

The Co-op will be  
CLOSED ON LABOR DAY  
September 7

New Weekend Hours  
9 A.M. to 8 P.M



Rosh Hashanah  
&  
Yom Kippur

September 18  
Rosh Hashanah begins at sundown  
September 19 - Rosh Hashanah  
September 27  
Yom Kippur begins at sundown  
September 28  
Yom Kippur Hashanah



## NEWS

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



September 2009 Vol. 38 No. 09

Serving the Co-op and the Northwest Community since 1973

## Co-op Extends Weekend Hours

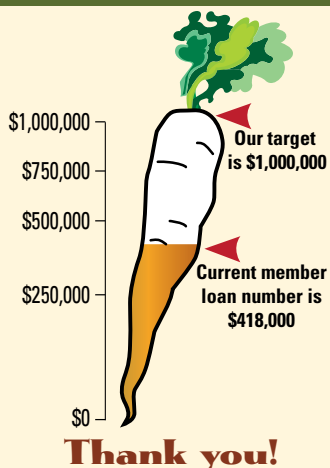
by Rick Spalek,  
Operations Manager

STARTING SEPTEMBER 5, Weavers Way will be expanding weekend hours at our Mt. Airy store to 9 a.m. to 8 p.m. —the same hours we are currently open during the week.

For many years we have been conducting a social experiment, compressing most of the week's sales into a small period of time on Saturday and Sunday to see how members will react under stress. We consider the experiment a success, and our hope is that we can spread out some of the weekend sales to ease the pressure in the store. We have had requests for later hours for years, especially on Sunday, and we are in the process of changing staff and employee schedules to accommodate these changes. Sunday clean-up, a stalwart of extra work hours, will need to be downsized, and some of those hours will be moved to Thursday evenings. Please give us your feedback about these changes, and I hope you take advantage of the extended schedule.

rick@weaversway.coop

### Member Loan Campaign



Participants in the Fourth Annual Urban Farm Bike Tour at Stenton Family Manor Farm

## Urban Farm Bike Tour

by Margie Felton, Deli Manager

ON SATURDAY morning July 18, cyclists came from every direction to gather at the Weavers Way Farm for the Fourth Annual Urban Farm Bike Ride. The day started with registration, bagels, and fresh peaches. This year's group reached over 100 people so we split into two groups. To start the tour, farmer Dave Zelov told us about our own Weavers Way Farm. He spoke about the crops, education

(continued on page 7)

## Work Option Transition Update

by David Woo, Weavers Way Board Vice President

THE WORK OPTION COMMITTEE of Staff, Members, and Board has already conducted an initial meeting to ground ourselves and begin this task of transitioning from a mandatory work program to an optional one. We first would like to have more members with an interest attend and contribute. Please contact Annette Aloe at annette@weaversway.coop if you want to participate in this initiative and attend the follow-up meetings.



Members of the Work Option Committee discuss & deliberate.

We will make the meeting minutes available for member review and present regular updates on our progress and will use our website as the archive. We will also set up a phone hotline for your questions, so look for that number along with an e-mail contact.

Questions were the most pressing agenda topic in this first meeting.

- How do we function with three tiers?
- What are the specific benefits of each tier?
- How do we maintain our identity as a co-op through this transition?
- What is our timeline?

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## Welcome Kentu



Kentu X, hard at work in the Pet Annex

IF YOU'RE a pet owner, you've probably seen Weavers Way newest employee, Kentu X, at the pet supply shop on Carpenter Lane. He's the big guy with the friendly grin who works there on Thursdays, cleaning up, unloading trucks and stocking shelves. You may also recognize him from Cosimo's Pizza in Chestnut Hill where he also works part-time, or from the sidewalks of Mt. Airy. He lives near the Co-op and walks to work.

When I entered the pet shop on a hot afternoon in late July, Kentu

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# Editor’s Note



by Jonathan McGoran

WHOLE FOODS CEO John Mackey is in the news again after a controversial editorial in the *Wall Street Journal* slamming Obama’s health care proposals. Over 20,000 people have joined a Facebook group urging a boycott of Whole Foods because of this, but not me. I can’t boycott Whole Foods over health care; I’m already boycotting them over their prices (the same reason I’m boycotting my local Porsche dealer).

Some people think Mackey’s opposition stems from his libertarian support of free-market capitalism, but it’s interesting that Mackey’s opposition only came to light after the Obama administration revealed it’s latest proposal in health reform: Co-ops. We all know how Mackey feels about Co-ops.

Many people who normally feel positively toward co-ops are ambivalent about involving them in our national healthcare system, but co-ops offer subtle benefits that have yet to be fully explored.

Under a co-op health plan, there would be no “Death Panels” withholding life-saving procedures from our loved ones. Instead, there would be “Death Committees,” which would essentially do the same thing, except instead of bloodless bureaucrats or even healthcare professionals, they would be composed of well-meaning volunteers. Cooperative death committees may be just as likely as their evil “death panel” counterparts to repossess granny’s pace-maker, but between vacations, holidays and a general consensus that “Tuesdays are tricky,” by the time the whole group got together, Granny would probably be done with that pacemaker anyway.

# WWCP Looking Back, Looking Ahead

by Rachel Milenbach, Weavers Way Community Programs Executive Director

THE SUMMER has gone way too fast. Between dodging rainstorms, power outages, and fast growing weeds, the weeks have somehow slipped by. As someone who lives for Memorial Day and the opening of the outdoor Girl Scout pool where I have swam for 20 years, I mourn the coming of Labor Day and the closing of the pool for a long nine months. Between swims, it was a busy summer full of change and opportunities, and the fall promises to be even more so.

This past June, Foundations, Inc. added a full time farm educator to its staff. After a brief transition period, Farmer Chris took on responsibility for the farm at Martin Luther King High School on Stenton Avenue. Excited by the success of what we created at King and the future possibilities, Chris has also been charged with expanding Foundation’s urban agriculture initiative to Pastorius School in Germantown. It’s truly amazing that in the space of less than two years, several new farming positions have been created and new green spaces are sprouting throughout the Northwest.

WWCP is delighted to have been part of the founding farm team at MLK. We learned a tremendous amount, made new friends, and got to see what is possible with a generous donation of seed money and interested

collaborators. The staff and Board of Directors of Weavers Way Community Programs wish Farmer Chris and all of the folks at Foundations the best as they move forward in expanding their urban agriculture programs.

Across the fence at Stenton Family Manor, the crops continue to grow and flourish. On July 18, Weavers Way



Farm apprentices Gina Giazioni (left) and Lauren Hill putting up a new fence Stenton Family Manor Farm.

farm intern Adam Hill, Stenton Family Manor staff Tojuana Conway, and I played proud hosts to two groups of 50+ bicyclers who stopped by on their tour of urban farms. The positive feedback we received from many in the group is much appreciated.

On July 31, chef and nutrition educator Lynne Snyder joined us at Stenton for a cooking demonstration that

included delicious salsa and chips, dip and vegetables, and pasta with pesto. The activity proved that if the vegetables are fresh, local, colorful, and taste good, *kids will eat their vegetables*. Lynne’s workshop confirmed my belief that we should be cooking with kids of all ages, but especially toddlers to kindergarten age, when they are most curious and interested, and wanting to use their rapidly developing skills and understanding of the world around them.

Throughout the summer, we held weekly curriculum development and program planning meetings, for both farm education and marketplace. A dedicated group of volunteers, cooperators, interns, and apprentices have participated in the process. A special thanks to our two interns from Haverford College Center for Peace and Global Citizenship, Peter Block and Fay Strongin, who were charged with the bulk of writing actual lesson plans for Marketplace and Farm Education, respectively. Their tasks were not easy and they both have done a wonderful job. I am continually moved by the commitment of each and every individual who has participated in the process. So more thanks to everyone who gave generously of their time, ideas, creativity, and the benefit of their years of experience in program planning, working with youth, nutrition, food systems, farming, the environment, botany, and teaching.

# Is Weavers Way Farm Produce Organic?

by David Zelov, Weavers Way Farmer

I AM often asked if our produce is organic, particularly at Headhouse Market, where people are not necessarily familiar with the farm or with the Co-op. This is an interesting question without an easy answer, but one that I feel is important to address. The short answer is “no,” technically speaking, we are not organic. We do not have the certification from the USDA or one of their approved certifying agencies stating that we abide by the rules and regulations and keep the appropriate paperwork to allow us to use the word “organic.” Without the certification, we are not allowed to use the word organic or claim our produce is such, unless we make less than \$5,000 (thankfully, we make more than that).

But people do not seem concerned when I tell them we are not certified. I explain that we do not usually spray any pesticides at all, and if we do, we use something that is approved under the organic standards. Mostly that is what they are concerned about. If we did spray with anything, I will offer specifics as to which crops and which substance. I also tell them that we fertilize with compost and all-natural fertilizer made of plant meals and dehydrated animal manures.

“So,” you might ask, “if everything you do is organic, why not just get the certification?” “Well,” I’d reply, “aside from the cost of certification, there are other things that might prevent this. And do we really need it if all our customers know us and our



Tomatoes in the Weavers Way/Penn State Extension hoophouse, trained on single strings, reaching up to the rafters.

practices, and many of them have been to the farm to see what we do.”

The only two practices that might not be certifiable are our homemade compost and our seeds. The compost we make and use includes materials from non-organic sources, such as conventional produce from the Co-op, as well as from non-organic mushroom farms. In order for this compost to be used in a certified organic operation, it needs to heat up to 150 degrees for a certain period of time, and be turned four or five times. Unfortunately since we don’t have a tractor (or enough willing volunteers), this is not really possible. But I feel like this material is a valuable source of organic matter and nutrients and I’d hate to see it go to waste.

The other factor that might prevent us from being certified is our seeds. Not all of them are from certified organic sources. We do not purchase seed where the seeds themselves were treated with fungicides, but they may have been grown using conventional farming (or uncertified organic) practices. In fact, you are allowed to use non-organic seed in a certified organic farming practice, but for each variety of non-organic seed you use, you must document that you tried to find an organic source of that seed in at least three places before buying the non-organic one.

Aside from being a daunting amount of paperwork, there are some instances where I actually don’t want to buy the organic seed—it just depends on the source. Fedco seeds in Maine has a series of numbers next to each variety that tells you what the source is. This “supplier code” is a number from one to six representing the continuum from: 1) Small seed farmers; 2) Family-owned companies or cooperatives; up to 5) Multinationals who are engaged in genetic engineering; and then the dreaded number 6) Monsanto (which Fedco is actually eliminating as a supplier). Personally, I would prefer to (and do) purchase non-organic seed from a small family farm or cooperative, as opposed to buying certified organic seed from a multinational corporation that may or may not be involved in genetic en-

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**The Shuttle is published by Weavers Way Co-op**  
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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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# Rain Barrels and Composters

by Cat Niallon, Floral Buyer

HAVE YOU gotten your rain barrel or composter yet? That’s right, you can recycle your rain and your leaves, grass clippings, and kitchen scraps (no meat or bones, but certainly coffee grinds, tea bags, fruits, veggies, and egg shells). Of course, we don’t recommend trying to recycle your rain and your kitchen and yard waste in the same container, which is why we offer both rain barrels and composters!

Shown here (top) is a 55-gallon rain barrel, which we have in active use at the Co-op’s Mt. Airy location. It’s mounted on a recycled, pressure-treated lumber stand. We’re using our rain barrel to water our bedding plants (for sale) and our permanent container and window gardens. Also shown is an outside and inside look at the smaller size (3.5 cu. ft.) rotating composter.

Our rain barrels and composters are handmade, one-at-a-time, out of recycled extract and flavoring containers by a local company, RainRecyclers. Rain barrels are available in a 30-gallon size for \$85 and 55-gallon for \$95. They come in blue, white, black, and, for the 55-gallon only, also green. The 3.5-cu. ft. composter costs \$95, the six-cu. ft. one is \$110. They are available in blue and, for the smaller one, possibly black. Smaller composters are great if you’re only composting kitchen scraps (or don’t have a yard and need to keep your composter on your porch). The larger size is recommended if you’ll be composting a lot of leaves and grass cuttings as well. Because these composters aerate your waste when you rotate them (easy and fun!), you can have usable compost in as little as 21 days (instead of possibly as long as a year)!

Delivery of rain barrels and composters is direct to your doorstep and

(continued on page 15)



# September Hidden Treasure in the Deli

by Margie Felton, Deli Manager

FUDGE FANTASY Sauce from Wax Orchards. This fantastic sauce has a rich dark chocolate flavor, and can be enjoyed without guilt. Pineapple and pear juice give it just the right amount of sweetness. There is no added sugar. It is gluten-free, preservative-free, diabetic-friendly, and surprisingly fat-free! Try it drizzled on ice cream or as a dip for fruit. It is great with bananas.



# New in the Sandwich Department

by Bonnie Shuman, Manager Prepared Foods Dept.

WITH THE economy in the gutter, market studies show that a lot of people are replacing traditional dinner options with that great American (In my opinion, global) standby, the sandwich. For shoppers who may not know, our beloved sandwich maven, Karen Edwards, has been out with an injury for several months. Karen’s absence gave me the opportunity to study this area of our prepared foods department and make some additions to our menu which I hope support that you, our valued customer, are buying sandwiches for dinner.

I felt we needed a little boost in this area, so continue to look for some exotic and delicious new sandwiches, especially now that the kids are back in school. We can make your life a little easier with a sandwich from the prepared foods department.

These are just a few of the new delicious sandwiches we’ve been working on. It’s a lot more work than slapping some turkey on a roll with mayonnaise, so if you like what we’re doing, please let us know. We are also happy to hear of any requests from shoppers, and we will make every effort to accommodate them.

Some of Our New or Somewhat New Sandwiches You Must Try:

- Vegan Thai Hoagie with Asian Slaw and Sirrahchha Vegannaise
- Tandoori Chicken (or Tofu) on Grilled Naan with Cucumber Raita, Curried
- Pickled Onions and Cilantro Mint Chutney
- Grilled Eggplant with Pequa Valley Goat Cheese, Roasted Tomatoes and Arugula
- Spicy Szechuan Chicken with Sweet and Sour Cucumbers and Crunchy Greens
- Roasted Corn and Salmon Cake with Pesto Aoili and Sweet and Sour Cucumber

In the meantime, we hope you are enjoying our new creations, and we will continue to keep adding new items to the menu. While we hope to have Karen back soon, please say hello to Ned Motley and Laura Grove who have been great talents in the prepared foods department.

Bon Appetit!

# Where Co-op Meat Comes From

by Dale Kinley, Meat and Seafood Manager

AFTER SEEING *Food Inc.*, I wanted to review for everyone the meat and poultry the Co-op carries and how our suppliers raise and treat their stock.

Meadow Run Farms, located in Lititz, PA, supplies us with pastured, heritage pork and pastured eggs. Philip and Dee Herst Landis have been farming together for about 10 years. They are very concerned about sustainability and healthy, well cared-for animals. Their pigs spend the night in a barn, and during the day are outside in the fields, weather permitting. Their grass diet is supplemented by a mixture of

grains that is grown on the farm. Pesticides and antibiotics are never used.

The animals are processed at a small, local slaughterhouse. Currently, we carry boneless pork chops, spare-ribs, ground pork, ham steaks and bacon. If you are interested in a special cut or a pastured whole chicken, I can preorder it for you.

Natural Acres is our natural meat supplier, a 500-acre farm located in Millerburg, PA. Natural Acres has been certified organic since 1999. As

(continued on page 8)

# Rawhide Gives Pet Owners Something to Chew On

by Kirsten Bernal, Pet Store Manager

I AM often asked about the safety of rawhide compared to other dog chews. Fortunately, *The Whole Dog Journal* recently featured an article that addressed these inquiries quite effectively. With so many choices, it is difficult to know the best options for your pet. Safety is the top priority when choosing a chew for your dog. While toys are fun, they are not tops on the list when your dog really needs something to chew on. Animal-based chews are often preferable for indulging your pet’s habit, but these products are not all created equal. Some dog chews may be dry or brittle, posing the risk of internal injuries from broken shards. Others are simply too processed to be desirable. Bully sticks are a staple and are cherished by our four-legged friends



for their chewy texture and palatability, but they are costly and for a big dog with a love of the bully, like our friend Marley, can be consumed very quickly. Merrick offers a great selection of ears, snouts, tails, etc., for your best friend’s endless chewing pleasure. My new favorite is their Hungry Dog super value pack. In a one-pound bag, you will find a variety of odds and ends left over from the

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# Co-op Hosts Community Meeting in Chestnut Hill

by Ken Weiss

MAINTAINING A proactive stance in community relations, Weavers Way held a community question-and-answer session at the Chestnut Hill Library. The meeting, led by former Board chair Stuart Katz, was held al fresco, as the library was closed. Undaunted by the absence of a PowerPoint presentation, Katz commanded a great deal of information about the history, present status, and future of the Co-op’s expansion. He first explained that the selection of the former Caruso’s Market site was based on market research. Not only will the new store provide twice as much square footage as the Mt. Airy store, but Weavers Way hopes to double the number of Chestnut Hill members from the current 500. The expectation is that 10-20 percent of Mt. Airy shoppers will migrate to the Chestnut Hill store. The acceptance of the plan by neighborhood residents and businesses alike has been universal. Research indicated revenue potential of \$5 million a year. The first hire will be a manager, followed by 30-40 full- and part-time staffers. Home delivery will be an option and hours will be at least 7 a.m. to 8 p.m. Katz emphasized the positive reception Weavers Way has received from merchants such as Kilian’s Hardware and the Chestnut Hill Cheese Shop.

Referring to the new facility as Weavers Way Chestnut Hill, Katz fielded the following important questions: *Will nonmembers be able to shop?* Yes, and members may be able to opt out of work. Each type of shopper will have corresponding benefits. *What about parking?* Shoppers can use the lot behind the store, but Weavers Way does not own it. Katz emphasized



**No entry, no PowerPoint, no problem.** Weavers Way’s Stu Katz prepares to address Chestnut Hill neighbors on the expansion plan.



**All ears.** Interested Hillers listen attentively outside the Free Library as Stu Katz lays out the plan for Weavers Way Chestnut Hill.

that every effort will be made to avoid using Germantown Avenue for trucks. Since the Co-op owns 5,000 square feet behind the store, it can be used as a loading area. *Will the inventory be the same?* Yes, with an emphasis on food over nonfood products. In addition, there will be an expanded deli and a butcher. Weavers Way’s chef, Bonnie, will be able to expand the prepared foods section.

# New Staffer Helps Get Word Out About Weavers Way Chestnut Hill

by Rick Spalek, Operations Manager



Weavers Way’s new chestnut Hill Outreach Coordinator, Pat Evans, (right) talks about Weavers way with a prospective member at the Chestnut Hill Growers Market.

WITH CONSTRUCTION soon to begin on Weavers Way Chestnut Hill, people who are looking forward to the opening are full of questions.

To help address this growing curiosity, we have hired a new staff member, Pat Evans, to focus on outreach for the new store. A resident of Chestnut Hill, Pat moved here in 2005 with her husband, Mark Piechota, who is head of the Crefeld School in Chestnut Hill.

Pat has a long history with cooperative ventures. She was an early member (1971) of the Ithaca Real Food Co-op, participating in many aspects of its initial buying club. She helped with the development of “The Grain Store” which later became Greenstar Co-op, a successful co-op that now has two locations in Ithaca, NY.

In 1994, she moved to Williamstown, MA, and joined the Wild Oats Coop, where she had one of the much-coveted volunteer positions as a “weekly worker.” She later joined the staff as assistant perishables manager. In Williamstown, Pat was also an active member of the Caretaker Farm CSA and served on its board.

We feel fortunate to have a Chestnut Hill resident with such a rich history in co-ops on our staff. Look for Pat “on the Avenue,” at the Saturday Growers Market, and in front of the former Caruso’s store. She’s particularly interested in hearing your ideas for the new store, and she will pass them on to the appropriate people. If you don’t spot her, you can e-mail her at [patevans@weaversway.coop](mailto:patevans@weaversway.coop).

## Weavers Way is on Twitter

Follow us at @WeaversWay and receive quick updates about events. Product specials, and other important information...  
... as well as what we had for breakfast, if we just broke a fingernail, what the weather is like, and more!!



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# Manager's Corner

by Glenn Bergman, General Manager

It is important that as the Co-op's Work Option Committee undertakes the new direction of writing the policy on how we will move forward with a work option as a member, that we maintain the importance of work for membership involvement. I have recently been rereading co-op literature that addresses the different involvement levels of members. Many will use the Co-op as non-members, and will support the Co-op's principles and mission through their economic involvement. While this is important and may lead to people joining the Co-op, I understand that what is important to many of you is that people are involved not only as just "shoppers," but also as members and, when possible, as "working members."

Honest Weight Co-op, a very successful co-op in Albany, New York, has "tiered" levels of membership, but insists that members be working members. I suggest you check out their web site and membership manual for more information. They provide a two-percent discount to non-working members, a ten-percent discount to members who work (three hours per month for one adult and an additional one hour for every other adult in the same household). So a single-person household gets ten-percent off the shelf price for 36 hours of work a year; for

a two-adult household, it is 48 hours each year. Compared to the six hours per adult for WW, that's a difference of 30 hours for a single-person household, and 36 hours for two adults.

We have operated much differently, providing a discounted price across the board at a 34-percent margin. The Honest Weight shelf prices are much higher than WW, but even if you are working member and receive the ten-percent discount, you will end up still paying a higher price than at WW. At Honest Weight, non-working members cannot vote or receive certain specials, either, making the work program even more inviting to members.

This is just one example of how a co-op has handled a work option program. We hope to have a program to roll out in October, so we can begin testing it with a group.

### Expansion Timeline

When we purchased the Chesnut Hill location in February, I had high expectations of opening the store in August. The more we worked to design the building and looked at the structural work that had to be done, we realized that there was much work that, if left undone now, would require us to close to complete at some point later on. We decided to do the work now, and open the store with a new core that

would not need work for many years, but this has involved considerable design, planning and financial work.

We have also been doing more planning for energy saving inputs into the building and getting engineers in to do more pre-planning. All of these items have combined to push back our opening, and while we might be able to open in December, if we really pushed it, we have decided to shoot for a "soft opening" in January.

I realize that is not what for many of you in CH want to hear, and if I could make it happen faster I would. Our architect and project manager understand how important this is, and they have been clear about when Weavers Way is holding things up and when others are waiting for project information. We hope that our General Contractor will perform a little magic and provide for a fast completion so we make this later date.

We will keep you informed via e-mail newsletters and The Shuttle. As we get closer to completion, you will receive a notice in the mail regarding special member tours and inviting you in to shop and try out the store.

### How Are We Doing?

As an owner of the Co-op, it is important that we continue to hear



General Manager Glenn Bergman

from you on how well we are meeting your needs. If we are not providing good service, competitive pricing, or the type of products you want (and believe we should have), it is important that we hear from you. Don't be shy: Pick up the phone, the computer, or a pen and paper and write to me or Rick, or the person you think needs to hear from you. We want to hear the good and the bad, negative and positive input. By learning what we are doing right, we will continue to do so. The same is true for the improvement areas—we will know what we need to change or improve. It really helps us and we want to please you as a member and shopper.

## Kentu

(continued from page 1)

was loading bags of cat food onto the shelves. He greeted me with a shy smile. Apparently he'd heard The Shuttle was running a story on him and had been asking about it. He enjoys stocking shelves, he tells me, but his favorite part of the job is the people he meets at Weavers Way. You can tell from first glance: Kentu is a people person.

He's also a sports fan. If you want to get him talking, mention the Phillies or President Obama. Kentu is an avid Obama supporter and was actively involved in soliciting votes during the presidential campaign.

"He has a very easygoing personality," says Jon Roesser, the human resources manager at Weavers Way who

hired Kentu in January through St. John's Community Services. "Kentu is incredibly friendly and very reliable, like clockwork. You can set your watch to him."

I tell Kentu that Roesser said he's always on time. "Always on time?" pet supplies manager Cat Nolan teases from the front of the store. "Who told you that? He's a hard worker but I don't know about always on time!" Kentu takes this with a good-natured smile as he restocks the Nature's Miracle and Kitty Kaviar. "Jon's got my back," he says.

Look for Kentu at the new Chestnut Hill branch this fall. Roesser hopes to start him there unloading trucks and, possibly, assisting members who need help carrying groceries to their cars. "He's very strong and great with customers," says Roesser. "It's really good to have him around."

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# Rawhide

(continued from page 3)

processing of all of Merricks unique, high quality dog chews. Included, you will find Texas Toothpicks (beef tails), Snozzles (pig snouts), Moozles (beef snouts), Hoofers (beef hooves), Flossies (a spiral tendon chew), and various ears. I think this was a fantastic idea! It is a great way to mix up your dog’s treats and offer variety without paying the price.

Still, rawhide offers several advantages and should not be ruled out as an option, provided that you keep in mind several guidelines for choosing safe, quality products. Rawhide is dried animal skin. It is unique in that it is stiff but softens and becomes more pliable as your pet chews. No sharp shards means there is less risk of injury, choking, and digestive problems. Generally, when purchased in the right size, your dog can get a real work out because it takes longer to chew through a quality rawhide product. Rawhide will exercise the jaws and clean the teeth. Rawhide can also be less messy and is not as objectionable to touch or look at as some of the other chews made from various animal parts.

Given these advantages, rawhide may be the right choice for your pet if you are informed and know what you are looking for. There are many rawhide products out there and they are not all good for your dog. While the U.S. beef industry is saturated, American-made rawhide is not. Contrary to common wisdom, rawhide is a by-product of the leather-making industry, not the beef industry. There are very few tanneries in the U.S. today. The

process involved in the production of cattle hide is a costly one. Tanneries must use large amounts of water to process the hides, which is costly and wasteful, and can be impacted by environmental law as well as complaints from neighbors. As a result, according to Cattle Network, the U.S. exports \$1 billion worth of hides to China annually, making us China’s largest source of hides from cattle, sheep, and pigs.

Cattle hides are a perishable meat product and must be handled as such. Those that are to be processed quickly must be iced and shipped from the slaughterhouse to the tannery in no more than a few days. Needless to say this is not the case for most of the hides that are used to make the rawhide that you will eventually give to your pet. According to WDJ, these hides go from the kill-floor to a highly concentrated brine solution that will prevent protein-destroying organisms. Here they will “cure” for twelve to eighteen hours, and are then packed and exported. The curing process is meant to slow decay but cannot prevent it indefinitely and, as it may take weeks or months for the hides to reach China, this journey can begin to take its toll on the quality of the hide. Upon arriving at the tannery in China, they are soaked and treated with lime to strip the fat from the hide. They are physically and chemically de-haired. The hide is then de-limed through numerous water rinses. Chemicals are then added to “puff” the hide, which allows it to be split into layers. The outer layer is used to produce leather goods such as car seats and clothing.

The inner layer is used for collagen, (for gelatin, cosmetics, and glue) and rawhide.

At a rawhide manufacturing facility, the hide is again washed and sanitized, likely in a bath of hydrogen peroxide. It will then be formed, cut, rolled, shaped, packaged, and shipped for sale. While this process sounds rather ordinary in terms of manufacturing, it is the condition of the hides that is of concern. The brining process is only able to arrest decay to a degree and as a result, most exported hides are blackened by rot by the time they reach the rawhide manufacturer. The best case scenario is that they must be bleached to improve their appearance and aroma. If the decay is extensive, the hides will be treated with other chemicals and, in the worst case, painted with titanium oxide to conceal the damage and make them ready to line the shelves of U.S. pet stores.

The very description of this process is probably enough to inspire dog owners to buy American-made rawhide. Freshness is a terrific incentive as well as the fact that it is less likely that illegal or toxic chemicals were used in the manufacturing process. Low-quality hides have been known to show traces of lead, arsenic, mercury, and formaldehyde.

In addition, pet owners should look at the thickness of the hide. According to WDJ, “thicker is better.” The color of the hide is also important. The hide should not be terribly white; too white is unnatural and a clear indication that the rawhide has been

chemically processed. Rather, look for rawhides that are light tan, similar to a manila folder. Less processed hides retain more of their natural flavor and aroma. Rawhide should not be odor-free or have a rotten smell. A good rawhide will have some aroma. “Knotted” rawhide should be made of a single sheet that has been rolled and knotted to avoid loose parts becoming a choking hazard. Avoid artificially dyed and colored rawhides as well as chews that are made from shredded bits of rawhide bound together by added ingredients. As always, your pet should be supervised while chewing.

While American-made rawhide is hard to find, I am very pleased that we have been able to add Wholesome Hide to our inventory in the pet store. Wholesome Hide is based in Chicago and is the only rawhide produced solely in America using U.S. cow hides. Their company serves as an alternative to the availability of highly processed rawhides for small and independent retailers and distributors. Their products contain the flavorful collagen layer that is stripped from most other hides. They are hand-tied and 100-percent natural. We now have several sizes and varieties of knotted bones as well as rolls. The prices are somewhat higher than the Super Bone rawhide, made in Argentina, which we have carried until now. The price difference, less than a dollar in most cases, is negligible when you consider the assurance of quality that you are purchasing. Why not give them a try? Bring one home to your doggy today and see if he can’t tell the difference!



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Farm Bike Tour

(continued from page 1)

programs, and history before we got on our bikes and peddled one quarter-mile to Stenton Family Manor.

Stenton Family Manor is a city-owned family homeless shelter. This year, Weavers Way Community Programs (WWCP) started a one quarter-acre farm on the grounds, with the help of shelter residents and volunteers. Rachel Milenbach, director of WWCP, met us there to talk about the project and show us the farm.

Our next destination involved a long ride across town to Mill Creek Farm in West Philly. Soon after we started this part of our journey, our leader Chris Hill had a flat tire. As we waited for his flat to be fixed, we checked out each other’s bikes. There was quite a variety, from mountain and street bikes to hand built bikes, folding bikes and one bicycle built for two. With air in all our tires we continued on past the Co-op and into the woods, where we carried our bikes over a fallen tree, and rode across the Falls bridge onto West River Drive, through the park, back on to the street, finally reaching Mill Creek Farm.

Mill Creek Farm is an amazing example of what can be done on a vacant city lot. The space provides room for a community garden, an education farm, and a building that has a green roof, composting toilet, and straw and mud walls, as well as cement walls covered

with beautiful mosaics. Co-managers Jade and Jo explained how the farm started, its purpose and current activities.

We picked up a few more riders at Mill Creek, then headed back to the park. I passed Glenn Bergman, who was conducting a meeting over his hand-held cell phone while riding. Thankfully he was wearing a helmet, since he will probably need his head to see us through the expansion. We pedaled on through the park and over the Strawberry Mansion Bridge. This bridge was renovated a few years ago and is absolutely beautiful. Riding across the wooden floor felt like riding on the boardwalk at the shore. On the other side of the bridge, we stopped in the shade of the trees at Woodford mansion and learned about the Philadelphia Orchard Project and the trees they planted on the mansion grounds. After a short rest we were off again to 18<sup>th</sup> and Wallace.

The Spring Gardens at 18<sup>th</sup> and Wallace is a well-maintained community garden in the Fairmount section of the city. At this stop, we learned about the City Harvest program, which is part of the Pennsylvania Horticultural Society. This program involves seedlings being started in greenhouses at a prison in Northeast Philadelphia. The seedlings are given to community gardens, along with seeds, advice, and

more. The food produced by the gardens is shared with local soup kitchens and food banks. During our visit, a cooking demo was in progress to show the gardeners and food recipients how to cook certain City Harvest crops. The highlight of this garden is the large artist fence surrounding the space.

Teens4good, located at 8<sup>th</sup> and Poplar, was our next stop. This garden gives teenagers a chance to garden and learn where their food comes from. The garden is entered through artistic gates decorated with tall mosaic flowers. After a sample of raspberries and green beans, we headed to our final farm visit.

Greensgrow in Kensington is the oldest urban farm in Philadelphia. It was started in 1997 and includes a nursery, CSA (Community Supported Agriculture), and farmers market. It also sells produce to local restaurants. Even if you don’t want to bike this far, Greensgrow is worth a visit by bus or car.

At last, we were off to our final destination—beer and pizza at the Philadelphia Brewing Co.! We chatted, ate, and sampled local beer, then realized it was not over yet. We still had to get home with our bikes. Some people took public transportation, some got rides, and others kept on riding. Five of us pedaled our way back to Germantown and Mt. Airy. It was an interesting day and an invigorating ride. Hope to see you there next July.

**For more information about the farms, visit:**


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# Farm Education Looks Toward Fall

by David Siller, Farm, Educator

PLANNING IS underway for the fall farm education programs. We’re in conversations with many schools that have visited in the past, as well as some new schools. This fall, already we have events planned with Philadelphia University, High Street Christian Academy, Crefeld School, Central High School, The Philadelphia Waldorf School, Wissahickon Charter School, Germantown Friends School, and the Henry School. As teachers return from their summer vacations, I will be contacting those who have brought their students to the farm during the fall in previous years and working out schedules for this upcoming fall. This, in addition to our work with the children at the Stenton Family Manor, who farm with the Weavers Way Farm Educators all season long, will make for a wonderful fall farm season.

The farm has grown a lot over the past few years. We’re rolling through this year with wonderful new programs, such as the Saul CSA and the Stenton Family Manor. I know those of you who seek us out at the market are impressed with the produce coming from our farms. As we begin to look forward to coming years, we are always in conversations about how to increase our capacity. As you may have

read in the articles Rachel Millenbach and I wrote in the Shuttle last month, we have been in the planning stages of putting together a Weavers Way Farm education curriculum document.

We have also been dreaming up other ways to increase our farm’s capacity. Recently, we have been in conversation with other organizations about expanding our farm and education programs for the 2010 growing season. Also, looking at the current Weavers Way Farm sites, we see a lot of room for an expansion of our capacity within them. All the farmers, farm educators, apprentices and interns want to develop a better composting system for the farm and we’ve been in conversations with the Philly Compost organization about partnering with them to make this happen. Also, as a farmer and farm educator, I am awestruck at the potential of value-added products. I would like the Weavers Way Community Programs to develop this channel with the farm product over the coming years. As the new store opens up in Chestnut Hill, I see a lot of potential with dried herbs, teas, pickle-making, and more connections between the farm and prepared foods department at the Co-op.

## Co-op Meat

(continued from page 3)

organic beef prices began to climb, they partnered with neighbors and created a natural beef line, which is not certified organic, but is raised the same way: pasture-raised, with no antibiotics hormones or any chemicals. They supplement their diet, especially in the winter with a mixture of alfalfa, oats, soy, and some corn. The grains are all pesticide free. Natural Acres has its own slaughterhouse on it’s property. We have added a number of new cuts of beef to our line, including flank steak, flat iron, skirt, and eye roast. If you want a special cut, I can order it for you.

Our chicken supplier, Bell & Evans, is a family-owned company located in Pennsylvania. Their farmers and feed-producers are also family-owned. Their chickens are raised in houses that are low density, which prevents overcrowding. They are fed an all-natural diet of soybean and corn enhanced with vitamins and minerals. Their slaughterhouse is state-of-the-art. They use a bath of Sanova, which is an organic, citrus-based antimicrobial. It kills 99% of all bacteria, including e. coli and sal-

monella. The solution evaporates and leaves no residue.

Koch, our new ground turkey supplier, is family-owned and -operated. They are also located in Pennsylvania. The turkeys run in a house with access to the outside. They are grain-fed, with no antibiotics and the grain is locally raised. Koch meets strict humane guidelines and welfare standards for turkeys.

Martins Sausage makes most of our sausage. They are located in New Jersey. Currently they are using commercially raised turkey, chicken, and pork. We are in the process of changing this to a natural, local product.

Esposito is a butcher shop on 9th Street in South Philly. They are a family-owned business and have been for generations. The turkey products we get from them are naturally raised, such as the turkey London broil. The beef, however, is from the Midwest. The animals are raised in feedlots and they do use antibiotics and hormones. The meat is graded prime and choice. They are reasonably priced and tasty.

I hope everyone has the opportunity to see Food, Inc. The movie explores so many issues surrounding today’s food production. We can create change by where we put our food dollars

## Is Weavers Way Farm Produce Organic?

(continued from page 2)

gineering. Your thoughts on this subject? E-mail me at the address below.

In September, keep an eye out for more wonderful summer produce as well as the return of the tender fall greens like kale, collards, mustards, and arugula, as well as crisp, sweet radishes and turnips. Stop by and see us at the market at Carpenter Lane on Thursdays or at Headhouse Square on Sundays. Of course, you can find our produce in the Co-op any day. You can also find our produce on the menu at Geechee Girl Rice Café in Germantown, Earth Bread + Brew in Mt. Airy, and at Cafette in Chestnut Hill.

Geechee Girl Rice Cafe at 6825 Germantown Avenue is holding its second “Greet the Grower” dinner featuring local farmers and their produce. (It was originally scheduled for August until it became clear that farmers are too busy then to come to dinner.) This event allows Geechee Girl to showcase local products, and gives the guests an opportunity to discuss the rewards and challenges of urban farming. The exact menu will depend on what produce is available in late September. Nicole Juday and Landon Jeffries from Wyck’s Home farm and David Siller from Weavers Way Community Programs, and Christopher Bolden-Newsome from the Martin Luther King High School farm have also been invited. Reservations are strongly recommended. 215-843-8113.

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# Healthy Food: A Key to the Future of Urban & Metropolitan America

by Margaret Lenzi, At Large Board Member of WW

*"[We] ALSO need to stop seeing our cities as the problem and start seeing them as the solution. Because strong cities are the building blocks of strong regions, and strong regions are essential for a strong America. That is the new metropolitan reality and we need a new strategy that reflects it..."*

- President Barack Obama

To start this conversation, a nationwide tour started in Philadelphia on July 23 featuring the intersection of fresh food, health, economic development, workforce development, and neighborhood revitalization. Adolfo Carrion, Director of the White House Office of Urban Affairs, moderated a town hall meeting at ParkWest Town Center, which included distinguished guests Secretary of Agriculture Tom Vilsack, Secretary of Commerce Gary Locke, Deputy Secretary of HUD Ron Sims, Mayor Michael Nutter, State Rep Dwight Evans, Jeremy Nowak, President of The Reinvestment Fund, and Yael Lehman, ex-director of the Food Trust. Weavers Way, a leader in the Fresh Food Movement in Philadelphia, was well represented at this gathering by staff, board members, and a Marketplace display by the produce department.

Access to healthy food is a significant problem for millions of Americans, especially in urban America. One in every six Americans—48.4 million people—live in low-income neighborhoods more than half a mile from the nearest large grocery store. The results of this lack of healthy food options are grim—these communities have significantly higher rates of obesity, diabetes, and other related health issues. Studies demonstrate that adding fresh food retail options to communities lacking affordable, healthy food increases consumption of fruits and vegetables and improves health outcomes. Supermarkets are also a stimulus to other economic development in a neighborhood.

Philadelphia was chosen as the city to kick off this national conversation on urban America because we have a local model of community partnerships working with government to bring more healthy food options to neighborhoods. Three of the major players in this local field are:

The Pennsylvania Fresh Food Financing Initiative (FFFI). This is a statewide financing program designed to attract supermarkets and grocery stores to underserved urban and rural communities. Created in 2004 under the leadership of State Rep. Dwight Evans, FFFI has taken \$30 million in state seed money and leveraged it with an additional \$165 million in private investment to create a flexible loan and grant program. In just four years, it has helped to develop 68 new or improved grocery stores in underserved areas throughout the state, provided more than 400,000 residents with increased access to healthy food, and created or retained 3,700 jobs.

The Food Trust (TFT), a local Philadelphia nonprofit founded in 1992, works to improve access to healthy, affordable food and to educate families about nutrition. TFT operates numerous farmers' markets throughout Philadelphia, brings supermarkets to underserved areas, and increases access to healthy food in corner stores.

The Reinvestment Fund (TRF). This is community development financial institution has provided financing for innumerable community projects in Philadelphia. TRF pledged \$90 million to provide grants and loans to qualified supermarkets and fresh food retailers to help bring healthy food to underserved areas in Philadelphia.

Weavers Way is involved in, and benefits from, the innovative development programs and financing facilities that are making Philadelphia and Pennsylvania a model for the nation. With the approval of TTF, Weavers Way received a \$126,000 grant from TRF to help open a second store in the West Oak Lane section of northwest Philadelphia in July 2008. Weavers Way Farm participates in the Head House



Pictured here at the Urban Agriculture event at the Parkside Shoprite, are (front, l to r) Weavers Way Merchandising Coordinator Josh Giblin, Board Member Margaret Lenzi, (rear) Co-op staffer Michael Herbst, WWCP Executive Director Rachel Milenbach, Board member David Woo, State Representative Dwight Evans, and General Manager Glenn Bergman.

Farmers Market that TFT runs on Sundays. Weavers Way is a sponsor of the market, and we provide over \$500 to the market each year.

Highlighted at this meeting was the Parkside ShopRite Supermarket in West Philadelphia—one of the great successes of this public-private collaboration. The idea for a supermarket in Parkside started in 1996 as part of an empowerment zone. However, banks and supermarkets had redlined the area making development impossible. When FFFI came into existence, it completely changed the picture by making startup funding available. That enabled Jeff Brown, owner of ShopRite, to fulfill the neighborhood's dream. Now, the ShopRite is the anchor store in the ParkWest Town Shopping Center—a 340,000 square foot open-air center that has the largest ShopRite in the city, a Lowe's and other stores, and provides 640 permanent jobs. And it all started with the community wanting a grocery store in their neighborhood.

Not to be overlooked is the pioneering role Weavers Way has played in developing fresh food opportunities in our community. The Weavers Way Farm at Awbury is a sterling example of an urban farm producing locally grown food in a sustainable way. This year, we

started the collaborative Community Supported Agriculture (CSA) farm at Saul, the first CSA established at a high school. Weavers Way's flagship program, Marketplace, is a partnership with city schools where Weavers Way oversees student-run co-ops that sell healthy snacks. Weavers Way was featured at a workshop at the national Consumer Cooperative Management Association conference this past June. Co-ops from across the country marveled at these innovative ventures of Weavers Way, and many commented that they would like to start similar projects.

The goals of this national tour were to identify local innovation, understand the work of the private and non-profit partners who contributed to its success, and identify ways the federal government can create incentives for this type of collaboration and policy integration. Hopefully, Philadelphia's innovations in the fresh food area will be taken back to Washington and help inspire a new national urban strategy. This is one important step to a brighter future for urban and metropolitan America and one in which Weavers Way is, and will continue to be, involved.

*Sources of Information: Policy Link, The Food Trust, and The Reinvestment Fund.*

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# Shirley Melvin, Helped Make Mt. Airy What It Is

by Denise Chapline

ON TUESDAY, July 21, 2009, longtime Co-op member Shirley Melvin died peacefully in her home at the age of 84. For more than eight decades, this native Philadelphian shared her devotion, convictions, and unflagging energy with family, friends, and the community she loved.

The door to Shirley’s home was a wonderfully inclusive revolving door, where family members were joined by people of all races, identities, and backgrounds.

Over the years, anyone needing assistance of any kind was met at that door by Shirley’s open heart and helping hands. With her love, she taught people to embrace each other as Family. She saw everyone’s strength and potential, encouraging them to use their gifts to make a contribution to the world.

She survived the devastating loss of her first daughter, Janet, to cancer and continued to embrace life with a full heart. Janet’s partner and son became valued members of her family. Her “adopted” kids brought into her life precious grandchildren, with whom she shared a deep love and commitment.

Shirley was born October 16, 1924, arriving 30 minutes after her “big” sister and identical twin, Doris. Born to Esther and Jack Blumberg, Shirley, Doris, and their brother, Aaron, grew up in Gray’s Ferry, where they were one of a few Jewish families in the neighborhood.

Shirley’s father, Jack Blumberg, owned a real estate company, where he helped working-class families purchase their own homes. Her mother, Esther, worked to get Jews out of Europe during WWII, opening the Blumberg home to refugee children. Jack and Esther’s qualities of fair play, hard work,



and community activism made indelible impressions on their children.

In 1942, while still teenagers, Shirley and Doris were recruited directly out of Girls’ High to work as mathematicians for the US Army. They worked six days a week for the next three years to help the U.S. win WWII. When the war ended, Shirley married Tom Melvin and assisted at his photography studio. She was then recruited by the Franklin Institute to work as a mathematician to help develop a stabilizer for commercial aircraft. Shirley was also part of the team that developed ENIAC, the first electronic computer.

She had three daughters, Janet, Hedy, and Nini, and Doris had five children. They raised their children as one family.

During the years they were raising their families in the neighborhood of West Mt. Airy, both Shirley and Doris became community activists, helping to found West Mt. Airy Neighbors and the Allens Lane Arts Center.

By the early 1960s, the unethical real estate technique of blockbusting threatened to disrupt the inclusive and welcoming environment the twins valued in their community. Spurred on by personal conviction, in 1965 Shirley joined her sister Doris in forming Twin Realty of Germantown. This woman-owned, woman-run real estate company was created to gently integrate the Mt. Airy/Germantown areas of Philadelphia. For nearly 30 years they worked side by side as socially responsible agents, advocating racial harmony and neighborhood integration, and helping this neighborhood become the first stable, integrated neighborhood in the country.

While Doris retired in 1991, Shirley continued to work in real estate, finally retiring last year at the age of 83. Because of their business activities and their other community efforts, the twins have received many commendations for their civic work.

Shirley Melvin is survived by her daughters, Hedy and Nini; her twin sister, Doris; many nieces, nephews, “adopted” children, and grandchildren; and scores of beloved friends.

The family requests that in lieu of flowers, contributions to Shirley’s name be made to the Allens Lane Art Center, 601 W Allens Lane, Philadelphia, PA 19119-3300.

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# City to Recycle Yard Waste

by Steve Hebden

STREETS COMMISSIONER Clarena Tolson announced in June that the Streets Department is accepting yard waste as a recycled material at its Sanitation Convenience Center on Domino Lane, in the Andorra section of the city (map at <http://tinyurl.com/mpgsf3>). Philadelphia residents may bring yard waste and other similar materials for recycling and composting to this center during the hours of 8:00 a.m. to 6:00 p.m. on Saturdays only through October 31. Residents may drop off brush cuttings, tree limbs, leaves, and other similar material for recycling not more than four feet in length and not more than eight inches in diameter.

Yard waste brought to the site for recycling should be untied and not in plastic bags. Biodegradable brown paper bags are recommended for yard waste and recycling purposes. Please note, Sanitation Convenience Centers have been designed to provide a convenient, accessible drop-off point for Philadelphia residents only. As always, there is no charge. No waste materials generated by businesses or non-Philadelphia residents will be accepted.

# Antibiotics and Factory Farms

by Sandra Folzer, Environment Committee

LIKE MOST people, I assume we can always count on antibiotics to help us when we need them. Not so. More and more bacteria have learned how to mutate so they are resistant to antibiotics. You might respond, "Oh, they'll find a new antibiotic to replace the old." This is the scary part. No new antibiotic has been developed in the last ten years, and there is no planning to develop new ones, which would take eight to ten years. We continue to use the old ones, like tetracycline. This is according to Dr. Thomas Fekete, Chief of Infectious Diseases at Temple University, who was one of the speakers at the Town Square meeting at the Academy of Natural Science on July 21. The subject was "Health Care, Food Safety, and Antibiotics: Why some methods of raising food animals are putting human health at risk."

Why are some antibiotics no longer working? Simply, we use them too often and needlessly. According to the Union of Concerned Scientists, 70 percent of antibiotics in the U.S. go to healthy farm animals. Brian Snyder, executive director of PA Sustainable Agriculture and a former farmer, told how animal feed routinely contains antibiotics, no prescription needed. The antibiotics are administered to the animals because of crowded, unsanitary conditions at factory farms. Snyder says we should give farm ani-

mals clean water, healthy food and sunlight instead of antibiotics. Robert Martin, Executive Director of Pew Commission on Industrial Farm Animal Production, and Dr. Shelley Hearn from the Pew Health Group, talked about how the overuse of antibiotics in animals is increasing health care costs and the rate of illness for humans.

Antibiotics are the lynchpins that allow factory farms to keep cows in overcrowded and unsanitary conditions. Without them, the cows would die of disease. Then, because our vegetable crops are often fertilized with waste from these infected cows, any infectious material is passed from the animal to vegetation.

There is another reason that factory farms routinely use antibiotics. Antibiotics cause animals to grow faster, which means more profit for the food industry. The European Union banned antibiotics in 2006. At first their production went down, but after animals were given better air ventilation and cleaner conditions, production rose again.

Unfortunately, food production today is about money, not quality. In 2000, only 19 percent of food revenue went to growers. Most went for marketing, including packaging, distribution, and advertisement. Dairy farmers earn less now than they did 20 years ago.

One of the diseases resistant to bacteria is the deadly E. coli 0157, which thrives in the acid stomachs of cows that are forced to eat corn. Cows have problems digesting corn. When they eat it, their stomachs go from a base pH to acidic, which leads to disease and gas. It also harbors the E. coli bacteria. Factory farms prefer to administer antibiotics to all animals to control the E. coli rather than feed cattle the more expensive hay or grass. This continuous stream of antibiotics, along with numerous other pharmaceutical products, shows up in the river basins in PA, NJ and elsewhere, according to Dr. David Velinsky, a vice president of the Academy of Natural Sciences and researcher.

Interestingly, preliminary results from a study found that less than one-half of one percent of 866 wild animals tested positive for E. coli 0157. And, it was not found in cattle raised on their natural diet of grass and hay. As the movie Food, Inc. pointed out, if we allow cows to graze only five days before slaughter, E. coli 0157 is reduced by a factor of 1000.

In order to be able to have effective antibiotics available, we need to reduce their overuse in animals. Encourage Congress to support the Preservation of Antibiotics for Medical Treatment Act. See [Saveantibiotics.org](http://Saveantibiotics.org)

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# Work Option Transition Update

(continued from page 1)

- How do we maintain cooperator job duties in harmony with our growth?

This just scratches the surface and we have not even delved into the logistical and technical solutions that need to be in place before an implementation. However, we do know that we need to clarify the member benefits at each tier and define co-operator work in each of our stores. Whatever our solutions, store operations will need to be able to scale up or down to meet store needs and co-operator participation. Communication with our membership will be important throughout this transition, as we have a distinct

and vibrant culture of work. Now that there is no current mandate to contribute work, how do we preserve the uniqueness of our food cooperative.

We will need your help as one goal will be to measure and predict (with accuracy) participation in a work program. We expect to roll out a survey and your willingness to take time to share your thought will be valuable and appreciated.

Look for more reports, a test program, and answers to your questions. Please continue to support the store with your patronage, and learn more about what we do everyday to make our community stronger.

# Workshop for Co-op Singles

by Carrie Askin, co-founder of Philly Finds Love

SINGLE PEOPLE, we're talking to you. Do you dress a little nicer when you plan to make a run to the Co-op? Are you haunting coffee shops? Loitering in the dog park?

Did it ever seem like finding love would be simple? That you'd go online and it would be a matter of whittling down the list of twenty potential matches to that one person with whom you clicked? And yet, many, many coffee dates and meetings later, you are left feeling frustrated and disillusioned about finding an appropriate partner.

Maybe you aren't such an optimist. Maybe you don't really try to make connections because you imagine that the dating world is rife with users and players and imposters. The risks seem too great.

Whatever your experiences or fantasies about creating a social network or finding that special person, dating can be both exciting and daunting. It is hard to do it without support.

Maybe it's time for a friendly push from someone other than your mother.

Here's the first part of the good news: There are definitely things you haven't tried.

Enter Philly Finds Love. A Mt. Airy-based business offering workshops and events designed for single people who are interested in meeting others, while learning more about themselves. Visit our website at [www.PhilllyFindsLove.com](http://www.PhilllyFindsLove.com) for more information.

On Sunday, September 13, from 12-2 p.m., Philly Finds Love will be offering a free introductory workshop called, "Making the Connection," open to all single Co-op members,

at the 555 Carpenter Lane location. Spaces are limited, so sign up soon to reserve your spot!

Through small group interaction, non-threatening exercises, and discussion, you will have a chance to meet people outside of your circle and to get to know them in a deeper way than you otherwise might. Every day we put one foot in front of the other, but how do we know if we are moving forward in the direction we want? This workshop is designed to help you figure that out. You'll also have a chance to learn about how you come across, as well as how you interpret signals from others.

Now, Good News Part II: Weavers Way Co-op boasts a membership of roughly five thousand people, most of whom live in the area. It's true, many of these people are partnered but you know what? Many of them are not. Like you, for example. Not in a relationship. And you know who else isn't married or partnered? The twenty-nine other people who will be coming to this workshop.

This is a chance to expand your social network. You'll meet new people and you'll have an opportunity to learn something about yourself. All this and there will be free bagels!

*Carrie Askin LCSW (longtime Co-op member) and Jeanne Burd LCSW are psychotherapists with years of experience and training in working with individuals and couples. We created our business, Philly Finds Love, to help single people make connections in a healthy, supportive and growth-oriented environment.*



## WANTED:

### Your artistic mural talents!

The Co-op is looking for Co-op member artists to beautify the façade of our building at 555 Carpenter Lane. The mural you design and create needs to be on a panel(s) that we will mount in the spaces of the front shown whited out in the picture. The brick work surrounding the mural will be painted a tan color similar to our 557 building to the left. The materials you choose to use need to be durable and weatherproof. The winning design will incorporate elements of what you think best reflects our co-op life and community values. The winner will be chosen from entries received from Co-op members in good standing at the store by Saturday, October 24. The Co-op will cover the materials costs for the winning mural. E-mail: [annette@weaversway.coop](mailto:annette@weaversway.coop).

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# The Simplicity Dividend Style vs. Fashion: A Shopper’s Lament

by Betsy Teutsch

WHY IS finding clothes I even want to try on so challenging? My advice to the women’s apparel industry is to ask women what clothes they’d like to invest in, instead of trying to create clothing fads that will catch on despite a recession. A good garment industry starter question to us, their potential customers: Which clothes do you love? What garments do you take out year after year and enjoy wearing? What are the features of your favorite styles? Garment manufacturers would get an earful!

I have always loved style, but am annoyed by fashion. Style, by my definition, is the cut of a garment, along with its quality, color, fabric, pattern, texture, intended function, and comfort. Fashion is whatever the stores are selling at a given time.

The garment’s cut: Is it attractive? I am amazed at how unflattering many fashions are. Pants that are low-slung, showing women’s rear ends when they sit down, and necklines that reveal so much cleavage it sometimes is embarrassing to onlookers come to mind. Cut also takes sizing into consideration. What a hassle it is to be any size other than what the manufacturers think of as normal! Short, tall, large, small, younger, older—somehow designers

think the same clothes should look great on everybody. And of course a very basic question: Is it comfortable? A garment cut too high will choke, a garment cut too low will create a lot of anxiety; too tight will never do.

Color is one of the great delights of clothing. Bright, bold are just right for some complexions; pastels work better for others. Likewise, big bold patterns might suit tall women; as a short lady, I stay away from them. Practical shoppers know that there’s nothing easier to maintain than black. Buying a light colored anything, no matter how gorgeous, is asking for a big cleaning bill and a lot of fussing over not getting the garment dirty to begin with. The palette is controlled by the apparel industry, so if you find colors you love, don’t be surprised if they disappear for a few years.



Fabrics come in an endless variety of textures and types. Some are easier to care for than others, of course, and their eco-footprints vary as well. I am a huge fan of bamboo; it is luxuriously soft and grows quickly, requiring less input than cotton. Hemp is another environmentally friendly fabric, though hard to find. Organic cotton is better than regular cotton, since it is grown without pesticides, but growing any

cotton consumes great quantities of water. Polyester is a petroleum product, though some high-end manufacturers source it from recycled materials. Obviously clothing that requires dry-cleaning is costlier to maintain, as well as more polluting to the environment. The addition of lycra to make fabric stretchier, better fitting, and more comfortable is a stroke of genius!

Function is important. So many clothes are simply impractical. Most women I know want pockets to stash a tissue, a key, a credit card, a cell phone. People are lowering the thermostats these days – so why did bulky sweaters disappear from the earth? Why does my raincoat hood fly backwards when it rains, with no fastener to keep it in place? Why do the zippers in my winter jacket scratch my hands

every time I reach in one for a glove? And why on a bride’s Big Day are all the dresses strapless, requiring said bride to continually yank up her gown so she doesn’t accidentally expose herself? I do think designers should test drive these clothes.

Lastly, is the style flattering? I like t-shirts that are loose-fitting and fall slightly below the waist. About five years ago, I found some I loved and bought them in four colors. They’re schleppey now, so I went to replace them, and whoa! Every single brand I tried has added a few inches of length to their t-shirts, including the petite sizes. They all hit at the lower hips this year. Forget it! Am I the only person in America who is not a 5’10” model? Who do they think is out there?



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# Great Gardeners of Mt. Airy: Anna Herman

by Mark Goodman, The Neighborhood Gardener

WHEN YOU enter the backyard of Anna Herman’s house on Carpenter Lane, you are greeted by a profusion of vegetables, fruits, shrubs, and flowers. However, what make this space noticeably different from other local home gardens are the foraging chickens and the beehive. Chickens? Beehive? What is this, a farm? Actually, Anna Herman’s backyard resembles an urban mini-farm.

Before we meet the chickens, bees, and vegetables, let’s meet Anna. She is a former New York restaurant consultant who still writes on food issues and develops curricula for children’s gardening projects. For ten years, she has been an organizer for the Morris Arboretum community garden on North-western Avenue. You or your children may have taken one of her cooking classes at Germantown Jewish Centre, Mt. Airy Learning Tree, Henry School, or Project Learn School, where her two children—Harry and Emma—are students. Anna has lived in her current house with her husband, Robert Dud-nick, and their children for about 12 years.

Anna has had chickens in her garden for the last seven years. She likes them because they eat bugs and vegetable scraps. Of course, they eat young vegetables too, so she had to put chicken wire around her planting beds. In the fall, after the harvests, she’ll let

the chickens roam in the vegetable garden to eat the remnant leaves and unpicked veggies. Since chickens are “natural omnivores,” according to Anna, she feeds them kitchen waste, such as meat scraps, that do not go into the compost heap.

The chickens, of the araucana and cochin breeds, have comfy little houses in which to roost and lay eggs, some of which are blue. In fact, while I was interviewing Anna, she “harvested” two eggs. She has created a bare area for the chickens to take their dust baths, which paradoxically help clean them and keep insects off their bodies. Chicken poop? No problem—Anna scoops it right into the compost pile.

So much for the birds; now the bees. When I asked the obvious question—“Why?”—Anna responded, “We love honey.” She also wants bees for their pollinating powers. With the recent loss of local bees due to environmental factors and disease, having a beehive helps the local ecol-



Along with the flowers, bushes, fruits and vegetables in Anna Herman’s garden, are homes for the birds (chickens, left) and the bees (right)



ogy by providing ready pollinators. This is the first year for Anna’s beehives, so her family won’t enjoy the honey until next year. This year, the honey will provide food for the bees in the winter. As with any other local beekeeper, Anna had to get an apiculture license from the state in order to legally have a beehive on her property.

According to Anna, there are 35,000 (yes, that’s thousand) bees in her hive. Most stay inside to build the honeycombs, feed the brood, and care for the queen. The foragers go out and

collect pollen and nectar. The bees, as well as the chickens, are living proof of Anna’s love for animals and her desire to learn more about them.

The chickens and bees are so mesmerizing that it’s easy to initially overlook the wonderful vegetable and herb gardens. The backyard garden, as opposed to her Morris Arboretum garden, is primarily for vegetables that can be used right away, rather than stored. There are four raised beds, four feet wide and eight feet long, supported by one-by-eight-inch boards. Grow-

(continued on page 15)



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# Gardens of Mt. Airy

(continued from page 14)

ing in the raised beds, at various stages of growth, are celery, summer squash, string beans, rutabagas, and beets.

In addition, there is a 30 by 40-foot main garden, planted in rows with the walking paths mulched with salt hay. This choice is a holdover from when Anna’s children were very young. The kids learned that when they were in the garden, they could walk only on the hay. The planting rows are mulched with compost. Anna uses the principle of “succession planting.” For example, when the spring lettuce and peas are harvested, their space is used for (succeeded by) the summer and fall crops.

The contents of the main garden reads like a “Who’s Who” of vegetables: asparagus, cucumbers, kale, striped zucchini, yellow squash, Brussels sprouts, carrots, rhubarb, potatoes (five varieties), red leaf beets, kohlrabi, broccoli, and sunflowers.

Strawberries are the only fruit in the main garden, but on the east perimeter of the yard are fruit trees, vines, and bushes. Take your pick—grapes,

peaches, apples, pears, gooseberries, dwarf nectarines, and blueberries.

Anna has also made space for a perennial and cutting garden, which features astilbes, coral bells, variegated Solomon seal, daisies, echinacea, summer phlox, autumn sedum, asters, anise hyssop, and meadow rue (thalictrum). The north and west borders have stately and colorful shrubs, including butterfly bush, smoke tree (cotinus), viburnum, beautyberry (callicarpa), hydrangea, and “Burning Bush” euonymus.

Although Anna is the prime mover in the garden, family members pitch in and help.

Robert mows the lawn and feeds the chickens, and Harry and Emma help harvest the goods.

One of the reasons that Anna wanted such a large and diverse garden was to increase the family’s self-sufficiency. From what I saw in Anna’s bustling back yard, she won’t be buying much produce any time soon.

# What’s in a (Plant) Name?

by Mark Goodman

I USUALLY pride myself in being able to identify by name shrubs, flowers, and trees, both in the garden and in the wild. I spent many hours with Peterson, Audubon, and other field guides trying to perfect my knowledge of local flora. But I’m starting to rethink my facile identification of plants.

Plato said that once people learned to read and write, their memories would become weaker because they wouldn’t have to remember everything any more. As with all innovations, we gain something, but we lose something as well.

It’s the same with names. Once we name something, such as “tree,” or more specifically “oak tree,” there is a tendency to relax or omit our powers of observation. If we can just say “tree,” or “azalea,” or “echinacea,” then we don’t have to look as closely

at the plant. We don’t focus as much on the textures, colors, shapes, smells, or subtle movements. In a sense, we have objectified the plant—made it into a lifeless thing.

Think of the fairy tale of Rumpelstiltskin. When the princess named the gnome, it led to his death.

So the next time you’re taking a walk in the woods or are admiring a garden, don’t focus on the name of the plant. Instead, take some extra time to look closely at the leaves, the stems, the flowers, the bark, and the berries or fruits. Touch the plant and smell it as well as look at it. In this way, you will experience more of the essence of the plant and will not get lost in the name.

To paraphrase Juliet, a rose, even without a name, will smell just as sweet—and maybe even sweeter.

## Composters

(continued from page 3)

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Water utility costs are on the rise! Watering lawns and gardens, washing your car or your dog (or even your hair) with recycled rainwater will save you money. Many municipalities are encouraging rain barrel use.

So stop by the store, give our composter a spin, check out our rain barrel, and see if either of these may have a place with you.

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# Buy Fresh Buy Local Bike Ride

by Royer Smith

The folks that brought you “Buy Fresh Buy Local” present a fabulous bike tour of the Chester County countryside, Sunday, Sept. 27. Choose from 25-, 50- or 75-mile rides, beginning and ending at our very own Victory Brewing Co., followed by a meal of local food and a Victory beer (must be 21 or older) included with all registrations. Advance registration is \$35 (ending on Sept. 14) and \$40 on the day of the event. Those who register before September 14 will also receive a free “Buy Fresh” T-shirt!

Sample maps of the 25-Mile, 50-mile, and 75-mile routes, are available at [www.pasafarming.org](http://www.pasafarming.org), with final cue sheets coming available at the registration desk on the day of the ride..

All proceeds benefit Pennsylvania Association for Sustainable Agriculture (PASA), a non-profit organization that works to improve the economic viability, environmental soundness, and social responsibility of food and farming systems in Pennsylvania and across the country. To register visit: [www.pasafarming.org](http://www.pasafarming.org)

# Easy, Healthy, Energy-Engaging Nutrition as We Age!

by Mary Klein

Erin Owen, teacher of yoga, nutrition and wellness ([www.healthcatalystonline.com](http://www.healthcatalystonline.com)) presents a combination tasting and lecture that explores easy, delicious ways of reordering the way we eat.

Designed especially for women over 50, “Easy, Healthy, Energy-engaging Nutrition as We Age” will show how you can use Erin’s holistic approach to health, life and nutrition to integrate food into your own life in a way that is sensible and satisfying.

Learn how what you eat can help prevent and manage the most common ailments associated with aging, and

enjoy specially prepared samples of tasty, healthy foods. You will be given healthy food samples and recipes to take home.

This event is sponsored by the newly formed chapter of the Transition Network (TTN) ([thetransition-network.org](http://thetransition-network.org)), a national non-profit working with women over 50 as they navigate transitions during the next stages of their lives. TTN offers women local and national program events, monthly Peer Group meetings, local and national resources, volunteer opportunities—to help them discover new opportunities, new perspectives and new ways to make an impact.

This event will take place Thursday, Sept. 10, from 6:30 to 8:30 p.m. at the Ralston Center, 3615 Chestnut Street, Philadelphia. The cost is \$10 for TTN members and \$20 for non-members and guests. Nutritional, light refreshments will be served.

For more information, contact Nancy Leon, at [nmleon@gmail.com](mailto:nmleon@gmail.com) or 650-464-6000, or Mary Klein, at [mklein248@comcast.net](mailto:mklein248@comcast.net) or 215-248-2912.

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# Fall Foliage Bike Ride Supports Children with Special Needs

by Courtney M. Coffman

CAMPBILL SPECIAL School, a community and school for children and youth ages four to 21 with intellectual and developmental disabilities, will host the third annual Camphill Challenge bike ride on October 18. Valley Green Bank, which has branches in Chestnut Hill and Mt. Airy, is the ride’s founding sponsor.

Co-op member Rick Moseley, a parent of a Camphill Special School fifth grader, initiated the ride three years ago as a way to have friends from the city visit this extraordinary school. This year’s ride, which begins and ends at the school located in Glenmoore, offers a moderately challenging thirty-five-mile course and an easier ten-mile route suitable for families and beginner riders. Cyclists will wend their ways through Chester County during peak autumn foliage with astounding views of horse farms, historic homes, and covered bridges. A gourmet picnic and live music will round out the day.

Proceeds of the Camphill Challenge benefit Camphill Special School, which offers residential and day programs for students with special needs in kindergarten through twelfth grade as well as a Transition Program for 18 to 21 year olds.




Rick Moseley, Co-op member and founder of the Camphill Challenge, with his daughter Leta, a fifth grader at Camphill Special School

Jay Goldstein, president of Valley Green Bank shared, “Our bank is committed to Camphill Special School and the incredible education and experiences it provides to its students. We are proud to be the Founding Sponsor of this wonderful bike event.”

To register to ride or to sponsor the 2009 Camphill Challenge, contact Courtney Coffman at 610.469.9236 x132 or [ccoffman@beaverrun.org](mailto:ccoffman@beaverrun.org). For additional information on Camphill Special School or to register online for the 2009 Camphill Challenge visit [www.camphillspecialschool.org](http://www.camphillspecialschool.org) or call 610-469-9236 x132. To learn more about Valley Green Bank, visit [www.valleygreenbank.com](http://www.valleygreenbank.com).

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# Compost: Not a Dirty Word

by Ken Weiss

PHILLY COMPOST, a welcome addition to Philadelphia’s green landscape, presented an overview of composting for restaurants, businesses, and households. The event, hosted by Laurel Hill Gardens, featured two dedicated compost aficionados, Meenal Raval and Lee Meinicke. Their motto: “In soil we trust.” Raval, a community activist, and Meinicke, an expert in non-profits with an MBA in sustainable business, provided convincing arguments and data in favor of composting.

Meinicke began with a definition of composting, borrowed from Paul Hawken’s *Blessed Unrest*: “the practice of biologically decomposing organic waste, such as kitchen scraps and animal manure, in aerobic conditions to produce a soil-like product that can be reused as mulch or organic fertilizer.” She was quick to add that, in Philly Compost’s model, the raw materials come mainly from plants, not animals. The principal reason for composting is to keep organic waste out of landfills, where it is degraded anaerobically (without oxygen), producing methane, a potent “greenhouse gas.” Prepared with stats, Meinicke equated one ton of food waste composted with 2.5 tons of carbon dioxide not being released from landfills. Ten mid-sized restaurants would spare the atmosphere 25 tons of carbon dioxide a year. Hence, composting helps slow global warming.

Raval discussed what can be composted—all vegetable materials, flow-



Fancy a spot of tea? This nutritious (for plants only) brew is made from earthworm “castings” and water (available at Laurel Hill Gardens).

ers, meat scraps and even corn-based “plastics.” One of Philly Compost’s clients, Earth Bread + Brewery, found that composting pizza crusts and napkins reduced their trash burden. Peg Botto of Cosmic Catering, who attended, said that compostable paper goods are easy to obtain. For example, Greenline Paper makes them. Raval said that there should be no plastics in compost: “Compost is a living thing.” She showed an example of bio-bags. And although petroleum-based products can be added to compost, Philly Compost frowned on the practice. Other attendees made suggestions about getting biodegradable products. In response to a question about using a kitchen sink disposer instead, Raval pointed out that while that does keep the waste out of the landfill, it places

a burden on wastewater treatment systems.

How do you compost? Easy, the presenters said. For individuals, it’s as simple as putting waste materials in a plastic bucket, the kind they sell at Kilian Hardware or left over from a spackling job. Periodically, the bucket gets dumped into a nearby composting area. Nothing fancy is required. Raval showed a cylindrical piece of chicken wire held together by twist ties, about four feet across. The “recipe” for compost is one part green (wet vegetation) and three parts brown (dry leaves, shredded paper or wood chips). To “harvest” the soil-like finished product, just untie the wire. Placed on the ground in a backyard, earthworms will find the compost pile and aerate it. Indeed, earthworms’ waste, “castings,” are an ideal fertilizer. The attendees were directed to a huge barrel at Laurel Hill, with the sign “Joe’s Homebrew Compost Tea.” It is made from worm castings and water, and can be sprayed

on plants as an organic fertilizer.

Not in my backyard? No problem. Raval showed a map of community composting sites, for example, in the little park on East Willow Grove Avenue. The evolving map can be viewed on Philly Compost’s website, phillycompost.com. If that option does not appeal to you, Philly Compost can take you on as a client and pick up your compostable materials, as do Earth Bread and Wine Thief in Mt. Airy. Details are available on the web.



Yes, you can. Philly Compost’s Meinicke (left) and Raval review the ingredients for good compost.

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# Dinner and a Movie

by Margie Felton and Joanna Poses

WELCOME TO the first installment of “Dinner and a Movie.” Margie and Joanna, your intrepid leaders, will guide you through the thicket of local eats and ridiculous movies. Each month we’ll use a guiding theme to pair and review a meal and a movie. We try to bite our tongues when we have nothing nice to say, but, well, we’re just a little snarkier than that. For this, our inaugural article, we munched on take-out from Tiffin while giggling along at our gloriously silly Bollywood pick – *Rab Ne Bana Di Jodi*.

Margie needed a Tiffin fix because it’s a local jewel and her favorite Philadelphia Indian joint. Joanna was insistent on a Sharukh Khan flick because she once argued with a Tiffin waiter over Sharukh’s indisputable position as the “King of Bollywood.” With its numerous eating scenes (including a few that mirrored our own selections), *Rab Ne Bana Di Jodi* proved to be a perfect choice.

We made the mistake of ordering-while-hungry so our bountiful dinner order looked something more like a royal banquet. We cut across all the major categories of the menu with vegetarian dishes, lamb specials and chicken delights. The cubed lamb bits in our generous Briyani helping were tender and tasty, but they were not able to elevate the dish above belly-

warming comfort food. Joanna prefers a more complicated Briyani that offers more sweet contrasts (golden raisins, in particular) to the herbed meat and rice and the tangy yogurt sauce.

Margie wasn’t sure what to expect when Joanna revealed her Bollywood choice. Margie had never heard of Sharukh Khan and her doubts were not put to rest when Joanna pointed out the nerd of her dreams. As the movie progressed, and the star’s character went back and forth between computer geek and macho asshole, Margie’s heart of skepticism was softened and she gave herself over to his charms.

The film is plausible only in the lala reality of Bollywood. Sharukh marries the daughter of a beloved teacher after her fiancée is killed on the way to the wedding. As the teacher lies expiring on his deathbed, he begs Sharukh to marry and care for his devastated daughter. She agrees to tend to Sharukh so long as he agrees never to demand her love. In the end, he disguises himself as a disco-dancing, motorcycle-loving, tight-jeans wearing bad boy to win her over. Will he forgive her if she betrays him with his sexier alter ego? Watch and see!

Overall, we swooned as much for Tiffin’s creamy dishes as we did for Sharukh’s dreamy moves on the dance floor. The delicate Chicken

Korma soared with a little assistance from the complimentary mint chutney. And the Malai Kofta had us whimpering when we realized we’d eaten through our much-too-small portion. We’re surprised to say that both of us sharp-toothed carnivores were most impressed by Tiffin’s vegetarian fare. Good as much of the meat is, we preferred the more adventurous flavors and sauces of the veggie dishes. Their Saag Paneer is one of the spiciest (and, therefore, best) we’ve ever tasted. And, though it’s relatively mild, the Paneer Tikka Masala is more of a conversation starter for Margie than Sharukh Khan is for Joanna. Finally, no discussion of Tiffin would be complete without special mention of the Mango Chutney that comes with most items on the menu. Joanna insists that this is the best mango chutney she’s ever been served at a restaurant. It is neither sludgy nor slimy as it sometimes can

be. The texture is perfect and the taste is a little bit naughty meets a little bit nice. The mango sweetness is cut with just the right touch of mouth-puckering vinegar and pepper. And even Sharukh’s voluptuous bee-stung lips are nothing to that!

Tiffin brings Mt. Airy take-out to a whole new level. Take note that Tiffin offers its own “dinner and a movie” at its Girard Ave. location. The walls are lined with boxes and boxes of candy-colored Bollywood delights. Luckily, Netflix steps in where Tiffin leaves off. It boasts a wide selection of contemporary Bollywood fun. Nearby theaters in Doylestown and southern Jersey also feature regular Hindi screenings. So get out and enjoy!

Tiffin has locations in Mt. Airy, at 7105 Emlen St. (215-242-3656), and in Northern Liberties at 710 W. Girard Ave. (215-922-1297).

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# Michael Kleiner’s Memoir Wins 1<sup>st</sup> Prize in Beach Book Festival

by Michael Kleiner

NOT SURE what to read for the summer? Well, The Beach Book Festival can help. They recently announced the winners of their annual competition program spotlighting the hottest reads of the upcoming summer season, and Co-op member Michael Kleiner received first place in the Autobiography/Biography category for his book, *Beyond the Cold: An American’s Warm Portrait of Norway*. He received his award on June 5 at the prestigious Algonquin Hotel in New York City, former meeting place of famous and aspiring writers, actors, actresses, columnists and critics, since 1919.

The festival, which is among a number of competitions sponsored by JM Northern, based in Hollywood, CA, considers self-published or independent published non-fiction, fiction, biography/autobiography, children’s books, teenage, how-to, science fiction, romance, comics, poetry, spiritual, compilations/anthologies, history, business and health-oriented books. In addition to the category winners and a grand prize recipient, 39 authors were honorable mention recipients.

For Kleiner, this comes on the heels of Norwegian American Weekly citing *Beyond the Cold* as “a great book to give and get” in its Christmas catalog.

“I now have winter and summer covered,” jokes Kleiner. “The Beach Book Festival announced the winners on its site on Monday (June 1) and I scrolled down and saw my name in first place. Obviously, it was overwhelming to see my name in first place. The ceremony was four days later.”

The book chronicles Kleiner’s year living in Norway with his family at age 11, attending a Norwegian school, learning a different language, new sports and about Norwegian culture. He develops an affinity and passion for the country, its culture and people although he is not of Norwegian descent. Not only does he find a second home and family, but a country that is more than cold weather. These intercultural experiences contributed to the person he has become. *Beyond the Cold* is written with warmth, sensitivity, humor, caring, and insight.

There are a number of accounts of Norwegian resistance during WWII, and personally meeting Jewish and non-Jewish survivors in Norway and other European countries. He also includes research about places he visits, and Norwegian history and customs. The combination of childhood memories and adult experiences and perspective makes the book unique. He also includes Mt. Airy, with a passing reference to the Co-op.

# Event at Hideaway Music Marks Re-Release of Beatles Catalogue

by Brian Reisman, owner of Hideaway Music

ON SATURDAY, Sept. 12, Hideaway Music in Chestnut Hill will celebrate the Sept. 9 release of the entire original Beatles catalogue on CD, digitally remastered for the very first time. The collection includes all 12 Beatle albums as originally released in the U.K., in addition to two box sets. That’s the same day the anticipated “The Beatles: Rock Band” video game will be out.

To promote the event, Hideaway Music has teamed up with 102.9 MGK Classic Rock, the Beatles station, with on-air promotions and an in-store appearance 1–3 p.m. by the station’s well-known Beatles expert Andre Gardner. The event will be promoted through station promotional announcements, on-air commercials, and sponsorships of the station’s Beatles features for the entire week leading up to the event.

One of the featured aspects of the event will be a display of rare Beatles collectibles and memorabilia. Items include:

The famous banned “Butcher Cover,” depicting the Beatles covered with pieces of meat and baby dolls heads was immediately recalled after its original release in 1966; Super-rare Beatles poster promoting Candlestick Park concert – the last live performance. The poster is valued at over \$15,000; Framed Record Industry of America (RIAA) Certified Gold

Records awarded to John Lennon and Ringo Starr; Original Beatles “Flip Your Wig” board game Beatles trading cards; *Playboy* Magazine’s 1964 interview, *Life* and *Look* magazine articles from the Sixties; *Mad Magazine* cover from the Sixties; Original fan magazines and concert tour books from 1964, 1965, and 1966; original Beatles dolls; Beatles lunch boxes; Beatles wigs, buttons, record cases and more

Also on display—and for sale—a large collection of unique, museum-quality framed and unframed Beatles posters. Hideaway Music will also feature special pricing on all new Beatles releases, new and vintage vinyl Beatle’s LPs, Beatles DVDs, and memorabilia.

Hideaway Music is one of the few remaining independent record stores in the city. Hideaway Music features new and used CDs, new and used vinyl records, vintage concert posters and more. Hideaway Music is at 8612 Germantown Avenue, Philadelphia, PA, 19118—in the heart of Chestnut Hill. Store hours are Monday through Saturday, 10 a.m. to 6 p.m., and Sunday, 11 a.m. to 5 p.m.

Contact Brian Reisman at 215-248-4434 or [hideawaymusic@gmail.com](mailto:hideawaymusic@gmail.com).



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# MALT Digs into the Fall

by Jonna Naylor, Director MALT



Just a sampling of MALT’s excellent staff (left to right): Betsy Teutsch (Blogging); Michael Armstrong (TaeBo); Barbara Ochester (Knitting); Aishah Miller (Pancakes from Around the World, How to Boil Water, & Whole Foods Dynamics - The Sugar Blues); Suzanne Rotondo (Writing Non-Fiction); Linda Taylor (Detoxing Done Naturally & Mediterranean Magic!); Kevin Schueller (MS Office); Andrew Sellers (Spanish); and, in the front seat of the car, Ebony DeBrest (Learn to Swim & Water Aerobics) and, in the driver’s seat, Desiree Robinson (Hustle for Housewives & Zumba).

COME BUILD a magnificent structure with nothing more than the earth beneath your feet! Help create a storage unit for a local school or community farm with MALT’s Earthbag Building class! Class will meet at the Weavers Way Farm at Saul High School starting on September 29 and running through December 1 from 6-8 p.m. Cost is \$49.00. Weavers Way will be offering other opportunities to get involved as well. To register, call MALT at 215-843-6333 or go to [www.mtairylearningtree.org](http://www.mtairylearningtree.org)

Building not your speed but your plants need some TLC? Join Mia Mengucci to discuss your Indoor Plants. Which outside summer plants can be brought inside for the winter? Do they have bugs? Do you have questions about a specific plant? Bring it to class to discuss and/or repot for the winter. Class will meet at the Chestnut Hill Center For Enrichment on Thursday September 24 from 6:30-8:30 p.m. Cost is \$24.00 To register, call MALT at 215-843-6333 or go to [www.mtairylearningtree.org](http://www.mtairylearningtree.org)

The Mount Airy Learning Tree offers over 250 classes per term, and our

Fall term is just getting going! Be in the know! Take a look at our website, give us a call, or pick up a catalogue at the Co-op or hundreds of merchants around town to see all of your possibilities!

### MALT Photo Contest

What makes Mt. Airy and MALT special to you? Capture it in a photo, and it may end up on the cover of the next MALT catalogue, or the 2010 calendar. For more info, call 215-215-843-6333 or e-mail [info@mtairylearningtree.org](mailto:info@mtairylearningtree.org)




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# Story Series at InFusion, Mugshots

by Jonathan McGoran

GAS & Electric Arts theater company, founded by Co-op members Lisa Jo Epstein and David Brown, invites the public to come laugh, reminisce, confirm and connect with others by telling seemingly impossible yet amazing true tales about your family histories in this series of free events. In Gas & Electric Arts’ intimate “Generating” story circles, you’ll tell and hear inspiring stories while being reminded of the power of your own. The theme of each story circle in this series will be un/told family secrets. Come tell a story or listen in at **InFusion Coffee & Tea Gallery**, 7133 Germantown Ave. (Sept 15 & 22, Oct. 5 & 19 at 6:30 p.m.) and **Mugshots Coffeehouse and Cafe** 2100 Fairmount Ave. (Sept. 8 & Oct. 13 at 7 p.m.).

To be one of the storytellers, sign up by e-mail at [events@GasAndElectricArts.org](mailto:events@GasAndElectricArts.org), or call 215.407.0556 if you want to be amongst the first to tell your story (up to five-minutes), or come a half hour early to the coffee shop on the designated night and get on the list.

Everyone is welcome to listen!

Gas & Electric Arts is a multi-faceted theatre organization that creates stage performances, educational programs and community events that respond to the currents of our time. On stage, the company is committed to corporeal, visual, vocal and spatial investigations, fusing a physically rigorous performance style with the richly textured language of risk-taking, living women playwrights who are boldly redefining American theatre.

In the community, Gas & Electric Arts utilizes interactive theatre tech-

niques and process-based strategies for personal and group transformation, enabling participants to animate real stories through the fiction of theatre, and collectively rehearse possibilities for taking action and making change in their lives.

Gas & Electric Arts was co-founded by Lisa Jo Epstein and David Brown in 2005 so that they could mesh their respective strengths and passions in a multi-faceted theatre organization that would match their desires for the stage equally with their commitment to activism through theatre in the community. The name was chosen to reflect the belief that theatre should be an essential part of a community’s life, an accessible, vital utility that ignites introspection even as it generates dynamic dialogue around who we are and what we desire. Like electricity in action, the intangible that sparks energy, we created Gas & Electric Arts to make theatrical work that stimulates us to think again, to live more fully in the present moment, and to never forget the power of our five senses.

For more information about Gas & Electric Arts, visit [www.GasAndElectricArts.org](http://www.GasAndElectricArts.org)

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More information about this and other ways to cut your energy bills can be found at [www.ecasavesenergy.org](http://www.ecasavesenergy.org).

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# Center in the Park Welcomes Board Members

by Lynn Fields Harris

Center in the Park is a community center that promotes positive aging and fosters community connections for older adults (55+) in Northwest Philadelphia, whose voices are critical instruments in shaping its activities and direction. CIP is accredited by the National Institute of Senior Centers, a unit of the National Council on Aging, as a provider of excellent programs, activities and services for its membership of more than 6,000 and its 1,000 homebound clients.

Members elected in June, 2009 to serve on its board of directors are: Gregory A. Coleman, Esq.; Carolyn J. Friedman; Derek S. Green, Esq.; Gina M. Thomas, Esq.; and Judith A. Mackarey, Esq.

# Mt. Airy, USA Adds Three Directors

by Michael Cavacini

Mt. Airy’s non-profit community development corporation, Mt. Airy, USA, has appointed three new members to its Board of Directors: Attorney Anuj Gupta, non-profit consultant Sylvie Renee Gallier Howard, and operations executive Clifton C. Jones.

“The expertise of our new board members will allow us to continue to build a brighter future for Mt. Airy, working with the government and financial sectors and collaborating with other community and non-profit leaders throughout Greater Philadelphia,” said Mt. Airy, USA Executive Director Farah Jimenez.

Located at 6703 Germantown Avenue, Mt. Airy, USA is a non-profit organization that is revitalizing Mt. Airy, propelling the neighborhood into a prosperous future. The organization’s mission is to provide residents and area businesses with community development that is responsive to local needs through programming, including: real estate development, housing programs, small business support, and youth programs. For more information, visit [www.mtairyusa.org](http://www.mtairyusa.org) or call 215-844-6021.

# Choosing a Careprovider

Seminar Hosted by Maternal Wellness Center

by Kathleen Furin

The World Health Organization recommends a Cesarean section rate no higher than 15%. In the US today, over 30% of pregnancies end with a Cesarean section.

Women who are pregnant or planning to become pregnant have important decisions to make regarding their birth.

Did you know that your careprovider and place of birth are two of the most important factors to consider in whether or not you will have an unnecessary C-section? Have you thought about what to consider when choosing a careprovider?

There are many wonderful options for a positive labor and birth experience in Philadelphia. We know that women will labor best where they feel safest, in the birthing environment that most closely mirrors their own personal birthing philosophy. Yet too many women don’t know about all their options for a healthy and safe labor until it is too late. Many women begin to explore their options after they have taken a birth class,

in their seventh or eighth month of pregnancy. By then, they may not be able to choose a different provider, even if they have suddenly realized that their current provider is not the best fit for their own individualized needs and desires.

Plan to attend this important seminar on October 1, 7 p.m., at Maternal Wellness Center.

Hear from obstetricians, hospital-based midwives, birth center midwifery staff, and home birth midwives. Practitioners will have an opportunity to discuss their practice and philosophy. You will have a chance to meet with and ask questions of different providers in our area.

Learn your options for birth so you can make the most empowering choice for you and your baby.

Your \$5 donation at the door includes you in a Babies R Us gift basket raffle.

Please RSVP to Kathleen Furin at 215-713-2666 or [kathleen@maternal-wellness.org](mailto:kathleen@maternal-wellness.org).

# Businesses Sponsor Job Seminar

by Valerie Hicks Ashley, Point to Point Career Counseling

Together with Point to Point Career Counseling, a group of Chestnut Hill and Mt. Airy that includes O’Doodles, Salon90, Mango, Infusion, High Point Cafe, and Diamond Spa are sponsoring “Job Searching from the Inside Out: A Five Part Career Development Seminar,” to help people who have lost their jobs or whose work lives have been negatively affected by the economic crisis.

As our economic downturn persists and thousands continue to lose their jobs, the usual job search strategies are no longer working. Internet resources are saturated, employment agencies are running out of job orders, and the news about the job market remains frightening. Being able to think—and think strategically—is crucial to landing on your feet.

Job Searching from the Inside Out teaches people a very specific job


search method that makes it easy to stand out in this applicant-saturated marketplace, and to break free of familiar, but obsolete job searching techniques that no longer produce results. Job Searching from the Inside Out also helps individuals identify, understand and eliminate the blocks that prevent them from starting and sustaining a job search or from achieving the level of work they want.

**Registration Information**


Sept. 14, 16, 21, 23 & 28, from 10 a.m. to 12:00 p.m. or 7 to 9 p.m., at O’Doodles second floor, 8335 Germantown Ave. 215-247-7405.

**Fee is \$20 per workshop.**

To register, visit [www.valeriehicksashley.com](http://www.valeriehicksashley.com), call 215-806-0366, or e-mail: [vhashley@earthlink.net](mailto:vhashley@earthlink.net)

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# Trail Ambassadors Lead Walks in the Wissahickon

by Denise Larrabee, Friends of the Wissahickon



Merritt Rhoad

THE FRIENDS of the Wissahickon (FOW) are offering free nature walks in Wissahickon Valley Park this fall 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 that 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.

## Trail Ambassador Walks Schedule

Please bring your own water and snacks to the guided walks. Changes or cancellations will be posted at [www.fow.org](http://www.fow.org).



Peter Lapham

## Walk and Talk with Merrit Rhoad

**Sunday, September 27, 1:30 p.m.**

Walk will start at Northwestern Ave. and Forbidden Drive. Distance about four miles. Rhoad will lead participants down Forbidden Drive to Bells Mill Road, cross the creek and pick up the Orange Trail to the Covered Bridge, continue up the White Trail to the Tedyuscung statue, take the Rex Avenue Bridge, and then return to Northwestern Ave. on the Yellow Trail via the Andorra Natural Area. He will lead a discussion on geology, history, WPA structures in the park, current FOW activities, including the Sustainable Trails Initiative, mills, hotels, and more

## Natural and Man-Made Wissahickon with Peter Lapham

**Saturday, October 10, 10:30 a.m.**

Learn a little about the history of the natural and man-made environ-



Sarah West

ments of the Wissahickon while strolling south from Valley Green to the Mt. Airy Avenue Bridge and back along the east side of the creek, over the Finger Span Bridge and through the Devil's Pool area. About 1 1/2 hours (two miles) with some moderate slopes. Meet at the Valley Green Inn warming sheds.

## Wissahickon Geology with Sarah West

**Sunday, October 18, 2:30-4:00 p.m.**

Meet at Valley Green Inn. This rock-talk and field trip is suitable for children over 10 accompanied by an adult. West will discuss the possible Precambrian formation of the Wissahickon rocks. Participants will learn to identify five different types of rocks, and then look at the rocks on the east side of the creek from the Valley Green Bridge north toward the Magargee Dam. Heavy rain cancels. For further information, send email to [WestSarah@aol.com](mailto:WestSarah@aol.com).

[dlarrabee@verizon.net](mailto:dlarrabee@verizon.net)

# Trails to Devil's Pool Targeted for Restoration

by Denise Larrabee, Friends of the Wissahickon

The Friends of the Wissahickon (FOW) will begin work on trails leading to Devil's Pool in Wissahickon Valley Park in August as part of their ongoing Sustainable Trails Initiative (STI). The project includes the lower trail between Valley Green Road and Livezey Lane, crossing at Devil's Pool, along with a section of the upper trail from Livezey Lane to the switch-back near Cresheim Creek. The lower trail is a pedestrian-only trail that is not open to equestrians or bikers, while the upper trail is open to all park users. These trails will be closed from late August until mid-winter while trail work is being conducted to ensure the safety of park users.

"In recent years, FOW has seen a dramatic increase in visitor use of this beautiful natural area," says FOW's Executive Director Maura McCarthy. "The planned trail work will help to minimize the impact of this use and reclaim damaged habitat."

STI is a three-phased, multi-year project to make the 50 miles of National Recreation Trails in the Wissahickon a physically and socially sustainable system that works for all park users. It is a project of the Friends of the Wissahickon in partnership with the Fairmount Park Commission with support from International Mountain Bicycling Association.

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# Down to Earth Artists Create Edible Landscapes at Schuylkill Center

*Opening Reception and Festival, Saturday Sept. 12, 2 - 6 p.m.*

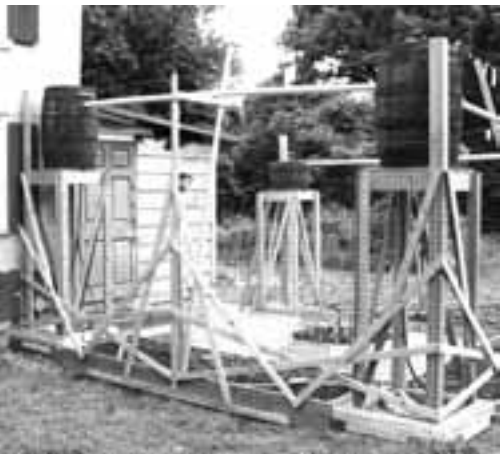
by Lisa Sonneborn, Communications Manager, Schuylkill Center for Environmental Education

ON SATURDAY, Sept. 12, from 2 - 6 p.m., the Schuylkill Center for Environmental Education will host an Opening Reception and Edible Landscapes Festival to mark the opening of “Down to Earth: Artists Create Edible Landscapes,” an exhibition that highlights the growing focus and emergence of “green” principles and sustainability in relationship to food, art, design, and agriculture. Guest curator Amy Lipton, co-director of New York’s ecoartspace, selected six artists and artist teams who are working to create socially engaging interventions in the landscape related to food and agriculture, creating an aesthetic and cultural link between art and farming.

This spring and summer, the six selected artists and artist teams have been busy building and planting their installations at Brolo Hill Farm, The Schuylkill Center’s Second Site at the corner of Port Royal Ave and Hagy’s Mill Road. But the artists haven’t been working alone... a wide range of groups and individuals have been assisting the artists in the building and maintenance of the installations.

Drawn To / Drawn From the Garden is an installation by Simon Draper of the Habitat for Artists collective. Simon worked with a team of artists to build a small art studio/garden shed, surrounded by garden beds. The shed is slowly being covered with brightly painted wood shingles—painted by school and community groups who were invited to work on the project. Participants from The Waldorf School of Philadelphia, Manayunk Academy, and ArtReach have all contributed painted shingles to the project, resulting in a diverse and colorful garden shed!

Working to help maintain all of the installations is Teens4Good, a group of young people who are employed for the summer at various hands-on community projects. Teens4Good has been visiting the site twice a week to help keep the garden projects mulched, watered, and weed-free.



Among the installations are “Not Drain Away,” left, and Urban Defenses

Amber Wiggs has been enjoying the work at Down To Earth “because it has lots of garden plots that are interesting and unique. I like the idea that artists are incorporating nature with their creativity in art.” Jamie Brooke reflects that, “I enjoy helping the artists while they are away because they will be proud of what we were able to do to help.”

Students from the Philadelphia University Engineering and Design Institute, Sustainable Design Program, and Landscape Architecture Program have also contributed to the garden installations. “These art projects are dependent on the unpredictability of weather and forces of nature, and like gardeners, the artists are merely collaborators with nature,” notes Amy Lipton. “They have taken on this complex challenge with skill and with the help of many staff members, volunteers, stu-

dents and friends. Down to Earth is a true community-based exhibition that has been a learning experience for all, benefiting the artists, myself as curator, the Schuylkill Center staff and exhibition viewers alike.”

After the artists formally introduce their work, visitors will have the opportunity to meet the Edible Landscapes artists at this family friendly event! The Edible Landscapes Festival will include an artists’ talk and tour, activities for all ages led by the artists, as well as hay rides, a composting station, a guided edible plants trail walk, and much more!

The Down to Earth Exhibitions and Edible Landscapes Festival will be held at The Schuylkill Center’s Second Site, located at the corner of Port Royal Ave. and Hagy’s Mill Rd., Philadelphia, PA 19128. For directions, please visit our website at [www.schuylkillcenter.org](http://www.schuylkillcenter.org).

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# Surfin’ the Age Wave

## Creating Community as We Age

by Lynne Iser, MPH

MY SUMMER reading has included *Audacious Aging*, a book that has been interesting, though not great. But still, I find the title captivating and there are many inspiring thoughts within this anthology that I want to share for summer musing.

What a great notion to think that as we age we might live our lives audaciously! Audacious, rooted in the words “bold” and “eager,” can be defined as “intrepidly daring” and “marked by originality and verve.” The word speaks to all that I believe and know about the second half of life.

As Doug Dickson writes, “Audacious aging doesn’t just happen.... it takes time, effort, and intention. It starts with a pang of dissatisfaction ...builds into an awareness of possibilities... and leads ultimately to a new perspective on who we are and what we have to offer.”

I do not want to be a Pollyanna, and say that our older years will only be exciting and fulfilling. We will undoubtedly all have to adjust to losses and health challenges (I write this with an ice pack on my back caused by disc changes in my neck) but we do have the choice about how we shall approach these challenges. So why not do it with daring and boldness?

It is in the last third of life that it is possible to become a more defined and substantial a person than ever. This is the time to complete our lives and seek what is most meaningful and fulfilling for each of us. (Jean Shinoda Bolen)

There are those, writes Ken Dychtwald, who are looking forward to what they see as the “power years” as a time to engage in new pursuits without becoming bogged down with too many numbing obligations. This

is a less-pressured time to develop our intellect, imagination, emotional maturity, and wisdom.

We are all “getting older.” It is our choice as to whether we will “grow old” or just “become old.” I know the choice that I am making, and I am inviting you all, as a powerful and progressive community, to join me in this venture. The concept of “aging in community” proposes models for cooperation and people-powered institutions that encourage reciprocity amongst its members, acknowledging and using the resources of all. (Raines Cohen)

Interdependence is the antidote to our fear of dependency. We all fear that we shall become dependent as we age, and with good reason. Our challenge is to consciously build a caring community that responds to our changing needs and allows for interdependence of all members.

Our youth-oriented culture, driven by marketing and the media, has left us without a map for how to live this time of life. We do not naturally look to “wise elders” for wisdom, but to the internet and the quarterly bottom line. Understanding this reality allows us to view the second half of life as unknown territory. (Gloria Steinem)

As we move into the coming fall and winter, I shall be proposing initiatives that might help us form a Center for Growing Older in Community. This is our opportunity to become the explorers and the adventurers, audaciously going forth and creating a new vision of living in community as we age. What better time than now?

*Lynne Iser, MPH, is an advocate, facilitator, and teacher whose passion is creating elder communities designed to add value to our lives. She can be reached at [LPIser@aol.com](mailto:LPIser@aol.com)*

# Phillygardenswap at High Point

by Ricardo R. Jefferson

PHILLYGARDENSWAP HELD a Gardenswap event July 25 at the Café High Point at Allens Lane Septa Station.

People gave a broad variety of outdoor plants, flowers, shrubs, and terra cotta pottery. Even more people came from diverse neighborhoods across the city to adopt plants to beautify their homes and ultimately the community. The communities represented at this swap include: East and West Mount Airy, West Oak Lane, Germantown, North Philadelphia, West Philadelphia, Southwest Philadelphia, and Cedarbrook. As far as I can tell, this was the largest and most diverse event to date.

Phillygardenswap is a great way to promote sustainable green development



Asake Jones and Patrick McCarthy of West Philly, and Felicia Coward of Germantown at the July 25 GardenSwap event at the Highpoint Café at Allens Lane.

in our city, community pride, and cooperation. Visit [www.phillygardenswap.org](http://www.phillygardenswap.org) for more information on upcoming Phillygardenswap events, or e-mail [phillygardenswap@gmail.com](mailto:phillygardenswap@gmail.com).

## Free Weight-Loss Program

Trevose Behavior Modification Program, a non-profit weight-loss program run by Co-op member Ilene Cohen, is now accepting applications for people who need to lose 20 to 80 pounds and need to get in control of their lives.

Group meetings are on Thursday evenings at 6:00pm at Roxborough Memorial Hospital, 5800 Ridge Ave., beginning September 24, 2009. There is no cost for these meetings. For application info, call Ilene Cohen at 215-836-9876 or Jennifer Sullivan at 610-667-8082 no later than Sept. 1, 2009.

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# Flight of the Chimney Swifts

by Steve Lawrence, Friends of the Wissahickon

LAST FALL, avid bird watchers witnessed a strange, uncommon, and uplifting sight with the Friends of the Wissahickon (FOW) at Jenks School in Chestnut Hill—the flight of the chimney swifts. Hundreds of these small, swallow-like birds suddenly appeared (described by Roger Tory Peterson as resembling cigars with wings) and started diving into the chimney. Within five minutes, at least a thousand of the swifts had plunged into the chimney and the flight was over, acknowledged by a round of applause from the 30 or more bird watchers.

All members of the swift family, which includes many species found all over the world, feed on insects plucked from the air. Swifts are built for flight, with a body structure that makes it possible to land only on a vertical structure.

Consequently, all swifts build nests on vertical surfaces—the sides of cliffs or inside hollow trees. Fairly early in Colonial America, with so much forest being cut down, the swifts (building nests in May and fledging young early in the summer) found chimneys a suitable substitute and thus acquired the name chimney swift. There are three other species of swifts in America, all west of the Rockies, but none nesting in chimneys!

Chimney swifts breed in the eastern half of North America, from southern Canada to the Carolinas. All chimney swifts migrate south to South America—especially to Ecuador—and tend to gather into loose flocks that require a perch for overnight rest. There used to be a chimney in nearby Roxborough that served as a rest-stop for chimney

swifts on their migration through this area, but they shifted to Jenks School a few years ago and they perform their show beginning at the end of the first week in September and continuing for the next 20 days or so—probably not the same birds every night, but a continuing number of migrants heading southward throughout that period.



© Doug Wechsler/VIREO

Chimney swifts, earning their name

The Friends of the Wissahickon will be offering a program on chimney swifts on Tuesday, September 15 (rain date September 17) starting at 6 p.m. at FOW's office (8708 Germantown Ave.). Debbie Carr, Fairmount Park director of education, and Steve Lawrence, co-chair of FOW's Wildlife Committee,

will give a presentation on chimney swifts and then lead the group on a short walk up Germantown Ave. to Jenks Elementary school to observe the swifts as they make their dramatic plunge just shortly before sunset.



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# LETTERS

To the Editor:

The founder of WW Co-op, the late Jules Timmerman who founded the Co-op in the early ‘70s, must be turning over in his grave.

The “push” by the Co-op leadership “to change the work requirement” was only the latest chapter in a sorrowful legacy that has been dealt in the last few years.

- 1 . Yes, on the eve of July 8 past at a special membership meeting (my wife and I attended), the board urged and the members voted approval to “eliminate the work requirement in favor of an option,” this to go into effect sometime after the opening of the new store in Chestnut Hill.

Comment – New members who are so busy that they cannot find the six hours a year to “rub shoulders with the rest of us” will now be able to become members of the, dare I say, “co-op movement.” Steady, Jules.

- 2. The sponsorship of the WW affiliate in W. Oak Lane almost a year ago has cost us almost \$100,000 to date and counting.

Comment – Other than State Rep. Dwight Evans who pushed the idea, there was never any real support from that community for a co-op. I’ve been to that tiny store. At best poor judgment.

- 3. The recent purchase of a building down Carpenter Lane for over \$200,000.

Comment – At the time of purchase, there was no plan as to how the building would be utilized. No plan? What is going on here? Not my idea of “growth” to have yet another mortgage outstanding.

- 4. And lest we forget the loss of over \$300,000 by “that bookkeeper” due to “lack of board oversight” just a couple of years ago.

Comment – We have all paid or are still paying for that.

Respectfully submitted,  
Lawrence H. Geller

Response:

Weavers Way Co-op has always valued input from both members and non-members, and we appreciate the concerns voiced by Lawrence Geller in this letter and at our July 8 membership meeting. Over our 35-year history, we have learned a lot from our successes and our failures, and from the thoughts and concerns of members like Mr. Geller. Such involvement has been an important part of Weavers Way’s growth and success over the years.

Our board unanimously supported the proposal to make our member work requirement optional, and while our membership voted decisively to approve it, those who opposed it were clearly heard.

Mr. Geller supposes that Co-op founder Jules Timmerman would have disapproved, but it is important to note that under Jules, Weavers Way had no work requirement; it was added after he left the Co-op. It is true that the member work requirement has been an important part of Weavers Way since then, and we hope many members will continue to take advantage of that option, but we also look forward to a Weavers Way that is more open, inclusive and welcoming to those who do not.

Weavers Way Board President  
Nancy Weinman





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To the Editor:

As State Representative of the 200th Legislative District, I am extremely concerned about pending federal legislation, S. 845/H.R. 1620, the Concealed Carry Reciprocity Act of 2009, that would allow someone from one state to carry a concealed firearm in another state. I stand in opposition of same.

Let me make this clear: I do not stand alone against this proposal. I am the national co-chair of the Pennsylvania Chapter of the State Legislators Against Illegal Guns (SLAIG). This bipartisan alliance of Democrats and Republicans exist to keep guns and criminals indelibly separate.

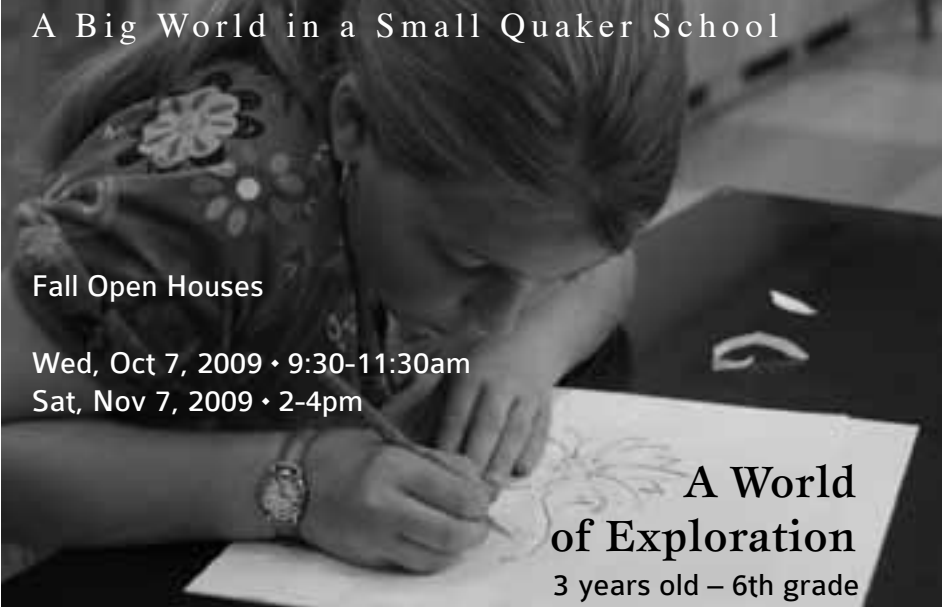
If S. 845/H.R.1620 is enacted, SLAIG has determined that three detrimental effects would inevitably follow: (1) states’ ability to make common-sense gun legislation would quickly diminish; (2) gun owners who are licensed to carry a concealed weapon in the issuing state, would then be permitted to carry in another state, even if the individual would be ineligible for a permit in the state in which he/she is carrying; and, (3) gun traffickers would “shop” for states with the most lenient standards and simply transport illegal guns beyond state lines.

I urge members of Congress to carefully consider the impact this legislation would have on state legislators’ ability to draft and implement laws that are important to our constituency.

Cherelle L. Parker  
State Representative  
200th Legislative District

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# Chestnut Hill Construction Update

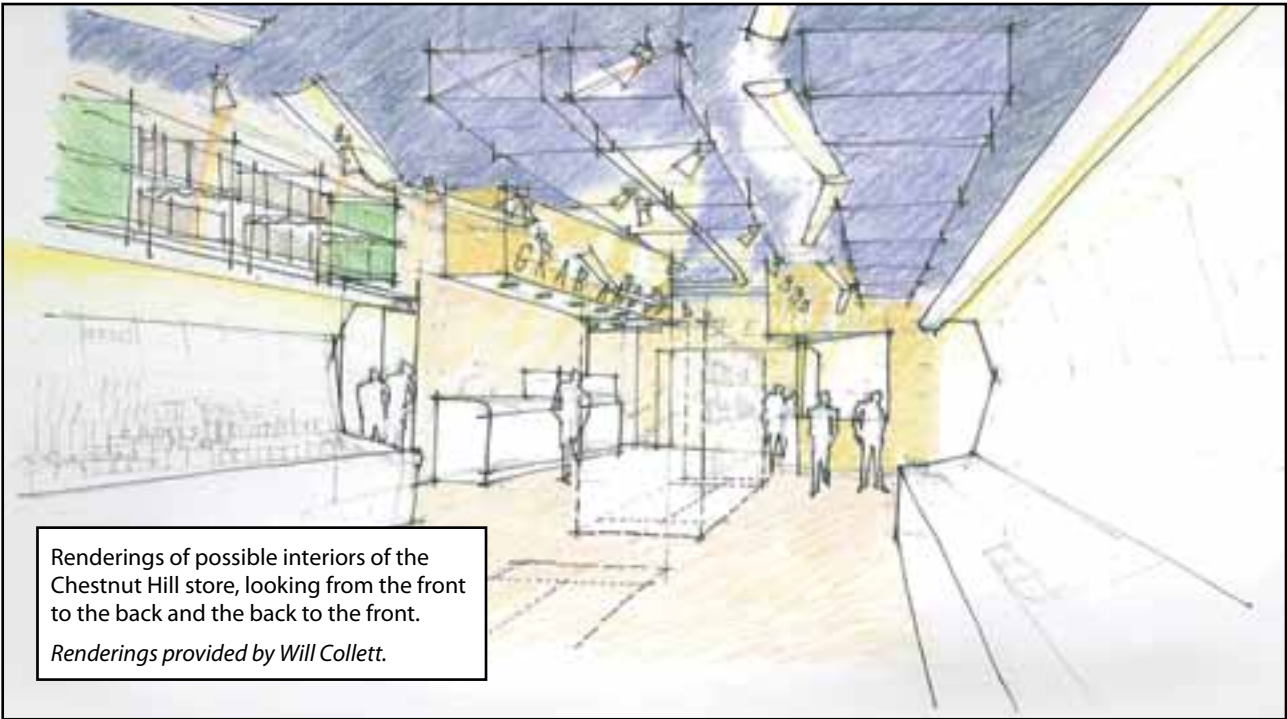
by Jonathan McGoran, Shuttle Editor

WHILE THE storefront of Weavers Way’s new property at 8418 Germantown Ave. in Chestnut Hill has seemed idle in recent weeks, there has been considerable activity behind the scenes. The project team has been shepherding the plans through the permitting and licensing processes, and work has been ongoing to improve the financing of the project. A review of the design took place earlier in the summer with several committees of the Chestnut Hill Community Association, and it was a positive process from which we received valuable input.

On the design front, the project team has been working over the summer to integrate the store layout elements with the design elements and the structural elements of the existing building, making sure the final product will look great, work great, and fit logically into the current structure.

Currently, the Co-op is soliciting, collecting, and analyzing bids from contractors. The deadline for bids is early September, with the selection process expected to take between one and two weeks. Construction should start in mid-to late September, and will likely take between three and four months, with an opening expected in January or February.

We will continue to update you on the latest on this project in future issues of The Shuttle. For more timely updates, we encourage you to visit [www.weaversway.coop](http://www.weaversway.coop) and sign up for our e-mail newsletter.



Renderings of possible interiors of the Chestnut Hill store, looking from the front to the back and the back to the front.  
*Renderings provided by Will Collett.*

## Suggestions

(continued from page 28)

free to ask a staff person to check basement backstock if you don’t see any on the first floor. Thanks!

- s:** “When did Silk soy-milk stop being organic? Can we carry an organic brand instead?”
- r:** (Chris & Norman) This was a recent switch by Dean Foods (owners of Silk, Horizon and many other brands. Dean is the largest dairy and soy-milk company in the U.S. Dean has been accused of many things, including compromising organic standards for organic milk, and allowing worker harassment). Neither Dean, Silk, or our distributor gave us notice of this switch. Dean has apparently brought out the organic version of Silk as a “new” (and more expensive) item. Because of all this, we have switched to Organic Valley brand (a co-op of domestic farmers committed to organic standards), we hope you like it. (Norman) Another brand I have some trust in is Eden, who’s Edensoy soy-milk was one of the first soy-milks marketed in natural food stores. Incidentally, one of the things Silk accomplished was popularizing soy-milk way beyond the “health food nut” audience. They did this partially by coming up with a relatively pleasing formula taste-wise, and also by creating a product that was sold out of dairy cases, along with cow’s milk, instead of the aseptic packages on the grocery shelves. This succeeded incredibly well, despite the fact that the refrigerated product is not that

- different than the shelf stable product, and the refrigerated product is both more perishable and requires much more energy use all along the production and distribution process. You have to wonder about the criteria used when American consumers make choices. Kind of like choosing SUVs and then fighting a war to secure enough oil to power them.
- s:** “Comment—LOVE the blue wax pencils. They add a bit of pizzazz to my shopping experience, thanks!”
- s:** “Me too! I love blue china marker. You should get some printed with “stolen from WW Co-op” to sell.
- r:** (Norman) Adding “pizzazz” to food shopping is what we’ve always been about. It’s in our Mission statement and Ends policies. It’s nice to hear we’re succeeding!
- s:** “The sandwiches have been rocking the house lately... Vegan Tofu Tandoor? Szechuan Chicken Crazy-ness? Grilled Eggplant and Goat Cheese- oh my! Thanks so much!”
- r:** (Bonnie) Thank you so much! We’ve been creating some new recipes, and we will continue to try to keep making new and innovative vegan, vegetarian, and non-vegetarian sandwiches.
- s:** “Sweetwater bread is yummy and supports a great community organization. Please continue to purvey. Thanks.”
- r:** (Rachel, who is taking over from Nancy as bakery buyer) Thanks for your comment! I certainly plan to continue carrying their products. For anyone who has never heard about Sweetwater Baking Company, they are “an intentional lifesharing agricultural community

- that specially includes people with disabilities.” Some of the delicious flavors they bake are seed bread, sesame French, rustic white, multi-grain, oatmeal, and prairie brown. For more information, you can check them out on the web at [www.camphillkimberton.org](http://www.camphillkimberton.org).
- s:** “Jean—Bless you and all your glorious local IPM fruit!!!”
- r:** (Jean) Thanks! But we need to bless Bob, because he’s the one who actually visits local farms and orchards to see their growing practices; that way we can be sure we’re getting product that is not just fresh and local, but also low-spray or no-spray and IPM. (Norman) Incidentally, if you’re not familiar with IPM, it stands for Integrated Pest Management. From the EPA web site: “...environmentally sensitive approach to pest management that...information on the life cycles of pests and their interaction with the environment. This information, in combination with available pest-control methods, is used to manage pest damage by the most economical means, and with the least possible hazard to people, property, and the environment. The IPM approach can be applied to both agricultural and non-agricultural settings, such as the home, garden, and workplace. IPM takes advantage of all appropriate pest management options, including, but not limited to, the judicious use of pesticides. In contrast, organic food production applies many of the same concepts as IPM, but limits the use of pesticides to those that are produced from natural sources, as opposed to synthetic chemicals.”

I’m especially grateful for IPM mainly because Chris considers me a pest that needs to be managed, so I appreciate the non-hazardous approach.

### CO-OP INFORMATION

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## 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. So, what’s happening this month? There is trouble brewing (or mooing in this case) in the organic dairy world. As the economy “soured,” demand for organic milk has dropped significantly and dairy processors are paying less for organic milk, and in some cases not renewing contracts with farmers. Plus, the cost of organic grain (and all grain) has recently soared. This has jeopardized some New England farmers; in Vermont, 32 organic dairy farms have closed. Not sure where this will lead. Maybe we’ll have to find some city and state support for the Weavers Way farm to take on some cows. Imagine if the city and state invested some tax money into using some land for cow grazing and milking, instead of casinos and stadiums. To compensate, sports fans and “gamers” (“gaming” industry patrons), the cows could wear team uniforms and they could race each other on a cow obstacle course. People could bet on the races and also on everyday type things like which milker will fill their bucket quickest. And to support the casino “complex” scenario, the fish racing concept (see April *Shuttle*) could be an adjacent event.

### Suggestions & Responses:

- s:** “Better pita! The Soumaya is really dry and not great for sandwiches/falafel. The softer pita is pocket-less! Surely there must be source for softer, pocketed pita?!”
- r:** (Nancy) Have you tried the Kontos Nan? We have Tandoori, onion, and whole wheat.
- s:** “Please stop putting egg and plain bagels in with bagels with sesame and/or poppy seeds or in the bin with such seeds. My picky kids thank you.”
- r:** (Nancy) I’ll inform the floor staff.
- s:** “Organic Salmon and Roasted Corn Cake with Pesto Mayo sandwich was divine! Don’t revise or tweak the combination—lemon zest makes it sing! Bravo!!”
- r:** (Bonnie) Thank you, I am so glad you enjoyed it! I love to use fresh corn in the summer and thought it would go perfectly with the salmon. Look for it again throughout the summer!
- s:** “Location for fresh mozzarella is user unfriendly for middle-aged folks. It requires that one needs to squat in order to then spoon in cheese-balls and water. Can’t this be moved to a higher height?”

- r:** (Margie) I’m sorry we can’t move the mozzarella higher because the water will drip on everything below, but PLEASE! ask the Deli staff to help get the mozzarella out for you.
- s:** “I love Amy’s Split Pea soup, but it is only available 50 percent of the time I look for it. A case is too much at once, but does this item always sell out? I am a picky canned soup shopper, and this soup is one of the best.”
- r:** (Chris) We don’t have enough display shelf footage to have designated rows for each flavor of Amy’s soup that we carry, so the flavors “rotate,” as you have observed. Two solutions: 1) Ask a staff person to check the basement backstock for split pea soup if you don’t see any upstairs, or: 2) pre-order a partial case: three cans or six. Most items cannot be ordered in partial cases, but with a little notice we can do this for some Amy’s soups. FYI, a case is 12, and you would save about 11 percent (there is no savings on partial cases).
- s:** “Last three visits- no Metropolitan whole wheat sandwich bread!! The sourdough whole wheat I bought last week reminded me of the bread that gave whole wheat a bad name in the ‘70s. Please order it more often, or get more at a time!!”
- r:** (Nancy) I cut back for the summer. Sorry. It must have been too much.
- s:** “I would love it if you would stock the sweet potatoes for dogs made by Dogswell. My dog loves them, and they are only sweet potatoes, as opposed to the sweet potato treats made by Cloud Star, which have other ingredients, too. Thanks for considering it!”
- r:** (Kirsten) I will order them for the next delivery.
- s:** “I absolutely love my pressure cooker. Martha picked an easy-to-use and safe cooker. I now make my hummus from dry beans. No more cans and cans of beans to store—dry ones take up less room. I’ve also gotten rave reviews for my mushroom risotto in under ten minutes! A great book to help learn to use this magical kitchen tool is *Great Vegetarian Cooking Under Pressure*.
- r:** (Martha) Thank you for your enthusiastic response to the Fagor pressure cooker, and for the book title suggestion. I could use that type of a book! (Norman) At some point we’ll have dry beans in bulk, so you can eliminate some packaging too. Although if everyone replaced canned stuff with bulk stuff our sales would go down and we’d need less shelf space.
- s:** “Near East now makes rice boxes with whole grains. I know there is not a lot of room on the shelf, but I bet lots of folks would like a whole grain option in an easy box.”
- r:** (Chris) Good idea. We’ll try adding these at the end of the summer.
- s:** “Purely Decadent frozen coconut milk dessert in mango is *sooo* delicious. Great for us non-chocolate eaters. Please try some for a change!”
- r:** (Chris) Good idea. We’ll order this one to come in early August. Feel

(continued on page 27)

# Gimme 5 Recycling is a Hit, to Resume September 19



The courageous Gimme 5 volunteers braved an onslaught of enthusiastic recyclers at the July 18 Gimme 5 Recycling Event. After skipping August, an even greater turnout is expected when the collection resumes on Sept 19. Subsequent events will take place on October 17, Nov 21, Dec 19, skipping January and resuming again in February.

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An smoky aroma of raisin, tawny port, caramel, vanilla, with a flavor of intense dark chocolate, sweet, purple grape, and an after taste that lingers, bitter yet refreshing.
- Cafe Salvador (pre-ground)** reg. \$7.93, **sale \$6.43/lb.**  
An aroma of walnut, jasmine, milk chocolate and a sweet mellow flavor of vanilla with a smooth aftertaste.



## Welcome to Weavers Way Cooperative Association

Dear Neighbor,

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

Day	Date	Time	Location
Saturday	Sept. 5, 2009	6:45 p.m.	CA
Saturday	Sept. 19, 2009	10:30 a.m.	GU
Wednesday	Oct. 7, 2009	6:45 p.m.	GJC
Saturday	Oct. 17, 2009	10:30 a.m.	GU

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

Robin Cannicle, Membership Manager

### PLEASE RETURN THIS PORTION TO WEAVERS WAY

Someone from my household will attend the orientation meeting on \_\_\_\_\_

Name (please print) \_\_\_\_\_

Phone Number \_\_\_\_\_

Address (including ZIP code) \_\_\_\_\_