

We ♥ you more.

WEAVERS WAY EQUITY CAMPAIGN

We love our banks. Really, we do. We couldn't have opened our new store without our banks, and we don't mind paying them interest. But we'd rather pay you, our members.

For more information, visit: www.weaversway.coop or call 215-843-2350 ext.119.



At the center of this issue, you will also find a four-page insert from Mt. Airy USA. Be sure to check it out!



The Shuttle

September 2010 Vol. 39 No. 9

A Community Owned Grocer Serving the Northwest Community Since 1973

Expansion at Co-op Birthplace



photo courtesy of the Cooperative College

The co-op museum at the birthplace of Cooperatives on Toad Lane, in Rochdale, England, will be receiving a major facelift in time for the UN's Year of Cooperatives in 2012. Read more on page 10.

Mt. Airy Village Fair Returns, September 26

by Jonathan McGoran, Shuttle Editor

THE FOURTH Mt. Airy Village Fair will take place Sunday, Sept. 26, at the intersection of Greene St. and Carpenter Lane, in front of Weavers Way's Mt. Airy store. First held in 2006, the Fair started as a way for the businesses on our corner to thank our vibrant community for its support. The Fair focuses on interaction and participation rather than buying and selling, but the primary focus is fun.

Among the attractions will be live entertainment, crafts, carnival games, a petting zoo, and food from Weavers Way Mt. Airy and the High Point Café, plus a Pie-Eating Contest, a Slow Ice Cream-Eating Contest, and the always popular Pet Parade. There will also be a Bicycle Valet, sponsored by Mt. Airy Bike Collective, so you can ride your bike to the Fair and they will valet park it for you in a secure area.



file photo

Mt. Airy Village Fair is back!

(continued on page 21)

WW Ogontz Closed for Improvements, Reopens Sept. 7 with Art Show

by Jonathan McGoran, Shuttle Editor, & Barbara Chandler Allen, Founder & Executive Director of Fresh Artists

WEAVERS WAY Ogontz closed Aug. 23 and will reopen Sept. 7 after minor renovations and a store reset, and the installation of some great children's artwork through the Fresh Artists program. The Fresh Artists is a great program that lets local school children share the joy of their wonderful artwork while raising money for art supplies for their peers. You may have noticed some of the great artwork hanging on the walls at Weavers Way Chestnut Hill. Now, Weavers Way Ogontz will be similarly adorned. Look for details about an opening reception to show off the improvements to the store, and the wonderful artwork from these philanthropic kids.

(continued on page 25)



image courtesy of Fresh Artists

Artwork like this, by Molly McKinstry, grade 5, Hancock Elementary School, will soon be unveiled at Weavers Way Ogontz.

17 Co-ops Gather for MAFCA Meeting at Park Slope Co-op

by Sue Wasserkrug, Weavers Way Board Member

ON JULY 11, five members of Weavers Way's Board of Directors attended a meeting of the newly formed Mid-Atlantic Food Co-op Alliance (MAFCA) at the Park Slope Food Co-op (PSFC) in Brooklyn, New York. Nearly 40 board and staff members from 17 food co-ops, buying clubs, and start-ups attended.

MAFCA grew from an informal gathering hosted by Weavers Way in May 2009. At that event, representatives from ten food co-ops in the Delaware Valley area (all within a two-hour drive from Philadelphia) learned about each other's co-ops and discussed common interests and concerns. Word got out, and by the time we met in July, the group had grown to 30 co-ops from as far as Maryland and the D.C. area to the south and the New York City area (including Long Island) to the north.

According to our mission statement,

(continued on page 5)



photo courtesy of Park Slope Food Co-op

Park Slope Food Co-op in Brooklyn hosted the recent MAFCA gathering.

Weavers Way Cooperative Association
559 Carpenter Lane, Philadelphia, PA 19119
www.weaversway.coop

CHANGE SERVICE REQUESTED

Presorted Standard
U.S.
POSTAGE
PAID
Philadelphia, PA
Permit No. 2658

INSIDE...

Co-op News

Product News	2-3
Marketplace Update	4
Urban Farm Bike Tour	5
Farm News	5
Kensington, South Philly Co-ops	7
Manager's Corner	8
Holiday Catering Menu	13

Community News

Honey Festival, Sept 10 - 12	19
Paws in the Park	19
Guess Who's Coming to Dinner	20
WMAN Honors 50 Years, 50 Neighbors	20
Gslal to Benefit CHCA, CHCF	21
Ukulele Concert Sept 3	22
MAUSA Seeks Exec. Director	23

Editor’s Note



by Jonathan McGoran

FOR THE first time in the many years, Norman Weiss has taken a little holiday. I’m not talking about one of his three-paragraph, brow-furrowing rants about the evils of instant oatmeal. And I’m not talking about one of his glassy-eyed, stare-into-space, “making a sound like a leaky balloon” interludes. No, I’m talking about a week at the beach or the mountains or wherever it is that Norman Weisses go to get away from the pressures of being Norman Weiss. Actually, Norman has taken plenty of vacations over the years (of all three varieties), but for the first time, it has meant that Norman did not write his Suggestion Book column. Thanks to Cara Raboteau for stepping in with an abbreviated column.

Another first is that this October, in addition to being Co-op Month and Fair Trade Month, is also “Non-GMO” month (which seems like a good idea except for the implication that the rest of the year it’s okay for Monsanto to tinker around with their latest pig/jellyfish/rutabaga hybrid).

October is also Vegetarian Month and Eat Better/Eat Together Month, making it seem as if the month was specifically tailored for Weavers Way. But by some accounts, there are over 60 different causes or issues being honored in the month of October, including Free Thought Month (fortunately Norman Weiss will be back for that one), Caffeine Addiction Recovery Month (which would be relevant if I had a problem, but I don’t) and Sarcastic Awareness Month (I’m in!).

Being just one of 60 other causes kind of dilutes the impact of Co-op Month, which makes it that much more important that in 2012 the United Nations will be honoring co-ops for the entire year. (I’m hoping that maybe 2013 can be Year of Sarcastic Awareness.)

Still, it seems that with all these causes, October has honored itself into irrelevancy. In contrast, September has one cause that clearly takes precedence, so this month be sure to observe “September is Be Kind to Writers and Editors Month.”

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

SAVE THE DATE: FALL GENERAL MEMBERSHIP MEETING

Sunday, November 7, 2010 • 5:30-8 p.m.
Summit Presbyterian Church, 6757 Greene St.

Eat & Greet: 5:30-6 p.m. • Meeting: 6-8 p.m. • President’s Welcome & Report • General Manager’s Report
Speaker Katherine Gajewski, Director of Phila’s Office of Sustainability, “Greenworks Phila: Progress & Opportunities for Weavers Way”
Cake & Conversation

Chillin’ & Grillin’ in Mt. Airy

by Jonathan McGoran, *Shuttle* Ed.

SHOPPERS AT our Mt. Airy store have been Chillin’ and Grillin’ alternating Thursdays this summer, as live music and grilled treats have accompanied the every-other-Thursday WWCP Farm Stand at Greene St. and Carpenter Lane. Mt. Airy store manager Rick Spalek is hoping to continue the series as the WWCP Farm Stand goes to every Thursday. See the store for details, or better yet, follow us on Facebook or Twitter for the latest.



photos by Jonathan McGoran

Among the highlights at recent Chillin’ and Grillin’ Thursdays at WW Mt. Airy, staffer Noel Bielaczyc (l) grills delicacies including shrimp tacos, grilled shrimp kabobs and Jamaican jerk chicken wings. Cheryl Lovelace (right), founder of Footprint, a local company that manufactures sportswear made from bamboo and coconut fibers, talks to WW staffers Cat Niallon and Mo Speller about her great products (which we sell at WW Mt. Airy).

DePalma Bakery, Other Additions to CH Bakery

by Jonathan McGoran, *Shuttle* Editor

WEAVERS WAY Chestnut Hill is now carrying a wide selection of baked goods from DePalma’s Italian bakery in Northeast Philadelphia, including ciabatta, kaiser, steak, club, and round rolls, tea biscuits, long sesame bread, small Italian loaves, egg and onion loaves, sliced rye and pumpernickle, and generous portions of whole wheat pizza dough. Lou Mosca, owner of De Palma Bakery, thinks the reason his bread is so good is that he hasn’t changed a thing since he bought the De Palma bakery 20 years ago. “Old Mrs. De Palma, a wonderful woman, a great lady, who lived to 94 years old, she told me, ‘Don’t change it.’ I never did,” he explains. “We have the big old brick oven... You couldn’t get our crust without coal. This is bread the old-fashioned way. Made with flour, water, yeast, a little salt. Nothing else.”



Another addition is Swiss Villa Dairy, who will be delivering six-packs of Sylvia’s Spelt Maple Pecan Sticky Buns and Sticky Buns with Raisins, both singly and in packages of six.

Ancient Grain is New at WW Chestnut Hill

by Jonathan McGoran, *Shuttle* Editor

FARRO IS an ancient type of wheat that also has a gluten structure different than modern wheat, so that many people with gluten allergies can eat it without any problems. First cultivated in Babylonia around 7000 B.C., it was replaced by higher-yield, easier to work with forms of wheat. It was rediscovered in 1906 growing wild by the Sea of Galilee, and has slowly regained popularity, especially in Italy, where it is used in a number of ways, most commonly boiled whole and served like a risotto. It is also used to make pastas. Farro is high in protein, fiber, and minerals, and makes a complete protein makes when combined with legumes.



September on the Second Floor

by Martha Fuller, Mt. Airy Wellness, Personal Care & General Merchandise Manager

SEPTEMBER IS a month that can elicit a wide array of feelings: Yay, summer is over! Boo hiss, summer is over! Yay, school starts! Boo hiss, school starts! Yay, it’s my birthday month! And what would you say?

What’s up on the 2nd floor?

We think of many things when we think of Back To School and we have many products that will surely float your boat: Rhodia notebooks and notepads; blank notepads and sketch books; Cool Tote lunch sacks and New Wave Enviro Lunchopolis lunch bags; New Wave Enviro Rayon lunch bags made from bamboo; black/white marbled composition books, academic planners and student planners; crayons; and Melissa & Doug sketch pads, just to name a few.

Summer Sales

Yes, you read correctly - check out the Last Chance Corral for savings on many end-of-summer products. And if you don’t know about this wonderful sale area or where to find it (it took the place of the old coffee station), talk with a second floor staff member.



Come for the Fun to the 2nd Annual

Northwest Farmfest

Food, music, games, hay rides, raffle

Saturday, October 9

11 a.m. to 3 p.m.

Weavers Way Farm

Washington Ln. & Ardleigh St.

Entrance on Washington Lane

(rain date: Sunday, Oct. 10)

Sponsored by Weavers Way, Weavers Way Community Programs, Awbury Arboretum

Hooked

Cape May Salt Oysters

by Noel Bielaczyc, Mt. Airy Meat, Fish and Poultry Department

AT WEAVERS Way, we are always looking for the best quality, sustainably harvested seafood available. When we can source fish and shellfish that meet these qualifications *and* are locally produced, we make the extra effort to carry them. So it was a no-brainer when we were approached by a Weavers Way Co-op member (and Mt. Airy resident) who owns and operates a small-scale oyster farm based out of Cape May, NJ, about selling their oysters. They suggested we bring in their Cape May Salts (as they're called) as one of our Biweekly Bivalves. So we did in the last week of July (sorry if you missed it!) and they were splendid! In anticipation of late summer and the arrival of "oyster season," I made a trip to Atlantic Capes Fisheries to see what the award-winning Cape May Salt oyster is all about.

Operating out of one of the largest commercial fishing ports in the country, Atlantic Capes Fisheries is best known as a harvester and packer of scallops and surf clams from the cold fertile waters of the North and Mid-Atlantic. But in the last ten years they have become known for their efforts to reintroduce and revitalize the oyster industry in the lower Delaware Bay. In the early 1900s, this area supplied millions of bushels of wild harvest oysters to Philadelphia's markets, restaurants and street carts. However, the arrival of non-native shellfish diseases in the 1950s and pollution from heavy industry up-river began the virtual elimination of the "Cape May Salt" variety. Fast-forward 50 years; The Delaware has cleaned up its act, Rutgers University has bred a disease-resistant strain of East Coast oysters,



photo by Noel Bielaczyc

Atlantic Capes Fisheries, Cape May, NJ

and Atlantic Capes has the investment, marketing, and man-power. I met with the Aquaculture Husbandry Manager James Tweed to tour the farm and learn the ins and outs of growing a Cape May Salt from start to finish.

After a short drive from Atlantic Capes' headquarters and a briefing on the history and status of Cape May Salts, we arrived at low tide on an unsuspecting stretch of beach on the lower Delaware Bay. On the tidal flats, a series of long metal racks support large mesh bags full of oysters ranging from one month to two-and-a-half years old. James explained that this "bag and rack" technique has been used in France for decades and allows oysters to feed and grow more efficiently while avoiding predation or smothering in silt. Workers sort, cull, and harvest the oysters based on size and age. Some are brought ashore for cleaning, tumbling, and repacking. Those that are destined for the table are put directly on ice and chilled. All in all, the oysters spend nearly eight hours a day out of the water, completely exposed, making for robust and firm meat and oysters that ship well and have great shelf-life. The high salinity of the water

(continued on page 6)

Homemade Goodies by Roz, at WW Mt. Airy

by Lindsay Bingaman, Mt. Airy Bakery Buyer

I'VE COME a long way since starting work at Weavers Way... from discovering that the 'c' in challah is silent, to now being the Mt. Airy store's bakery buyer.

Since the store has been operating for over 35 years, and serving many of the same customers in that time, I find this position to be a delicate balance of preserving long-time favorites and introducing new vendors.

One new vendor you may have seen on display is Homemade Goodies by Roz. Roz has a kosher bakery in Society Hill and has been providing us with cupcakes every Thursday. She also bakes various vegan items. We have recently started carrying her vegan cupcakes and challah and



will keep them part of our regular order if there is a demand.

Roz can also do cupcake and cake (vegan or non-) pre-orders for special occasions, with about a week's notice in advance.

I'm also trying out a gluten-free bakery on South St. called Sweet Freedom, as part of an effort to get more gluten-free options in the bakery department. I appreciate our celiac members keeping me posted on your thoughts of the product quality and pricing.

Overall, I'm very open and interested in shopper input, so I welcome your feedback as I try to streamline some of our products and introduce new things.

Visit From Produce Guru Mark Mulcahy

by A.J. D'Angelo-Masko, Mt. Airy Produce Department



photo by Jonathan McGoran

Pictured here during a visit from award-winning retail consultant, educator, and organic advocate Mark Mulcahy are (l to r) Weavers Way Mt. Airy Produce buyer Jean MacKenzie, Store Manager Rick Spalek, Mulcahy, and produce staffer A.J. D'Angelo-Masko.

THE PRODUCE department at Weavers Way is on a continual mission to improve product quality, enhance service, and expand the capabilities of our staff. We are always on the lookout for ways to bring in additional resources and knowledge that will ultimately benefit our members. When strong departments like ours want to get even better, they call on Mark Mulcahy, an award-winning retail consultant, educator, and organic advocate. For several days in August, Mark spent time at all three of our locations and enabled us to gain from his experience and expertise.

Over the past 30 years, Mark has developed a detailed understanding of the retail produce industry. He has managed produce departments, created a leadership-development course for natural foods retailers, and has served as a consultant to businesses at every stage of the produce supply chain. In addition, Mark is the host of a national radio show (www.anorganic-conversation.com) and is a regular columnist for several industry periodicals. In short, he knows his stuff.

Mark's evaluation of our department focused on internal operations, labor effi-

ciency, customer service, and optimizing the physical space at our disposal. His vision for retailers in general, and for Weavers Way in particular, is one in which a produce staff is equipped with all the tools necessary to provide the best possible experience for shoppers. Mark emphasizes the need for effective departmental systems, clear expectations, and personal accountability in order to create a productive and meaningful work environment.

"The important thing," he notes "is to look closely at how we do things and adjust the processes so they work for everyone: the department, the employees, and the customers."

According to Mark, the process of improvement depends in many cases on the ability of the produce team to expand their notion of what is possible within their department and then to work towards making these possibilities a reality. This enthusiastic and optimistic approach is one that the produce department is excited to embrace, and we are looking forward to incorporating Mark's ideas as we move forward.

September Grocery News

by Chris Switky, Mt. Airy Grocery Manager

HOWDY, SHOPPERS. Summer is nearly over at Weavers Way Mount Airy (and many other places), and the summertime is a slow time in the co-op's grocery department. Sales slow down, as many co-op shoppers leave the city for vacations elsewhere. The tedium can be excruciating. But despite all this, we do have one major development to report:

McCutcheon's Cranberry Juice is back. This item has been a staple of the co-op's juice line for many years, but was unavailable for most the past 12 months due to price bickering between McCutcheon's and the cranberry producers. The bickering seems to be resolved, and the cranberry juice blend, \$6.15 for 64 ounces, is back on the shelves at WW-MA. It's an excellent juice, and a price that you won't find anywhere else.

That's it, folks. Short and sweet. Autumn will soon be upon us and full of exciting possibilities: brisk sales at all WW stores, Norman Weiss's big break into



photo by Julia Hershey

the music business and/or learning some new jokes, and other surprises. As always, I look forward to running into you...in the grocery aisles.

~ christopher@weaversway.coop

I Love My Job

Confessions from the Marketplace Coordinator

by Carly Chelder,
Marketplace Coordinator

I'M LUCKY in so many ways. Today I am thankful for having an awesome job, with an amazing organization that allows me to pursue my career in a meaningful way. I'm an educator: dedicated to a life of teaching and learning; passionate about feeding people; excited about new ideas and forging relationships with like-minded people, partners and organizations; and forever optimistic.

Earlier this week I was fortunate to in participate in a Southeastern Pennsylvania Consortium for Higher Education (SEPCHE) Free ACT 48 Workshop for teachers of Mathematics and Science. Technically speaking, I am certified to teach Social Studies and Family and Consumer Sciences, but through my position in a nonprofit organization and connection to a food co-op, I was granted permission to attend this free workshop at Cabrini College. The program, From Seed to Table, was designed and implemented by enthusiastic instructors Dr. Ellen Panofsky, Assistant Professor of Mathematics and Melinda Harrison, Assistant Professor of Chemistry.

The workshop was aptly named, because we did follow the food cycle from seed to table. We started the day by learning about seed saving and practicing extracting seeds from produce for future planting. Our samples were red bell pepper, squash, watermelon, and another kind of melon similar to the cantaloupe. Next we went to the lab to prepare the seeds for saving by washing, sorting, and laying them out to dry.

Following that activity we went into canning and jarring 101. Imagine working in a science lab, wearing lab coat and protective eyewear, being surrounded by

(continued on page 6)

Marketplace Eastern U. Academy Charter School

by Carly Chelder, Marketplace Coordinator

AS MENTIONED in previous editions of *The Shuttle*, Weavers Way Community Programs has been working with Eastern University Academy Charter School (EUACS), a Big Picture Charter School that opened its doors for the first time in September 2009. The school's project-based model, flexible teacher advisor role and year-round schedule allow the Marketplace Program the attention and flexibility it needs to thrive.

I began teaching Marketplace 101 lessons in early June, as the regular schools were wrapping it up for the year. EUACS' trimester schedule ends with student exhibitions. Every trimester, each student is required to show their learning through an exhibition of their creation. The students present their learning to panels of peers, instructors, parents, and community members, who then rate the students on their exhibitions. I was invited to be on the exhibition panels for two Marketplace students, and boy, was I impressed. Both students had PowerPoint presentations to illustrate their learning and ceramics created in art class. One student did a dance demonstration with assistance from several other students.

Kim Lewis, main Marketplace teacher advisor at EUACS, and I did some team teaching and planned the first round of Marketplace sales to take place dur-



photo by EUACS Student Breahna Harris

Pictured here is the Eastern University Academy Charter School team: (right to left, rear) Stanley Stevens, Haverford Marketplace intern Sarah Brown, Casey Sturdivant, Gilbert "Junior" Rodriguez, Brielle McNeil, Brittany Harris, EUACS teacher advisor Kim Lewis, Vera Freeman & Nadirah Reynolds, and (front row) Marketplace Coordinator Carly Chelder and student John Gregory.

ing exhibitions. One of the last lessons we taught in the classroom was a special edition on market research. The regular team was present, and we invited teacher Andrea Silver's seventh grade class to join our fruit juice Spritzer tasting, in exchange for their opinions on the Spritzers and how they might sell at EUACS. We used the same model during exhibitions for a "Dip Day" market research with the larger school community. Several students were running the Marketplace sale while we had a table close by for people to taste

and share their opinions on the fresh dip line we plan to roll out this fall in the Marketplace.

We tested hummus; black bean dip; fresh tomato salsa; and bleu cheese dip, with carrots, cucumber slices; and tortilla chips. I'm proud to report that it was a total success! We got the information we needed to make decisions about the dip line, the school community really seemed to enjoy the free tastings, and it was time well spent with students. I would like to extend a big thank you to Margie and everyone else in

the Mt. Airy kitchen for helping to make dip day possible.

It took a few weeks, but our core team was eventually identified as a group of mixed seventh and ninth graders that honestly want to participate and learn. It warms my heart that students are able to work together at a point in their lives when hormones are raging and there is so much temptation to do things other than play a part in a program aimed to help the school community.

~ marketplace@weaversway.coop





Prudential
Janet W. Cribbins, GRI, ABR
REALTOR®

Fox & Roach, REALTORS®
Chestnut Hill Office
14 W. Evergreen Avenue
Philadelphia, PA 19118
Direct 215-248-6534 Cell 215-868-3806
janet@prufoxroach.com

An independently owned and operated member of Prudential Real Estate Affiliates, Inc.

Life, Career and Business Coaching

*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

Nicholas Buffone

Carpentry, Painting, Related Services

PA #012259 Licensed & Insured Phila #36035

215-620-6695 njbuff@msn.com

www.linkedin.com/in/nickbuffone



ELEY ELECTRICAL CONTRACTORS, LLC
Your First Choice

FREE estimates:
215-849-8886

Apartments, Homes & Businesses

The Philadelphia Area's Premier Provider of Top Quality Electrical Services Since 1984

Emergency Service

City Violations Corrected

Free Estimates

Service • Repairs • Installations

- 100-400 Amp Service
- Rewiring
- Telephone Lines
- CCTV
- Fire Alarms
- Switch
- A/C Lines
- Outlets
- Circuit Breakers
- Apt. Metering
- Lighting
- Ceiling Fans
- Bucket Truck Service
- Fire Alarm Certification
- Emergency Lighting System
- Electrical Heat

Licensed & Insured **215-849-8886 • www.eleyelectrical.com**



- Complete Roofing Service
- Free Estimates
- Fully Insured

Visit us on our website:
www.AppleRoofingCo.com

Prompt, Reliable, Quality Work!

Mt. Airy • 215-843-1970

5th Annual Urban Farm Bike Ride!

When: Sunday, Sept. 19, from approximately 8:30 to 4 pm

Where: Kensington, South Philly, West Philly, North Philly, Germantown, Roxborough & Mt. Airy

Starting point: Greensgrow Farm in Kensington

Ending point: Weavers Way Co-op Farm in East Mt. Airy

What to expect: Great rides through Philadelphia's unique and vibrant neighborhoods; inspiring talks with Philadelphia's pioneering urban farmers; and an incredible feast of grilled foods and beer at Weavers Way's Co-op Farm at the end of the ride.

Who will it benefit, besides you? Weavers Way Community Programs & Fair Food Philadelphia

Cost: \$20 per person

Online registration: Go to www.fairfoodphilly.org and click on the "farm tours" tab

For registration help & sponsorship support: Christina Dowd, Fair Food Philadelphia, christina@fairfoodphilly.org; phone: 215-386-5211 x 106

For questions about the ride, and to volunteer to be on the ride crew: chris@chrisillmedia.com

For more detailed information about the ride and the farms visit: www.weaversway.coop. There will be links to more information posted on the home page.

This year the urban farm bike ride is shaking this up a bit. We're adding lots of new farms, and for the first time ever, we'll be hosting two rides: one for "beginners" (without much bike riding experience, or who prefer a shorter ride) and one for more experienced riders who can manage a longer ride at a bit faster pace.

Both rides will begin in Kensington. The longer ride will head into South Philadelphia and then west through West Philadelphia and ultimately arrive in the far Northwest corner of Roxborough before circling back to Weavers Way Co-op Farm in East Mt. Airy. The shorter ride will cross North Philadelphia, go through Hunting Park, then Germantown and finally Weavers Way Co-op Farm.

Both rides feature great and varied urban farm operations. More details are available at www.weaversway.coop. And the party at the end will be a great reward for all your effort. Look forward to seeing you there.

This year's ride is a collaborative effort between Weavers Way Co-op and Fair Food Philadelphia.

Park Slope

(continued from page 1)
MAFCA's purpose is "to grow the cooperative economy, provide education about co-ops, and build a sustainable and equitable system of healthy, local food production, distribution and consumption."

When we arrived at PSFC, we were treated to tours of the store and a bountiful and delicious lunch, with plenty of options for vegetarians and vegans, as well as meat-eaters.

Some interesting things we learned about PSFC: the 37-year-old co-op has about 15,000 members (counted individually, not as households, as we do at Weavers Way), 67 staff, and a 16,000-square-foot store, of which about 6,000 square feet is retail space. Members pay a small "joining fee" as well as an equity investment; all members work about 35 hours per year (2 hours and 45 minutes every 4 weeks), and only members can shop at the store. PSFC supports local producers as much as possible and defines "local" as "within 500 miles," since New York City is, geographically speaking,



Members of Weavers Way's Board of Directors, loitering in front of Park Slope Co-op

photo by Nancy Weinman

such an enormous area—although most local products originate within a 200-mile radius. Every week, PSFC buys (and sells) about two whole cows, which the farmers butcher and package for the store. You can learn more about PSFC at www.foodcoop.com.

After the tour, our meeting began. The purpose of the meeting was to start the work necessary to further our mission. Following a welcome by the newly formed MAFCA Steering Committee (including Weavers Way Board member Bob Noble), we listened to a presentation by Eric DeLuca, a founder of the Neighboring Food Cooperative Association in New England, a group similar to MAFCA. Eric structured his talk on the elements of our mission

and objectives: the cooperative economy, cooperative education and promotion, local food system development, supporting start-ups, marketing/branding, and an effective regional network.

Then we broke into work groups to develop steps to accomplish our objectives. Each group came up with three priority action items and then reported back to the larger group. Stay tuned for future reports of our progress!

What's Cooking at the Farm?

by David Zelov, Manager, Weavers Way's Mort Brooks Memorial Farm

I MUST be careful what I wish for. Last year, with all the rain and cool weather, I was hoping that this year would be hot and dry. I claimed I would rather have to irrigate every day than deal with another season of poorly growing tomatoes, peppers, and basil. Well, I got my wish. It's been a summer of record setting high temperatures. Last year, we barely broke 90 degrees all summer and I think we used the drip irrigation system once or twice (and that was in April). This summer, I don't think the daytime high temperature was ever below 90 degrees. Despite many sweaty days running around trying to keep everything alive and watered, I would still take this weather over the rainy cool stuff.

The tomatoes would agree with me. They came on a full two weeks earlier this year thanks to a very warm May and June, and have been extremely productive – record setting harvests actually. In late July, we were harvesting over 750 lbs a week! Thankfully though, all of you had record setting appetites for all those heirlooms – I'm sure the tomato sale price didn't hurt. And no late blight (knock on wood). Other summer crops have appreciated the weather as well. Our second and third plantings of summer squash and cukes actually worked out and they did not turn in early from fungal diseases. The okra, a notorious heat lover, has had record production – almost double that of last year. The basil has been going crazy. The same is true of eggplant. The peppers are the only ones suffering a bit, but not because of the heat. Though not a complete crop loss like last year (root rot), we have been dealing with a disease called bacterial leaf spot, which comes in on seeds or seedlings. Due to a problem with mice eating the tops of the seedlings in the greenhouse, we were forced to buy in some of our pepper plants from a nursery. Unfortunately, some of those seedlings contained this disease, which we did not notice until it was too late. Bacterial leaf spot causes



photo by Solomon Levy

WWCP Farm Educator Adam Forbes (rear) and Stenton Family Manor Summer Campers hard at work building the new Cob Oven at Stenton Family Manor's Hope Garden

lesions on the leaves and eventual defoliation of the lower part of the plant. This not only weakens the plant and decreases production, but the decreased leaf cover causes sunscald on the fruit – pretty much the same as sunburn on our skin – which renders the peppers unsellable. Of course there are winners and losers in a record setting heat wave. The greens, lettuce, and salad mix did not appreciate the hot weather. Lettuce does not germinate well in these temperatures, and if you do get it to germinate, it tends to bolt (go to seed) very early, giving it a bitter taste. We wound up having some, but had to harvest it pretty small and double or triple it in bags to make the size of one decent sized head. But despite these challenges, it has been a great season so far. As on July 1, we were up \$5,000 at Awbury alone, much of this due to early spring hoophouse production. Let's hope the remainder of the season goes as well as the first part.

In September, you will continue to find all those wonderful tomatoes, peppers (hopefully), eggplants, okra, and maybe even a little squash (we'll see how that third planting really does) and basil. Hopefully, a little cooler weather will eventually arrive and we'll see the return of broccoli, cauliflower, turnips, radishes, kale, collards, lettuce and our beloved salad mix and arugula. September is truly a bountiful month with all of the summer crops still in production and the return of the cooler season vegetables of fall.



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



Dental Arts of Chestnut Hill, LLC

8625 Germantown Ave.
Philadelphia, PA 19118

Tel. 215-242-6630
Fax 215-242-6633

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

www.DentalArtsOfChestnutHill.com

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



Turning the Page for Change

Philadelphia Public School

NOTEBOOK

A Voice for Quality and Equality in Our Schools

Pick up your free copy at Weaver's Way ... or your local school

Table of contents

I Love My Job

(continued from page 4)

Bunsen burners, Petri dishes, and test tubes, all in the pursuit of learning how to jar tomatoes. We worked in pairs to flash-boil the ripe Roma tomatoes, plunge them into ice water, peel the skins and deposit into sterilized mason jars with a few leaves of fresh basil and salt. Afterwards the packed jars were sealed and sterilized.

Later, we extracted DNA from split peas by using household products. Blender, dish soap, rubbing alcohol, and meat tenderizer are just a few of the simple items necessary to perform this activity. I had no idea it was so easy! The group discussed variations of the activity by instructing students to extract and analyze their own DNA after swishing some Gatorade in their mouths instead of using the split pea liquid. I think any activity that makes the learning relevant to the students’ lives will automatically make it a more meaningful learning experience for the students.

Next we separated iron from two major breakfast cereals. The hands-on activity required the students to smash the cereals; mix with water; wait a few minutes; then use a “magic magnetic wand” to attract the iron from the soupy cereal mixture. The iron looked like pencil shavings stuck to the magic wand. This activity led to a discussion about iron levels in the body; how different people have different nutritional needs and dietary restrictions; specifically people with anemia

and females during their menstrual cycle. I have to admit, I was not a strong math or science student in high school. Perhaps if I had the chance to deconstruct foods, and learn the importance of our food cycle from a variety of perspectives, or have it relate to my life, I might have been more engaged. The way I see it, this is my opportunity to try to make a difference in the learning of the Philadelphia School District students I come into contact with.

Aside from participating in the science lab activities, I also got a chance to speak with middle school teachers from around the region. Every educator I talked to was excited about what we do at Weavers Way Community Programs. I walked away from the day feeling energized and thrilled to have taken part in such a fantastic workshop, and with a plethora of take-home items to duplicate the experiments in our own classrooms, or, in my case, with the Marketplace teams at our partner schools. I’m lucky.


~ marketplace@weaversway.coop



DON'T WASTE WATER!
Water only the plants that need it...

Free demo and quote
(Costs less than you might think!)

*** **Andy McCurdy** ***
call 267.971.5384 or
email: andy@phillyplays.com




Wissahickon
Tree & Landscape Services, LLC

Brian Ames
Certified Arborist


CUSTOM PRUNING
DESIGN & INSTALLATION
PLANT HEALTH CARE
SHRUB RESTORATION

215-681-2436
www.wissatree.com

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-Elena Street
Philadelphia, PA 19119
(215) 842-1657

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



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

100 East Sedgwick St.
Mt. Airy

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

135 South 19th Street
Center City

Family Reunion, Picnics
Summer Camp, VBS T-Shirts



Last Minute Orders!!!
*T-Shirts Ready in a WEEK
www.SuperiorTrophy.com
215-924-7154 610-372-1050
12 FREE T-Shirts
with your order of 48 pieces or more

Cape May Salt Oysters

(continued from page 3)

and the site’s proximity to the open ocean give the oysters their characteristic briny taste and “salt” in their name.

It takes between two and three years to raise a one millimeter seed oyster into a petite market size. During this time, they are under near-constant observation and care. In a good year, James and his crew of five can harvest and ship over 500,000 oysters to market. And when you consider that about \$6 goes back to Atlantic Capes for each dozen we sell, there’s no better way to directly support local fisheries and regional economies.

I asked James why they were harvesting oysters in the July (months lacking an ‘R’ have long been considered off-season for oysters). He replied that the ‘R month’ rules harks back to a time when refrigeration and sanitation were an issue, but also their oysters don’t get “spawny” in the summer like wild types. The Rutgers seed oyster they grow has a natural genetic mutation that gives it three full sets of chromosomes, thereby making it sterile. When this strain crosses with the wild Delaware strain, the result is a hearty, disease-resistant hybrid that can be eaten year-round. In addition, the monitoring of bacteria levels in oysters has vastly improved and samples are taken several times a week throughout the warmer months to ensure safe consumption.

As the tide began advancing on the racks; I noticed a pair of American oyster-catchers foraging among the bags and common terns overhead. James pointed out that a Rutgers study demonstrated a higher biodiversity of invertebrates and bait fishes in and around the oyster farm. Apparently birds as well as larger fish and rays are naturally attracted to this site dur-



photo by Noel Bielaczyc

Cape May Salts

ing tide changes. Forced back to the shore by the flow of the bay, we pondered the future of the Delaware Bay and the possible roles that oyster aquaculture could have in restoring the bay’s ecosystem and economy. It was for this reason that Cape May Salts were awarded the Slow Foods Movement U.S. Presidia, which recognizes projects that defend and protect our world’s heritage of agricultural biodiversity and gastronomic traditions. This small operation is certainly paving the way for more oyster farmers to set up shop on the bay, providing Philadelphia with the freshest oysters available.

Oh yeah, and did I mention that these oysters are delicious and gorgeous to behold? Keep your eye on the right hand side of the seafood case for upcoming oyster sign-ups and events. We will be sure to have Cape May Salts throughout the fall and winter. An oyster shucking tutorial and tasting is in the works, so oyster-lovers be forewarned! Special thanks this month go to James Tweed and Atlantic Capes Fisheries for their knowledge and hospitality. Keep up the good work!

~ seafood@weaversway.coop

Weavers Way Education Committee Presents

Come Sing with Us! Learn how to harmonize!

“Harmony Singing – Learn to Harmonize Through Country Music”
Saturday and Sunday, September 25 and 26
10 am to 4 pm

Led by Val Mindel (Any Old Time String Band), Emily Miller and Jesse Milne (The Sweetback Sisters Band).

Saturday and Sunday \$125, Saturday only \$75
Lunch included. Weavers Way members - \$10 discount.
At 258 W. Tulpehocken, St., Germantown
Information: Larry Schofer at
Lawrence.Schofer@comcast.net, 215-248-3762 or
Claudia Raab 215-842-0896

Registration: checks to Valerie Mindel, mail to
Weavers Way Education Comm., 559 Carpenter Lane,
Philadelphia PA 19119

Kensington Community Food Co-op Has Sights on Grocery Store

by Brian Baughan, Kensington Community Food Co-op Board Member

THE DREAM of a member-owned grocery store in the Kensington section of the city is steadily becoming a reality. What's missing is a critical number of members to fund the effort, but the leaders of Kensington Community Food Co-op (KCFC) have laid out a plan and are getting to work.

Part of this plan includes two fundraising and promotional events:

Girard East Fundraiser on August 29th, during which local alternative health and wellness businesses on Girard Ave. will donate 100 percent of their proceeds (<http://girardeast.org>).

First Friday Party on Sept. 3, with performances by four local bands outside at 2205 Frankford Ave.

"Our membership has steadily grown over the past year and a half, but now we've laid the solid groundwork to really move this project forward," says KCFC President Lena Helen. That groundwork includes recruiting a dedicated team of volunteers and forming committees, finishing a feasibility study, incorporating as a not-for-profit cooperative, and last month, electing a partial Board of Directors.

In 2008, a group of residents in Fishtown/Kensington realized they shared a common desire for a neighborhood source of healthful, quality food. After some deep

thought, they declared their mission to open a member-owned cooperative grocery store in the Kensington area that will provide healthful, quality food, products, and services to its members and the community. Since then, the project has seen a steady progression of diligent research by professional consultants, idea sharing, and hammering out details. Now the members invested in the project are working to convince their friends and neighbors to join the effort to create a local source of fresh, healthful food.

"The future of our project depends on our ability to raise the necessary funds to own and operate a store," says KCFC Vice President Peter Frank. "A large, supportive membership base would not only provide the up-front capital necessary to purchase a building and operate a store, it would also ensure the long-term success of our organization."

The mission of the Kensington Community Food Co-op is to open a member-owned cooperative grocery store in the Kensington area that will provide healthy, quality food, products, and services to its members and the community. Visit us at kcfoodcoop.com.

For more information about KCFC e-mail lena@kcfoodcoop.com or peter@kcfoodcoop.com.

South Philly Residents Start Co-op Ball Rolling

by Jaime Lockwood, Steering Committee, South Philly Food Co-op

COOPERATIVE FEVER is spreading in Philadelphia: along with planned food co-ops in the works in Elkins Park, Southwest Philadelphia, and Kensington, South Philadelphia residents began the start-up process for their own food co-op in late spring. With the assistance of Weavers Way board members David Woo, Stuart Katz, and Bob Noble, interested community members met in April of this year and learned about different food co-op models and organized themselves into steering, outreach, and legal/finance committees.

Since May, the committees have been meeting and planning their next steps. So far the Steering Committee has been using public data to better understand their neighborhood in order to anticipate potential needs and demands. They have also created a Wiki on the South Philly Food Co-op, a Facebook page, and most recently a website: <http://southphillyfoodcoop>.

That committee is also working on a community survey so that we can learn more about the community. The Outreach Committee has developed an informational handout, and the Legal/Finance Committee is looking into the process of incorporation as well as budgeting for a fundraising campaign. All involved plan to set up tables at various upcoming community events to educate their neighborhoods about what a co-op is and hopefully gain their support.

With a tentative goal of opening sometime in 2012, a timeline is being developed in order to make this date a reality. Between now and then, the co-op's members will be learning more, recruiting new members and support, and figuring out the "when" and "where." Everyone involved looks forward to bringing an affordable and healthy co-op to South Philadelphia with the continued guidance of Weavers Way!

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

PIANO LESSONS

Jazz & Improvisation, Classical, Pop, Blues, Theory, Beginners...



Weavers Way discount!

*Study classical music,
Learn jazz standards,
Play chords and scales,
Work on your favorite folk, pop, or blues songs,
Or, start as a beginner.*

Study with an experienced performer and teacher.
Children and Adults

For more information:

Lou Walinsky www.louwalinsky.com 215-848-0845

Drs. Melman, Ravett & Assocs., P.C.

Providing quality comprehensive and cosmetic dental care for over 60 years!



Barry E. Melman, D.M.D.
Stephanie Ravett, D.M.D.
Neil Weiss, D.M.D.

Nancy Fisher, Office Manager
melmanravett@comcast.net

6012 Greene Street Philadelphia, PA 19144
tel: 215-843-9400 fax: 215-843-4327



Mt. Airy Village Fair is back!

Check out the interactive booths, music, food, readings, and community spirit on Sunday, September 26, 2010 from 12:00 - 4:00pm!

www.bigbluemarblebooks.com

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

Creative Acupuncture of Mt Airy (CAMA)

Sliding Scale: \$30-\$45



Elise Rivers, M.Ac.

New Location Open!
6782 Germantown Ave

(parking behind fire station on Carpenter Lane after 4pm)

*Your Gorgeous * New * Green
Affordable Health Care Center*

*Meet our expanded staff of acupuncturists!
Look for Classes & Special Events on website.*

215-266-5757

Check out our NEW web site & easy Online Scheduling!

CAMAcenter.com

Manager's Corner

Update After Three Months

by Glenn Bergman, Weavers Way General Manager

IT HAS been three months since we opened up the third store in Chestnut Hill, and I am pleased to report that the plans for this store are better than expected. I had reported that revenue for the CH store would take about 15 percent of sales away from Mt. Airy. In fact, the number is more like 22 percent and has given the Mt. Airy store space for shoppers. We are expecting sales to be \$14 million for the current year rather than the plan of \$12 million. The Mt. Airy and CH stores, I expect, will run almost evenly at \$7 million each this year.

Management is dealing with two issues: a new growing business and how to plan and prepare inventory for this level of growth; and a business that has changed and become slower, intentionally, and how to adjust costs. This will continue to be a balancing act for the rest of the year as we stabilize the two businesses.

Why the difference in plan? One important change that has happened, and was not expected, is that we have over 1,000 new members since May 1st. WW ownership went from 3,300 member households to over 4,300 in four months! That is an amazing number. Most of the people who became members or rejoined are from the 19118 and surrounding suburban communities. We expected an increase over the entire year, but not within the first quarter of the opening. It is wonderful to have this vote of confidence. Being a member means that shoppers are investing in their

local business; not just shopping the store. This extra step is meaningful to the long term health of any business.

For the new members, I welcome you to the co-op world and want you to take time reading the *Shuttle* and getting to know more about the Co-op. Come out and visit the farms at Awbury or Saul (these are your farms) on your own or with your friends and family. Volunteer to help out with the children's farm or Stenton Manor farm.

Other changes to our business took place this year:

1. The doors to the Co-op were opened to the public in January. Prices were increased on most items for the public (rather than charging a visitor's fee) and members who worked receive a percent discount. In the first quarter of 2010 we gave back over \$90,000 in member discounts; year to date we believe this number is over \$180,000. This is also a new number on our P & L that we need to get used to seeing. All members were considered working members on January 1st and received the percent discount. As we go through the cycles, some households will come off the working member status and remain on as Co-op members (non-working). This will shift the discounts down.

2. Management eliminated the debit and credit card fee charge (.25 and .50) per transaction. This may seem like

a small item, but is actually a substantial income line that offset our bank card charges by 60 percent. In 2009, the Co-op had about \$30,000 in fee income to offset \$50,000 in bank card charges.

These changes may seem small, but they are not, especially in light of the changes with the expansion. It will take us a year to get baseline numbers and see how these changes will affect the operations. What is important for you to know is that we are doing well on the top line and management has to work hard to control the operating costs this year.

What did you do on your summer vacation?

What I do each year on my summer vacation is I go for at least one week and sometimes, if I am lucky, two weeks to the Berkshires in Massachusetts. I pass through at least three co-ops: Honest Weight in Albany, Wild Oats in Williamstown, and Berkshire Co-op in Great Barrington. Of the three, Honest Weight is most like Weavers Way in the format of a member work program and local program

focus. All three co-ops are important to their community and are focal points for local food purchasing, but Honest Weight, is located in a city, has engaged working members, and is in the middle of a major expansion to a new site just like Weavers Way.

Honest Weight has one of the largest bulk food departments I have ever seen in a store. This makes it possible for members/shoppers to bring in their containers and save a great deal of money. Bulk products are lower-priced and save the consumers the broker mark-ups. It has me thinking that we should find a way to expand our selection of bulk food, cleaning detergents, syrups, and other products.

Wild Oats in Williamstown is making a major push on local food products and is labeling everything that is local (within 100 miles). They sponsor festivals with local producers and growers that bring out the entire community. Meet your farmer has become a big program at this co-op.

If you have visited a co-op in other parts of the country or world, please let us know what you liked and what you think we should incorporate into our program in the future.



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

215-848-3275
www.PilatesInGermantown.com



Pilates/Wellness Open House
Saturday, September 11, Noon - 1:30 p.m.



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




- ❖ organic skin therapy
- ❖ massage
- ❖ reflexology

View our menu of services at
www.littleherbanspa.com

7203 Germantown Ave. Philadelphia, PA 19119 215.381.9903
appointments@littleherbanspa.com

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



Rhino Chiropractic Center CASE STUDY (2):

A 17 month old toddler comes in to Rhino, plagued by chronic, bilateral ear infections. He had seven infections per ear in one year. Tubes were inserted with limited success. After one month of intensive treatment with Dr. Damien, his pediatrician declared him "infection free". Chiropractic can open up the body's exceptional healing power!

Dr. Damien Ciasullo ~ 6809 Germantown Ave ~ (215)844-4400 ~ www.rhinochiro.com



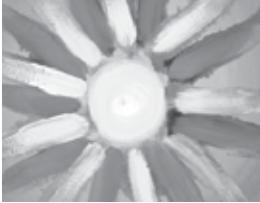
HOUSE AT POOH CORNER

where learning comes naturally
Teri DiCesare, M.Ed.

INFANTS • TODDLERS • PRE-K

Over 30 years of quality care
215-843-0815

Visit our website www.houseatpoohcornerdaycare.com



Mt. Airy Psychotherapy Practices

Genie Ravital, LCSW, Overcoming Depression and Anxiety
Eda Kauffman, LSW, Healing from Abuse & Addictions
Lauren Kahn, LSW, Child & Family Therapy
Lenore Jefford, LPC, GLBT & Adolescents
Robin Witts, MSW, Couples Counseling
Althea Stinson, MSW, Anger Management
Ameet Ravital, PhD, DiHom, Homeopathic Consultations

7149 Germantown Ave.; 2nd floor
(between Mt. Pleasant & Mt. Airy Aves.)
www.mtairypsychotherapy.org
215-242-5004

New Energy Program Helps Homeowners Save Energy, Money

by Robert Maier

A NEW \$25 million program named Energy Works will be announced to the public soon through the Energy Coordinating Agency (ECA). This Department of Energy (DOE) funded project will provide homeowners in the Philadelphia region with complete and up to date information with a personalized audit explaining potential energy saving work on their homes.

ECA Director Liz Robinson said that a homeowner would begin the process by contacting their office and asking for an energy audit. Her office would make arrangements to have a Building Performance Institute (BPI) certified auditor conduct an energy analysis of the residence. The auditor collects a \$400 fee from the homeowner, performs the audit and recommends energy related work with an estimate of the cost of each item. Along with each recommendation is the estimated pay back through energy savings so that the homeowner will know which renovations will be most cost effective. Insulation, air sealing, heating system repairs, water saving devices, solar, and other avenues will be explained and explored through a computer report for the

homeowner. The auditor will also provide information about low interest financing, government incentives and utility paybacks. If the homeowner decides to have work done, ECA will provide at least two 'hard' bids for each aspect of work from qualified contractors.

The owner has complete control over who does the work and what is done. After the work is completed, ECA provides a final audit to make sure the work is finished and meets their high standard of quality. The initial audit will cost about \$400 and ECA will reimburse the homeowner \$300 if the homeowner spends at least another \$1,000 on renovations to the home.

This three-year program will help about 2,000 homeowners save energy in the five-county Philadelphia region.

Questions about the new program may be directed to: Annie Mroz at 215-609-1040 or anniem@ecasavesenergy.org or you can visit either the City of Philadelphia or ECA's website to learn more. More information (including photography and video) about the session is available at designdeliverables.com.

More Miles from a Gallon of Gas

by Sandra Folzer, Weavers Way Environment Committee

LAST WINTER I was warming up for a 5 mile race when I overheard another runner brag about getting 50 miles per gallon in his non-hybrid car, far exceeding the manufacturer's estimates. Curious, I asked for his secret. He said he didn't have time to go into the details so instead suggested I go to CleanMPG.com to find out for myself. Below I have tried to summarize some of their ideas, as well as those of others.

1. Drive at 55 mph or slower. Fuel economy drops by 17 percent at 70 mph and by 10 percent at 65. I didn't say there wouldn't be sacrifices... When you drive over 55 mph, you increase the aerodynamic drag and friction, which lowers efficiency.
2. Accelerate gradually. You waste gas when you try to hurry, as much as 33 percent less efficiency. I feel gleeful when some hot rod zooms ahead of me as I accelerate slowly leaving a stoplight only to catch up with him at the next light. He only imagines he is traveling faster.
3. Brake gradually and glide to the finish line, the traffic light. When I see a red light ahead, I immediately take my foot off the accelerator and coast. I probably annoy the driver behind me, but neither of us can go anywhere anyway, so why hurry? If he wants to pass me to wait at the stop light longer, that's fine. As you can see, some of this kind of driving tries the patience of other drivers. I can only hope

they'll catch on and try it themselves.

4. Some claim that lower oil viscosity improves gas efficiency. SAE (Society of Automotive Engineers) grades viscosity from low to high: 0, 5, 10, etc. to 60. Numbers suffixed with W indicate "winter," not weight, for cold start viscosity at low temperatures. The numbers for other kinds of oil, like gears or transmission, do not have same meaning.
- Motor oils should be selected according to weather conditions (in line with the manufacturer's recommendation). Since oils thin when heated and thicken when cooled, choose your oil according to the air temperature. Multigrade oils supposedly adapt to different conditions.
- Also, instead of filling your oil to the high level mark, add enough oil to bring level halfway, between high and low marks. Supposedly, there is less strain on the car's frictional components.
5. Check your trunk for heavy objects. Do you really have to carry that 15 pound tool kit everywhere you go? Added weight causes your vehicle to use more energy. Extra weight, including your cargo or bicycle rack even when you are not using them, creates drag and may add unnecessary weight. I noticed carrying a bicycle lowered my mileage so I carry the bicycle inside when possible.
6. Yes, check your tire pressure. Un-

(continued on page 16)



Design, Installation & Management for Over 20 Years

Terraces, Walls, Walks, Water Gardens

Garden and Lawn Maintenance

David Brothers Landscape Services & Native Plant Nursery

Bean and Whitehall Roads, Worcester, PA
215-247-2992 davidbrothers.com 610-584-1550



SUMMIT CHILDREN'S PROGRAM

Accepting applications for our Toddlers, Pre-School and Pre-Kindergarten Classes and After School Program

Register now open for S.A.C. (Summit After Care) Program for School Age Students

Located on Greene & Westview Street
Call 215-848-4451

WE PLAY TO LEARN

Visit our website: summitchildrensprogram.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.

Valley Green Co-op Apartment

Valley Greene Apartment is a cooperative venture (owned by the tenants), with shares purchased privately or from the co-op itself. All utilities and maintenance are included in a monthly fee. It is ideally situated adjacent to the Wissahickon Park and is within easy walking distance to shopping and public transit via SEPTA rail and buses. The apartments are spacious and well laid out with more than ample closet space. The bedrooms are large and airy. The bathroom is oversized for an apartment and includes a large vanity and mirror. A/C units are located in the wall in both the living area and bedroom. Located at 5720 Wissahickon Ave., Philadelphia, PA
One and two bedrooms are currently available.

Contact Valley Greene at 215-844-7750 ask for Mildred

Office Space and Cubicles for Rent for Non-Profits

- Around the corner from Weavers Way
- Internet & Heat included
- Postage & Copier available
- Starting at \$230/mo

Summit Presbyterian Church
6757 Greene St., Philadelphia, 19119
cpyrch@summitpres.net or 215-438-2825





Geechee Girl

6825 Germantown Avenue
Philadelphia, PA 19119

215-843-8113
www.geecheegirl.com

Geechee Girl for all your catering needs:

- In house parties
- Customized takeout
- Full service catering

Announcing "Mac and cheese Sundays"
Everybody's favorite side dish takes center stage



Hours:

Tues-Thurs: 5:30-9:00
Fri-Sat: 5:30-10:00
Sunday Brunch: 11:00-2:30
Sunday Dinner: 5:30-9:00

Birthplace of Co-ops Receives Multi-Million Dollar Makeover

by Julia Hershey, Intern

HAVE YOU ever wondered why your local food co-op is called Weavers Way? The Rochdale Society of Equitable Pioneers, founded in 1844, is considered to be the world’s first successful cooperative organization and a model for modern co-ops around the world today. It started out as a group of 28 weavers (get it?) and other artisans in Rochdale, England, so they could sell food items together which they otherwise couldn’t afford. After the birth of the Rochdale Society, co-ops sprung up around the U.K.—thousands of them in the first ten years. Those 28 weavers had a great influence not only just in the U.K., but around the world, and the principles they set forth in 1844, the Rochdale Principles, remain the basis for today’s International Cooperative Principles, which define modern cooperatives.

The building where the first co-op was founded is now a museum, the Rochdale Pioneer museum located on Toad Lane in Rochdale, England, and is undergoing a major expansion and renovation, scheduled to be completed just in time for the United Nations’ designated Year of Cooperatives, in 2012.

“The development of the cooperative movement is an important part of our social history—both for our local communities and for people across the world,” said Sara Hilton, Head of Heritage Lottery Fund North West, which is funding much of the project with a £1.499 million grant. “By safeguarding the cooperative collection and redeveloping the Rochdale Pioneers building, this project will mean that more people will have the opportunity to

learn about and be inspired by the story of the cooperative movement.”

The goal of this renovation is to give more people access to the museum and all of its information, bringing people in from around the world to teach them the history and significance of co-ops.

“The Museum and Archive and their distinct collections tell the story of how ordinary working people unlocked the power of working together for mutual benefit and developed a model of cooperative business that United Nations have stated has ‘improved the lives of over half of humanity,’” said Stephen Yeo, Chair of the Cooperative Heritage Trust. “For the last ten years we have worked tirelessly to safeguard and protect the priceless heritage of the movement, and have achieved the highest archival and museum standards... We look forward to reopening the Rochdale Pioneers Museum on the 167th Anniversary of the day the Pioneers first took down the shutters and started serving the community in Rochdale, little knowing the impact their cooperative venture would make and the esteem they would be held forever.”

The Cooperative Heritage Trust was established in 2007 by Cooperatives U.K., the Cooperative Group and the Cooperative College to safeguard the heritage assets of the cooperative movement. These include the Rochdale Pioneers Museum and the National Cooperative Archive.

The museum will undergo a total transformation, adding new facilities and learning areas, as well as new displays of



image courtesy of Archive and Learning Resources, The Co-operative College, Manchester, England

Architect’s rendering of the new museum on Toad Lane in Rochdale, England

information and images from the archives that have never been displayed. Staff will be recruited and trained to teach local schools and colleges about the history, and demonstrate its significance. The renovations will be a 16-month process, ending with the grand opening Dec. 21, 2011, exactly 167 years after the original co-op opened.

You may be thinking, why the Year of the Co-op? Are co-ops really that popular and successful around the world? Many people today don’t realize how popular co-ops are, not just on a small scale. Did you ever know that businesses such as Land-o-Lakes, Ocean Spray, and even

True Value are all different forms of co-ops? This success doesn’t just exist in the United States and the U.K.; it exists all over the world. So the U.N. has decided to honor the Co-op for an entire year the year of 2012; it won’t just honor what exists now, or the foundations that existed in the past, but this year will teach many more people the success and benefits of a co-op, continuing its popularity around the world.

The work of the Cooperative Heritage Trust is managed by the Cooperative College—www.co-op.ac.uk. For further information please contact Gillian Loneragan, Head of Archive and Learning Resources at gillian@co-op.ac.uk.



*Family Owned & Operated
call
Ken Glantz*

MACLENS

Collision Repair Professionals Since 1945

**20 W. Allens Lane
Philadelphia, PA 19119**

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



MR. PEEPER'S OPTICAL
EYEWEAR CONSULTANTS



Lifestyle Eyewear

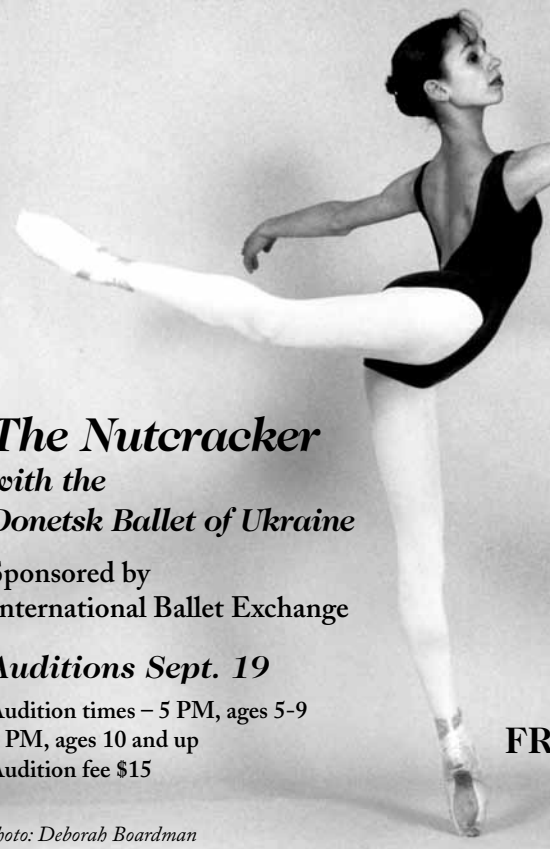
**“NEW ARRIVAL”
Sports frames for the
entire family**

**Gift Certificates
Available
Contact Lenses
& Glasses**

7228 Germantown Ave. 215-248-6070

WISSAHICKON DANCE ACADEMY
Dance for fun or train to be professional

“Best of the Northwest”



Ages 3 to Adult

- Ballet
- Jazz
- Tap
- Hip Hop
- Modern
- Yoga

**The Nutcracker
with the
Donetsk Ballet of Ukraine**

Sponsored by
International Ballet Exchange

Auditions Sept. 19
Audition times – 5 PM, ages 5-9
6 PM, ages 10 and up
Audition fee \$15

**Fall Registration
Wednesday, Sept. 8, 4-7pm**

**Fall Classes begin
Saturday, Sept. 11**

**FREE TRIAL CLASS
for New Students**

Photo: Deborah Boardman

38 E. Schoolhouse Lane • Philadelphia, PA 19144 • 215-849-7950 • www.wissahickondance.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

Co-op Hosts Music Classes for Kids

by Ramon Monras-Sender

THIS AUTUMN a new and exciting program for children is coming to Mt. Airy and will have its home at Weavers Way Co-op’s Mt. Airy Annex, 555 Carpenter Lane.

“All Around This World” (www.allaroundthisworld.com) is a unique, interactive weekly music class for children that encourages kids to explore the world by enjoying international songs, drumming, and movement. Singer, guitarist, and mom Amy Pickard will be teaching “All Around This World” music classes on Monday mornings for children five years old and under in the community meeting room at Weavers Way starting Monday, Sept. 13. There will be a special, free, “Hello, Mt. Airy!” music class featuring international kids’ music and more at the Co-op Annex, 555 Carpenter Lane at 4 p.m. on Sunday, August 29. “I’m thrilled to be bringing ‘All Around This World’ to Mt. Airy,” Amy says. “I can’t wait to meet other Weavers Way families who are interested in playing music together!”

In the autumn of 2009, West Philadelphia musician Jay Sand started “All Around This World” music classes to share global music and culture with his young children and their neighbors. Jay

has since expanded “All Around This World” to include monthly hands-on cultural music and traditional dance workshops for little children and a monthly class near Rittenhouse Square. Each season “All Around This World” focuses on a region of the world and shares music, rhythms and movement from that region to introduce students to its history, culture and traditions. This fall, families in “All Around This World—Mt. Airy” classes will be singing songs and learning dances from Latin America. They will enjoy great music from Chile, Argentina, Ecuador, Cuba, Brazil, etc. and sing songs in Spanish, Portuguese, Mayan, Quechua, Sranan, and Garifuna.

Are children five and under able to appreciate world music? “Definitely yes!” Amy says. “Learning songs in different languages and rhythms is not only lots of fun, it exposes children to a broad vocabulary of sound that helps them appreciate the different ways we connect musically to one another and the world.”

“That said,” notes Jay, “while us old folks may not be as smart as our kids, we can still learn about the world through music and have a great time in class.”

“All Around This World—Mt. Airy” is currently accepting pre-registrations for the fall cycle, which starts Monday, Sept. 13. Class schedules, costs, and other details are available at www.AllAroundThisWorld.com/mtairy.html. Discounts are available for Weavers Way members. For more information, contact Amy Pickard at amy@allaroundthisworld.com or call her at 267-978-5147.

Sort It All Out!

Who better than a librarian to help you get organized?

- Sort papers, reduce clutter
- Set up home or office files
- Fill out forms, make calls

Debbie Stern, MLS
215-848-9503
debstern502@msn.com



CAMMAROTA’S PLUMBING & HEATING

*Serving Philadelphia for over 50 years
Plumber to Weavers Way Co-op*

Modern Kitchens & Baths

Drain Cleaning Available

No job too small
ask your neighbor about our work

JAMES CAMMAROTA

24 HR EMERGENCY SERVICE
PHONE: (267) 251-8521



for health, balance, manifestation

LEO MCELROY

215-843-9718

Shiatsu Bodywork

Shamanic Healing Practices

Cresheim Healing Arts 138-A West Gorgas Lane

www.ShiatsuLight.com

lemons & limes

New Items Arriving Daily

20% OFF

ENTIRE PURCHASE

Excludes: Heartstrings, Marye-Kelly, Jack Rogers, Robeez, Seda France, Chamilia, B. Massey Creative, Trumpette, Cloud B, Big Buddha, Joy Accessories Handbags, Hill Bar Teas, Monogramming, and any existing offers. Coupon ends Friday, September 24, 2010.

8133 germantown ave. • chestnut hill • pa 19118

phone: 215.242.3080 • fax: 215.242.3070 • email: lemonsandlimes2007@comcast.net

WEAVERS WAY MEMBER WORKSHOPS

BOOK-MANIA!

In this workshop, you will get to make your own simple book: you can make a Japanese-style accordion book, a flipbook, a tunnel book, or a story book. These simple yet satisfying structures can be used for many different purposes. You can draw, paint, or collage to turn your book into what you want it to be.

Your book can tell a family story, show a special scene or action sequence, be a travelogue from a journey real or imagined, or do something else of your own choosing. Feel free to bring photos, xeroxes, or other collage materials you would like to use in addition to the materials I will be providing. Or, if you’ve always wanted to draw, from observation or from your imagination, but think you can’t, this is your chance to do that, too! You can come by yourself, bring your children, or leave them to do the workshop by themselves. Children under six years old need a chaperone.

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 all ages, and am excited about inviting people into my studio to share the journey with me! www.mindyflexer.com

Where: Mindy’s studio, 5225 Greene Street **When:** Saturday, September 11, 10:30 – 12:00

To sign up: Contact Mindy Flexer at maflexer@yahoo.com or 215-991-5817. Please leave your contact information and how many adults and children you will be bringing.

Reading Earth’s Past Warm Climates

What is it?

- a) a gluten-free ice cream cone
- b) a rolled corn smut tortilla
- c) part of a Mummer’s headdress
- d) the skeleton of a 90-million year old microscopic sea creature

Find out this month! Dr. Karen Bice, a staff member in the Chestnut Hill store and internationally-recognized paleoclimatologist, will give a talk about Earth’s climate that is meant to entertain and educate.

Delve 90 million years into the past to learn how scientists estimate what Earth’s climate was like and why. Take a virtual ocean cruise out of Barbados on a 400-foot research vessel. Live two months at sea pulling sediments up from the tropical Atlantic seafloor and reading their secrets. See the oceanic record of the instant in time when the dinosaurs disappeared forever! Get a glimpse of how warm Earth’s oceans have been in the past and what role carbon dioxide and other greenhouse gases may have played.

Karen holds a PhD in geoscience and, until July 2009, was an Associate Scientist in the Department of Geology and Geophysics at Woods Hole Oceanographic Institution. She is a member of the Roster of Experts for the United Nations Framework Convention on Climate Change and recently received a Masters in Science, Technology and Environmental Policy from Princeton University.

Wednesday, September 15, 7 to 9 pm, Membership Admin. Offices, 555 Carpenter Lane



Papercutting

Papercutting is an ancient art dating back to the creation of paper during the 1st century in China. Since that time, artisans have used paper, scissors and knives to create objects both ornamental and functional. Perhaps you made a snowflake in grade school or have seen silhouettes. These are forms of papercutting. In this workshop, you will create a papercut card.

Bring a #11 x-acto knife and a cutting mat, if you have. There is an additional material fee of \$5.00

Mindy Shapiro was first introduced to the folk art of papercutting at KlezKamp, a Yiddish folk camp, during the winter of 1995. She credits her immediate passion for this art form to her only art training which was as a leather craftsperson at Camp Louise. Mindy’s groundbreaking creativity, intricate designs and use of color, combined with her wide-ranging Jewish knowledge, distinguish her as an artist.

TO SIGN UP: Call Mindy Shapiro at 215-242-4403 or E-mail: mindysue39@gmail.com

Tuesday, September 21, 6:30 pm to 8 pm, Membership Administrative Offices 555 Carpenter Lane



PFFCU Opens the Door to a Lifetime of Financial Opportunities!

Branch Offices

- ♦Davisville Shopping Center, Street Road (Opening Summer, 2007)
- ♦City Avenue Shopping Center (Opening March, 2007)
- ♦Andorra Shopping Center
- ♦3338 South Broad Street
- ♦Leo Mall, 11705 Bustleton Avenue
- ♦Grant and Academy Shopping Center
- ♦7500 Castor Avenue
- ♦901 Arch Street*

Mon. - Wed. 8:30 AM - 5 PM
Thurs. & Fri. 8:30 AM - 7 PM
Saturday: 8:30 AM - 4 PM
*Thurs. & Fri. 8:30 AM - 6 PM

Board of Directors

Anthony LaRosa,
Chairman
Thomas F. Allen,
Vice Chairman
John H. Richardson,
Vice Chairman
William A. Myers,
Secretary
John LaRosa,
Treasurer and Chief Executive Officer
John J. Finley,
Director
Maria R. Della Guardia,
Director

Loan Center

Roosevelt Business Center II
2837 Southampton Road
Philadelphia, PA 19154

24-Hour EXPRESS Banker

Anytime, Everyday
215/931-0315
800/448-4041

Telephone Member Service & Loans By Phone
215/931-0300
800/228-8801

Your savings federally insured to at least \$100,000 and backed by the full faith and credit of the United States Government.

NCUA

National Credit Union Administration,
a U.S. Government Agency

PC Banking
www.pffcu.org

Dinner and a Movie

Dancin’ For Our Dinner!

by Margie Felton and Joanna Poses

AS WE strolled along the street in West Philadelphia, a catchy sign caught our eye... “free lunch!”... at the *gentlemen’s* club! We are willing to work for food, but we have a healthy skepticism of strip club fare. So we turned the corner and ducked down an alley. Behold! Cheap, delicious Korean food for students in the know. The menu was thick with full-color photos of mysterious dishes. Here was pornography of a different color!

The joint was hopping with hungry students on fixed incomes. There was no place to sit so we stared down some wide-eyed pre-meds until they hurried up and left. We took the table as our prize and enjoyed the meal one dish at a time.

Margie was the first to get her food, but she would have waited longer for a more tender BBQ. She was still chewing when Joanna’s hot pot finally arrived and was still chewing some more when the appetizers eventually followed. Although the BBQ scored big on flavor it was a disappointment, overall.

In contrast, Joanna’s pork hot pot was a busy delight. Flavored rice lay quietly under meat, veggies, kimchi, and a fried egg. A bowl of tummy-warming soup sat to the side keeping it tasty company. We finished our entrees just in time to enjoy our steaming appetizers. All four of us at the table fought over the last piece of vegetable crepe. Laced with perfectly caramelized zucchini, scallions, and red peppers, these left us moaning like the over-eating decadents that we are...

And then our bubble tea appeared!

This month’s movie should be enjoyed before or after dinner, but probably not during—some scenes are fairly stomach-churning. Unfortunately, we can’t discuss the film’s best scenes because to do so would give away the juiciest plot twists. Instead, we’ll identify some of the major themes as we see them.

The film starts with two of the main characters splashing in the cool water of their childhood playground. Water is the film’s guiding image, but where it once ran clear, it soon runs with blood. Two well-meaning anarchists devise a scheme to secure a kidney for an ailing sister. Every attempt ends in a blood-stained dead end. This may sound like another frivolous horror flick, but Margie will explain its political value: the lack of affordable and accessible health care can lead to torture, kidnapping, electric shocks (non-therapeutic), and lots of sliced appendages.

Sympathy for Mr. Vengeance, one of the best known films in contemporary Korean cinema, is actually part of a trilogy including *Old Boy* and *Lady Vengeance*. But you’ll have to pick up our dinner tab if you want us to review three movies in one column!

Koreana is located at 3801 Chestnut Street (down a small alley/parking lot).

Second Floor

(continued from page 2)

New Products

How much space will Jon give us this month? Here’s a sampling: new soaps from two of our fav local companies—Volta Organics and Copa Soap (both companies recently lowered their soap prices, making them an even better value!); three products from the Pure Life Soap Company (Coconut & Guanabana body lotion and a Cucumber body lotion plus Volcanic Clay facial scrub for oily or problem skin); Aura Cacia soap and bath products for kids; Ball freezer canning containers; Solgar Flax Oil (organic and shelf stable until opened); Sunbeam beeswax candle votives that are beautiful, high quality and exquisite; Rainbow Light Men’s One, a multivitamin that has caught in with our shoppers; allergy products from bioAllers; Light Mountain Henna products in new shades plus a couple from their henna gray line; a line of glass containers usable for leftovers and for food preparation with lids that are easy to open and remove (look for the lime green colored lids); the ever popular Hatley magnetic notepads with cool and fun artwork with new sayings; Maggie’s hoodies and leggings; attractive and informative new packages for the Equal Exchange pre-ground coffee; Gourmac’s pepper savers have joined the ever-popular onion, tomato, lemon and lime savers—and the pepper savers come in four colors too! Our Flower Es-

sence line from Rhoni Groff and Gift of the Flowers has grown—check them out; new teas from Frontier.

Calendars

When our calendars begin to arrive early in August, we see every reaction you can imagine from “It’s too early!” to “I love these!” We try to bring you calendars that will brighten your days and keep you organized. Let us know what you think of our 2011 selection.

What’s next?

Footprint Clothing is adding some new styles of socks as well as black boxer shorts (all set to arrive from mid-September on) which look as terrific as the rest of Cheryl’s wonderful clothing—this very popular line is a local company, has great products and is a dream to work with for me.

At our house we have socks and T-shirts which are comfy to wear and easy to clean. There will be new Baggallini bags and more new clothing from Maggie’s. The wellness area keeps growing with lots of excellent products to help you maintain your good health. The housewares and cleaning products will be reset to include some products we are happy to have join the Weavers Way second floor.

As always, thank you for shopping at Weavers Way Co-op—come see us on the second floor at WW Mt. Airy.



Hi! we're Henry...

but most people know us as Leslie, Nancy, Gerald, Teri and Emily. We are alumni of C.W. Henry School in Mt. Airy and these are our children—all Henry students.

We have fond memories of our school days. When it came time to send our own kids to school, Henry was the only choice that met our high expectations for education and our community values. Henry is a part of us, and we are Henry.

Get to know Henry!
C.W. Henry School on Carpenter Lane and Greene Street

Photo by Henry School Mom:
Laurie Beck Peterson

To learn more about our school, please call us at 215.951.4006 or visit us online:
<http://webgvi.phila.k12.pa.us/schools/h/henry>

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

Friends SELECT SCHOOL

At the Center of Learning

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



Don't forget to check out our baked goods for rugelach, apple cake, and round challah!

CALL AHEAD TO ORDER!
Ask for Rachel in CH and Lindsey in MA.

Prepared Foods & Deli in Chestnut Hill & Mt. Airy

ORDERS MUST BE PICKED UP FROM THE STORE LOCATION WHERE THE ORDER IS PLACED.

Thank you for your business and Happy New Year.

Holiday Specialties

Chicken Liver Pate/Bell and Evans Chicken Livers \$10.99/lb
Gefilte Fish with Roasted Carrots and Onion . . . \$2.50/ea
Homemade Fresh Horseradish with Beets. . . . \$9.99/lb
Homemade Matzo Ball Soup with Chicken Stock (2 matzo balls per qt) \$9.99/qt
Homemade Matzo Ball Soup with Vegetable Stock (2 matzo balls per qt) \$9.99/qt
Extra Matzo Balls \$1.00/ea
Walnut Lentil Pate (vegan) \$7.50/lb

Smoked Fish Platters

Ducktrap Nova - A generous portion of the best sliced Smoked Salmon (over 2 lbs.), cream cheese, cucumber, tomatoes and red onions, garnished with lemon, dill, and capers (feeds 20 to 24 people)Lg only \$99.00

Smoked Fish - Sliced Ducktrap Nova, Whitefish and Smoked Salmon Salads, Smoked Trout and Mackerel, tomatoes, cucumbers, red onion. Comes with assorted bagels, cream cheese and flavored cream cheese \$9.95 per person
(Holiday Discount Price)

Smoked Fish

Whole Whitefish 2-2 1/2 lbs.. \$11.99/lb
Whitefish Pieces \$13.99/lb
Kippered Salmon \$19.99/lb
Sable (only pre-order in CH). \$35.99/lb
Whitefish Salad. \$8.99/lb
Salmon Salad \$9.99/lb
Nova Bits. \$10.49/lb
Blue Hill Herring \$4.49/jar
Acme Sliced Nova \$6.39/4 oz. pkg. 10.29/8 oz. pkg. 14.99/12 oz. pkg.

The following is available in Mt. Airy only:

Blue Hill Bay Baked Salmon \$5.99/4 oz. pkg.
Blue Hill Bay Baked Salmon w/pepper . . \$5.99/4 oz. pkg.
Acme Salmon Pastrami. \$7.99/4 oz. pkg.

*Assorted Cream Cheese spreads and other holiday items are also available in the prepared foods case.

ORDERS MUST BE PICKED UP FROM THE STORE LOCATION WHERE THE ORDER IS PLACED.

Available in Chestnut Hill Only:

Main Courses

Brisket Pot Roast \$19.99/lb
Poached Salmon \$19.99/lb
Pan Seared Chicken with Apricot Sauce . . \$12.99/lb
Roasted Cornish Game Hen \$11.99/lb
Herb Roasted Free Range Whole Chicken . . \$9.99/lb
Cranberry Stuffed Turkey Breast \$18.99/lb

Companion Dishes

Tzimmes of Sweet Potatoes, Carrots and Butternut Squash \$12.99/lb
Noodle Kugel—Rich and Buttery, Studded with Raisins \$10.99/lb
Spinach Kugel—A delicious savory Kugel . . \$10.99/lb
Mashed Sweet Potatoes \$6.50/lb
Mashed Red Potatoes. \$6.50/lb
Honey Glazed Carrots. \$7.99/lb
Green Beans with Toasted Almonds. \$10.99/lb
Braised Brussels Sprouts \$8.50/lb

Salads

Caesar Salad with grilled chicken and our homemade croutons
Sm \$36.99 Med \$49.99 Lg \$59.99
Spinach Salad with toasted walnuts, red onion and dried cherries with raspberry vinaigrette
Sm \$39.99 Med \$59.99 Lg \$63.95
Small feeds 8 to 10, Medium 16 to 20, and Large 20 to 24 people.

Chestnut Hill

8424 Germantown Ave., Phila., PA 19118

Please feel free to call our prepared foods staff for guidance on quantities needed for your celebration. See our catering brochure for any other catering needs we can assist you in. Also, check out our grab-and-go section for a wide variety of soups, salads, dips and spreads.
All pre-orders must be received one week in advance. Please call the Chestnut Hill Store at **215-843-2350 prompt 5**. Ask to speak to **Bonnie** or **Pat**.

Mt. Airy

559 Carpenter Lane, Phila., PA 19119

All smoked fish pre-orders must be placed by August 30, 2010 for Rosh Hashanah and September 7 for Yom Kippur. All other pre-orders must be received one week in advance. To order call **215-843-2350 x102** and ask for **Margie** or **Jeanyne**.

Call: 215-843-2350 for CH press 5, for MA Press 2



learn more, live more

Abington Friends School is a vibrant educational community, rich with opportunities to excel academically, athletically and artistically.

Call us at 215-886-4350 for more information.
www.abingtonfriends.net

AFS
Abington Friends School

A coeducational Quaker school for students 18 months through grade 12

COMPLETE MASONRY SERVICE

Flagstone, Brick & Stone Pointing

JAMES G. CARDAMONE

- Concrete Work
- Basement Wall
- Plastering & Waterproofing
- Chimney Repairs
- Walkways & Patios
- Retaining Walls
- Stucco
- Glass Block Windows
- Ceramic Tile

Over 15 Years Experience • Clean Work Area • Fully Insured & Free Estimates

PA# 060401

All Calls Returned

215-887-9323 GLENSIDE

Landscaping
Gardening

Mark Goodman
215-248-1676



EMBOSSLED
LEATHER CEILING.
NEW RECESSED
LIGHTING.
NO ROOM FOR
ERROR.

We find solutions where
others see problems.



Electrical Wizardry, Inc.

Residential and commercial services for the Philadelphia area. Everything from automation to installation and the tricky challenges that come with older homes.
215.837.0101 voltwiz@comcast.net electricalwizardry.com

Mermaid Lane Studios in Chestnut Hill is looking for a part time graphic artist, as well as a graphic arts intern. Work is Photoshop intensive, and includes digital restoration of historic imagery, photo retouching, formatting images for output on a large format Epson Pro Series printer, preparation of fliers, catalogs, visually compelling correspondence and posters for events. We also pay regular visits to the archives of libraries and museums around the Delaware Valley, scanning flat images and shooting bound images with a copy stand.

This is a part time position that may lead to full time work as our business expands.



GRAPHIC ARTIST
Part Time Position in Chestnut Hill
GRAPHIC ARTS INTERN
Part Time Opportunity in Chestnut Hill

Intern work can be coordinated through your school. Expect to participate in museum visits, considerable research and preparation of exhibits.

Other qualifications should include living fairly close by, so that part time schedules can be coordinated easily. A relaxed, cheerful demeanor and good taste in music are important. Mermaid Lane Studios is a delightful environment, but that fun is centered around real work. Fortunately, the work we do includes visual treasure hunting, digital alchemy, and a liberal sprinkling of Victor Frankenstein's enthusiasm.

Please send a resume and references to Mermaid Lane Studios, 133 R East Mermaid Lane, Philadelphia, PA 19118, or via email to todd@mermaidlanestudios.com
If called in for an interview, expect to bring a letter or letters of reference.



Save all month on these Member-Only deals!

SEPTEMBER MEMBER SPECIALS



Chicken & Rice
Adult Dog Food 12.5 lb
\$17.55 REG. \$22.16
LARGER SIZES & SENIOR FOOD
ALSO AVAILABLE IN MT. AIRY.
CHESTNUT HILL HAS 4 LB BAGS.

APPLE & EVE
OG Apple Juice
48 oz
\$3.25 REG. \$4.12
MT. AIRY & OGONTZ



FOLLOW YOUR HEART
Vegenaise 16 oz
\$3.45 REG. 4.50
MT. AIRY & CHESTNUT HILL



MASADA
Bath Salts 32 oz
\$11.35 REG. \$14.28
MT. AIRY & CHESTNUT HILL



\$1.90 REG. \$2.36
other TWIST products also on sale!
CHESTNUT HILL

Look for Member Special tags on other select items throughout our stores on brands including EARTH FRIENDLY, DOGSWELL, AURA CACIA and HYLAND'S.

CITRA SOLVE
Degreaser 16 oz
\$7.95 REG. \$10.37
ALL THREE STORES
Spray Formula 22 oz
\$3.30 REG. \$4.27
MT. AIRY
Natural Solvent 8 oz
\$5.00 REG. \$6.54
MT. AIRY

Canned Dog Food
Assorted flavors 12.5 oz
\$1.60 REG. \$2.02-2.12
MT. AIRY & CHESTNUT HILL

MAKE LIFE A SONG



Elizabeth Weigle Voice Studio
Study voice with a Juilliard grad!


All skill levels, teens to adults

Mt. Airy, Philadelphia
212.865.7997

ew@elizabethweigle.com
www.elizabethweigle.com



Sign Up for Classes Today!
Fall classes begin Sept. 13 | Nutcracker auditions Sept. 11
philadancetheatre.org or 215.247.4272 for more information
In Mt. Airy on the New Covenant Campus!



GERMANTOWN FRIENDS SCHOOL

We do more than prepare
our students for the world.
We teach them the skills and values
to make a difference in it.

Open Houses
October 2, 1:00 p.m.
November 11, 8:15 a.m.

A Quaker Independent Day School for Grades K-12

31 West Coulter Street, Philadelphia, PA 19144
215-951-2345 • www.germantownfriends.org

Immerse yourself in the six realms of possibility. What choice will you make?

GAS & ELECTRIC ARTS presents

A stunning new play drawing on ancient Tibetan teachings concerning the nature of mind.

AUGUST 29 – SEPTEMBER 19, 2010
The Bardo, 1151 N. 3rd St, Philadelphia

Tickets & Info: 215.407.0556
www.GasAndElectricArts.org

BETWEEN TRAINS

The September Garden

by Mark Goodman, The Neighborhood Gardener

THERE’S SOMETHING special about eating the fruits—and vegetables—of your labor. All summer I’ve enjoyed the blackberries from my thornless blackberry bush (“Arapahoe”) as well as the flat Italian parsley growing in a 10” pot and the bok choy greens proliferating in a 16” container.

If you’d like to experience eating something that you’ve grown yourself, there is still time. If you don’t want to cultivate a garden patch, fill a ten-inch-wide, eight-inch-deep (minimum) pot with potting soil after putting some stones at the bottom for drainage.

You can plant the following seeds: kale, leaf lettuce, spinach, mustard greens, arrugula, and curly cress. Later in the fall you can cut these greens and enjoy them as part of your meal. If you have empty space in the garden, you can grow radishes from seed and the faster growing turnips, such as Purple Globe Top. Eating produce that you’ve planted and harvested makes it taste a little better.

If it’s flowers you like, here are some September beauties to embellish your garden. Chelone (or Turtlehead) has pink flowers and will grow in sun or partial shade. Perennial ageratum is another at-

tractive late summer bloomer. It is tall (3’) with bluish-purple flowers, like the flowers of the much smaller annual ageratum.

Physostegia—also known as false dragonhead or obedient plant—comes in a tall (3-4’) or shorter (18 - 24”) version. They flower pink or white and have a spiky shape. And don’t forget gentians, the lovely blue flower often overlooked in the September garden.

If you like to cut flowers for your vases, Autumn Joy or Autumn Fire sedums can last for weeks after cutting. Depending on when you cut them, they are white, pink, burgundy, or bronze. The succulent leaves are also attractive in a cut flower arrangement.

Early September is a good time to plant grass. If you expect foot traffic on a sunny spot, sow athletic field mix. For shade, try perennial rye grass for a quick sprout.

Even with all of the activity of returning from vacation, holidays, and getting the kids ready to go back to school, remember to water your garden. September can get its fair share of 90-degree days. Enjoy the last month of summer with all of its colorful and tasty gifts.



Mt. Airy Yoga at 610 Carpenter La.

by Jonathan McGoran, Shuttle Editor

MARY FLINN, a top-tier yoga teacher trained in India and “Authorized” by yoga master Shri K. Pattabhi Jois, has opened Mt. Airy Yoga at 610 Carpenter Lane, two doors down from the High Point Café. The studio will offer Ashtanga yoga classes for all levels, designed to help practitioners alleviate stress, build strength, and increase concentration. Mary has been practicing yoga for 17 years and teaching for 15, including at Hunter College, Pratt University and the Energy Center and Satya Yoga Center. She has also modeled for books by Dorlin Kindersley and Shakti Kaur Khalsa. For more information, visit mountairy yoga.com, or maryflinn.com.



photo by Josh Peskin

Mary Flinn, proprietor of Mt. Airy Yoga.

Watsu
Aquatic Bodywork
Julie S. Angel
215-836-9779
www.watsuwoman.com
process healing | massage therapy

\$20 OFF
your first
Watsu session

Indulge your taste buds in the bold Latin
American flavors and tantalizing cocktails at
Philadelphia’s hottest new restaurant,

Avenida

Thank you for a great summer!
...and for voting for us for the Best of Philly
kid-friendly restaurant

7402 Germantown Ave • Philadelphia, PA 19119
Open Tuesday to Saturday, 5 p.m. to 10 p.m.
Sunday brunch 11 a.m. – 3 p.m. • Dinner 5 – 9 p.m.
Call to make a reservation for dinner tonight: 267.385.6857

\$2 OFF 1 Per Person/Per Couple
Not good with any other offer Use Promo Code: **SN**

Mind Body Spirit Expo

13th Year
Oct. 22-24 Valley Forge Convention Center
215-599-EXPO

Don Miguel Ruiz

Neale Donald Walsch

Braco Gazing Sessions

Braco
From Europe First East Coast Appearance

Music by Wah!

Stephen Wise-Katriel & Friends

Psalm Isadora

Lectures Workshops Exhibits

www.mindbodyspiritexpo.com

fact #04

15,957 free drinks

and counting. Drinking liberally in Mt. Airy since 2002. Use your InFusion card and get 1 free drink for every 10 purchased.

together, we're living **InFusion**
A Coffee and Tea Gallery

7133 germantown ave | 215.248.1718 | InFusionCoffeeandTea.com

Gas Mileage

(continued from page 9)

der-inflated tires do cause lower mileage. You may have to spend 25 cents for the air, but it's free to check your pressure. Some believe tire pressure is very important; the higher the pressure, the less "rolling resistance," whatever that is. The minimum is the recommended tire pressure for your car, which is usually stated on the driver's door. Some claim that higher pressure causes less tread wear as well.

7. Allow your car to idle no more than 7 seconds, for that's how much fuel it takes to restart your car. If you have a hybrid that shuts off when you've stopped, that may not be necessary. Some people are under the mistaken impression that they have to warm up their engine before driving in the winter. Not necessary. Just be gentle when you start driving. The colder the weather, the more gentle you need to be.

In the winter when it takes longer for your car to warm up, drive to your farthest destination first and then to the nearer ones when you have to stop and start again.

8. When you take the scenic route over hill and dale, you may be paying a price. When possible, avoid hills and unpaved roads, so your car doesn't have to work as hard.

9. Use your four-wheel drive only when absolutely necessary.

10. Follow your car's maintenance schedule; a poorly tuned engine uses more fuel. Be sure your auto mechanic checks your wheel alignment and air filter, as both can affect fuel economy.

11. When possible, avoid ethanol. The BTU of energy in a gallon of ethanol is 76,000 versus 116,000 for a gallon of gasoline. Ethanol has only 2/3 the energy of gasoline. Also, the USDA says ethanol costs 57 cents more per gallon. Most gas stations sell a mixture of ethanol and gasoline, and the problem is how to locate a gas station that doesn't use ethanol. When tankers fill up to deliver to gas stations, they may take from a gas/ethanol tank or a pure gasoline tank. It does not depend upon the brand of gas station for the same tanker may deliver at different gas stations. Most gas stations post a small sign on the pump which tells you the gas contains ethanol. I have yet to locate a station without ethanol.

12. Forget about buying more expensive higher-octane gasoline. The octane rating has nothing to do with the energy content of the fuel. Octane is a measure of the fuel's ability to burn in a controlled manner.

13. Use your cruise control if you have it. The constant speed lowers your energy use. For safety reasons you are advised not to use cruise control in the rain for fear you might hydroplane.

14. Forget you have an air conditioner when you are able....If it's not August in Philadelphia. Operating an air conditioner on high can reduce efficiency by 5-30 percent (although some people believe that at highway speeds, the drag caused by open windows may cause a similar reduction in efficiency).

15. "Scan gauges" are fuel efficiency feedback systems to tell you how efficiently you are driving at any time. Most hybrid cars come equipped with this feedback system. It is vital if you are serious about improving your mileage. Some assert that their mileage improved by 15 percent after purchasing the device.

16. Special Techniques for Diehards:

Ridge riding" describes driving close to the center of the road to reduce drag in inclement weather, as the center has the least amount of water. In snow you stay in the most traveled lanes with least amount of snow.

"Anticipatory Focus" is looking ahead to scan situations or lights which might interfere with your steady state, to avoid stopping when possible.

"Driving with Load" means you rely on your Instantaneous Fuel Consumption Display instead of your Cruise Control in some conditions like climbing a hill. If you don't have a scan gauge, just hold your foot on the accelerator at same pressure going over a hill. The car will adjust and slow down as you climb and readjust downhill.

"Driving without Brakes" means only that you pretend not to have brakes so in-

crease the buffer zone between you and the car in front in order to maintain speed and avoid fast stops.

"Face Out," when parking, describes finding a space where you can egress by pulling forward. You can try this at home as well by backing into driveway to avoid having to use reverse when you begin driving next. Your fuel consumption is greatest when your engine is cold.

"Alternate Routes" describes choosing the path that allows you to drive more slowly rather than the highway at 65 mph, which lowers fuel efficiency.

"Slowing for lights" allows you to avoid a full stop if you move slowly enough. The slower you move, the more likely you won't have to stop completely at the light.

There are other sophisticated techniques like "Hypermiling" in which you shift to neutral to stop the engine. I'll let you read about these techniques on your own at CleanMPG.com, as they are a little more risky. Even the web site advises you to try these more advance techniques one at a time, on a relatively remote road.

When attempting to use some of the suggestions above, don't be surprised if you get dirty looks from other drivers who don't like you driving at or below the speed limit. Also, get used to other cars passing you. I often wonder why some folks are in such a hurry to stop for a light.

The aficionados of "hypermiling" boast of getting 100 m.p.g. They also say they pay close attention to their cars and the traffic ahead and around, not listening to the radio and certainly not using a cell phone or text messaging. They seem to be cautious drivers, though slow. Perhaps saving gasoline may also make your driving habits safer.

used bikes bought - sold - fixed



550 Carpenter lane
Philadelphia, PA 19119

215 843 0260
ph-ew.com

Store Hours:
Tue-Sat 11-5 | Thu till 7 | Sun 9-1
closed Mon



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

Hypnosis+Acupuncture

Double your chances of Success!

Thursday Evening Groups 7-9 pm in Mt Airy

For reservation email:
maxrivers@aol.com

Pre-reg \$44, onsite:\$60

1st Thurs: Weight-loss
2nd Thurs: Smoking
3rd Thurs: Sleeplessness/Apnea
4th Thurs: Improving in sports/work/school



Grades K-8

Currently Accepting
2010-11 Applications



6525 Germantown Avenue, Phila, PA 19119
Phone 215-438-3623 • Fax 215-991-0310
www.projectlearnschool.org

A Cooperative School in Mt Airy
where curiosity, creativity, intellect and spirit are nurtured!

Missed our Fall Open Houses?
Call Schedule a Tour Today!
215-438-3623

Accredited by Pennsylvania Association of Independent Schools (PAIS)

PLYMOUTH MEETING FRIENDS SCHOOL



Fall 2010
Open Houses
Oct 6, 9:30-11:30am
Nov 6, 2-4pm

3 years old – 6th grade
Stewardship • Service • Hands-on-Learning
Plymouth students apply math skills as they build bluebird
boxes for the school's green 9-acre campus.

A Big World in a Small Quaker School

2150 Butler Pike • Plymouth Meeting PA 19462
www.pmfs1780.org • 610-828-2288

HUMAN TOUCH HOME CARE

Non-medical home care for those with
physical or cognitive impairment and for those recovering
from illness or fracture.



Caring, Honest, Carefully-Screened
Caregivers to Assist with
Personal Care

Meal Preparation
Medication Reminders and Light Housekeeping
Only \$12.90 /Hour

215-233-0676

One Year Later, Co-op Member’s Book Rereleased in Paperback

Big Blue Marble Bookstore to Host Rerelease Party Saturday, Sept. 4 at 2 p.m

by Chris Kaiser

WHAT A difference a year makes! Last year at this time, Eileen Flanagan’s book *The Wisdom to Know the Difference: When to Make a Change—and When to Let Go* was published in hardback. It has since received awards and endorsements (including one from the Dalai Lama) and has garnered a following of spiritually-minded people who sometimes need an extra jolt of wisdom to cope with life’s everyday stresses.

It comes out in paperback in September and The Big Blue Marble in Mt. Airy will host a “coming out” party on Saturday, Sept. 4 at 2 p.m. Interestingly, Flanagan’s book, published by Tarcher/Penguin, was the No. 1 bestselling book in 2009 at The Big Blue Marble.

The book is a compilation of stories of how people figured out the things they needed to change in their lives or in the world around them and what they need-

ed to just accept and let go. It tackles all kinds of personal issues, from divorce, career change, and illness to topics with a broader social impact, such as racism.

It is well written and flows effortlessly from story to story. Flanagan doesn’t preach. She merely lets the experiences of the people who populate the book speak for them.

In May, the book picked up the Nautilus Silver Award in the category of Personal Growth/Psychology. The tagline for Nautilus Books is “Changing the World One Book at a Time.” (Past Gold winners include the Dalai Lama and Deepak Chopra.)

More recently, the book garnered the Coalition of Visionary Resources Award for visionary spiritual book. Visionary Resources, according to their website, are products and services that help the world become a better place.

Sales of hardcover books can be challenging in these economic times. So now that the paperback will be available for about \$15, becoming a better person has never been more reasonably priced!

Flanagan receives all kinds of validation of the book’s message wherever she goes. At one book event, she was reading the chapter about a woman who wanted to give up her car for environmental reasons, but then it was stolen. She also wanted work less in order to perform more volunteer work, but then was laid off. The moral being that you never know how your prayers will be answered. Well, a woman in the audience came up to Flanagan afterwards and said, “When my husband left me, I was in total shock for about 10 seconds. Then I realized it was the best thing that could have happened to me.”

A man at another reading reached out to Flanagan because he was grappling

with a diagnosis of cancer. He wanted to accept his disease, but not capitulate to it. He said that *The Wisdom to Know the Difference* was very helpful in that regard.

Flanagan will also be reading from her book at Borders on Broad and Chestnut in Philadelphia on Wednesday, Sept. 8, at 6 p.m.

For more info, visit www.bigblue-marblebooks.com



photo courtesy of Eileen Flanagan

Co-op member Eileen Flanagan (r) signing copies of her award-winning book, *The Wisdom to Know the Difference: When to Make a Change—and When to Let Go*, at an event at Falls of the Schuylkill Library in East Falls.

Full Time Driver Wanted

Valid Driver’s license required.

Industrial Street Sweeper Equipment

Commercial Driving Experience a Plus

Must have two years driving experience and be able to lift 50 pounds.

Mail resumes to:1536 E. Haines St., Philadelphia, PA 19126, or email to dswift@oarcphilly.com

SERVICES GUTTERS

BROWN’S GUTTER CLEANING SERVICE, L.L.C.

Gutter & Downspout Cleaning

PROMPT & RELIABLE

Licensed & Insured

FREE ESTIMATES

David H. Brown

215-836-5890

Celebrate Selfless Giving

Agent, New York Life Insurance Company.

Registered Representative, NYLIFE Securities LLC, member FINRA/SIPC. A licensed insurance agency.

read to your children

protect your loved ones with life insurance

coach youth sports

sign up for a blood drive

volunteer time at a hospital

babysit your grandkids

donate to a favorite charity

NEW YORK LIFE

Life Insurance Awareness Month celebrates the spirit of selfless giving. Just like reading to your children or volunteering time at a hospital, protecting your loved ones with Life Insurance is one of the many selfless gifts you can give. Make this September all about showing how much you care.

NEW YORK LIFE **LIFE INSURANCE AWARENESS MONTH**

Zakaria Elabidejjemani Financial Services Professional

New York Life Insurance Company, 1205 Westlakes Dr, Ste 180, Berwyn, PA 19312

O: (484)595-2446, M: (267) 496-1110 • zelabidejje@ft.newyorklife.com • www.zakelabid.nylagents.com

Jewish Children’s Folkshul

Cultural Jewish Education & Secular Humanist Community

Registration & Classes begin Sun., September 19, 9:30 AM

High Holiday observances info: www.folkshul.org

We meet Sundays at Springside School
8000 Cherokee St., Phila., PA 19118

(215) 248•1550

PreK-9th grade • Holidays • Bar/Bat Mitzvah

• Programs for kids, teens, adults

Partnership with

THE WALDORF SCHOOL OF PHILADELPHIA

7500 GERMANTOWN AVENUE, PHILADELPHIA, PA 19119

▪ **Fall Admissions Events** ▪
For Pre-K ~ 8th Grade

Family Open House
Saturday, September 25th, 10:00 a.m.

Evening Open House
Wednesday, October 20th, 6:30 p.m.

Classroom Observation Mornings
Thursday, October 7th, 8:30 a.m.
Thursday, October 28th, 8:30 a.m.

RSVP by phone or online
215.248.1662 • www.philadelphiawaldorf.org

Discover for yourself why **Waldorf Education** is one of the fastest growing independent school movements worldwide.
www.whyywaldorfworks.org

Grant Fox Contracting

- Custom Renovations & Repairs
- Kitchens and baths
- Additions
- Built-ins

Phone: 215-771-2713 grantfox186@gmail.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

The Simplicity Dividend

The Self-Provisioning Resource Conserving Eco-Nut Next Door

by Betsy Teutsch

AMIDST THE landslide of greening and sustainability books constantly being marketed and touted (get the irony?), there are two that have jumped out at me. Reading them as a pair made it clear that *Plenitude*, by economist Juliet B. Schor, and *The Cheapskate Next Door* by journalist Jeff Yeager are describing the same contemporary trends using very different language. People can earn fewer dollars without their quality of life being diminished, if they also experience an increase in free time. This free time can be invested in social capital, healthy lifestyle, creative self-provisioning, and ingenious thrift, aided by everything from social networking to asking grandma to teach canning techniques. Schor’s book is analytic; Yeager’s is a how-to-do-it manual.

Reading over and over again how we aren’t “over” this Great Recession because none of us are buying enough, hence the jobs producing all of it are lagging, has often made me wonder how that squares with the carrying load of the planet. The fact that personal savings have actually increased seems like good news, not bad. The fact that demand for fossil fuels has decreased—isn’t that the goal here? Schor, an economist with an emphasis on ecological concerns, and the author of two other terrific books, *The Overworked American* and *The Overspent American*, reviews the basic theoretical underpinnings of modern economics and concludes that they don’t square. As developing world incomes rise, driving massive additional consumption, the world’s growth limits will be tested. We can’t just keep on extracting finite resources on the cheap and expect it will all end well. Likewise, she predicts there will never again be enough conventional jobs for all who seek work. We’re becoming too efficient and productive for that, through ever-improving and disseminating technology.

Schor’s solution, that we cut back on workers’ hours, thereby employing more people over all, is not original. This has been tried in many places and times, often to avoid laying workers off. Kelloggs of Battle Creek, Michigan, famously offered a six-hour day for decades, which workers loved, along with all the others lucky enough to live there. Schor’s original synthesis is to combine this with the new realities of environmental as well as social stress, to definite a life of plenitude less dependent on material excess. By editing out the waste of American life, and utilizing the dividend of extra time, whole new micro-economies are evolving, allowing people to live healthier, happier lives that—paradoxically—are lower income. She effectively decouples standard of living from quality of life, as happiness studies have been confirming is correct, once people move past subsistence.

She cites examples of lowering overhead by resource sharing, plugging Freecycle, CraigsList, carsharing, Open Source internet software – much of which I have written about over the years. Local agriculture, from gardens to micro-farms, is a favorite example, written about glowingly throughout the book. She describes people once again learning to cook, preserve, sew, and build their own downsized homes. It all sounds very idyllic; I want to believe her, I really do. Except that what she is talking about as a trend looks more like an interesting trickle of outliers (Hi, Anna! How’s the honey going?). OK, I

grow a few tomatoes. That doesn’t make me Ma Ingalls. But perhaps a generation from now her manifesto will prove true. If so, we will all be the better for it.

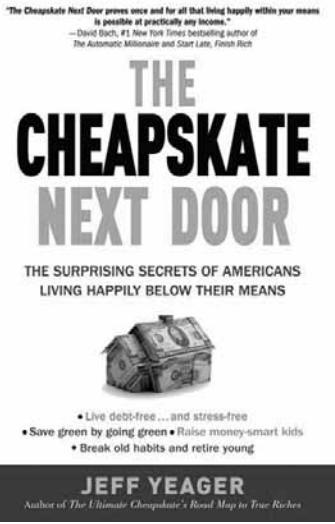
The Cheapskate Next Door: The Surprising Secrets of Americans Living Happily Below Their Means is a charming hybrid of two terrific classics, *The Millionaire Next Door* and *The Tightwad Gazette*. Those books were all about resource conservation from a financial standpoint—why leave good money on the table? *The Millionaire Next Door* describes a value-oriented affluent population who eschews conspicuous consumption. *The Tightwad Gazette* was more about people scraping together a nest egg, even on a tiny salary. The secret of both is living beneath one’s means. However, they were written before the age of environmental awareness. All their strategies translate quite well to a new eco-age. The Cheapskate took himself on a national book tour by bike, couch-surfing his way across the country.

His book is a lot of fun. My main takeaway is that if you create good habits,

these too are hard to break. One becomes a reflexively resource-conscious consumer [a description I prefer to “cheapskate”]. Case in point. Two friends and I were at the beach in search of 1 percent hydrocortisone cream for my friend, suffering from a bee sting. We grabbed the first brand we saw. But I couldn’t resist going back to look at the shelf, where I found a generic tube for half the price. Then I saw a generic tube half the size. It is generally more economical, both financially and ecologically, to buy a larger quantity. *But*, only if you will finish it all. Having just thrown out boxes of unused, expired OTC meds from my old house, I knew the smaller generic tube was a good choice. Time expended: 1 minute. Amount saved: ~\$6.00. Since I earn less than \$6.00 a minute, it was a good use of my time. However, you can’t send a child to college or pay for health care—America’s two huge and ever escalating price tags—on small salaries supplemented by self-provisioning and judicious cheapskating.

If you’re following these authors’ advice, be sure to check these books out from your local library soon!

Betsy blogs at www.moneychangesthings.blogspot.com and teaches blogging at MALT. Look for her upcoming class on creating a family cooking blog.



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 over.

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

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

Now in our 30th Year!

Classical, Jazz & Pop
~ All Ages & Levels

Private Lessons (start anytime!)
+ *Piano & Drum Classes for Children (age 4 - 7)*
+ *Ensembles & Bands for Teens & Adults*

piano	keyboard	voice	guitar
violin	trumpet	flute	bass
viola	french horn	clarinet	drums
cello	trombone	saxophone	recorder

We're in Chestnut Hill also!
Weaver's Way Members: 25% off
first 4 lessons or term of classes
(for new students)

Richard Rudin
Director

215.848.8353

8405 Germantown Ave.
in Chestnut Hill

47 Maplewood Mall
in Germantown

2010 Honey Festival, September 10-12

by Lauren Zalut

PHILADELPHIA HAS a long history of “firsts” – from the first hospital to the first zoo to the discovery of electricity, innovations of all kinds have happened here. Beekeepers across the city and the United States are buzzing away, preparing to celebrate another Philadelphia “first” – the invention of the movable frame bee hive. December 2010 marks the 200th birthday of Philadelphian Lorenzo L. Langstroth, “The Father of American Beekeeping,” and inventor of the hive that changed the future of apiculture forever. To celebrate his birthday, four Philadelphia organizations have teamed up to present the Philadelphia Honey Festival on the weekend of Sept. 10-12, 2010. The coordinating partners are the Wagner Free Institute of Science, Philadelphia Beekeepers Guild, Bartram’s Garden and The Wyck Association, organizations invested in educating the public about natural science.

The Festival will kick off on at 3:30 p.m. on Sept. 10, 2010, with the placement of a historical marker at 106 South Front Street, the house where Langstroth was born, and will include a keynote address from Pennsylvania Secretary of Agriculture, Russell Redding, an appearance by the Pennsylvania Honey Queen, and will conclude with the viewing of Langstroth’s papers at the American Philosophical Society.

The three anchor sites—Wagner Institute, Bartram’s Garden and The Wyck Association—will be buzzing with events throughout the three-day festival, so there will be something for everyone.

What better place to celebrate the importance of bees than right on the banks of the Schuylkill River at the birthplace of American botany? Bartram’s Garden is the landmark home and garden of America’s pioneering family of naturalists, botanists and explorers. During the Honey Festival, this Southwest Philadelphia site



photo by Bruce Schimmel

Suzanne Matlack visits a summer camp to teach kids about bees, beekeeping, and honey

will appeal to those interested in the history of beekeeping and the aesthetic inspiration these important pollinators provide. On Friday, Bartram’s Garden will host the opening of the DaVinci Art Alliance exhibition aptly titled “What’s the Buzz,” from 5 to 8 p.m. On Saturday, Sept. 11, and Sunday, Sept. 12, the Garden will be open all day, for botanical illustration meet-ups and house tours. History buffs should not miss the lecture *History of American Bee Keeping 1776-1810* on Sunday afternoon at 1 p.m., presented by Professor William Butler. His lecture will be followed by a curator’s talk, *Bees in Art*, presented by Dr. Debra Miller of DaVinci Art Alliance.

For those interested in starting their own apiary, Historic Wyck is the place to be! This remarkable Germantown site has been a home and a working farm for more than 250 years, and features a nationally-known garden of old roses (over 30 varieties) originally planted in the 1820s. Wyck will be open on Saturday, Sept. 11, from 12 to 4 p.m. for house tours, honey tastings, open hive talks, honey extractions, a demonstration on making cosmetics from beeswax, and a talk about bee-friendly gardening. Visitors will even be able to take an up-close look at the inner workings of a beehive through a Teaching Hive donated by Brushy Mountain Bee Farm. This is a chance to see detailed pictures of capped and uncapped honey, pollen, comb, and more, with no worries of being

stung! Wyck will also be the stop for those who love to eat this naturally sweet treat—Capogiro Gelato is producing a mouth watering gelato made with honey from Wyck’s hives, and there will be a mead and honey-based beer tasting from 7 to 9 p.m. at the nearby Cliveden of the National Trust.

The Wagner Free Institute of Science will be the Honey Fest host for children and their families. This Victorian natural history museum located in North Philadelphia has been dedicated to providing free science education to the public for over 150 years. Children make up one-third of the museum’s annual audience, and the Honey Festival will kick off the Institute’s 2010-11 season of Saturday Family Programs. Open from 12 to 4 p.m. on Saturday, Sept. 11, the afternoon will feature “Pollinator Power!” a lesson for children ages 6-12 about the importance of pollinators in our lives. Sip honey-sweetened iced tea, and listen to local folk rocker Liam Gallagher while you peruse goods from local booksellers, bee artists, and beekeepers. Beeswax candle-making, scavenger hunts, and the debut of the Institute’s new native pollinator garden will sweeten the day for all who attend.

The goal of the Philadelphia Honey Festival is to raise awareness about the importance of bees to our environment and the impact of local honey on our economy, and to promote urban beekeeping and gardening. All festival events are free, but some events require reservations, please see the schedule at www.philly-honeyfest.com for more details.

www.wagnerfreeinstitute.org

www.phillybeekeepers.org

www.wyck.org

www.bartramsgarden.org

zalut@wagnerfreeinstitute.org

Paws in the Park Dog Walk & Fundraiser

by Chris Owens, RittenhouseTown Executive Director

In October of 1777, when George Washington met General Howe less than a mile from Historic RittenhouseTown at the Battle of Germantown, it was General Howe’s dog who linked Washington and Howe in an unusual and heartwarming way. During the Battle, Howe’s dog strayed into American territory and was taken by Washington’s soldiers. Although some thought the dog should be held for ransom, Washington returned the dog to Howe with a note recorded by Washington’s secretary Alexander Hamilton:

Octr 6. 1777

General Washington’s compliments to General Howe. He does himself the pleasure to return him a dog, which accidentally fell into his hands, and by the inscription on the Collar appears to belong to General Howe.

On Oct. 2, Historic RittenhouseTown will host its first annual Paws in the Park—a family-friendly event to benefit our National Historic Landmark District and site of British North America’s first paper mill built by the Rittenhouse family in 1690. Located in Philadelphia’s scenic Fairmount Park, Historic RittenhouseTown is a private nonprofit responsible for the restoration and conservation of six of the original RittenhouseTown structures dating from 1707. Our village road links with Forbidden Drive and the vast network of trails, popular with many dog walkers, that crisscross the Wissahickon Valley.

Paws in the Park takes its inspiration from Caroline Tiger’s book, *General Howe’s Dog: General Washington, the Battle of Germantown, and the Dog Who Crossed Enemy Lines*. The day’s activities begin at 10 a.m. and will include a dog walk thru the village, prizes, and a ‘flea market’ with food, drink, and dog supplies for sale.

To register for Paws in the Park, visit www.rittenhousetown.org.



FAMILY PLANNING COUNCIL
Promoting Reproductive Health in Southeastern Pennsylvania

**260 South Broad Street
Suite 1000
Philadelphia, PA 19102**

Are you a woman age 18-35?

Have you used a natural family planning method in the past 2 years?

If yes, you may be eligible to take part in our study. Participants will complete a survey and interview (about 2 hrs), and be given a \$50 Visa gift card for their time.

Call (215) 985-2637 for more info.

Two Guys

**Light Moving
Hauling & Deliveries**

- Available 7 Days a week
- Reasonable Rates in unreasonable times

**215-850-4559
215-668-8660**



MACINTOSH CONSTRUCTION CO.

A Complete Restoration Company
FREE ESTIMATES • FULLY INSURED

Visit us on our website:
www.MacintoshConstruction.com

MT. AIRY, PHILADELPHIA 215-843-2090

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

**A Tour of Homes in the Old German Township:
Historic Houses in Germantown, Mt. Airy and Chestnut Hill**

Come discover nine unique private homes, in buildings constructed during the 18th, 19th, 20th and 21st centuries in Germantown, Mt. Airy and Chestnut Hill. See why The Old German Township has been justly acclaimed for its history, diversity and creativity. All of these homes demonstrate a respect for architectural integrity and historical detail, combined with imaginative and inspired choices for living in the 21st century.

Sunday, September 26th • 12:30-4:30 pm Ticket Prices: \$25 in advance, \$30 day of the event.

Call MALT **215-843-6333** or visit our website: **www.mtairylearningtree.org** to purchase.

On the day of the event you may stop by the Trolley Car Diner and order their special tour-reduced price box lunch for \$8.

Sponsored by Bowman Properties, Electrical Wizardry, Kurtz Roofing, Chestnut Hill Windows, Asher's, and Valley Green Bank. Benefiting Germantown Historical Society and Mt. Airy Learning Tree

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



MAUSA Marks 30 Years at Annual Benefit

by Jonathan McGoran, Shuttle Editor

THE GUESS Who’s Coming to Dinner fundraiser held each year by Mt. Airy, USA (MAUSA) is always a special occasion, but this year it will be even more special, as the nonprofit community development corporation celebrates its 30th anniversary. This popular Dinner benefit and auction will take place on Oct. 23, with the theme of Grandma’s Kitchen, an evening of nostalgia. Every table is hosted by a most intriguing Philadelphia celebrity guest including a Philadelphia Phillie, news anchor, a public radio host, and a sommelier.

This year’s event will also be noteworthy as it is the first since longtime MAUSA Executive Director Farah Jiminez announced she was stepping down to become the new President and CEO of the People’s Emergency Center.

This year’s dinner and auction will be held Saturday, Oct. 23, 6:30 to 11:00 p.m. at the Commodore Barry Club located at 6815 Emlen St. in Philadelphia. Please visit www.mtairyusa.org/guesswhoscomingtodinner/index.htm or call 215-844-6021 for more information.

Founded in 1980, Mt. Airy, USA’s mission is to preserve, empower, and advance a vibrant and diverse Mt. Airy by stimulating development that is responsive to the community.

WMAN Celebrates 50 Years, Honors 50 Neighbors

Weavers Way Co-op and Many Co-op Members Among those Honored

by Jonathan McGoran, Shuttle Editor

WEST MT. Airy Neighbors (WMAN) is celebrating its 50th Anniversary by recognizing 50 great neighbors whose contributions have strengthened our neighborhood and enhanced our shared community life. Among these 50 individuals and organizations are many member of Weavers Way, and Weavers Way Co-op itself.

Join WMAN for a luncheon to celebrate WMAN’s history and honor 50 Good Neighbors and local organizations. The luncheon will be held on Sunday, Sept. 19 at 11 a.m. at the Commodore Barry Club. For more information, contact WMAN, call 215-438-6022 or e-mail wman@wman.net

WMAN was founded in 1959 to create and sustain West Mt. Airy as a racially integrated community. From the beginning, WMAN has sought to make its community a welcoming home for all people. To this day, West Mt. Airy remains one of the few stable, racially integrated communities in the United States.

In 1999, West Mt. Airy Neighbors celebrated its 40th Anniversary by honoring 40 Good Neighbors whose contributions have strengthened our neighborhood and enhanced our shared community life. This year, we will honor 50 Good Neighbors in celebration of WMAN’s 50th Anniversary.



50 GOOD NEIGHBORS

Fred Achenbach

Janet Amato

Stephen Anderson

Hector Badeau

Tina Bannister

Laurie Beck Peterson

Susan Beetle

Jeff Best

Mitch Bormack

Al and Juanita Bradley

Kenneth Campbell

Bill Clark

Tony Cooper

David Dannenberg

Jan DeRuiter

Kittura Dior

Jocie Dye & Jason Huber

Deborah Ellerby

Beau-Janette Feldman

Jim Foster

Jarma Frisby & Laura Siena

Lois Frischling

Nancy Goldenberg

Jay Goldstein

Mark Hartsfield

Kent Julye

Doris Kessler

Edward King

Kristyn Komarnicki

Rev. Dr. Philip Krey

Ken Kunz

Della Lazarus

Jimmy Maddox

Madeline Magee

Steven Masters

Patrick Moran

Bob Noble

Heather Pierce

Ralph Pinkus

Mira Rabin

Norman Robbins

Robert Rossman

John Siemiarowski

Linda Slodki

Marc Stier

Tom Sugrue

Lyn Thompson Gibson

Ronda Throne-Murray

Ken Weinstein

Liz Werthan

Organizations

Cliveden and Upsala of the National Trust

East Mt. Airy Neighbors

Friends of Houston Playground

Germantown Historical Society

Germantown Jewish Centre

The Lutheran Theological Seminary at Philadelphia

Mt. Airy Baseball

Mt. Airy Learning Tree

Mt. Airy USA

Neighborhood Interfaith Movement

Summit Presbyterian Church

Weavers Way Co-op



Avenue Art & Framing

Your neighborhood shop for quality custom framing



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

6837 Germantown Ave.
Philadelphia, PA, 19119
215.848.4420

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)



win-win

window cleaning Co.

www.WinWinWindowCleaning.com

Toll Free: 1.866.867.6935 • Cell: 215.906.4715

RESIDENTIAL CLEANING • WINDOW CLEANING • CARPET CLEANING
UPHOLSTERY CLEANING • POWER WASHING • GUTTING CLEANING






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

Experience

Miquon


from the **beginning**



The Nursery Program

For children ages 3-4

Three-, four-, or five day options
Van service available
10 acres of woods, fields, and creek
Inclusive community
Program includes art, music, science, physical education & library



Located in Whitemarsh Township **The Miquon School** is a progressive school designed for **girls and boys ages 3-12**. We foster independence, intellectual, and social skills in a **unique natural environment**.

www.miquon.org

Mt. Airy Village Fair

(continued from page 1)

Music & Entertainment—Sponsored by Big Blue Marble Bookstore—Local! Acoustic! Fun! Come hear your friends and neighbors provide lively entertainment on two acoustic stages throughout the day. From Celtic Dancers to Blue Grass Fiddlers to Shakespearean Monologues, performers will be doing their thing. Enjoy the ambiance.

Crafts—Sponsored by The Nesting House—What a talented community we have! Creativity abounds at this year's Fair. Watch demonstrations, buy one-of-a-kind locally made treasures, and even make your own crafts to take home with you. Every booth has an interactive component, so come see and join in the fun!

Food—Come hungry! The Weavers Way Co-op is cookin' up a feast outside, along with a "guess the weight" fruit game, as well as a special oyster sampling of \$1.50 oysters from around the country. High Point Café will also be banging out Fair Fare—crepes along with their famous baked goods and drinks. Real lemon sticks will also be at this great event, made with all-natural porous candy sticks inside organic lemons for the best lemonade made right in your mouth! And more! Come for the fun, stay for the food!

Carnival Fun—Sponsored by Springboard Studio—No fair is complete without some carnival fun! Enter Springboard Studio for a great time of Fortune Telling, Temporary Tattoo Parlor, Veggie Freak Show, and more. Donate to local charities by tossing balls at the person in the dunk tank, even have your picture taken in one of the zany peek-thrus.

Pie Eating Contest—Sponsored by High Point Café—Love pie? Think you can eat a whole pie in under four minutes and 21 seconds? Come challenge the defending champion at the world's only organic blueberry pie eating contest! Sign-up starts at noon. The first ten people to sign up will have a chance to WIN, not only bragging rights, but a gift certificate for their very own PIE to eat at their leisure whenever they wish! Fun to watch, fun to compete!

Slow Ice Cream Eating Contest—Sponsored by PHEW! (Philly Electric Wheels)—Join in the first annual slow ice cream-eating contest. Contestants will put their patience to the test as they try to eat an ice cream cone as slowly as possible without losing a drop! The first ten contestants will put their tongues on the line

and the last one to finish without dripping wins. How slow can you go?

Fire Truck—Sponsored by the Philadelphia Fire Department—Climb on a real fire truck. Try on the hat. Bring your own fire truck to see how it measures up! Check out all the cool gadgets and learn some fire safety!

Pet Parade—We still love the Phillies, and all pets are invited to show the love in a sports-inspired pet parade and competition on Sept. 26, at 3:30 p.m. An integral part of this year's annual Mt. Airy Village Fair—dogs, cats, fish, iguanas, gerbils, birds, and even stuffed toy pets will strut their stuff—either in costume or not! Everyone wins, and there will be ribbons awarded in categories such as "Biggest Shoulder Pads," "Smoothest Swing," "Most Team Spirit," and "Most Valuable Player." All pets welcome except fighters and biters. To enter, participants and their owners may gather promptly at 3:15 p.m. at the Henry School wall facing Weavers Way Co-op.

Petting Zoo—Sponsored by Manatwna 4H—goats and sheep, ponies, and more! Bring your kids to meet the animals!

Free-For-All—Sponsored by PHEW! (Philly Electric Wheels)—This great event starts even before the Fair, with donations being accepted for a huge free yard unsale. Keep your eyes peeled right here for times and location for dropping off your items to contribute to the Free-For-All. Then on fair day, come by and pick among all the great things others have donated. It's all free! Housewares, clothing, knickknacks, toys, you got it, you got it!

Bicycle Valet—Sponsored by Mt. Airy Bike Collective—Ride your bike to the Fair and we'll valet park it for you in our secure area.

Games—Sponsored by Mt. Airy Business Association—Spin the Wheel to see how much you know about Mt. Airy, donate to charity by tossing a ball at the dunk tank, try your hand (or mouth) in one of two great eating contests—fast organic blueberry pie-eating or slow ice cream-eating, "guess the weight" of your fruit—get it right, get it for free! Stop by all the great booths and be a part of something fun and creative. It's all fun and games at the Mt. Airy Village Fair!

If you are interested in performing, volunteering or having a booth, please e-mail us at info@mtairyvillage.com.

Gala to Benefit CHCA, CHCF

by Jane Piotrowski, Vice President,
Chestnut Hill Community Association Social Division

ON THESE hot summer days, it may be hard to imagine that a cool evening under the stars with big band music, delicious foods, and fascinating auction items awaits you in just a few short months. Mark your calendars now for Saturday, Sept. 25, from 7:30 to 11:00 p.m. when the Chestnut Hill Community Fund (CHCF) and the Chestnut Hill Community Association (CHCA) will be "Puttin' on the Ritz" at this year's Black and White Gala and Silent Auction.

A roaring '20s atmosphere, inspired by this brilliant and evocative song by Irving Berlin, will set the mood for this elegant evening when the 8100 block of Germantown Avenue turns into a festive party scene.

Sponsored by the Chestnut Hill Hospital, Bowman Properties, East River Bank, Elfant Wissahickon Realty, and Stephen T. Piotrowski this, the fifth Black & White Gala, promises to be even more elegant and exciting than the last. For those who have not attended a Black & White Gala, imagine a clear, starry night on the Avenue, large white tents, two open bars, phenomenal food by a sampling of local restaurants and the very talented Paula Johns and the John Clark Big Band at the head of the huge dance floor.

Guests will be dressed to the nines and in black and white, some looking "like a million dollar trooper or trying hard to look like Gary Cooper." Others will mimic those who made 1920s fashion well known for shapeless shift low waist dresses, bare arms, and sleek hair. Men may join their dates with their ascot ties,

white smacks, and top hats.

Regardless of what attire guests don, each will be most entertained throughout the evening. As drinks flow, colorful trays of food are passed, and music fills the air, a huge selection of silent auction items will intrigue.

Founded in 1947, the Chestnut Hill Community Association's mission is to encourage a sense of community and to improve the quality of life in the Chestnut Hill vicinity. The CHCA operates social, cultural and physical improvement programs and publishes *The Chestnut Hill Local*. The Chestnut Hill Community Fund (501c3), the charitable trust established by the CHCA, conducts the annual fund drive and other fundraising events to benefit CHCA programs and other charitable programs in the community.

Proceeds will benefit the CHCA and the CHCF Green Space Initiative. For information, visit www.chestnuthill.org.

Open House at Germantown Y

After a two-year closure following a major flood in 2008, the Germantown Y, at 5722 Greene St., is celebrating its Sept. 11 reopening with an Open House featuring music, food, games and activities for everyone young and old. Festivities are from 10 a.m. to 3 p.m. All are welcome. Information is available at www.ymcaof-germantown.org.

Janet Ames, CPA
Realtor®, ABR, CRS,
GREEN, CDPE



610.520.0400 Main Office
610.520.0402 Direct Line
215.397.4875 Home Office
610.308.0802 Cell

www.realtorjanetames.com

ARE YOU PLANNING TO
BUY OR SELL A HOME ?

Energy efficiency *matters*
and small changes
can make a *big* difference.

To learn more, or for
information on upcoming
Energy Efficiency Seminars,
e-mail me your contact info:

janetamesrealestate@gmail.com

Member of **EXECUTIVE**
RE/MAX REALTY'S Green Group

610 Old Lancaster Road, Bryn Mawr, PA 19010
each office independently owned and operated

The Larry DiFranco Team at **215-247-3600**
ext 240
Elfant Wissahickon
REALTORS® www.larrydifranco.com

Proudly Features



- Philadelphia Native
- Attended Temple University
- Specializing in NW Philly: Roxborough, Manayunk, Mt. Airy, Germantown & Chestnut Hill

Amy's Cell: 267.226.3926

Amy Greenstein

The DiFranco Team is pleased to welcome our newest team member, Amy Greenstein!

Amy's Email: ILikeHouses@gmail.com

Wilson Insurance and Financial Planning

Serving The Community since 1985

Looking for insurance that's a great value? You can't go wrong if you choose one of our Top Rated Companies. Just call to learn more about our Top Rated companies customized coverages, competitive prices and policy extras you won't pay extra for. Talk about a great choice!

For expert guidance on choosing coverages that are right for you and your lifestyle, contact the **Wilson Insurance Agency** at **215-924-8260**, or visit our website **www.WilsonInsurance.net** for an online quote.

Auto-Home-Renters-Business-Life-Financial Planning

- Liberty Mutual
- Ohio Casualty
- Safeco
- Farmers
- Bristol West
- Foremost
- Infinity
- Progressive

Safeco Insurance
A Member of Liberty Mutual Group

FARMERS

Ohio Casualty
Member of Liberty Mutual Group

PROGRESSIVE

Representing
FOREMOST
INSURANCE GROUP

1732 W. Cheltenham Ave. Philadelphia, PA
ph: **215-924-8260** fax **866-342-1702**

www.WilsonInsurance.net
A Green Agency

FOW Receives Park Signage Grant

by Denise Larrabee, Friends of the Wissahickon

THE FRIENDS of the Wissahickon (FOW) have been awarded a grant of \$10,000 from the PECO Green Region Program, the company’s municipal open space grant program, in partnership with the Natural Lands Trust. The grant will be used to improve wayfinding in Wissahickon Valley Park.

“We are grateful to PECO and the Natural Lands Trust for supporting this project,” says FOW Executive Director Maura McCarthy. “It shows their desire to both preserve open space and to make it accessible and safe.” The project will help finalize trail signage content, which will include important safety messages and information on environmental issues. “In the future, we hope to link trail blazes to the City’s 911 database. This will help the City locate park users needing assistance.”

Natural Lands Trust is the region’s largest land conservation organization, preserving thousands of acres of open space each year throughout eastern Pennsylvania and southern New Jersey. For more information, visit www.natlands.org.

The Friends of the Wissahickon, founded in 1924, is a non-profit organization dedicated to maintaining the Wissahickon Valley. FOW works in partnership with Fairmount Park to restore historical structures throughout the park, eliminate invasive plant species, monitor watershed management issues, and restore trails throughout the park system with its Sustainable Trails Initiative. For more information, visit www.fow.org.

~ dlarrabee@verizon.net

Ukulele Concert, Sept. 3 at 542

by Jonathan McGoran, Shuttle Editor

Weavers Way Co-op will be hosting a free performance by ukulele songwriter Aaron Lee, Fri., Sept. 3, 7:30 p.m. at 542 Carpenter Lane, across the street from Weavers Way’s Mt. Airy store. The performance is part of Lee’s “Ukulele by Bicycle Tour,” a series of concerts in communities across New England, New York and Pennsylvania from mid August to mid September. Concert-goers are urged to bring their own chair. Although the concerts are free, donations are accepted at each show to benefit an organization that is doing work in the local community.

Lee plans on performing four or five times per week, riding his bicycle between shows often 50-60 miles apart. He will be carrying everything he needs and camping

out along the way. In this way, the concert will provide a positive community experience as well as raise awareness for a local organization. In a global sense, the tour will promote the causes of living simply and sustainably (hence tour by bicycle), acting locally (working with a local organization), and the energy of bringing people together (the event will be a reason to get together).

In February of 2010, Lee released *The Ukulele Project*, a 14 song record in which all of the songs creatively and intentionally feature the word ukulele. Lee has performed all over New England alone and as part of a trio also featuring piano and upright bass. For more information, go to <http://ukulelebybicycle.blogspot.com>.

Pilates/Wellness Open House

by Jeff Smith, Owner of Pilates in Germantown

TEN YEARS ago the federal government mandated that states lower the percentage of obese individuals to 15 percent. Ten years later, according to a report on NPR’s Morning Edition, not a single state has met that goal. And in nine states, more than 33 percent are obese. Nationally, 25 percent of men and women are obese.


One can probably assume that most Weavers Way shoppers have a higher order of consciousness concerning healthy living. But if you are honest with yourself, just how well do you measure up to a “wellness” standard?

Pilates in Germantown will offer a wellness open house on Sat., Sept. 11 from noon to 1:30 p.m. in order to help

you determine what shape you are in. It will have some take-away information explaining “body mass index,” nutrition and consumption of liquids, including water and coffee, among other things. In addition there will be information and demonstration about Pilates training on the Reformer as part of a low-impact but highly efficient exercise program.

The event is free and light (healthful) refreshments will be served.

The studio is located at 5904 Greene St in Germantown at the corner of Greene and Rittenhouse Sts. Off-street parking is available. For more information you may call 215-848-3275.



A FRESH BREEZE IN YOUR LIFE
Therapy for Individuals, Couples and Groups

*Trauma, Anxiety, Divorce Recovery,
Adult Children of Alcoholics/Addicts
LGBTQ Positive*

Sylvia G. Brown, MSS, LSW, PhD, JD

Offices: Chestnut Hill and Center City	By Appointment 484.574.6819 Sliding Scale
---	--

Phillip King Company

215-285-3280
philkingco@gmail.com

Carpentry
Renovations
Additions
Design build
LEED certified builder

Phillip King, LEED AP



Locally Grown

Rebecca Buffum, REALTOR®
Eichler & Moffly Realtors
97 Bethlehem Pike, Philadelphia, PA 19118

215-248-4050 x1456
becca@eichlermoffly.com

**Mt. Airy
Bike Collective**
@ 542 Carpenter Lane

Share cycling knowledge
about bicycles

Open Hours every
1st and 3rd Thursdays
from 6 PM to 8 PM



Please check our calendar to confirm dates and hours:
<http://mtairybikecollective.com/calendar.html>

**Weavers Way Now Carries
Chicken Feed at the Pet Store!**

Nature’s Best Organic Feed

- Organic Starter Crumbles
- Organic Grower Crumbles
- Organic Pullet Developer Feed
- Organic Scratch Feed
- Organic Layer Pellets
- Organic Egg Layer Mash





Call the Pet Store for prices!
215-843-6704

AcupunctureWellnessCircles



Small Group Sessions \$30
Tuesdays 6-7:30 p.m.
Callforlocationandtoreserveyourspace.

Susan Bloch, M.Ac., R.N.
215.844.7675

Mt. Airy, USA Seeks Exec. Director

by Amanda Rittenhouse, for Mt. Airy USA

THE BOARD of Directors of Mt. Airy, USA (MAUSA) has launched its search for a new Executive Director and is ready to accept responses from accomplished candidates to fill the organization’s top position. The position can be viewed on Mt. Airy, USA’s website at www.mtairyusa.org.

The board’s search and transition committee will continue to move swiftly to identify applicants with a proven track record and passion for real estate, housing, business corridor improvement, and community and economic development work to lead the organization as it progresses into its next chapter of growth serving the community.

“Mt.Airy USA’s transition and search committee has been busy creating a strategy and process for identifying a new Executive Director. Our position has been posted and we are ready to meet and evaluate qualified candidates,” says Michael Cohen, chair of the search committee and

chair elect of the Board of Directors.

The Executive Director is responsible for serving as the voice of the organization and ensuring the organization’s financial stability. He or she will have strong financial skills, a mastery of nonprofit and project management and a desire to grow and shape one of Philadelphia’s leading nonprofits. The candidate has a minimum of five years experience in a leadership position and ten years experience in areas such as: real estate, housing, business corridor improvement, or community and economic development.

Interested applicants may send a resume and cover letter to the Mt. Airy USA Transition Committee at mausa@rpmgt.com. Include salary expectations and availability in cover letter. No phone calls please. Mt. Airy, USA is an equal opportunity employer.

Mt. Airy, USA is a nonprofit community development corporation, founded in 1980, for the purpose of revitalizing Germantown Avenue in Northwest Philadelphia’s historic Mt. Airy neighborhood. Today, the nonprofit provides residents and area businesses with comprehensive community development that is responsive to local needs with programming in commercial and residential real estate development, commercial corridor revitalization, homebuyer and foreclosure counseling, and neighborhood services. For more information, visit www.mtairy-usa.org.

Cycling Event Benefits Children & Adults with Special Needs

by Courtney M. Coffman, Camphill Special School Development Officer

CAMPBILL COMMUNITIES in Chester County will host the fourth annual Camphill Challenge cycling event on Sunday, Oct. 17. Camphill Special School, Camphill Village Kimberton Hills, and Camphill Soltane provide life sharing and educational opportunities for children, youth, and adults with intellectual and developmental disabilities.

Co-op member Rick Moseley, who is a parent of a Camphill Special School student, began the Challenge four years ago, and it has grown from 12 cyclists to over 125. Beginning and ending at Camphill Village Kimberton Hills in Kimberton, this year’s challenge offers 50-, 33-, and ten-mile courses for all ages and ability levels. Cyclists will wend their way through Chester County during peak autumn foliage with astounding views of horse farms, historic homes, and covered bridges. A picnic and live music will round out the day.

Proceeds of the Camphill Challenge benefit the three Camphill communities in Chester County. “As a participant in last



photo courtesy of Camphill school

Co-op members (l to r) Jack and Lainey Moseley, brother and mother of a Camphill Special School student, at last year’s Camphill Challenge bike ride.

year’s Camphill Challenge bike ride, I can attest to the beauty of the landscape and the worthy cause this event benefits,” said Jay Goldstein, President of Valley Green Bank, the event’s Founding Sponsor. “I am proud that Valley Green Bank has the opportunity to support Camphill.”


For more information about the Camphill Challenge, to register for the ride, or become a sponsor, contact Courtney Coffman at 610-469-9236, ccoffman@camphillspecialschool.org, or visit camphillspecialschool.org.

**A Tour of Homes in the Old German Township:
Historic Houses in Germantown,
Mt. Airy and Chestnut Hill**

Sunday, September 26th • 12:30-4:30 pm
Tickets: \$25 in advance, \$30 day of the event.

Call MALT 215-843-6333 or visit our website:
www.mtairylearningtree.org to purchase.

*Sponsored by Bowman Properties, Electrical Wizardry,
Kurtz Roofing, Chestnut Hill Windows, Asher's, and
Valley Green Bank. Benefiting Germantown Historical
Society and Mt. Airy Learning Tree*



Elizabeth C. Brooks, JD, IBCLC, FILCA
International Board Certified Lactation Consultant
IBCLC Cert. No. 97-13807
EIN (LLC) 23-3045350

Home Visits to breastfeeding moms

**7906 Pine Road
Wyndmoor, Pennsylvania 19038
Phone: 215-836-9088
Fax: 215-836-0591
E-mail: liz.brooks@yahoo.com
www.LactSpeak.com/Speakers/LizBrooks**



When you need to nail your renovation budget...call us.

Residential specialists since 1988, staffed and owned by full-time employees. Fully insured. Budgets from \$5,000 to \$2 million. • Remodeling • Renovation • Historic Restoration • Additions • Kitchens • Bathrooms • Decks • Patios • Porches

Visit our website to see our work and call for a confidential, no-cost, no-obligation estimate.

Patterson & Perkiss Builders
215.233.9678 • pattersonandperkiss.com





CURL UP IN FRONT OF A NICE COZY FLAT PANEL TV.

KEEP CABIN FEVER AT BAY THIS WINTER WITH A HOME VIEWING SYSTEM FROM COMMUNITY AUDIO. WE’LL GUIDE YOU TO A SYSTEM THAT’S JUST RIGHT FOR YOUR SPACE AND YOUR VIEWING HABITS. THEN WE’LL INSTALL IT SO YOU CAN BE SURE YOU GET THE BEST PICTURE AND SOUND POSSIBLE. FOR A LOOK AT SOME OF OUR INSTALLATIONS, VISIT WWW.COMMUNITYCUSTOM.COM THEN STOP BY THE STORE.

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

215 - 242 - 4080
WWW.COMMUNITYCUSTOM.COM

**Holistic Mental Health Group Practice
in Elkins Park/Jenkintown**

*Integrating Traditional Therapy
& Holistic Healing Modalities*

Specializing in providing a continuum of therapeutic services
Choose from the following starting October 2010

Holistic Treatment of Depression of Anxiety

- Mindfulness based Cognitive Therapy 8-week group Sat. AM
- Yoga for Mood Management 12-week group Tues. PM
- Individual therapy addressing interpersonal & intrapsychic disturbances

Eating Disorder Treatment & Recovery

- Therapeutic support groups 12 and 15-week groups on Sat. & Sun.
- NIA movement group 12-week group Sat. AM
- Yoga for Mood Management 12-week group Tues. PM
- Supportive Lunch and Dinner groups 4-5 days per week
- Family Psychoeducational groups 12-week Wed. PM
- Individual and Family-based treatment

**MBSR classes offered every 8 weeks starting
October Thursday PM**

- Mindfulness based Stress Reduction helpful for management of stress, depression, anxiety and pain

For professionals interested in working in a collaborative holistic mental health group practice see website under “for professionals”

See **fuchsmortonholistic.com**
Call **(267)303-4189**

Accepting Insurance • Fair Private Pay Fees & Payment Plans

L • E • T • T • E • R • S

Dear Editor,

This is a response to the article in the August Shuttle about the new butcher and new source of beef for the Chestnut Hill Weavers Way store.

Our family loves Weaver’s Way and since we live in Chestnut Hill, we are more than thrilled to have the new store right up the road. With 5 children, I am there at least twice a week, often coming away with quite a haul. We choose to shop there, frequent farmer’s markets, and buy from our Amish farm buying club even though it is sometimes inconvenient and often costly for a family our size. But we believe it is better for us, for our community and for our world than shopping at Costco or Wal-Mart. One of the many reasons we believe Weavers Way is better for us is because it tries to offer local food when available and promotes eating locally. So when we read the recent article about the new sourcing of meat, we were very disappointed. We do not understand why this should happen when we have so many good farmers right here in our local region. Perhaps you could explain why this has happened? Is it cost? Is it flavor? Is it a legal issue? I think we deserve an explanation. And, if cost is the issue, possibly the hidden costs of shipping our food so far and being even more disconnected from it, the costs of not supporting our local farmers, and other costs, should be considered by the purchasers, just as we the consumers need to weigh those same costs when deciding where to shop.

Sincerely,
Shannon Bucko

Follow up from Shannon:

I did find local farm butter at the Chestnut Hill store today—sorry! And I do have to say, I went today looking for as much local food as I could find (knowing I would find plenty of produce this time of year, and cheese) and I found quite a lot! Trout, sausage, bacon, turkey deli meat, scallops, etc. Thank you!

Dear Editor,

I am responding to Ken Weiss’s article on page two of the August Shuttle, which, among other things, mentions that we have a new meat supplier for the Chestnut Hill store.

First, please know that this is a friendly letter, coming with respect and affection for your leadership and for all the hard work everyone at Weavers Way does to provide our community with such an outstanding food supplier. I don’t think I’ve ever met any of you three, but I have been an ardent supporter of the Co-op for several years, and I proudly completed my 2010 working co-operator hours just this morning. Any neighborhood would be extraordinarily fortunate to have a place like Weavers Way in their backyard. So I’m not grumpy and don’t want to ignore all the wonderful things you do. But I do want to offer a comment to help make things better.

I am worried about the shift from local meat (Natural Acres) to Montana meat (Meyer Natural Angus). I applaud the Montana folks for their commitments to humane beef and environmental sustainability, and they sound like good folks, who, all other things being equal, would be worthy of support. But they are in Montana, and we have plenty of good beef farmers right here in Pennsylvania. Sourcing from far away when local is an option is an obvious problem for a Co-op like ours.

Recently, along with some neighbors, my family purchased an entire cow from an Amish butcher in Lancaster County. He prepared and packaged the whole cow for freezing for \$2.50/lb. If I can source local, humane, grass-fed beef, why can’t a resourceful cooperative like Weavers Way? Please, could you either look into it, or explain in the Shuttle why it’s not possible? (That such an explanation wasn’t offered in Ken’s article was, by the way, a major editing oversight. A Co-op that prides itself on local sourcing can’t just announce that we’re shifting to Montana meat without explanation.)

The same issue in the Shuttle has a little box (p. 14) extolling the benefits of buying local. That’s one of the things that makes me proud of Weavers Way, so please keep it up, and either stay true to our principles, or honor our principles enough to remember to explain carefully why variations are sometimes necessary. Also in the same issue, Glenn has an article (p. 8) about how the rapidly expanding membership portends changes in Weavers Way culture, both for good and for ill; I suppose I’m worried that the shift to Montana meat

is one of those cultural changes for ill; have we perhaps gone chasing a better price in Montana, forsaking obvious opportunities right here in Pennsylvania? That would definitely not be a good cultural shift. The Chestnut Hill story is successful beyond anyone’s dreams, so perhaps we can afford to look after more than the bottom line?

As I said, this is a friendly letter. Maybe I’m missing something, and I’m happy to be corrected if I’ve overlooked anything, but I thought I would raise these questions for discussion. Many thanks for your consideration, and, once again and as always, for all the outstanding things you do for our Co-op and our neighborhood.

All best wishes,
Chris Roberts

Response from Mary Kate Brown, Chestnut Hill Meat Manager

Dear Shannon and Chris,

We appreciate your feedback. The Chestnut Hill meat department carries Natural Acres, which comes in once a week. We buy it the same way that the Mt. Airy store does, with each piece cut and in plastic. We also buy meat from Esposito in South Philadelphia each week. We order basically the same cuts of meat etc. There is also Meadow Run in the freezer, including pork-chops, ground pork, lamb, pastured chicken, spare-ribs, and more. So the CH meat department has the same local meat as Mt. Airy. In addition, in the freezer, we have Roseda pure Angus burgers, which are from Maryland and processed in PA, as well as Meadow-Run grass-feed beef. We are working on a list of all the grass-fed that we can order and also bringing some of the grass-fed local into the store. We have another farm from Lancaster that just sent samples. We tried the grass-fed sirloin and it was out of this world.

We are always looking at other local vendors, but buying a whole animal would not be a good solution for us, in part because the selection and quantity of cuts would not be quite what we wanted.

We are in the process of trying meat from different vendors. When the CH store opened, I spent time with Dale from Mt. Airy to set up CH order board. Ironically, Meyers and Roseda are the only new vendors that I brought in. Meyers fit all the quality standards and is “certified humane.” When I ate the meat I was so taken with how great it tasted. The Natural Acres, Esposito and Meadow-Run have been available at the Mt. Airy store for some time, so the article was highlighting something new, the meat and the butcher. I apologize for not talking about all the local meat. Please come into the CH store and we can sit out back and discuss what can be improved in the department. There is nothing better than an enthusiastic person to push WW CH to be the best that is possible.

Thanks!

Letter to the editor:

Can the powers that be at the Co-op re-visit editorial policy? It appears that the monthly Shuttle newspaper has become a ‘house organ’ for management rather than a voice of the membership. Both ‘above-the-fold’ stories in the August issue are farmed to ‘sell’ readers on management decisions, not to report news. “Equity Program Adds to Success in Chestnut Hill” is a headline that would never fly in any mainstream media outlet.

Similarly, informing readers that the move of the farmers market from Carpenter and Greene streets to “a better location”—see first paragraph of the story—is presumptuous. The story identifies some aspirations for the move, but no evidence of its success, and no downside. The farmers themselves preferred the original location, as of course did the neighbors in the community that has birthed the Co-op. This is not mentioned.

In the same vein, the new plastic nonbiodegradable membership cards claim for each holder that “I am a proud owner... of the Co-op.” So we’re telling members how to feel?

Please reconsider. It’s a bit Orwellian, especially for the Co-op, to frame the world in this way.

Respectfully,
Pam Rogow

Parent-Child Group for Therapist who are also Parents of Infants & Toddlers*

*if you are having a baby this summer or have a child under 3, we invite you to join this enjoyable, educational group

Discussions include: Attachment, Separation. Emotions, Parent reactions to Baby’s Temperament & Behavior, Practical Tips for Handling Sleeping, Feeding, Limit Setting

Plus

How the parenting experience of the therapist influences the treatment relationship

Tuesdays 10 a.m. to noon
September 28 – November 16
Sessions 4 and 8 Parents only

Parenting Services for Families
215-678-4030
elainefrankadopt@gmail.com

Elaine Frank MSW ~ Denise Rowe BA
www.parentingprograms.com

*Continuing Education Credits thru Pa. Society of Clinical Social Work

AMAZING SELECTION - FRIENDLY SERVICE - GREAT PRICES

Over 8,000 sq ft of Liquid Pleasure!

Free Beer Tastings
Every Sat 3-5 PM

Craft Beers
Belgians
Imports
Ciders
Lambics
Organics
Sorghums
Gluten-Frees



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.mybrewersoutlet.com



**NOT HAPPY? IT'S TIME TO
START HEARING AGAIN!**

The **Hearing Garden**
...Finding the right hearing aid is a walk in the park.
Free 2 week trial.
Free hearing exam.
www.HearingGarden.com

215-482-2353
7517 Newland St.,
Roxborough, Philadelphia

Rain Garden at McCloskey School

by Naja Killebrew, OARC Marketing and PR Manager

THE OGONTZ Avenue Revitalization Corp. (OARC) has partnered with Vital Neighborhoods and the Philadelphia School District to convert an asphalt portion of a Northwest Philadelphia school yard into a “rain garden” to help combat storm water run-off, a major contributor to pollution in local water systems.

The rain garden, which covers portions of the playground at the John F. McCloskey Elementary School and the Dorothy Emanuel Recreation Center in Mount Airy, will measure 50 feet by 100 feet and use native plants and other landscaping to soak up rainwater and storm water runoff from lawns, roofs, and other impervious surfaces such as streets, driveways, or parking lots. Such run-off often carries pesticides, fertilizers and oil into storm drains, which feeds the pollutants into streams, lakes, and rivers. It is the biggest cause of toxic waste in waterways that serve as sources for drinking water.

John Ungar, OARC’s Senior Director of Sustainability and Education, said the project expands the “greening” focus of OARC’s five-pillar model of community development. The other pillars are housing and economic development; education and community relations; business development; and arts and culture. Other greening projects include: energy conservation awareness, recycling rewards programs, and solar-powered trash compactors for streets. In addition, the rain garden will be incorporated into the curriculum at the McCloskey School, located at Pickering and Gowen Streets.

~nkillebrew@ogontzave.org

Celebrate the re-opening of the Ogontz Weaver Way Co-op.



Events from 3 to 6 p.m.

- Live Music
- Grilling (free for public)
- Face painting
- Fresh Artist’s artwork
- Coupons and Samples

Farmer’s Market from 2 to 6 p.m.



Ogontz Reopening

(continued from page 1)

Weavers Way is also sponsoring a Fresh Artists Clothesline Art Show at our Chestnut Hill store during this year’s Fall for the Arts Festival on Germantown Avenue. We are asking kids K-12 to make and donate their original art to the show and help Fresh Artists raise funds to deliver art supplies to a local homeless shelter.

Fresh Artists is a local nonprofit organization that empowers children by engaging them as full partners in philanthropy, by exhibiting children’s artwork in highly visible places, and by providing art supplies to severely under-resourced public schools. Fresh Artists and Weavers Way collaborated on a pilot project called Sign Studio where Hancock School third, fourth and fifth graders created healthful food signage for the Chestnut Hill store, with more coming to the Mt. Airy and Ogontz stores in the near future. At the end of September, the kids who made the art will physically deliver the art supplies they made possible to a school in need.

How the Clothesline Art Show Works:

1. Drop off your 2D art by Wednesday, Oct. 6, 11” x 17” or smaller, at any Weavers Way Co-op stores. Art must be labeled with your name, your grade and your title for the picture.
2. The theme of the Art should be healthy eating. Be creative!
3. All kids, K - 12, may participate.
4. We will hang your art in Weavers Way’s Fresh Artists Clothesline Art Show at the Fall for the Arts Festival on Germantown Avenue on Oct. 9.
5. Thousands of people will enjoy your art and have a chance to buy it if they want! All money raised will go to buy art supplies for Stenton Family Manor, a homeless shelter in Germantown. You will be an artist-philanthropist!
6. Bring your friends and family the day of the Show!
7. Any art not purchased at the end of the Show will be donated to decorate the meal trays delivered to AIDS patients at Thanksgiving.



INGRID BROWN, GRI
Associate Broker, Senior Real Estate Specialist
Realtor since 1975—over 950 houses sold



Direct: 215-248-6520
Cell: 215-353-2917 E-mail: Ingrid.Brown@prufoxroach.com

SHUTTLE STAFF

Editor & Advertising Manager
Jonathan McGoran

Advertising Billing
Susan Beetle

Advertising Assistance
Ilene Cohen

Graphic Design
Annette Aloe

Proofreaders/Editors
Naomi Hirsh, Kim Pelusi, Jennifer Sheffield

Contributors
Barbara Chandler Allen, Brian Baughan, Glenn Bergman, Noel Bielaczyc, Lindsay Bingaman, Carly Chelder, Courtney M. Coffman, A.J. D’Angelo-Masko, Margie Felton, Sandra Folzer, Martha Fuller, Mark Goodman, Julia Hershey, Chris Kaiser, Naja Killebrew, Denise Larrabee, Jaime Lockwood, Robert Maier, Jonathan McGoran, Ramon Monras-Sender, Chris Owens, Jane Piotrowski, Joanna Poses, Cara Raboteau, Amanda Rittenhouse, Jeff Smith, Gina Snyder, Chris Switky, Betsy Teutsch, Carmen Vendelin, Sue Wasserkrug, Lauren Zalut, David Zelov

Photographers
Noel Bielaczyc, Eileen Flanagan, Breahna Harris, Julia Hershey, Solomon Levy, Jonathan McGoran, Josh Peskin, Bruce Schimmel, Nancy Weinman



Elementary,
Middle &
High
School

TUTORING

Helping students
of all abilities
overcome barriers
to learning.


Jill Gates Smith, MA

215.844.7041

Dale B. Ellenberg MS, OTR/L

Occupational Therapy

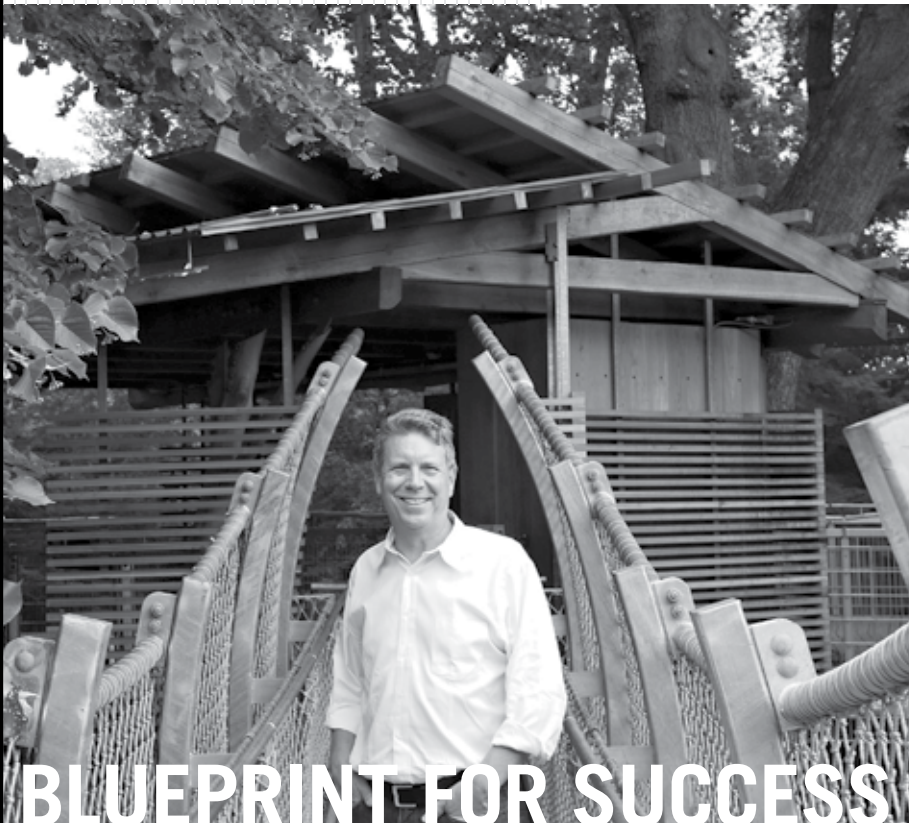
Lifting the Human Spirit



Intervention for Children
Adolescents and Adults

8331 Germantown Avenue
Philadelphia, PA 19118
t + f 215.247.4294

dale.ellenberg@gmail.com
www.daleellenberg.com




BLUEPRINT FOR SUCCESS

Alan Metcalfe, owner of Metcalfe Architecture & Design, pays close attention to his clients when he creates structures such as the award-winning Morris Arboretum’s Tree Adventure exhibit, pictured above.

“We actively listen to the ongoing needs of each client right from the start—just like Valley Green Bank does,” said Metcalfe.

VALLEY GREEN BANK



You count with us.

Plenty of on-site parking
Chestnut Hill* | 215-242-1550
Mt Airy* | 215-242-3550
Radnor | 610-995-BANK
www.valleygreenbank.com Member FDIC

*Hours: Weekdays 8 to 6
and Saturday 9 to 1

Eco Tip

Gather white pine cones for use in wood stoves or fireplaces. They are great fire starters. Also, you can dry orange or any citrus skin in the sun or in front of a wood stove for a few days. Once dry, they burn well with a little sparkle and a delicious fragrance.

*Want to save Money on Diapers?
Want Diapers that are
Better for Baby and Baby's World?
Want diapering to be Easy, Convenient
&
En Vogue?*



*The Diaper Nanny
presents the NEW Modern cloth diaper!*
• Many cloth diapering options available -
Designed for busy parents!
• Demonstrations - Fun & Free Gifts!
• NEW Lower Cost Laundering - even more
economical than typical disposables!
• Eco-friendly, Aquatic & People Friendly
• NO Toxins, NO Dioxins, No plastics
• No harsh chemicals or chlorine.

Call: 1-888-877-9166 or Visit our site at:
www.TheDiaperNanny.com

Chestnut Hill Cat Clinic

215-247-9560
8220 Germantown Avenue
www.chestnuthillcatclinic.com



Serving the feline
community and their
people for over 20 years

MARIANI CARPENTRY

Custom Carpentry for Older Homes

215.356.9352
laurenmariani@yahoo.com

State registration no: PA047996

East Falls Arts by the River & EcoFair

by Gina Snyder

The 5th Annual East Falls Arts by the River and Eco Fair is poised to provide a lively and engaging combination of activities blending fine arts and crafts with ecological awareness, education and community involvement. On Saturday, Oct. 2, over 40 artisans will offer their unique works of ceramics, jewelry, textiles, glass, painting, photography and much more, 10 a.m. – 5 p.m. along the 4200 block of Ridge Avenue, between Midvale and the Falls Bridge.

This year's Eco Fair features a wide range of products, information and demonstrations to explore and update your eco-conscious practices and encourage others to do the same. Other attractions include a Dog Parade, a "Make Your Own" Eco-Halloween Costume tent, and an art initiative strengthening East Falls connection to the Schuylkill River.

More info at www.eastfalls-pa.com.

Faculty Exhibit and More at LaSalle U. Art Museum

by Carmen Vendelin, Asst. Curator of Art, La Salle University Art Museum

The La Salle University Art Museum's Third Annual Exhibition of Artwork by Faculty Artists is on display from August 30 to Sept. 12. The exhibit features work by Jim Williams, Jeremy Waltman, Anna Troxell, John Merigliano, David McShane, Loraine Heise, Conrad Gleber, and Sandra Camomile. The artists will be available to talk about their work in the gallery on Tuesday, Sept. 7 from 12:30 to 1:30 p.m.

Also this fall, an exhibit featuring the Small Paintings of Sidney Goodman, Sept. 17 through Dec. 10, 2010, with an opening reception Sept. 17, 5 to 7 p.m.

The La Salle University Art Museum is located on the lower level of Olney Hall on the campus of La Salle University at 19th St. and Olney Ave. Hours are 10 a.m. to 4 p.m., Monday through Friday. The museum is open most Sundays from 2 to 4 p.m. during the Academic Semester. Admission is free, though donations are accepted. Classes and group visits by ap-



image courtesy LaSalle U. Art Museum

Boy Jumping, Sidney Goodman, 1996-97,
oil on canvas board

pointment. Special tours can be arranged. For further information call 215-951-1221 or visit www.lasalle.edu/museum.



James Brien, M.D.
Independent Member of the
Medical Staff at Chestnut Hill Hospital



“My robotic surgery patients recover
much faster, with less pain.”*

Chestnut Hill Hospital welcomes Dr. James Brien to its robotic-assisted surgical team. As a fellowship-trained urologist in robotic-assisted and laparoscopic surgery, Dr. Brien specializes in minimally invasive procedures treating various conditions of the prostate, kidney and bladder. While providing care for most general urologic conditions, his surgical and research endeavors focus primarily on prostate and kidney cancer.

Chestnut Hill's da Vinci® Si Surgical System is an advanced surgical platform that expands surgeons' capabilities beyond traditional surgery.

CHESTNUT HILL HOSPITAL

UNIVERSITY of PENNSYLVANIA COMMUNITY HEALTH NETWORK

8815 Germantown Avenue – Chestnut Hill
215-242-8260 • chestnuthillhealth.com

*In comparison with traditional surgical approaches. Typical results depend on many factors. Consult your physician about the benefits and risks of da Vinci® Robotic-Assisted Surgery for your condition.

What is the Most Cost Effective Way to Stop Wasting Energy?

Caulk, baby, Caulk!
then *INSULATE.*

Call me or e-mail me for a list of the **6 Biggest Green Remodeling Mistakes** and a fact sheet on **INSULATION.**

I'd be delighted to hear from you!

Call Zeta Cross of Elfant Wissahickon Realtors
Zeta is certified in Green Remodeling and Energy Efficiency.
215.669.3660 or 215.487.2455 x 454



**The Clear Choice for
Your Vision Care Needs**
Comprehensive Eye Care for All Ages
Contact Lenses
Designer Eyewear
Three Convenient Locations

www.TElvision.com
215.276.6000



**Receive 30% off
non-prescription &
prescription sunglasses.**

Available at any of the three Eye Institute locations.
Some restrictions may apply. Store stock only.
Switch and Transitions not included. Select frames only.
Coupon must be present at time of initial order.
Cannot be combined with any other offer or insurance.
Coupon valid through 9/15/10.



Primex Garden Center
Independent, family-owned and operated **since 1943**



Conveniently located near the Glenside train station, Primex offers over 250 organic and eco-friendly gardening products. You can pick up compost bins and rain barrels, check out the on-site demonstration garden, recycle your pots and flats or take advantage of free soil pH testing. Our knowledgeable staff is always ready to answer your questions or help you out with anything you need!

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

Produce Month at WW Ogontz



photo courtesy PA Department of Agriculture

Honoring Farmers Market Week and Produce Month in front of Weavers Way Ogontz and the West Oak Lane Farmers Market are (l to r): Weavers Way Mt. Airy Store Manager Rick Spalek, Pennsylvania Agriculture Deputy Secretary Doug Kilgore, Outreach and Policy Coordinator for the Philadelphia Mayor's Office of Sustainability Sarah Wu, The Food Trust Deputy Executive Director John Weidman, and State Rep. Dwight Evans.



Licensed and Insured
Satisfaction Guaranteed

STONE AND BRICK POINTING

EXPERT WORKMANSHIP AND COLOR MATCHING
CALL FOR A FREE ESTIMATE

Steven Eric Preiss
6908 Heyward Street
Philadelphia PA 19119

215 438 7239 Office
215 840 4310 Cell
spreiss@verizon.net

ACUPUNCTURE PHILADELPHIA

8419 GERMANTOWN AVE, CHESTNUT HILL, PA 19118

MARGARET KINNEY, RN, LAC
BOARD CERTIFIED, NCCAOM

267.934.4682
KINNEY@GMAIL.COM
WWW.ACUPUNCTURE-PHILADLEPHIA.COM

Morris Arboretum

classes

SIGN UP TODAY!
Check our website
for full class listings

FUN for Kids
REMARKABLE REPTILES

SUSTAINABILITY
Green Roofs from the Ground Up

BEHIND THE SCENES
Full Moon Garden Walk

PROFESSIONAL TRAINING
Tree Risk Certification

TRIPS
Costa Rica Birding


Morris Arboretum of the
University of Pennsylvania
www.morrisarboretum.org

100 East Northwestern Avenue • Philadelphia • 215.247.5777



Suggestions

by Guest Suggestion Replier
Cara Raboteau

WHILE NORMAN Weiss is on “vacation” we are running a shorter version of the Suggestion Book. Cara Raboteau is a Second Floor Staffer and, along with Chris Switky, one of our two card buyers. We have received many compliments about our card selection, Many thanks for all of them.

SUGGESTION: I am a frequent card purchaser on the Second Floor. Thanks for the new “Positively Green” cards. I have bought these wonderful cards in Chestnut Hill for almost twice as much money per card. So keep up with the great work!

RESPONSE: (CARA) Dear Shopper, Thank you for your thoughts about our Positively Green Card Company. Besides

their inspiring and fun designs, I’m particularly excited about this eco-friendly company: (1) All paper is made with 100 percent post consumer recycled paper. (2) The printing and production process includes an environmentally-certified Enviro Star printer, wind-powered electricity, use of non-hazardous soy-based inks and eco-conscious packaging. (3) Ten percent of all profits are donated to Conservation International and Climate Solutions. (Thank you, Martha Fuller, for suggesting this company!) We also put more effort into ordering a wide array of designs from eco-friendly card lines including Annzie, Urban Bird Designs, Studio Expressions, Belz & Whistles, Quotable, and selected varieties from the Nelson liner.

Artists To Watch—my personal favorite—is a new eco-friendly line which features independent artists from around the world.

Much of my inspiration comes from Chris, fellow card-orderer and Stationery King! (Chris is also our Mt. Airy Grocery Manager.) Please check out his blank cards, including ones from local artists and boxed sets of cards. There is an amazingly diverse selection, chock-full of exquisite fine art and humor for the entire brood!

Mt. Airy 559 Carpenter Lane, 215-843-2350 Open Every Day 9 - 8	Chestnut Hill 8424 Germantown Ave., 215-843-2350 Monday-Saturday 7 - 8, Sunday 9 - 8
Ogontz 2129 72nd Ave., 215-276-0706 Monday-Saturday 10 - 6	Folloiw us on Facebook and Twitter



What is Weavers Way Co-op?



Weavers Way is a Food Co-op, a grocery store that is owned by its members—the people who shop here.

Because our owners are our shoppers, we don’t try to make a profit selling unhealthful food at high prices. Instead, we sell the food our shoppers want us to sell—healthful, natural, and local foods, some grown and prepared right in our own neighborhoods. We buy local, we support fair trade, and we are committed to our community, because we are owned by our community. The dollars you spend here stay here, either invested in the co-op and the community, or distributed right back to the members who support us.

Although we are owned by our members—and membership is important to what we do—we are very much open to the public: everyone is welcome to shop, and everyone is welcome to join.

You can learn more about Weavers Way at www.weaversway.coop, contact Member Outreach Coordinator Ebony Debrest at outreach@weaversway.coop, or better yet, stop in for a shop, or just to look around, at our stores in West Mt. Airy, West Oak Lane, and Chestnut Hill.



Welcome to Weavers Way Cooperative Association



We encourage all new or prospective members to attend an orientation meeting, where they can learn all about our co-op, our stores and our member work program. If you have not already joined, you can do so at the meeting, and you will also learn more about Weavers Way and all that your co-op has to offer, including member benefits and our Working Member program.

Orientation dates are listed below and are also posted on our website at www.weaversway.coop. Mt. Airy meetings are held at 555 Carpenter Lane. Chestnut Hill meetings take place at the Center for Enrichment, 8431 Germantown Avenue. Ogontz meetings are held in our Ogontz store, at 2129 72nd Ave. Reservations are suggested and will help us prepare. Please complete the form below and return it to any of our stores, so we will know which meeting you will attend. Meetings last approximately forty-five minutes to an hour and will include a brief store tour. We look forward to seeing you there!

Weavers Way Ogontz Store/West Oak Lane
2129 72nd Ave. (intersection of Ogontz Ave., Walnut Lane & 72nd Ave.)
Tuesday, Sept. 14, 6:45 p.m. • Tuesday, Oct. 12, 6:45 p.m.

Weavers Way Co-op Offices/Mt. Airy
555 W. Carpenter Lane
Tuesday, Sept. 7, 6:45 p.m. • Saturday, Oct. 16, 10:45 a.m.

Chestnut Hill Center for Enrichment/Chestnut Hill
8431 Germantown Ave. (parking entrance on E. Highland Ave.)
Tuesday, Sept. 21, 6:45 p.m. • Tuesday, Oct. 19, 6:45 p.m.

PLEASE PRINT CLEARLY

Name _____ Orientation Date _____

Address: _____

City _____ State _____ Zip _____

Phone number _____ E-mail _____

Please return this form to a cashier, mail to Weavers Way Co-op, Attn: Membership Department, 559 Carpenter Lane, Phila. PA, 19119 or fax to 215-843-6945, Attn. Membership Department. You can also call 215-843-2350, ext. 118 or e-mail outreach@weaversway.coop.

Equal Exchange Fair Trade

September Coffees of the Month

Organic Breakfast Blend
Medium & Dark
reg. \$10.59 **sale \$7.99/lb.**

Organic Gumutindo
reg. \$10.59, **sale \$9.59/lb.**