creating a simple method for adding special hours (committee, special events, etc.) to the system. We are currently logging all special and committee hours and they will eventually be added to the online work calendar.

Since cards are no longer being used to calculate or to reflect work hours, there is sometimes confusion as

whether work hours have been credited or not. Rest assured they will be no adverse actions regarding hours that have been worked and that are not reflecting on the online work calendar. You may continue to shop as usual.

We are asking our committee chairs to please relay this information to your members, and also to be sure to submit proper documentation of hours worked for your committees.

We thank you for your continued patience as we navigate this transition.

Bike Co-op Picking Up Speed

by Nicole Sugerman , Weavers Way Farm Staffer

COME TO open hours at the bike co-op! The Weavers Way garage (542 Carpenter Lane), will be open 6-8 p.m. every Thursday and Friday. Drop in to get advice or tips on fixing or using your bicycle, or to use a bike maintenance space, a bike stand, and some (currently limited, but growing!) bike tools and supplies.

Speaking of tools and supplies, we are still eagerly accepting donations! If you have something you think the bike co-op could use, bring it over during open hours and we'll check it out.

Of particular desire:

- Wrenches/ratchets of different sizes
- Spoke wrenches
- Degreaser and chain lubricant
- A good bike pump
- Screwdrivers of many sizes and types
- Allen wrenches/hex keys
- Bike parts in new or good condition (brake cables, nuts, bolts, etc.)
- Sandpaper
- More bike stands

If you would like to find out more about the bike co-op, you can join the mailing list by subscribing to: mtairybicyclecoop@googlegroups.com

Weavers Way Film Series

New Cops by Weavers Way Filmmaker

by Larry Schofer, Education Committee Chair

WHAT IS it like to be a police officer in Philadelphia? Who likes the cops? Filmmaker Ron Kanter followed a whole class at the Philadelphia Police Academy—their stresses and strains, the teaching and hectoring by the police teaching staff, and their emergence into the real world. Five years later, he came back to see how they had made out.

The result was “New Cops,” an hour long film that gives a fascinating picture of a controversial group in our society. Ron, a member of Weavers Way, provided some interesting commentary after the May showing of the film, part of the film series of the Education Committee. The crowd was very interested both in the story as it developed and how Ron was able to make such a film.

While not complimentary enough for the Police Department higher-ups to use it for bragging, the film is realistic enough for some colleges to use it for education about cops. What emerges is great sympathy for police officers as people who have chosen what is, in the end, a lonely profession. Shunned in society, they choose to socialize primarily with each other. In the mean-



photo courtesy of Ron Kanter

Filmmaker Ron Kanter (r) during filming of “New Cops”

time, the street cop in particular faces danger and harassment, and in turn can develop an “atty-tude.” Some officers deal with the stress by choosing less exposed duties, such as jail-room attendant or courtroom work, while others thrive on the pressure and move on to the Highway Patrol. They are all there in the film, speaking about their police lives.

The film has been shown several times on public television, and is still available for purchase at newcops.com.

The schedule for films for the summer is uncertain, but watch for a big outdoor event in August.

CHESTNUT HILL APARTMENT FOR RENT

2 bedroom
1 bath.
\$1200/mo,
inc. oil heat

215-844-1200
available immediately

Jim Morton

Home Repair

267-432-3550

MR. PEEPER'S OPTICAL
EYEWEAR CONSULTANTS

Sunglass Sale
10% off non-RX
20% off complete pair of RX glasses

Contact Lenses and Glasses
Locally owned and operated

7228 Germantown Ave.

215-248-6070

Harmony Kitchen
Personal Chef Services

Simple Cuisine to Balance Heart, Mind and Body

- Private Cooking
- Small Event Catering
- Cooking Classes
- Cooking for Kids

Specializing in Detoxification, Healing/Illness Recovery, Vegetarian, Vegan and Macrobiotic Foods. Reasonable prices.

E-mail Chef Aishah at harmonykitch@gmail.com or call at 646-733-8759

MT. AIRY, USA'S ANNUAL BENEFIT

GUESS WHO'S COMING TO DINNER?

SATURDAY, OCTOBER 24
2009 | AT 6:30 PM

Commodore Barry Club
6815 EMLIN STREET
PHILADELPHIA, PA



PROPOSAL

Replace the Work Requirement with an Optional Work Program and Amend the Bylaws

THE FOLLOWING bylaw amendments and ballot are proposed by the Weavers Way Co-op Board of Directors to replace the member work requirement with an optional work program and to make shopping completely open to non-members. Following much thought and research, we are proposing these changes in order to give our co-op the best chance for success in this time of expansion, and to bring the benefits of the cooperative movement to a larger community.

Technically, the bylaws do not specify that there must be a member work requirement. Instead they say

(in Article III, Section 5) that members may impose a work requirement. Many years ago, the members voted to impose an annual work requirement. We are proposing now that the members vote to reverse this and establish instead an optional work program.

The establishment of the optional work program does not, by itself, require any bylaw change. Actually, it does not even require a vote of the members. However, in the interests of democracy, we are asking members to vote on this. The details of this new optional work program will be left to the board and management to work out.

Originally, the right to shop at our co-op was limited to members only. Over the years, this has had both positive and negative consequences. On the positive side, this restriction has helped to alleviate crowding in our small store. On the negative side, it has fostered the impression that Weavers Way is not a welcoming, open organization. A few years ago, we took a step away from our members-only past by instituting a visitor's fee. With the opening of our new store in Chestnut Hill, we are proposing a complete break on this issue. While the bylaws do not explicitly say only members may shop, there are a number of places in Article III that this is implied.

2009 Ballot

To Replace the Work Requirement with an Optional Work Program and Amend the Bylaws

This information is mandatory for vote to be counted. **One vote per member household.** If multiple votes are cast from the same member household, only the most recent will be counted.

Member # _____

Name (print clearly)

Signature _____

Date _____

	Yes	No
Replace the member work requirement with an optional work program	<input type="checkbox"/>	<input type="checkbox"/>
Amend the Bylaws as proposed	<input type="checkbox"/>	<input type="checkbox"/>

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

To vote by mail:
Ballots will be accepted by mail if received by Wednesday, July 8, 2009. Mail to: Leadership Committee, Weavers Way Co-op, 559 Carpenter Lane, Philadelphia PA 19119.

To vote at a store:
Place ballots in the box provided at a WW Co-op store by 5:00 p.m., July 8.

To vote at the Membership Meeting:
Place ballots in the box provided at the Membership Meeting July 8, by the time the end of voting has been announced following discussion of this issue.

GO GREEN AND SAVE: CONDENSING BOILERS

Standard hot water boilers are approx. 80-85% efficient. Although Energy Star® condensing boilers cost somewhat more upfront, they can be over 95% efficient and emit far less pollution.

Since gas prices will undoubtedly rise over the life of a boiler, the ROI can be as low as 7 years according to U.S. Dept. of Energy information, and that will likely continue to drop. And that does not include newly available tax credits. This is especially worth considering if your current boiler is over 15 years old.

More information about this and other ways to cut your energy bills can be found at www.ecasavesenergy.org.

Member of

RE/MAX

EXECUTIVE REALTY'S

Green Group

Janet Ames, CPA, Realtor®, ABR, ALHS
RE/MAX Executive Realty
610 Old Lancaster Road, Bryn Mawr
office 610/520-0400 direct 610/520-0402
cell 610/308-0802 www.realtorjanetames.com
e-mail janetamesrealestate@gmail.com

Registered Agent

HOUSE AT POOH CORNER

where learning comes naturally

Teri DiCesare, M.Ed.

INFANTS • TODDLERS • PRE-K

25 years of quality care

215-843-0815

Accredited by NAECY's National Academy of Early Childhood Programs

Visit our website www.findcarenow.com/go/houseatpoothcorner

John Siemiarowski

MASTER OF ELECTRICAL WIZARDRY

215.837.0101

VOLTWIZ@COMCAST.NET

ELECTRICAL WIZARDRY, INC.

• Power Wiring • Lighting Design & Installation

• Lighting Control & Home Automation

• Telephone Wiring • Computer Network Wiring

The Larry DiFranco Team at

215-247-3600 ext 240

www.larrydifranco.com

Elfant Wissahickon REALTORS®

Proudly Features

Noelle really hustled to find our house & execute the transaction. Her judgment, insight & market knowledge were very impressive.

Noelle was so helpful, easily accessible, calm, detail-oriented & supportive. We always knew we were in good hands.

J.T., 2008

Noelle Dames

Celebrating 2 years as a Realtor with the DiFranco Team!

Buy & Sell with Noelle!

215-247-3600 ext 323

Noelle@elfantwissahickon.com

Current Bylaws	Proposed Changes New or modified text is <u>bold and underlined</u>	Explanation
Article III – Membership		
<p>1. Classes of Membership</p> <p>a. Regular Membership – A household may apply for a single, regular membership to be held in the names of all persons in the household who are at least eighteen (18) years old or are legally emancipated minors. As used in these By-laws, regular membership shall mean a household unit of one or more persons who are eighteen (18) years or older or are legally emancipated minors. Household shall mean a group of persons residing at the same address who live together as a unit. As used in these By-laws, “Members” shall refer to households who are regular members of the Co-op.</p> <p>b. Associate Membership - A household may apply for an associate membership to be held in the names of all persons of the household who are at least eighteen (18) years of age. Associate members shall be eligible for all non-shopping services available to Members, and shall receive all Co-op publications. Persons in the household of an associate member shall not be entitled to serve on the Board of Directors of the Co-op, vote at membership meetings or on any matters submitted to the Members for a vote, shop in the Co-op as a Member or contribute capital to the Co-op. Further, persons in the household of an associate member shall have no orientation obligation and no work obligation. Associate members shall be charged an annual fee in an amount determined by the Board.</p>	<p>1. Definition</p> <p>A household may apply for a single membership to be held in the names of all persons in the household who are at least eighteen (18) years old or are legally emancipated minors. As used in these By-laws, membership shall mean a household unit of one or more persons who are eighteen (18) years or older or are legally emancipated minors. Household shall mean a group of persons residing at the same address who live together as a unit.</p>	<p>We are proposing the elimination of associate membership because it has become obsolete. This is tangentially related to the work requirement and opening up shopping to non-members because there are multiple references in Section 1b to these issues. No new associate members have been admitted for several years. Only seven associate members remain. Although historically they received benefits, such as the right to join group medical insurance and a fuel oil buying club, now their only benefit is getting the <i>Shuttle</i>, which <u>they will continue to receive even after this bylaw section is removed</u>. With the elimination of associate membership, there is no need for the notion of “Classes of Membership” and there is no need for the last sentence of Section 1a.</p>
<p>2. Membership Requirements - The Members shall consist only of those households which have met the following requirements: payment in full of the minimum annual regular membership capital contribution established by the Co-op; completion of, or being in the process of completing, the work requirement established by the Co-op; and satisfaction of any other requirements established by the Members from time to time. Any household that meets these requirements shall be considered a Member in good standing for purposes of these By-laws.</p>	<p>2. Membership Requirements - The Members shall consist only of those households which have met the following requirements: payment in full of the minimum annual membership capital contribution established by the Co-op; completion of, or being in the process of completing, <u>any</u> work requirement established by the Co-op; and satisfaction of any other requirements established by the Members from time to time. Any household that meets these requirements shall be considered a Member in good standing for purposes of these By-laws.</p>	<p>One word change: Section 5 stipulates that the membership <i>may</i> impose a work requirement. But the use of the word “the” implies that there is a work requirement. By changing “the work requirement” to “any work requirement”, we make it consistent with Section 5.</p>
<p>3. Orientation - Applicant members shall be required to attend orientation programs under such rules, procedures and policies as the Board of Directors may, from time to time, determine.</p>	<p>No change.</p>	
<p>4. Records - The Co-op shall maintain records showing the names, addresses, phone numbers and date of membership for each Member and associate member, including all persons in a household.</p>	<p>4. Records - The Co-op shall maintain records showing the names, addresses, phone numbers and date of membership for each Member, including all persons in a household.</p>	<p>Eliminate the words “and associate member” to make this section consistent with the proposed change to Section 1 above.</p>
<p>5. Work Requirement - The Co-op, by vote of the Members present and voting at a regular or special meeting of Members may impose an annual work requirement.</p>	<p>No change.</p>	<p>This language specifies only the right to have a work requirement, not the requirement itself. Therefore, it does not need to change.</p>
<p>6. Voluntary Termination of Membership - A Member may, at any time, terminate membership in the Co-op by submitting to a person designated by the Board of Directors a written statement stating that the Member wishes to terminate its membership. Such statement shall be signed by any person in the household of the Member. Voluntary termination shall not affect the terminating Member’s existing liabilities to the Co-op. The Member’s regular capital shall, upon written request, be returned to any person in the household of the Member in cash subject to deductions for debts owed by the Member to the Co-op.</p>	<p>No change.</p>	
<p>7. Leaves of Absence - Leaves of absence may be granted to Members for periods not to exceed one year. During the leave of absence the Member shall be relieved from any annual work requirement, but shall not be relieved of any requirements related to payment of capital. The Member shall retain its right to vote during the leave, but no person in the household of the Member shall have the right to shop as a Member in the Co-op.</p>		<p>Eliminate the last part of the last sentence beginning with “but no person” because we are proposing that shopping be open to all including non-members.</p>

The Good, the Bad, the Indifferent: Customer Satisfaction Survey 2009

by Josh Giblin, Merchandising Coordinator

IN APRIL, Weavers Way conducted a Customer Satisfaction Survey and it is my pleasure to be able to report back to you on our results and how we plan to use them. The following is an overview of some of the key findings. I want to wholeheartedly thank all of you who participated in the survey. You took a good chunk of time to respond to a somewhat impersonal survey that seemed redundant at times. I appreciate your contribution and hope you will continue to give us your feedback in the future. I also want to thank WW member-owned Reed Group for their support on this project.

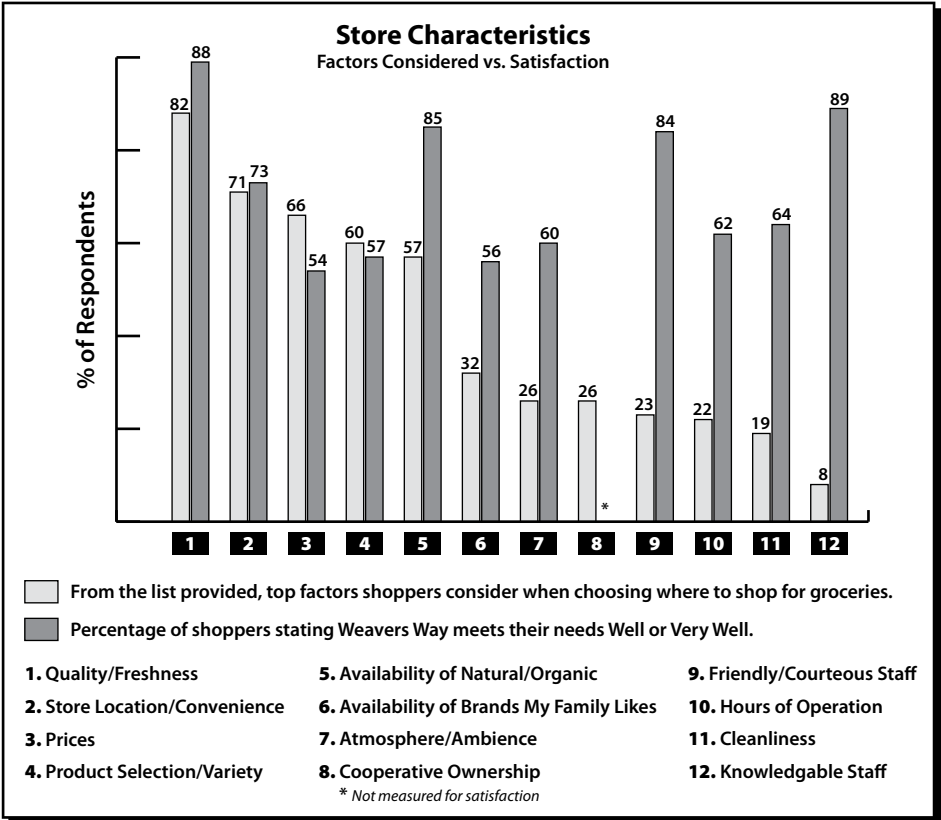
Background

One of the reasons we initiated this survey was to support a national co-op survey model that was recently developed by the National Cooperative Grocers Association (NCGA). NCGA's standardized co-op member/shopper customer satisfaction survey is intended to serve two critically important functions. First, it will provide individual co-ops with data to help them better understand their customers, and inform the Co-ops' strategic decisions. Secondly, it will aid in the development of a national database of customer opinions about food co-ops that will benefit the sector as a whole by improving understanding of consumer opinions nationwide, and allow the development of benchmarks or

norms to which individual co-op results can be compared.

The convenience of having a survey pre-designed and available at no cost was tempered by the restrictions of use, which made many aspects of the survey inflexible. While we could add or delete certain items from, say, a list of products, we could not change things like demographic categorization or the removal of unwanted questions. All this was part of an effort to produce comparable results from all participating co-ops. There were four modules in the Customer Satisfaction Survey: Shopping Patterns, Satisfaction, Personal Characteristics, and Communication. The Communication module was the most flexible and is where we added some questions relating to board-member linkage.

The survey was sent out to a random sampling of Co-op members. All responses were completely anonymous, and were processed by a survey consultant firm. To save money and resources, electronic delivery was favored. Roughly 1,000 members were solicited via e-mail to participate in an online version. We sent out over 200 paper surveys by mail to members that did not have an e-mail address on file. Finally, paper copies of the survey were available in stores, and nonmembers (and interested members) were invited to participate. The survey was



active until we had the target goal of 400 participants, which was a statistically significant number of responses.

Results

Products

Respondents ranked the product categories that mattered most to them. They also ranked how Weavers Way was performing in those same categories.

Produce (Conventional, Organic and Local Farm), Dairy, and Bread/Bakery were the categories that mattered most to shoppers. These were the same categories that ranked highest in customer satisfaction. Produce is clearly a core element of our business and many felt our Produce department

(continued on page 13)

Be Green
Why drive to the 'burbs or Center City?
25 seats • surround sound • giant screen
Great movies \$6 • popcorn included!

little THEATER
videolibrary

Fri. & Sat., 8 p.m. • Sun., 7 p.m.

7141 Germantown Avenue 215.247.3020 www.mtairyvideolibrary.com

"it takes courage to grow up and turn out to be who you really are."

Coop Member Discount
215-843-8258
www.mollykellogg.com

Molly Kellogg, RD, LCSW
Psychotherapist and Nutritionist
Individual and Couples Counseling

100 East Sedgwick St.
Mt. Airy

135 South 19th Street
Center City

INGRID BROWN, GRI
Associate Broker
Senior Real Estate Specialist
Direct 215 248-6520

Prudential
Fox & Roach, REALTORS®

Chestnut Hill Sales Office
14 W. Evergreen Avenue, Phila., PA 19118

Bus: 215-247-3750 x227 Fax: 215-242-3425
E-mail: Ingrid.Brown@prudential.com

The Waldorf School of Philadelphia

Where education is an art.
Early Childhood through Grade 8

Open House
Saturday October 24, 10am-noon, all welcome.

Or call for more information about our Early Childhood Summer programs or to schedule an individual tour,
215-248-1662.

7500 Germantown Ave., Eagles II, in Mt. Airy, Philadelphia www.philadelphiawaldorf.org

NEED HELP FOR YOURSELF OR FAMILY?

anger ANXIETY
Strained relationships
trauma chronic pain
physical problems

Dr. Liz & Dr. Mike Schlessinger
Licensed Psychologists
Traditional Talk Therapy & Body/Mind
EMDR • Rubenfeld Synergy Method®

215.646.0885
PRIVATE OFFICES

Mt. Airy/Phila
6833 Wayne Ave.

Ambler/Horsham
514 Babylon Rd.

Member Survey

continued from page 12

deserved a lot of credit for their success despite difficult space constraints.

The categories with the highest amount of poor satisfaction were Grocery, Bulk, and Frozen, though specific reasons for that are hard to tease out. I think variety or availability of favored brands were probably the key factors.

Store Characteristics

Survey-takers also rated store characteristics that factored into their decision on where to shop and how we are doing along those lines. The top five areas where we are meeting shoppers' needs Well or Very Well were not necessarily the topics that mattered most. The accompanying chart shows the factors for shopping in order of importance, along with shoppers' satisfaction. In terms of store characteristics that ranked high in poor customer satisfaction, two categories stood out: Atmosphere/ambience and Location/convenience.

Values

Member/owners place a high value on member/owner prices and the

membership/ownership of the Co-op. Community benefits of Weavers Way were rated highly by shoppers and members, including Weavers Way's positive influence on the community, promotion of environmental stewardship, and how Weavers Way works to create a sense of community. Local and sustainable agriculture and environmental issues are considered important for the Co-op to champion.

Communication

Co-op members still rely on traditional communication vehicles for their information on the Co-op. Mailings and in-store postings were rated as the most important sources of information for Weavers Way shoppers/members. E-mail and the Co-op web site were considered only moderately important information sources. Formal meetings were reported to be the least important source of information.

Members and shoppers gave high importance to information relating to food/products and were generally satisfied with the communications that they receive. Locally produced prod-

ucts, food production practices, health and nutrition information and food safety were considered the most important types of food/product information to receive. Moderate importance was given to information provided to them about the Co-op and they were generally satisfied with the communications that they receive. Expansion issues, store specials and community events were considered the most important types of regularly communicated information. Members and shoppers gave moderate-high importance to information relating to the environment and were generally satisfied with the communications that they receive.

Comments

A few questions were open-ended and we received a broad range of candid comments. Often, positive comments were brief and general while negative comments tended to be more focused. While not all negative comments can be considered areas where we are failing consistently, here are some themes that emerged that deserve our attention.

Shopping Experience

Many people expressed their love of the Co-op, especially because of the sense of community it fosters and that is encountered. Not surprisingly, issues of convenience and ease of shopping

were concerns that came up a lot. The store is too crowded, parking is bad, the store is not close enough to where they live. The next biggest topic of concern was poor customer service by staff, expressed in a variety of ways. Connected to that, but also separate, is the feeling of not being welcomed, not just by staff but also by other customers because of physical encounters or lack of courtesy with respect to aisles clogged by conversation or insensitivity around the challenges of shopping with children.

Products

With regards to products, many desired a better Meat selection, specifically beef and pork. High prices were noted, across the board. Dairy selection, specifically milk and soy milk varieties and sizes, could be better. Variety/abundance and the freshness/quality of Produce was discussed to a lesser extent. Several comments expressed appreciation at the work the Co-op buyers do vetting products on their behalf. Local products and Second Floor items were also cited often as particularly dear to shoppers.

Diversity

One question the Board included in the survey related to how Weav-

(continued on page 15)

Klein & Son Painting Co.

OLD WORLD CRAFTSMANSHIP * 4th & 5th Generation Craftsmen

HOUSE PAINTING * DECORATIVE PAINTING * MURALS
MOSAICS * GENERAL HOUSEHOLD REPAIRS
 ZERO & LOW VOC PAINTS

BASED IN MT. AIRY * SERVING PHILADELPHIA & SURROUNDING AREAS

Jerry Klein
215-840-1149

Luke Klein
215-840-3572

www.kleinandsonpainting.com



chris hill media

web & print projects for organizations
& businesses driven by sustainable values

From the developer of WeaversWay.Coop, LocalFoodPhilly.Org, CommonMarketPhila.Org, MaternalWellness.Org, EsseneMarket.Com, ScienceInteractives.Com, the Organic Trade Association's massive resource website ... HowToGoOrganic.Com, the website of the Northeast Organic Dairy Producers Alliance, and dozens more.

Web Solutions for All Needs & All Budgets

Do you need a web site that is elaborate... or simple; large ... or small?
 Do you need want help updating your site, or do you want to do it yourself?

Websites WE Manage:

Editorial management of web sites at reasonable rates ... with 25 years of editing, writing and design experience, including co-founding the City Paper.

Web sites YOU Manage

Content management systems, and training in the use of html editors and other web site maintenance tools.

Community & Customer Building Tools

Email newsletters, galleries, event calendars, blogs, e-commerce, forums, online forms ... all the interactive, community building tools you need.
... and we're passionate about local economies and sustainable businesses

Contact Chris Hill for more information:
 chris@chrishillmedia.com 215-843-5704

www.chrishillmedia.com



The Gardener's Resource

since 1943

At Primex we have but one goal ...
 to bring joy to your life through gardening.
Stop in and experience Primex Garden Center!

435 West Glenside Avenue
 Glenside, PA 19038
 www.primexgardencenter.com
 (215) 887-7500





Great Authors of Philadelphia

JULY
FRIDAY 10
SATURDAY 11
SUNDAY 12

For More Information
visit our website at
www.chestnuthillpa.com

215-247-6696

Author Readings and
Signings

Panel Discussions

Workshops

Open Mike for Poetry Slam
and Dramatic Reading

Soapbox Corner

Book Character
Kids Parade

Meet Cat in the Hat

Green Eggs and
Ham Brunch

Featured Authors

Elijah Anderson

L.A. Banks

Elizabeth Varon

H. G. "Buzz" Bissinger

John Dixon Hunt

Gerald Kolpan

John McWhorter

Daniel Pipes

Witold Rybczynski

Tom Warburton

Member Survey

continued from page 13

ers Way is achieving diversity in our Co-op. There was broad, if unspecific support for our progress along these lines. When diversity was defined in the comments, it was overwhelmingly defined in terms of skin color, particularly noting the low numbers of African Americans in our membership and staff. Also mentioned was a sense of Mt. Airy “clubbiness,” which added to feelings of not being welcome.

What else?

In an open-ended section, many comments focused on issues of the values of our organization and concerns about how they will fare going forward, including work requirement, community involvement, and democracy. Most of the comments concerning our expansion in Chestnut Hill were supportive; for many, the Chestnut Hill store will hopefully allow them to take advantage of the Co-op more than they currently do.

What Now?

Some of what was reported was not surprising, and it is likely we will

have more focused and Weavers Way-specific surveys in the future for them to be effective. What I appreciate most about this survey is how it highlighted areas where we can improve. It is not always easy to change, but I will do my part to address the key concerns in Mt. Airy and Ogontz and create a more ideal experience when we open in Chestnut Hill. Our Chestnut Hill location will allow us to respond to many of your requests for different products and broader selections within categories. A group of Co-op staff are beginning to meet to address issues of diversity within our operations. Also coming up is a big vote about our work requirement; this is a chance for you to turn your opinion into a vote, and I hope you take that opportunity.

Thanks again, survey-takers. If you missed your chance to take the survey and would like to give me feedback of any sort, please feel free to contact me. I will also make the survey results available in a binder in the store if you are interested in seeing them in detail.

Headhouse Farmers Market Opening Day



Mayor Michael Nutter (center) joined The Food Trust executive director Yael Lehmann and Brett Mapp from Whole Foods Market South Street, the lead sponsor of the 2009 Headhouse Farmers’ Market, to celebrate Headhouse Farmers’ Market opening day. The Headhouse Farmers’ Market, which features produce from Weavers Way’s farms, is open Saturday and Sunday, 10 a.m. to 2 p.m., at the Headhouse Shambles, 2nd and Lombard streets, through December.

childspace Day Care Center

Germantown and Mt. Pleasant Avenues
Serving infants through Pre-K

One of the nation's only worker-owned cooperative day care program ensuring quality early childhood education and quality jobs.

Low teacher/child ratios • Large fenced-in outdoor play area • Trips • Arts/Crafts • Cooking • Nature Studies

Phone 215-248-3080 • Fax 215-248-4706

Call Now to Hold a Spot!

Summit Presbyterian Church

Greene and Westview Streets

*A welcoming spiritual community
dedicated to learning from diversity.*

Sunday Worship: 10:00 a.m. - Learning Hour: 9:00 a.m.
Lunch for anyone over 60 every Tuesday at noon.

Geechee Girl Rice Café Gears up for Summer!

**See our new garden and artwork
by neighborhood pre-schoolers.**
Sunday, July 5th 11:00-2:30

**Geechee Girl celebrates Bastille Day
with a French-Moroccan meal.**
Tuesday, July 14th.

Tues. - Thurs. 5:30 - 9:00 • Fri. & Sat. 5:30 - 10:00
Open Sunday! 11- 2:30 Brunch • 5:30 - 9:00 Dinner

6825 Germantown Avenue
Phildelphia, PA 19119
215-843-8113
www.geecheegirl.com

MACLENS

Family Owned
call
Ken or Max Glantz

Collision Repair Professionals Since 1945

20 W. Allens Lane
Philadelphia, PA 19119

Tel (215) 247-3906
Fax (215) 247-9506

Our four-pronged approach to green catering.

Here at Cosmic Catering, we've been serving great food with a conscience since 2000. From our commitment to **locally grown, Fair Trade** and **organic** ingredients, right down to our **compostable utensils** (made from corn starch) everything we do is done with your health and the environment in mind.

But our biggest secret to being green? Making every dish so clean-your-plate delicious that there simply isn't anything left to throw away.

Cosmic Catering
GOOD FOOD. GOOD KARMA.

Located in the Chestnut Hill Farmer's Market: 8229 Germantown Avenue
215.753.1991 | cosmicfoods.com

These Two Take Tango to Mt. Airy

by Gabrielle Mahler

NEW TO tango and curious about this sensual Argentinian dance? Look no further then just one block down from Weavers Way to give it a try. For over a year, Co-op members Marie-Jose Dilsizian and Afshin Kaighobady have been organizing U2 Tango milonga, basically a tango dance party, at Summit Presbyterian Church. Both are active in the tango community in Philadelphia but wanted to offer a place for people to dance tango in their own neighborhood.

Though a few locals do hit the floor, many of the dancers are regulars from the greater Philadelphia area—some coming from as far as Bethlehem.

If you’ve never done tango before and would like a few lessons before hitting this milonga, Jackie Stahl offers private and small-group lessons in Mt. Airy on Tuesday nights. It is hoped that in the coming year, Marie and Afshin will also be able to offer classes before their monthly milonga.

Held in an old auditorium in Summit Church from 4 to 7 p.m. on the second Sunday of each month, this milonga is the Argentine style of dance—not the flashy stuff you might see on Dancing with the Stars. Once you get the hang of this tango, which is largely based on improvisation, it can be an incredibly satisfying experience.

You may not realize it, but Philadelphia is full of “tango junkies,” people who just can’t get enough of this dance once they’ve started, and who find somewhere to dance it all weekend long, every weekend. But be warned—if you’re a fan of your own “dance space,” tango may not be for you! For three hours, in this place of sanctity, couples glide across the floor in close embrace. Giant stained glass windows tower over the room, filtering in the golden light of the setting sun, and adding to the drama that unfolds on the floor. As women enter, they head straight for a chair, where they change from their everyday shoes to dazzling, high-heeled tango shoes. They wear flowing skirts and scarves, while the men generally wear smart dress shirts. The care taken to appearance is reminiscent of the “olden” days, and it is so nice to see people dancing together, instead of by themselves, as is usually done in today’s club scene. The sound of traditional Argentinian music, as well, can transport you back in time.

The atmosphere created by Marie and Afshin is very welcoming to people of all skill levels, so don’t worry if you are a beginner. Someone, no doubt, will ask you to dance and be happy to show you the basics, whether you’ve got the right shoes on or not!

So don’t be shy. Walk on down the street to Summit Presbyterian Church



Tango takes on Mt. Airy

to tango, and don’t worry about bringing a partner. It only takes one to tango in Mt. Airy!

U2 Tango milonga is offered every second Sunday of the month, from 4-7 p.m. at Summit Presbyterian Church, Westview entrance. Cost is \$12. Check the website—www.u2tango.com for more information.

Jackie Stahl offers private and small group lessons in Mt. Airy on Tuesday nights: Contact: 215-880-1289.

Also check out www.tangophiladelphia.com for a listing of more classes and other milongas.

Project Learn School •K-8



Come and visit. Call for a tour
215-438-3623
www.projectlearnschool.org
6525 Germantown Avenue, Philadelphia, PA 19119
Accredited by Pennsylvania Association of Independent Schools (PAIS)




• HAIR CARE FOR THE ENTIRE FAMILY
• SKIN CARE
• WAXING

7723 Germantown Avenue
Chestnut Hill, PA 19118
(215) 248-2899

Ronni H. Rothman, CNM
215.327.1547

*Gentle gynecology and
obstetric services in
two convenient locations:*



6 E. Willow Grove Ave, Chestnut Hill
832 Germantown Pike, Plymouth Meeting

OAK LANE DAY SCHOOL

PRE-KINDERGARTEN - GRADE SIX

**Accepting Applications for Preschool and Kindergarten
for the 2009-2010 school year.**



Students leave with the tools they need to **imagine** the possibilities, **discover** their talents, and **create** their own masterpieces, while leaving behind their own legacy.

Imagine. Discover. Create.

**Now Accepting Registration
for the Camp @ Oak Lane Day School!**

137 Stenton Avenue
Blue Bell, PA 19422

610-825-1055
oaklanedayschool.org





The Eye Institute

XCELLENCE IN EYE CARE

- State-of-the-Art Facilities
- Leading Eye Care Experts
- Vision Care for All Ages
- Eye Disease Diagnosis and Treatment Center

Three convenient locations:

7145 Germantown Avenue
Philadelphia, PA 19119

2301 North 29th Street
Philadelphia, PA 19132

1200 West Godfrey Avenue
Philadelphia, PA 19141

215.276.6000
www.TElvision.com

The Simplicity Dividend

Socially Responsible Investing Opportunity in Our Own Back Yard!

by Betsy Teutsch

SOCIALLY RESPONSIBLE investing (SRI) is the practice of aligning one's values with one's resources: simply put, putting your money where your mouth is. Or the more elegant version, "being the change you want in the world." The jury is out as to whether SRI returns beat the market. However, for socially responsible investors, there is a so-called Double Bottom Line: people AND profits. Some add a third environmental measure, making for a Triple Bottom Line of planet, people, and profit. Socially responsible investors want to sleep well at night, knowing that their money is helping to nurture good in the world, so while they want their investments to serve them well, they don't consider financial results the sole measure of investment success.

We members of Weavers Way have an exciting SRI opportunity in the Co-op's expansion, which beauti-

fully meets all three criteria. Weavers Way "Bonds" will create profit (0-4% annual interest, investor-choice); social benefit for all of us, like good jobs and a neighborhood gathering place; and environmental benefit as well. Think of all the local, organic farmers we support, the solar panels on the new building, and that we have promoted bag-reuse since the 1970s! A quick calculation: at an average of 2,000 active households over 30 years, diverting about 200 bags a year = 12,000,000 unconsumed grocery bags!

SRI techniques vary. Original socially responsible investors developed screening tools to avoid investments such as defense contractors, tobacco, and alcohol, eschewing profits from objectionable products. Other screens pay attention to business practices, like labor policies, treatment of women and minorities, and environmental record. However, even if a product passes through numerous screens, it still might not be something you feel aligned with, since it is difficult to accurately measure positive social impact.

A second approach is to seek investments that avoid the negatives, but actually produce a product or service that embodies positive triple-line benefit. This generally involves investing

directly in a company through purchasing stock, financing social initiatives by investing in bonds, or finding a specific investment note that supports a cause that you support. I have written columns about some of these opportunities, such as three-percent return Equal Exchange CDs, which are used as credit for organic coffee farmers, or investing directly in microfinance through Microplace.org. My husband and I have invested in Pennsylvania Municipal Bonds, which typically are used to build and upgrade schools, a very nice sleep-inducer.

Another strategy employed by socially responsible investors is community investing. The Reinvestment Fund (which is loaning Weavers Way money for our expansion) is a dynamic local example. TRF lends funds to underserved communities for business and housing, helping to improve local opportunity by creating jobs and the means to wealth creation, along with improving quality of life in low-income neighborhoods.

Socially responsible investors generally are willing to accept below-market returns on investment in order to accomplish their social goals. However, since our economy's Great Meltdown, a surprising irony is upon

us. Low-return socially responsible investments generally held their value, while all other investments plummeted to levels not seen since the 1930s. A two percent return for 2008 suddenly is a superstar!


Weavers Way is offering what is essentially a bond issue, though technically, it is a loan offering. Investments begin at a minimum of \$2,500, maxing at \$500,000. A promissory note will be issued with your choice of terms, 0-4% return, for four to seven years. This will enable us to pay off higher interest loans.

What does it offer you, the socially responsible investor? You will see, and benefit from, your investment as Weavers Way expands and thrives. The value of our Co-op will increase as a bigger, jazzier store in Chestnut Hill will allow us to expand our offerings, programs, and impact. Not only will you be helping that to happen, you will be earning interest. No bombs, polluting products, or addictive cigarettes for your portfolio—you'll be the change you want in the world! Such an ideal socially responsible investment opportunity comes along rarely, and here it is. Right in our own back yard.

Betsy blogs at www.moneychangingthings.blogspot.com



Gypsy Lane
TECHNOLOGIES.COM
215.843.1039
info@gltMYpc.com
sbn
BRINGING TECHNOLOGY TO LIFE



**Allergy Antidotes
CranioSacral Therapy
Emotional Freedom Techniques
Smoking Cessation
Weight Loss**

Client-centered Fee Structure

Debra L. Shuman,
CMT, EFT-ADV

www.debrashuman.abmp.com
215-438-1987




"Our small classes and close student-teacher relationships make it possible for students to be acknowledged positively for their own uniqueness and allows students to develop their own special talents and abilities."

**Call for Tours and
Open House Information**

Greene Street Friends School
5511 Greene Street
Philadelphia, PA 19144
Admissions: 215.438.7005

Visit our website at
greenestreetfriends.org

**MJS
PETSITTING**

Full Daily Care For Your Pet In
Your Home While You're Away

Daily Dog Walks

References Available Upon
Request

(215) 316-9316
Joe Pisoni



Fully Insured

SHIATSU

therapeutic acupressure massage
promoting ease in body, mind, emotions

**Leo
McElroy**

215-843-9718

**Mt Airy - Cresheim Road
Manayunk - Main Street**



**Elfant
Wissahickon
Realtors**

Anita Lam
REALTOR®

7112 Germantown Ave.
Philadelphia, PA 19119

215-247-3600 Ext. 245 / Fax 215-242-5262
alam@elfantwissahickon.com / www.elfantwissahickon.com

Keystone Glass Block

*"Your house isn't locked,
until it's glass blocked."*

Looking to **Protect, Preserve, or Beautify** your home?
Keystone Glass Block Does It All!

keystoneglassblock@verizon.net (215) 836-1790 **FREE ESTIMATES**

*Farmstand at
Grumblethorpe*

10 am - 3 pm
EVERY SATURDAY May 30 thru Nov 7

Fresh Local Vegetables, Hand-Cranked Ice Cream,
plus Fruit, Herbs, & Flowers!

Now Accepting EBT Payments
Questions or Pre-Orders: 215.843.4820

Proceeds benefit neighborhood elementary students in
the Grumblethorpe Elementary Education Programs.

5267 Germantown Ave (at Queen Ln)

In Appreciation of Earthworms

by Sandy Folzer of the Environment Committee

I HAVE taken worms for granted all my life. I was always happy to see them in my garden. And when I could, I would save those who struggled on the sidewalk during a rain storm. Otherwise, I didn't think about them much. Now, I'm thinking I should.

Aristotle called earthworms the "intestines of the earth," which is an understatement, because without earthworms, the world could not support life. Earthworms turn all waste matter into soil. Without them, trees wouldn't grow; there would be no vegetation; and we would have no food.

No wonder Charles Darwin's last book in 1881 was *The Formation of Vegetable Mould through the Action of Earthworms, with Observations on Their Habits*. He once said "Worms have played a more important part in the history of the world than most persons would at first suppose."

Earthworms create soil from nearly anything, including clay or sandy soil, because they are able to digest dead vegetation and excrete fine particles from which new vegetation may grow. They are most active in spring and fall because with extreme temperatures they migrate lower in the soil. Their casts or excrement provide nitrogen and minerals in useable forms for plants and other organisms. They "liberate" these nutrients from both organic and mineral matter which would otherwise not be available to plants.

Earthworms aerate the soil when they dig tunnels wherever they go. These tunnels also allow surplus rainfall to drain into the subsoil. Their tunnels deliver water to the roots of plants efficiently, so the roots can absorb the nutrients from the worms' "cast" or converted material. They increase the capacity of the soil to hold moisture by as much as 400%.

Earthworms, who weigh less than one-thirtieth of an ounce, can move 60 times their weight. The worm is a digestive organism basically. Every part of its body is designed to burrow and eat. Tiny clusters of erectile bristles, along with viscous effluence, allow it to burrow through the heaviest soil down to 12 or 14 feet. If you accidentally cut a worm in two, the head will grow a new tail, but the tail half will die. Worms are blind but also sensitive to light, feeding mostly at night. All worms are hermaphrodite, producing both eggs and sperm. While they may not self fertilize, together they fertilize each other's eggs. These are cast off in a cocoon with 20 eggs which hatch in about 10 days.

In one study, two plots of impoverished clay soil were compared. One had earthworms added and the other did not. Both had lime, manure and fertilizers added along with barley and bluegrass. The plot containing worms had five times more vegetation and almost no weeds while the plot without

worms was nearly all weeds. Water entered the worm plot four times faster.

Worms are not given enough attention since they don't benefit some corporation. Advertisements can mislead farmers to believe that fertilizers and pesticides are more important than worms. However, nitrogenous fertilizers, which create acid conditions, tend to wipe out earthworms, and the application of chemical fertilizers was the quickest way to repel the worms. This can be disastrous. One golf course deliberately tried to destroy the worms because their casts caused unevenness on the course. Once the earthworms were killed, the soil became compacted so water couldn't get in, and the grass died.

Worms may also be predators of harmful insects. Yet, earthworms have become "nontarget" recipients of many chemicals. Pest control may inadvertently harm earthworms and other beneficial soil organisms

Unfortunately, our profit-oriented society focuses more on costly fertilizers and pesticides rather than the benefit of earthworms. Earthworms avoid soil which has been treated with pesticides. If the pesticides don't harm them directly by causing long-lasting immobility and rigidity or paralysis, pesticides result in a reduction in available nutrients in the root zone, decreased porosity and


aeration of soil, decreased water-holding capacity, and poor drainage.

Many nitrogenous fertilizers drastically decrease earthworm numbers and biomass and lower the pH level. Land with earthworms contains more nutrients than land with fertilizers. The soil pH is balanced with worms, whereas fertilizers tend to create alkalinity. This imbalance of nutrients with fertilizers affects the assimilation of nutrients by the plants. Fertilizers reduce moisture retention while worms increase it. Fertilizers damage soil texture and reduce aeration while worms improve it.

The use of vermiculture in agriculture resulted in better taste of food, bigger size of produce, less irrigation required, more cultivation possible in saline-alkaline conditions, and fewer insects and weeds.

Worms may also be used for sewage treatment, for they can remove heavy metals and pesticides from soil. It's called vermiremediation.

I believe the morale of the story is that you can't improve on Nature, no matter how much money you spend. Instead of harmful pesticides and questionable chemical fertilizers, we should encourage earthworms in our gardens and lawns. If you practice vermiculture, that's even better.



Acupuncture & Herbal Medicine

Fertility • Menopause
Menstrual Problems • Fatigue
Acute & Chronic Pain
Anxiety and Depression
Cosmetic Acupuncture

Gail Miller, R.O.M, L.Ac.
Treating with privacy and personal attention

215-290-6888
7721 Germantown Ave.
Chestnut Hill
www.spiritofthepoint.net




Elementary,
Middle &
High
School

TUTORING

Helping students
of all abilities
overcome barriers
to learning.

Jill Gates Smith, MA

215.844.7041



Advertise in the Shuttle

Affordable and Effective!

- 20,000 circulation
- Highly targeted
- Extended Internet presence
- Inserts available

Call 215.843.2350 ext. 135

\$8 / column inch
\$32 / business card
Many Sizes
Discounts Available

DR. LANKIN'S AWESOME ALMONDS®

All Natural!

The FIRST
Physician-Created
Almond Snack!


Support Local Business!
Packaged and shipped from a Keystone
Opportunity Zone in North Philadelphia

1-888-ALMOND-5 www.AwesomeAlmonds.com



AWESOME
ALMONDS

KOSHER
CERTIFIED



Where Children Find Their Center

Open House
Grades Pre-K – 12
Thursday, Jan. 15, 2009 8:45 a.m.

FRIENDS SELECT

A Quaker, pre-K – 12, diverse, coed, college preparatory school
located at the center of Center City Philadelphia

17th & Benjamin Franklin Parkway • Philadelphia
215.561.5900 x 104 • friends-select.org

July Garden Notes

by Mark Goodman, The Neighborhood Gardener

IF YOU don't already have a compost heap, it's not too late to start one. Compost heaps are a good way to recycle garden debris and some kitchen waste.

I use an adjustable compost frame called "Geobin." It's made out of strong pliable plastic and uses a simple system of poly nuts and bolts, along with four stakes for stability. It can be shaped into a three-foot high, three-foot diameter bin, the optimal dimensions for a compost pile. For rectangular, or cubic, bins, 3 cubic feet (3 feet long, wide, and high) is ideal.

One drawback to the Geobin is that there is no open side or sliding door to get at the final composted product. So why did I buy this model?

First, it costs less than \$40, a good price for a compost bin. Second, the bin is easy enough to lift in order to get at the usable compost. Or, at three feet high, I can use a long-handled spade to get at the organic material. Third, with some creative maneuvering, I was able to form two smaller bins.

This last point is very important, because to compost correctly, you should have at least two bins. If you

have only one bin, you are constantly adding new material, and the heap never gets an opportunity to properly decompose. Or, you let the materials decompose, but you have nowhere to put new debris.

However, when you have two receptacles, the contents of one can be "working" (decomposing) while you add new materials to the second. When the contents of bin #1 are ready to use, you put the rich organic compost around your shrubs, flowers, trees, and/or vegetables. Then you can start over putting garden waste in bin #1 while the material in bin #2 is "working."

Some gardeners use three or more compost heaps. When I visited the "back-to-the-land" pioneers Scott and Helen Nearing in Maine in the 1970's, they had a dozen compost piles. They built their frames by harvesting and using six-foot lengths of straight fallen saplings from their wood lot and arranging them alternatively into rectangular bins the way children build structures using Lincoln Logs.

More practical for city dwellers

are composting tumblers, which take up little space, can be stored on a deck or concrete surface, and are easy to turn. Turning is essential for accelerating the decomposition process, and if you don't have a tumbler, you should turn the heap every week or so with a spade fork. A tumbler's disadvantage is that they hold less compost than other popular containers. They cost between \$80 and \$180.

One well-designed compost bin looks like a big four-sided barrel and has a sliding door at the bottom for easy access to the usable stuff. The drawback is that this type is more expensive, with sturdy ones costing between \$80 for smaller units and \$200 for larger models.

There is an easy-to-assemble sturdy wire bin that measures 30 x 30 x 36 inches, with one side that opens. This model, called Bonmere, costs \$60.

Of course, you can get free wooden pallets from the lumberyard or nursery and set them vertically to form


a squared-off "M" shape. Use some strong stakes to keep the pallets upright, and—lo and behold—you have an effective and inexpensive two-bin compost system. The only problem with this model is that the pallets can be unwieldy and heavy, and you may need a van or truck to haul them.

A simple, light option is to use turkey wire to make a three-sided bin using green metal stakes for support. The open side assures easy access. The main disadvantage is that the contents are highly visible, which is fine if you have a spacious yard, but not always a good idea if, like me, your back yard is open to your neighbors' view.

Whichever system you use, here are some do's and don'ts.

A. Vary your ingredients. Use grass and hedge clippings, weed leaves, appropriate kitchen scraps, and soil. I recommend that you not use tree leaves unless you shred them first. Un-

(continued on page 20)



organic skin therapy | massage | reflexology

View our menu of services at www.littleherbanspa.com
open by appointment only, any day of the week

Located in the Chestnut Hill Tower
7600 Stanton Ave Suite 1A
Philadelphia, PA 19118

215.421.1811
appointments@littleherbanspa.com

Mention this ad and receive 10% off your first spa service!



Simcha Raphael, Ph.D.
Integration of Personality and Spirituality

- * Transpersonal Psychotherapy
- * Bereavement Counseling
- * Spiritual Direction

MOUNT AIRY COUNSELING CENTER
6833 WAYNE AVENUE * PHILADELPHIA, PA. 19119
drsimcha@verizon.net
(215) 782-8910

AMAZING SELECTION - FRIENDLY SERVICE - GREAT PRICES

Over 8,000 sq. ft. of Liquid Pressure!

Free Beer Tastings Every Sat 4-6 PM!

Craft Beers

- Belgians
- Imports
- Ciders
- Lambics
- Organics
- Sorghums
- Gluten-Free



BREWERS OUTLET
EST. 1976
CHESTNUT HILL
MT. AIRY

One-Stop Shopping For All Your Beverage Needs!

Sport Drinks

- Seltzers
- Juices
- Teas
- Water
- Sodas
- Organics
- Ginger Beers

Best of Northwest Philadelphia '08!

Cases - Kegs - Ice - Snacks - Cigars - PA Lottery - Open 7 Days - Free Parking - We Deliver

7401 Germantown Ave, Phila, PA 19119, 215.242.3110, www.mylbrewersoutlet.com

Dental Arts of Chestnut Hill, LLC

8625 Germantown Ave. Tel. 215-242-6630
Philadelphia, PA 19118 Fax 215-242-6633

Axel Ramke, D.M.D., D.D.S., Ph.D.
General Dentistry

— www.DentalArtsOfChestnutHill.com —

Jin Shin Jyutsu®

An ancient art of harmonizing life energy to bring balance to your body, mind, and spirit.

Increase your sense of peace and well-being.

Gloria Rohlfis, Jin Shin Jyutsu Practitioner
215.248.6287 CoachGDR@juno.com
<http://CoachGDR.byregion.net>
Co-op discount

PESUPPLIES.COM

Philadelphia Educational Supplies Online

Order Your Summerbridge Workbooks (w/Answers)

• "Innovative and Proven Products"

• "Don't Let Your Child Lose Ground This Summer!"

• Order Grades K - 7th Grade Now!

Save 10% Online at PESUPPLIES.COM



Email Us: CUSTOMERSERVICE@PESUPPLIES.COM
Phone: 215-843-4311 6762 Germantown Avenue



Complete Roofing Service

- Free Estimates
- Fully Insured

Visit us on our website:
www.AppleRoofingCo.com

Prompt, Reliable, Quality Work!

Mt. Airy • 215-843-1970

July Garden Notes

continued from page 19

shredded leaves take about a year to break down. The smaller the particles, the quicker the decomposition.

B. Add your materials in layers and then turn the pile every week or so to allow for maximum breakdown.

C. Keep your heap moist. Avoid mounding your material because it will shed water. Instead, keep a slight well in the center to better catch rain water.

D. Do not treat your compost pile like a garbage dump. In urban areas, decomposing garbage is a nuisance and a health hazard, attracting yellow jackets, rodents, and other stray and/or wild critters. If you want to recycle your garbage, raw vegetable leaves are safest. If you must compost other vegetable or fruit waste, run it through your blender first to liquefy it.

Do not put in meat scraps or other food cooked in oil. They will attract pests and will not break down readily. Be careful with grains as well. Rats and mice love grains and can smell them from long distances.

E. Use a layer of horticultural lime occasionally, especially after adding food. It will not only help to keep down the smell, but it also adds calcium and alkalinity to your compost.

Composting, paradoxically, is creative decomposition. Take some time to experiment, and you will be rewarded with rich, organic, recycled fertilizer for your flowers, vegetables, trees, and shrubs.

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

Referral Network



Therapy for all ages

Family and Play Therapy Center, Inc.
Dottie Higgins Klein, LMFT, RPT-S

15 therapist locations
within 40 miles of Philadelphia

(215) 844-4321, ext. 2
www.fptcenter.com

Driving instruction



for all ages
www.drivingdojo.com
215 247 1892



Omnia DeArbore Vitae

(215) 848-7260

Philadelphia Public School

thenotebook

15 YEARS

TURNING THE PAGE for CHANGE

CELEBRATION

JUNE 11th

2009

for more information visit our website at: www.thenotebook.org/june-event

Summit Children's Program

Register NOW for CAMP SUMMIT 2009!
6 Week Sessions Still Available

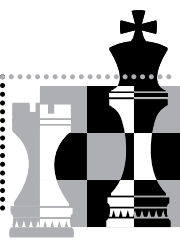
Limited Openings in our Toddler,
Pre-school, and Pre Kindergarten Classes

Located on Greene & Westview St.
in beautiful Mt. Airy

Call 215-848-4451
to enroll today!

visit our website summitchildrensprogram.org

Weavers Way Chess Club is Back!!



AFTER A prolonged hiatus, the Weavers Way Chess Club will return Monday, July 13. New club coordinator Maarifa Roho wants the club to be a place where friends and acquaintances can enjoy a friendly game or a fiercely competitive one. Mr. Roho recently served as Vice

President of the Franklin Mercantile Chess club, the country's oldest continuous chess club. "Chess plays many different roles in people's lives" says Mr. Roho." Whether you are a fanatical or casual player, you will be able to find what you are looking for. We are reaching out to everyone from rank beginners to masters." The club will meet Mondays from 6:30 to 9:00 p.m. at 555 Carpenter Lane, and boards and pieces are provided.

WEAVERS WAY MEMBER WORKSHOPS

1) Adult Workshop: Seeing Like An Artist

Wednesday, July 8, 7:00 pm to 9:00 pm.

Start learning to see like an artist by drawing from observation. In this workshop, we will experiment with a series of fun exercises that will teach you to see in a new way and to draw what you see.

2) Children's Workshop: Light and Shadow

Sunday, July 12, 10:00 am to 12:00 noon.

We will explore the mysteries of light and shadow, drawing outside if weather permits, or making shadow puppets.

ALL EVENTS ARE AT

Mindy Flexer Studio School

5225 Greene Street

(just South of the corner of Greene & Queen) Phila., PA 19144

ABOUT ME

I'm Mindy Flexer, a professional artist and certified art teacher. I taught art for eight years at Greene Street Friends School, and currently teach art at my studio and selected venues, and pursue my own work as a painter and a potter. I love sharing my passion for art with students of any age, and am excited about inviting people into my studio to share the journey with me!

Please contact me at this email address or at 215-991-5817),

or visit me on the web at www.mindyflexer.com.

WEAVERS WAY MEMBER WORKSHOPS

Back by popular demand!

Creative Speech Workshop

Speak Easy

Words are living works of art, with bodies and souls. Sound is the body; meaning is the soul. Creative Speech builds a lively body of sound for your speech, so the meaning can shine through. To train the body of speech, we will move our physical bodies a lot: stepping, throwing and catching, and jumping. All the support we need can be found in the sounds and rhythms of the word. We will end with speaking a poem in chorus.

All levels are welcome and will be challenged appropriately. A better sense of community and self-esteem follow effortlessly from this work, because we tap into a universal stream of energy.

Creative Speech comes from Rudolf Steiner's work on speech and drama, begun in 1919 and developed by hundreds of speech artists since. Steiner originated Waldorf Schools and Biodynamic Farming, among other disciplines.

Saturday,

July 11th

10 am to 12 noon

Location: 555

Claire McConnell is a trained, experienced Waldorf teacher, and graduated from Artemis School of Speech and Drama in England in 2007. She also has a BA in Painting from Smith College. She teaches Creative Speech in Mt. Airy and West Philadelphia. You can learn more at her website: www.meetup.com/creativespeech. She is also writing a novel.

Please e-mail her at claire.mcconnell@gmail.com or call 215 747 0433 with any questions.



Individualized SAT Tutoring

- Tailored to your child's needs
- Experienced, patient, mature, and amiable adult
- Reasonable rates
- Math, Critical Reading, Writing, and more!

NW Philadelphia Suburbs
Call Eric 215-542-1081

Alternative Healthcare For Women



Holistic Gynecology

Natural Menopause Counseling

Fertility/Pregnancy Consultations

Energy / Sound Healing Arts

Therapeutic touch

Tibetan bowls

Shamanic drums and Journeying

Iris S. Wolfson, CNM, CRNP

133 W. Phil-Ellena Street

Philadelphia, PA 19119

(215) 842-1657

Summer Reading: Poetry Beats the Heat

by Mark Goodman

YOU'RE BY the pool or at the beach or in your backyard or at the park or on the screened in porch in the cabin in the woods. You're sitting on a folding chair or reclining on a lounge chair or swaying gently in a hammock or lying on a blanket or on the grass. Maybe there's a cool refreshing beverage by your side. But wait... there's something in your hand. It's a...it looks like...yes, it's a book. Not only a book, but a book of poetry.

Poetry—part of the great foursome of Omar Khayyam when he wrote in his *Rubiyat*, "...a loaf of bread..., a flask of wine, a book of verse—and thou beside me..." Any one of these four will make your day (or night), but this time it's the book of verse.

Poetry has been called the last uncorrupted art, most likely because not too many people are getting rich from it. Like all art, poetry is a labor of love and spirit and imagination made real. It's the "word magic" that makes your mind shift into another gear and that opens those deep chambers in your heart cavern, where it's dark and bright at the same time.

So if you haven't touched—or been touched by—poetry for a while, here are some suggestions to help you forget about the humidity and to help you embrace the sultriness of summer.

Let's start with Gabriela Mistral, a Chilean poet who was the first Latin American to win the Nobel Prize for literature (1945). She wrote poems about motherhood, her beloved land of Chile, the sorrow of broken dreams, and the heroism of "ordinary" people.

The newest (2003) translation of her work is by Ursula K. Le Guin, best known for her *Wizard of Earthsea* fantasy. As she explains in her introduction, Le Guin uses her literary skills, appreciation of Mistral, working knowledge of Spanish, and intuition to capture Mistral's human vignettes and geographical panoramas.

While we're in South America, let's visit *Twentieth Century Latin American Poetry* (1996), edited by Stephen Tapscott. Here we see some of the masters of world poetry, including the other two Latin American Nobel Prize winning poets: Chile's Pablo Neruda and Octavio Paz of Mexico.

Whether you're a poetry aficionado or a novice, the range of poets—Cesar Vallejo (Peru), Jorge Luis Borges (Argentina), Nicanor Parra (Chile), Nicolas Guillen (Cuba), Julia de Burgos (Puerto Rico), and dozens of others—makes for adventuresome and inspiring reading. Readers with some knowledge of Spanish will appreciate the bilingual texts on the same page.

The range of translators is equally wide and impressive, and includes Samuel Beckett, Lysander Kemp, Doris Dana, James Wright, Thomas Merton, Nathaniel Tarn, Ben Belitt, Margaret Sayers Peden, William Carlos Williams, Robert Bly, Galway Kinnell, Carolyn Forché, W.S. Merwin, Philip Levine, and Jerome Rothenberg, all of whom are excellent translators and some accomplished poets.

If you like your poetry closer to home, delve into one of home girl Sonia Sanchez's numerous poetry books. Sonia, a resident of Germantown who has been known to shop at Weavers Way from time to time, has been a powerful voice for social justice and political power for all of us, particularly for African Americans and women. Two volumes that display Sonia's versatility and verbal agility are *Home-girls and Hand Grenades* and *Under a Soprano Sky*, where she dedicates one of her poems to students at the Crefeld School.

Another local poet who has taught

English at many local high schools is W.D. Ehrhart, a Mt. Airy resident. In my opinion, his most powerful and touching work is *Just for Laughs*, a volume that includes poems about his experience as a combat soldier in Viet Nam, his wife and daughter, Latin American politics, his cat, and "The Ducks on Wissahickon Creek." His poems on the Viet Nam War deserve to stand with the other well-wrought chronicles of the personal, political, and nightmare aspects of that era.

If you like variety in your poetry, there are many excellent anthologies of world poetry. *The Poetry of Our World: An International Anthology of Contemporary Poetry* (2000), edited by Jeffery Paine, devotes 100 pages to English language poetry and the other 400 pages to poetry from Latin America, Europe, Africa, and Asia.

On the other hand, *The Vintage Book of Contemporary World Poetry* (1996), edited by J. D. McClatchy, devotes very little of its 600 pages to English speakers, mostly from the Caribbean. Other poets are from Europe, the Middle East, Asia, Africa, and Latin America.

If your taste runs more toward the ancient and classical, take a look at aptly titled *A Little Treasury of World Poetry: Translations from the Great Poets of Other Languages, 2600 B.C. to 1950 A.D.* (1952), edited by Hubert

(continued on page 22)



CAFETTE

An Affordable Luxury

8136 Ardleigh Street • Chestnut Hill, PA
215.242.4220
www.cafette.com
BYOB

Avenue Art & Framing

Your neighborhood shop for quality custom framing

Open Tuesday through Friday 10 to 5:30
and Saturday from 10 to 4.

AVENUE
Art & Framing

6837 Germantown Ave.
Philadelphia, PA, 19119
215.848.4420

Career and Life Coaching

Career, Management, Business Coaching
Life Coaching

Seminars: Financial Freedom,
Stress and Time Management

*Attain career, business and life goals.
Increase success, reduce procrastination and stress.*

Gloria D. Rohlf, MSW, L.S.W.
215.248.6287 CoachGDR@juno.com
Recipient, Best of the Northwest People's Choice Award for Professional Coaching
Co-op discount

It's
Farmers' Market Season!

Now Open

Germantown Farmers' Market
Germantown Ave. & Walnut Ln.
Friday, 2 p.m. to 6 p.m.

Open through construction

West Oak Lane Farmers' Market
Ogontz & 72nd Ave.
Tuesday, 2 p.m. to 6 p.m.

In front of Weavers Way Co-op

Cliveden Park Farmers' Market
Chew Ave. & Johnson St.
Wednesday, 2 p.m. to 6 p.m.



The Food Trust
headhousemarket.org

Summer Reading

continued from page 21

Creekmore. Here the poems are arranged more by language than geography, so you will see the following headings: Sanskrit, Hebrew, Persian, Arabic, Greek, Latin, Gaelic, Welsh, Icelandic, and Provencal, among many others.

The resurgence of feminism in the 1960s generated more interest in women’s poetry, and led to several good anthologies. *Rising Tides: 20th Century American Women Poets* (1973), edited by Laura Chester and Sharon Barbra, starts with an introduction by diarist Anais Nin and then moves to poetry by Gertrude Stein and Amy Lowell through Nikki Giovanni and Anne Waldman. There is a photograph and biographical sketch of each poet. So if you’re wondering what Marianne Moore or Sylvia Plath or June Jordan or Erica Jong look(ed) like, you’ll enjoy seeing their picture as you read their poetry.

No More Masks: An Anthology of Poems by Women (1973), edited by Florence Howe and Ellen Bass, contains many of the same poets as *Rising Tides*. However, it is a more consciously feminist book, with more political subject matter.

A lesser-known, but equally interesting—and to me more intriguing—anthology of women’s poetry is *Cameos: 12 Small Press Women Poets* (1978), edited by Felice Newman. Included are two poets with local ties. Alexandra Grilikhes worked at the libraries of both Temple and Penn, and taught at the then Philadelphia College of Performing Arts. At Temple University, she was instrumental in bringing poets, psychologists, dancers, artists, and other creative people of cultural interest to speak to and/or perform for the students.

Kate Ellen Braverman lived in Philadelphia for a while, and in her poem “Tracks,” she writes, “I am big

in the soft snow. / bundled and scarfed in the center / of blizzard sheeted Gowen Avenue.”

If I had to suggest one poetry book for children, it would be *Hailstones and Halibut Bones* (1962), by Mary O’Neill and illustrated by Leonard Weingard. Each poem is about a single color, accompanied by a drawing using that color. The poems are clever and fun, and kids from two to ten will appreciate the interaction of words and images.

Unsettling America: An Anthology of Contemporary Multicultural Poetry (1994), edited by Maria Mazzioti Gillan and Jennifer Gillan, is for readers who like to hear stories about the different ethnic groups, particularly immigrants, that comprise the United States. Poems by children and grandchildren of immigrants from Italy, Syria, Russia, China, Korea, Mexico, Greece, Egypt, Armenia, Ireland, Palestine, the Philippines, India, and Puerto Rico write about their an-

cestors’ and their own experiences in the U.S. African American and Native American poems are also included.

Even if you prefer modern and contemporary poetry, it doesn’t hurt to once in a while pick up a volume of the classical and early modern poets who built the foundation—and sometimes the walls and roof—of our poetic tradition. Whether your preference gravitates to the Elizabethans, Romantics, Victorians, or to U.S. poets such as Walt Whitman, Emily Dickinson, Robert Frost, or Paul Laurence Dunbar, a visit to the old masters is like reconnecting with long-lost friends.

The next time you go to the library, bookstore, or your own bookshelves, pick some poems—modern or ancient, classical or contemporary—to keep you company this summer.

Poetry books mentioned in this article are available at the Big Blue Marble Bookstore on Carpenter Lane, and Walk a Crooked Mile Bookstore at Gowen Avenue and Devon Street.

Answers to Marketplace Trivia Quiz from page 8

1. H

2. D

3. C

4. K

5. B

6. A


7. G

8. I

9. F

10. J

11. E



Wissahickon

Tree & Landscape Services, LLC

Brian Ames

Certified Arborist

CUSTOM PRUNING

DESIGN & INSTALLATION

PLANT HEALTH CARE

SHRUB RESTORATION

215-681-2436

www.wissatree.com

Therapy for Individuals and Couples

Stress Management

Coping with Life Changes,

Fear, Anxiety, Depression, Grief

Increase Serenity in Your Life

Gloria D. Rohlfs, L.S.W.

Sliding Fee Scale, Insurance

215.248.6287

CoachGDR@juno.com

coverage for

» home care

» nursing home care

» long term care

The price of care can be devastating.

Let us help you minimize the costs...

and preserve your assets for other purposes.

Discounted rates for CHCA Members.

For a free brochure or private consultation,

— contact —

The Hirshorn Company

14 East Highland Avenue | Chestnut Hill, Pennsylvania, 19118

215.242.8200 | www.hirshorn.com

Vernon House

a resident owned and operated

Cooperative Community in Mt. Airy

is now accepting applications.

Please contact Chuck Staples at Winder Real Estate

7208 Germantown Ave., Phila PA 19119


phone: 215-247-8000 ext. 203 or fax 215-247-4140


Restaurant


P_TG

Caterers









Tuesdays thru Thursdays - 4 course meal

@ \$30.00 per person

10% off for co-op members

Hours:

Tuesday thru Saturday: 5-10 p.m.

Sunday: 3-8 p.m.

Restaurant is Closed on Mondays

215.487.2293

6813 Ridge Avenue, Philadelphia, PA 19128

www.ptgrestaurantandcaterers.com

First Annual Chestnut Hill Book Festival, July 10 - 12

Featuring Over 50 Philadelphia Authors!

by Christa Guidi

THIS JULY 10-12, the Chestnut Hill Business Association will present the first annual Chestnut Hill Book Festival, a weekend-long event that will feature over 50 locally and nationally recognized authors. Among the authors slated for the event are: Buzz Bissinger, author of *Friday Night Lights*, *A Prayer for the City*, and *Shooting Stars*, his forthcoming book about LeBron James; L. A. Banks, author of numerous series including the *Vampire Huntress* series; Elijah Anderson; Elizabeth Varon; John Dixon Hunt; John McWhorter; Daniel Pipes; Witold Rybczynski; and Tom Warburton.

The Festival kicks off Friday, July 10, with Gerald Kolpan (formerly of FOX TV-29), author of *Etta*, and a panel discussion on Philly Mysteries moderated by "Philly Poe Guy" Ed Pettit and featuring Jon McGoran, a.k.a. D.H. Dublin (*Freezer Burn*), Dennis Tafoya (*Dope Thief*), Merry Jones (*The Borrowed and Blue Murders*) and Kelly Simmons (*Standing Still*), all members of the Liars' Club, a local authors' group.

The weekend will be filled with panel discussions, author readings and signings, workshops, open mikes for the public, poetry slam, literary trivia in taverns, and readings of famous literary passages by local actors. There will be fun for the whole family, including a costume parade where kids

dress as their favorite book character, a Cat in the Hat appearance, Green Eggs & Ham Brunch and storytelling.

All author events are free of charge, but there will be a fee for a series of writing workshops in conjunction with *Philadelphia Stories*. Space is limited for the writing workshops and pre-registration is advised. For more information about workshops, visit www.chestnuthillpa.com.

Among the other participating authors are Carmen Ferreiro, *Two Moon Princess*; Chrysa Smith, *The Well Bred Book*; Cordelia Biddle, *Deception's Daughter*; Cynthia Reeves, *Badlands*; Donna Allender, *The Humanistic Teacher*; Eileen Flanagan, *The Wisdom to Know the Difference*; Elijah Anderson, *The Code of the Street*; Elizabeth Varon, *Southern Lady*, *Yankee Spy*; Gene Baretta, *Jack the Tripper*; Jamie Stewart, *Wissahickon Worth Preserving*; Jason Deeble, *Sir Ryan's Quest*;

Jeff Gammage, *China Ghosts*; John Dixon Hunt, *The Picturesque Garden in Europe*; Linda Wisniewski, *Off Kilter: A Woman's Journey*; Lise Funderburg, *Pig Candy-Taking My Father South*; Maria Liberati, *The Basic Art of Italian Cooking*; Marie Lamba, *What I Meant*; Mary Fran Bontempo, *Everyday Adventures Or, As my husband says, lies, lies, more lies*; Meredith Broussard, *Everyone's Gone Nuts: The Exaggerated Threat Of Food Allergies*; Miriam Peskowitz, *The Double Daring Book for Girls*; Nancy Viau, *Samantha Hansen Has Rocks In Her Head*; Salvatore Grasso, *Larceny*; Sara Shepard, *The Visibles - Pretty Little Liars*; Thomas H. Keels, *Forgotten Philadelphia*; Toni Valentini, *When I Grow Up*.



In addition to these many events, attendees can also enjoy walking along Germantown Avenue and popping into shops and restaurants for a variety of activities for all ages!

For more information, please visit website www.chestnuthillpa.com.

Artista

JEWELRY
WEARABLE ART
CONTEMPORARY CRAFTS

Weds., Thurs., & Sat. 12 to 6
Friday 12 to 7!!

7151 Germantown Ave./215-248-2450
www.artistagallery.info

H

HANSON SERVICES
Small Projects for the Home

Interior/Exterior Carpentry
Custom Cabinetry
Door & Window Installation/Repair
Structural Work, Roofing
Porch Repair, Deck Construction
Hardwood Flooring
Energy Efficiency Consultation
Drywall/Plaster Work
Painting, Masonry & Stucco
Fire Protection
Electrical & Plumbing

214 KALOS STREET, PHILADELPHIA
Tel 215 483-8338 — HGCINC.BIZ

**Don't Miss Work,
call Nurse Barbara
@ 215-264-4965**

- RN Mom/CPR Certified.
- Available to care for infant/sick child PT/FT.
- During camp/school days

**Reasonable
Rates!**

Barbara Caruso
Phone: 215-264-4965

*New Way
Community Sanctuary*

A sustainable stress-reduction & wellness clinic in Erdenheim
unique ~ rejuvenating ~ affordable

Individualized 35 minute sessions in a group setting nurture balance & harmony through sound healing, nurturing touch, gemstone therapy, essential oils, flower essences & more...

We are dedicating July 21st to nurturing the Wise Women in our community! Go to www.newwaysanctuary.com or call Tracie or Katryn for details.

visit www.newwaysanctuary.com for our hours

Katryn Lavanture 267-738-9501 Tracie Nichols 215-527-5457
709 Bethlehem Pike, rear,
Erdenheim, PA 19038

*"I don't want to leave...
I'm enchanted!"*

HEARING AIDS & REPAIRS,
EAR PROTECTION at LOWEST PRICES

LEILA S. MARTIN, Hearing Aid Specialist
PA Lic.# F03232

THE HEARING GARDEN www.need2hear.com

CALL FOR INFO, REFERENCES & DIRECTIONS
215-279-8961

High Point Cafe
Espresso Bar & Pastry Shop

**2008 Best of the Northwest
BAKERY**

High Point Cafes are small neighborhood cafes serving the West Mt. Airy community. High Point serves only the highest quality handmade pastries created daily along with made-to-order crepes, great Grab & Go treats and the best espresso in town.

www.highpointcafe.us.com

The Original

602 Carpenter Lane
W. Mt. Airy
215.849.5153

New Location!

Allen Lane Train Station
Allens Lane and Cresheim Road
W. Mt. Airy
215.248.1900

Open Everyday 7:00am — 7:00pm

Night Kitchen Bakery Earns Certified Green Status

by Colleen Oteri, Green Restaurant Association

NIGHT KITCHEN Bakery is proud to officially be a Certified Green Restaurant®! The iconic bakery has been serving up cakes, brownies, and sinful sticky buns for 25 years (and the delicious Challah and Dakota bread at Weavers Way), and recently sought certification from the Green Restaurant Association (GRA). The GRA is a nonprofit organization that specializes in helping restaurants become more environmentally sustainable through their certification program and consulting services.

“We’ve baked thousands of cakes and pastries for years, and now we can offer our customers pieae of mind too,” says owner Amy Edelman. “When they see our Certified Green Restaurant® distinction on the window, they’ll know we’re doing our part to conserve energy and water, recycle, and source sustainable ingredients.”

Through their work with the GRA, the bakery has accomplished such environmental steps in accordance to the nonprofit’s guidelines as installing a programmable thermostat to ensure that heat and air conditioning is not wasted, using low flow faucet aerators and spray valves to conserve water, and sourcing recycled and chlorine-free napkins, office paper, and menu paper, as well as launching a full-scale recycling program and eliminating the use of Styrofoam, as well as plastic take-out bags. The Night Kitchen composts food scraps and has a garden in the backyard, where they grow mint for mint brownies and peppers and tomatoes for savory items.

“Night Kitchen Bakery is off to a great start in becoming more environmentally sustainable, and we’re thrilled about their Certified Green Restaurant® status,” says Michael Oshman, Executive Director of the Green Restaurant Association. “With these simple solutions in place, they’re setting a wonderful example in their community. We look forward to helping them make more changes in years to come.”

The Night Kitchen Bakery is known for moist cakes, “Best of Philly” brownies, and sinful sticky buns. Night Kitchen Bakery can accommodate all of your dessert, celebration, retirement, and holidays needs. For more information, visit nightkitchenbakery.com, or call 215-248-9235.

GRA is a national non-profit organization that helps the restaurant industry improve its environmental practices through research, environmental consulting, education, and certification. Founded in 1990, long before green was cool, the GRA utilizes a collaborative strategy that involves restaurants, manufacturers, vendors, community organizations, government, media, and restaurant customers. The GRA’s model provides a convenient way for all sectors of the restaurant industry to become more environmentally sustainable. The GRA has the world’s largest database of environmental solutions for the restaurant industry. For more information visit www.dinegreen.com.

GFS English Teacher to Head “Project FLOW”

by Michael Boorse

WEAVERS WAY Co-op member and Germantown Friends School English teacher Chris Singler of Mt. Airy has been named the Director of “Project FLOW,” a summer program for rising ninth-grade students from area public and private schools.

Taught by public and private school educators, students will focus on the study of water from three vantage points: science, social justice, and the arts. The goal for this program is to develop teaching methodology to allow students from differing academic and cultural backgrounds to learn effectively together. “My vision for this project is for students to engage with the natural world, and to form connections to our city. The joining of public and private teachers and students will create a space for learning across boundaries,” Singler said. “It’s very exciting, new, and we hope for great ideas to come from the endeavor.”

Singler, who has taught at GFS since 2000, is also a ninth grade advisor at the school. In addition to his commitments to GFS, Singler teaches, mentors, and coaches private- and public-school teachers at the University of Pennsylvania. He holds a bachelor of arts degree from Guilford College (NC), and a master of science degree from the University of Pennsylvania. “My graduate school training focused on diversity, action, and inquiry-based education,” said Singler, “all of which



Chris Singler

will be integral to the work of the Academy

The program is sponsored by the Edward E. Ford Foundation, which awarded Germantown Friends School a \$250,000 matching grant to lead the creation of a Summer Leadership Academy for students from local urban public and private schools.

Through the study of water, the Academy will demonstrate that students and faculty can work across race and class barriers when engaged in a common educational enterprise. GFS will host the Academy, which was recently named “Project FLOW.”

Together with its partners, which include Project Learn, the Crefeld School, and Knowledge Is Power Program (KIPP), as well as Breakthrough of Greater Philadelphia, Temple University and the Philadelphia Water Department, GFS will plan the program in the summer of 2009 and enroll students in the summer of 2010.

Morris Arboretum

Summer
Concerts

in the Garden

Groovin' in
the Garden

June 18, 25, July 9, 16

XPN Kids Corner
at the Arboretum


August 6, 13, 20

For details,
www.morrisarboretum.org
or 215-247-5777



Morris Arboretum of the
University of Pennsylvania

Official arboretum of the Commonwealth of Pennsylvania




Northwest Physical Therapy

"Over 26 Years of Professional Care"


The most common cause of back pain is due to muscular strains. This happens when an unexpected force, twist, or pull is applied to one or several of the muscles in the back. Physical therapy helps improve mobility, relieve pain, and restore function.

Ask your doctor if
Physical Therapy is
right for you.



8200 Flourtown Avenue, Suite 11, Wyndmoor, PA 19038


215-233-5572 • www.northwestpt.org



5904 Greene St.
(at Rittenhouse)
Phila. PA 19144

215-848-3275

www.pilatesingermantown.com



- PILATES FOR OSTEOPOROSIS AND GOLF AND SPORTS-RELATED INJURIES
- NEW EQUIPMENT, BEAUTIFULLY RENOVATED STUDIO
- SMALL GROUP CLASSES & PRIVATE LESSONS 7 AM - 7 PM
- BEST PRICING IN THE AREA, GREAT VALUE
- VISA/MASTERCARD/DISCOVER ACCEPTED
- OFF-STREET PARKING AVAILABLE

(MENTION THIS AD FOR 10% OFF FIRST CLASS PACKAGE)

A Rake's Progress, Sculpture Installation at Schuylkill Center

by Lisa Sonneborn, Schuylkill Center Communications Manager

SCHUYLKILL CENTER Artist-in-Residence Gary Miller presents an installation of eight large sculptures at The Schuylkill Center's mid-19th century farm site, Brolo Hill Farm, along with ten graphic and didactic panels in the farmhouse window frames. The sculptures, constructed primarily from tree limbs and branches collected from The Schuylkill Center's 340 acres, will visually reference and celebrate wooden farming tools commonly in use during the 1800s.

Simple, efficient, and beautiful, these tools were most often handmade by local tradesmen or the farm families themselves, and those few implements that remain today carry the patina and wear from years of service and care. In keeping with the location and theme, the artist relied mainly on woodworking tools similar to those used by the plowrights, wainwrights, and blacksmiths from that period in Brolo Hill Farm's history and is constructing the eight pieces on site.

These rural contrivances no longer perform a task or carry their weight (mandatory of all things on a farm, living or inanimate). Their function,

like their location and value to their community, has shifted. They have become teachers and storytellers and, to some, undecipherable codes. They have become allegorical.

The project also alludes, perhaps with a touch of ironic misdirection, to William Hogarth's (1697-1764) print series, "A Rake's Progress" — referring to a different type of rake from a different country and a different time. This will be one element in the installation of visual and historical references presented as "windows" in the Brolo Hill farmhouse.

Gary Miller has been creating sculpture in wood and other materials for more than 35 years. His work has been exhibited in colleges and universities, commercial galleries, museums, and other cultural venues. He is represented in corporate and private collections in North America, South America, and Europe.

Gary began working in wood while studying the tradition tools, musical instruments, and utensils made by the farmers, artisans, and tradespeople of the Piedmont area of North Georgia and Appalachian Mountains



photo courtesy of the Schuylkill center for environmental Education

Schuylkill Center Artist-in-Residence Gary Miller will present an installation of eight large sculptures at The Schuylkill Center's mid-nineteenth century farm site, Brolo Hill Farm, along with ten graphic and didactic panels in the farmhouse window frames. The sculptures, constructed primarily from tree limbs and branches collected from The Schuylkill Center's 340 acres, will visually reference and celebrate wooden farming tools commonly in use during the 1800's.

of North Carolina. Although his pieces vary from small personal statements to large temporary installations, Gary's life-long study of the traditional arts and functional objects of southern America as well as Africa, Asia, and the island cultures of Oceania continue to remain a constant reference in much of his work.

Exhibit Details

A Rake's Progress will open on June 20, reception from 4 to 6 p.m. The exhibit will be on display until December 2009 at The Schuylkill Center's Second Site at Brolo Hill Farm (located at corner of Port Royal Ave and Hagy's Mill Road). For directions, please visit our website at www.schuylkillcenter.org



Ruth Feldman

Realtor®, e-Pro

Your Neighborhood Residential *and*
Investment Specialist

6901 Germantown Avenue
Philadelphia, PA 19119
office: 215-843-1414 ext. 231
Cell: 215-720-5710
E-mail: ruthfeld@aol.com



Serious about learning.

The world needs people who know
how to learn, who can work together,
who care about the environment,
and who can speak up. Here they are.

THE MIQUON SCHOOL

An independent progressive school
in Whitemarsh Township for children ages 3 through 12.
Space still available for 3 and 4 yr-olds September 2009.
Please inquire for other grades.

miquon.org

610-828-1231

Go Green

with...

Rothe's Vase Recycling Program

Bring in 3 Glass Vases, get Free Flowers!

Simply bring in 3 "gently used" clean
clear glass vases, and receive a Bouquet
of Fresh Flowers!

Go Green

Rothe Florists

7148 Germantown Ave. • Mt. Airy
(across from InFusion & The Video Library)
(215) 247-0832 www.rotheflorists.com

Watsu

Aquatic Bodywork

Julie S. Angel

215-836-9779

www.watsuwoman.com

process healing | massage therapy

JB STOCOVAZ

Professional Landscape Gardener

knowledgeable
careful
gardeners

maintenance • design • installation

215.248.0649

Morris Arboretum Invites Visitors Out On A Limb With Its New Tree Adventure Exhibit

by Susan Crane, Morris Arboretum Director of Marketing

COMING THIS summer to the Morris Arboretum is a dramatic new exhibit called Tree Adventure, which explores the relationship between plants and people with its central theme, “We need trees, and trees need us.” Armed with a Passport to Adventure, visitors will travel the expanse of the Arboretum’s 92-acre garden to learn the critical role trees play in our environment, while having fun engaging with trees. Designed by Metcalfe Architecture & Design, the exhibit will be a fully accessible, fascinating learning experience for both children and adults.

The iconic centerpiece of the Morris Arboretum’s Tree Adventure exhibit is Out on a Limb, a striking new 450-foot-long walkway that soars 50 feet above the ground, and gives visitors a bird’s eye view of the forest. From Out on a Limb, visitors can cross a swaying suspension bridge to the Bird’s Nest, scamper onto the Squirrel Scramble’s rope netting skirting two towering trees, head to the top of the Wissahickon Vista platform for sweeping views, or just wander along the Canopy Walk rising high above the forest floor.

A Passport to Adventure guides visitors to stations throughout the Morris Arboretum, each of which illustrates interactive and experiential

learning. In addition to Out on a Limb, the Passport stations will include:

The Dawn Redwood Grove... to meet living fossils

Here, visitors will learn about plant explorers and discover the story behind the magnificent dawn redwood “living fossils,” as well as how to measure the height of trees. Once common across North America, these trees were thought to have become extinct nearly two million years ago. Today, they exist because of the efforts of early plant explorers. This grove includes some of the oldest and largest dawn redwoods in the country. Visitors will discover for themselves just how large they’ve grown.

Oak Allée ...to learn about trees’ root systems

Roots will be painted on the pavement to show how far out they can go. Visitors will be directed to pace off the roots and calculate their distance, and learn how roots work, how they grow, and what they do for trees.

Springhouse... to compare nature’s temperatures

The Springhouse was the best means of refrigeration in pre-Victorian and Colonial times. Though now obsolete, it remains a symbol of early America and might be thought of as the “coolest” place in the Arboretum.

“Just How Cool Is It?” features an interactive exercise where visitors analyze temperature changes using thermometers placed in the shade, in the sun, in the water and even underground!

Log Cabin... to experience life in another era

All kinds of animals depend on trees to build their homes, keep warm, find and store food, and raise their families. The Log Cabin is a perfect example of how people rely on trees to provide these same things. Tucked away in a lush gully, a visit to the Log Cabin, complete with a fireplace, historic photos and stories, and porch from which to observe the forest is like a step back in time.

Tree Adventure is an experiential exhibit that will allow people to reconnect with the natural world in new ways. It is universally accessible, welcoming people of all ages and abilities into the wonder that can be found in the heart of the woods. It will offer visitors new opportunities for educational enrichment and increased eco-

logical awareness. Visitors will be not only entertained, but also inspired, and will leave with increased insight about the importance of trees and a greater recognition of the critical need for environmental stewardship. For updated information about the Tree Adventure exhibit, visit www.morrisarboretum.org

The Morris Arboretum features a spectacular collection of rare and mature trees in a Victorian landscape. The Arboretum includes numerous picturesque spots such as a formal rose garden, Japanese gardens, swan pond, meadows, and the elegant Fernery. The Morris Arboretum is listed on the National Register of Historic Places and is the official arboretum of the Commonwealth of Pennsylvania.





TOO MANY BILLS?

Bankruptcy:

- Protects your property
- Stops threats, calls lawsuits
- Inexpensive, informal fast
- Wipes out most debts

Get a fresh start... Restore your good credit

ALFRED ABEL LAW OFFICES

www.AlfredAbelLaw.com

Jenkintown 215-517-8300 Plymouth Meeting 610-940-1635

We help people under Federal Bankruptcy Laws

Landscaping
Gardening

Mark Goodman
215-248-1676



PLANTING MAINTENANCE CONSULTATIONS
SHRUBS FLOWERS GROUND COVERS





Jan Le Suer
REALTOR®

1511 Bethlehem Pike
Flourtown, PA 19031

Office: 215-233-3434 Ext. 525
Cell: 610-952-6805
Fax: 215-233-0903
Website: www.PhiladelphiaMoves.com




MACINTOSH CONSTRUCTION CO.

A Complete Restoration Company
FREE ESTIMATES • FULLY INSURED

Visit us on our website:
www.MacintoshConstruction.com


- Kitchens
- Bathrooms
- Windows
- Doors
- Porches
- Additions
- Decks

MT. AIRY, PHILADELPHIA 215-843-2090



CRACKERS, COOKIES, SNACKS AND MORE...

Look for our monthly specials!



Suggestions

continued from page 28

- r:** (Margie) The only soup to which we add water is the French Onion. All the other soups come in already made and I don’t know if the water is filtered but I can ask.
- s:** “Please consider replacing one of the two varieties of Amy’s Veggie burgers with this one (“Texas”) — low fat, high protein, a much better food value — and I won’t have to patronize (gasp!) Acme for it. Thanks!”
- r:** (Chris) I’m hesitant to drop either of the Amy’s burgers that we currently carry because: 1) The Bistro Burger is wheat-, dairy-, lactose-, and tree-nut-free, which is important in the restrictive diets of some shoppers, and 2) The California Burger is dairy-, lactose-, and soy-free, same deal. You could pre-order a case, or split one with me (ext 113).
- s:** “Could we please get the following sardines back again? Bela- Portugal Lightly smoked sardines in olive oil.”
- r:** (Chris) Bela sardines were discontinued by our distributor, so we can no longer get them. We brought in Roland sardines as a substitute item; they’re in water, not olive oil, but they are packaged with the skins and bones, like the Bela sardines.
- s:** For awhile we had the most wonderful chocolate-covered ginger— just long enough for me to become addicted—then it disappeared. HELP. I’m suffering withdrawal symptoms!”
- r:** (Margie) The manufacturer stopped making the brand we carried (Woodstock). I found an expensive organic version but they stopped shipping it for the summer. I will bring it in again in the fall. (Norman) We do not have addiction counselors on staff, and can’t really afford to train staff at this time, but

- we are creating some counseling cooperator slots on the work calendar. For cooperators not confident in their counseling ability, we will provide a Ouija Board.
- s:** “Woodstock Farms ‘Organic’ Shelled Edamame (frozen)—turns out it is from China. Blech, for many reasons: 1) Eco / transportation waste; 2) I can’t trust that it is organic; 3) Labor standards. Can’t we find local source of edamame? Soy grows great in Pennsylvania!
- r:** (Chris) I agree with all of your points, but, sadly enough, the only frozen edamame beans available to us are from China. (I checked other brands as well.) I’ll keep my eyes out...
- s:** \$4.25 per stem for peonies?! The flowers have gotten more expensive in recent times, but can’t we keep it reasonable?
- r:** (Cat) We use a consistent markup, which is why you are able to buy alstrolomeria at \$3.75 - \$4.25 instead of market value (\$7 and above) and carnations at ~ \$3.50 per bunch (instead of \$7 and above), etc, etc. We paid more for the peonies, which is why you paid more. Certainly, I can understand if you are unwilling or unable to afford them, so I hope you found something else you liked.
- s:** “Since I was the one (or at least one of those) who begged for the return of the frozen Eggbeaters (or their equivalent), I want to acknowledge the effort that probably went into obtaining the new “Eggology” product. However, alas, this product is “eggsorbitantly eggspensive”— more than twice the price of Eggbeaters at Acme and three times the price of the store brand. AND, to top it off, today at least, the product looked revolting — white globs floating in clear goop. Please—despite the “chemicals”—try to find an Eggbeater equivalent. Thanks!”
- r:** (Chris) Point taken. We’ve gotten several complaints about Eggology egg-whites, and plan to switch to
- Organic Valley egg whites. Pricing will likely be the same...sorry! (Norman) FYI, inside a real egg you basically have a yellow glob floating in clear goop, you just can’t see it. I think you should copyright this phrase and sell it to the egg marketing board. Who could resists “glops in goop”? I’m salivating just typing it. FYI: if the Organic Valley brand seems expensive, keep in mind Organic Valley is a farmer’s co-op so when you buy Organic Valley products your money is going to support small family farms in the U.S. trying to earn a living by growing food as sustainably as possible. This is one of the brands I trust most (I have met a number of Organic Valley farmers) and because it is a co-op, when you buy Organic Valley products we have two co-ops supporting each other.
- s:** “Why aren’t plain ol’ yellow onions available individually? I really cannot use a bag of them and other loose onions are far more expensive.”
- r:** (Jean) Feel free to open a bag and take what you want, weighing the onions out at \$.99/lb, as the sign indicates.
- s:** “Please look for Italian Eggplant!!! Much better than eggplant from Holland or from Mexico. (Also, much cheaper than Dutch eggplant).
- r:** (Jean) When we can get it, we do get it.
- s:** Canada Dry tonic water is far, far superior to Vintage. Please resume stocking Canada Dry (or even Schweppes).
- r:** (Chris) Thanks for the feedback, we'll bring back the Canada Dry brand. Vintage is cheaper; I guess now we know why!
- s:** “Brown Cow yogurt not shelved by flavor, so I have to go through the entire stock to find the flavors I want.”
- r:** (Chris) Due to the very small space for displaying Brown Cow yogurts, we don’t have room to for slotted

- rows of each flavor that we bring in. As dairy case manager, I try to train staff to keep what is in the case organized, but it slips as shoppers and others move things around, bump into one thing while reaching for another, etc. Floor staff would be glad to help you find certain flavors of yogurt, either in the display case, or in our back-stock.
- s:** “I am interested in getting micoprotein (sic). I heard of a brand called Quorn. Do you know anything about this product?”
- r:** (Norman) Mycoprotein is a fungus grown in fermentation tanks. It is made into food products by an English company using the brand name “Quorn.” It’s benefits are claimed to be that it’s high protein, high fiber, vegetarian, with a meat-like mouth feel. Some critics claim it is not really a food product and can (and has) caused allergic and other negative reactions. Quorn is sold frozen, and, like other “meat analogues” (as they’re called in the trade), is made into the usual patties, nuggets, fake ground beef, etc. It is more expensive than some competitors like Lightlife, but equal to others like Ian’s. Frozen space is very tight, so we’d have to hear many requests to consider stocking it. You could order it by the case if you wanted.
- s:** “I hate buying Dole products. Do you? Should I? I don’t think it is because of Bob Dole.”
- r:** (Chris) It’s probably not because of Bob Dole, but I’ll bet it does have something to do with co-op staffer Bob Maier. He’s roughly the same height and age as Bob Dole, and of course their names are similar. I think that our Bob has more of a sense of humor than Mr. Dole, but a sense of humor can be a tricky thing. It can be used for good, but also for evil. Try doing this—next time you are shopping and Bob Maier is on duty, show him a can of Dole pineapple and ask for his opinion. If he laughs at you, that will prove my point. Thanks for writing.

C O - O P I N F O R M A T I O N			
Mt.Airy 559 Carpenter Lane, 215-843-2350 Monday-Friday 9-8 Saturday-Sunday 9-6	Board of Directors President Nancy Weinman (2008 - 2010) nancyweinman@comcast.net Vice President David Woo (2009-2012) woo3D@earthlink.net Secretary Bob Noble (2008 - 2010) bobnoble@msn.com Treasurer Chris Hill (2009-2012) chris@chrishillmedia.com Immediate Past President Stu Katz (2008-2009) katzstu@comcast.net At-Large Sylvia Carter (2009-2012) sfcarter@verizon.net Margaret Lenzi (2009-2012) mlenzi@comcast.net Brian Maher (,2009-2011) brianfmaher@gmail.com Catherine Niallon (2009-2011) fireschild0506@hotmail.com Cynthia Potter (2009-2011) cynthiapotter@hotmail.com Dave Tukey (2009-2011) trainbow2@yahoo.com Sue Wasserkrug (2008 - 2010) zoya430@yahoo.com		Managers/Department Heads General Manager Glenn Bergman, ext. 131 gbergman@weaversway.coop Purchasing Manager Norman Weiss, ext. 103 normanb@weaversway.coop Operations Manager Rick Spalek, ext. 101 rick@weaversway.coop Finance Manager Susan Beetle, ext. 110 sbeetle@weaversway.coop Fresh Foods Manager Dale Kinley, ext. 104 dale@weaversway.coop Prepared Foods Manager Bonnie Shuman, ext. 102 bonnie@weaversway.coop Second Floor Manager Martha Fuller, ext. 114 martha@weaversway.coop Human Resources Manager Jon Roesser, ext. 132 hr@weaversway.coop Deli Manager Margie Felton, ext. 134 margie@weaversway.coop Cashier Dept. Manager Susan McLaughlin, ext. 112 Communications Director Jonathan McGoran, ext. 135 editor@weaversway.coop Merchandising Coordinator Josh Giblin, ext. 133 josh@weaversway.coop
Ogontz 2129 72nd Ave., 215-276-0706 Monday-Friday 10 - 6 Saturday 10 - 6	Committee Chairs Diversity & Outreach Dave Forbes Education Larry Schofer Environment Sandy Folzer Finance Chris Hill Farm Mark Klempner Leadership Bob Noble Membership Sylvia Carter Merchandising Support Josh Giblin Operations Support David Baskin Board members and committee chairs have mailboxes on the second floor of 559 Carpenter Lane.		 Flowers Catherine Niallon, vm. 317 floral@weaversway.coop Membership Manager Robin Cannicle, ext. 118 member@weaversway.coop Board Coordinator Serena Pepito boardadmin@weaversway.coop Grocery Manager Chris Switky, ext. 113 christopher@weaversway.coop Produce Manager Jean Mackenzie, ext. 107 mackenzie@weaversway.coop Information Technology Tanya Rotenberg, ext. 129 tanya@weaversway.coop Pet Store Purchaser Kirsten Bernal, vm. 301 petstore@weaversway.coop Farm Manager David Zelov, ext. 310 farmer@weaversway.coop WWCP Executive Director Rachel Milenbach rachel@weaversway.coop Weavers Way Ogontz Store Manager Jason Price, 215-276-0706 jason@weaversway.coop Repair & Maintenance/ Environment Steve Hebden, ext. 128 steve@weaversway.coop
Shuttle Staff Editor & Advertising Manager Jonathan McGoran Advertising Billing Susan Beetle Advertising Assistance Ilene Cohen Graphic Assistance Annette Aloe, Josh Giblin Proofreaders/Editors Emily Law, Rosabelle Diaz Contributors Adina Abramowitz, Glenn Bergman, Cheryl Bettiglione, Michael Boorse, Susan Crane, Margie Felton, Sandy Folzer, Josh Giblin, Mark Goodman, Christa Guidi, Bonnie Hay, Chris Hill, Dale Kinley, Gabrielle Mahler, Brenda Malinics, Jonathan McGoran, Rachel Milenbach, Bob Noble, Colleen Oteri, Larry Schofer, David Siller, Lisa Sonnenborn, Chris Switky, Betsy Teutsch, Norman Weiss, David Zelov	Co-op Meetings Board: 1st Tues., 7:00 p.m. Education: 3rd Wed., 7:30 p.m. Finance: 3rd Thurs., 7:30 p.m. Education Committee meets every other month. Operations, Merchandising, Farm and Leadership Committees meet as needed. All meeting schedules are subject to change. Committee meetings are held at 610 or 555 Carpenter Lane or at members' homes. Board meetings are held at 555. For more information about committee meetings, e-mail boardadmin@weaversway.coop or call the main store.		
Photographers Rachel Milenbach, Gabrielle Mahler, Sol Levy, Brandon Ritter			



Suggestions

by Norman Weiss,
Purchasing Manager

GREETINGS AND thanks for writing. As usual, suggestions and responses may have been edited for clarity, brevity, and/or comedy. This month in natural food news, the hot topic is hexane. What is hexane doing in the natural foods industry, you ask? (Hexane is an extract of crude oil frequently used as a solvent.) Turns out it is a common way to extract oils from seeds. Why is using hexane bad? Ask your local solvent sniffer. Inhalation of hexane causes mild central nervous system effects, which might be fun

or not depending on your definition of fun (dizziness, giddiness, nausea, headache). Long-term exposure is associated with nerve damage leading to numbness and muscle weakness. You would think organic products would be processed without using solvents such as hexane; however there is some evidence that hexane is used in products including our beloved Cliff bars, and some organic baby formulas. In addition to the hexane story, also in natural food news is the suspicion that many foreign-sourced organic soybeans (read China and Brazil) do not adhere to USDA organic standards. You can read more if you are interested at www.cornucopia.org. Meanwhile, brands we sell that seem to be all right include Eden soymilk, and Fresh Tofu, our regional producer of tofu (in Allentown, PA). Both companies buy ingredients from domestic farmers they know, as opposed to commodities on the world market, which is what companies like Westbrae, Pacific, Silk, Hain, and most large private brand processors do.

In some more personal news, in case you are a new reader or are an old reader that missed a few issues, once upon a time I was absolutely convinced I was going to leave Weavers Way to become a movie star. This was despite being over 45 and having no talent, training, experience, industry

connections, or even willingness to try out for a part. A few years ago I abandoned that fantasy, as it became clear no casting agents were coming calling. However, lest people think I have totally left the fantasy of being in a spotlight, I now think I'm going to have a career as a keyboard player. Unlike the acting career, I actually did audition for a band a few Monday nights ago, and got a prompt rejection e-mail the following morning. "We're looking for someone with more experience," which was understandable since my experience playing with a band up to that point was that actual audition. I've decided to take the weightlifting approach to failure, meaning coming back stronger. So I started practicing at night more. Unfortunately, now a neighbor has complained about not being able to sleep. I'm hoping I can solve this latest bump in my road to the spotlight with the creation of another new music genre, the rock lullaby

(check out "Heavy Hush") at www.myspace.com/normanweisscompositions). And stay tuned...

suggestions and responses:

- s:** Where did the gluten-free basket of breads/cookies go? Specifically, there were some onion rolls so good we thought they were gluten-full. Yum!»
- r:** (Nancy) The Spice of Life gluten-free comes in Saturdays, but the onion rolls did not sell. You could pre-order some; we need two weeks' lead time.
- s:** "Please have soup available at Deli that is not made from tap water! All tap water is unhealthy unless everything is removed with filters. I was told by your staff that it's not totally filtered!"

(continued on page 27)

RENT

Properties are located in W. Mt. Airy, only a half block away from the Weavers Way Co-Op and in the heart of a thriving community.

► **542 CARPENTER LANE**
Wide open warehouse/working garage
3532 Sq. Ft. (41' 3" X 81' 8")
C-2 zoning
Garage door entrance
\$3000/mth (triple net)
Separate utilities

► **610 CARPENTER LANE**
Two story commercial row. The entire building is for rent as 1 unit.
1333 Sq. Ft. (1st – 651, 2nd – 682)
C-2 zoning
\$2000/mth (triple net)
Separate utilities

Martin Elfant Inc. Real Estate, call: 215-844-1200

Coming Soon!

GIMME 5

#5 Plastics Recycling Project

Start saving your yogurt cups, sour cream containers and hummus tubs. **NOW** for the new monthly #5 plastics collection. **Brita Filters Included.**

We will do #5s July 18 but WILL NOT do the collection in August.

Workers are needed, credit given, interested, e-mail contact@weaversway.coop

Drop-off location:
610 Carpenter Lane
(next door to the pet store)

Requested Donation – to help defray the ground shipping costs

- RECYCLABLES MUST BE CLEAN AND DRY.
- If they contained food, they must be washed, not just rinsed.
- Remove paper labels and any non-#5 attachments prior to drop-off.

Sponsored by the Weavers Way Environment Committee

Equal Exchange Fair Trade

July Coffees of the Month

Love Buzz reg. \$10.01, **sale \$7.99/lb.**
Created by a genius in Philadelphia, this secret recipe delivers a sweet, sultry and smooth coffee with an unexpected bite and lasting finish.

Ethiopian Full City reg. \$10.01, **sale \$9.01/lb.**
We are proud to introduce this, our first-ever offering from the birthplace of coffee, Ethiopia.

Ground & Packaged Tanzanian Jubilee
reg. \$7.93, **sale \$6.53/lb.**
Wild and exotic, the sweet spicy aroma of this East Africa coffee, grown at the foot of Mt. Kilimanjaro, is heavy and multi-dimensional.

Welcome to Weavers Way Cooperative Association

Dear Neighbor,

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

Day	Date	Time	Location
Saturday	July 18, 2009	10:30 a.m.	GU
Wednesday	Aug. 5, 2009	6:45 p.m.	GJC
Saturday	Aug. 15 2009	10:30 a.m.	GU
Saturday	Sept. 5, 2009	6:45 p.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 Cannicle, Membership Manager

PLEASE RETURN THIS PORTION TO WEAVERS WAY

Someone from my household will attend the orientation meeting on _____

Name (please print) _____

Phone Number _____

Address (including ZIP code) _____
