

Manager's Corner

by Glenn Bergman,
General Manager

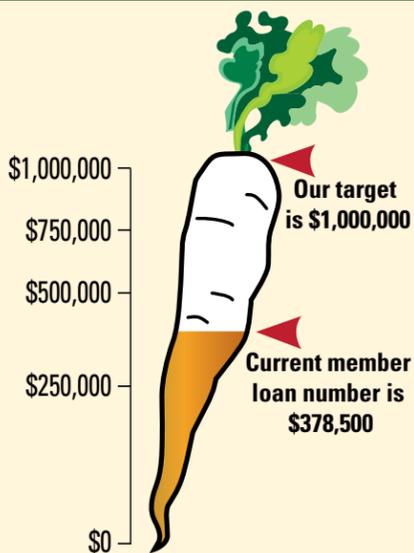
PHILADELPHIANS, CITIZENS of these United States, desire not to have their businesses compromised by the rising cost of health care just because they have the desire to provide health insurance. Health insurance should be provided at a reasonable rate, and it should cover all Americans.

On June 26, I attended a rally in Washington in support of a public insurance option. The rally was heavily supported by the unions, and it was impressive how well the CWA, SEIU, AFL-CIO, AFSCME, and others got their membership out for the rally. About 8,000 people showed up, mostly from New York, Pennsylvania, New Jersey, and surrounding states. Weavers Way was well represented by Mark Stier, one of the important organizers for health care reform in Pennsylvania, as well as Mark's family and other co-op members.

I traveled on the bus with Co-op member Alan Cohen, a graduate of Columbia and the University of Pennsylvania. Now retired after many

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Member Loan Campaign



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First Glimpse of Chestnut Hill Store



Proposed and reviewed rendering of the façade of the Weavers Way Chestnut Hill store by Richard Winston. Scheduled to open later in 2009, this design attempts to tie together two buildings while maintaining the historic importance of this site and the architecture of the avenue.

Members Approve Bylaw Change, Vote for Work Option

by Jay Winston



photo by Susan Whitson

Board vice president David Woo (standing) acts as moderator for the members with questions and comments about the proposed work rule changes at the July 8 membership meeting.

WORK WAS on members' minds on Wednesday, July 8, as Weavers Way held a Special Membership Meeting to discuss and vote on whether to change the Co-op's work requirement to an option. After some difficulty involving points of order, impassioned debate, and just a bit of rancor, voting results were announced, with the motion to do away with the requirement passing by a sizeable margin. Of a total of 478

member households voting, there were 373 yes votes and 103 voting no. A related measure to amend the Co-op's bylaws also passed, 369 to 92.

Lacking the required number of members for a quorum, the meeting got off to an inauspicious start as members milled around, snacking on fig newtons and seltzer water, and calling friends to invite them to the meeting. Approximately half an hour after the 7 p.m. start time, the badly needed 75th member arrived. By that point, Weavers Way vice president David Woo had begun presenting the Co-op's Ends Policies.

General Manager Glenn Bergman then summarized the background of the proposed changes. Responding to concerns about the work requirement, the Weavers Way Board had formed the ad hoc Work Requirement Committee, including people on both sides of the issue, which then researched other co-

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Music and More at WOL Jazz Fest

by Jason Price,
Ogontz Store Manager

THOUSANDS OF people from near and far came out to join in the festivities of the Sixth Annual West Oak Lane Jazz Fest held over the third week in June. With three stages and performances by WAR, Roy Ayers, The Mingus Big Band, P-Funk, Tower of Power, and many more, there was something for everyone. And considering the state of the economy, the best part might have been the free admission.

Many hard working, dedicated, and music-loving cooperators participated during the Fest by introducing people to our store here on Ogontz Ave. Handing out flyers and samples of some healthful snacks, these Co-op members engaged the crowds to make sure we had great exposure during the event. My thanks go out to those who helped put us more on the map and shared our mission with neighbors and visitors to our area. Many people came into the store for the first time and were glad to see that we offer an alternative to the other stores in the neighborhood.

Some of the hottest items (excuse the pun) over the weekend were the new frozen products recently introduced in the store. Thanks to Norman

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Editor's Note



by Jonathan McGoran

IN THIS issue's Suggestion column, Norman Weiss proposes a new linguistic category for nouns that are defined in part by the verbs contained within them. Norman cites as examples that you "lug" "luggage," or you "drive" a car on a "scenic drive," to which I would like to add, more relevantly, you "blather" if you are a "blathering idiot." There is already a linguistic category to describe all the other words Norman puts out, but that word belongs to yet another category of words—words that can't be printed in a family publication.

The movie *Food, Inc.* has made a big impression here, but we have several items unrelated to that movie. As you can see from the carrot diagram on the front page, the member loan campaign is going full speed ahead. This is great news, because if the carrot hadn't worked, we were going to have to break out the stick.

Once again, though, the big news in this issue is change: This is the third *Shuttle* issue to come out with color, and there is no going back. There less momentous changes, as well. The membership has voted to change the work requirement. Many details of new work option remain to be determined, but already some things are clear. In answer to the many questions from my Co-op coworkers: No, the new "option not to work" does not apply to staffers who are on the clock.

Anyway, we know that change can be difficult, so I want to assure you, the *Shuttle* might be sporting a slick new look, but inside it's still the same old crap as always.

Looking Back, Ahead at Farm Education Programs

by David Siller, Farm Educator



photo by Sol Levy

Kids and crops are growing up strong and healthy at Stenton Family Manor

THIS SUMMER, between the hot and long days and the fast pace at the farm, we are taking a few steps to the side to work on developing and expanding our farm education curriculum. Along with Rachel Milenbach and several of the farm's apprentices and interns—who are all involved with the educational aspects of our farms—we are pulling together the specifics of our educational model and designing a curriculum based on our successful approach to educating visitors to the farm.

Over the three years that I have been providing farm education for children, I have seen how much wonder a child feels at the farm, and how a field trip comes alive when a child enters our climbing bean tee-pee or tastes a spicy or sour green leaf for the first time. As we tour groups around the farm during educational lessons, we have learned how to bring teaching

tools along with each step. This has involved designing lessons that work for kids of different age levels, as well as being prepared for having children from diverse backgrounds participate in farm work.

Each lesson is based on an experiential approach within five program areas - composting, organic farm management, season extension, botany, and the seed-to-harvest cycle. Within these subject areas, our final curriculum design will detail the lessons and activities we use to teach science, nutrition, and agricultural concepts. Our objective for curriculum planning is to increase the capacity of the farm education programs in the future and provide evaluation measures for participating teachers and those interested in funding our programs. I think everyone knows how amazing farm education really is, but having a stronger basis on which to grow is a big step to-

ward an integrated and exciting future for farm education at Weavers Way.

Along with this amazing work, summer has brought a bountiful harvest at the children's garden, Stenton Family Manor. Just look at these two photos of Stenton Family Manor and see the difference that our hard work has made over the 2009 growing season. As summer rolls along, we have expanded our program at Stenton Family Manor and are now growing on just about 1/3 of an acre. Crops include potatoes, tomatoes, eggplant, tomatillos, zucchini, cucumbers, watermelon, chard, radishes, basil and other herbs, corn, beans, spaghetti squash, and butternut squash. If you've been to our farms, you have seen how much food growing we can fit in a small space. It's hard to believe that our farm at Stenton Manor was a forest four months

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Amazing Transformation at Stenton Manor Farm

by Rachel Milenbach, Weavers Way Community Programs (WWCP) Executive Director

OUR NEWEST nonprofit farm, at Mt. Airy Stenton Family Manor, is thriving and growing in every way imaginable. In the June *Shuttle*, I reported on generous grants from Children Can Shape the Future and the Weavers Way Environment Committee, as well as much-needed donations of materials from the Pennsylvania Horticultural Society. Since then, we have received additional—and equally generous—grant funding from the Lawrence J. and Anne Rubenstein Charitable Foundation in Boston and an unsolicited donation from the Coleman Foundation in Philadelphia. The support has been overwhelming and is so appreciated.

A few short months ago, children and adult volunteers at Stenton Family Manor were bundled in winter jackets, pulling out decades-old brush and some very interesting trash (or "found objects" to some). Today, the ever-growing farm team is harvesting an abundance of produce, some of which goes right into the kitchen to be used for meal preparation. We are definitely learning a lot. Just as food shopping greatly differs depending on your family size, imagine the difference between crop planning for your backyard garden vs. growing vegetables in the appropriate quantities for feeding 150 to 200 people at a time. Thanks to our

partners at Stenton for understanding that all new endeavors have a learning curve.

This project has been truly amazing. I am often moved by the impact that our garden has on the littlest residents at Stenton. Kids as young as two years old are drawn to the garden. Their excitement about simple tasks such as digging in the dirt makes it all worthwhile. The look on their faces when they make the connection between different foods and plants growing right in their backyard is priceless. At the other end of the spectrum are the adults who come out to help, like one who told stories about living on a farm in South Jersey when she was five years old. We all have specific memories from when we were kids. Some of us have a lot of memories, and some of us have only a few. Our hope is that we are helping some of our kid farmers create good and long-lasting memories from when they "worked on the farm."

The farm at Stenton has been full of surprises and new opportunities. When we first started the project, we did not know that Stenton operates a summer camp for approximately 50 children. The theme of this summer's program is arts and sciences, "combining a dynamic program of arts classes with an active schedule of outdoor activities

and community projects," according to Stenton's executive director, Robert Harrison. The camp is coordinated by Stenton's Activities Director Anthony Oliver. According to Mr. Oliver, as the children fondly call him, "What we try to do with the children at Stenton is teach them a variety of tools so that throughout their lives, when they are challenged with different situations, they have tools to help them deal with those challenges." He went on to add, "What you [WWCP] do in the garden is a metaphor for our work. In the garden, every tool has a specific job. It is all about finding the right tool for the job." Mr. Oliver also agreed that when working with children, we all have a responsibility for helping them to create positive and distinctive memories on which they can draw later in life.

So, with the help of our many interns and apprentices, as well as all of the wonderful Stenton camp counselors, Wednesday is "farm day" at Stenton Family Manor Summer Camp. Farm Educator David Siller and I have talked about our plans for a farm camp during the summer. Little did we know the opportunity would come our way this soon. A fun, safe summer to all!

rachel@weaversway.coop

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Statement of Policy

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

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

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



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August Grocery News

by Chris Switky, Grocery Manager

HOWDY, CO-OP shoppers. Many new items on the grocery shelves to tell you about, and a few that have slipped into the “good-bye” column. Let’s read on...

Say goodbye to After the Fall juices, as the After the Fall company has “taken its glove and gone home” from the juice-making game. We’ve expanded our other lines of juice in order to fill in the gaps. Look for Knudsen Mango Nectar and Santa Cruz Peach Nectar, both replacement items for similar flavors of After the Fall juices. Also, please try the Santa Cruz Mango Lemonade, which did quite well at a taste test recently held at my desk; it involved me, the juice, and a robust thirst worked up after scampering around the Co-op on a rather warm day. Bottoms up!

Frozen dessert developments: due to shopper requests, we’ve expanded our line of Soy Delicious coconut-milk-sweetened frozen desserts, and are now carrying five flavors: coconut, vanilla, chocolate, mint, and mocha almond fudge. These rotate through the small display shelf in the freezer, so if you don’t see your preferred flavor when you’re shopping, please ask a staff person to check the basement back-stock.

We also have a new ketchup on our condiments shelf: Maya Kaimal ketchup, with Indian spices. It’s sweet and sour and spicy, made with paprika, Serrano pepper and other spices. Spice up your summer fare and support a small company with an excellent culinary track record (see the Maya Kai-

mal sauces in the prepared foods case.)

Pasta News (are you really boiling water in this heat?): we have two new additions in our pasta section, which are Deboles rice angel hair and quinoa-based spaghetti. Both are gluten-free and brought in due to shoppers’ requests. Also, on the syrups shelf, we’ve added Wholesome brand raw blue agave nectar, in a 23-oz. bottle. Our price on this is \$6.66, a great deal at 29 cents per ounce.



What’s left? Hemp pretzels, of course. We’ve now dedicated a shelf to the Hempzel brand of hemp pretzels, and plan to stock all five flavors on a regular basis: plain, sesame, garlic, pumpernickel onion, and jalapeno. Hempzel trading house is a small

company in Lancaster, PA, and we order directly from the pretzel makers. Early in his career at Weavers Way, Glenn Bergman discovered Hempzel pretzels and brought them to my attention by surprising me with six cases of them the week before Christmas, when I had so much spare time I barely knew what to do with myself. Timing issues aside, Hempzel pretzels have been well received here at the Co-op, to the point that there are three staffers who regularly pounce on me each time an order comes in, so that they can get their preferred flavors. Clearly, it’s time to expand the display space for these items, and the frequency of deliveries. Hempzel also makes a hemp/horseradish mustard, displayed on the front edge rack above the pretzels shelf. Please give it a try, and happy crunching.

christopher@weaversway.coop

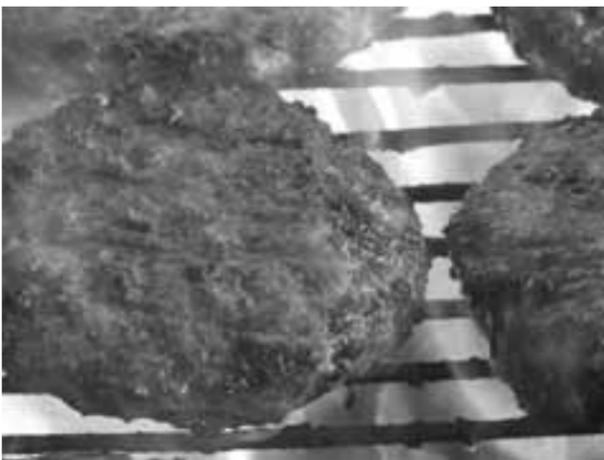
Koch’s Ground Turkey

by Dale Kinley, Fresh Foods Manager

I HAVE decided to discontinue our current ground turkey from Pennfield. They didn’t deliver the quality they promised. I learned they were using frozen turkey thighs and could not always guarantee totally antibiotic-free.

Koch Turkey Farm is located in Tamaqua, PA. The name is probably familiar because that is where we get our Christmas turkeys. All Koch’s products are naturally raised, antibiotic-free, and grain fed. As of June 29, all ground turkey will be fresh—never frozen.

I have been trying to bring Koch’s product into the store for a while, but they have only been distributed by Albert’s, which made them expensive and often out of stock. A few months ago, a new organization was formed called Common Market. They are a nonprofit local food distributor that works with farmers to optimize their



economic benefit while reducing their transportation costs. They linked up with Koch’s, enabling us to bring in the ground turkey at a reasonable cost. Currently all the products they distribute are grown within 150 miles of their warehouse. This is what we like. It ensures a good fresh product without a large carbon footprint.

Please try our new ground turkey. They also have an all breast meat turkey, which I will bring in this fall. Enjoy!

dale@weaversway.coop

Josh’s Post-Shift Pick-Me-Up Pizza

by Margie Felton, Deli Manager

Serves 2
(approximate cost \$8)

INGREDIENTS

1 Cacia’s pizza dough
2+ Tbs flour
Cornmeal
1Tbs olive oil
8 oz. Danish bleu cheese
4-6 Peppadew peppers, coarsely chopped
6 large basil leaves, chopped
4 thin slices prosciutto, coarsely chopped
2 medium vine-ripe tomatoes, thinly sliced

Bring pizza dough to room temperature. (This is important!)

Preheat oven to 400 degrees.

Sprinkle a clean flat surface with flour.

Roll out pizza dough with a rolling pin until you reach desired thinness. Sprinkle with more flour as needed to keep dough from sticking to rolling pin or surface.

Sprinkle pan with cornmeal. Place dough on sheet pan. Brush dough with olive oil. Bake for approximately 10 minutes.

Spread the tomatoes over the dough leaving a half inch rim of dough uncovered. Top with the prosciutto and peppadews. Finish by crumbling the bleu cheese on top.

Bake for approximately 10-15 minutes until the edges of the dough are browned. Remove from the oven and sprinkle with basil.

August Hidden Treasure

WEAVERS WAY’S deli sells two types of prosciutto: a domestic variety, which we slice to order, and a prepackaged, pre-sliced version from Applegate that contains no nitrates or antibiotics. Both are great. The domestic prosciutto costs less and may be ordered in the amount of your choice. The Applegate brand comes in a 4 oz. package. Josh uses the domestic type for his “Post-Shift Pick-Me-Up Pizza.”



Second Floor News

by Martha Fuller, Second Floor Manager

SUMMER’S HERE and the time is right for dancin’ in the streets and the aisles of the second floor! OK, so maybe not dancin’ but for shopping, we can’t be beat!

Sunblocks and natural insect repellents As per our usual, we have an array of great products. You will see tried-and-true brands, like Aubrey Organics, Alba, Quantum Buzz Away products, All Terrain, Boiron, Hylands, and Weleda. We also have citronella candles from Sunbeam Candles, Quantum, and Down To Earth.

New products We have a truckload of new products—tour the department and you’ll see many new wonderful items. Let’s mention a few:

Ecover’s Grapefruit and Green Tea Dishwashing Liquid contains green tea extract, known for its deodorizing properties. It is made from fresh, plant-based fragrance; is a fast cleaner; has complete biodegradability; and has minimum impact on aquatic life.

gDiapers have been a hit with Co-op shoppers. gDiapers consist of a washable, cotton outer pant and a plastic-free flushable refill. They are made of breathable material—perhaps like the sports clothing you might wear. Thus babies stay dry and are less likely to have diaper rash. What to do if you can’t flush, you ask? gDiapers tells us that it is OK to toss the flushable refills because they’re plastic-free and some folks compost the wet ones—please be advised that we suggest you research

this if your compost pile is used later on for vegetables, fruits, and herbs.

Blue Water Coffee We are fans of this local company. The coffee is excellent and we love their bulk Organic and Fair Trade whole beans. We have new bagged coffees that we are excited to offer. Flyin’ Hawaiian: This Fair Trade (ground) coffee is a full city roasted Mexican (Chiapas) bean, blended with tropical flavors to evoke a taste of the islands in every cup. (For the fans of this coffee who would like to purchase it in a whole bean form, you can pre-order it in a three-pound bag or a five-pound bag.) Cajun Blend: This Fair Trade (ground) coffee is a classic New Orleans blend, heavily

bodied, with a strong chicory finish. Danish Breakfast Blend (sold as decaf and “regular”): This Fair Trade, Organic (whole bean) coffee is a medium blend of Central and South American coffees. It is a refreshing morning experience.

Footprint We are very pleased to announce that we are carrying a new local clothing company, Footprint, based in Abington, PA. You’ll see baseball caps, short sleeve tees for men and women, recycled surfboard necklaces, anklet performance socks and crew socks. The bamboo that Footprint uses is 100% certified organic. “Why bamboo?” you ask. Here are a few facts from the Foot-



Cheryl Lovelace, founder of Footprint

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Marketplace Year in Review and Looking Forward Too!

by Carly Chelder, Marketplace Coordinator

SUMMER IS finally upon us and the school year has come to a close. Most educators look forward to the summer to vacation or relax. Here at Weavers Way Community Programs (WWCP) our focus has turned to curriculum development and helping to sell WWCP farm produce. We're beginning to anticipate next year's program with great excitement!

Before I delve into our future plans for the program, however, I'd like to highlight a few of the many Marketplace successes this past year.

Some of our favorite and bestselling snacks: Cacia's cheesebread, yogurt-covered pretzels, Knudsen fruit juice Spritzers, and pickles.

Special sales included Philadelphia Orchestra and JMAC concerts at Martin Luther King High School; C.W. Henry School's dramatic performance of *Aladdin*; Parkway NW High School for Peace and Social Justice Project WORD I and II; holiday flower sales; and the 2008 Weavers Way Farm Harvest Festival at Awbury Arboretum.

The Second Annual Marketplace Ice Cream Social at the Trolley Car Diner. You may recall seeing a photo on the front page of last month's *Shuttle* of some of the most motivated Marketplace students from Parkway NW enjoying a tasty cone or water ice.

This year, over 250 students participated in the Marketplace Program, and our total sales soared well beyond **\$20,000**. Not bad for an entrepreneurial cooperative program run by students!

C.W. Henry School eighth grade graduation at the Germantown Jewish Center was a beautiful experience. Two outstanding youths from our program were honored: Shaneka Garvin and Jordan May.

John S. Jenks School honored

outstanding Marketplace student and eighth grade graduate Somer Jordan.

We are looking forward to making the Marketplace Program even more successful next year! In order to meet the goals set out by the WWCP board as part of our strategic planning process, a Marketplace Curriculum Advisory Committee is meeting regularly to assess the current program and develop a comprehensive education curriculum to complement the Marketplace sales.

The curriculum will be composed of lesson plans, activities, and appropriate multimedia materials. Lesson plans will be designed to address subjects like healthy eating and ethical business practices, and will be adaptable to a school's particular needs (i.e., varying age groups, level of students' or educators' background knowledge about the subject, etc.). We will also align the lessons to the Pennsylvania State Education Standards across subjects of Math, Science & Technology, Arts & Humanities, Family & Consumer Sciences, and Social Studies.

I would like to thank all of those who helped with Marketplace this year, especially the cooperators who assisted on an ongoing basis. We are always looking for cooperators to join the Marketplace team, whether it's helping with product deliveries or volunteering at a specific school. However, we are frequently carrying heavy items to and from the schools (cases of water and tubs of pickles are popular snacks!), and this can be physically taxing, so please keep this in mind if you would like to fulfill your hours volunteering with Marketplace.

If you have materials or ideas that you think would help us in our curriculum development process, or if you are looking to do your cooperator hours with Marketplace next school year, please email me at marketplace@weaversway.coop.

Marketplace Donations Reach Far and Wide

by Peter Block, Marketplace Intern
Haverford College Center for Peace and Global Citizenship

2008-2009 Marketplace Donations

Health, Illness, and Disability - Alex's Lemonade Stand (\$150), Shriners Hospital for Children (\$300), Action AIDS (\$100), and Make-A-Wish Foundation (\$200).

Our "Best Friends": Society for the Prevention of Cruelty to Animals (\$300) and the Francisvale Home for Small Animals (\$100).

Homelessness: Project HOME (\$250) and Mt. Airy Stenton Family Manor (\$200).

Friends and Family in Uniform: Homes for Our Troops (\$300) and the Police Survivor's Fund (\$300).

Global Hunger and Poverty: Heifer International (\$400).

Local Fun: Awbury Recreational Center (\$400) and Weavers Way Farm (\$100).

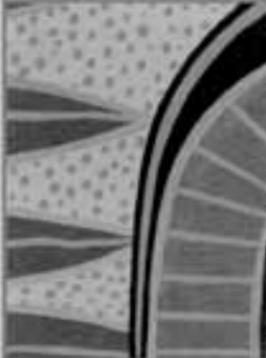
Giving Back to our Schools: Parkway Northwest High School For Peace and Social Justice (\$200 to provide initial funds for a food-oriented mural in their cafeteria) and Wissahickon Charter School (\$200 to aid their school's annual Color Day event).

TO END the academic year, the schools participating in Weavers Way Community Programs' (WWCP) Marketplace made sure that their presence and positive enthusiasm resonated far beyond their school walls. Each Marketplace team donates a portion of their Marketplace profits to area nonprofits. In a final team meeting held at each school, students identify issues that are most important to them and then compile a list of organizations whose mission addresses these problems. Then collectively, the students at each school decide to which organizations they would like to donate their earned profits.

The issues students found most pertinent included homelessness, world poverty, cancer research, and AIDS prevention. Additionally, the list of organizations students generated to address these issues were

equally diverse, ranging from local, community-based groups to international nonprofits. Overall, the marketplaces were very successful, generating over \$3,000 dollars earmarked for donations. As in previous years, some themes developed across all schools.

Over the past school year, WWCP has run school-based food cooperatives in eight public schools in Northwest Philadelphia; the program is based out of K-8 and high schools, engaging all age groups. Through the Marketplace sales, students learn about the benefits of eating well while also gaining basic business managerial and cooperative skills by participating in all aspects of their school-based food co-op—managing the packaging, pricing, and selling of the healthful, locally produced foods that they sell.



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Fresh Look for Fresh Foods

by Josh Giblin, Merchandising Coordinator

HOPEFULLY BY NOW you have seen some changes in the Fresh Foods Department, where you'll find our meat, poultry, and seafood selections. Our goals were to add more space for our popular local meats, create dedicated spots for the specialty eggs that have been flying off the shelves (and counters!) and make the shopping environment around the small case a bit more accessible. To do so, we moved a few things around. Now, you'll find all cuts of beef, pork, and lamb on the left side of the case and all of the various seafood items on the right. This way, meat maniacs and fish fanatics won't have to dance around each other when browsing for their dinner.

Pastured eggs from Meadow Run Farm and the multicolored heritage eggs from Natural Meadows Farm are in the upper right corner. D'Artagnan poultry products have a more prominent place right in the middle of the case, so you won't have to go digging down low for your Duck Confit or Margaret. We recently switched our ground turkey to the local Koch's variety, and you'll find it nestled near the ground beef, pork, and lamb. More shelf space has been created for our meat cuts. Because the variety and availability of some of these cuts fluctuates, we'll be ramping up our efforts to improve the signage so you can find what's new and exciting amidst your tried-and-true favorites. Dale has done a great job ferreting out great products and



Local meat cuts get a makeover.

photo by Josh Giblin

squeezing a dizzying selection into this small space, and we hope to honor her efforts.

There are just a couple of things you may have to go searching for in another part of our store: Ippolito's potato and shrimp salads and cole slaw, as well as Moshe's cole slaw (Moshe's does not contain sugar) are on their way to the prepared foods case alongside similar cold salads. This will make a lot of sense to those who don't expect to find potato salad alongside fresh salmon, and will hopefully be only a minor inconvenience to those loyal Ippolito shoppers.

We appreciate your patience as we grow into this new arrangement and I look forward to hearing your feedback. Remember that if you can't find what you're looking for, you can always ask our staff, and you can also talk to Dale about pre-ordering specific items not always in stock. One other thing you may be interested to know is that several of our nonfarmed fish varieties, like wild salmon, tuna, and cod, are line caught, which is said to have the least impact on our fishing environments. Look for in-store signage for details. As always, let us know what you think about your store and how we can make it better for you.

Farm Education

(continued from page 2)

ago, and now food grown on-site by the residents is being brought into the kitchen and eaten by those living there. To offset program costs, we are also selling the produce at local markets, such as in front of Weavers Way Ogontz on Tuesdays from 2 to 6 p.m., as well as at the Chestnut Hill Farmers' Market on Saturdays from 9 a.m. to 1 p.m. Come visit us at either of these places or purchase farm produce in the store.

The summer is quite busy with farm education visitors as well. During the month of July, we hosted students from the Pennsylvania School for the Deaf, Youthworks City Harvest volunteers, Briar Bush Nature Center Camp, Grace Church summer camp, and Neighborhood Bike Works. We also hosted several events including group from the Sustainable Agriculture Internship Training Alliance of Southeastern PA, the Weavers Way Urban Farm Bike Tour, and a cooking demonstration at Stenton Family Manor.

WWCP Farm Produce is Sold at:

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Second Floor News

(continued from page 3)

print Bamboo website.

Bamboo is the most sustainable of all the natural fibers. It grows so fast it reaches a mature height of 75 feet in just 45 days. It regenerates naturally through an extensive root system that sends out an average of six new shoots per year and can be re-harvested repeatedly without a need for replanting.

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Take a look at the Footprint web-

site for more information (www.FootprintBamboo.com) and take a look at our offerings from this cool, innovative company. When you look at their products, check out the hanger for the socks—it is a biodegradable corn-based hanger that can be reused as a closer clip for your chip bags.

Back to School

Stay tuned for more back-to-school specials like school year calendars, sale prices on school supplies, great travel cups for water or coffee or tea and lots more. For now, here's a "Back-to-School-and-Work" preview:

New Wave Enviro Their bamboo lunch bag is 100% bamboo, light as a feather, strong as steel and just about as soft as silk. There is a snap closure and straps that give you just the right amount of space. For more info about the 100% bamboo lunch bag, visit the New Wave web site at www.new-waveenviro.com. The stainless steel lunch container from New Wave Enviro has been received with great enthusiasm. It is dishwasher friendly and as New Wave states, is reusable forever.

CAP Sales a Good Deal All Around

by Martha Fuller, Second Floor Manager

HAVE YOU thought much about our CAP (Co-op Advantage Program) sales items? You've seen the CAP flyer insert in every *Shuttle*, the insert that says "Weavers Way Co-op Monthly Specials." You may be new to Weavers Way or you may have been around for a long time and this flyer has already become a part of your shopping experience. A sale is important, right? Let me share some things you might not know about CAP, the sale items, and the companies involved.

How are these items chosen for a sale? As a cooperatively-owned store, Weavers Way is a member of the National Cooperative Grocers Association (NCGA). This group works to procure arrangements with companies who will offer sale prices on products to us as a member of NCGA. As a purchaser, I am aware that sale prices mean more and more to us as a store. As someone who buys her family's food and other products from Weavers Way, I am aware that sale prices mean more and more to me and my family. When I am shopping, I look for the bright CAP shelf signs that cover up the usual black and white printed shelf price tag for the duration of the month-long sale. I look at the sale price and the regular price and make my purchase based on that info. I know that for the second floor, we have Equal Exchange coffees on sale as part of the CAP every month. I love the months when my favorite Aubrey Organics items are on sale. When the Citra company has laundry detergents, dishwasher powder and other cleaning products on sale, I stock up. Planet is a terrific, unscented laundry liquid, and their CAP price is unbeatable.

Why should you patronize these companies while they are on sale and when they are not on sale? These companies support us as a Co-op and they support you and me as co-op shoppers. They offer us sales—sometimes quite terrific sales—and they want to work with us as a cooperatively-owned store. Believe it or not, back in the day (specifically the 1970s and 1980s), there were companies that would not work with any co-op just because they were a co-op. I am a fan of our CAP items and I like to support companies who support us.

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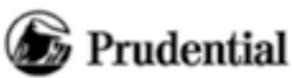
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Local Beer and Cheese Tasting

by Rosanna Speller



Local Cheese and Beer tasting at the Weavers Way Farm

As a fan of Philadelphia brews and the Weavers Way Deli, I was excited to learn about the Beer and Cheese tasting, but as a recently laid-off person, \$20 or \$25 seemed like a huge sum for what I thought would just be a snack. With a little peer pressure, I was convinced to go, and I found it to be one of the highlights of my year.

Besides serving as my dinner (yes, definitely more than a snack!), the evening was full of entertaining speakers. Co-op staff members Margie, Keith, and Joe gave some great introductions to the carefully paired beers and cheeses, but there were also a few local "celebrity" guests on hand.

While sampling three cheeses from Birchrun Hills Farms in Chester Springs, Pennsylvania, we heard from Sue Miller, who runs Birchrun Hills, about how different cheeses were made. I was excited about this guest, since I was already addicted to Birchrun's Highland Alpine. I like it as a substitute for Gruyere or even Parmesan, because it is often on sale and has a smaller carbon footprint. Also, I could eat a whole wheel of it.

Lynn Hoffman, Mt. Airy resident and writer of *A Short Course on Beer*, among other books, was also at the event. Hoffman shared anecdotes from the history of beer as well as an understanding of the differences between the different types of beer. I am getting his book once I have the funds!

A highlight among the more than 10 local cheeses and a similar variety of local brews were the dessert samples. Tasters had the option of making a beer float with Chocolate Thunder Porter from the General Lafayette Inn and Chilly Philly (owned by Mt. Airy residents and Co-op members) Ice Cream. The combination tasted a bit like coffee ice cream. Also available was "Sue's Blues Fudge" from "Betty's Tasty Buttons." Chocolate fudge "buttons" made with blue cheese from the Birchrun Hills Farms. I would say that the major disappointment of the evening was that I didn't eat more of this delicious fudge! That and the fact that the evening ended; I guess I will just have to wait until Weavers Way organizes another tasting.

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Weavers Way Joins Home Buy Now Program, to Help Staffers Buy Homes in the NW

by Jon Roesser, Human Resources Manager

LAST MONTH Weavers Way became the latest employer to join the city's Home Buy Now program, a partnership that encourages home ownership in the city of Philadelphia. In the years ahead, our hope is that many Co-op employees will take advantage of this exciting new benefit as they choose Northwest Philadelphia as their home.

Under the program, Weavers Way will give employees \$500 towards the down payment on a home (or to assist with closing costs), with a matching \$500 coming from the city. For many, that extra \$1,000 might be just enough to make the dream of home ownership possible.

To be eligible, employees must be renting in the city, or relocating to the city from the burbs. Home Buy Now is not for current city homeowners, and it can't be used for things like investment properties.

As a special component to our program, the benefit is limited to

those buying homes in the zip codes of Northwest Philadelphia (broadly defined to include not just Germantown, Mt. Airy, and Chestnut Hill, but also Roxborough, Manayunk, and East Falls to the west, and West Oak Lane and East Oak Lane to the east). We feel this limitation helps reinforce the Co-op's commitment to a thriving Northwest community.

By offering Home Buy Now to our staff, Weavers Way joins a growing list of city employers, from Citizens Bank to Temple University. The program, a national model being copied by other cities across the country, strives to get people to "live where they work," thus providing stability to neighborhoods across the city.

Home Buy Now is just one part of the Co-op's comprehensive benefits package, just another way we strive to attract and retain the very best employees.

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Impressions of "Food, Inc."

by Julia Bergman

IF YOU are looking for a reason to become a vegetarian, I have found your answer. The documentary *Food Inc.*, which was released on June 4 and is produced and directed by Robert Kenner, gives you an in-depth look at where your food comes from. Kenner worked for over six years on the film to show how a few major corporations own the majority of our food supply and are putting the health of Americans in jeopardy. Kenner notes that today the top four beef packers control more than 80% of the market and shows how these corporations abuse their workers and take advantage of their farmers. And if all that's not jarring enough, Kenner also shines light on how government agencies such as the FDA and USDA allow these corporations to get away with virtually anything. For example, in 1972 the FDA conducted 50,000 food safety inspections, whereas in 2006 they conducted a mere 9,164.

Journalism majors are taught that the cardinal rule of journalism is the public's right to know and to be informed, and the public definitely has every right to know where their food comes from. So, if simply to be informed citizens you should see this film. However, the film does make it abundantly clear that we have the right to choose where and what we eat. We have the right to choose locally grown food over food that has been mass-produced. In fact, you don't have to stray far from where you picked up this *Shuttle* to find healthy, organic and locally grown food. Hmm, shameless promotion, maybe?

For more information go to www.foodincmovie.com/

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More Impressions of "Food, Inc."

by Glenn Bergman, Weavers Way General Manager

I DROVE down to the Ritz at the end of June to see *Food Inc.* I had read Michael Pollan's books and other books related to the subject of food production and the unhealthy manner in which food is produced in this country, but I was still looking forward to see how they handled the subject matter (especially the way cattle are sent to feedlots and fed corn-based products). We met up with the Weavers Way crack team of farmers and farm interns at the theatre. All together there were 11 Weavers Way staff and friends in attendance.

After 90 minutes, I knew that we are on the right track. We must figure out a way to get to the children, I said to myself. We have to show this film to school groups, community organizations, church groups, and others, as soon as the DVD is released.

If you are interested in becoming involved in this education movement on *Food Inc.*, let us know. Contact memberservices@weaversway.coop

Manager's Corner

(continued from page 1)

years working in and on the health care sector, Alan told me that he had had a kidney transplant a few years ago, but he still goes down to Washington for marches and to fight for our rights. Alan told me about the thousands of dollars a year he must spend on incidental health care costs—quite a burden for someone on Social Security.

Many people however, are disappointed that Congress and the Senate will not be bringing up a "single payer" option. Eliminate the insurance companies, remove the billing departments from hospitals, doctor's offices, and pharmacies, and retrain these people to do other work. Many people at the rally did not see how a public option was going to truly lower health care costs. People spoke about the need for a National Health Service

or a quasi public private program with many of the health care workers on the Federal or State payroll. That has about as much chance of passing Congress as removing the free health coverage for our elected representatives.

Let's hope that before the end of the year we have a health care option that will cover all Americans, eliminate the need to declare bankruptcy by so many Americans (the number one reason why people declare personal bankruptcy is because of their health care bills), improve the overall quality of care for all, and help reduce or stop the increasing costs of poor or inadequate coverage.

I encourage all of our members to get involved in this fight for your right to a better healthcare delivery system at a better cost.

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A Visit to Polyface Farm of "Food, Inc."

by Pat Fiorella

I AM of an age now where I hang out with people who will tell you how they saw Bruce Springsteen at the Main Point. When the subject of the Boss comes up, they are quick to regale you with the tale of the days when he was pretty much unknown and you could see him at a local venue for less than a week's pay. I can only hope that I won't be that same person when the new movie *Food Inc.* launches Joel Salatin into stardom. Okay, maybe not stardom but this pasture-fed-livestock-farmer/guru is about to be featured in this new movie and for the few readers here who didn't get to Michael Pollan's *Omnivore's Dilemma*, your barbeque will never be the same.

I had no choice but to read Michael Pollan's book last year. Every morning as my husband, John, immersed himself in it before going out to feed his own chickens, I was treated to ghastly facts like how many ingredients were actually in a Chicken McNugget, and how corn being in everything we eat really isn't just a conspiracy theory. There was also good news some mornings when I came down to find John engrossed in his book. There was hope in poultry production, led by a guy in Virginia and a bunch of others like him who had figured out (or should we say, gone back to) a system of sustainable pasture-fed livestock production that considers the health and dignity of

the animals, consumers, and the earth. So, when the offer came from Joel's publisher, Acres Books, to attend an open house at Polyface Farm, the family was packed and booked to spend a week near Staunton, VA, in mid-July of last year.

Polyface Farm in Swoope, Virginia, is now a beautiful farm, but Salatin describes it as having been one of the most neglected and abused pieces of land ever seen when his parents purchased it back in the '60s. On this farm nestled in the Shenandoah Valley, Joel and his family, along with staff and interns, raise cattle, chickens, and pigs for eggs and meat in a sustainable system of pasturing and movement that is thoroughly examined in Pollan's book and could be compared to a ballet of farm animals. Briefly, cattle are pastured on grass but in smaller acreage plots with portable electric fence. Before they have a chance to eat the grasses to death, they are moved to another fresh area and allowed to graze there. In that way, they are only having to eat the choicest and their favorite grasses. Salatin calls his beef "Salad Bar" beef, since the cattle only choose their favorite grass in each pasture and then move on. After a certain number of days, the mobile chicken coop is brought in and again surrounded with portable electric fence. Chickens have everything they need in this mobile unit, and even lay their eggs in it. They are efficient at searching out the bugs and grubs so as they go about their day, they scatter the manure left by the cattle and thus replenish that field for



photo by Pat Fiorella

Joel Salatin addresses his fans at Polyface Farms

the grass and the next go round. Salatin's pigs have their own natural area up on the hillside with feeders for the younger ones and eventually a stop at the oak groves to feast naturally on acorns in the fall.

Every three years, Acres Publications and Polyface Farm opens up the farm for one day for an open house. My family—including our two children, Roman and Sondra—attended what could only be described as the Folk Festival of the pasture-fed world. It was a warm sunny day spent entirely out in the fields with about 1,800 other people, good food, and good vibes. Instead of the music, however, we were treated to a three-hour tour of the place led by Joel from his hay wagon with

us novitiates trailing along behind. He thoroughly explained each step in the raising of his chickens, cattle, and pigs, sprinkling in a good dose of irreverence regarding the industrial food complex and the USDA (or as he puts it, the "US Duh"). Yet at times he was almost spiritual about the mission of keeping things simpler, about creating jobs on farms that have dignity and pay a living wage, about the dignity of the animals, and the connection of people, his customers, to their food, a connection that is often lost today.

Polyface Farms has a small store on site that is open by appointment and on Saturdays from 9 a.m. to 4 p.m.

(continued on page 10)

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Members Vote to Make Co-op Hours Optional

ops and held meetings with management staff, eventually coming up with its proposal to eliminate the work requirement in favor of an option.

The details of the new structure—which Glenn stressed will not be implemented until the Chestnut Hill store is up and running—remain to be established, but under one proposal under consideration, working members would receive a discount and patronage rebate, nonworking members would pay full price but receive a patronage rebate, and nonmembers would pay full price and receive no rebate. Details about exactly how these rebates and discounts will function have yet to be worked out.

Members raised a number of questions, concerns, and objections regarding the proposed changes.

- How will members who have “aged out” of the work requirement fit into the new system?
- If someone chooses not to be a working member, can he/she change his/her mind and get their “working member status” reinstated?

• The proposed new system was described as more efficient and as saving money, but other questions were raised as to whether this concern with efficiency would end up eliminating cooperators, and whether the “egalitarian ideal” of the Co-op would be lost.

Other points were raised, as well:

- A number of members complained that the issue was not given enough attention in the *Shuttle*, and that, in particular, opposing voices were given short shrift. *Shuttle* editor Jon McGoran replied that the proposal to change the work requirement has been raised in virtually every issue of the *Shuttle* in the past year, that viewpoints in favor of and opposed to the changes had been aired, and that it was not the *Shuttle's* role to solicit opinions, but only to give them an outlet. Further complaints were raised that the issue has only been formally raised in meetings in March and May, and the June and July *Shuttles*, and that this did not give members enough time.

Committee Formed to Help Structure and Implement Work Option

Member input encouraged

On Wednesday, July 8, 2009 Weavers Way's membership voted overwhelmingly to amend our bylaws regarding our current mandatory work requirement and to adopt instead a work option. At the July 8 meeting, it was also announced that an ad hoc committee would be formed from among the membership, the staff and the board, to help management research, explore, and discuss different ways of structuring and implementing our new work option program.

Membership Coordinator Robin Cannicle is pleased to report that there has been overwhelming interest among our members in participating in this endeavor. But while the members of the committee have now been established, but that does not mean that we are not interested in hearing what you think about the direction we are going.

You can share your point of view by emailing us at member@weaversway.coop or calling our Work Option Hotline at 215-843-2350 ext 311. We value input from all of our members as we come together to shape future of our Co-op.

(continued from page 1)

- Initially, everyone will be a working member, except for those who choose to opt out.
- The working committee is itself an advisory committee, with its members earning cooperator hours (full disclosure: so am I, for writing this article).
- Questions were raised about whether anyone on the board was opposed to the proposed changes. While a number of board members, including David Woo, Sylvia Carter, and President Nancy Weinman, were initially opposed, all, in the end, supported the proposal.
- Several members voiced strong opposition to the measure, arguing that the work requirement is a major part of the Co-op atmosphere, that changing this requirement will change the culture of Weavers Way, and that working hours means contributing part of one's life, which is essential to the ideology of the organization. As one member put it, “If I just wanted to go in and shop, I could go to Acme.”
- Those supporting the change pointed out that getting rid of work requirements opens up the cooperative movement to more people, including those who can't work. One member argued that this is particularly important since Weavers Way is, for the most part, “still a white, middle-class community.” Another member pointed out that the work requirement was, in fact, changed some years ago, from one in which only work in the store counted, and, as such, many members are already not fulfilling the requirement as originally formulated.

(continued from page 9)

Polyface Farm

Butchering days, customers are invited to come and watch as there are no walls and no need to hide what goes on. Beef is butchered off-site by a local butcher who is government-inspected. Salatin lamented that although he can butcher chickens, he would have to build a government-specified plant for his cattle and pigs, which is way too costly for the average small farmer. Because of this, he explained, smaller farmers must use the bigger slaughterhouses that only industrial beef interests can afford, or pass the added expense of owning such facilities on to the consumer.

Our afternoon at Polyface was spent at seminars, wandering, and, of course, eating. This was not the lunch for the vegetarian; 1,800 people eat a lot of chicken, beef, and pork. Oh, yeah, there were two slices of cucumber and two slices of nectarine on my plate too! The crowd that shared the day and lunched together was a diverse one. The folks I met ranged from a couple who had a small farm on the Chesapeake and kept one milk cow to a man from Bucks County who is thinking of farming his family's ten acres up there. There were old-timers, Mennonite families, and young college students from Auburn University's agricultural program. It was all very inspiring and hopeful to see such a mix of people coming out to hear about the alternative to huge feedlots and cramped quarters for stressed-out chickens. For more information, I suggest visiting the website www.PolyfaceFarms.com.

Note: The area really is a great week-long-vacation destination. Look for great camping at Sherando Lake and besides Polyface, you can hit local vineyards; The Farm and Culture Museum in Staunton; Monticello and Charlottesville; hike the Shenandoah Valley; drive the Blue Ridge Parkway and Skyline Drive; and for those who saw the Boss at the Main Point, visit Wright's Drive Inn in Staunton and order your lunch from your car!

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Yogurt, the Old-Fashioned Way

by Mychal Simonian, Weavers Way Staffer

MANY YEARS ago, after a trip to Chicago, I discovered that the two quarts of Greek yogurt that I had brought back to Philadelphia had inadvertently spent 48 hours in my bags, waiting to be put in the refrigerator. Dismayed, I called my father to get his opinion on whether the yogurt was still good. His response? "Myke, the Arabs used to cross the desert with this stuff in their saddle bags. I think yours is probably still good." Reassured, I tasted the yogurt to find it somewhat sharper, but otherwise no worse for the wear.

After this experience, I went back to procuring my yogurt the same way I did as a teen: by making it. Good "Greek-style" yogurt (we called it "Armenian-style," or "madzoon," my dad being Armenian) is surprisingly easy to make and nearly impossible to screw up—as my father's "saddle-bags" comment attests.

You Will Need

For two pounds of Armenian yogurt, you will need:

1. One gallon of whole milk. To this you can also add 1 pint of heavy cream for extra richness.
2. Starter. Starter can be any LIVE yogurt culture. I usually use the Yerevan brand, but any plain, non-sugared yogurt will do, provided the label says it contains live culture.

3. A pot large enough to hold your milk, and either a glass or ceramic (nonmetallic and nonplastic) container to transfer the milk to once it has boiled. Your glass or ceramic container will also need a cover—I use a dinner plate.
4. Blankets, old towels, or anything that can hold in heat and that you don't mind getting a bit dirty.

To Make the Yogurt:

1. Pour the milk (and cream) into your pot, and bring to a boil. Milk is deceptive: your only warning that it is about to boil is a ring of fine bubbles that will form around the edge of the pot after about fifteen minutes. When you see this ring form, watch the pot. Milk, unlike water, surges when it boils: the volume will simply rise up toward the top of the pot in a sudden motion. When this happens, turn off the flame.
2. Transfer the hot milk to your glass or ceramic container. You can use two smaller bowls if you do not have one large one. Cover these containers as soon as the milk is in them.
3. Wait. You need for the milk to cool down to a point at which you can hold a clean finger in it for a count of 10.

4. When the milk has cooled down enough, scoop out a small quantity of the warm milk into a drinking glass or a small plastic container. Scoop a teaspoonful of your starter out of its container and mix it into the cup of warm milk, stirring thoroughly. Then transfer the contents back into the original pot with a quick stir. Replace the lid.
5. Place your container(s) full of cultured milk on a flat surface and cover with your old towels or whatever, making sure the upper surfaces are completely covered. You want to hold in the heat, as the bacteria that create the yogurt do best under warm conditions. Again, wait—this time 8 to 12 hours, depending on taste. The longer you let your culture sit, the tangier it will become. It needs to sit longer in winter than in summer, because of the added heat loss.
6. After 8 to 12 hours, uncover the containers and take a look. Your yogurt should "wiggle" when you shake the container lightly from side to side. At this point, you can keep the yogurt as is, transferring it to the fridge, or you can:

cheesecloth, old bedsheet, muslin, or any porous, colorfast cotton cloth, and place this over a pot—maybe the one in which you boiled the milk earlier. If the colander will suspend from the rim of the pot, great. If not, you will need to place something down in the pot to raise the colander off the bottom—a glass jar, an old teacup, anything that will raise it three or four inches. When all is ready, pour your yogurt into the colander, and cover. If the edges of the cotton cloth dangle down over the sides of the colander, fold them up on top. Otherwise the liquid that drains from the yogurt may follow the cloth over the edge and drip outside the pot instead of inside.

Place your covered container in the fridge, and check it once every two or three hours—or just leave it overnight. As the whey drains out, what is left will be increasingly thick and rich "Armenian" yogurt!

Always remake your yogurt before it completely runs out. Save the last spoonful, and no matter how sharp it is, it will act as the perfect starter for your next batch.

And as they say in Armenian, *anoosh ullah!*

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Internet Magic: Clicking to Find the Needle in the Haystack

by Betsy Teutsch

OUR NEW verbs—like Googling, Craigslisting, eBaying, MapQuesting, Facebooking, and Freecycleing—represent incredibly useful functions for the flow of both information and actual stuff. They connect PROVIDERS to SEEKERS in ways that could not have been imagined even a few years ago. Embracing these techniques provides surprising solutions to heretofore unsolvable problems.

Case in point: my digital camera, which dropped from my bag and I unknowingly drove over. Dead. However, I love the camera. Knowing that its parts alone were costly, I set out to replace just the casing. And wouldn't you know, the same model was being offered on eBay, carefully warning that the camera did not include memory card, battery, or manual....

Bringing that exact provider with this precise seeker—is that not a miracle? We can now find the needle in the haystack!

Fast forward. Today said camera stopped working; instead, a nasty "lens error, restart camera" message appeared. Neither trying that nor taking out and putting the battery back in did the trick. I was all set to just buy a new camera, knowing that repairs cost more than replacements, when I thought to Google the camera model + "lens error message." What popped up was MyBiggestComplaint.com, a blog that collects contributor kvetches.

There were no less than 159 complaints about just this problem. Many of the people had already done the research and reported that standard camera site advice was useless. What does

work, however, is to bang the camera hard. That didn't work for mine, so I scrolled through the comments until a different fix was reported: adjust the lens itself, in case it is infinitesimally off-center. Eureka! Thirty seconds later my camera worked, and I'd saved \$100. I added my method, so the next person has 160 people chiming in the fix-your-damn-camera chorus. Yup. This is miraculous.

My friend Marga recently moved, faced with the challenge of downsizing her six-bedroom house by 80% to fit into a Manhattan apartment. Many items were given to friends or Freecycled over the last year, including a whole storage closet of art supplies picked up by a delighted home-schooling family. As the closing date loomed, the pace of selling items via

Craigslist and offering them at no-cost through NWPhillyFreeCycle and Craigslist's Free Section picked up. A week before closing, Marga's daughter Shira was posting a dozen or so items a day, all of which found new homes. Next came the porch Free-for-All featuring items ranging from tires to hardware to fabric, kids' costumes to office equipment, with Shira hawking the free items to all the arriving shoppers.

The movers came ahead of closing day, so Marga and Shira saved two mattresses and the kitchen table to camp out while they got rid of the endless odds and ends that kept appearing. They managed to dispose of a massive quantity of items creatively and responsibly; without Freecycle and Craigslist, so much would have, of necessity, wound up in the dumpster. It takes a lot of effort and ingenuity, but these systems work!

Shira's final post— "Offered: white kitchen table, and two mattresses. Must pick up today." And perhaps tomorrow the home's new owners will consult the same sources to find what they need for their new digs!

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The Neighborhood Gardener

The August Garden

by Mark Goodman, The Neighborhood Gardener

SOME GARDENERS take the month of August off, but the gardens themselves do not take time off. Even with the heat, humidity, and vacations that may deter some gardeners, there are still opportunities to improve your garden in the dog days of summer.

In the vegetable garden, August is actually a popular planting month for many crops that will mature in the cooler weather of fall. For example, if you like leafy vegetables, in August you can sow seeds for Chinese cabbage, collard greens, kale, leaf lettuce (romaine, Bibb, and loose leaf as opposed to head lettuce), mustard greens, arugula, and spinach. Root crops such as beets and turnips can also be sown, although many people consider beets a leaf vegetable as well. If you can find broccoli seedlings, they can be planted this month too.

One vegetable question that arises is, "If August is a good time to plant cooler weather crops, how come I can't plant peas to harvest in autumn?" the answer is that peas not only like cooler weather, but they need long daylight hours (think May and June) to mature. In the fall, when the peas sprout, there are not enough daylight hours for proper growth.

August is also a good time to plant late summer perennials. Perennial hibiscus is a late bloomer with saucer-sized flowers in reds, pinks, violets, and white. Some hibiscus, such as "Plum Crazy," have stalks and stems that turn red as fall progresses, adding autumn interest to your garden.

Another August bloomer is physostegia, or false dragonhead. These perennials sport clusters of pink or white

flowers on a two- to three-foot stalk. They look great in the perennial garden when planted in groups of three or more.

The Japanese anemone is a popular—and prolific—August bloomer, also in pink or white. However, they are notorious spreaders, so you must allow ample space for them or else be prepared to thin them annually. Another attractive late-summer perennial is chelone, or turtlehead. Its flowers are purple, and it will grow in partial shade.

If you do nothing else in your garden in August, make sure you water. A garden can tolerate not being weeded in August, but it will not survive without water. A scorcher week (or even weekend) can cause serious damage to plants. If you're going away, use a timer on your soaker hose or sprinkler, or get a neighbor to water your plants.

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

Thoughts while gardening:

If "look" and "see" are near synonyms, why are "overlook" and "oversee" almost antonyms?

If we can say "Aren't I," why can't we say "I aren't?"

If moths like flying to lights, why don't they come out in the daytime?

If we have iced tea and iced coffee, why don't we have (except for gazpacho) iced soup?

If the moon can pull and push whole oceans, why don't swimming pools and full bath tubs have high and low tides?

If the early bird gets the worm, what does the early worm get?

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What's the board thinking? Co-ops All Around Us

by Sue Wasserkrug, Board Member

About a year and a half ago, I read an article by our General Manager, Glenn Bergman, about his vision of what Mt. Airy and Philadelphia would look like if Weavers Way accomplished the goals it had set. These goals included not just bringing healthy, local food to a larger and larger community, but also carrying out educational activities so more people – and future generations – would understand the importance of local food and the cooperative economic model. Glenn also wrote about what Weavers Way had already accomplished, with, among other projects, the farm at Awbury Arboretum, the school programs, and plans for store expansion.

I was so inspired by that vision that I called Glenn and asked how I could get involved. "Run for the Board," he said. So I did.

A year later, I had an opportunity to attend the Consumer Cooperative Management Association (CCMA) Conference, an annual event that brings together managers and board members from co-ops all around the country for two and a half days of workshops, displays, discussions, and local tours dealing with all things cooperative. This year's theme was "By Art and Design: Thriving in Trying Times," and the workshops focused

not just on the business end of cooperative enterprise but also on the "ends" of the co-op business. (The "art" in the theme was a reference to Andy Warhol, since the conference took place in Pittsburgh.)

As someone who has been involved with various co-ops in many cities for more than 20 years, and a devout believer in the superiority of the cooperative economic model, I was awestruck to be surrounded by so many like minds. On the other hand, I was surprised at the range of experience people had had with co-ops. Many folks at the conference were newcomers who represented "start-up" co-ops, some of which didn't even exist except as an idea and a commitment.

One workshop I attended was provocatively titled, "Who Has Over 350 Million Members?" The presenter, Ann Hoyt, is a professor in the Department of Consumer Science at the University of Wisconsin in Madison and the conference organizer. The short answer to the question is: Co-ops do!

Ann reported on recent research she conducted, in collaboration with several partners, including the National Cooperative Business Association and the USDA Rural Business and Cooperative Service, to collect and ana-

lyze data on the economic impact of cooperatives in the United States. The hope is that the data will encourage more research in the future. My hope is that this kind of research helps the cooperative model grow to new heights in our country (as it does in Italy and Spain – but that's another article).

The researchers gathered basic data about co-ops in the United States: number and location of co-ops, number of members and employees, wages paid, assets, liabilities and more. Among other things, the researchers identified 29,284 co-ops with 72,993 establishments (i.e., locations or stores), employing 856,000 people and with assets of \$3.12 trillion. Altogether, memberships among these co-ops total nearly 351 million, although not all of these "memberships" represent a unique individual, because some individuals belong to more than one co-op, and because some "memberships" belong to businesses. (Grocery consumer co-ops, like Weavers Way, serve 1.5 million members.)

Not all co-ops are consumer co-ops: some are employee-owned or owned by small businesses. But what all co-ops have in common is that each is "an autonomous association of persons united voluntarily to meet their common economic, social, and

cultural needs and aspirations through a jointly-owned and democratically-controlled enterprise." (That's the definition of cooperative from the International Co-operative Alliance; you can read more about what makes a co-op a co-op, at www.ica.coop/coop/principles.html.)

One of the factoids I found most interesting is that co-ops exist in every industry imaginable – grocery and other consumer goods (e.g., REI), banking (credit unions), utilities, health care and child care, insurance, and even funeral homes. You might be a member of another co-op and not realize it: the Automobile Association of America (a.k.a. AAA) is a co-op. And here's an unusual co-op: KFC franchises (yes, the fast-food chain) apparently have formed a co-op to buy supplies such as napkins and chicken buckets.

Fascinating as these data are, I wondered how the research could be used to further the co-op movement. Ann said the researchers plan to examine the social impact of co-ops, an example of which would be the work of Weavers Way Community Programs connecting local school children with urban farming and cooperative markets. So, stay tuned for more good news about co-ops.

The full (76-page) report is available at www.ncba.coop/pdf/Report-FULL.pdf. More information about the research project in general is available at www.reic.uwcc.wisc.edu, where you can also find a link to the full report as well as a three-page summary. Both the full report and the summary include a terrific map of the distribution of co-ops throughout the country.



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Weavers Way Hosts Picnic for Region's Food Co-ops

by Sue Wasserkrug, Board Member

ON MAY 31, the Weavers Way Board of Directors hosted a picnic for Boards of several food co-ops in the Delaware Valley. The stated purpose of the picnic was to give attendees an opportunity to get to know each other and to explore ways to work together to further the cooperative movement in our larger community.



photo by Jonathan McGoran

The event was a huge success, with board members, general managers and finance managers from eight other co-ops joining us at Allens Lane Art Center for an afternoon of food, fun and information.

The other co-ops were: Chester Community Co-op; George Street Co-op in New Brunswick, NJ; Lehigh Valley Food Co-op in Allentown; Mariposa Food Co-op in West Phila-

Representatives from eight area co-ops at the May 31 picnic

delphia; Newark Natural Foods Community Co-op in Delaware; and Selene Whole Foods Co-op in Media, as well as two other co-ops that are still forming: CreekSide, which hopes to open in Elkins Park (at the site of the former Ashbourne Market), and Kensington Community Food Co-op in Northeast Philadelphia. (Swarthmore Co-op was invited but unable to attend.)

Each co-op brought a dish (or two or three), and Weavers Way provided delicious grilled items and beverages. (Thank you, Bonnie!) After we filled our plates, a representative from each co-op spoke for a few minutes about their organization. Although the co-ops are very different in terms of size and stage of development, a few common themes emerged in terms of the issues the boards are dealing with. For example, many co-ops are contemplating ways to reach out to different communities – those that are not necessarily within the “typical” co-op demographic. Other common concerns include expansion, non-member shoppers, and whether to have a work requirement.

Everyone agreed that the momentum generated at the gathering should not be lost. By meeting regularly, we hope not only to improve our own co-ops but also to strengthen the (larger) local economy and to grow the cooperative movement.

Mt. Airy First Friday August 7

by Michael Cavacini

SAVE MORE and spend less at Mt. Airy's First Friday on August 7. Kick off a relaxing summer weekend by stepping inside the eclectic shops, art galleries, and restaurants for great specials until 9 p.m. Chill out with frozen treats or cool brews, find accessories or books for beach or poolside, or enjoy a leisurely dinner of light summer fare.

Mt. Airy's First Friday is sure to keep you and your wallet happy. And you don't have to go far for all the shopping and nightlife essential for summer fun in the City. One of the region's hot spots, Mt. Airy, an earthy and diverse nook of Philadelphia, is experiencing a steady revitalization and has attracted dozens of new businesses in the last several years. Mt. Airy has the look and feel of Main Street America in an urban setting. On weekends, diverse crowds in growing numbers come together on The Avenue in Mt. Airy for civilized fun.

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FOW Trail Ambassadors Lead Walks in the Wissahickon

by Denise Larrabee

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

Walk Schedule

Please bring your own water and snacks to the guided walks.

Meanderings in the Wissahickon with Shelly Brick

Saturday, August 1, 3 p.m., Chestnut Hill Ave., Lot/Entrance, 19118

Saturday, August 29, 2 p.m., Livezey Lane and Allens Lane.

Come enjoy our park and talk stories. On our hike we will try not to retrace our footsteps! Children ages 6 and up are welcome, but must be accompanied by a responsible adult. Walk will last 1½ to 2 hours. Pace will be set by the group. Contact Shelly Brick at shellybrick@verizon.net.

Wissahickon Geology with Sarah West

Saturday, July 25, 9:30 to 11 a.m.

Meet at Valley Green Inn. This rock-talk and field trip is suitable for children over 10 accompanied by an adult. We will discuss the possible Precambrian formation of the Wissahickon rocks, learn to identify five different types, and then look at the rocks on the east side of the creek from the Valley Green Bridge south toward Devil's Pool. Heavy rain cancels. For further information contact WestSarah@aol.com.

WXPN Kids Corner at Morris Arboretum Concert Series

by Susan Crane

STARTING THIS August, Morris Arboretum's summer concert series will be expanded with the XPN Kids Corner at the Arboretum series, August 6, 13, and 20. The bands will include popular groups from WXPN's Kids Corner line-up, and WXPN host Kathy O'Connell will be on hand at the Arboretum to introduce the series on August 6. Mark your calendars with these dates. Concerts run from 6:30 to 7:30 p.m. with kids' crafts and musical instrument-making preceding each concert.

The series kicks off August 6, with the duo Ernie & Neal, who will explore many different genres of music including rock and roll, reggae, ska, jazz, folk, bluegrass, and more. Their shows are popular with young and old alike, who typically dance in—and out of—their seats.

August 13 brings folk music performer John Flynn to the Arboretum. John is a beloved artist for Kids Corner and has a great following in the area. He has played several major children's shows locally in the last year, including Mainline Children's Festival, Philadelphia Book Festival, and WXPN's Exponential Festival. This performer will also be featured at the upcoming Appel Farm Festival and Longwood Gardens children's events. www.johnflynn.net.

On August 20, the series ends with a roar, featuring Cool Beans Band, with Steve Pullara. This Parents' Choice Award-winning three piece band is fun and hip and plays jazz, swing, and pop music for all ages. These tunes for the whole family will bring out the animal in you. Visit www.collbeansmusic.com for more..

Due to the Arboretum's limited parking (and to encourage members to introduce new friends to the Arboretum) all of the summer concerts will be charged on a per car basis instead of an individual admission fee. Carpooling is encouraged.

So, grab your blankets or lawn chairs, pack your picnics, and then just sit back and relax to the sounds of music in the garden. For more concert information and updates, visit www.morrisarboretum.org.



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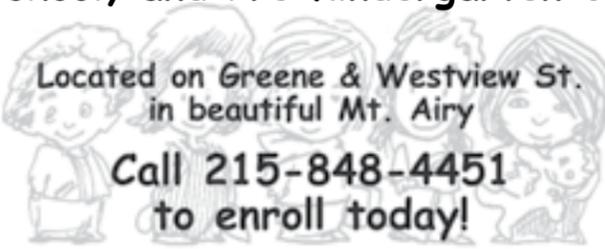
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Morris Arboretum Tree Adventure Exhibit Invites Visitors Out on a Limb

by Susan Crane, Morris Arboretum Director of Marketing

A DRAMATIC new exhibit called Tree Adventure featuring the Out on a Limb canopy walk, opened July 4 at the Morris Arboretum. The central theme of the arboretum-wide exhibit explores the relationship between plants and people, and hopes to communicate that *we need trees, and trees need us*. Armed with a Passport to Adventure, visitors will travel the expanse of the Arboretum's 92-acre garden to learn (experientially) the critical role trees play in our environment while having fun engaging with trees. Designed by Metcalfe Architecture & Design, the exhibit will be a fully accessible, fascinating learning experience for both children and adults.

The iconic centerpiece of the Morris Arboretum's Tree Adventure exhibit is Out on a Limb, a striking new 450-foot long walkway that soars 50 feet above the ground, and gives visitors a bird's eye view of the forest. From Out on a Limb, visitors will cross a Suspension Bridge to a giant Bird's Nest, scamper onto the Squirrel Scramble's rope-netting skirting two towering trees, head to the top of the Wissahickon Vista platform for

sweeping views, or just wander along the Canopy Walk rising high above the forest floor.

Out on a Limb is only one element of the new Tree Adventure exhibit. Other stations that will illustrate interactive and playful learning include:

The Dawn Redwood Grove... to meet living fossils

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

Oak Allée... to learn about the root systems of trees

Roots will be painted on the pavement to show how far out they can go. Visitors will be directed to pace off the



Morris Arboretum Tree Adventure Exhibit

roots and calculate their distance, and learn how roots work, how they grow, and what they do for trees.

Springhouse... to compare nature's temperatures

The springhouse was the best means of refrigeration in pre-Victorian and Colonial times. Though now obsolete, it remains a symbol of early America and might be thought of as the "coolest" place in the Arboretum. Just How Cool Is It? features an interactive exercise where visitors analyze temperature changes using thermometers placed in the shade, in the sun, in the water and even underground!

Log Cabin... to experience life in another era

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

For updated information about the Tree Adventure exhibit, visit www.morrisarboretum.org.

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Coal : It's Much Worse than You Think

by Sandy Folzer, for the Environment Committee

"THERE'S ENOUGH carbon in the ground to really cook us. Coal is my worst nightmare," said Steven Chu, our Energy Secretary.

James Hansen, Director of NASA's Goddard Institute for Space Studies, said in a recent New Yorker article, "Unless immediate action is taken, including the shutdown of all the world's coal plants within the next two decades, the planet will be committed to change on a scale society won't be able to cope with."

There is broad agreement among scientists that coal represents the most serious threat to the climate.

But coal provides half the electricity in our country. How can it be so bad?

First, coal emits between two and three times as much greenhouse gas as natural gas.

Second, coal causes acid rain. Because of its composition and impurities, coal combustion emits nitrogen oxide and sulfur dioxide. When they react with the atmosphere, sulfurous acid, nitric acid, and sulfuric acid are created.

Third, incomplete coal combustion emits mercury, arsenic, and chlorine, as well as aluminum, lead, and titanium, into the air.

Fourth, coal combustion gives off particulate matter, which irritates the small airways in our lungs, causing asthma and chronic bronchitis. Particulates are also a cause of cardiac mortality.

Fifth, radioactive emission from a coal power plant is 100 times greater than a comparable nuclear power plant with the same electrical output, according to the *Scientific American*

(12/13/07). When coal is burned, it creates fly ash, whose byproducts are uranium and thorium, which are concentrated at up to 10 times their original levels. One coal-burning power plant can release as much as 5.2 tons/year of uranium and 12.8 tons/year of thorium. This material is leached into the soil and water. We know there are serious health hazards from long-term exposure to radioactivity.

However, there is no regulation policy for radioactivity from coal power plants. If nuclear facilities were emitting this much radioactive material, people would protest. Since our nuclear power industry has been required to reduce the release of radioactivity into the environment, shouldn't coal power plants do the same? The added cost of handling radioactive waste from coal combustion would make it difficult for coal-burning plants to compete economically with nuclear power. (Nuclear power plants are not the answer, but that is for another article.)

Sixth, the radioactive material from coal power plants is easily recovered, making nuclear weapon-grade uranium accessible to terrorists. Because electric facilities are common, the recovery of uranium doesn't attract attention.

So there are many reasons to worry about active coal power plants. There is also much to worry about from the waste from these coal plants.

On June 30, 2009, the EPA released a list of 44 "high hazard-potential" coal ash waste dumps where a dam failure would result in loss of human life. The list was compiled after the billion gallons of ash broke through the dam in Knoxville, TN, last December. Since coal ash contains toxic materials like lead and arsenic, such sites have been known to contaminate drinking and surface water.

Unfortunately, power plant waste may be dumped without basic protec-

(continued on page 19)

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Coal

(continued from page 18)

tions like landfill liners that are required for household trash.

Here in Pennsylvania we have our own problems. A May 2009 study said that a 15-acre coal ash dump in Upper Mount Bethel Township, PA was not properly lined, so that coal ash from the generating station of RRI Energy was contaminating the groundwater with arsenic. Nearby residents who drink well water could face cancer risks 50 times higher than what EPA considers safe.

Pennsylvania is the fourth-biggest coal-producing state in the country (after Wyoming, West Virginia, and Kentucky). In 2006, Pennsylvania's coal-fired power plants produced 117 million tons of CO₂, 819,000 tons of sulfur dioxide, and 156,000 tons of nitrogen oxide.

Blaine Township, a small town about 40 miles southwest of Pittsburgh, is trying to ban coal mining within its borders. As of June 2009, Penn Ridge Coal LLC was suing the township in federal district court, charging that the ordinances violate their corporate rights. According to attorney Tom Linzey of the Community Environmental Legal Defense Fund, that township has pushed further than any of the 120 U.S. municipalities that have passed ordinances to curb corporate activity. Linzey predicted that the case would eventually go to the

U.S. Supreme Court, although he was doubtful that the township would prevail.

Some companies want to burn waste coal, even though it has only 60 percent BTU value of regular coal, taking twice as much to produce the same amount of electricity. Combustion creates problems that don't exist if the waste coal is left unburned. Burning waste coal creates 15 percent more global warming pollution and increased carbon monoxide than conventional burners. Cancer-causing polycyclic aromatic hydrocarbons (PAHs) are created that were not present in the unburned waste coal. Burning waste coal doesn't make the waste go away. If 100 tons of waste coal are burned, 85 tons will remain as waste coal ash. Toxic metals cannot be destroyed by burning them. The mercury and lead are concentrated in the highly toxic ash that ultimately threatens the groundwater wherever this ash is dumped.

The waste-coal-burning industry's own data shows that waste coal ash does, in fact, leach metals into groundwater, despite their public assertions. Ash at 2 of 12 facilities studied in Pennsylvania were shown to contain levels of arsenic higher than the maximum allowable concentration set forth for land application of sewage sludge. (To see a list of waste

coal ash dumps in Pennsylvania, go to www.sourcewatch.org/index.php?title=Pennsylvania_and_coal)

We don't have to burn waste coal, because scientists have found that beach grass in waste coal piles can establish enough plant cover to enable native plants to take root and stop erosion for only 6 to 10 percent of the cost of conventional methods.

To win public approval, the coal industry uses the term "clean coal" to describe technologies designed to enhance both the efficiency and the environmental acceptability of coal extraction, but it has provided no specific data. As of the end of 2008, there were no operating "clean coal" commercial power plants in the country. "Clean coal" is still a myth.

This doesn't stop the powerful organization, American Coalition for Clean Coal Electricity (ACCCE) from lobbying. They represent 48 companies with an annual budget of more than \$45 million. Already it is shaping climate change policy. Leaked memos have disclosed their real goals: "opposing government-mandated controls of greenhouse gases" and seeking to "prevent states from taking precipitous or unwarranted action to regulate mercury..."

Citizens need to counter the strong lobbying of such conglomerates. After all, there are alternatives. We could invest in solar and wind power to replace coal.



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New Health and Wellness Model Coming Alive in the Community

by Katryn Lavanture, co-owner New Way Community Sanctuary

THE CURRENT health care crisis is front and center in the national and local news, with the cost of health insurance a real concern and threat—even to our own Weavers Way. There is, however, a new model of healing and health care emerging right here in our community as a timely and welcome alternative. I'm referring to communal health care, which first made its presence known in this country as community acupuncture. Community acupuncture was first created in Portland, OR, when two new acupuncturists realized they couldn't afford to be treated by their own profession in the way it's currently practiced. These two acupuncturists created a new model of health care based on the form in which it was originally provided throughout China, and they called it community acupuncture.

The structure of community/communal healing is one based on the need to provide health care to as large a population as possible in the most

affordable way, while still providing an adequate wage to the practitioner. What this looks like is shorter sessions, typically 15 to 35 minutes, in a setting where practitioners are working on a number of people at a time in one room, with fees set to reflect this new way of receiving health care. Sessions are typically offered on a sliding scale, anywhere from \$15 to \$45 per session. The belief is that the intention to support health and wellness, combined with the group energy that builds in the room as each patient is attended to, creates a powerful conduit and container for healing. It is also a much more efficient use of time, energy, and resources for both practitioner and patient. There is actually a beautiful rhythm created as the practitioners quietly move around the room attending to each patient, while those not being worked with rest, doze off, or just stay present to what is happening in their healing experience.

There are three expressions of

communal health care available right here in Northwest Philadelphia. Two are community acupuncture clinics, and a third is New Way Community Sanctuary, which offers energy-based therapies. Elise Rivers runs Community Acupuncture of Mt. Airy (CAMA) and David Schiman runs Roxborough Community Acupuncture. My business partner, Tracie Nichols, and I just opened New Way Community Sanctuary in Erdenheim, where we offer sound healing, gemstone therapy, and energy work, combined with the use of flower essences and aromatherapy. While the overall mission of these clinics is the same, there is a difference not only in the modalities used, but also in the approach and container for healing. Elise and David run clinics, where the primary reason most people are coming is to receive physical health care; psychoemotional well-being is a wonderful by-product of their sessions. At New Way, we are providing a sanctuary experience

where clients are coming primarily to be nurtured and attended to, to receive loving care with a spiritual focus. They may come to de-stress and find their center, or to be in the sanctuary environment while they are working with a physical issue. I see these clinics as complimentary and mutually supportive resources in the care they can provide to community members. And the timing couldn't be better for the community to know about and make good use of them.

CAMA and New Way both offer the option of making an appointment or just walking in for treatment. The Roxborough clinic is appointment only. All offer you the option of making appointments online. More information on these clinics can be found at: Community Acupuncture of Mt. Airy—www.MoonRiverAcupuncture.com; Roxborough Community Acupuncture—www.acupuncturerox.com; New Way Community Sanctuary—www.newwaysanctuary.com.



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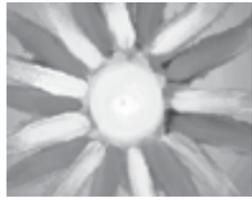
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Recipe for America Author at Big Blue Marble Bookstore

by Jonathan McGoran, Editor

SUSTAINABLE-FOOD-BLOGGER JILL Richardson will be at Big Blue Marble bookstore on Thursday, August 6, 7 p.m., reading from her new book, *Recipe for America*.

Richardson has been called “a fresh voice in the movement to create a healthier and sustainable food system” by Marion Nestle, who calls *Recipe for America* “part of the burgeoning food social movement,” and “a guide to the most important issues and how to work on them.”

A blogger on Daily Kos and at her own blog, La Vida Locavore (www.lavidalocavore.org), Richardson became interested in food issues when she was working in health care and observed the high rate of diet-related illnesses among Americans. She wondered why the epidemic occurred and what she could do to help fix it. After three years of research, Jill has published her first book, *Recipe for America*, which provides the answers she wishes somebody gave her when she first became curious about reforming our food system. Jill is a Commonweal



photo courtesy of Jill Richardson

Jill Richardson

Institute fellow, and she serves on the Policy Advisory Board of the Organic Consumers Association. She lives in San Diego.

For more information, please contact Minter Krotzer at minterk@gmail.com.

The Big Blue Marble Bookstore is located a few doors down from Weavers Way's Mt. Airy store, at 551 Carpenter Lane, Philadelphia, PA 19119 215-844-1870. For more info, visit www.bigbluemarblebooks.com.

GPUAC Foreclosure Prevention Resource Guide is Now Available

by Robin Robinowitz, GPUAC Director of Program Marketing

AS THE unemployment rate rises, more homeowners—with decent financial histories—face foreclosure. Now there is a new resource available if you, or others, are worried about keeping your home.

Recently updated, the Summer/Fall 2009 Edition of the *Foreclosure Prevention Resource Guide*, from the Greater Philadelphia Urban Affairs Coalition (GPUAC), is designed to help professionals assist their clients in navigating the mortgage foreclosure process. The guide provides up-to-date information relevant to the Philadelphia five-county region.

The *Foreclosure Guide* helps you:

- Better understand the mortgage foreclosure process

- Know your rights if you are behind in your mortgage payments
- Learn about housing counseling resources and grant and loan programs
- Identify opportunities to preserve your home
- Get important contact information

To receive a hard copy, e-mail Rachel Moore at rmoore@gpuac.org, or download it at www.gpuac.org/foreclosurehelp.htm.

The *Foreclosure Prevention Resource Guide* was prepared by the GPUAC's Foreclosure Prevention Task Force. GPUAC is a nonprofit organization committed to solving urban issues through partnerships between government, the grassroots community, and business.



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Surfin' the Age Wave: Where and How Are We Going to Live?

by Lynne Iser, MPH

HAVE YOU thought about living more cooperatively? Perhaps you want to share a house or apartment with just one or two other people? Maybe you have the dream of moving into an apartment building or onto a particular block—and structuring your lives for more intentional living? Perhaps you just want to organize your existing community to be more interactive?

What are your dreams?

There is a growing movement, amongst all ages, for developing interdependent lives—sharing, caring, and supporting each other as friends and neighbors. This is especially true for people in their 50s and 60s as they consider their housing options as they grow older. The 55-plus communities that looked attractive to previous generations might not be appropriate for us. Some folks do not want to be “age-segregated,” and others want to be more interdependent with their neighbors.

What are our options and how can we creatively design our futures?

First, there are several different kinds of communities. There are residential communities: cohousing, apartment/house sharing, and contiguous living (sharing several blocks). There are also social “communities without walls,” where neighbors intentionally structure their lives for greater interaction, without sharing physical space. And finally there are “concierge” communities that provide services to their members.

The good news is that there are many people who have been working to create new community models and lots of information on the internet. The first step is to get educated.

One of the most innovative models is cohousing, where the physical layout encourages social contact and provides individual, private space (co-

housing.org). Other residential options include retrofitting existing apartments (Casa Clara, Albuquerque), and house-sharing (nationalsharedhousing.org). The best source for intentional communities is the Federation of Intentional Communities (ic.org).

There is also the growing movement of ecovillages—intended to be socially, economically and ecologically sustainable intentional communities. Sometimes I dream that Mt Airy might become its own retrofitted ecovillage!

Social communities—called “virtual communities”—are becoming popular as people understand how difficult it can be to pack up and move in together. One of the first is The Community Without Walls in Princeton, which provides social support, advocacy, and educational programs.

One variation is Beacon Hill Vil-

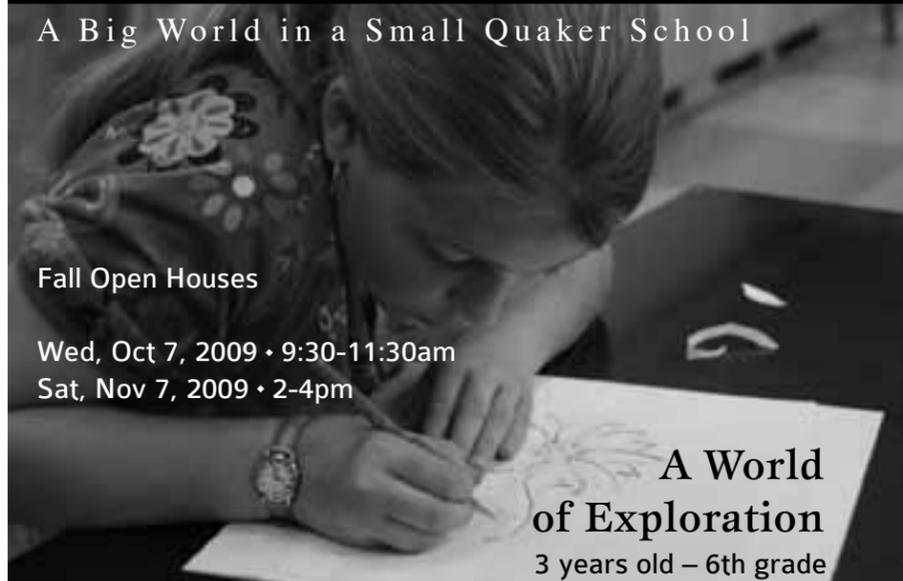
lage—a concierge model community that provides services to its members so that they can remain in their own homes, and also has social programs to build connections (BeaconHillVillage.org). Penns Village is a local offshoot of this model (PennsVillage.org).

We are fortunate in the northwest that we already have a great sense of community. We also have many big houses and many, many people who desire more community in their lives.

I wrote earlier that the first step was getting educated. The second step is getting together with others who also want to dream and build. Don't be shy. Talk with your friends. Send me an e-mail. Let's get the conversation going and see how we can build more community in our own small community.

Lynne Iser can be reached at LPIser@aol.com.

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Suggestions

(continued from page 24)

- also decided that the wrap is better without the croutons.
- s:** "Why isn't the Co-op stocking Odwalla Smoothies? And will we again?"
- r:** (Chris) Sorry, but we won't. The Odwalla company was very unreliable as far as delivery, sufficient quantity of drinks, and the right drinks (often wrong!), and after years of poor service, we finally sent them packing. We've used the space for a drink case that is stocked with drinks that have proven popular with Co-op shoppers, from reliable sources.
- s:** "Please bring back Nutella. You are now carrying something called 'Nocciolata,' which I presume is meant as a substitute. It bears about the same relationship to Nutella as rancid lard does to fresh sweet butter. Please tell me that the decision to offer 'Nocciolata' instead of Nutella was based on price, availability, organicity, health considerations, politics or any consideration except taste. If anyone there actually tasted these two items and then chose Nocciolata because they thought it tasted better, or they couldn't tell the difference, I would feel it my duty as a Co-op member to initiate impeachment proceedings against that employee. Sorry—nothing personal. Just bring back Nutella and all will be forgiven."
- r:** You are correct that taste was less of a factor. Here's a reprint from the April Suggestion Book response about this:
- s:** "I was so disappointed to find we no longer carry Nutella!! Our family lives on the stuff and I now have to go to the supermarket to get it. Please bring it back! Thanks."
- r:** (Chris) We replaced Nutella with Rigoni Chocolate Hazelnut spread, because: 1) Rigoni is made from or-

ganic ingredients. 2) Rigoni comes in a glass container, more environmentally friendly than plastic. Please give the Rigoni a try. (Norman) If your family is living on Nutella, you are likely contributing to our health care crisis. Nutella's second ingredient is "modified palm oil," basically a slightly less damaging oil than trans fat, but still a saturated fat. Nutella also contains the artificial flavor vanillin. Vanillin is made from either petrochemicals or from wood pulp byproducts of paper making. About half the world's supply comes from China. You might want to give the Rigoni a try. If you want to begin impeachment proceedings of Grocery Manager Chris Switky, come to the next membership meeting and bring a petition. FYI, the Rigoni does sell, although not as well as the Nutella. Part of that may be taste and part price. If you are desperate you could special order a case of 12 Nutella for about \$52. Sorry you don't like the Rigoni. Also, just to add to your guilt, the chocolate in Nutella likely involves child slavery and the palm oil has resulted in rainforest destruction due to palm oil production methods. It is possible that Ferraro Rocher will reformulate Nutella at some point though; they've been hearing a lot about these issues lately. I've also heard of people buying hazelnut butter and/or peanut butter and adding cocoa powder and milk powder to it to make their own chocolate hazelnut spread.

- s:** "I find it puzzling that Weavers Way would sell Dietz & Watson hot dogs with sodium nitrite and other preservatives. I used to think we could shop here without reading labels but Weavers Way sells items, like the hot dogs and bacon, with preservatives known to be carcinogenic. Why??"
- r:** (Dale) I agree; I don't think we should be carrying hot dogs with nitrites either. However, not all our products are natural foods items.

We try to be all things to all people and for some Dietz & Watson is a good choice at a good price. You should always check labels. Garrett County is a naturally raised, nitrate-free dog; we have beef and turkey. (Norman) Incidentally, we've carried the Dietz & Watson line for over 30 years; we've never had a "ban" on foods with bad ingredients. It's always been a judgment call for staff on what to stock.

Usually, buyers make decisions based on member feedback, co-op values as expressed in the mission statement, ends policies and product selection criteria, knowledge of the product, and potential sales. If members want the Co-op to take a stronger stand on food-ingredient issues (and have staff do more filtering of "bad" ingredients) speak up!

normanb@weaversway.coop



photo by John Patillo, courtesy of OARC

Thousands showed up to enjoy some great live music at the Sixth Annual WOL Jazz festival.

Jazz Festival

continued from page 1

and Rick, the Ogontz store now has freezer space. It is currently filled with Bassett's ice cream, frozen fruit bars, Ben and Jerry's Peace Pops, sorbet, and frozen yogurt. In the near future, we hope to add frozen pizzas and burritos and frozen veggies. I am also open to other suggestions.

In other news, Weavers Way at Ogontz now offers our elder shoppers the opportunity to save a little extra. Every Tuesday is Senior Discount Day. Shoppers over 60 years of age will save ten percent on all purchases every Tuesday. With much of the population in the area on a fixed income, we can hopefully help those dollars go a little further.

To go even further to make food accessible, we have been giving away veggie plants to community members. Starting as a promotion during the Jazz Fest, we have given away hundreds of tomato, pepper, and eggplant starts. Thanks to Greensgrow Farm in the Kensington section of the city, we received these plants at no cost other than transport. People have been extremely grateful and are excited to add to their existing garden or start container gardens for the first time.

Weavers Way is quickly becoming a fixture here at 72nd and Ogontz. If you still haven't been to the store, I invite you to come on by and join us. Remember, we might have two (and soon to be three!) locations, but we are one co-op.

jason@weaversway.coop

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

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559 Carpenter Lane, 215-843-2350
Monday-Friday 9-8
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Ogontz

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Shuttle Staff

Editor & Advertising Manager

Jonathan McGoran

Advertising Billing

Susan Beetle

Advertising Assistance

Ilene Cohen

Graphic Designer

Annette Aloe

Proofreaders/Editors

Emily Law, Jennifer Sheffield

Contributors

Glenn Bergman, Julia Bergman, Peter Block, Mike Cavacini, Carly Chelder, Susan Crane, Erbin Crowell, Margie Felton, Pat Florella, Sandy Folzer, Josh Giblin, Mark Goodman, Lynn Iser, Dale Kinley, Denise Larrabee, Katryn Lavanture, Brenda Malinics, Jonathan McGoran, Rachel Milenbach, Jason Price, Robin Robinowitz, Jon Roesser, Larry Schofer, David Siller, Mychal Simonian, Roseanna Speller, Chris Switky, Betsy Teutsch, Norman Weiss, Jay Winston, Susan Wasserkrug

Photographers

Pat Florella, Josh Giblin, Jon McGoran, Rachel Milenbach, Sol Levy, John Patillo, Susan Whitson

Board of Directors

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Nancy Weinman (2008 - 2010)

nancyweinman@comcast.net

Vice President

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woo3D@earthlink.net

Secretary

Bob Noble (2008 - 2010)

bobnoble@msn.com

Treasurer

Chris Hill (2009-2012)

chris@chrishillmedia.com

At-Large

Sylvia Carter (2009-2012)

sfcarter@verizon.net

Margaret Lenzi (2009-2012)

m Renzi@comcast.net

Brian Maher (2009-2011)

brianmaher@gmail.com

Catherine Niallon (2009-2011)

fireschild0506@hotmail.com

Cynthia Potter (2009-2011)

cynthiapotter@hotmail.com

Dave Tukey (2009-2011)

trainbow2@yahoo.com

Sue Wasserkrug (2008 - 2010)

zoya430@yahoo.com

Committee Chairs

Diversity & Outreach

Dave Forbes

forbze16@gmail.com

Education

Larry Schofer

lawrence.schofer@comcast.net

Environment

Sandy Folzer

environment@weaversway.coop

Finance

Chris Hill

tchrishill@gmail.com

Farm

Mark Klempler

mmarkk@verizon.net

Leadership

Bob Noble

bobnoble@msn.com

Membership

Sylvia Carter

sfcarter844@gmail.com

Operations Support

David Baskin

dab11@hotmail.com

Board members and committee chairs have mailboxes on the second floor of 559 Carpenter Lane.

Co-op Meetings

Board: 1st Tues., 7:00 p.m.

Education: 3rd Wed., 7:30 p.m.

Finance: 3rd Thurs., 7:30 p.m.

Membership: 1st Fri., 7:00 p.m.

Environment: 1st Wed., 7:30 p.m.

Diversity: 2nd Wed., 7:00 p.m.

Education Committee meets every other month. Operations, Merchandising, Farm and Leadership Committees meet as needed. All meeting schedules are subject to change. Committee meetings are held at 610 or 555 Carpenter Lane or at members' homes. Board meetings are held at 555. For more information about committee meetings, e-mail boardadmin@weaversway.coop or call the main store.

Managers/Department Heads

General Manager

Glenn Bergman, ext. 131

gbergman@weaversway.coop

Purchasing Manager

Norman Weiss, ext. 103

normanb@weaversway.coop

Operations Manager

Rick Spalek, ext. 101

rick@weaversway.coop

Finance Manager

Susan Beetle, ext. 110

sbeetle@weaversway.coop

Fresh Foods Manager

Dale Kinley, ext. 104

dale@weaversway.coop

Prepared Foods Manager

Bonnie Shuman, ext. 102

bonnie@weaversway.coop

Second Floor Manager

Martha Fuller, ext. 114

martha@weaversway.coop

Human Resources Manager

Jon Roesser, ext. 132

hr@weaversway.coop

Deli Manager

Margie Felton, ext. 134

margie@weaversway.coop

Cashier Dept. Manager

Susan McLaughlin, ext. 112

Communications Director

Jonathan McGoran, ext. 135

editor@weaversway.coop

Merchandising Coordinator

Josh Giblin, ext. 133

joshgiblin@weaversway.coop

Flowers

Catherine Niallon, vm. 317

floral@weaversway.coop

Membership Manager

Robin Cannicle, ext. 118

member@weaversway.coop

Board Coordinator

Serena Pepito

boardadmin@weaversway.coop

Grocery Manager

Chris Switky, ext. 113

christopher@weaversway.coop

Produce Manager

Jean Mackenzie, ext. 107

mackenzie@weaversway.coop

Information Technology

Tanya Rotenberg, ext. 129

tanya@weaversway.coop

Pet Store Purchaser

Kirsten Bernal, vm. 301

petstore@weaversway.coop

Farm Manager

David Zelov, ext. 310

farmer@weaversway.coop

WWCP Executive Director

Rachel Milenbach

rachel@weaversway.coop

Weavers Way Ogontz Store Manager

Jason Price, 215-276-0706

jason@weaversway.coop

Repair & Maintenance/Environment

Steve Hebden, ext. 128

steve@weaversway.coop



Suggestions

by Norman Weiss,
Purchasing Manager

GREETINGS AND thanks for writing. As usual, suggestions and responses may have been edited for clarity, brevity, and/or comedy. This month I thought I would start out with some observations about some words for which I think there should be a category, but for which there is not. For example, words that sound alike are homonyms, words that mean the same are synonyms. I would like to propose a category for words that are nouns that also contain the verb that helps define the noun. For example, you lug luggage; you might drive a car on a scenic drive; if you watch a duck feed, notice that it ducks its head underwater to

find food; the president's state of the union address consists of statements, etc. All this has absolutely nothing to do with our co-op, food, or our community, but nevertheless I felt compelled to report the discovery somewhere, so here you have it. If there is a name for these kinds of words, please let me know.

Suggestions & Responses:

- s: "Love the new organization in the dairy case."
- r: (Chris) Thanks! We like it too. It was a Josh Giblin creation. Josh thinks things should be easier than they are for shoppers and staff. Most of us prefer suffering.
- s: "Please rotate which Kashi cereals we stock for more cereal variety."
- r: (Chris) Rotating different cereals through the same slots creates confusion for staff and shoppers and disappoints shoppers who find cereals they like one time, and then can't find it the next shopping trip. We're gonna stick with slotted cereals that are popular with our shoppers. See Chris or Norman about pre-ordering other cereals that we don't carry.... Thanks! (Norman) Haven't done my cereal lecture in a while, so here goes: I think boxed/bagged/flaked cereal is a pretty bad deal. Most of these product end up costing you about \$.26 on up to \$.36 cents per ounce.

Plus most have a box and a bag within that box. On the other hand, rolled oats are about \$.09/ounce, and that's without cooking, so after you add water it's probably half that. True, you have to cook the oats, but that can be done in 2 minutes in a microwave, or with one of those pitchers that boil water in two minutes. At some point we'll have bulk bins for grains so you'll be able to eliminate the retail packaging by bringing your own bag. Bulk grains are a great deal and better environmentally and nutritionally and are a much better choice than pre-made cereal (in my opinion). If you throw some raisins in, they will plump up a little and provide sweetener, and if you throw some walnuts in you'll get some omega-3s.

- s: "Trying to be healthy and cost-conscious. Please stock more "no-spray" nonorganic fruit and veggies. Thanks!"
- r: (Jean) I'm glad you like our efforts! But I must warn you that often local, low-spray or no-spray is not cheaper than organic. It's expensive because: a) such growing methods are labor-intensive; and b) few or no subsidies exist for family-sized organic or sustainable farms. Call your congressperson.
- s: "Please don't put croutons in the Caesar/chicken wrap, which has more wrap than salad and chicken (unfortunately)."
- r: (Bonnie) I am sorry you were disappointed in the sandwich. We have in you'll get some omega-3s.

(continued on page 23)

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Scribe Video Center & Weavers Way Education Committee present Street Movies!

A Summer Night at the Movies with Weavers Way



A Series of Short Films

August 7

Allens Lane Art Center
8:30 p.m.

On the lawn at Allens Lane Art Center,
Allens Lane and McCallum St.

Bring blankets and lawn chairs.



Food Justice: A Growing Movement

(2006, 8 mins) by Martina Brimmer and Zora Tucker
Farmers become activists in the fight for food justice in West Oakland, California.

The Meatrix

(2003, Flash Animation, 3:47 mins) by Louis Fox
A humorous 4-minute Flash animation that spoofs The Matrix films and highlights the problems of factory farming. Instead of Keanu Reeves, The Meatrix stars a young pig, Leo, who lives on a pleasant family farm... or so he thinks.

The Luckiest Nut in the World

(2002, 8 mins) by Emily James
A singing peanut and his gang of shelled friends explain that sometimes free trade is just nuts.

Terminator Tomatoes

(2001, claymation, 5 mins) by Suzanne Twining
A farmer and his daughter get in too deep with a crop of genetically engineered tomatoes.

Asparagus! (A Stalk-umentary)

(6 mins) by Kirsten Kelly & Anne De Mare
Journey to the "Asparagus Capital of the World" to discover why one little vegetable is so important.

Chew on This

(2007, 15 mins) by Big Tea Party
Host Elizabeth Fiend travels the city to find historical tidbits on local food innovations, ending up in her own kitchen where famous inventor Ben Franklin is impressed by Elizabeth's own unique culinary invention!

Eve's Garden

(2007, 9:15 mins) by Heart of Camden and Scribe Video Center's Precious Places Community History Project
South Camden may not normally evoke images of verdant foliage and bountiful vegetable gardens. With an assortment of industries, an incinerator, a sewage treatment plant, and toxic areas including two federal Superfund sites, the neighborhood is severely affected by pollution. Respiratory and other health ailments are widespread, and neighborhood groups have decried the environmental racism that has rendered their very air a dire health hazard. Yet, as this documentary shows, Eve's Garden is part of a long history of neighborhood activism to make the streets of South Camden healthier and more beautiful.

Local Honey

(2009, 10 mins) by Susannah Hunter
A brief journey into the hive and the fascinating world of bees with local beekeeper Jim Bobb, former president of the Montgomery County Beekeepers Association and Montgomery County Beekeeper of the year for 2008.

Street Movies! is made possible with support from the Samuel S. Fels Fund, Independence Foundation, Philadelphia Cultural Fund, the Pennsylvania Council on the Arts, H. Fred and Karen Clark, Juliette Goodfriend and Laurence Saltzman. Media partner: Media That Matters



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	Aug. 5, 2009	6:45 p.m.	GJC
Saturday	Aug. 15 2009	10:30 a.m.	GU
Saturday	Sept. 5, 2009	6:45 p.m.	CA
Wednesday	Oct. 7, 2009	6:45 p.m.	GJC

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

Robin Cannicle, Membership Manager

PLEASE RETURN THIS PORTION TO WEAVERS WAY

Someone from my household will attend the orientation meeting on _____

Name (please print) _____

Phone Number _____

Address (including ZIP code) _____
