

Weavers Way General Membership Meeting

Sunday, November 15
5:30 pm Meet & Greet;
6:00 pm Business Meeting
8400 Germantown Avenue

Agenda

- Welcome
- Approve minutes
- President's report
- General Manager's report
- Expansion update
- Work option update
- Financial report
- WWCP update
- Vote on bylaw change
- Questions & answers

OCTOBER Special
All local apples 99¢ on Wednesdays



The Shuttle

October 2009 Vol. 38 No. 09

Serving the Co-op and the Northwest Community since 1973



October is Co-op Month

by Jonathan McGoran,
Shuttle Editor

OCTOBER IS Co-op month, and in the world of co-ops, there are many exciting developments to report, both locally and nationally.

In the Philadelphia area, we have seen a surge in interest in food co-ops. In addition to our own expansion into Chestnut Hill, there are a number of other co-ops starting up all around us, and Weavers Way has actively supported

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Environment Committee Receives Final Check from Partnership Recycling Program

by Sandra Folzer,
Environment Committee

PHOEBE COLES, Executive Director of Keep Philadelphia Beautiful, attended the Environment Committee's meeting on Weds. night, Sept 2. She presented a check for \$10,761.15 to the committee. This is the last payment for our recycling efforts, which ended in July, 2008. The committee gave grants totally \$4700 this year and is pleased to be able to continue giving grants at least through next year.

Keep Philadelphia Beautiful is part of the national Keep America Beautiful program. Ms. Coles spoke of her endeavor to keep recycling active, despite budget problems in the city. She is involved visiting schools to educate children about the importance of recycling, as well as not littering.



Pictured here at the check ceremony were (front row, l-r) Environment Committee Members Rebecca Yamin, Carolyn Scott, Sandra Folzer, and Helen Seitz, and Executive Director of Keep Philadelphia Beautiful, Phoebe Coles, and behind them, Environment Committee members Stevik Kretzman, Pat Brotman, and Priscella Becroft

New Mural Goes Up at Ogontz Store

by Jenny French

THE OGONTZ Avenue branch of Weavers Way is a block away from the PennDot driver license center. I know because I went to renew my license the other day, and there was the familiar green Weavers Way awning, with goods out on the sidewalk for passersby. On the side of the building facing the end of the block is a compact garden filled with ripening tomatoes and flowers, and above that—a huge mural is going up.

The mural is a product of the Mural Corps, the educa-



photo by Jennie French

MAP artist Keir Johnston (l) and assistant Kim Alsbrooks in front of the new mural at Weavers Way Ogontz

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Proposed Changes to Weavers Way Bylaws

by Nancy Weinman,
Weavers Way Co-op Board President

UNDER THE current bylaws of the Co-op, notice of membership meetings must be mailed to members. Generally, this requirement has been met by placing notice of the meetings in the *Shuttle*, which, until recently, was mailed to all members. This past year, in an attempt to increase circulation and improve on delays often associated with third-class mail, management arranged for the *Shuttle* to be hand-delivered to almost all addresses in designated areas. The *Shuttle* continues to be mailed to members outside of those areas or not accessible by hand delivery. So that we can continue to use the *Shuttle* as a vehicle to give notice of membership meetings, the

Board proposes the following changes to the bylaws to allow notice to be given by mail or hand-delivery. Recognizing that some members, wishing to save trees, may prefer to receive notice via e-mail, our proposed change would also authorize e-mail notice of meetings to members who elect in writing to receive notice electronically. Members are encouraged to approve these proposed changes at the General Membership Meeting on Nov. 15, 2009.

Turn to page 6
for Proposed Bylaw Revisions

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559 Carpenter Lane, Philadelphia, PA 19119
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Editor’s Note



by Jonathan McGoran

October is many things. It is Co-op month and Fair Trade Month. It is also Halloween, which is all about tricks and treats and pretending to be something you are not.

On Halloween, kids all over will be getting made up to look like zombies and ghouls before going out trick-or-treating, which seems like a waste of time because after a couple of hours trudging across the neighborhood and binge-eating Skittles and candy corn, they’ll be looking like the undead anyway.

These days, though, kids aren’t the only ones pretending to be something they are not. The treats are, too. Nothing new about unhealthy treats pretending they’re healthy, but in this issue we have healthy ones trying to pass themselves off as junk.

And it’s not just food that’s disguising itself; beverages are, too, especially bottled water. Some brands of spring water are being accused of specious claims of environmental sensitivity, or “greenwashing.” I will no longer buy those brands of water; not because of the deceit, I just don’t want to drink water that has anything to do with anything called “greenwashing.”

Other healthy foods are trying to alter their image through other means, such as body art. And no, I’m not referring to navel rings on oranges (that’s so passé). The latest fad involves “laser tattooing” of fruit. I’m not sure if these tattoos have any special meaning, but I’ve noticed that rather than hanging around in bunches, more and more bananas are hanging out in gangs.

Some folks will argue there’s no harm in a tasteful little tattoo, but it’s not like a sticker that you can peel off and throw away. That cute little flower might seem like a good idea when you are a fresh, juicy plum, but it’s going to look a little wilted once you’re a prune.

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

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

Statement of Policy

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

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

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



The Shuttle is printed on 100% recycled paper

Harvest Celebration at Stenton Family Manor Farm

by Jonathan McGoran, Shuttle Editor

“HOPE GARDEN: Growing in Philadelphia,” a quarter-acre farm at Stenton Family Manor (SFM) created in partnership with Weavers Way Community Programs (WWCP), celebrated the end of a remarkable summer with a Harvest Celebration on August 25. The farm itself was the backdrop for the event, which featured VIPs and a dance performance by young residents of the facility who had been attending the facility’s day camp and working, learning and playing at the farm all summer long. Other highlights included the premier of a video documentary on Hope Garden by Devonna Harrison, as well as plenty of food, including grilled Panini with vegetables; tomatillo salsa; and tomato, basil, and mozzarella salad, all made with produce grown on site at the farm.

Among the speakers was Elder Robert Harrison, executive director of Mt. Airy Stenton Family Manor, who spoke about the amazing accomplishments of the children who had worked on the farm, and the adults who had worked together to make Hope Garden a reality. Other featured speakers included Philadelphia Director of Sustainability Katherine Gajewski; Bishop Ernest C. Morris, CEO and founder of Mt. Airy Bethesda, Inc., which operates Stenton Family Manor; WWCP Executive Director Rachel Milenbach,



photo by Sol Levy

Lots of food and lots of fun at the Stenton Family Manor Harvest Celebration

WWCP Board Member Bob Noble, Paulatte Bailey, from the office of State Sen. LeAnna Washington, who has been a big supporter of the farm, and Steve Kinsey from the office of State Rep. John Myers.

Throughout the summer, Stenton Family Manor Summer Camp attendees worked with the farmers to plant, form beds, and move compost. They learned to make salads with farm ingredients, visited the nearby Weavers Way Farm, and participated in other gardening activities. Other SFM residents also helped out at the farm, as did WWCP staffers and many volunteers. The farm was made possible,

in part, by support from the Rubenstein Charitable Foundation, Children Can Shape the Future, the Bill Coleman Family Foundation, the Weavers Way Environment Committee, and the Pennsylvania Horticultural Society.

Stenton Family Manor is a handicap-accessible homeless shelter exclusively for families in transition. It was established in 1991 as a place where homeless families could find shelter, security and the promise of a future. Stenton Family Manor offers temporary housing on the condition that its inhabitants actively seek independent living and self-sufficiency.

Beautification at Henry Got Crops!

by Nicole Sugerman, Weavers Way Farmer



photo by Dave Tavaniu

Weavers Way farmer Nicole Sugerman, working at Henry Got Crops!

ON THURSDAY, August 26, the atmosphere was (even) more bustling than usual at the Henry Got Crops! Weavers Way Farm at Saul Agricultural High School. Around 45 students, incoming first years, donned work gloves and protective eyewear. Contractors surveyed the site. Painters primed. Nina and I quickly sawed plywood into sign-sized pieces.

The morning was wildly productive. Dubbed ‘Beautification Day,’ the event was a kick-off work party to start putting infrastructure improvements into place for a \$28,000 grant from the WaterWorks fund. The Henry Got Crops! project is one of three community agriculture projects in the U.S. to receive funding from the grant, along with a community farm in Chicago and a garden in Atlanta. At Saul, the funding will support the construction of a green roof, rainwater collection cisterns that can be used to water our crops, an improved, ecologically constructed wash station, and a recycled concrete driveway.

We accomplished a remarkable

amount during beautification day. Splitting up into small teams, students, teachers, and Weavers Way farm staff spread the concrete for the driveway, repainted a building, built three compost bins, cleared a hoophouse of waist-high weeds (Oops... how’d those get there?), painted informational signs for our crops in the fields, and harvested a row of string beans. A contractor commented that she had never been on a site where kids operated the machinery to spread gravel! Even though they’ve only been at Saul for a few weeks during a summer orientation week, these students are already pros. Our inaugural season has the Henry Got Crops! farm off to a successful start. As days grow shorter and chillier, we dream of the enhancements next season will bring, spurred in part by this grant and—as notably illustrated by the success of this day—the exceptional community energy from the students, the high school, and Weavers Way.

~ nicole.sugerman@gmail.com

Women in Agriculture

by Nicole Sugerman, Weavers Way Farmer

IT FEELS kind of like the elephant in the room. It’s not that we don’t talk or think about it around here—indeed, we do both, rather frequently. But rarely do we discuss it with others. For some reason, it’s not the kind of subject that is discussed all that openly. Instead, it’s alluded to subtly, in a manner that just confuses me at first, until I remember that this is a little unusual.

“You don’t look like a farmer,” people say when I tell them my profession. “What do you mean?” I reply, never able to let an issue go, “Oh, I don’t know,” they reply, “You’re just little. You don’t look like you ride a tractor.” It still takes me a minute to put it together. (Why do you have to be “big” to ride a tractor? Why do you have to ride a tractor all the time to be a farmer? What does it mean to not “look” like someone who does ride a tractor?) Until I realize, oh, they mean because I am a young woman. At this point, I never know quite what to say. “I ride a tractor sometimes,” or, “Yep, well, I am.” The subject changes. But I am constantly reminded that to be a female farmer is something a little out-of-the-ordinary, to work at a farm site staffed almost entirely by women, even more so. So I decided to express my thoughts about some of the intricacies of women in agriculture.

Lately, I hear a lot about female farmers as a “new trend.” According to the 2007 census, one or two out of ten farms is now operated by a woman. However, the “trend” part is hard to track, and seems to me to obscure some history of women who have always been involved in farming. Female farmers have been historical-

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Steep Discounts on Second Floor

by Martha Fuller, Wellness, Personal Care & General Merchandise Manager

YOU MAY have noticed that the Last Chance Corral has moved. To say it's in a better place means that the humor of a few staff colleagues has rubbed off on me. (They know who they are.) We created a new area formerly occupied by the coffee bar. You'll see "on-sale" merchandise on a wire shelf that was refurbished by our wonderful Marketing and Merchandising Manager, Josh. Come by, check it out, and grab some good values.

We place items in this area that may be out of season or were not steady sellers here at Weavers Way. We do not have items for sale on this rack because they have gone out of date.

martha@weaversway.coop



Fair Trade Month in the Deli

by Margie Felton, Deli Manager

OCTOBER is fair trade month and to celebrate, the deli is featuring fair trade hot chocolate, dried cranberries, and roasted pecans from Equal Exchange. These items will be on sale for the month.

Fresh Mozzarella will migrate back to its original home for the fall and winter months. This summer, the deli staff decided to try selling fresh mozzarella self-serve-style from a bulk container. We did this because we just couldn't keep up with the demand, and found it impossible to keep the case stocked with fresh **Weavers Way Farmer** mozzarella and still stock other items, cut lunchmeat, etc... This change was met with both positive and negative comments. Fresh Mozzarella sales seem to decrease to a more manageable level after everyone has depleted their supply of garden tomatoes in the fall, so we will return to packaging the mozzarella for you. Next summer, the cheese may migrate to the lower shelf again.

A few new items in the deli. Vegan brown rice pudding is now available in the

cheese case next to the rice and chocolate puddings. It is a delicious and healthier version of the traditional treat. Papadums are back! It's a new brand called Tiger Tiger. If you try them, let a deli staff person know what you think. They are located on the shelf next to the meat case with the Pat-tak chutneys and Arora Indian spices.

~ margie@weaversway.coop

**WEDNESDAY
LOCAL SALE DAY**

In conjunction with the produce department's Wednesday apple sale, the deli is going to feature a sale on a local item(s) every Wednesday. Look for specials on local cheeses and other items that might taste great with your local apples.

New From Martin's Sausage

by Dale Kinley, Meat and Seafood Deptment Manager

MARTIN'S SAUSAGE is now making antibiotic-free sausage. The choices are a little limited, as they are gradually changing their labeling. Currently, we are stocking: pork breakfast links, pork mild, turkey breakfast links, chicken sun dried tomato and basil, chicken apple, and chicken feta and spinach. Martin's gets its meat from a number of local farms, including Koch's Turkey Farm, where we get our Christmas turkeys and our ground turkey. We are now stocking both white and dark ground turkey meat.

Martin's Sausage is a third-generation family business, originating in South Philly. About five years ago, they moved across the bridge to N.J. to a state-of-the-art facility. Their sausages have no pre-



servatives or additives. They have quite a variety of flavors, all of which are really tasty. They are great on the grill, added to sauce or stuffing, or sautéed with greens—just a few ways to enjoy them.

As Martin's expands their line of antibiotic-free choices, we will too. Hope you enjoy them.

~ dale@weaversway.coop

October Hidden Treasure

Arora ready-to-eat, Indian chicken and rice dinners. The dinners come in three varieties: Vindaloo, which has a nice kick; Curry, and Tikka Masala, my favorite. They are made without preservatives and other unwanted additives and make a good quick meal. These dinners can be found in the prepared food refrigerator near the samosas and curry sauces.



Produce News

by Jean Mackenzie, Produce Manager



How 'Bout Them Apples?

It's OCTOBER, which can only mean one thing ...Okay, *two* things. First, all or most of our apples are local, low-spray, and sustainably grown, from Solebury Orchards in Bucks County, or Three Springs Orchard and Beechwood Orchard, both in Adams County. Fresh cider is back, as well as our favorite once-a-week produce treat, apple cider donuts. The first Ginger Golds, Buckeye Galas, Jonamacs and Honeycrisp—all of which started in early September—have been just wonderful: crisp, juicy, and full of flavor.

And second, the Annual Fall Festival at Morris Arboretum is on Sunday, October 4. We will once again be selling lots of local apples, pears, pumpkins, and cider. It's a great way to spend a Sunday, and support both your co-op and the Arboretum.

Mid-Week Specials

Have you noticed the specials in the Produce Department on Wednesdays and Thursdays? Do you wonder why? For one thing, the weekends are very busy and crowded at Weavers Way, and I wanted a way to encourage more shopping at mid-week, when there are no crowds and no lines. More importantly, a *lot* of our fresh, local produce comes in on Tuesday afternoon, and on Wednesday and Thursday. I want to show it off, and I want you to get the best selection. There are some items, especially from some of our smaller farms, that we may *only* have on Wednesdays or Thursdays.

If you haven't shopped our midweek specials yet, please give them a try. I think you'll be happy with the selection, freshness, and prices. And if you have a suggestion for something you'd like to see us add to our "Specials" list, please let us know.

Price of Tomatoes: Keeping Slavery Alive in Florida

CommonDreams.org, an online, progressive citizens' organization, published an article last spring about the exploitation of undocumented workers harvesting tomatoes in Florida. It says, in part, "Immokalee [Florida] is the tomato capital of the United States. Between December and May, as much as 90 percent of the fresh domestic tomatoes we eat come from south Florida, and Immokalee is home to one of the area's largest communities of farmworkers. According to Douglas Molloy, the chief assistant U.S. attorney based in Fort Myers, Immokalee has another claim to fame: It is "'ground zero for modern slavery.'" ...When asked if it is reasonable to assume that an American who has eaten a fresh tomato from a grocery store or food-service company during the winter has eaten fruit picked by the hand of a slave, Molloy said, "It is not an assumption. It is a fact."

The article describes the experiences of men who come to Florida to harvest tomatoes in hopes of earning enough money to support families back in Mexico, but find themselves held in virtual slavery to crew bosses. It also details efforts to prosecute those responsible, organize the workers, and bring pressure to bear on the largest buyers of Florida tomatoes.

As I write this, we are up to our necks in beautiful, juicy tomatoes from our own farm, from Chester and Lancaster Counties, from New Jersey, and from our own yards and gardens. But by the end of October, we will once again be relying on Florida for most of our tomatoes.

You can read the entire article yourself, at <http://tiny.cc/c3hwM>. Thanks to member Marlena Santoyo for bringing this article to our attention.

~ mackenzie@weaversway.coop

Manager’s Corner

The Continuing Healthcare Saga

by Glenn Bergman, Weavers Way General Manager

I WOULD like to return, for a moment, to a topic I raised a few months ago about the cost of health care to our small business, and why it is crucial that we level the playing field, provide a national plan, and make sure that the government (or a similar non-profit entity) is involved. As I mentioned before, last year our monthly invoice was about \$27,000 a month for covering about 50 of the 75 staff working at Weavers Way, the farm, and the community programs. We made some changes to the contribution by staff, offered different types of plans, and today our monthly invoice is around \$21,000. That means we will spend about \$200,000 annually on insurance. That is the cost of doing business right now and will take away from our ability to do other projects. We are, however, at a big disadvantage when we compare ourselves to other grocery stores, both large and small, who make it very difficult or impossible for their staff to obtain this benefit.

In September, we conducted interviews for the Chestnut Hill store manager position. We interviewed a few internal staff and a few from outside the co-op, from both the conventional grocery and natural foods worlds. What I learned made it clear that we do an excellent job providing coverage for our staff. While we always want to do more, we are clearly better than the conventional grocery business, which works staff hard, underpays them, and provides little if any benefits to the entry level staff.

Let me offer one example I learned of what I believe is a horrific way to treat staff. Two assistant store managers from two different grocery chains applied and we interviewed them separately. In one case, we learned that this assistant manager of a large 50,000-sq-ft store doing over \$45 million a year in business has over 70 cashiers on payroll. When asked how they can afford so many they said, “All of them are part-time and none receive benefits for the first few years.” On top of that, they start these cashiers below \$8.50 per hour! Staff are not encouraged to join the health care program. Management is told to retain as many part-time staff as possible to save money and keep people off the plan.

“How can this be?” I thought. At

Weavers Way, we offer 40 percent health benefits for part-time staff and 80 percent for full-time staff. This is costly, but it is the right thing to do!

I visited the store that one applicant worked for in Philadelphia, early in the morning (7 a.m.), when it was not crowded, so I could observe the staff setting up. I checked prices and observed the staff, thinking, “They are here early, they set up the store, and they make the profits for this big company, but now I know that the odds are that the person I am looking at is making lower than a living wage and is most likely not covered by the company’s health plan.

I went to the deli and purchased some sliced meat for my kids’ sandwiches, but when I looked at the prices, I realized we are much, much lower. The Dietz & Watson ham was \$8.99 a pound; at the Co-op it is \$6.99 s pound. I decided to wait. However, on my drive home an hour later, I started to think about our prices and our personnel costs. We operate at a very high percentage of personnel costs and yet we also have thousands of cooperator hours. If we added these hours into the mix and assigned them a dollar value, we would be out of business in a few months.

So, we either have to charge more, cut back on benefits and starting pay levels, or ensure that the cooperator work program remains a vibrant program. I have decided that we must maintain lower prices, make the cooperator member work program important, and always keep our mission of the triple bottom line as our guiding light.

Over the next few months, the health care policy of this country must change so workers and businesses are treated the same and all are covered regardless of full- or part-time status. It is not right that we pay for health care and others attempt to keep people off such important basic services. We must level the playing field at once with a national government option or comprehensive plan if we are to compete locally and globally.

What’s the Board Thinking...

About Diversity?

by Dave Tukey, Weavers Way Board Member At-Large

THE MISSION Statement of the Co-op articulates the vision held by the membership. As a Board member, I have recently been exploring one particular sentence of that mission: “We embrace the diversity of Mt. Airy, and seek to reflect that diversity in our membership.” Two things are evident in that sentence. First, the membership views diversity as a defining characteristic of Mt. Airy. Second, the membership wants that same kind of diversity to be a defining characteristic of the Co-op’s membership. To paraphrase the sentiment: Diversity is important to our neighborhood, and we want that diversity in our Co-op as well.

Exactly how diverse are West Mt. Airy and the Co-op? According to the U.S. Bureau of the Census, West Mt. Airy is approximately 40 percent African-American. In contrast, surveys conducted in 2006 and 2009 indicate that Co-op membership is only 10 percent African-American. As a 1998 research report states: “Weavers Way Co-op ... disproportionately appeals to white shoppers” (*Cityscape: A Journal of Policy Development and Research*, Vol. 4, Num. 2, 1998, p. 47). With respect to other analyses of that report, we can say that Co-op membership exhibits the kind of racial imbalance prevalent in the 1950s in West Mt. Airy while after that, the neighborhood became significantly more diverse.

The historic demographic trends in the neighborhood, in contrast to the Co-op’s membership, put the sentence from the Mission Statement in an interesting light. “We embrace the diversity ... and seek [it] in our membership as well.” In essence the members said, we are glad West Mt. Airy became more diverse over the years; we want that diversity in our Co-op, too.

Aside from issues of social equity, why might the question of the Co-op’s di-

versity be significant to the Co-op itself? I phrase the question in this manner because the Board’s primary responsibility is the Co-op’s viability in a business sense even if the Board endorses a broader social agenda. Why is it in the Co-op’s best business interests to be diverse?

One reason is strategic. According to the Food Trust (*Food Geography: How Food Access Affects Diet and Health*, p. 1) Philadelphia has the second lowest number of supermarkets per capita in the United States; many residents go out of their neighborhoods to buy food, or buy convenience food that is less healthy. One remedy to this situation is member-owned, community-based co-ops. We can well imagine Weavers Way playing a considerable role in this regard.

But expanding the Co-op successfully to underserved neighborhoods means the Co-op will need to take into account the shopping patterns and cultures of persons different than those of the Co-op’s current membership. We simply can’t clone ourselves, plunk down in a neighborhood, and expect things to work out unless we know how to serve that neighborhood and its needs. Predominantly white and affluent Chestnut Hill reflects current Co-op membership, so quite naturally we expect to do well there. But expansion into Germantown or East Mt. Airy, let alone into neighborhoods more removed from West Mt. Airy, would present far different circumstances.

Fortunately, we do not need to risk opening a new store in such areas to learn what it might be like to attract and serve the needs of a racially different customer base. We have a learning opportunity right here in West Mt. Airy. As we strive to attract and satisfy more African-Americans from our own neighborhood as members, we will learn a great deal in the process.

(continued on page 6)

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Have a Healthy Recipe You'd Like to Share?

by Helen Webb

WE'D LIKE to add your innovative healthy recipes that feature lesser-known foods to the Shared Recipes section of the website.

Here's the ABQ of healthy eating: amaranth, buckwheat, and quinoa. If these are foods you haven't tried yet, how about experimenting with them and, when you've got a dish you like, send us the recipe? These are nutrient-dense, delicious, and versatile foods, so the experiments will be fun. To get you started, I have included one of our family recipes for quinoa (to the right). If you're experienced at cooking with these marvelous seeds, please choose a favorite to submit. We'll post it on the website and enjoy trying it. And it will be there for all of us to find at some future point—like Thanksgiving—when we want to try something new to complement favorites.

In the spirit of the holidays, we're also looking for these foods in celebration mode. We'd welcome recipes featuring buckwheat, which is native to Southeast Asia, for dishes such as kasha for the Jewish High Holidays. We'd also love to receive your recipes that feature amaranth, native to the Andes, and quinoa, native to Mesoamerica, for Thanksgiving. Do you have recipes for whole grain hallah or for apple, carrot, potato, herring, or turkey dishes you just adapted in September for Rosh Hashanah or pre-fast/post-fast Yom Kippur meals? Or do you have berry, corn, pumpkin or winter squash, bean, chile, potato, or lentil dishes for Thanksgiving? Recipes featuring cranberry and other berries? Potato and fish dishes for the solstice celebrations? Special healthy dishes or

cakes for the New Year?

We especially solicit holiday recipes originally designed or adapted to be healthy. For example, a favorite pudding might have called for whole milk, but you've been making it with skim or soy milk and it comes out great. Maybe you've substituted healthy vegetable oil for butter in another recipe or replaced butter with sesame oil with broiled asparagus, sesame seeds, and lemon. In baking, have you replaced refined grains like white flour with whole grains such as whole-wheat pastry flour in some great bread?

This is a great time of year to think of cooking with the end of summer and start of fall fresh produce at Weavers Way and the farmers' markets. Building the Co-op recipe base, we'll share in the culinary gifts and traditions of talented Co-op members and add community cooking pleasure to the seasons.

So, we welcome your experiments and submissions. Please include your name and any family stories you'd like to share. We'd love to hear whether your recipe is entirely new or comes from grandparents. Just be sure to send them in soon, so we can use them for the upcoming holidays! Please send them to Robin Cannicle, Weavers Way Membership Manager, at member@weaversway.org.

We hope you will enjoy this quinoa recipe. My family loves it!

Quinoa "Yellow" Pilaf with Shredded Green Cabbage

Ingredients

- 1 medium clove garlic, minced
- ¼ red onion, sliced thin
- Thin (¾ inch wide) sliced fresh jalapeño, minced
- ¼ tsp. turmeric, cumin, and curry powder
- Fresh ginger to taste or replace with ¼ tsp. dried
- Thyme, sprinkled to taste
- 2-3 cups shredded fresh cabbage and carrot (bag "cole slaw" works) or as desired
- Fresh basil as desired
- 1 cup cooked quinoa (approximate - as desired)
- 1-2 medium baked potatoes cut into bite-sized pieces
- Red wine vinegar (or other), to taste
- 2 Tbsp. water
- Adapt as desired: vary spices, add additional veggies (red bell pepper, winter squash, mushrooms, lima, fava, or other beans), add fruits (apple, cinnamon, and cloves, raisins, dried cherries, currants, or cranberries, walnuts, almonds, pine nuts, or cashews)

Instructions

Start with garlic, red onion, and chile (and fresh ginger if available), in medium-sized saucepan. Add spices, cabbage, and basil. Mix. Add vinegar and water and cook together for just a few minutes, until red onion and cabbage are tender but crunchy, too. Stir to prevent sticking. Mix in quinoa and potatoes and serve. Serves 2-3. Easily doubles.

Adapted from the recipe "Pilaf de quinua" on the Peruvian government website of the Instituto Nacional de Innovación Agraria.

Note on quinoa from the Whole Grains Council website:

Quinoa (Chenopodium quinoa)

Quinoa (keen-wah) comes to us from the Andes, where it has long been cultivated by the Inca. Botanically a relative of swiss chard and beets rather than a "true" grain, quinoa cooks in about 10 to 12 minutes, creating a light, fluffy side dish. It can also be incorporated into soups, salads and baked goods. Commercially, quinoa now appears in cereal flakes and other processed foods. Though much of our quinoa is still imported from South America, farmers in high-altitude areas near the Rockies are also beginning to cultivate quinoa.

Quinoa is a small, light-colored round grain, similar in appearance to sesame seeds. But quinoa is also available in other colors, including red, purple and black. Most quinoa must be rinsed before cooking to remove the bitter residue of saponins, a plant-defense that wards off insects. Botanists are now developing saponin-free strains of quinoa to eliminate this minor annoyance to the enjoyment of quinoa.

Health bonus: The abundant protein in quinoa is complete protein, which means that it contains all the essential amino acids our bodies can't make on their own.

www.wholegrainscouncil.org/whole-grains-101/whole-grains-a-to-z

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Proposed Bylaw Changes

Below are the proposed bylaw changes that will be voted on at the November 15 General Membership Meeting

Proposed additions are formatted **bold and underlined**. Proposed deletions are formatted ~~crossed-out-and-bold~~.

Article IV, Section 3. Notice of Meetings. **The notice of regular and special meetings of the Members shall state the date, time, place and purpose of the meeting. Notice of all regular and special meetings of the Members shall be given by the Secretary as follows:**
a. by mailing or hand-delivering the notice, not less than twenty days before the date of the meeting, to each Member at the Member’s last known address, and
b. by posting notice in a prominent place on the Co-op’s website and in each Co-op store.
For purposes of (a) above, notice shall be deemed to be mailed to a Member The secretary shall mail a written notice of each meeting of the Members, setting forth the date, time, place, and nature of the business of the meeting to each Member at the Member’s last known address, not less than twenty days before the date of the meeting. Such notice shall be deemed delivered if deposited in the United States mail with at least third-class postage affixed and addressed to the latest address provided by the Member **or if e-mailed to the latest e-mail address provided by a Member who elects in writing to receive notice of meetings by e-mail in lieu of regular mail or hand-delivery. The notice shall also be conspicuously posted at the Co-op.**

Article IV, Section 6d. Voting by Ballot. All voting for Directors shall be by ballot in accordance with Article V of these By-laws. In addition, the Board may authorize voting by ballot on any other issue that properly may be brought to the Members for a vote, including but not limited to any proposal to amend these Bylaws. Whenever voting is conducted by ballot, the following rules shall apply: (1) All votes shall be submitted by ballot and no voice votes will be counted; (2) the form of the ballot shall be prescribed by the Board; (3) a copy of the proposal or ballot to be voted upon and the date and time by which the ballot must be received by the Co-op in order to be counted (the “Ballot Due Date”) shall be published in the Co-op newsletter or another publication **generally circulated** ~~mailed~~ to Members no less than 30 days nor more than 60 days before the Ballot Due Date and shall be posted in a conspicuous place in each Co-op store and on the Co-op’s website throughout the 20 days immediately preceding the Ballot Due Date; (4) the Ballot Due Date shall not be later than the adjournment of the meeting at which the issue described in the ballot is being considered; and (5) the ballot shall set forth the instructions for returning the ballots, which shall include as one option depositing the ballot in a ballot box located in any Co-op store. Each Member household shall be limited to submitting one ballot on each voting occasion. To be counted, ballots must be received by the Ballot Due Date, must be returned in accordance with the instructions on the ballot, and must meet certification standards set by the Board to ensure confidentiality, authenticity, and validity. Three persons designated by the Board shall count the ballots in a manner designed to preserve the confidentiality of the Member’s vote. The vote shall not be considered an act of the Members unless at least 75 ballots are received by the Co-op.

Article IV, Section 8. Notice of Nomination and Election of Directors and of Committee Chairpersons. No later than sixty (60) days prior to the Spring membership meeting the Chairperson of the Leadership Committee shall post a notice of elections in a conspicuous place at the principal place of business of the Co-op, which notice shall state the date of the elections, the positions for which elections are to be held and the procedure for nomination of candidates for the positions. The notice shall also be published in the Co-op newsletter or another publication **generally circulated** ~~distributed~~ to all members. Nominations of candidates for positions on the Board of Directors and for Committee Chairpersons may be made by any person in a member household by submitting the name of the nominee(s) to the Chairperson of the Leadership Committee of the Co-op within sufficient time to permit **notice of** the nomination to be disseminated to the membership ~~by mail~~ in accordance with these by-laws. Representatives of the Leadership Committee shall contact each nominee and determine the nominee’s willingness to serve.

Article V, Section 1. Election of Directors. The election of Directors shall take place at the Spring membership meeting. All voting for Directors shall be by written ballot. Notice of the election, including the names of the candidates, the Board positions being filled, and a copy of the ballot shall be published in the Co op newsletter or another publication **generally circulated** ~~mailed~~ to Members at least 30 days before the meeting at which the election will occur and shall be posted in a **prominent** ~~eonspieuous~~ place in each Co-op store and on the Co-op website throughout the twenty (20) days immediately preceding the date of the election, and there shall be an opportunity in the same publication for brief statements relating to each candidate. As set forth in Section 6d of Article IV of these By-laws, to be counted, the ballots must be received by the Co-op by the adjournment of the meeting at which the election is held, must be returned in accordance with the instructions on the ballot, and must meet certification standards set by the Board to ensure confidentiality, authenticity, and validity.

Diversity

(continued from page 4)

Put another way, the first expansion into racially diverse areas ought to be closer to home—West Mt. Airy itself.

Such an expansion of our membership within West Mt. Airy also makes perfectly sound business sense. A solid, diverse customer base can help businesses weather tough economic times. Moreover, it is sound business practice to expand where it is easiest to do so, and nowhere is that easier than in our own backyard. In our case, this means attracting and retaining African-American members in West Mt. Airy.

In short, we need to expand our membership in the interests of not only diversity and being a good neighbor, but sound business practices as well. If we can reach the goal of a racially diverse membership with our current store, we will be in a better position to say to other racially diverse neighborhoods that our cooperative model and business practices will be successful there as well.

Concerning diversity, the Mission Statement, sound business practices, and strategic positioning are all aligned. Let all of us—membership, board and staff —“embrace the diversity of Mt. Airy,” strengthen the Co-op within our primary neighborhood, and position ourselves to bring healthy, affordable food to underserved Philadelphians.



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National Health Care Day of Service

by Robin Cannicle

PRESIDENT OBAMA proclaimed June 27, 2009 National Health Care Day of Service. Americans came together across the country—in community health centers, outside of supermarkets, in local schools—to serve together and improve health care in their community. While serving their neighborhoods, Americans raised their voices and built momentum to finally fix our broken health care system. This day was organized through Organizing for America, the successor organization to Obama for America, which is building on the movement that elected President Obama by empowering communities across the country to bring about an agenda of change.

Melanie Jones, a Weavers Way member, decided to contribute to this day by volunteering at the West Oak Lane Senior center giving hand and foot massages.

"I am so impressed with how the community has revitalized this area. I have been a member of Weavers Way for seven years and was recently named Diversity and Outreach Chair, so I wanted to reach out and give back. When President Obama proposed the National Health Care Day of Service in our communities, as a volunteer with Organizing for America, I thought how awesome it would be for

the Weavers Way Ogontz Store, which is located across the street from the Senior center, to share its commitment to health and well being."

Using the Organizing for America website tool and with assistance from the Weavers Way membership department, we organized an event that consisted of 11 volunteers (six Weavers Way members) in three weeks. It cost \$36 in products from the Ogontz location and the rest in volunteer efforts. We converted the space in the Senior Center lounge into a holistic healing space with fountains, reading materials, candles and aromatherapy. As an added pleasure, Dr. Karen James, a member of Weavers Way who is a certified in homeopathic medicine, gave a presentation on arnica, its benefits and where to purchase it in the Co-op. "It was a very enlightening day!" said James. "This was an excellent start for future workshops at Weavers Way. This event brought awareness of alternative ways of healing to all that participated."

President Obama asked Americans to sign a three-point healthcare reform declaration. We gathered 31 signatures, spoke about natural ways of wellness and referred people to Weavers Way to purchase these items and interest them in

membership. Several seniors were already members of WW and two volunteers joined the Co-op that day.

Gilbert Ferblantier, a masseuse and Weavers Way member, said, "It was a blessing to serve the seniors and teach the volunteers about massage and healthy living. I love to help people and this was a happy, uplifting event. I want to do this again next year and I was proud to represent Weavers Way. I love the Co-op."

Sharline Waller, director of the West Oak Lane Senior Center said "The seniors thought the event was a blast! It was a day for everyone to be in tune with themselves...mind, body and spirit. The seniors who thought they would have never gotten a massage in the past, tried it for the first time. They also appreciated the giving spirit of the volunteers and the aromas from the natural scents."

Seniors received free Emergen-C packets, flowers, tomato plants, and fruit provided by Weavers Way. "I would like



photo by Robin Cannicle

Co-op member Gilbert Ferblantier (l) donated his services for the National Health Care Day of Service at West Oak Lane Senior Center.

to give a big thank you to Jason, store manager of Ogontz location, for providing all of the giveaways. We promoted Senior Day Tuesdays at the Ogontz location, which was the brain child of Weavers Way employee Renee Champion." A high percentage of seniors use the Ogontz location and Jason is committed to adding more products that would be of benefit to them in the store.

Melanie is the director and founder of the Pachamama Healing Garden, a non-profit holistic healing center serving people with disabilities, seniors, and people of size. She is also the Advocacy Chair for the Consortium for Latino Health. For more information, contact Melanie at abundantlyogini@comcast.net.

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Book Review

Inquiries Into the Nature of Slow Money

by Woody Tasch

Reviewed by Margaret Lenzi, Weavers Way Board Member At-Large

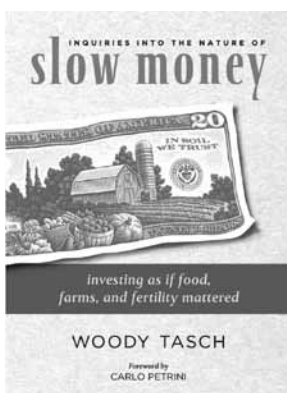
IS MONEY moving too fast? Slow down and enjoy the earth. Join the Slow Money Movement (SMM) where money is invested as if food, farms, and fertility matter. This is the message of a timely new book by Woody Tasch, *Inquiries into the Nature of Slow Money* (published Jan 2009 by Chelsea Green Publishing Company). When I was on vacation this past August, I attended a book talk by Mr. Tasch and much to my amazement, also realized that Weavers Way is very much part of the SMM. Hopefully, the SMM can grow in the years to come, with Weavers Way right in the thick of it, so that we can all have a more sustainable, healthy world in which to live.

So what is the Slow Money Movement? It is a movement that seeks a new economy grounded in quality products, human relationships, and protecting the land. Its aim is to build new capital markets around preservation and restoration, rather than extraction and consumption. It targets smaller, independent enterprises that have traditionally been excluded from conventional markets, venture capital, and philanthropy. It is investment based on the triple bottom line- People, Planet and Profits. It seeks to preserve and restore local food systems and local economies.

Author Woody Tasch, a seasoned venture capitalist, foundation treasurer, and

entrepreneur, posits that the problems we face with respect to soil fertility, biodiversity, food quality, and local economies are not primarily problems of technology but rather finance. A system that is organized only to optimize the efficient use of capital produces cheap chemical-laden food, millions of acres of genetically modified corn, billions of food miles, widespread degradation of soil fertility, dying Main Streets, kids who think food comes from supermarkets, and obesity epidemics concurrent with persistent hunger.

The speed with which money currently moves through our financial system divorces the investor from the product and causes detachment from people, places and culture. The book has many statistics that drive home this point. For instance, from the beginning of human history to the year 1900, the global economy grew to \$600 billion in annual output. Today, the world economy grows by this amount every two years; \$3 trillion circulates through currency markets every day, and trading volume on the New York Stock Exchange grew from three million shares a day in 1960 to five billion shares a day in 2007.



Mural at Ogontz

(continued from page 1)

tional branch of the Mural Arts Program (MAP) of Philadelphia, the acclaimed nonprofit that has decorated this city like no other. Philadelphia has more murals than any other major U.S. city. Of these, over 2,800 were produced by MAP or the Corps. The mastermind of this particular mural is Keir Johnston, a young artist, but a veteran of the program.

I was introduced to Johnston by Ogontz store manager Jason Price. Johnston clambered down from his bright yellow scaffolding and held out a latex-gloved hand covered in paint (luckily, it was dry). Johnston studied art at California State University, Northridge, but preferred to learn his trade working on actual walls. He is equally thankful for the teaching of graffiti artists and more mainstream practitioners of public art. Graffiti artists, he says, were fast and efficient. After ten years of doing murals, Keir is an expert in his craft. Working with him on the scaffolding was trusty assistant and fellow artist Kim Alsbrooks.

Keir has been turning the stucco wall into a sylvan scene of various folks frolicking around and peeking out from behind London plane trees (more familiar as a kind of sycamore, which lines the stretch of Ogontz Avenue near the store). In the background arches a bright sunset. The whole work is done by painting the wall surface with colored codes like paint-by-number, then filling in with sponge strokes that look spotty up close, like pointillist art, but meld together from the usual distance a mural commands.

Keir told me that for six weeks this summer, he was helped by 10 teens attending Martin Luther King High School a few blocks away. It was their summer job, funded by the Pennsylvania Department of Community and Economic Development. Mural Corps offers free after-school classes to teens as well as the summer programs that help them develop skills for their future. You can visit mural-corps.org to see photos, an interview, and information about the Weaver’s Way mural as well as many more. The MAP programs serve nearly 2,000 youth at over 50 neighborhood sites in Philadelphia.

When I returned to the Ogontz store to take snapshots, a sidewalk gathering had engaged Keir in a discussion about the mural and how to improve the garden next to it. Said Sabrina Holloway, who works nearby, “All murals are good for all neighborhoods, especially if there’s a vacant lot” that it uses—as happened in this case. Her sister, Denise Holloway, concurred. Al Dorman, Business District Manager for the Ogontz Avenue Revitalization Corporation and the unofficial mayor of West Oak Lane, added that there was community input to initiate the mural. At a neighborhood meeting where Keir showed a draft of the mural, it was decided that he should add a wise elder directing the young subjects. Keir joked that Mr. Dorman was their quality control.

The Ogontz store is reminiscent of Carpenter and Greene, but smaller. Jason Price says its specialty is produce. The store tries to offer the freshest fruits and

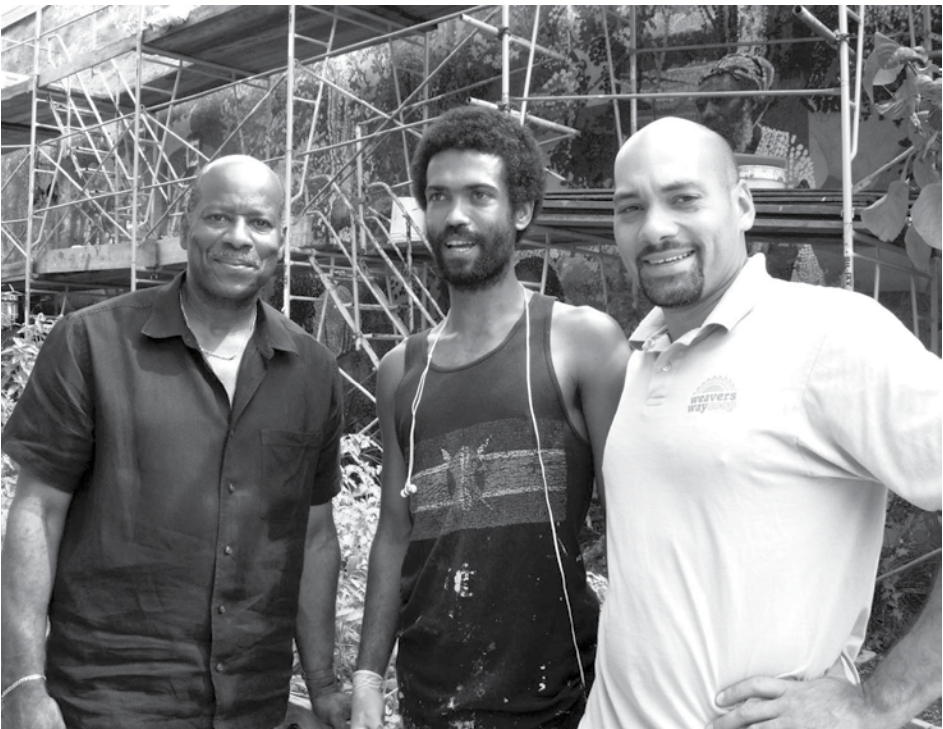


photo by Jennie French

In front of the mural in-progress are Al Dorman, Ogontz Avenue Revitaization Corporation (OARC) Business District Manager; Mural Arts Program muralist Keir Johnston; and Jason Price, Weavers Way Ogontz store manager.

vegetables. On Tuesdays from 2 to 6 p.m. there is a farmers’ market run by two Amish families. A member of Weavers Way plays some sax or clarinet to add to the for ambience.

When I left Ogontz Avenue the first time, new driver’s license in my pocket and a bag of groceries in my hand, I took Walnut Lane toward home. It ended at Stenton Avenue across from a big brick building. I

noticed, as the light turned green, that it was Martin Luther King High School, attended by ten of the young mural painters. It has its own mural, with birds flying and a quote from Langston Hughes: “Hold fast to dreams/ For if dreams die/ Life is a broken-winged bird/ That cannot fly.” And in my last glimpse, I saw a flock of birds rising up from the lawn into the sunshine.

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Building a Co-operative Economy Together

by Scott Patterson, Equal Exchange

A CO-OWNER of mine recently shared an interesting interaction. A woman came up to her at a co-op event that we were sponsoring and said that she had been a passionate Equal Exchange supporter in our early days, but assumed that after nearly 25 years we had sold out to grow or survive.

Given the current climate of corporate bailouts and the long list of disappointments from Green & Black’s, Tom’s, Burt’s, Kashi, Dagoba, Honest Tea and more, it’s easy to arrive at that conclusion. When we shared that Equal Exchange is a worker-owned cooperative and that, like at her food co-op, the values of transparency and democracy are the rules by which we govern—and, aren’t just pretty words—the landscape shifted.

There is some gray area here; it is, of course, possible for co-ops to be broken, sold or poorly managed. But when done well, the one-member, one-vote and profit sharing backbone of co-ops protects against greed and promotes ethical en-

trepreneurialism better than any business model I have seen to date. In the case of Equal Exchange, imagine 91 people who have a genuine financial stake in seeing their work succeed. Our recent jump into bananas exemplifies this spirit.

Last December, the worker-owners at Equal Exchange voted to take on a daunting challenge. The banana industry is totally dominated by Dole, Chiquita and Del Monte. Who in their right mind would try this? But remember we aren’t just talking about one company. The origins and success of Fair Trade coffee can almost exclusively be traced to a powerful chain of cooperators. Picture it: small farmers Equal Exchange natural foods co-ops around the country you.

Together, both with international and local farmers, our collective work is one of creating food chains that stand for our values. The beauty of co-ops and these supply chains is that they are transparent; you can get to know something real about the 80 farmers who are growing your ba-

nanas. And with shared ownership and decision making, when you as a shopper support cooperatively owned companies on the shelves of your store, you are sharing your power and creating authentic change.

Traditionally, October’s co-op month has been about celebration and we have many successes to enjoy. At the same time, we have a lot of work ahead. While we’ve seen copycats repackage our work and call it things like “direct trade,” we do need to reinvigorate and step up our game when Frito Lay and Wal-Mart tout their “relationships” with farmers. No wonder most shoppers are skeptical. And the risk is that when we can no longer distinguish between real efforts and marketing, we lose our ability to create true change.

So, how do we move forward together? Well, for Equal Exchange’s part, in addition to jumping into the banana industry, we are committed to doing a better job of sharing both why small-scale farmer organizations are valuable, and to let-

ting you all get to know us. I suggest that natural foods co-ops embrace the debate about who owns the companies behind the products on your shelves, share this with your member-owners, and do even more to actively promote cooperatively owned companies.

In addition to local, organic and Fair Trade labeling, let’s identify and be proud of our business models. On the part of shoppers, hang in there! I know you are stretched for time and money, but if you’ve read this far you must see value in building these connections! I ask for your amazing, continued loyalty to your co-op and to Equal Exchange, and that you join us in holding our collective feet to the fire. Remember, your grocery store has been an innovator and is able to carry the products you want because it is a co-op! As you shop the aisles of your natural foods store and think about your routine purchases, why not keep asking for more companies that are cooperatively owned – and in this way remove the incentive for companies to sell out.

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Useful Non-Traditional Media Resources

by J.C. Lamkin

WITH FALL comes great weather and the strengthening of my desire to golf. Although I'm not a very good player, I do like to take the clubs to the range every once in a while and practice my swing; just in case the PGA ever has an opening, I will be ready. This season, I realized I needed new golf balls. Ordinarily, I would just pop by the closest sporting goods store and buy new ones. However, this time I decided to put my money where my mouth is and try using technology to obtain new golf balls. When I posted my sporting goods need on Phillyfreecycle.org, I figured someone would reply saying that they had a half dozen golf balls to give. I was surprised when a kind stranger replied that he would give me over 100 golf balls if I wanted them. If I *wanted* them? Needless-to-say, I picked up the golf balls the next day and was thrilled that the kind stranger threw in clubs, too.

I've often touted the joys of technology and the internet. After all, that's my job. But, there are three online resources in particular that I believe most people will find very helpful:

PhillyFreeCycle.org

PhillyFreecycle is a free online materials exchange in Philadelphia, Pennsylvania.

Like all great initiatives, Philly-Freecycle is run on the volunteer-powered energy of their moderators. They have basic guidelines for posting to the group:

Keep the posts free, legal and suitable

for all ages:

- No politics
- No spam
- No trading
- No advertisements
- No information requests
- No service requests

Begin *subject* with a heading (either *offer*, *wanted*, *taken* or *found*) and a general location along with the item. Incorrectly formatted messages may be rejected by the moderators. *Pending* is not a valid heading, please only post *taken*. If the pickup falls through, you can offer it to others that contacted you, or you can post the *offer* again. With over 11,496 members, you are sure to find or offer something.

BusinessHelpingBusiness.com

BusinessHelpingBusiness.com is a catalyst for companies who want to help one another survive and succeed by making needs known and favors available. It is an entirely grassroots movement intended to bring together large and small, global and local, and product and service businesses alike in cooperation rather than competition. You can subscribe to the Needs & Haves List to receive week-day e-mails submitted by other business-owners. If you see a need you can fulfill or a have that interests you, go for it! You can also browse sample needs and sample haves for inspiration and encouragement.

If you *need* something, you just submit a form to tell other businesses what you need. There are indeed good people in the world and some of them happen to be business owners. Make your need known to other businesses and you may find exactly what you need for your business to survive and succeed.

If you *have* something, just use their form to offer what you have in terms of opportunities or favors for other businesses. Karma is a simple concept. You get what you give, three times over. The connections you establish now by extending your help to fellow business owners may result in significant relationships that benefit your business too.

Twitter.com

This recently famous mini-blogging tool has traditional media-types scratching their heads. Because most new users have not figured out how to properly use the tool to maximize results, they often

abandon the site before realizing that it is a great way to research and tap into the pool of growing online consumers. These days, it is not just about having a website. It is about identifying customers who need your products/services and building long-lasting relationships. By posting as @TechCrusader on Twitter, I can quickly assess who in my geographic area is looking for sewing lessons, a good restaurant, dry cleaning, ballet lessons, website development services, etc.

You can't help but notice that the world is changing. The way we communicate is changing, too. It is imperative that we put away our anxiety about technology and focus on the possibilities.

By creating a plan that includes technology, we dramatically increase the chance that we will meet our goals. The above listed tools are all free, so you'll certainly get more than you paid for. And that's a good a reason as any to give them a try.



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Dinner and a Movie

Julie and Julia, and John’s

by Margie Felton and Joanna Poses

WE KNOW this is the October column and we are supposed to be watching zombie exploitation flicks and drinking Bloody Marys! Our deadline, however, was in August--the same month that *Julie & Julia* opened! We couldn’t turn our palates away from the biggest food movie of the year. Especially, not when Margie had met Julia Child 12 years earlier! This is a case of opportunity knocking: we are grabbing the coattails of this charming movie just as Julie Powell rode the apron strings of the incomparable Ms. Child.

The movie cuts back and forth between two women who realize their ambitions through cooking. We follow the small triumphs of Julia Child’s early culinary career in Paris and the smaller triumphs of Julie Powell in the cramped kitchen of her Queens apartment. Child eventually writes the classic, *Mastering the Art of French Cooking*, and Powell

blogs about cooking all 524 recipes in just 365 days. Child is, of course, exquisitely and hilariously embodied by Meryl Streep. Amy Adams, generally a charming comedienne in her own right, is given the thankless role of Julie Powell, a young woman with a bad haircut and a testy personality (in Joanna’s opinion only). Margie actually likes her hair and her personality - when she isn’t whining. The story parallels the lives of the two women, but this kitchen smack-down is a little unfair. Julia bravely plunges her knife into a lobster while Julie flees the room and lets her husband hold down the lobsters in the pot. Although we’re willing to let Julie win this round because “Psycho Killer” was playing in the background as the lobsters lunged out at a very game Mr. Powell. The bottom line is that if you appreciate good food, but can’t pronounce *beef bourguignon* then this is the movie for you.

The real question is what restaurant

we have we chosen for you this month. You’re probably thinking something French, but you are oh-so-wrong! We’re here to talk to you about cheesesteaks. When Margie met the real Julia Child at an elegant dinner party, Julia’s first question was “What is this cheese steak I keep hearing about?” Just take a moment to picture the scene and the cheesesteak inquiry in Julia’s adorably ridiculous voice. Margie and her friends explained how thin-cut beef was cooked on a flat griddle with fried onions and cheese and served in a chewy Italian roll. They encouraged her to try one while she was in Philadelphia and they each offered a favorite local joint.

We know that many of you have taken sides in that philosophical argument about whether Pat’s or Geno’s is Philly’s reigning cheese steak, but Joanna and Margie both agree that John’s Roast Pork is their new local favorite.

Our first visit to John’s was for the famous roast pork. Cheesesteaks are a dime a dozen in this town, but good roast pork is more elusive. We read up on John’s and headed south (and then south some more). John’s is located in a tumbledown shack tucked aside sprawling mall complexes and old brick factories. It is only open from 6:45 a.m. until 2 p.m. and the line usually spills out and down the street. We first visited during the busy lunch hour and waited an eternity. We ordered our Italian pork and decided to split a chees-

esteak for good measure. The pork was perfectly fine, but the cheesesteak was a revelation. It was just the perfect ratio of meat to cheese to onions to grease. And this whole fine mess was snugly nestled in a perfectly chewy-though-substantial, sesame-seeded Italian roll. It instantly shot to the top of our Philly favorites.

When we decided to write about John’s as the perfect companion for *Julie & Julia* we knew we needed another taste just to be sure. Short of calling in sick to work, our only option was to make our South Philly pilgrimage as soon as John’s opened--before work. We were done with our steaks and pointed back towards Mt. Airy before 7:30 a.m. There’s something unspeakably civilized about sitting at a picnic table munching cheesesteaks in the early morning light. South Philly’s still so quiet and bleary-eyed that you can hear yourself think, “do I prefer the 50 cent hot grilled peppers or the free and standard banana peppers?”


The film should not make you want to run down the corner for Philadelphia’s most famous sandwich. It should challenge you to chop the perfect onion, master your French food pronunciations, and worship butter until the end of time. But Margie will never again eat a cheesesteak without thinking of her conversation with Julia, and hoping she satisfied her cheesesteak curiosity.



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PA's First Electric Bicycle Store Opening Across from Weavers Way

by Jonathan McGoran, Shuttle Editor

Starting October 1, Weavers Way has a new neighbor at Green Street and Carpenter Lane, Philly Electric Wheels (Phew!), the first store in Pennsylvania to sell and service electric bicycles. Located right across Carpenter Lane, in the “Green on Greene” building (formerly Mt. Airy Moving Arts) the store was founded by Co-op member Afshin Kaighobady, who lives just down the block. PHEW will celebrate its Grand Opening on Thursday, Oct 15, from 1 to 7 p.m.

While electric bicycles are a lot of fun to ride, Afshin emphasizes that they are as much for sensible transportation as for recreation. They are both convenient and affordable, powered by a quart-size battery that easily slips out of its basket for re-charging. Most e-bicycles (and tricycles) can go 10-20 mph, although some can go faster). They can travel a distance of 10 to 30 miles between charges, and many models allow you to turn the motor off when not needed and pedal like a regular bike for as far as your legs will take you. The cycles cost a penny a mile to operate.

Electric bikes let you ride undaunted by heat or hills, and they let you travel to your favorite destinations without worrying about parking spaces or feeding meters. And if you usually leave your favorite parking-spot-challenged destination with grocery bags full of great Co-op food, fear not: Weavers Way member Eliza Callard, who uses her electric bicycle as her sole

form of transportation (except to borrow her parents’ car on rare occasion), says she is grateful and continually amazed by how many grocery bags she can pile onto her electric bike.

Weavers Way shift manager Bill Quern uses his electric bicycle for routine commuting and for recreation. “I just like the feeling of being on a bike,” he says. Bill says that being able to use his electric bike for daily transportation gave his injured knees a chance to heal enough that he could continue Morris dancing.

Seniors may be interested to know that some electric tricycles are slim enough to negotiate grocery aisles. And with cool designs and batteries that are as easy to re-charge as a cell phone, e-bikes are perfect transportation for teens (the cycles are designed for ages 16 and up). Electric Bikes will allow some families to save money by getting by without that second car.

Afshin is a mechanical engineer, energy auditor who has been studying bicycle design for a decade and can service the bikes himself, along with his experienced maintenance staff (the Phew Crew). Cycles will sell for \$500 to \$3,000. For more on Phew! visit www.ph-ew.com or 267-591-9135. For a trial ride, you need to be 16 or older and bring your I.D. Mt. Airy Moving Arts studio (MaMa) still operates in the building. Participants enter thru the driveway.



photo by Pam Rogow

Afshin Kaighobady and Bill Quern and one of the models to be sold at the store



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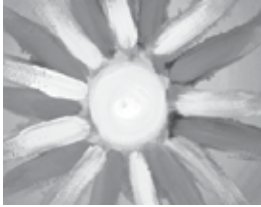
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Greenwashing and Fiji Water

by Sandra Folzer, Environment Committee

JUST BECAUSE a product says it is “green” doesn’t make it so.

TerraChoice, which reviews eco-labeling for the Canadian government, claims that only two percent of “eco” products make completely legitimate claims. The other 98 percent committed at least one sin of “greenwashing” or false advertising about environment practices or benefits. Beginning with the most common, these “sins” include:

1. One environmental issue is emphasized while more serious concerns are ignored. Paper is not preferable just because it comes from a sustainably harvested forest.
2. No evidence is given that environmental assertions are true.
3. Descriptions are vague, like “All Natural.” Even arsenic is natural.
4. Claims on label are false, like “fights global warming.”
5. Claims are irrelevant, like “CFC-free” since CFC’s are banned,
6. It is the lesser of two evils, like organic cigarettes.
7. Manufacturers say their product is Energy Star certified when it is not.

For example, *Mother Jones* (Sept/Oct 2009) reviews the practices of Fiji Water, who claim you will help stop global warming if you drink their bottled water. Somehow they have convinced many people from Mary Bilge and Mariah Carey to Brad Pitt, who have been shown drinking

their water. Both Obama and Gore were at functions where Fiji was displayed, suggesting they advocate drinking it.

Fiji Water is America’s leading imported water. It is no surprise that they spend millions on marketing. However, their marketing does not mention that half the people in the Fiji islands, which are ruled by a military junta, sometimes have to rely on emergency water supplies. Typhoid and parasitic infections occur because the water to which people have access is unclean. This is because David Gilmour, the founder of Fiji Water, obtained a 99-year lease on land atop a large aquifer to which Fiji Water has nearly exclusive access.

Fiji Water gives its carbon footprint online, claiming their water travels on ships that would be crossing the ocean anyway. The company brags that it will be carbon negative by offsetting emissions by conservation and energy projects. The online journal ClimateBiz says that Fiji Water uses “forward crediting,” taking credit for carbon reductions that will happen in the coming decades.

Presently, Fiji Water is owned by Lynda and Stewart Resnick, agribusiness billionaires who also control one of the largest underground water reservoirs in California, the Kern Water Bank, built with public funds in 1999 to help buffer the effects of droughts. The Resnicks are the largest growers of almonds, pistachios and pomegranates in the world. (They have spent over \$23 million for research

to prove the benefits of their Pom Pomegranate.)

Lynda Resnick boasts of Fiji Water’s efforts to preserve the rainforests. The bottles claim they protect 50,000 acres of rainforest, yet they have yet to obtain a lease to do so. Lynda says, “we only use biofuels,” but the Fiji plant runs on diesel generators. The bottles are made from Chinese plastic, which is then shipped thousands of miles to ecologically minded consumers.

Other water bottle companies are no better. Since 2000, Dasani from Coca-Cola has been pumping groundwater near Kerala, India. After people protested because their wells were dry, Dasani ignored them as well as two government orders to install wastewater treatment and provide drinking water to locals. They were forced to close in 2004, but reopened the next year.

Nestle’s Deer Park pumps water from Florida’s Madison Blue Spring State Park, a drought area. Officials granted a permit to pump for 14 years for no fee except a \$230 permit. They also get \$1.7 mil in tax subsidies.

Nestle’s Ice Mountain pays nothing, aside from an \$85 fee, to pump from a Mecosta County, Michigan spring. Citizens sued because the plant would hurt nearby waterways. Nestle’s appealed to win the right to continue pumping up to 200 gallons/minute.

Danone’s Volvic has been recalled in



file photo

Japan because toxic paint chemicals were found in the water. Wal-Mart’s Sam’s Choice was found to contain carcinogens.

In short, an environmentally sound water bottle is an oxymoron.

We are fortunate to shop at the Co-op because the staff tries to look for those products that are environmentally sound. Still, as consumers we need to be wary of all advertising claims. (Along the same lines, a new industry-driven label, “Smart Choices” is “designed to help shoppers easily identify smarter food and beverage choices.” (*N.Y. Times*, 9/5/09). The list includes foods such as Froot Loops and Cocoa Krispies. According to Michael Jacobson, formerly part of the Smart Choices’ panel, “You could start out with some sawdust, add calcium or Vitamin A and meet the criteria.”

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My Laundry List: Eco-Strategies

by Betsy Teutsch

LAUNDRY IS an extremely resource-intensive pursuit. Each load we throw into the wash consumes: detergent and any additional inputs people opt for; water; electricity to run the washing machine; gas to heat the water (if you don't go with cold water); and electricity and gas to run the dryer. Of course, laundry consumes a lot of time, too. That's probably why it's often found piling up in the laundry room.

"Wash Day" was a very literal description, in times past. Standards for housework escalated with the advent of "labor-saving" devices across the home, and laundry is no exception. My mother grew up in a prosperous 1920's household where each diner was assigned one large damask napkin for the week; monogrammed napkin rings served as IDs. People didn't throw clothes into the hamper just because they'd worn them once or automatically toss towels and linens in after a single use. The easiest thing you can do to save resources and time is simply to be

more selective about how frequently you wash items.

One of the most liberating things I learned from my mother-in-law, a frugal immigrant from Germany, is that it's fine to change bed linens every other week; she totally goes for the least laborious approach. Changing sheets biweekly does not seem to shorten lifespans or result in the Board of Health citing you for Bad Housekeeping. Likewise, if towels are assigned and freshly showered people use them, who says the towels are dirty?

Now, to the laundry. First, reduce packaging by buying detergent in a large container, and if it's "x2", that means it's concentrated, so use just *half* of what you did with the older product. My experience is that for normal loads you can use less than they recommend. After all, the detergent makers' job is to maximize the amount of detergent you buy. I never use fabric softener at all; to me it's just injecting more chemicals into the system.

The new front-loading washers use far less water—a worthwhile upgrade if you're in the position to buy one. The clothes are more wrung out, too, so it cuts drying time. They use specially formatted detergent, in even smaller quantities than conventional washing machines, providing for even more resource reduction. I find cold water cleans just fine; other members of my family think that warm water does a better job with specific tasks. Another advantage of using cold water: clothes are less likely to come out different colors or sizes than they were when you put them in!

Line-drying takes more time but has many virtues. It consumes no energy other than your own, and it reduces wear and tear on clothes and linens, so they last longer. Some people enjoy hanging their laundry outdoors; since we are paranoid about pollen, we hang everything inside. There are a variety of clever racks and gizmos to accomplish this task, though all



file photo

one really needs is a horizontal pole, an extra set of hangers, and doors to throw sheets over, along with some clothespins, perhaps. When the garments or items are mostly dry, but still just a tad moist, I run them through the dryer for 5 to 10 minutes. The wrinkles disappear—no ironing!

Clotheslines are actually illegal in some locales; it seems they look too primitive for the likes of some suburbs and condo associations. If you want to join the fight for line-drying, check out Laundry List.org.

You can read Betsy's blogs at www.MoneyChangesThings.blogspot.com

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The October Garden

by Mark Goodman, The Neighborhood Gardener

DON'T PUT away your gardening tools just yet. You can still plant some beautiful shrubs and trees now with fall color or that will be colorful in winter. Winterberry hollies (ilex verticillata) are popular because of the bright red berries along the branches. Unlike most hollies, winterberries are deciduous, so the berries stand out even more. If you want berries every year, you must plant a female plant for the berries and a male plant as a pollinator. "Sparkleberry" is a reliable cultivar for this area.

Fothergilla is a shrub with scintillating fall leaf color. They will be in full display at the nurseries, so you can see the range of oranges, yellows, and reds.. You'll be rewarded in the spring, too, with white bottlebrush flowers. In addition, you can still get some nice beautyberry shrubs (callicarpa) with attractive purple berries on the spreading branches.

If you're looking for shade trees with eye-catching fall color, consider the October Glory or Red Sunset maple trees. They both have exquisitely colored reddish leaves that will brighten any yard or street.

For spring bulb lovers who want to move beyond the traditional daffodils, tulips, hyacinths, and crocuses, puschkinia is an attractive alternative with its white flowers and subtle blue streaks. Another appealing choice is scilla siberica, or "squill," a low grower with blue flowers that does well in bare spots around trees. These are not to be confused with the scilla campanulata, also known as wood hyacinth or Spanish bluebells, which are taller (12 - 18 inches) and flower in blue, pink, and white.

Cold Frames: If you want to grow

fresh greens over the winter, you can build a cold frame. A cold frame is really a mini-greenhouse. With scrap wood, you can construct a small (2 ft. x 2 ft. x 2 ft. or larger) base, with the back end taller than the front, and an open top. Having the frame slanted allows more sunlight to penetrate the inner portion.

The lid can be an old window sash or a piece of Plexiglas. Windows work well because the wooden window frame allows you to attach a hinge for easy opening. The cold frame should be set against a heated building and face south.

Greens that grow well in cold frames are lettuce, kale, mustard, spinach, collards, arugula, Swiss chard, and parsley.

For more detailed information on cold frames, visit the web site www.doityourself.com/stry/oldwindowsuses or Google motherearthnews.coldframe.

If you're not handy, there are reasonably priced ready-made cold frames available. Consult Primex Garden Center in Glenside.

For questions about October plants or cold frames, contact The Neighborhood Gardener at earthcraft@comcast.net or call 215-248-1676.



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Slow Money Movement

(continued from page 8)

four-percent returns, with payouts in five to ten years. Another example is a group of customers in New Hampshire who lent money to a local organic milk-processing farm to expand. More of these opportunities are springing up around the country.

The SMM hopes to incubate next-generation socially responsible investment strategies. Tasch envisions more financial vehicles to fuel this movement—such as slow money bonds, small business portfolios for investors, a new asset class, and a Main Street Exchange.


This movement is in its infancy and needs lots of support from people who agree with its principles. In January 2008, 16 individuals gathered at the founding retreat of the Slow Money Movement. The SMM has convened a series of institutes and regional workshops around the country. A new NGO, Slow Money, was formed and capitalized with seed capital from 35 individuals and two foundations. A Slow Money Fund is set to launch in

the near future. Also starting soon will be the Slow Money Alliance, whose members will include leading food entrepreneurs, farmers, investors, and philanthropists. The inaugural national gathering of this Alliance was scheduled to take place this past September. For more information about the SMM and to support it, go to its website: www.slowmoneyalliance.org.


The beauty of the Slow Food Movement is that it gives us a way to engage our ideals that is proactive and celebratory. We can put our money where our beliefs are and support things like the small farmer, biodiversity, local businesses, CSAs, and more food co-ops. As Tasch exhorts us to imagine:

"We don't have to keep sending our money into distant, invisible portfolios, while wondering why Main Street is dying, our food is irradiated, and geneticists in China are breeding square apples. We can find ways to build the soil of the local food systems."

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New Book from Eileen Flanagan, Activist for the Soul

by Chris Kaiser

Eileen Flanagan is a teacher and a writer. But more than that, she is an activist for the soul. Any notion to the contrary will be quickly dispelled upon reading her latest book, *The Wisdom to Know the Difference: When to Make a Change—and When to Let Go*.

Released from Tarcher in September, the book turns the Serenity Prayer into a practical guide to a more peaceful and productive life. Flanagan interviewed many fascinating people about how they figured out what they needed to change in their lives or in the world around them and what they needed to just accept and let go. The book talks about all kinds of personal issues like divorce, career change, illness, as well as topics with a broader social impact, such as racism.

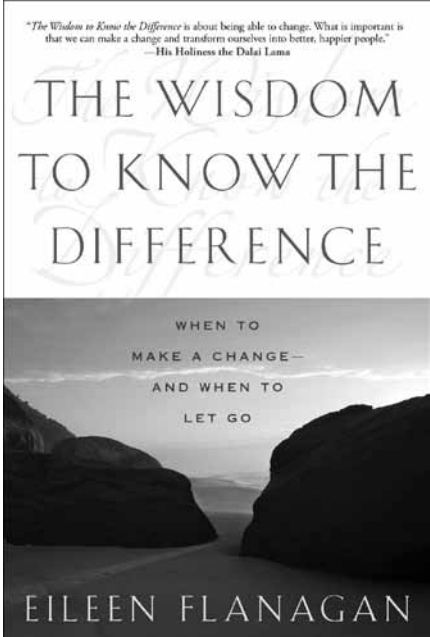
Flanagan’s second book, it is already receiving praise. “Chock full of Quaker wisdom and everyday stories that become parables in Flanagan’s hands, this is one of those rare books that give us as readers permission to be—to fully and completely ‘be,’” says Phyllis Tickle, author of numerous books on spirituality. Suzanne Farnham, who founded Listening Hearts Ministries and co-authored *Listening Hearts* and *Grounded in God*, writes, “Down to earth with strong spiritual underpinnings. This book draws from actual situations of real-life people as they struggle to become their true selves.”

Flanagan, a mother of two, leads workshops on spirituality and teaches in the Liberal Arts Department of the University of the Arts. She spent time in Africa with the Peace Corps, where she experienced the “great inequalities of the world.” She also worked for a non-profit organization that advocated for a national health care system

in the United States, a job that taught her “much about the dynamics of influencing change.” A few years of full-time activist work made Flanagan realize the importance of spiritual grounding, so she became a resident student at Pendle Hill, a Quaker retreat center in Wallingford, where she began to write, something she had enjoyed since childhood.



photo courtesy of Eileen Flanagan



Flanagan is an example of someone who lived the Serenity Prayer and learned early to have the courage to make changes. Raised Catholic in the Philadelphia area, she left the church in her freshman year of college when she realized she wasn’t sure she “believed everything in the profession of faith.” For several years she felt closest to God in the woods, but eventually found her spiritual home with the Quakers. Interestingly, her husband is Catholic and they are raising their children both Catholic and Quaker.

“When you live from a place of trust, every aspect of your life becomes easier. You waste less time stressing about a flat tire or a cranky toddler, and have more energy to spend where it can make a difference. The purpose of my writing is to help

people develop this trust,” Flanagan says.

A few people interviewed in the book that you might have heard of include: Dan Gottlieb, family therapist and radio talk show host, who shares what he learned about accepting the things he cannot change from the car accident that left him paralyzed;

Hilary Beard, who explains how she developed the courage to leave a deadening job to fulfill her purpose as a best-selling author; and Hal Tausig, founder of Untours, who shares how going bankrupt as a cattle rancher prepared him to found “The Most Generous Business in America.”

Other individuals interviewed in the book include: Melvin Metelits, who explains how surviving cancer helped him find serenity and reconnect with the insights of his Jewish tradition; Malik Mubashshir, who finds the similarities and

Book Discussions

Eileen Flanagan will be appearing at the following venues to talk about her latest book *The Wisdom to Know the Difference: When to Make a Change—and When to Let Go*.

- Big Blue Marble Bookstore, Oct. 1, 7 p.m.
- Chestnut Hill Borders, Oct. 8, 7 p.m.
- Pendle Hill, Wallingford, Oct. 10, 2 p.m.
- Haverford Township Library, Oct. 13, 7 p.m.
- Falls of Schuylkill Library, Oct. 19, 7 p.m.

differences between Christianity, Judaism, and Islam’s teachings on taking action and letting go; and Rob’Bin White Morton, a Katrina survivor who describes learning inner peace the hard way.

Flanagan’s writing is smooth and unobtrusive, peaceful and unencumbered. There is no flash evident, just thoughtful rumination, with an excellent command of her craft. She weaves between and among stories effortlessly, creating a crescendo that culminates in a picture of the resiliency of the human spirit. For example, Fla-

(continued on page 18)



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Bread & Roses’ Tribute to Change

by Richard Baron

WEAVERS WAY was founded and is sustained by a remarkable number of people with parallel commitments: first, to the importance of a cooperative effort to insure access to fresh, healthy, and local food; and to a broader commitment to economic and social justice. Being a member of Weaver’s Way, for me, has also been a way to support parallel movement toward a just way of eating and living.

I know I am not alone. Indeed, I’m hopeful that many of us in the Weavers Way community will be present this October 15, at the National Constitution Center, to honor my friend Harvey Finkle. The Bread & Roses Community Fund’--created at about the same time Weavers Way was first getting organized--is an alternative fund that raises money from people like us to support grass-roots groups in the Delaware Valley that work on issues of economic and social justice.

October 15 is Bread and Roses’ annual Tribute to Change, an opportunity once a year to recognize social activists in the Delaware Valley whose work has helped to make real change possible. This year, it’s Harvey.

Leaving behind a successful career in

social work, Harvey became a documentary photographer in the 1970s, focusing on social justice when few others were. He was, and still is, a trailblazer. Over the course of his career, Harvey has put his camera’s eye on local social justice movements and organizing and, in the process, helped to broaden its impact and its meaning. Harvey was also a co-founder of Bread & Roses.

At the Tribute, more than 75 of Harvey’s best photos will be on display, along with new work from nine emerging photographers who are following in his footsteps.

There will also be premiere of a short video about Harvey’s contributions to our local movements, which includes interviews with local activists like Sister Mary Scullion, Henry Nicholas, and Cheri Honkala.

With drinks, food, and a veritable who’s who of Philadelphia’s progressive community in attendance, this year’s Tribute to Change is an event you won’t want to miss. Join me, and many of your Weavers Way friends, in honoring Harvey and supporting social justice. Buy tickets now at www.breadrosesfund.org.

New Book on Wissahickon

by Denise Larabee

MEET THE authors of the newest and most comprehensive book on the Wissahickon when the Friends of the Wissahickon (FOW) presents authors Carol Franklin and David Contosta on Wednesday, October 21, 2009, at 6 p.m. for a discussion at Valley Green Inn. Their book, *Metropolitan Paradise: Philadelphia’s Wissahickon Valley, 1620—2020*, documents the social, political, and ecological shifts that have shaped the lower Wissahickon Valley. This corridor includes Wissahickon Valley Park, the much beloved 1,800-acre forested gorge that is part of the 9,200 acre Fairmount Park system in Philadelphia.

Birds of the Wissahickon

by Denise Larabee

THE FRIENDS of the Wissahickon (FOW) are sponsoring Birds of the Wissahickon, a slide-illustrated presentation by Ruth Pfeffer, expert birder and photographer and the owner of “Birding with Ruth,” as well as a teacher at the North Penn Continuing Education Center. She has been leading birding expeditions in the U.S. and abroad since the 1990s. Her thrilling bird calls and beautiful photographs are hallmarks of her presentations.

The lecture will take place on Thursday, October 15, at 7:00 p.m. at New Covenant Campus, 7500 Germantown Avenue, Founders Hall, Room 1A. A walk supplementing the talk will take place on Saturday, October 17. Meet at 8 a.m. at Forbidden Drive and Bell’s Mill Road.

For more information on the Friends of the Wissahickon visit www.fow.org

Flanagan

(continued from page 18)

nagan writes about Hilary Beard, who had a successful corporate career, but wanted to pursue something creative, like writing, that was totally opposite from the vision her family had for her.

Flanagan continues: “Meanwhile, in her spiritual support group, Hilary was learning new spiritual principles, like the idea that how you think affects what you manifest in your life. She decided to test this concept by imagining the life she really wanted as a writer, making a collage that represented her dreams, and forming a group with a few work colleagues who also wanted to change their lives. “We got together and applied business strategic planning to our personal lives,” she explains. “I created objectives, goals, strategies, and measures of success for every area of my life.” Going through her objectives, she realized that she had the skills and self-confidence to achieve everything she wanted. The only problem was that she didn’t really trust that God would support her if she became an artist.”

Many members of Weavers Way, as well as others, will enjoy this book, which chronicles the way people like you and me make some of the toughest decisions in our lives. This book is a testament to the human spirit, and Flanagan is the ideal author. She doesn’t get in the way of the writing or the subjects, nor does she try to force her opinion on the reader. She leaves enough spiritual space for readers to go on their own soul-searching journey, to reflect on their own strength of character. This quiet space for thoughtful rumination is a gift for any reader, especially given the cacophony of shrill voices in the media that are mainly ego-driven. Flanagan’s gift should be enjoyed by everyone.



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Member Sponsoring Benefit for Acupuncturists Without Borders

by Pat Evans

ON SATURDAY, October 24, at Springboard Studio, 530 Carpenter Lane in West Mt. Airy, local residents will have an opportunity to experience the deep calm and sense of well being of Community-Style Acupuncture while supporting the work of Acupuncturists Without Borders (AWB).

Mt. Airy acupuncturist Susan Bloch will join acupuncturists nationwide volunteering their time and expertise to offer group acupuncture events in their communities. There is no set charge for these events, but donations will be accepted, with all proceeds going to support AWB.

AWB began as a response to the devastation of New Orleans from Hurricane Katrina. Volunteers offered free Community-Style Acupuncture to residents, relief workers, first responders and military; 8000 people in New Orleans were treated with group acupuncture in 2005 and 2006.

AWB provides treatment to those suffering trauma from disasters, includ-

ing: California wildfires in 2007, Iowa floods in 2008, and the current fires in California. AWB has a growing program to provide free acupuncture to military, veterans, and their families. Local acupuncturists are organizing to start a free clinic in Philadelphia.

Acupuncture is an ancient medicine that is low tech, uses little in the way of fossil fuels, relies on the healing power of nature, and has tremendous results. Participants in Community-Style Acupuncture remain fully clothed and seated. Treatment lasts 30 to 45 minutes and helps reduce stress, anxiety, and trouble sleeping; while providing a general sense of well-being and calm.

There will be two sessions, at 1:30 p.m. and 3:30 p.m. Contact Susan Bloch, M.Ac., R.N. at 215-844-7675 for more information or to make a tax-deductible donation to AWB.

“The Price of Sugar” Documentary Will Be Shown in Mt. Airy

by Susan Anderson

THE 2007 documentary, *The Price of Sugar*, narrated by Paul Newman, will be shown on Saturday, October 10, 2009, at 7 p.m. at the Sedgwick Cultural Center, 7137 Germantown Ave., in Mt. Airy. The screening, sponsored by The Flickering Light, costs \$5 and will be shown on a theater-sized screen.

The film explores the plight of Haitian workers living in bateyes--company towns or shantytowns--on plantations in the Dominican Republic. It features Father Christopher Hartley, who organizes the sugar cane workers.

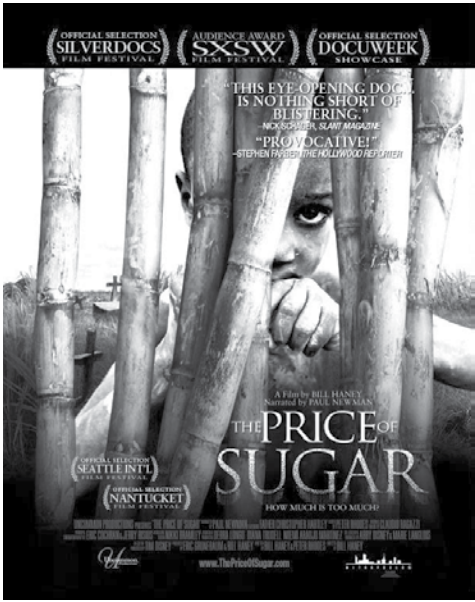
According to, Charing Ball, producer and host of *People, Places & Things*, a Philadelphia online radio show, says that she and The Flickering Light have received a letter asking them not to screen the film from Patton Boggs, a large Washington-based law firm retained by the Vicini family, the owners of businesses featured in the film who maintain that the conditions shown are inaccurate.

According to IMDB, a Web reposi-

tory of information, trivia and user comments on movies, television and photos, the film depicts either virtual slavery or poor Haitians trying to earn money in the neighboring country (www.imdb.com/title/tt1045874/usercomments).

Although first shown in 2007, the film is timely. Father Hartley is still organizing and battling the Vicini family, U.S. legislation still supports ‘big sugar,’ and world sugar prices have reached their highest level in 28 years, despite the conditions of many sugar cane workers.

The mission of The Flickering Light (TFL) is to expand the limited exhibition opportunities for independent short and feature-length films in order to benefit both filmmakers and audiences. TFL offers events where film enthusiasts and neighborhood residents can come together to watch and curate film selections in a comfortable community setting at an affordable price. For more information about The Flickering Light, visit www.flickeringfilms.com.





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A Weekend of Fall Fun at the Morris Arboretum

by Susan Crane, Morris Arboretum Director of Marketing

MARK YOUR calendars for October 3 and 4 for a whole weekend of fall fun at the Morris Arboretum in Chestnut Hill. Why travel when the Morris Arboretum presents a perfect weekend getaway right here at home! The weekend includes an XPN Kids Corner concert with John Flynn, 30 designer scarecrows on display, spectacular fall color as seen from the treetops of Out on a Limb, Great American Lighthouses at the Garden Railway display, and the ever-popular Fall Festival.

On Saturday, Oct. 3, at 2 p.m., the Morris Arboretum extends its XPN Kids Corner at the Arboretum concert series into fall with folk music performer, John Flynn. John is a popular artist on Kids Corner and has a great following in the area. Songwriter/singer Kris Kristofferson once said of Flynn, “He has the gift of an ear for accurate dialogue, an eye for powerful imagery and anything funny, and a heart that is open to surprises and the possibilities of moving the emotions....John Flynn is one of a special breed of artists whose reaction to the human condition finds kind, humorous expression.” And kids totally get him. For more about John Flynn, visit: www.johnflynn.net

Beginning Saturday, Oct. 3 through Oct. 18, 30 designer scarecrows will be on display along Scarecrow Walk at the Oak Allée. Visitors can place their votes for the “People’s Choice” scarecrow. The winning designer will win a grand prize of \$200, an arboretum membership, and arboretum dollars toward one free continuing education course (up to \$50). Scarecrows will leave the Mor-

ris Arboretum (with their designers) on October 18, in time to be displayed at home for Halloween.

In the Philadelphia area, there is no better place to see beautiful autumn trees than at the Morris Arboretum. The arboretum is home to some of the area’s oldest and largest trees, as well as many varieties known for their particularly superb color—including red and sugar maples, scarlet oaks, and black gums. This year, the changing colors of the leaves can be experienced with a bird’s eye view from 50 feet up in the trees, on Out on a Limb, the 450-foot-long canopy walk that is part of the arboretum-wide Tree Adventure exhibit.

The Garden Railway featuring Great American Lighthouses is open through October 13. See model trains in action along a quarter mile outdoor track surrounded by many of the country’s most historic lighthouses in perfect replica.

On Sunday, Oct. 4, from 11 a.m. to 3 p.m., join scores of families from all over the Delaware Valley for the Morris Arboretum’s annual Fall Festival. The Arboretum’s glorious landscape provides the perfect backdrop as families gather to make scarecrows, paint a pumpkin, taste various varieties of apples, and enjoy a wonderful afternoon together.

Weavers Way Co-op will be joining the Fall Festival fun once again, with a selection of organic, locally grown produce and other Co-op products. Visitors can delight in sampling the various apple varieties and choosing an assortment to take

home.

Scarecrow making has long been a family favorite at Fall Festival. For a small fee (\$10 members, \$12 non-members) the arboretum supplies all the materials, including the scarecrow frames, hay and a vast selection of clothing. This is serious business for many folks intent on creating the “best-dressed” scarecrow around. Visitors are encouraged to come early for scarecrow-making, as many visitors head right to that area to ensure their pick of the best outfits.

Kids also enjoy choosing and creating a pumpkin “masterpiece.” Pumpkins can be purchased and painted in a variety of colors and decorated with glitter, yarn, pompoms and doilies. Other activities include face painting and a whole host of other surprises!

Clearly, Morris Arboretum has your first weekend in October already planned!



photo courtesy of Morris Arboretum

Kayley & Eliza Evans Relaxing on the Hay at Morris Arboretum’s Fall Festival

The Morris Arboretum of the University of Pennsylvania is located at 100 East Northwestern Avenue in Chestnut Hill. The 92-acre horticulture display garden features a spectacular collection of mature trees in a Victorian landscape. The Arboretum features numerous picturesque spots such as a formal rose garden, Japanese gardens, swan pond, meadows, the elegant Fernery, and the Tree Adventure exhibit featuring Out on a Limb. The Morris Arboretum is listed on the National Register of Historic Places and is the official arboretum of the Commonwealth of Pennsylvania. For more information, please visit www.morrisarboretum.org.

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Karen Flynn, Senior is also a Certified Financial Planner™ professional.

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This October, Trek the Art Trail through NW Philly

Studio Tours on October 10-11 feature 15 Artists in Chestnut Hill, Mount Airy & Germantown

by Dan Oliva

ARTISTS FROM The Northwest Artists' Collective (NAC) will be opening their studios and showcasing their work in a variety of locations throughout Chestnut Hill, Mt. Airy and Germantown; such as Infusion Café and Earth, Bread & Brewery. Meet the artists in their studios and talk with them about their work and the art-making process, and purchase art from the source.

This year, the Open Studio Tours is happy to feature the following members of the Northwest Artists Collective:

Elaine Bass, Debs Bleicher, Eleanor Day, Melissa Maddonni Haims, Helene Halstuch, Gail Kotel, Jennifer Monahan, Sherman Oberson, Daniel Oliva, Barbara Rosin, Ellie Seif, Dr. Valarie Ena Swain, Don Harrison, Elfie Harris, Anne Boysen.

The Northwest Artists' Collective (NAC) is a group of over twenty painters, sculptors, print-makers, photographers and fiber artists in Philadelphia's Northwest corridor of Germantown, Mt. Airy and Chestnut Hill. The members are professional artists who show independently and as a group throughout the region. The collective members meet on a monthly basis to discuss local arts and projects to further their reach into the community through the arts.

The Northwest Artists Collective was founded in 2005 after many local artists met through the Philadelphia Open Studio Tours (POST) program. POST is a program of the Center for Emerging Visual Artists (CFEVA), a nonprofit career-development organization that creates opportunities for artists to reach their professional goals. As the largest annual tour of visual artist studios in Philadelphia, POST brings visitors right to the source of our city's impressive art scene. This year marks the 10th Anniversary, so join us in the celebration of this milestone Tour.

CFEVA is working with Mount Airy Contemporary Artists Space and Profiles Fine Art Printmaking Studio as Community Partners to provide support and information about the event. Visit philaopenstudios.org for more information about participating artists and community partners.

The 10th Anniversary Festivities are just around the corner! For details on the comprehensive schedule of POST-related activities, including artist workshops, receptions, exhibitions, neighborhood parties, and more, visit philaopenstudios.com/Events.aspx.

~ danoliva@earthlink.net

Schedule of Official Events:

Blowout Birthday Party

Friday September 25, 5 to 10 p.m.

The Institute of Contemporary Art at 36th and Sansom

Kick off the POST season with a party at the ICA: Cake, candles, drinks, entertainment by Jasa Li, Tsirkus Fotografika, and projected video installation of and by participating artists. This is one you don't want to miss!

Artist Studios East of Broad Street

The weekend of October 3-4, 2009, noon-6 p.m.

Visit artists working in South Philly, Bella Vista, Queen Village, South Street, Center City, Old City, Northern Liberties, Kensington, Fishtown, and Port Richmond. All tours are self-guided and free

Artist Studios West of Broad Street

The weekend of October 10-11, 2009, noon-6 p.m.

Visit artists working in Germantown, Mt. Airy, Chestnut Hill, East Falls, Manayunk, Roxborough, West Philly, North Philly, Fairmount, Center City, and Graduate Hospital. All tours are self-guided and free.

Arts by the River in East Falls

by Gina Snyder, Executive Director, East Falls Development Corporation

EAST FALLS is proud to present its Fourth Annual Arts by the River, Saturday, October 3 from 10 a.m. to 5 p.m. Featuring the work of area artists and craftspeople—including glass, textiles, fine art painting and photography, as well as apparel and sculpture—this event offers a great opportunity to find unique gifts for the holiday season, as well as activities, great food, and live entertainment are all part of the festival, all right along the Schuylkill River. Last year's event drew over 3,000 people, and even more people are expected this year.

This year, we will also be coordinating with Philadelphia Open Studio Tours (POST) and the Center for Emerging Visual Artists to show people the strong arts community in East Falls. Also new this year is the addition of the East Falls Goes Green! eco-fair, featuring eco-friendly vendors, education, and arts activities. The inclusion of the Go Green eco-fair will further the on-going efforts being made to help our river.

Visit www.eastfalls-pa.com for more information, or call 215-848-8084.

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Events at Mishkan Shalom

by Janice Risch

CLASSES TAKE place at Mishkan Shalom, 4101 Freeland Avenue (Manyunk) For information contact Rabbi Yael at 215-508-0226 or ravyael@mishkan.org

Adult Bar/Bat Mitzvah Class

Sunday, Oct. 11, 10 a.m. to noon

This class is for people who did not celebrate their B’nai Mitzvah as thirteen-year-olds or who did not find their B’nai Mitzvah meaningful and would like to explore Jewish tradition deeply and celebrate their connection to Judaism at a Shabbat service. The class will be taught by Rabbi Linda Holtzman, the senior rabbi at Mishkan Shalom. Number of sessions depends on the needs of class members. For information contact Rabbi Linda at 215-508-0226 or rabbilinda@mishkan.org.

Understanding Islam & Muslims through History and Scripture

Sunday, October 11, 2 to 4 p.m. (10 sessions)

This course will approach Islam from a historical and scriptural perspective, covering the foundations of the religion and then building on the economic, political and cultural institutions that arose in Muslim societies. It will cover the Golden Age of Muslim civilization and then discuss its decline. Contemporary issues faced by Islam and Muslims will be covered. A final unit will be the involvement of the U.S. in the Muslim world and its ramifications. The course will be taught by Iftekhar Hussainn Chair of the CAIR-PA Board of Directors and a member of the Executive Committee of CAIR-PA Philadelphia Chapter. Fee is \$54.

Jewish Immigrant Experience

Sundays, October 11 through November 18, 10 a.m. to noon

This course will explore aspects of the social, political, economic, cultural, and religious experiences of Jewish immigrants to the United States. While we will concentrate on the period 1882-1924, earlier experiences will be considered where relevant. In order to put a human face on broad historical forces, the lives of key historical figures will be studied. The course will be taught by Harold Gorvine, who taught history and Jewish studies at Akiba Hebrew Academy for 38 years. Fee is \$36.

Jewish Mindfulness Practice

Weds., Oct. 28 - Jan. 13 , 6:15-8 p.m.

At the very core of Jewish tradition is shema—the call to listen, to pay attention, to be aware. This course will explore the ways in which mindfulness practice and Jewish teachings interconnect and inform each other. We will engage with biblical and mystical texts on the practices of Shabbat and kashrut as well as other rituals and practices. which help focus attention and expand awareness. The course will be taught by Rabbi Yael Levy, who has served the Mishkan Shalom community for 15 years. She also serves as a spiritual director at the Reconstructionist Rabbinical College and has worked with the Institute for Jewish Spirituality. The fee is \$72.

P’nai Or Children’s Program

by Rabbi Marcia Prager

THE P’NAI Or Philadelphia Shabbos Morning Children’s Program--a spiritually rich time for kids and the adults who love to be with them.

P’nai Or Philadelphia is a welcoming and diverse Jewish congregation. We come together for prayer, study, and celebration on Jewish holidays and every Shabbos (Saturdays, 10:30 a.m. to 1 p.m.) in our light and spacious space in Summit Church--Community Wing, 6757 Greene St., one block from our favorite Co-op, Weavers Way!

Our prayer-style is musical, celebrational and participatory, blending Hebrew and English song and chant with reflection, meditation, learning and sharing.

The Shabbos morning Children’s program at P’nai Or is an outgrowth of our desire to include children in the unique experience that a P’nai Or Shabbos morning service offers.

Every Shabbos we have a special family and children “pray and play” rug with cushions and child-size seats in our room, so parents and children can have a special place to sit during the service.

Twice a month, our “pray and play” is further expanded to include a ninety-minute special program for young children in our adjacent Children’s Program Room. This is scheduled to coincide with the more adult-level prayer, study or meditative time in the main service.

This year we welcome Malka Goodman, Jewish educator extraordinaire, who will teach the children in her famous, warm, loving, spiritually infused way, with songs, story-telling, Torah, Hebrew, prayers, holidays and more! Our own

beloved Devorah Sperling-Billings, will continue as assistant teacher. This Shabbat Program will meet on the second and fourth Shabbat of each month.

As a special gift to children and families, this season the Children’s Program will include three meetings in October, so we can celebrate Sukkot and Simchat Torah with the children.


- Saturday morning October 3 – Sukkot!
- Saturday morning October 10 – prepare for Simchat Torah.
- Saturday morning October 24, – a special Noach and the Ark program including songs by Malka Goodman and Paul Zim.
- November and December dates: Nov. 14 and 28; Dec. 12 and 26.

Costs: We welcome all children to participate in our wonderful program. If you are a guest or an occasional visitor, your child is lovingly invited to join us. After Shabbat, you can make any donation you are moved to make.

Parents who expect their children to participate regularly are making a contribution of at least \$100 for the year.

For more information call 215-248-2981 or e-mail Rodi Steinig at hupparoo@comcast.net

The High Holy Days Children’s Program includes childcare and varied children’s Rosh Hashana and Yom Kippur activities during the adult services. See High Holidays on our webpage, www.pnaior-philadelphia.org.



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Nature for the Young: Events at The Schuylkill Center

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

‘NATURE for the Young’ is series of programs for curious young naturalists-to-be between the ages of 18 months and 4 years old and their caregivers. For more information: www.schuylkillcenter.org.

Nature for the Young: Down on the Farm

September 18, 1:30 to 3:00 p.m.

\$8 members/\$10 nonmembers

Join us on the journey of food! From the forest, to the farm, to our table; we will explore parts of plants and make connections between the plants that are grown and the foods that we are used to purchasing and eating from the supermarket. A tour of The Center’s new Market Garden Farm is sure to please the little ones!

Nature for the Young: The Pumpkin Patch

October 16, 1:30 to 3:00 p.m.

\$8 members/\$10 nonmembers:
additional \$5 fee for Pumpkin Picking and Hayride

Fall is the perfect time for pumpkin picking and for learning about seeds. We will explore the Schuylkill Center’s property looking for seeds of all kinds. We’ll take a hayride out to The Center’s pumpkin patch and pick a pumpkin of our own, as well as dissect one to look for seeds!

Nature for the Young: Leaf Collages

November 20, 1:30 to 3:00 p.m.

\$8 members/\$10 nonmembers

Autumn colors and shapes will be our inspiration as we read the story ‘Leaf Man’ by Lois Eckhert, and then go on a nature ramble to collect leaves of different shapes and colors. We will create a collage of leaves as a take home project.

Nature for the Young: The Bird Tree

December 18, 1:30 to 3:00 p.m.

\$8 members/\$10 nonmembers

Nature prepares for winter in many ways! We will talk about the seasons and collect materials to decorate a ‘bird tree’ for the winter birds of the Schuylkill Center.

Whispers Along the Wissahickon

by Denise Larrabee, Friends of the Wissahickon



photo courtesy of Friends of the Wissahickon

Frankie Joy Murphy, from Wissahickon, and Clarese Matheny, of Mt. Airy, take a break from all the fun at last year’s Whispers Along the Wissahickon.

Welcome the fall season with a hauntingly fun party. The Friends of the Wissahickon (FOW) will be hosting their popular autumn fund-raiser Whispers Along the Wissahickon on Friday, October 23, 2009, from 5:30 to 9 p.m. at the Wissahickon Environmental Center (Andorra Tree House), up the hill from the intersection of Forbidden Drive and Northwestern Avenue.

This family-friendly fall celebration offers spooky hayrides, scary face painting, awesome magic, live music, and creative crafts for hands-on fun. Everyone is encouraged to come in costume.

Proceeds from Whispers Along the Wissahickon will benefit the Friends of the Wissahickon, a non-profit organization dedicated to maintaining the Wissahickon

Valley. FOW restores historical structures throughout the park, eliminates invasive plant species, partners with multiple local organizations to monitor watershed management issues, and is working on a multi-year plan to restore trails throughout the park system. Their work protects the Wissahickon watershed and preserves the natural and historical features of this spectacular urban wilderness for future generations.

Tickets are \$30 for adults and \$15 for children. Price includes food, beverages, beer, and wine. Tickets are Limited, so buy your tickets early. This is a rain or shine event.

For more information or to purchase tickets, call FOW at 215-247-0417 or visit www.fow.org.

WEAVERS WAY MEMBER WORKSHOPS

Free Workshop: Seeing Autumn Like An Artist

Many artists have celebrated the glories of fall. In this workshop, we will use nature as an inspiration for our drawings. You can create a colorful landscape from your imagination, life, or a photo, or a closely observed drawing of leaves or other objects. If you’ve always wanted to draw but think you can’t, this is your chance! You can come by yourself, bring your children, or leave them to do the class by themselves. Children under five years old need a chaperone.

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

Saturday, October 3

10:30 am to 12:30 pm

Mindy Flexer Art School
in Germantown, 5225 Greene Street
(just south of the corner of Greene and Queen)

Children Folk Song Exchange!

Gwynne Sigel will lead the first of a two-part children’s music workshop. You will learn some folk songs, lullabies and a few other favorites. We will invite participants to share songs they know with the group. Children welcome!

Gwynne Sigel has taught and performed children’s music for many years.

Saturday, October 10

10 am to 12 noon

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Bruce Murray works with Solaris Energy providing public education and professional solar training for PV electric and thermal heating applications for residential and commercial retrofits. He shows people how to know when solar fits and what the Federal incentives and State rebates are for solar PV and hot water systems.

In this workshop he will talk about the typical solar systems and walk the group through their own need analysis and system sizing. Bring your current PECO bill, roof size and an overhead photo of your property. You can get your photo online at bing.com and go to “Microsoft Live Maps”. You will leave knowing if solar is a good investment for your property.

Thursday, October 22

7 pm to 9 pm

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Naima Oyo and Nashel Dillette of M&T Bank present John Ungar of Mount Airy Revitalization Corporation with a check for its Community Outreach Team. This program identifies and provides assistance to homeowners at risk of foreclosure and senior citizens in need of supportive services.

Laser ‘Tattoos’ May Replace Sticky Labels on Fruit

from Sustainable Food News

Those small and sometimes inconvenient sticky labels on produce may eventually be replaced by laser ‘tattoo’ technology now being tested by Agricultural Research Service (ARS) and University of Florida (UF) scientists.

Called laser etching, the new technology puts a tattoo on grapefruit and other produce so it can be identified at the supermarket checkout lines.

The technology was invented by former UF scientist Greg Drouillard, now with Sunkist Growers. Grapefruit has always been labeled with sticky paper labels that mar the fruit and stick to one another in storage.

The labels are also easily removed, making it more difficult to track a piece of produce back to the source if the need arises.

Microbiologist Jan Narciso at the ARS Citrus and Subtropical Products Laboratory in Winter Haven, Fla., and UFL researcher Ed Etcheberria investigated laser technology as an alternative to sticky paper labels.

A carbon dioxide laser beam was used to etch information into the first few outer cells of the fruit peel.

The mark can’t be peeled off, washed

off or changed, offering a way to trace the fruit back to its original source.

This permanent etching into the fruit peel does not increase water loss or the entrance of food pathogens or postharvest pathogens if the laser label is covered with wax.

Further testing shows the wax may be unnecessary, since the tiny holes etched into the grapefruit peel are effectively sealed by the carbon dioxide, preventing decay and food pathogen entry.

However, wax coverage is recommended to eliminate water loss. In testing for fruit decay, the fruit was inoculated with decay organisms and then etched with the laser. No pathogens were found in the peel or the fruit interior.

Narciso and Etcheberria found that the laser cauterizes the peel, much like when a laser is used on human skin.

The cauterized area is impenetrable to pathogens and decay organisms and resists water loss. Testing is also being conducted on tomatoes, avocado and other citrus fruits. The process would have to be approved by the Food and Drug Administration before it could be used commercially.



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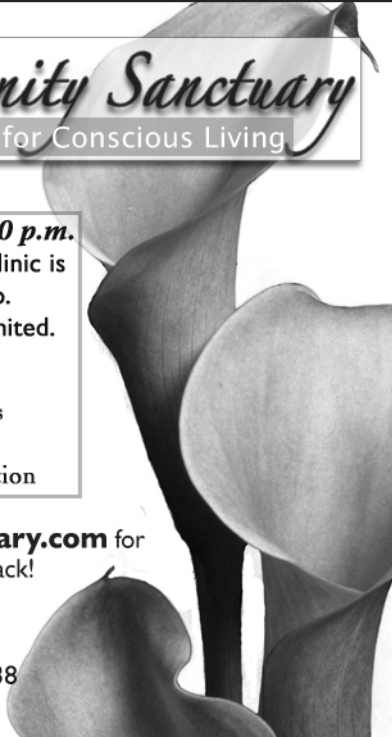
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Women in Agriculture

(continued from page 2)

ly underreported and under-recognized. The U.S. census records only one operator per farm, the deed holder. As the majority of land is officially owned by men, this renders invisible all female partners who manage farms with their husbands or families. Worldwide, between 65 and 75 percent of all food is grown by women, who own only one percent of the world's land (Making Contact, Nov. 2003). Mainly operating as subsistence growers, this food production is often conceptualized as "domestic work," obscuring recognition of these female farmers worldwide. Still, the visibility of female farmers, at least within the U.S., is growing. For all its limitations, the census has recorded a more than doubling of farms operated by women between 1978 and 2005, from 100,000 to 250,000. (<http://www.feministing.com/archives/003517.html>).

As the country's farmers age, a new "back to the land" movement, fueled partly by desires to put personal politics into action and an increasing disillusionment with the job market and traditional concept of careerism for young people, is encouraging a new crop of farmers, many of them women. We new farmers often farm under nontraditional arrangements—co-farmers are often platonic managing partners instead of the heterosexual husband-wife team of the past—meaning women are more often recognized as farm owners or principle managers.

Additionally, as farmers age, their land is more often being taken over by wives, daughters, or other female family members. Interestingly, as making a living as a farmer becomes ever more difficult, it becomes women's work. At a farmer's market I frequent, one of the farms is a hundred-acre conventional New Jersey farm that sells corn, tomatoes, squash, and tree fruit. The farm is run by two early middle-aged sisters who recently took over management of the farm from their 80-year-old father. I was excited to see a farm run by women of a slightly older generation, so I asked them their thoughts. "Most of the time, other farmers treat us okay," they told me, "although if we do something wrong, it's, 'oh those girls.' We bring along [our brother] to market sometimes; he doesn't know a thing about farming, but people just want to talk to 'the man in charge.'"

They took over the farm, they told me, because their husbands and brothers had to get "better" jobs that brought in more money. Without the expectation of being primary breadwinners, they were left as the ones who could keep the family farm alive.

In both conversation and personal thought about females and farming, I want to be careful to avoid gender essentialism. I do not want to make generalizations like, "women make good farmers because they like to nurture the earth," or, "men are better with machines." Gender expres-

sion, I believe, is a complex combination of socialization, culture, and genetics. Not being able to divorce these things from each other, I find it frustrating and counterproductive to base ideas or logic on what men or women are "naturally" like or good at doing. That said, I acknowledge my shortcomings, like a lack of confidence with machines and power tools. Part of this is completely personal, gender aside; I happen to not be good with power tools, whereas I know many women who are. However, there is a gendered aspect to power-tool-confidence. My sister recently visited me in Philadelphia, and came to work with me on the farm. When I asked her what she wanted to work on, she replied, "anything with power tools," explaining that she recently volunteered recycling old doors for a green-deconstruction non-profit with a male friend of hers. When the staff person trained them, he offered a power drill to help, but spoke about it and handed it only to my sister's male friend. Finally, the friend asked my sister if she, too, would like to use the power drill. My sister did, and had a great time. My insecurity with machines and tools has several layers. I am not good at them, I suspect, because I was never encouraged to use them, so I never gained comfortability through practice. Now, I am afraid to practice because I am not good, and I do not want other people to notice and use their observations of my

fumbling to further whatever ingrained ideas they have of women being bad with power tools. It gets rather angsty. I do not want to speak for all female-bodied farmers, but I think many of us feel like we have something to prove. I have to remind myself sometimes that just because I can't shovel compost as fast or carry a wheelbarrow quite as full of watermelons, doesn't mean that I am not strong or not a good farmer. We work together. And anyway, we all can handle wheelbarrows that are pretty darn full.

We never intentionally created a female dominated farm here at Henry Got Crops. Most of our applicants for internships and apprentices just happened to be female, and most of those qualified ended up being women. We have three female apprentices, two female interns, and one male intern. (We now have another—a big welcome to Ed, who is newly working with us this fall!) I am glad, though, to be able to offer a positive view of women as strong, hard, workers to the students here at Saul; I want the female students to know that they can be farmers if they want, or anything else they aspire toward. One of our Saul summer interns brought her boyfriend out to work with her one morning. "How did he like it?" I asked her the next day. "I brought him out so he would see how hard I work," she replied. "He said it was fun, but really hard. He said he couldn't do this every day." I have to admit, I was pretty proud.

~ nicole.sugerman@gmail.com

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Healthy Halloween Habits

by Weavers Way Recipe Crew (Robin Cannicle, Kirsten Bernal & Linda Taylor, CHHC)

With Halloween around the corner, the Weavers Way’s recipe crew got together to discuss ways to make healthier choices while maintaining a festive atmosphere. If you have children, you are probably already dreading the bucket of sugary sweets they will haul home, many of which will be artificial. Whether you will be trick-or-treating or hosting a party, we wanted to gather helpful alternatives to make your holiday a spooktacular success. Here are some of the recipes and ideas we came up with:

Honey “Cracker Jacks”

1/2 cup honey
1/2 cup butter
6 cups popped popcorn
1 cup shelled peanuts
Heat honey and butter in a saucepan until well blended. Cool. Combine popcorn and peanuts in a large bowl. Pour honey mix over popcorn, stirring as you pour. When popcorn and peanuts are well coated, spread in a pan in a single layer. Bake at 350 degrees for 5 to 10 minutes or until crisp but not brown, stirring several times. The difference be-

tween crisp (not brown) and burnt can be a matter of minutes. Keep in an airtight container.
Slimy Smoothie
Serving Size : 4 (need to do a little math to increase the serving size)
2 cups (475 ml) ice cubes
5 heaping scoops vanilla frozen yogurt (1 1/4 cups)
2 cups (475 ml) orange juice
1/2 peeled banana
1 tsp (5 ml) natural green food coloring
Put all ingredients into blender.
Blend for about 20 seconds on high speed or until smooth .

Bats on a Log

Spread celery sticks with peanut butter or low-fat cream cheese. Top with raisins.
At our house, we are visited each year by the Witch Fairy. Before bed on Halloween night, my children will sort through their loot. They set aside all of the items that they would like to leave for the Witch Fairy. I encourage them to include the “junkiest” candy. They then leave their selection out over night for the fairy to whisk away and leave a small gift in its place. I like this approach because we still get to participate in the fun of trick-or-treating without having to keep all of the sweets and the children don’t feel cheated. Besides, who wouldn’t love the Witch Fairy!

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Expansion Update

Construction Starts

by Glenn Bergman, Weavers Way General Manager

AFTER MONTHS of planning, meetings, permit requests, reviews by community boards, and working hard to secure the necessary funds to make this expansion to Chestnut Hill a reality, we have made a major leap forward by securing a general contractor (GC) to begin the work on the site. A bid meeting was held at the end of August and four weeks later, on Sept. 10, we opened up the sealed bids. By the time you read this, we will have chosen a contractor for our new store. I am confident that work will begin soon, but as of the writing of this column, I do not have a date.

Management has been informed that construction will take three to four months, so we will be into 2010 for an opening. Perhaps we can have a Valentines Day Equal Exchange--Fair Trade chocolate celebration in February for all to attend.

A hiring team will have selected a new store manager by the time you read this column, and that person will begin working with the current Weavers Way team and hiring the new team to run the Chestnut Hill location. This is not an easy task, as we are growing the Co-op by 50 percent in size, adding over \$4 million to our current \$8.5 million. By this time next year, we hope to have a co-op that is hitting about \$12 million or more in sales. That means more local product, coordinating more farmers, more local producers, and getting to know what this community wants in their store.

The next steps are to meet with the residents near the store to make sure that they are informed about the construction and have a person to call if there are any issues with noise, traffic, etc. It is our goal

to carry on the renovation of this important Chestnut Hill structure in a manner that respects the residents behind, beside, above, and in front of the store. I also plan to meet with the local businesses to discuss our hours and product line, and to make sure any concerns they might have are reviewed by our team.

It is our goal to bring more shoppers to the Avenue who will go to different shops while they are there to shop. We hope that we can stay open later at night (8 or 9 p.m.), that other shop owners might try this, and local residents, instead of going to a mall that is open late, will stay or come to Chestnut Hill to shop and support these locally owned businesses.

While all of this is going on, we are working to meet the challenges set by the Board and members to create a membership structure that would allow working and nonworking members. We are also working to ensure that working members receive fair value for their involvement in the Co-op or in community programs that are supported by the members.

Co-op Month

(continued from page 1)

many of them. Most notable is Creek-Side Co-op in Elkins Park, which Weavers Way has worked closely with as they have quickly built a membership of 1,200 households. CreekSide anticipates opening for business early next year. There has been plenty of other food co-op activity in our area, as well.

The October issue of *Cooperative Grocer* magazine profiles the many co-op start-ups in the Philadelphia area, and Weavers Way's support of them. In addition to CreekSide Co-op, there are The Kensington Co-op, Lehigh Valley Food Co-op, Chester's Community Food Co-op, and the Bella Vista Food Co-op.

While Philadelphia is proudly in the forefront of the latest surge in food co-ops, the impact of co-ops nationally, and in a wide range of sectors, is similarly impressive.

According to a March 2009 economic impact study completed by the University of Wisconsin Center for Cooperatives, nearly 30,000 U.S. cooperatives operate at 73,000 places of business in the U.S.

These cooperatives own more than \$3 trillion in assets, generating more than \$500 billion in revenues, and paying over \$25 billion in wages. Extrapolating from the sample to the entire population, the study estimates that cooperatives account for nearly \$654 billion in revenue, more than two million jobs, \$75 billion in wages and benefits paid, and a total of \$133.5 billion in value-added income. Americans hold 350 million memberships in cooperatives, which generate nearly \$79 billion in total impact from patronage refunds and dividends. Nearly 340 million of these memberships are in consumer cooperatives.

The report argues that, since co-ops are concerned with more than just the bottom line, these numbers, as impressive as they are, only scratch the surface of the impact co-ops have on the country.

~ editor@weaversway.coop

Suggestions

(continued from page 28)

rying cinnamon raisin bread, the original flavor as either bread or muffin, black bottom cupcakes, walnut muffins, and onion poppy sandwich rolls by Spice of Life Bakery. Another gluten-free bread option is the white rice bread stocked on the bottom shelf of the drink case by the check out line. For another tasty treat, check out the Liz Lovely cookies in the Deli department—although not all flavors are gluten-free, your options include chocolate fudge, ginger molasses, and chocolate chip cookies.

S: “Please offer more gluten-free products. I go regularly to an amazing nutritionist who is curing very serious diseases, things that are stumping most M.D’s. His advice is for everyone to stay clear of wheat, stating that 90 percent of the population is allergic. this means that wheat (for 90 percent of people) will damage immune system and nervous system (and other things).”

r: (Chris) We would love to offer more gluten-free items, but space is very limited, and, despite your nutritionist's opinions, many people like wheat in their diet. There are many gluten-free items available as pre-orders, often in small quantities, see Norman or Chris for details.

S: “For those of us that do not eat milk and meat together, could you carry hot dog rolls that are not made with milk? All Pepperidge Farm bread products are made with milk. (You now have Arnold Hamburger rolls that do not have milk. Thanks). It’s great that you have kosher hot dogs, but I still have to go to the supermarket to get buns.”

r: (Rachel) You're in luck! Not only do we have some milk-free kosher buns from Arnold Bakery, but also from Vermont Bread and The Baker. If you need help locating these products, please ask a staff person for assistance.

S: “Can we carry frozen peppers, preferably organic?”

r: (Chris) First request for this item. Any others?

s: “Please go back to pre-packaging the mozzarella! It’s a huge waste of energy

to keep the door open and it's not like tofu, where there is a savings in packaging. You're just not going to get more than two balls in one package no matter how many you want. It's also terribly located and takes longer than tofu—I see why the products seem like they could be treated the same way, but really not.”

r: (Margie) Thanks for your input. We sell so much fresh mozzarella in the summer we couldn't keep up with the packaging (we sell about 120—140 pounds a week!). Some people like the new system, some do not. In the fall, we will probably go back to the old way but this seems to work best in the summer. If you need help or would just like the Deli to package Mozzarella for you, we would happy to help.

S: “Can we please stock PEZ, I’ve heard PEZ can cure many ailments better than homeopathy. And PEZ dispensers are more fun than those blue tubes.”

r: (Norman) Glad you asked; PEZ is a hot topic right now. The country's main supplier of natural foods, UNFI (used to be "United Natural Foods Inc.," motto is "Driven By Nature"), lists 39 PEZ items in their latest catalog (which, by the way, lists over 26,000 items). So what is PEZ doing in a natural food catalog? Is PEZ natural? Not even close, it's mainly sugar, artificial flavor and color, hydrogenated oil and a few other select ingredients from a chemistry set. The natural foods industry, once "driven" by people with principles who cared about how food is produced and what it contains and what it does to your body and environment, is now "driven" mostly by people that seem to care more about harvesting cash.

A man with a beard and glasses, smiling, with a green PEZ dispenser integrated into his neck and chest area. The dispenser has the word "PEZ" in large, stylized letters. The background is a light blue gradient.

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. In local and national news this past month was our local football team signing Michael Vick. What is interesting about this to me is that the Eagles are named for an animal and engaged in a sport that is a lot like fighting, the outcome of which some people routinely bet on. One difference between football and dogfighting seems to be that football players are not killed at the end of the battle when they lose. Also, the human Eagles voluntarily choose to “fight” their opponents. So, maybe what is wrong with dogfighting is not dogfighting itself, but rather the fact that dogs are not given a choice, are not well-compensated, don’t wear protective padding, and after the game, don’t get a whirlpool. All of this is easily fixed, so maybe dogfighting just needs a little tweaking to be legit. Maybe some legislation would be in order. Since it could involve betting, Ed Rendell here’s another chance for Pennsylvania to take the lead and generate some income.

Speaking of animal cruelty issues raised by the Michael Vick signing, here’s a random quote I found online expressing an interesting view: “But I am astounded

the way some people can turn their scowl and moral indignation on to one person who mistreated animals whilst ignoring the systemic, institutionalised massacre and mistreatment of animals by the ‘acceptable’ meat industry. They grow animals purely for the sake of death; their bodies are purposely malformed, they are bunched together in intolerable conditions, they are forced to endure excruciating lives and painfully slow deaths. Now meat eating is normal. But animal welfare is a complete afterthought in the corporate era, and the only determinant of policy is their own bottom line.” For people that care about animal welfare, choosing grass-fed meat from people you know is a way to act consistent with your values.

Suggestions & Responses:


- s:** “I noticed that you carry Arnold white sandwich bread, which is great because it contains no high fructose corn syrup. But recently I have only seen Pepperidge Farm white (which contains HFCS). Is there a day I can count on Arnold white? Or can I suggest you only carry Arnold white since HFCS is unnecessary and harmful, thanks. (The thin sandwich white, not the Country white. My kids loved it!)”
- r:** (Nancy) Arnold delivers Mondays around 10 am. Also Thursdays and Saturdays. I will have to check to see if he stopped that item.
- s:** “Is there any way to get back that wonderful Blueberry Sherbet (Natural Choice)? Hardly anything is enough to make you forget chocolate- but this is! (This request is meant for sooner rather than later although later is better than never).”
- r:** (Chris) It’s gone. Natural Choice stopped making it. Sorry!
- s:** “Please order Good Earth Green Tea w/ Lemongrass—it’s so delicious and you have not had it recently. Thanks!”
- r:** (Chris) This item was out-of-stock for a few weeks. It’s back now.

- s:** “Could we please stock tamarind paste, we use it for bhazergan. Now we have to go to Whole Foods to get it. Thanks.”
- r:** (Chris) We’ll keep an eye out for a source for tamarind sauce, and get it as soon as one is found.
- s:** “We usually buy about five half-gallon containers of Silk soy milk a week and are disappointed that you are phasing it out. The new soy is less rich and contains more sugar. Please bring back Silk!”
- r:** (Chris) Sorry to disappoint. Dean Foods, owners of Silk Foods, switched their product from “Organic” to “Natural” (but not organic) and did not communicate this change to its customers. And—surprise!—they did not lower the price! We switched to Organic Valley in order to support a company that has an excellent track record of producing organic foods and supporting small farms, rather than a company that pulls sneaky moves in order to maximize profits they can make from shoppers looking for healthy foods. Silk soy milk

- is still available in quarts, or you could consider pre-ordering a case of the half gallons.
- s:** “Thanks to whoever discovered Field Roast gourmet vegan sausage. They are delicious.”
- r:** (Margie) Thank you. We discovered this product at the Natural Foods Expo show in Boston last year.
- s:** “Sharwoods Papadums. You have had them in the past. Could you get them again?”
- r:** (Margie) Our distributor discontinued them and I haven’t been able to find them through any other distributor. Sorry.
- s:** “I am so happy to see the gluten-free baked goods across from the deli. They’re very good. Thank you!”
- r:** (Rachel) I’m glad these gluten-free goodies are contributing to your emotional well-being! We’re currently car-

(continued on page 27)





Welcome to Weavers Way Cooperative Association

Dear Neighbor,

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

Day	Date	Time	Location
Wednesday	Oct. 7, 2009	6:45 p.m.	GJC
Saturday	Oct. 17, 2009	10:30 a.m.	GU
Wednesday	Nov. 7, 2009	6:45 p.m.	GJC
Saturday	Nov. 21, 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



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