

JUMP
on the

**Member Loan
Band Wagon!**

Fill out a pledge form on page 6

Weavers Way General Membership Meeting

**Wednesday, July 8
7 to 8 p.m.**

**Allens Lane Art Center
601 West Allens Lane**

Vote on replacing our member work requirement with an optional work program & amending the bylaws to make shopping completely open to nonmembers.

Be sure to read the proposed changes on pages 10 & 11



NEWS

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

JUNE 2009 Vol. 38 No. 06

Serving the Co-op and community since 1973 with information and opinion.

Manager's Corner

by Glenn Bergman,
General Manager

I WISH I could speak to each of you and explain what is going on with our operations, expansion, and community programs. There is always plenty to talk about, but this month, I am going to focus on two things that I see as particularly important.

Operations: Health Insurance

(also see Jon Roesser's article in this issue)

Health insurance for our current staff is running about \$419 a month

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Financing, Grant from City to Help Weavers Way Expansion

by Jonathan McGoran



photo courtesy City of Philadelphia

Pictured here at the April 28 City Hall check ceremony are (l to r) City Councilwoman Jannie L. Blackwell of the Third District; City Councilman-at-large W. Wilson Goode, Jr.; Merchants Fund Executive Director Patricia Blakely; Weavers Way Communications Director Jonathan McGoran; Weavers Way General Manager Glenn Bergman; and Philadelphia Mayor Michael Nutter.

"It's TOUGH to be in business right now," Philadelphia Mayor Michael Nutter observed on Tuesday, April 28 at a presentation announcing a series of grants and loan guarantees to several local businesses, including Weavers Way, to support their efforts at business creation and job growth within the City of Philadelphia. Weavers Way received a \$50,000 grant to improve the façade

at our new Chestnut Hill location, in addition to \$670,000 in loan guarantees that will help reduce the cost of financing the Co-op's Chestnut Hill expansion.

"These funds will be a huge help as we grow our business in the city," said Co-op General Manager Glenn Bergman. "It will help us make great, local food available to more people."

Meetings Explore Expansion, Work Hours

by Jay Winston

ON APRIL 15, 2009, Weavers Way held a special membership meeting at Summit Presbyterian Church. About twenty five members attended the meeting, which focused on three interrelated points: updates on expansion, the Weavers Way Member Loan Program, and proposed changes in the Co-op work requirement/option.

After board member David Woo opened the meeting, Glenn Bergman spoke on expansion—beginning by running down the major reasons for it, which included the crowded store, lack of parking, and the need to renovate the store at Carpenter and Greene. Initially, a market study commissioned by Weavers Way proposed a three store concept within Northwest Philadelphia, made up of the current store (Weavers Way is ignoring a recommendation to move it to Germantown Ave.), a new store in Chestnut Hill, for which a site has been purchased, and, eventually, a third store in Germantown or East Falls. Although the study recommended relocating the Mt. Airy

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What's the Board Thinking?

by Nancy Weinman, Weavers Way Board President

WONDERING WHAT the board you elected is thinking about? Wonder no more. *The Shuttle* is now featuring a regular series of columns, written by members of the board. The series began last month with an article written by Board vice-president David Woo that called on Co-op members to get more involved in the great work our Co-op is doing. This month, you will hear from Board secretary and former president of the Board Bob Noble, who will share his thoughts on our

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Weavers Way Cooperative Association
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www.weaversway.coop

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Qualified Candidates for the Board of Governors of Weavers Way Community Programs

We are looking for people with the following skills:

- Youth education
- Nutrition and/or urban farming
- Fundraising
- Financial and/or legal expertise

WWCP is committed to reflecting the diversity of our NW Philadelphia service area on our board. Candidates need not be a WW member. Please contact Bob Noble, bobnoble@msn.com. For more information about WWCP, visit www.weaversway.coop and click on Weavers Way Community Programs.

Editor’s Note



by Jonathan McGoran

If you have already read the Manager’s Corner (or more to the point, Manager’s Coronary), on page one, you know that once again, Weavers Way is confronted with an eye-popping increase in healthcare costs. There has been much gnashing of teeth around the Co-op, and our blood is boiling as we try to figure out how we will deal with the hair-raising problem of this vertiginous rise in costs.

There is a lot of discussion about why medical costs are increasing so much, but I think it is partly due to the rate increases themselves. Popped eyes, boiled blood, and vertigo aren’t cheap to fix; throw in the occasional managerial coronary and extrapolate that across the insured population, it’s going to add up. Gnashed teeth aren’t even covered by major medical, but it’s not like the cost of dental insurance has been going down, either (and as for raised hair, well, you’re on your own).

On a more positive note, you may have noticed a new look for the *Shuttle*, courtesy of typographical aesthetician Annette Aloe (who designs like a designer, instead of a writer). Annette has heroically resisted my efforts to fit in ever more material (“But wait, there’s still some white space...”), and I think the paper looks much better for it.

We have even added a little bit of color for the first time (not counting the occasional linguistic lapse in the Editor’s Note).

Personally, I think it looks absolutely f@#%ing great.

The 2009 Farm Team

by David Zelov, Weavers Way Farmer

I AM hoping that May showers will bring many June flowers. As I write this, we are entering our ninth straight day of rain – though it seems like forever since I’ve seen the sun. “But rain is good for the plants, right?” you might say. Yes, all of the plants that are currently in the ground, cool season crops like broccoli, cabbage, kale, lettuce, chard, etc. are all very happy with the rain and cooler weather. In fact, if it stayed this way all summer long, they might actually live through it; which would make all you greens lovers out there quite happy but the tomato lovers would be quite disappointed. When the soil is so wet, it’s not advisable to till or even to walk in the field, as it damages the structure of the soil. Nine days of rain also makes for some smelly and very dirty farmers.

Speaking of dirty farmers, I would like to extend a warm welcome to all those that have joined our team in the last month or two: Lauren, Megan, Danielle, Faye, Adam, and Eve, welcome to the craziness that is Weavers Way Farm. (Yes, we have Adam and Eve in the garden.) We are going to have a wonderful, productive season together full of learning and delicious vegetables. We’ll also be joined by 10 or so high school interns throughout the year, making our numbers quite large at the height of the summer. Hard to believe that we’ll have a crew of 20 at some point! I would also like to welcome our new rototiller attachment, Berta. Berta is a rotary plow, which looks a bit like an auger and makes the soil nice and fluffy. The wonderful thing about Berta is that it throws the soil to the side of the tiller. This sounds insignificant at first but consider that we farm on raised beds (though we



photo by Kimberly R. Bays

Gathered for a lunchtime farm meeting are this year’s farm team, Farm Educator David Siller (standing), and (clockwise from left, seated) Rachel Brown, Co-op employee and very regular volunteer; CSA co-manager Nina Berryman; CSA co-manager Nicole Sugerman; Apprentice Danielle Szepi; Apprentice Megan Rulli; Farm Production Manager David Zelov; and Apprentice Lauren Hill.

are thinking of calling them mesas and patenting the term “mesa farming”), 105 raised beds just at Awbury, and that we dug them all by hand. Now consider that by using a tiller that throws soil to the side, one can make a raised bed by simply tilling up and back, always turning clockwise and piling the soil in the same direction. This is extremely exciting! Especially in a year when we are more than doubling the size of our farm and therefore the number of raised beds we grow on.

Speaking of doubling the size of our farm, we have sold out of shares for the season of the Henry Got Crops! CSA at Saul High School and have put most of the two acres into production. We are growing many of the same crops there, with the exception of corn and potatoes (which we don’t have room for at Awbury) and have the good fortune of access to a real tractor, which has made the tilling through sod that much easier. Ideally, we would have tilled in the fall and sown a cover crop at that time, but since plans were not finalized until midwinter, here we are, weeding out perennial grasses from the kale. But the first CSA pick ups are occurring and we are exciting to be partnering with Saul and Fairmount Park in this project. Notice that I said “CSA pick ups” and not “CSA drop offs”. Thought there are many CSAs available to city dwellers, we are excited that people can actually come to our CSA and pick up their share, grown right there on site, as well as take advantage of the pick-your-own herbs, flowers, and other hard-to-pick crops (we are in the process of engineering a giant-thorned raspberry).

Farm Heats Up as School Year Ends

by David Siller, Weavers Way Farm Educator



Weavers Way farmers and Martin Luther King High School students working hard at Seeds for Learning Farm at Martin Luther King High School.

WE’VE HAD such an amazing spring and I know that summer will bring its own blasts of beauty. With each week and month, it really feels like we are paving new ground. The mystery of farming is really its biggest lure. I wonder all the time whether that variety of pepper will really be as juicy as the catalog tells me, or customers will be attracted to it at the market, and if the seed I saved will really turn

into the plant I wanted. I wonder all the time about myself, my co-workers and student farmers. I am glad that this uncertainty exists as it exists in every profession and direction each of us takes in life.

With all the uncertainty in farming it just feels like this wonder and mystery stares us in the face a little bit more.

WWCP Update

by Rachel Milenbach, WWCP Executive Director

THE LAST few months have continued to be very busy and exciting. The WWCP farm at Stenton Family Manor is getting off to a great start despite the seasons’ snow, rain, and mud. We have received a generous grant from Children Can Shape the Future (CCSF) that allowed us to hire additional staff to help with this project. CCSF is a philanthropic organization that promotes community-building programs in Camden and Philadelphia. Thanks to CCSF’s grant program, which gives a quicker-than-normal response, we were able to bring on Gina Giazsoni as our fifth employee (along with myself, farm educator David Siller, Marketplace coordinator Carly Chelder and Weavers Way staffer David Schectman, who is part time bookkeeper for the Marketplace Program). With a background in farming, community activism, and nursing, Gina is a fantastic fit for this project. As a volunteer at Stenton, since our first day out, she was able to hit the ground running. Please join us in welcoming Gina to our farm education team.


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e.g. July 1 for the August issue

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

Statement of Policy
Articles should be under 500 words and can be submitted neatly typed, on disk, or e-mailed to editor@weaversway.coop. Be sure to include your name, phone number, and membership number. Drop them off by the deadline to the Shuttle mailbox on the second floor of the Co-op. The purpose of the Shuttle is to provide members with information as well as education about co-ops, health food practices, and other matters of interest to the members as consumers and citizens of the community. Articles express only the views of the writers and not those of the Co-op or the board of directors, unless identified as such. Articles, letters, comments, criticisms, and suggestions are welcome and should be directed to the editor. Space limitations require that the editor has the right to edit all articles. Ad rates are available upon request, in the advertising mailbox on the second floor, or at www.weaversway.coop. All ads must be submitted electronically, or camera-ready with prior arrangement, and should be submitted with payment. Products or services advertised in this paper should not in any way be construed to be endorsed by Weavers Way Co-op.



The Shuttle is printed on 100% recycled paper

Grocery News

by Chris Switky, Grocery Manager

HOWDY, SHOPPERS. Many changes on the Co-op’s grocery shelves lately; here’s the news, “fit to print”...

Say “goodbye” to two flavors of Choice organic teas which are, sadly, no longer available to us: Rooibus Red Vanilla, and Northwest Blackberry. We’ve replaced them with other Choice teas: Moroccan Green Mint and Celtic Breakfast. We’ve also started carrying Nasoya Eggroll Wrappers due to shoppers’ requests. These are in the new cold case near the onion bins. For hot sauce fans, we’ve added Cholula chili garlic hot sauce, displayed above the salsas and salad dressings.



New on the canned beans shelf is Eden organic black-eyed peas; this is an item that was first stocked at our Ogontz store. It has been successful there, and we thought to try it at Carpenter Lane. In the bulk spice section, we have Frontier garlic salt (4 oz. jars), and we’ve added organic dried banana chips to our bulk dried fruits shelf. Find them just below the bulk raisins.

In the dairy case, please note the addition of Eggology egg whites; these are a replacement item for the Eggbeaters that we once sold in the freezer. Also, we’ve added Wholesoy plain yogurt in the 24 oz. size, and one-percent buttermilk in quarts, brought in due to shoppers’ requests.

Lastly, please note that I have taken note of several complaints about

the aluminum foil that we’ve been stocking, and have replaced it with a “heavy duty” foil that I hope will serve shoppers better. If You Care is the only company I’ve found that makes their foil out of 100% recycled aluminum, and we’ve switched to their heavier stock option, as complaints have come in that the regular stock rips too easily. If you use aluminum foil, please give this product a try and let us know how it works for you. Producing foil from recycled aluminum uses much less energy than production from raw materials, and of course helps to keep the foil out of the landfills, incinerators, etc. And as long as it’s clean, recycled foil can be recycled repeatedly.

Of course, reusing aluminum foil is an even better practice, both practically and environmentally. I have one (1) piece of aluminum foil at my house; it’s folded and lives in my freezer. I don’t use it very often, but when I do, I take out my piece of foil and unfold it. And then, when I no longer need it, I wipe or scrape it clean, fold it up and put it back in the freezer. I’ve been doing this for years. I do have a roll of new aluminum foil at my house, but it’s been so long since I’ve needed it that I’ve forgotten where it is. If I do find it, I plan to start an aluminum foil rental business. It will be advertised in the *Shuttle*, so keep an eye out, and thanks for reading.

Dogs, Dogs, Dogs

by Dale Kinley, Fresh Foods Manager

WITH SUMMER here, bringing out the grill is the best. Hot dogs are still a favorite for a barbecue. For these backyard parties, we offer a selection of dogs.

Dietz and Watson makes a deli beef dog. Started in 1930, the business is located in Philadelphia. They use only the “freshest ingredients” and no fillers. They use regular feed lot beef and do use nitrates.

We have two kosher dogs. Hebrew National makes a good beef dog; Glenn loves them. Sadly, they are often out of stock from the company. So, if you don’t see them, that is why. Empire kosher has a turkey dog. Both of these contain nitrates.

Garrett County (Wellshire—see last month’s Shuttle) provides us with two good choices. beef and turkey. They are re-vamping their chicken dog, which we will have later in the summer. Both their beef and turkeys are naturally raised on Pennsylvania farms. They use small producers to process the meat. They use no nitrates and of course no fillers.

Natural Acres always takes it one step further. Their beef is all natural and pastured-raised in Pennsylvania.

Whatever your choice, topped with mustard (I love Westbrae’s yellow organic) and relish (Cascadian Farms



organic sweet), it can’t be beat—bring on the Phillies.

Don’t forget our Martins sausages, also great on the grill with grilled onions and peppers in a Cacia roll!

Yea Summer!
~ dale@weaversway.coop

Lactose-Free Cheese

by Margie Felton, Deli Manager

A SHOPPER recently brought to my attention that the label for the Hieni’s Yogurt cheese we sell said it was lactose-free. I called the company and they confirmed that this is true. I then noticed that a Cabot’s cheddar cheese label made the same claim. Their web site stated that all Cabot cheeses contain 0 grams of lactose.

rBGH Free Cheeses at Weavers Way

by Margie Felton, Deli Manager

THERE IS a growing interest and concern among our shoppers about what goes into the foods they eat, and how that food is produced. This month, I have started doing research on growth hormones given to cows. These hormones end up in the milk the cows produce and therefore the cheese. We then consume the hormones through the milk, cheese, and other dairy products we eat and drink.

Some basic facts to begin with are that the growth hormone Recombinant Bovine Growth Hormone (rBGH) is only given to cows; it is not given to goats or sheep. Therefore only cow’s milk products are affected. rBGH is banned by all European Union countries as well as Canada, New Zealand, and Australia. This narrows things down at Weavers Way to only being concerned about USA, Mexican, and Argentinean produced cow milk cheeses. The use of rBGH is legal in all three countries.

The following USA cows-milk cheeses available at Weavers Way are produced without growth hormones. (not all varieties are available at all times but can be special-requested at the deli):

Pennsylvania Cheeses—Andrew and Everett (available primarily at the Ogontz store); Birchrun Hills Farm; Calkins Creamery; Leraysville Cheese; and Lancaster Farm Fresh (Friendly Farm).

Other States—Humbolt Creamery; Organic Valley Cheeses; Horizon; Pleasant Ridge Reserve; Point Reyes Farmstead Cheese Co. Berkshire Cheese Co.; Hieni’s Bunker Hill Cheese Co.; Roque Creamery; Vermont Butter and Cheese Co.; BelGioioso; Roth Kase; Tillamook; Grafton Village; Old Chatham Sheep Herding.

JUNE DELI SALES

Soignon French Goat
logs plain and 5.5oz on sale
for **\$3.75 each**
(regularly \$4.19)

Hieni’s Yogurt Cheese
(all flavors) on sale for
\$5.99/lb.
(regularly \$6.60/lb)

June Hidden Treasure

BY **MARGIE Felton, Deli Manager** Primo Naturale Salamis, Chorizo, and Sopresata are new products available in the deli, so they haven’t been hidden for long. All are nitrite-, nitrate-, and antibiotic-free and the animals used are raised on family sustainable farms. My favorite is the Chorizo and I have included a recipe I have tried at home.


Chorizo and Chicken Paella

Ingredients

- 1-10 oz package of Primo Naturale Chorizo cut into ¼ inch slices.
- 1 lb. boneless chicken thighs
- 1T. olive oil
- 1 medium onion small diced
- ½ poblano pepper small diced
- 3 cloves garlic minced
- 1 t. paprika
- ½ t. turmeric
- ½ t. dried thyme
- 2 c. white rice
- 4 c. chicken stock or water
- 3 plum tomatoes chopped
- 1 c. frozen peas
- 1 c. Spanish green olives (optional)
- Salt and pepper to taste

- 1. Heat oven to 350 degrees.
- 2. In a large oven-proof pan, (I used a deep cast iron skillet), heat olive oil over medium heat and add the chicken. Brown on both sides then remove from pan and cool slightly.
- 3. Add Chorizo, onion, and pepper to pan, stirring until it starts to brown. Add garlic, paprika, tumeric, and thyme. Stir. Dice cooked chicken and add to pot. Stir.
- 4. Season with salt and pepper.
- 5. Add rice stir to coat rice well with oil and seasonings.
- 6. Add water, tomatoes, peas, and olives.
- 7. Cover well and bake in the oven for 45 minutes.

LOCAL BEER AND CHEESE TASTING



weavers way farm
at Asbury Arboretum

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

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Phone # _____ Co-Op _____

of People Attending _____ Amount Enclosed \$ _____

Meetings on Expansion

continued from pg. 1

store, that has never been a part of current plans. The Weavers Way Ogontz store in West Oak Lane was not a part of that expansion plan. In addition to expanding the Co-op’s business model, current goals for expansion include drawing away 10-15% of the business and traffic from the Mt. Airy store, and allowing for a renovation of that store.

While a fourth store is still little more than a glimmer in the cooperative eye, Weavers Way has purchased a site for a new store in Chestnut Hill, made up of what are now the two Caruso’s Market buildings on Germantown Avenue. This includes a 6,400 sq. ft. first floor, which will allow for actual aisles. Glenn stressed, however, that they won’t be *too* big, “so members will still enjoy bumping into one another.” The purchase price for the site was \$2.8 million, though full costs for the purchase/renovation/fit-out will be around \$5.3 million. As the current priority is to get the store up as soon as possible, plans for a cafe/restaurant will wait until later. The new store will feature solar panels on the roof, thanks to state grant money, and Weavers Way is also exploring the possibility of geothermal wells, if grant money is available. The purchase of the new property was completed on February 12, 2009. Plans call for an opening in the Fall of 2009.

Glenn laid out a number of favorable aspects of the new location.

Chestnut Hill is home to 450 current Co-op members, and thus will reduce pressure on Carpenter and Greene, as well as having the benefits from brand recognition. The site has great visibility, is walkable, is a known site on a main street in an area where there is a current lack of natural food stores, and it has parking in the rear, as well as potential for expansion on the 5,000 sq. feet in the back. At the same time, Glenn pointed out a number of “opportunities” (which, this reporter suspects, means “downsides”): layout complications inherent in having two buildings, little space for a members’ area, and little staff space, as well as less than ideal conditions for loading in and out. Dick Winston has been hired as architect, Bob Kaufman as project director, Hillary McAndrews as member loan manager.

To provide customers for the new store, Weavers Way has begun a membership campaign in Chestnut Hill. On May 13, a meeting was held in Chestnut Hill with 60 attendees, resulting in 15 new members (which would have been 20 if there had been receipts for cash). More than a dozen more house meetings are planned in Chestnut Hill in the next few months. The current goal is 1,500 Weavers Way members in Chestnut Hill by the time the store opens.

Glenn also point out that the planned renovation of the store at Carpenter and Greene will not happen until the Chestnut Hill Store is “up and solid in terms of making money,” which, most likely, will be some years in the future. During the renovation, when it

happens, the garage and possibly the roofing business building might be used as temporary stores.

To replace the mortgage for the new store, as well as to pay down bank liens on the Carpenter and Greene store, Weavers Way has instituted the member loan campaign, which board member Stu Katz presented to those assembled. Loans will be based on variable rates of 0-4%, with payback in 5-10 years, and simple/not compounded interest. The current goal is 140 loans, for a total of \$1 million, possibly more. Stu stressed that members may also help by paying up to their equity.

Another expansion issue is the Ogontz store which is currently not bringing in desired revenue. The store is still in its first year of lease, and has changed management, and National Cooperative Grocers’ Association is coming to look at it and assess the situation. At this point, there have been changes in product line in favor of less expensive products—which means fewer organic products. Input is being taken from the neighborhood, and a new farmer’s market is being started, as well as a garden next door. The store may be revamped, as well. Another possible plan is to make it a nonprofit, possibly run by kids from MLK. Glenn emphasized, however, that, “from a sales standpoint, Ogontz is a disaster. From a community standpoint, it isn’t.”

Finally, the meeting turned to the membership work requirement. Board member Sylvia Carter presented the recommendations of the membership

committee, which, she stressed, must be voted on by members. The committee has recommended that the work requirement be changed to a work option, and that the visitor’s fee for non-members be eliminated and replaced with a patronage rebate and other benefits for members. The goal is to have a tiered shopper classification:

- Non-member—no patronage rebate.
- Member—patronage rebate and coupons and buyers’ specials.
- Working member—discount on shelf price plus patronage rebate and coupons and buyers’ specials.

This proposed system is expected to increase shopper base and sales revenue, which will be particularly important for the Chestnut Hill store. Additionally, it should help to both expand and retain membership by giving members a choice whether they want to work or not. Other advantages will be that this will be easier to administer and more efficient, and will reduce administrative costs. Currently keeping track of hours costs \$40-50 thousand dollars per year. It is also hoped that, with its added benefits, working co-op hours will be something that people *want* to do, and that this will lead to improved quality/productivity of co-operators and improved quality of service. Finally, it is expected to increase goodwill both among co-op members and in the larger community, as there will be no penalties or shame attached to not doing work, and no one in the community will be excluded from the Co-op.



Mt. Airy Psychotherapy Practices

Catherine White, LCSW, Mindfulness & Adult ADHD
Genie Ravital, LCSW, Overcoming Depression & Anxiety
Pam Kelberg, LSW, Couples Counseling
Eda Kauffman, LSW, Healing from Abuse & Addictions
Lauren Kahn, LSW, Child & Family Therapy
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Update on #5 Plastics Collection Pilot Project

by Priscilla Becroft, Weavers Way Environment Committee

A HUGE thank-you to the more than 100 of you who brought in your recyclable #5 plastics to our April 18 Gimme 5 Plastics Collection! (Gimme 5 is the project created by Recycline to recycle #5 plastics and re-use them in their Preserve line of products, some of which are on sale upstairs at WW.) The front room and sidewalk at 610 Carpenter Lane were crammed with bags and boxes of #5s up to the curb. The collection was scheduled for 10 a.m. – 1 p.m., but by noon, our little committee of three was overwhelmed. Several perceptive and generous-hearted recyclers quickly assessed the situation and stayed on—some for several hours—to help with the massive sorting job that is still not finished. They are the heroes of the day! (We can't report on the May 16 collection here because, as of this writing, we have not yet reached that date.)

Donations are requested to help defray the cost of shipping the #5 plastics to Cortland, NY. The numerous large and small cash donations received on April 18 have kept the project breaking even so far. We hope we'll be in a position to report the same result at the pilot's completion.

The final collection of the three-month pilot is scheduled for Saturday June 20, from 10 a.m. to 1 p.m., at 610 Carpenter Lane (next door to the pet store). Mark your calendar! There will be extra helpers scheduled to keep the receiving and sorting operations running as efficiently as possible.

Please make sure the #5s you bring to the collection meet the requirements for Gimme 5, which are more particular than the requirements for the City's single-stream recycling. Items that don't meet the standard have to be

discarded, and that's a frustrating outcome for conscientious recyclers who have gone to the trouble of saving and bringing in their #5s. Gimme 5 wants to keep the recycling process as pure as possible, so they won't have to discard any batches of the broken-down-and-reconstituted #5 mixture. All items must be:



Recycling their #5 plastics are (l to r) Irwin Trauss, Priscilla Becroft, and Steven Weinberg.

Clean and Dry. If they contained food or any oily or dirty product, make sure they have been washed, not just rinsed. Rinsing does not get rid of grease. A little bit of dust on washed items that have been stored in your basement or garage is generally acceptable. Items stacked when wet tend to stay wet, so allow washed items to dry fully before stacking or packing. (Brita filters are welcome. Let them air dry for several days to make sure they are completely dry.)

Pure #5. The #5 stamp needs to be visible on each item. (Lids are separate items. Don't assume lids are the same number plastic as the container; sometimes they are but usually they are not.) Check to make sure there are no other materials (labels, paper, other number plastics, metal) on the items you bring in. We've double-checked with Gimme 5 about those food containers that come with a protective film over the contents. Peel the film off the rim as best you can but don't worry about any little bits that stay stubbornly stuck.

In our household we want to get our #5s clean without wasting water and soap. We think we accomplish this by just washing the dirty ones along with our daily dishes. This also keeps them from accumulating into a daunting project.

New Products for New Moms

Introducing Motherlove

by Meredith Jacoby

PARENTS BROWSING the Co-op these days will be happy to see the second floor shelves newly stocked with products from the popular Motherlove Herbal Company. Specially crafted for the unique needs of pregnant women and new moms, these natural products are designed to soothe and heal the normal and oftentimes uncomfortable physical changes that occur prenatally, during labor, and throughout the months following birth.

Motherlove Herbal Company is a trusted and much-loved leader of herbal holistic body care. Since its inception in 1990, Motherlove has been making high-quality organic products designed for pregnant and breastfeeding women. Their reasonably priced, reliable products provide a safe, non-toxic alternative to over-the-counter and prescription medication. All of Motherlove's products are certified organic and do not contain any preservatives, artificial fragrances, parabens, or food dyes. Their supplements are always tested for bacteria, yeast, mold, and heavy metals. They even retain samples from every batch of supplements and have a computerized tracking system to follow every bottle sold.

» continued, PG. 13

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Watch your child take off this summer at Holy Cross Parish Summer Camp. We offer math, science, reading, writing, Spanish, cooking, swimming, music, fine arts, nature study, recreational games, weekly field trips, talent show, gymnastic, hip-hop/breakdance, cheerleading, computer, comedy, drama, fashion show, drill team, breakfast, hot lunch, snacks and more. Join us for an exciting camp experience and enjoy adventure, fun and friendship.

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What’s the Board Thinking?

continued from pg. 1

proposal to change the work requirement.

Each board member who writes a column will not be speaking for the board, but instead, will be sharing his or her individual thoughts and ideas. Although I know our column will never be as widely read as Norman’s, I hope you look for our column and give us your feedback. The phone number and e-mail address of each board member is listed in the Shuttle and on our website.

Board Member Commentary

Make Member Work Requirement Optional

By Bob Noble, Weavers Way Board Secretary

THE TIME has come for Weavers Way to eliminate its member work requirement and to establish in its place an optional work program. This feature of our 36-year-old co-op—much loved by some and much hated by others—has finally outlived its usefulness. On the positive side of this social balance sheet, the requirement that each adult member work six hours per year in the store or on a committee has helped to make Co-op membership a more meaningful experience. It has also, some argue, helped to keep prices below what they might otherwise be. But

this price-lowering aspect has been challenged recently by some who argue that the “free” labor benefits are outweighed or mitigated by negative attributes, such as relatively poor productivity not only for cooperators, but also for staff required to supervise member workers. Also, there is the cost of administrative overhead.

But these are minor compared to the real cost of our work requirement—lost members. Member participation in the life of our co-op is vital to our success; but it must not be forced. If we draw a chart of member involvement, it would look like a pyramid. The few on the board and committees who work hundreds of hours a year would be at the top. The next, larger layer would consist of those who come to membership meetings and social events. At the base of the pyramid are the greatest number of members—those who work only their 6 hours. But when we look at other co-ops, there is a still larger number of members at the bottom of their pyramids; members who shop only and do not work. We should not cut off the bottom of our pyramid! We should allow non-working members.

Throughout the history of the cooperative movement, the success of individual cooperatives has depended on their ability to adapt. In 1844, the establishment of the first modern consumer cooperative, in Rochdale, England, benefitted from the lessons learned

from failed attempts of Owenite socialist societies of the previous two decades. Here in the U.S., retail food co-ops were started in two waves: old wave co-ops during the great depression of the 1930s, and new wave co-ops of the late 60s and early 70s. But beginning with the difficult economic conditions of the late 70s new wave co-op failures began to outpace new startups. The main reason for the failures was a refusal or inability to adapt, which in many cases meant tempering ideals with some basic business practices. Indeed Weavers Way’s financial meltdown in 2002-2003 was in part due to not realizing the need for audits and other important monetary controls. Fortunately, we adapted and instituted necessary controls and other remedial measures.

Sustainable co-ops are a wonderful combination of idealism and realism. Our present economic situation provides great opportunity for the cooperative movement to contribute to a solution by expanding the cooperative sector of our economy. If we are to give our expansion into Chestnut Hill the greatest chance for success, if we are to increase the portion of our local economy that is under democratic ownership and control, then Weavers Way needs to adapt by replacing our member work requirement with an optional work program.

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(owner is a Weavers Way member)

MEMBER LOAN CAMPAIGN

EXPRESSION OF INTEREST FORM

Weavers Way is growing and we need your help!

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

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

Name: _____ Member #: _____

Address: _____

Phone: _____

E-mail: _____

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

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

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

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

Signature _____ Date _____

Return or Mail your form to:

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559 Carpenter Lane, Philadelphia, PA 19119

E-mail: memberloan@weaversway.coop



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Manager's Corner

continued from pg. 1

for a single person. We do not pay for spouses or family, though coverage is available through the Aetna policy, if they choose to pay for it. The Co-op picks up 90% of staff premiums, as well as a few other expenses for hospital stays. In 2007, we paid around \$219 a month per person. In 2009, that went up to over \$419/month per person. The level of coverage also improved to address staff dissatisfaction with high co-pays, but the bulk of the difference was cost increases. Between 2008 and 2009, we have seen this expense increase by \$100,000—in one year!

One reason for this increase is just the basic cost increasing and the other reason is that we went up by almost 20 people joining the program (about an \$8,000 monthly increase due to more staff joining the plan).

It difficult enough for the Co-op to sustain this level of coverage for our employees while still paying livable wages, bonus, purchasing discounts, 401K match, and other benefits, but now we have been hit again—a 26 percent increase to take effect in July.

This will bring the costs of our current plan to \$519 per person per month. We would have to raise prices 1.5 percent just to keep up with our health insurance increases.

If we accept this increase, it will mean that our insurance rates have increased by over \$300 a person per month, or over \$45,000 per month, in just three years. We could see a \$400,000 insurance bill next year... just three years ago it was \$90,000.

We have two options: increase prices or cut back on the Co-op's health coverage. What would you do?

President Obama, speaking as a manager for a small business, please do not forget us out here. I do not trust the recent concessions from industry. There are many things that can be done to the system to improve efficiency, but structural changes to the system must be made. It is hard to face the staff and tell them that we have to change the coverage, knowing that the industry is taking us for a bath. Change is needed to the system, we all know it, and we know that we must take out the added administrative waste and over-utilization. I do not know the answer, and I know it will not be easy for the institutions, the professionals, or the patients, but something has to be done.

ing a \$286 "Equal Share" loan. But what we really need is for you to invest \$2,500 or more at 0-4% over five or ten years—you choose the rate and the term! Our goal is to raise \$1 million by early summer, and we can do it. So far, we have received pledges of over \$350,000 towards our goal.

Many people have been giving between \$2,500-\$20,000 so far, and we have over \$350,000 in pledges for the loan program. So, if you can not loan the Co-op money then I urge you to pay up your equity, to \$400 or more. Remember, we will not pay any interest on these funds, but you get it all back

when you leave the Co-op. You can do it right at the register—it is easy.

We have enough financing for this expansion, from TRF, the City of Philadelphia, PIDC, and Valley Green Bank, but the goal of this loan campaign is to pay off these higher-rate bank loans, between 6.75 and 7.0 percent interest, and replace them with lower-rate member loans. This will save us plenty of interest and will give you an opportunity to make a large or small investment that you can watch while it works. If you have any questions, please call me at 215-843-2350 x131 or e-mail: expansion@weaversway.coop.



The Awbury Arboretum Association is proud to announce that this year's co-recipients of the 2009 Thomas Pim Cope Award for Environmental Stewardship will be the Ogontz Avenue Revitalization Corporation (OARC) represented by President and CEO Jack Kitchen and Weavers Way Cooperative represented by General Manager Glenn Bergman.

Jim Morton



Home Repair

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Member Loan Campaign

Two months ago, we sent out a request asking every member household to invest in the Co-op by provid-

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Opening June 23rd

In front of Weavers Way Co-op

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Farm Heats Up

continued from pg. 2

June is on tap to be a great month. We have a few more school groups coming out before the end of year, including Cook Wissahickon Elementary School, Simon Gratz High School, and FS Edmunds Elementary School, as well as other volunteer service days with Crefeld, Central High School, and Global Citizen 365. We've also been joined by two wonderful high school students during the late spring and early summer. Ben Staples is from Abington Friends School and worked with us for three weeks during the month of May. Izzy Jansen is from Germantown Friends School and is joining us for the month of June.

This, in addition to six students at MLK, plus volunteers, several more at Saul, and Brandon Ritter at Awbury, makes our team quite youthful.

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Other things happening at the farm these days include a new partnership with the Philadelphia Orchard Project (POP). During the spring, I joined Phil Forsyth, the orchard director for the orchard project, for a visit to the Backyard Fruit Growers Association workshops in Lancaster County.

There, we grafted apple and pear trees and rooted cuttings of grape and currants. We also attended workshops on how to propagate figs and kiwi berries. All this talk of fruit bushes, vines and trees inspired us to create a partnership between the farm and the orchard project. POP has decided to locate their nursery at Weavers Way Farms' Awbury site. We've created a nursery area where the potted fruit bushes will stay for the summer while awaiting transplanting. POP has also seeded understory perennial edible and medicinal plants in our greenhouse for use with their projects. In exchange, we will use this nursery area with our educational tours and it will benefit us in general by having more of a presence at the farm (and by the fact that partnering with an organization like POP makes us really cool!).

Hope to see you out at the farm. The farms are bound to be such beautiful places this summer and harvest season!

WWCP Update

continued from pg. 2

The Stenton Family Manor farm is also richer as a result of a grant from the Weavers Way Environment Committee. Money earned by the committee from a recycling partnership with the Philadelphia Streets Department is converted into small community grants. Thank you to the environment committee for supporting the Stenton Family project. Their support allows us to purchase a much-needed picnic table, as well as biodegradable mulch film that is corn-based and environmentally fantastic. In addition to holding off the weeds, the mulch is an educational tool in its own right. Lastly, special thanks to the Pennsylvania Horticultural Society for its generous donations of top soil, compost, and kid-sized gloves.

Next door at the Martin Luther King Farm, much is happening as well. In the farm's second growing season, the crops got off to a much quicker start than at Stenton. With generous funding from OARC, the MLK greenhouse is completed and seedlings have been growing for months. It was an amazing experience to look at the field this past April and know that one year before we were just breaking ground for the first time. This spring and summer, six MLK students will be working with David. This year's crop of farm apprentices rotates between Awbury, Saul, and WWCP sites, so they are frequently assisting at MLK. Teddy Moynihan, an English teacher at MLK and our farm-school liaison,

Produce from both the Stenton Family Manor and MLK farms will be sold at three farm stands this year:

Stenton Avenue Farm Stand
6100 Stenton Avenue, 19138
Mondays, 3:30 – 6:00 pm

Weavers Way Ogontz Farmers Market
2129 72nd Avenue
(at Ogontz Avenue), 19138
Tuesdays, 2:00 – 6:00 pm

Chestnut Hill Growers Market
Winston Road between Germantown Avenue and Mermaid Lane, 19118
Saturdays, 9:30 am – 1:30 pm

rounds out the MLK farming crew.

On April 17, we were the proud hosts, along with our many partners, of a tour of West Oak Lane urban farming hotspots that started at the Weavers Way farm at Awbury Arboretum, traveled to MLK and Stenton farms, and ended at the Ogontz store. Organized by State Representative Dwight Evans, the Harrisburg contingency of the tour group included State Representatives Michael K. Hanna, David R. Kessler, and John Myers and PA Department of Agriculture leadership, including Russell Redding (Executive Deputy Secretary) and Jean Lonie (Executive Assistant to the Executive Deputy Secretary), as well as Fran Coleman (Budget Analyst, House Appropriations Committee). In addition to showing off just part of Philadelphia's growing urban farm movement, the tour highlighted the potential economic development that comes as well.

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That's the Ticket!

by Stu Katz

IMAGINE GOING to a concert of the Philadelphia Orchestra playing Beethoven's Fifth symphony and sitting in the 10th row of the orchestra, or attending a Phillies game sitting right behind the plate, or watching the Eagles while sitting on the 40-yard line. A few years ago, I had an idea of how Weavers Way could provide a benefit to members by offering tickets to some of the major cultural, sporting and entertainment events in Philadelphia. I have discovered that the best seats for most events are only available to those who buy expensive season or subscription tickets. While many of us may not want or can't afford a full-season seat to the orchestra or the Sixers, I'm sure many would love a great seat for a single event or concert.

My idea is that the Co-op would buy season tickets to many of these events and then make seats for individual events available to our members. Of course, this idea only works if all members have equal access to the tickets and if the entire process is cost-neutral to the Co-op. I can envision that there may be some type of web-based information technology that could assist with this process as well. But the key to making this idea work is really about flushing out the idea into a solid, operational plan. I hope we can form a small group of five to 12 interested, creative, and thoughtful people, who would come together to discuss

the idea, brainstorm, and begin to operationalize a program.

I propose meeting once a month for a few months to develop a trial plan that would include some events and performances (choosing these should be fun). We would also have to think through a methodology to request and receive the tickets. Making fair choices when there are multiple requesters for the same events will also have to be part of the discussion. I can also envision a role for member work to help run the program.

As the Co-op grows and as we consider changes to membership rules and work, the opportunity to offer new and different benefits to members is important. Finding opportunities that reward and reinforce the building and sustaining of community are critical. Philadelphia is blessed with multiple first-rate theatre, music, dance, sports, and arts organizations. Finding a way to make the best of these events more available to our members is a win for the members, contributes to the health of the arts organizations and rewards and contributes to the general well-being of our communities and our lives.

Please join me in thinking through how to make this work. If you are interested, contact me, StuartKatz,atkatzstu@comcast.net, 215-242-9256.

Healthcare Costs Hit Co-op Hard

by Jon Roesser, Human Resources Manager

MAY IS my favorite month. The warming air and chirping birds and blooming flowers all put steam in my stride.

Not this May. On May 1, we received our renewal quote from Aetna, our health insurance carrier. Our premiums, having gone up 45% last year, are scheduled to go up again July 1, by another 26%.

For an employer our size, health insurance is a great differentiator, lifting us above employers who choose not to offer it, allowing us to attract (and keep) a higher caliber of employee. Our co-op is better off because we offer our employees health benefits.

But: the (ridiculous) amount of money we pay Aetna each month is money not spent on... fill in the blank: more staff; building improvements; equipment upgrades; community outreach; a thousand other things.

How much money are we talking about? Last month's Aetna bill was \$27,000. That's for 30 days of health insurance for 53 staff members. If we sit back and take Aetna's renewal, by July insuring those 53 staff members will cost us \$34,000. Over \$400,000 a year to insure a group of people many of whom will only need to see their doctor for little more than a winter sniffle.

That our system for providing Americans healthcare is in bad need of an overhaul is nothing new. But what is an abstraction for many is sobering reality for our co-op. The level of health insurance we offer directly impacts the quality of life for our staff, just as it impacts everything from the

level of support we can provide the worthy causes of the Northwest to how much we charge you for milk and bread and apples.

So I spent May, hitherto my favorite month, hunkered down with a taskforce of Weavers Way staff, poring over insurance spreadsheets, weighing our options. Dumping our current Aetna plan was the easy part—an anonymous Aetna underwriter made the decision for us when he jacked up our premium.

But where do we go from here? Reduce the level of benefits we can offer? Almost certainly. Ask employees to cover more of the cost? Probably. Give staff a big fat raise and tell them to go get their own coverage? Not likely, though other co-ops and small employers have gone that route.

There's talk of co-ops banding together to form larger pools of employees, giving us more clout with the insurers. Such a course is not without its own problems, not the least being how to reconcile current plans that offer very different levels of benefits.

For the future, there's reason for some optimism. The Obama administration acknowledges the current system's shortcomings—a welcome step in the right direction. Much of the focus, though, is on the uninsured—important, yes, but we must make sure we also pay attention to the small employers like Weavers Way that are screaming for relief.

I guess that's what this article really is—my little figurative scream. Starting next year, I want my Mays back.

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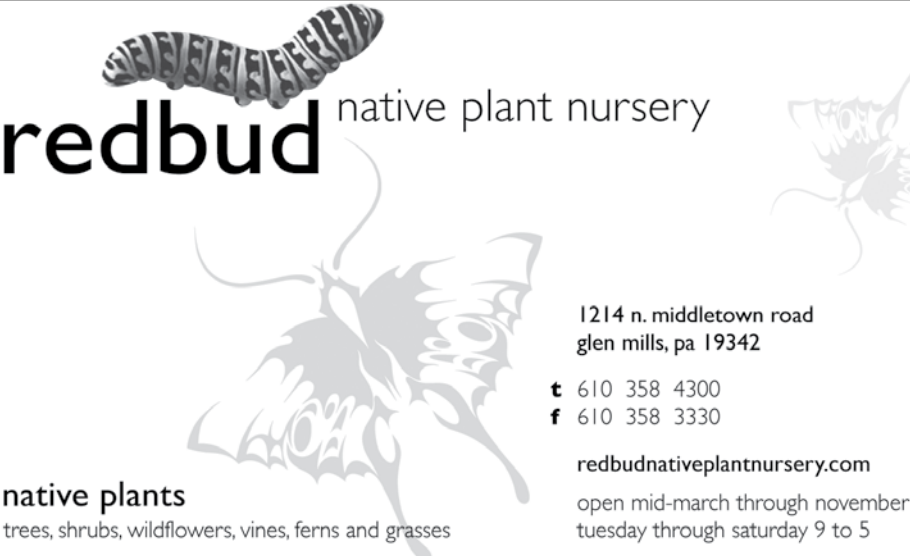
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PROPOSAL

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

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

Technically, the bylaws do not specify that there must be a member work requirement. Instead they say (in Article III, Section 5) that members may impose

a work requirement. Many years ago, the members voted to impose an annual work requirement. We are proposing now that the members vote to reverse this and establish instead an optional work program.

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

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

2009 Ballot

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

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

Member #

Name (print clearly)

Signature

Date

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

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

To vote by mail:

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

To vote at a store:

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

To vote at the Membership Meeting:

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



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

New Farm Stand in Northwest Philadelphia

by Rachel Milenbach, Weavers Way Community Programs Executive Director

SOMETIMES THE best things happen when a few good people put their heads (and their resources) together. At State Senator Leanna Washington’s invitation, in March, Bob Pierson (Farm to City and Penn State Extension), John Ungar (Mt. Airy Revitalization Corporation) and I met with Paulette Bailey and Denise Savage from Senator Washington’s office to discuss the possibility of starting a new farmers market on Wadsworth Avenue. According to Senator Washington, “It is key for the community to have access to fresh grown vegetables and to know the quality of what they are eating.”

For those of you who haven’t been there, Wadsworth Avenue is a bustling business strip just south of Cheltenham Avenue. It is home to about 70 businesses, including the wonderful Wadsworth branch of the Free Library, and Senator Washington and Representative Parker’s offices.

Thanks to Bob Pierson’s contacts with Lancaster County farmers, Amish farmer John King from Paradise, PA, has agreed to set up the Wadsworth Avenue farm stand every Friday. Farmer King, who is a certified organic vegetable grower, will bring in many other local items from his neighbors and the Leola Auction. His product line will include yogurt, cider, eggs, cheese, plants, flowers, and baked goods in addition to delicious fruits and veg-

etables. Last year, he was the top-selling farmer per market day at Farm to City’s markets, according to Bob. Thanks to Farm to City for bringing such an asset to Northwest Philadelphia.

The market opened on May 8, in the large parking lot behind the stores on the 1500 block of Wadsworth Avenue (enter from Pickering Street). Thanks to Senator Washington, who took time out of her busy schedule to greet the farmers and shoppers attending the opening day of the new market. As soon as possible, the farmer hopes to receive permission to set up directly on the sidewalk on Wadsworth Avenue.

Bringing locally grown, organic produce to Wadsworth Avenue is exactly the type of outcome that interests John Ungar, Executive Director of Mt. Airy Revitalization Corporation (MARC). “It is important that we make it easy for people to get access to good, healthy food so we can encourage healthy eating habits. I am sure that this is going to be very popular with the neighbors, and will also draw additional people to Wadsworth Avenue,” said Ungar. “Thanks to Weavers Way Community Programs and Farm to City for their tremendous efforts in helping us bring fresh, locally grown food to this neighborhood.”



photo by Rachel Milenbach

Standing at the new Wadsworth Ave. Farm Stand are Mark Reinhart, Farm Stand staff; Carla Johnson, Chief Legislative Aide for Representative Parker, who came to shop during her lunch hour; Farmer John King; and Senator Leanna Washington

MARC is a nonprofit community development organization located at 2001 Tulpehocken Street (near the intersection of Ogontz Avenue). The mission of MARC is to stimulate economic development in Northwest Philadelphia through business capacity building and assistance, as well as neighborhood beautification and outreach efforts. Although most of their

work focuses on the neighborhoods surrounding Stenton and Wadsworth Avenues, they also work in other 19119 neighborhoods as well.

The Wadsworth Avenue Farm Stand is open every Friday from 10 a.m. to 2 p.m. in the large parking lot behind the stores on the 1500 block of Wadsworth Avenue (enter from Pickering Street).

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The Simplicity Dividend Backyard BBQ's Meet Improved Cookstoves...

by Betsy Teutsch

A RECENT supplement in the Sunday Inquirer carried an ad that really stuck with me, so much so that a few days later, I went back to my recycled newspapers to confirm my recollection: Wal-Mart is selling spiffy, stainless steel backyard BBQ gas grills for \$298. Such grills have long been a suburban status symbol of macho domesticity, much evolved from the little kettle-style charcoal burning versions of my childhood. My first shock was that they're so cheap (thank you, China) that all elite symbolism has passed. Now average people with backyards who shop at discount stores can afford this luxury, and fuel it with a tank of propane gas, advertised for \$17.82.

My second reaction is looking at this snazzy item through the lens of third world cooking; in my role as Director of Communications for Green-Microfinance, I have learned a great deal about life without the infrastructures we in North America take for granted. GMf's mission is to bring clean energy, environmental benefit, and poverty alleviation to the world's two billion people without access to modern energy systems. Most of these households cook over foraged wood or dung in open fires; given popula-

tion expansion, this requires ever more time to gather, since close-by supplies are exhausted. This is not exactly Martha Stewart's domain. Not only is the direct burning of wood, dung, and crop residue extremely inefficient, it is highly polluting, resulting in respiratory disease as well as black carbon emission. It's exactly the kind of outdoor "campfire" that in the affluent world has been replaced first by kettle barbeques and as we all became more affluent, gas grills.

Slightly better off families in the developing world can afford LP, liquid petroleum – generally all imported and way beyond the means of a Bottom of the Pyramid family. So the type of grill Wal-Mart is selling is actually a high-end third world stove. The irony, of course, is that for Wal-Mart's customers, this is not a primary cookstove. It is just for recreational warm weather backyard barbeques. The indoor range, gas or electric, serves that duty.

One breakthrough for perpetually impoverished developing world households is improved cookstoves, paired with gas produced by a family's biodigester. A slightly higher tech version of composting, these cisterns have a seal, so the waste which

is dumped into them is processed anaerobically. Within a month or so, the biodigester yields methane gas along with very rich fertilizer. There are hundreds of different types of stoves being designed and marketed in the developing world. While very simple, they accomplish a great many improvements. They consume less fuel, making them less expensive to run. They utilize locally produced gas (ideally the "in-house" product!), eliminating the time required foraging for wood and dung. And since they are more efficient, they produce less pollution, resulting in improved health for both users and the planet.

The cost of a typical improved cookstove which can provide so many beneficial health, environmental and economic impacts? About \$20—beyond the budget of most "Bottom of the Pyramid" households....

Betsy's blog: www.MoneyChangesThings.blogspot.com.

New Products for New Moms

continued from pg. 5

Along with their commitment to health, Motherlove is dedicated to environmental and social responsibility. The company purchases wind power credits for their facility, offers packaging made from recyclable material, and provides literature that is printed on 100% recycled paper. In 2005, Motherlove created The Nurturing Life Foundation, a non-profit organization whose mission is to promote breastfeeding, support mothers-in-need, and create opportunities for children nationwide. Through this foundation, Motherlove donates 10% of after tax sales to various organizations including the Mount Airy-based Maternal Wellness Center.

A majority of the Motherlove Herbal Company product line can now be purchased at Weavers Way. For more information, the Motherlove website offers helpful descriptions of their products, as well as links to invaluable resources for expecting and new moms.



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Wind Energy May Not Be Safe for All

By Brenda Malinics

IT WOULD seem a cause to celebrate, cleaner/cheaper wind energy; that is, of course, unless you are a bat or a bird. In recent years, scientists have begun studying why, in addition to migrating birds, so many dead bats are being found under the fast-spinning blades of these turbines. Unlike birds, who are smashed to the ground by the strong blades, the dead bats are showing no external injuries. Biologists could not understand why bats that have echolocation so superb that they could detect objects as small as a hair were not able to avoid the huge blades (some 200 feet long) on 300-foot-tall turbines that spin as quickly as 160 miles per hour.

Bat kills had been practically non-existent on wind farms since they first appeared, but in the past few years taller, bigger, stronger turbines that produce more energy have been introduced. There has been a direct connection with bat deaths and larger turbines.

Necropsies have shown that most dead bats had experienced burst blood vessels in their lungs. Scientists and biologists were initially baffled by this finding, but recently, according to results presented in Current Biology—it has been suggested that air pressure difference created by the spinning windmills is causing the bats' lungs to hemorrhage and explode. It is still unclear what is attracting the bats to the wind turbines in the place. Some

have suggested that it is the sound of the spinning blades.

As wind moves through a wind turbine's blades, pressure drops behind them by 5-10 kilopascals (a pascal is a unit of pressure) and any bat unlucky enough to blunder into such an undetectably low pressure zone finds its lungs and blood vessels rapidly expanding and soon bursting under the new pressure conditions.

Birds are not dying this way because their lungs are much more rigid and their capillaries are stronger, making them capable of withstanding extreme pressure changes. Bird turbine deaths typically show damage from being struck by the actual blade.

Wind farm owners are well aware of the bat-kill problem and are sensitive to the negative publicity these findings suggest. At this time it is unclear what measures can be taken to stop bat kills and/or eliminate this pressure problem. Some have suggested that the turbines be stopped at night when bats are flying and wind is light, but of course, that would curtail electricity production as well.

Bat conservationists suggest that wind farms should be built away from bat migration flight paths. But since bat migration routes are not clearly understood, that doesn't seem like a practical option. And not many wind-farm owners are going to lose money on production to save bats. So for now,

there are no suggestions on how to save the thousands and thousands of bats that are dying around wind farms.

These dismal findings are coming at a time when bats are under assault by yet another mysterious disease, White Nose Syndrome (WNS). WNS has killed up to a million bats along the Northeastern Corridor and is spreading throughout the country with unprecedented speed and mortality.

White Nose Syndrome (WNS) is a new, cold-loving fungus that was discovered three years ago in Albany, New York. International researchers and scientists have called WNS, "the gravest threat to bats ever seen in recorded history." They report that they have never seen any new disease spread as quickly and kill so intensely as WNS.

Bats are the cornerstone of a healthy environment and they play a critical role in our agricultural industry as well. Without bats, there will be more insects damaging our crops, more mosquitoes, and more use of pesticides. Food prices will go up, and some products which are pollinated by bats will become scarce.

Some experts even believe that WNS may cause some bats species to go extinct in our lifetime. So if you see a bat flying in the night sky this summer, feel privileged and take a long look, because it may be one of your last chances to see this important and misunderstood mammal.

Check out the following web sites for more information about bats and about WNS: www.batworldsanctuary.org, www.batcon.org, and www.fws.gov/northeast/whitenosemessage.html.

If you find an injured bat, call me at 215-482-4356 or 215-707-7652. To add insult to injury, the PA Game Commission recently put a ban on bat rehabilitation, in response to WNS.

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Expertise and Communication Key to Addressing Global Water Crisis

by Alan Biehn

MOST AMERICANS flush their toilets with water that is clean enough to drink. Conversely, nearly one billion people in the world lack access to clean water, and many must drink water that is contaminated with human and animal waste. In addition, 2.5 billion people (about 40 percent of the world's population) lack access to toilets or latrines. The upshot? According to the United Nations (UN), nearly 5,000 children die every day from diarrhea and other preventable water-related diseases.

Conference on Water and Sanitation

On April 4, the Philadelphia Global Water Initiative (PGWI) held its third annual conference, entitled "Exploring the Public Health and Water/Sanitation Connection in Low-Income Regions," at The College of Physicians of Philadelphia. At the event, a panel of experts from various disciplines described some of the obstacles to implementing viable solutions.

Surprisingly, many researchers and donors have agendas that perpetuate ineffective practices. According to Kellogg Schwab, Director of Johns Hopkins Center for Water and Health, researchers fear that publishing information about failed projects will harm their careers, so the causes of failure remain undisclosed and mistakes are repeated. And donors often take a "results-oriented" approach, restricting the use of their contributions to paying for project materials and installation. Instead, Schwab says, we need funding for studies that reveal keys to the long-term success of water and sanitation projects.

A common theme expressed at the conference was that improved cooperation and communication among stakeholders is crucial. Engineers, public health experts, environmental scientists, governments, non-governmental organizations, finance experts, social scientists, researchers, and translators all play a part in designing and implementing comprehensive solutions. Lack of proper coordination causes project failures in developing and developed nations alike.

According to Stan Laskowski, president of PGWI, his organization acts as a connecting hub that facilitates communication among all concerned parties. On its website, PGWI describes itself as "a group of interested organizations and individuals committed to helping to meet the UN Millennium Development Goals for water/sanitation throughout the world." Laskowski's ultimate aim? "To save as many lives as possible."

UN Millennium Development Goals

The UN Millennium Development Goals, or MDGs, set targets for reducing hunger, poverty, gender inequity, infant mortality, and environmental damage, and for increasing access to health care and basic education. The MDGs also aim to reduce by half the proportion of the world's population lacking access to safe drinking water and basic sanitation. Recent UN reports suggest that the global economic slowdown and the ongoing lack of sufficient funding will prevent achievement of many of the MDGs by the target year, 2015.

Lack of access to clean water and sanitation impacts productivity, education, and gender equality. Water-related illnesses keep adults out of work and children out of school. Many in developing countries (mostly women and children) cannot earn money or attend school because they must spend hours every day carrying water from distant sources. The lack of private sanitary facilities at schools causes many girls to quit when they reach puberty, thus perpetuating gender inequalities in education.

Agriculture and Chemical Pollutants

Citizens of developed nations are accustomed to the unlimited availability of cheap, clean water for agricultural, industrial, and home use. Many take it for granted, even as their activities pollute and deplete the sources of that water. Many are unaware that the global water crisis is likely to impact their own countries in the near future.

There have been warning signs. In 2002, The Independent reported that "Thirty percent of Italians do not have a regular or sufficient water supply in their homes, and 20 percent use water that fails to meet standards recommended by the World Health Organisation." In Arkansas, agricultural water use has drained the underlying aquifer faster than it is replenished, creating concern about future water availability. And in PGWI's home-

town of Philadelphia, pharmaceutical compounds were discovered in the drinking water in 2008. The Union of Concerned Scientists reports that global warming is likely to increase the frequency of droughts and wildfires, putting further stress on water supplies in many areas.

Seventy percent of the world's water use is related to agriculture. Use of groundwater for irrigation lowers water tables, sometimes shocking inland ecosystems by causing an influx of salt water. Animal waste and chemical fertilizers run off from farms, flowing downstream to rivers and oceans and harming ecosystems all along the way. The Chesapeake Bay Foundation cites nitrogen from agricultural runoff as the Bay's most serious problem, "because it causes algae blooms that consume oxygen, which lowers dissolved oxygen levels so severely that fish and shellfish die."

The draining of aquifers, the possibilities of drought caused by climate change, and the increasing variety of chemicals found in water supplies will increase media coverage and public awareness of water-related health issues. Organizations like PGWI, Rotary International, and the American Public Health Association (APHA) are already working to bring attention to the issues and to craft solutions. APHA's 137th Annual Meeting and Exposition, entitled "Water and Public Health," will be held in Philadelphia in November 2009.

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Sustainable Product Design – An Oxymoron?

by Rob Tannen

Design is the Problem

“DESIGNERS ARE taught to make ‘new’ when it isn’t really better or when ‘old’ doesn’t need replacing.”—Nathan Shredoff, *Design is the Problem* (2009)

As someone directly involved in the design of new products for a range of industries, I am well aware of the environmental impact of product development. According to the Story of Stuff (StoryOfStuff.org), a highly recommended sort of “An Inconvenient Truth” for kids, “99 percent of the stuff we run through this system [extraction, production, distribution] is trashed within six months.”

Moreover, the product design industry has been driven by goals of obsolesce and replacement. *Wired* magazine (April, 2009) recently discussed the science of designing products to fail just beyond their warranty date - “manufacturers engineer their hardware to last just long enough for consumers to feel like they got their money’s worth. They guarantee the gear for that period of time—and not a second longer.” While engineers work on planned obsolescence, marketing experts work on perceived obsolescence—aesthetic changes or insignificant features that can make a susceptible consumer feel like his or her product is no longer useful.

But as in many parts of society, there has been a sea change, driven by a fortuitous and necessary convergence of factors—the re-surgence of the environmental movement, the need for more economical resource utilization and growing, and informed consumer

demand. As a result many product designers are focusing significant attention and effort on sustainability.

Design is the Solution

Largely driven by a new generation of designers, the product design industry is, in many respects, a leader in the sustainability movement. The most direct example of that is The Designers Accord (DesignersAccord.org), a set of principles voluntarily adopted by over 150,000 product designers and manufacturers. These principles request adopters to:

Provide strategic and material alternatives for sustainable design of products and services, and pledge to help customers reduce their negative impact.

Consider your ethical footprint. Begin by measuring the carbon/greenhouse gas footprint of your firm, and pledge to reduce your footprint annually.

Advance the understanding of environmental and social issues from a design perspective by actively contributing to the communal knowledge base for sustainable design.



The power hog!

Note that these recommendations are both inward and outward facing. For example, an organization can aim to reduce its own carbon footprint by replacing travel with online meetings, and at the same time implement the use of biodegradable materials in manufactured products.


Another exciting occurrence is the Greener Gadgets Conference (GreenerGadgets.org). Held in New York City for the past two years, the event includes leading speakers on sustainable product development, but its highlight is a competition among student and professional designers/firms to design concepts that promote sustainability and environmental responsibility. Concepts are sketches and prototypes of new product ideas that are not yet on the market, and are judged on the

merit of the underlying ideas and design embodiment. To the skeptic, this might seem like another opportunity to design self-congratulatory “green” junk, and arguably some of the entries fit that description. But the majority of concepts intend to increase awareness and promote responsible behavior.

For example, one of this year’s top finishers was the Power Hog, created by the company where I work, the Philadelphia-based firm Bresslergroup. Power Hog is a power consumption metering piggy bank designed to sensitize kids to energy cost associated with running electronic devices. Plug the tail into the outlet and the device into the snout; feed a coin to meter 30 minutes of use. Associating money with access to power communicates finite tangibility to that which is typically considered invisible and unlimited. It also introduces the concept of opportunity cost, as a child must consider spending money on power versus a snack or other non-essential item.

Perhaps no company better represents that sustainable product movement than Trenton, New Jersey-based Terracycle (www.terracycle.net). Terracycle pays for common waste products such as drink pouches and cookie wrappers and recycles them into products such as bags, backpacks and lunch boxes. While many product manufacturers use recycled materials, Terracycle’s model depends on paying

» continued, PG. 17



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Sustainable Design

continued from pg. 16

consumers for their waste products, providing incentive necessary to sustain the business.

The Problem is the Solution

While there are promising movements and ideas for sustainable product development, they represent only a small percentage of what is actually produced and consumed. It's important to recognize that product design, like any human endeavor, is an activity whose outcomes are driven by intentions. It can continue to produce negative effects, or it can influence positive changes. I am hopeful that there is a mind-shift occurring that will cause a fundamental change in product development in the near future, but it will take the concerted effort of individual designers and consumers.

Rob Tannen, a Co-op member, is Director of Research at Bressler-group, a Philadelphia-based product design and development firm.

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Book Review

Tomorrow's Table:

Organic Farming, Genetics, and the Future of Food

by Pamela C. Ronald and Raoul W. Adamchak. Oxford University Press, 2008, 207 pages. ISBN 978-0-19-530175-5.

Reviewed by Stephen Takats

HERE IS a small book which should provide good reading and useful information for the many Co-op members who are committed to using products from organic farming. The authors are a husband-and-wife team from California: Adamchak runs the organic farm at University of California-Davis, and Ronald, his wife, is a molecular geneticist and successful rice breeder at the same institution. She is the major contributor to this pleasantly unorthodox book, which addresses the current conflict between organic agriculture and genetic engineering of crop plants. We are led through daily events at their work and at home, and science is brought in painlessly—we share bits of lectures to students, discussions with their friends and relatives on food shopping and home gardening, on food costs and meal preparation (recipes are even provided!). The environmental benefits of organic farming are pointed out, while its difficulties and limits are not minimized. The increasing world population cannot be fed through organic farming as it is now practiced.

The utility of genetic engineering to the enterprise is argued forcefully.

I found chapters five and seven to be particularly interesting. Chapter five covers specific cases of successful genetic engineering, e.g., the incorporation of the bacterial gene Bt to provide resistance to insect pests, including the corn ear worm, thus avoiding the use of chemical pesticides. Another example is chemical weed control with the relatively benign herbicide glyphosate (Monsanto's "Roundup"). This is now widely practiced, following the incorporation of the bacterial gene for glyphosate resistance into crop plants such as soybean. Chapter seven directly addresses the widespread fear of eating genetically-engineered (GE) food. Are there risks? Ronald argues that there is no credible evidence for any unusual risk. Some of the non-GE foods we eat may in fact contain dangerous ingredients—alkaloids in potatoes, for example. And current organic labeling regulations allow food from crop plants produced by chemical or radiation mutagenesis to be labeled organic. So why worry?

In looking to the future, many people think that the widespread use of GE crops will lead to the control of

agriculture by supranational biotech companies, like Monsanto. They already have the resources to do the research and testing, they will patent the genes and develop the GE crops, and force profit for their business. They can neglect people in poorer parts of the world who need GE crops the most. This prospect is considered seriously—but is not resolved—in chapter 11, using Ronald's experience at UC-Davis. One of the rice genes she isolated and uses in breeding for disease resistance has now been patented by the University. By licensing agreements with large U.S. biotech companies, she and the University have been assured that non-commercial breeders in developing countries will have free and exclusive use of the gene, provided that they also distribute seed of any GE plants they develop. Much needs to be done yet in this direction.

—Reviewed by Stephen Takats, Co-op member and Emeritus Professor of Biology at Temple University. He obtained his Ph.D. in plant genetics from the University of Wisconsin.

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The June Garden

by Mark Goodman, The Neighborhood Gardener

SUMMER BLOOMING Perennials. June is a good time to plant summer-blooming perennials. Nurseries will have a larger selection of perennials on hand in June than they will in July or August. Furthermore, the weather in early June is still tolerable for those gardeners who don't like to work in midsummer heat and humidity.

If your garden has some empty spaces, and you prefer perennials to annuals, here are some choices that will add color and pizzazz to your garden. Yellow is a popular color for summer perennials, and the most popular hot weather bloomer is the black-eyed (or brown-eyed) Susan. A good variety for our climate is rudbeckia "Goldsturm," which will stay at around 18-24 inches and will not need staking. The good news is that it will stay in bloom from late June to early September. The bad news is that they spread very quickly, so you must give them room to proliferate or be prepared to continually thin them out.

Another yellow favorite is the "Moonbeam" coreopsis, with threadlike leaves and small golden flower sparks that grow in a bushy mound. If you like your flowers tall, plant a "Rocket" ligularia, which will grow to five feet. It prefers partial shade with only a few hours of morning sun. Its elongated cluster of yellow blooms makes it a good candidate for a rear or center position in the garden.

Is five feet still not tall enough for you? Then consider the helianthus, which grows to six feet with yellow daisy-like flowers. This plant is also known as "perennial sunflower," although the flowers are smaller than the classical annual varieties. Don't confuse the helianthus with heliopsis, helenium, or helichrysum, all of which flower yellow and take their names from the Greek "helios," which means sun.

For sunny or partly shaded areas where you want low (12-inch) plants, try corydalis lutea, which



has small trumpet-like yellow flowers and attractively lobed ears.

If your garden cries for red, try the pyrethrum daisy called "Brenda," or traditional bee balm (monarda). Note that bee balm multiplies quickly, and some varieties get powdery mildew. Perennial lobelia, also known as 'cardinal flower,' will make a notable carmine splash in your flower bed and will attract hummingbirds. For red and low, plant "Dragon's Blood" sedum in a sunny spot. Not only are the flowers red, but the stems and leaf fringes also have red highlights.

Other welcome summer perennials include purple echinacea, particularly "Kim's Knee High," which is tall enough to cut for vases but short enough to avoid staking. If you want more shades of purple, consider platycodon, or balloon flower, which has puffy, five-petaled flowers, and Carpathian Harebells (campanula carpatica), which stays low (6-12 inches) with purple flowers.

Another summer favorite is scabiosa, or pin-cushion flower, with the pink and blue varieties most popular. Summer phlox (paniculata) is a good perennial for Mt. Airy, because it does well in par-

tial shade and the long-lasting flowers come in many colors, including white, pink, red, lavender, and purple. When buying summer phlox, ask for resistant varieties since the plant is susceptible to powdery mildew.

A great two-toned summer perennial is the red-with-yellow-rims gaillardia. Shorter varieties, such as "Goblin," will eliminate flopping or staking.

These are just some of the summer perennials that grow well in Northwest Philadelphia. If you want to learn more about them, read the perennial guide books in the Taylor's and Garden Handbooks series.

June Tips:

Keep pinching back your chrysanthemums so they won't be so leggy in the fall. Continue pinching the perimeter stems until mid-July.

Prune your azaleas, now that the blooms have stopped. If you wait too long, you'll cut the new flower buds, which contain next year's flowers.

When your weigelas and pink flowering spireas finish their first bloom, cut them back right away, and you'll get another bloom.

Still time to plant hot weather crops: string and soy beans, Swiss chard, New Zealand spinach, squash, and corn.

Correction: In the May garden column, the spinach alternative should have read "New Zealand spinach." Apologies to all who got funny looks when they asked for New England spinach.

Garden joke: What kind of summer perennial likes to nap in your garden? Black-eyed Snoozin'.

If you have questions about summer perennials, contact the Neighborhood Gardener at earthcraft@comcast.net or at 215-248-1676.

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Environmental Sustainability the Hot Topic at GFS

by Michael Boorse

GERMANTOWN FRIENDS School recently highlighted its commitment to environmental sustainability with an assembly talk by Wynn Calder, president of Sustainable Schools, LLC, and a 1979 graduate of GFS.

Calder described how society promotes consumption and waste, and he illustrated many steps that schools and communities can take in order to do their part in reducing the strain on the Earth's limited resources. "I hope I was able to convey the message that we still have time to get it right," said Calder. He then met with students

in the upper school Environmental Action Committee and heard about their initiatives for reducing consumption and waste at the school. The students and Calder were then treated to a preview tour of the school's new sustainable urban science center, under construction on Coulter street. Beginning in September, the building will house the upper school science classrooms and serve as a working model for lower energy consumption through its use of solar power, geothermal heating, and recycled water systems.



photo courtesy of Germantown Friends School

Touring the recently "greened" GFS Common are: (l-r) Environmental Action students Bridget Feely of Chestnut Hill; Ben Finkel of Mt. Airy; Wynn Calder, head of science; Gen Nelson of Drexel Hill; teacher Ian Van Wert of Mount Airy.



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House at Pooh Corner Celebrates 30 Years

by Daphne Dennis

CHANCES ARE that if you grew up in Germantown, Mt. Airy, or Chestnut Hill, you or someone you know attended pre-K at the legendary House at Pooh Corner, run by Teri DiCesare since its inception in 1979.

A teacher with a Masters in Early Education, Teri was looking for quality daycare for her own daughter when she found herself facing the same impasse that confronts so many families—the Daycare Dilemma. How could she, an education professional, put her infant daughter into a daycare with an assembly line attitude at best? Did she feel comfortable knowing her baby would be spending eight-plus hour days in a dingy church basement, or storefront soaped-window establishment, which were—and for the most part still are—the only “options” for families requiring all day care for their young children.

To bridge her own gap, Teri began a nursery school-cum-daycare in her Civil War era Germantown home. In what seemed like no time at all, her business had grown to the extent that it took over her entire three-story manse, eventually driving her out

of her own house and home. And it hasn’t stopped. Teri currently has a waiting list for her program, the length of which encourages women to show up at her door holding positive result pregnancy tests in order to reserve a spot for their yet-to-be progeny. With a future so bright, House at Pooh Corner has decided to go retro and will be celebrating its 30th year anniversary this June at Awbury Arboretum.

Teri and her staff, a number of whom have been at Pooh Corner for well over half their lives, have spent the past few months reaching out to former students, the eldest of whom are now searching for quality daycare for their own children. The result has been remarkable, and gratifying. Using Facebook as their primary meeting place, Pooh Corner has reconnected with over 300 former students and their families, and has also served as a sort of re-matchmaker, connecting alums with each other. “Two best friends [recent Masterman High School grads] joined us as Facebook friends, independently of each other,” says DiCesare, “And neither remembered having been fast friends when

they were two and three, until they saw a photo we posted of the two of them together in our play yard.”

Other grads began posting photos from their own collections, and the site took off as a cyber-touchstone, with current and former “Pooh Corner families” checking in several times a day, “tagging” (Facebook lingo for identifying) themselves and their former compatriots in pictures, adding their recollections, and commenting on their current status. Many co-opted old photos of themselves posted on Pooh’s Facebook Page and are now using them as their “profile pictures.”

The reunion is especially poignant for those going through transitions, whether it’s graduating from middle school, high school, or college, or getting married and having children of their own. As one alumna said, “Making a new friend from an old is an amazing experience. Through Pooh Corner I’ve reconnected with so many former classmates. These were—are—

the people I spent the early days of my life with, and it’s a feeling I can’t begin to explain.”

If you or someone you know attended the House at Pooh Corner, we urge you to contact us, and invite you to take a quick jaunt down Memory Lane on our Facebook page, Houseat-Poohcorner at www.Facebook.com.

Our Anniversary Reunion celebration will be held at the Awbury Arboretum on Saturday, June 20, from 3 to 6 p.m., and will feature an afternoon of fun-filled activities for everyone including lots of food, games, prizes, live music (featuring parent Kevin Hanson, of Huffamoose fame), then-and-now photos and multi-media presentations as well as a moonbounce and plenty of House at Pooh Corner memorabilia. More information, tickets and 30-year commemorative tee shirts are available through our newly revamped website: www.HouseAtPoohCornerDaycare.com.

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Art and Sustainability Collide with Gimme Shelter

by Lisa Sonnenborn

GIMME SHELTER is a showcase of six temporary camping shelters designed and built on site at The Schuylkill Center for Environmental Education. The project is meant to build awareness of the applied possibilities and meaning of sustainability and its impact on our lives and our connection to the natural world. The competition encouraged collaboration between artists, designers and architects, in order to demonstrate and promote new, unique, and inspiring approaches to sustainable design and building techniques.

Twelve semi-finalist designs were recently chosen from over 80 designs submitted by 65 teams from across the country and internationally, including Spain, Lisbon, Korea, and the UK. The semi-finalists were chosen by a panel of six distinguished jurors, including Mark Alan Hughes, Philadelphia's Director of Sustainability.

"Sustainability can and should be fun, on the way to becoming practical and profitable," said Hughes. "If that sounds like a contradiction, then witness Gimme Shelter. The six selected shelters provide examples that can be duplicated anywhere with materials that can be found locally and affordably. These designs also suggest that sustainable practices can be fun to experience, and interesting to look at."

Each shelter utilizes the best in sustainable practices, such as use and reuse of locally

sourced materials. Bamboozle!, a shelter by Rebecca Popowsky and Riggs Skepnek of Philadelphia, was built using straw-bale construction, locally harvested bamboo, and recycled bottles, and the rain runoff from its roof will water a small rain garden. Firefly, by Rashida Ng and Nami Yamamoto, also from Philadelphia, is a pod-like structure that is covered with a photoluminescent fabric that will allow it to glow in the evening after being charged by the sun's rays.

These and other finalist shelters are available for sleepovers on select Friday and Saturday nights throughout the Summer of 2009. For information on sleepover fees, reserving a shelter, or to view photos of each shelter, please visit The Schuylkill Center's website at www.schuylkillcenter.org/gimmeshelter/.

Gimme Shelter is being coordinated by the Schuylkill Center's Art Program Director Mary Salvante, and Art Program Manager Zoë Cohen. Gimme Shelter is funded by the William Penn Foundation, with additional funding from The Dolfinger-McMahon Foundation, and is presented in partnership with The Center for Architecture and the American Institute of Architects-Philadelphia, The Engineering and Design Institute at Philadelphia University, Habitat for Humanity Philadelphia, and The Delaware Valley Green Building Council.



photo courtesy of Schuylkill Center for Environmental Education.
Firefly, by Rashida Ng and Nami Yamamoto

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Cooking with Nima at MALT

by Judy Weinstein

WHEN NIMA Koliwad, 32, first moved to the United Sates from Bombay, India, she was most nostalgic for the smells that emanated from her moth-er’s kitchen. To help with her home-sickness and as a way to reach out to new friends, Nima began cooking in her own kitchen. She was living in Princeton at the time while attending Rutgers University. She held small dinner parties for friends. Invariably, her friends would say, “This is so de-licious! I could never make this.” Or they would say, “These flavors are so exotic!”

Thus began Nima’s part time teaching career and the birth of her business called “Cooking with Nima.”

Nima’s love of cooking began in her mother’s kitchen in Bombay as she used to play with the kitchen tools instead of playing with toys. Nima’s mother created a variety of dishes. She routinely used only the freshest ingre-dients and flavors from North Karnat-aka, where she was raised, a region 300 miles from Bombay.

As Nima grew, she became her mother’s assistant. By age 16 Nima, was cooking for her mother’s friends. During a popular Hindu holiday called the Diwali Festival, people go to dif-ferent houses each night for dinner. Nima and her mother always chal-lenged themselves to craft a meal that was better than the one they had prepared the year before. Along with striving for quality taste, Nima intuit-ively knew that beautiful presentation of food enhances one’s experience of the meal. This idea was novel in Bom-bay 20 years ago!

Upon moving to the United States with her husband, Nima began a full-time career as a graphic designer. In her free time, she would watch the

Food Network and was amazed that in America, one could view cooking classes all day, every day! When Nima would go to restaurants, in the back of her mind was, “I can make this taste better and I can teach others how to do the same for themselves.”

Cooking with Nima runs on a few guiding principles: keep it simple; use few ingredients; buy local fresh food; teach the traditional tastes then take the flavors and spin them into modern dishes.

The most powerful moments in Nima’s classes are when students are introduced to new spices. First she has them taste the spice raw. Then she has them toast and taste the spices. Finally she grinds them up and shows how the spices mix with other ingredients. This process demystifies the spices and helps students learn how much of that particular flavor they like in their own dish.

Nima, who currently lives in Oreland with her husband, three-year-old daughter and two-month-old son, has decided that for now, graphic de-sign will be on hold. Instead, she is working on growing her teaching busi-ness and starting a catering business, and eventually she dreams of taking her students to India to bring people to the flavors of India as she remembers them!

But in the meantime, Nima’s up-coming classes are on making Chut-neys. Find out the secret ingredient to the favorite Mint-Cilantro and learn to make a Lemon Ginger Chutney! Class-es will be held on June 2 and June 9. For more information and to register, contact the Mount Airy Learning Tree (MALT) at 215-843-6333 or on the web at www.mtairylearningtree.org.

Morris Arboretum’s Garden Railway Great American Lighthouses

by Susan Crane

THE MORRIS Arboretum Garden Rail-way returns this summer with Great American Lighthouses, and celebrates the beauty and history of the Ameri-can coastline. Opening to kick off the summer season on Memorial Day Weekend, Saturday, May 23, the Gar-den Railway exhibit runs through October 12.

Once again, the Arboretum’s Gar-den Railway display is the creation of famed garden railroad architect Paul Busse, who designs elaborate, three-dimensional structures made of natu-ral materials. Amazingly accurate in detail, his creations look remarkably like they were constructed from actual building materials. Only upon further inspection can the natural materials be identified as bark, leaves, twigs, hol-low logs, mosses, acorns, dried flow-ers, seeds, and stones.

These perfectly proportioned mini-ature landscapes, complete with rivers and waterfalls, are set within the beau-ty of the Arboretum’s summer gardens. They include a quarter mile track fea-turing seven loops and tunnels with 12 different rail lines, two cable cars, and nine bridges (including a trestle bridge you can walk under).

Visitors of all ages cannot help but be delighted by the bustling G (for

garden)-scale model trains running through a summer landscape. Each year, the Arboretum’s Garden Railway designer, Paul Busse, works with Ar-boretum horticulturists to design an ever-changing environment for visi-tors to enjoy. Busse has designed and created exhibits nationwide, from The New York Botanical Garden (NYBG) to the Bellagio Hotel and Casino in Las Vegas.

Some of this year’s highlights include Cape Hatteras Light, Sandy Hook Light, Race Rock Lighthouse. Special themed weekends for Gar-den Railway include: Pennsylvan-ia Train Weekend, June 14 and 15; Thomas and Friends™ Weekend, July 18 and 19; and Circus Week, Saturday, August 30, through Sunday, September 8.

The Garden Railway display is open weekdays from 10:00 a.m. to 4:00 p.m. and 10:00 a.m. to 5:00 p.m. on weekends through October 12. Thurs-day evenings in June, July and August, the Arboretum is open until 8:30 p.m. The display is free with regular admis-sion (\$14 adults, \$12 Seniors, \$7 Stu-dents and Youth (3-18); under age 3 is free). For more information, please call (215) 247-5777, or visit www.morrisarboretum.org.

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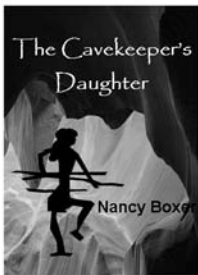
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Maternal Wellness Center Benefit at Trolley Car Diner & Deli

by Erin Schmitt

FROM MONDAY, June 22 through Sunday June 28, the Maternal Wellness Center is holding an important fundraising event at Mt. Airy's Trolley Car Diner & Deli, 7619 Germantown Avenue. As part of its Helping Hands Week fundraising program, from Monday through Friday 7 a.m. – 9 p.m. and Saturday and Sunday 3 – 9 p.m., the diner will donate 15% of the revenue from supporters towards the Maternal Wellness Center.

The Maternal Wellness Center (MWC) is designed to support, educate, and empower women and families during their transition to parenthood. From pre-conception through the early childrearing years, MWC is committed to providing holistic services to improve maternal and infant outcomes. Further, the Center diligently works to address specific problems facing the Philadelphia birthing community, specifically dwindling access to prenatal care and a lack of racial and ethnic diversity among practitioners.

The Maternal Wellness Center provides a network of perinatal support through pre-natal and post-partum yoga classes, massage therapy, support groups, psychotherapy, nutrition counseling, breastfeeding counseling, and holistic childbirth education classes. In addition to these support and education services, the MWC offers a free well-

ness package for women of low income through the Healthy Moms Initiative and has begun providing free teen services at Germantown High School. Programs and services have already seen remarkable outcomes, including successful breastfeeding initiation and duration, more positive birth experiences, and a decrease in pre- and post-partum anxiety and depression. Further, Philadelphia moms are finding a community of peer support during a time when most new mothers report increased feelings of isolation. Since its inception, MWC has served over 2000 women and has provided outreach to several area high schools and youth groups.

Show your support by bringing your friends and family for a delicious and fun dining experience at Trolley Car Diner & Deli. Hours for the special are Monday through Friday 7 a.m. – 9 p.m. and Saturday and Sunday 3 – 9 p.m. Contact Laura House-Kelly at laura@maternalwellness.org to request that a coupon for this fundraiser be emailed to you, or stop by the Maternal Wellness Center at 606 Carpenter Lane and pick one up! For directions or more information about Trolley Car Diner & Deli, call 215-753-1500 or go to www.trolley-cardiner.com.

Elections, Appearance by Mayor Nutter at WMAN Annual Meeting

by Alexandra Morigi

AT ITS Annual Meeting on Tuesday, June 16, 2009, the West Mt. Airy Neighbors will elect new Officers and Directors for 2009/2010. The evening begins with a reception at 6:00 p.m. followed by the Annual Meeting at 6:45 p.m. at the Cliveden Carriage House, 6430 Germantown Avenue.

WMAN is pleased to welcome special guest The Honorable Michael A. Nutter, Mayor, City of Philadelphia, who will speak about the importance of volunteerism and community activism. Also on the agenda is the recognition of "Partners in Progress" which honors community activists whose work strengthens Mt. Airy. All are invited to attend the Annual Meeting, and current WMAN members are eligible to vote for the Officers and Directors.

West Mt. Airy Neighbors is the community association for the West Mt. Airy neighborhood of northwest Philadelphia, Pennsylvania. The mission of West Mt. Airy Neighbors is to serve as a community-based volunteer organization committed to preserving and enhancing the quality of life in its richly diverse urban neighborhood.

West Mt. Airy Neighbors, 6703 Germantown Avenue, Suite 200, Philadelphia, PA 19119. Tel. 215-438-6022, www.wman.net.

WMAN Celebrates 50 Years with 50 Good Neighbors

2009 marks the 50th Anniversary of West Mt. Airy Neighbors. At a celebratory luncheon on Sunday, October 25, 2009 we will honor "50 Good Neighbors." Please give some thought to whom you might nominate as a "Good Neighbor." To get an idea of the kinds of information we're looking for, please visit www.wman.net to see what was written about the "40 Good Neighbors" in 1999.

If you're interested in volunteering as part of the 50 Good Neighbors Luncheon or WMAN's 50th Anniversary events, please email events@wman.net.

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June Events At Center In The Park

by Lynn Fields Harris

Center in the Park (CIP) invites the community to join us in celebrating positive aging at several special events. Activities are held at Center in the Park, located in historic Vernon Park, 5818 Germantown Avenue, Philadelphia, PA. Off-street parking is available on the lot at Rittenhouse & McCallum Streets. Unless otherwise noted, events are free although pre-registration may be required. Contact the Center’s Program Office, 215-848-7722, for additional information.

CIP’s Spring Bazaar

Wednesday, June 3, 2009 - 10:00 a.m. 3:00 p.m. Browse household items, records, books, jewelry, clothing, art work, snacks, and more that will be on sale for your shopping pleasure.

Guitar and Poetry Jam

Thursday, June 4, 2009 – 1:00 p.m. CIP’s Guitar Class, under the direction of the internationally acclaimed jazz guitarist Monette Sudler Honesty, and CIP’s Poetry Group collaborate on an afternoon of smooth jazz and lyric spoken words. Refreshments will be provided.

Free Astral Artists Concert

Wednesday, June 10, 2009 – 10:30 a.m. Featured emerging young artists are Harrison Hollingsworth on the bassoon and Linda Kaminska playing the classical accordion. Refreshments will be provided.

Jewelry Workshop

Tuesday, June 16, 2009 – 1:00 p.m. If you need to fix an old bracelet or repair a favorite necklace or create a new pair of earrings, come out to a jewelry design workshop. The price to cover the cost of materials is \$25. Please call the Center’s Program Office to register, 215-848-7722.

Biking?

Biking is a great form of exercise for everyone, including older adults. CIP is interested in hearing from you if you are interested in joining a Bike Club. .

For details on these and other events, please call 215-848-7722 or visit the Center’s website at www.centerinthepark.org.

Chestnut Hill Book Festival, July 10 - 12

By Jonathan McGoran

The first annual Chestnut Hill Book Festival will take place this July 10 - 12, featuring panel discussions, readings, and presentations by dozens of great local authors, including Buzz Bissinger, Gerald Kolpan, John McWhorter, Elijah Anderson, and many more (yes, including Jon McGoran, a.k.a. D. H. Dublin). Interested published authors or vendors should contact bookfest@chestnuthillpa.com.

June Events at Unitarian Society of Germantown

by Edna Jones

Unitarian Universalism 101

A one-hour introduction to Unitarian Universalism for visitors and new members is held on the second Sunday of each month at 9:30 a.m. at the Unitarian Society of Germantown, 6511 Lincoln Drive in W. Mt. Airy. The next session will be Sunday, June 14. Attendees will receive a free copy of the Unitarian Universalist Pocket Guide. Childcare is provided.

Meditation Circle

The Meditation Circle is for anyone interested in meditation—novice or experienced. We meet at 9:30 a.m. every second Sunday in the Austin Youth Lodge, the carriage house in the parking lot behind the Unitarian Society of Germantown, 6511 Lincoln Drive in W. Mt. Airy. Our next meeting will be Sunday, June 14.

Women’s Singing Circle

A special invitation to mothers, daughters, and sisters. Come relax with the Women’s Singing Circle at the Unitarian Society of Germantown, 6511 Lincoln Drive in W. Mt. Airy. It meets from 7:30 to 9:00 p.m. on the second Monday of each month, in the Sanctuary. The next session is Monday, June 8. Join us to sing familiar tunes, learn

new ones, chant/relax/meditate, share poems, dance, or play an instrument (piano available). No experience necessary, just a desire to participate in a celebration of our creative and spiritual voice. Light refreshments. All are welcome. Questions: usguu@verizon.net or 215-844-1157. Parking in rear of church off Johnson Street.

Men’s Group

The Men’s Group at the Unitarian Society of Germantown, 6511 Lincoln Drive in W. Mt. Airy, meets on the third Tuesday of each month at 7:30 p.m. at the church to discuss a specific topic. The next meeting will be Tuesday, June 16.

Buddhist Meditation

Buddhist Meditation is held on the fourth Sunday of the month, at 9:00 a.m. in Austin Youth Lodge, the carriage house in the parking lot behind the Unitarian Society of Germantown, 6511 Lincoln Drive in W. Mt. Airy. The next session is Sunday, June 28.

Events take place at Unitarian Society of Germantown, 6511 Lincoln Drive, Philadelphia 19119. All are welcome. Questions: usguu@verizon.net or 215-844-1157. Parking in rear of church off Johnson Street.

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Golf and Pilates Presentation

by Jeff Smith

APPROXIMATELY 27 million adults play golf in the United States, and most are looking for a way to improve their game. Physical conditioning is an important part of a successful round, and golfers can significantly improve their game with strong core muscles. As an exercise system, Pilates pays particular attention to this area of the body, in addition to working on general flexibility and range of motion in the joints.

Pilates in Germantown will host a presentation on the benefits of Pilates for golfers at 12 p.m. on Saturday, June 6, 2009, at its studio location, 5904 Greene St. in West Central Germantown.

According to Pilates Physicalmind Institute, when an amateur golfer drives the golf ball, he or she is reaching 90% of peak muscle activity. This is similar to lifting a weight that causes muscle failure after only four times. The golfer performs the activity 30-40 times in 18 holes. The golf swing produces eight times the body weight in compressive forces on the spine.

Golf and Pilates states: "Shearing forces are caused by compressive and rotational forces in the golf swing. These forces average 125 lbs in the golf swing; they approximate weight lifting squats the produce 154 lbs in shear force. The highest area of risk is in the lumbar spine." It continues, "If you wanted to invent a movement that would ruin someone's low back, it would look like golf."

The presentation by principal trainer Debra Savage will include a demonstration of the kinds of exercises that are used with the Reformer to improve the golfer's game. A package of printed materials suggesting other exercises will be offered to participants as well.

The studio requests advanced registrations at 215-848-3275. The fee for the presentation is \$15 at the door and includes the take home materials.

For more information please call the studio at 215-848-3275 www.PilatesInGermantown.com.



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Campaign to Expel Hormones from School Milk

By Alex Beauchamp, Food & Water Watch

FOOD & Water Watch's School Milk Campaign wants Congress, and Senator Casey in particular, to make the smart choice for school lunches: Milk free of artificial growth hormones.

The federal nutrition programs are a major provider of milk to our nation's school-age children. According to the National Milk Producers Federation, nearly 430 million gallons of milk were distributed through the National School Breakfast, Lunch, and Special Milk programs during the 2005-2006 school year. Unfortunately, a significant amount of this milk may have been produced with artificial growth hormones.

That's why Food & Water Watch has been working to convince Senator Casey to allow Pennsylvania schools to choose to purchase milk free of artificial hormones. Over the last several months, the group has led a grassroots

effort to convince Senator Casey to stand up for children's health.

Volunteers have collected and delivered over 1,000 postcards from folks telling Senator Casey to expel the hormones from school milk. Activists have also met with Senator Casey's staff, written letters to the editor of local papers, and, on March 12, organized a call-in day with 189 people placing a call to the senator's office.

The campaign has gone well so far, and we know that Senator Casey's office has taken notice, but, of course, the work isn't over yet. Are you interested in helping out? Just contact Alex at Food & Water Watch at abeauchamp@fwwatch.org or 202-683-2533, or take a look at the Food & Water Watch website at www.foodandwaterwatch.org/food/school-milk.

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Libraries, Opening – Not Closing!

by Gail S. Kotel

WHEN MY son started at CW Henry School in 2006, the school’s library was nonfunctional. Seeing the library in this state compelled me to take action!

As a member of the Home & School Executive Board I initiated the Henry School Library Project, raised funds, and procured a laptop computer and library cataloging software.

With parent support, books were cleaned and recataloged, but things really began moving this year when Germantown Jewish Centre joined forces and pooled their volunteers to our library! In addition to automating the books, the idea of story time was raised and immediately embraced, and “Introduction to the Library” had its first session at Henry on Tuesday, February 3. Four classes, from grades K-3, participated that day. Each was scheduled for half an hour, during which a volunteer described the library and engaged the children in interactive “story-time.” This will continue, ongoing, Tuesdays and Thursdays for grades K-3. We will be testing the book loans and hopefully begin lending books to the lower classes by the end of May. The next stage is to make the Library more aesthetically appealing. (If you have any “rug” connections let us know.) The GJC volunteers are meeting soon and

involving the art teacher from Henry and hopefully the children as well.

The idea of GJC reinvesting in its neighborhood school makes total sense. Many of the volunteers are parents of Henry Alums. The history of Germantown Jewish Centre drawing people to Mt. Airy (then German-town), to be able to live and worship, mirrors one of Henry’s missions: to serve its neighborhood’s children.

Henry and GJC would love to see you involved too! The library will need a part-time worker to maintain all the hard work and re-shelve books as the kids borrow and read them. If anyone has skills in grant writing or has any other fundraising ideas, they would be welcomed. For more information about involvement in the library project, please contact Maxine Margolies at mmargoli@haverford.edu.



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Wine Tasting Marks Allens Lane Art Center’s 56th Anniversary


by Craig Stover

ALLENS LANE Art Center will celebrate their 56th year by hosting a wine tasting event on Saturday, June 6, from 7 – 10 p.m. In coordination with The Wine School of Philadelphia, there will be a fine selection of wines available along with expert sommeliers on hand to give talks about the evening’s selection. During the evening, guests will get to enjoy touring the newly renovated facility and will see the newest exhibit in the Carolyn Feidler-Alber Gallery, The Edelscheins: A Closer Look (runs until June 12). Guests will also get to learn about the programs and events that Allens Lane Art Center puts on throughout the year as well as a variety of ways that they can get involved.



Tickets are \$56 each or two for \$100. Reservations can be made through the Center’s website at www.allenslane.org, or you may call 215-248-0546 with your credit card information and the names of the guests in your party. This event is a fundraiser for Allens Lane Art Center and a portion of the ticket prices will be tax-deductible.

Allens Lane Art Center is located at 601 West Allens Lane between McCallum and Greene Streets in West Mt. Airy. Free off-street parking is available. For more information about Allens Lane’s programs, events, and opportunities, please visit us on the web at www.allenslane.org or call 215-248-0546.



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Suggestions

continued from pg. 28

r: (Martha) Thanks—we’re glad you’re here, too. Space for the Mt. Airy store is tight as we all know. A bulk setup needs adequate room/ space and currently we don’t have that. I am hopeful that we might work out an area for bulk soap providing we can find distributors to sell to us.

s: “Thank you for supplying the xylitol on the second floor. I kept looking in the baking section as it’s a healthy, delicious sweetener (looks and tastes like a mild sugar).”

r: (Martha) You are welcome. Since the re-set of our wellness area, you will now find Jarrow Xyli Pure (xylitol) on the lowest shelf of the

wellness area (to the far right of that shelf).

s: “The best matzo ball soup I ever had was made by Bonnie. The matzo balls were light and flavorful as well as the vegetable broth.”

r: (Bonnie) Thank you, Vicki. It’s taken me six years to perfect my matzo balls! (Norman) Few people know that matzo balls originated while the Hebrews were wandering in the desert after leaving Egypt. Many Hebrew boys missed their favorite pastime of wadding up some toilet paper, wetting it, and then throwing it at ceilings inside Hebrew school bathrooms, where the wads would stick and then drip and look funny (some remain to this day. This is great fun, if you’ve never tried it give it a shot). In the desert, even boys realized toilet paper couldn’t be wasted like this, so they took to

forming matzo dough into balls and throwing them at rocks. Inevitably, some of the balls landed in soup pots. You may wonder why Hebrews were cooking soup in the hot desert; it was because raw manna wasn’t really that palatable (despite the manna industry’s claimed health benefits of eating raw manna). Plus, the matzo was kind of dry.

s: “Your last Suggestion Book article kind of sucked, can you please stop disappointing Shuttle readers?”

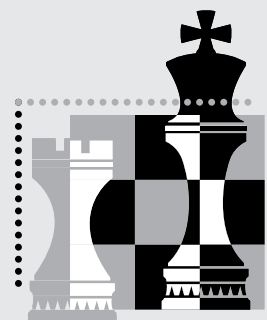
r: (Norman) You may have seen that the Shuttle itself has expanded to include more community news, and Shuttle distribution has expanded. Given this new reality I thought it would be best to set the bar low, so new readers won’t expect much, and then maybe one day they will be pleasantly surprised.

WEAVERS WAY CHESS CLUB

We are looking for a member(s) to get the Chess Club started again.

Weavers Way has the boards, pieces, clocks and we are also a member of the Chess Federation.

Interested parties should contact membership office 215-843-2350 ext. 118.






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GIMME 5

#5 Plastics Recycling Project



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

Saturdays
10:00 am – 1:00 pm
June 20

Drop-off location:
610 Carpenter Lane
(next door to the pet store)
Requested Donation – to help defray the ground shipping costs

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

Sponsored by the Weavers Way Environment Committee

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Photographers Kymberly R. Bays, Rachel Milenbach	Membership: 1st Fri., 7:00 p.m. Environment: 1st Wed., 7:30 p.m. Diversity: 2nd Wed., 7:00 p.m.		



Suggestions

by Norman Weiss,
Purchasing Manager

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

A couple weeks ago I got a sample of Popchips, an “all natural” low-fat potato chip-like substance that extols its virtues of having never been fried or baked. Instead, it’s been “popped.” Ingredients include “natural potato ingredients,” which itself has ingredients of potato flour and potato starch. Somehow, being “popped” (a process using heat and pressure) is more desirable than being fried or baked. Imagine if this were actually true and caught on. In addition to stoves and microwaves in our kitchen, we’d have to make room for a new appliance, the home “popper.” Recipes would change, too; imagine the Thanksgiv-

ing turkey: “1. Place large box of baking soda next to popper. 2. Place turkey in popper for 90 minutes. 3. Ignore popping sounds. 4. Use baking soda to extinguish fire in bottom of popper. 5. Remove popped turkey from popper, open windows, and serve.”

On a more serious note, I wanted to note the passing in early May of Laurence Sigmond, a long-time Co-op member, former staffer, former WW Board member, involved community member, and overall good guy. In some ways Laurence was what I think has come to be typical of Weavers Way people: quirky with a sense of humor, keen intellect, valuing fairness, a willingness to volunteer time to improve the community, and a love of good food. Laurence was the Co-op’s purchaser in the early eighties, and he found suppliers and products we still use today. A piece of Laurence’s spirit lives on within our store’s walls, joining the others whose lives contributed to WW development and have since moved on.

suggestions and responses:

- s:** “Can you purchase and sell on a regular basis whole grain steak/hoagie rolls.”
- r:** (Nancy) Good idea! I’ll have to check with our suppliers.
- s:** “Organic Feta? I see two kinds but not organic.”
- r:** (Margie) We don’t have space to carry this on a regular basis. The two fetas we sell now are top sellers. The organic feta is very pricey but I will try it in the specialty case and see how it sells.

- s:** “The “Holy Orders” fudge—I saw this touted in a recent “Shuttle” and so wanted to try it. I found it pretty nondescript, and quite disappointing! It seems to me that the high \$\$\$ is about the beautiful packaging rather than quality ingredients. Any other opinions registered?”
- r:** (Margie) When we sampled the fudge, shoppers said they loved it. The chocolate sold very well, the maple slower. Sorry you didn’t like it.
- s:** “Can you get muffins? I want blueberry and banana nut. Not raisins! You have some, but not enough. Please!!”
- r:** (Nancy) Dancing Apple has decided to go out of business. I am working on getting a new local baker. She will probably start after May 15. (Norman) Muffins (and cupcakes) violate one my cardinal food rules:

no food should be of a shape such that you cannot fit both its top and bottom in your mouth in one bite. Muffins are simply too high. Therefore, when the muffins come in, we are going to have them sliced in halves or thirds, thereby accommodating this rule.

- s:** “The “new”? Slowrise bakery multigrain bread is outstanding, I served it for a lunch party and people spontaneously remarked “this is really good bread!”
- r:** (Nancy) Thanks!
- s:** “I’m so happy you guys are here. Any chance you could carry things like biodegradable dish detergent and Dr. Bronner’s in bulk (as in, we bring in our bottle and refill them).

» continued, PG. 27

Equal Exchange Fair Trade

June Coffees of the Month



- Organic Fair Trade Mind, Body, & Soul**
reg. \$10.01, **sale \$7.99/lb.**
- Organic Fair Trade Espresso Decaf**
reg. \$12.61, **sale \$11.61/lb.**
- Packaged Coffee Special - Fair Trade Café Salvador**
Drip grind, full city roast. Full body & smooth flavor from small farmer co-ops in El Salvador.
reg. \$7.93, **sale \$6.43/lb.**



Welcome to Weavers Way Cooperative Association

Dear Neighbor,

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

Day	Date	Time	Location
Wednesday	Mar. 4, 2008	6:45 p.m.	GJC
Saturday	Mar. 21, 2009	10:30 a.m.	GU
Wednesday	Apr. 1, 2009	6:45 p.m.	GJC
Saturday	Apr. 18, 2009	10:30 a.m.	GU

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

Robin Cannicle, Membership Manager

PLEASE RETURN THIS PORTION TO WEAVERS WAY

Someone from my household will attend the orientation meeting on _____

Name (please print) _____

Phone Number _____

Address (including ZIP code) _____

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