

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

WANTED: Members to serve on the Weavers Way Board of Directors

We need members who:

- Are visionary
- Are conceptual thinkers
- Grasp the big picture
- Feel ownership
- Demonstrate moral courage
- Can work in a group
- Can accept responsibility and delegate authority

Members from all Weavers Way stores are eligible.
For more information, please contact
Brian Maher
Leadership Committee Chair at
brianmaher@gmail.com



The Shuttle

November 2009 Vol. 38 No. 11

Serving the Co-op and the Northwest Community since 1973

Smorgasbord of Local Apples at Morris Arboretum Fall Festival



photo by Jonathan McGoran

Co-op staffer Bob Maier (l) who helps find the local farms that suply Weavers Way with our great, locally grown produce, helps hand out samples of the 13 varieties of lopw-spray, IPM local apples on hand at the Morris Arboretum Fall Festival.

Super Savings at Ogontz Store

by Jason Price,
Ogontz Store Manager

IN THIS economic climate it is a good idea to shop around for the best price. Here at Weavers Way Ogontz, we try to do the leg-work for you. On October 1, I conducted a comparison shop to compare our produce prices with our nearest competitors, the ShopRite at the Cheltenham Square Mall and the Pathmark at the Cedarbrook Shopping Plaza.

Some of the products we offer will not be found anywhere for less, like our continuous \$.99/lb. special on local apples, which we will offer through the fall. Although there are no numbers to prove this argument, in addition ot better prices, our produce was definitely fresher than the other stores visited.

(continued on page 14)

Ogontz Mural Unveiling November 5



photo by Josh Giblin

Join Weavers Way, the Philadelphia Mural Arts Program, artists and guests to unveil the new mural at Weavers Way Ogontz, 2129 72nd Ave., Thurs., Nov. 5 at 4 p.m.

Expansion Construction Begins

by Glenn Bergman, Weavers Way General Manager

Construction Starts

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 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 we opened up the sealed bids (9/10). After a review of these bids, we have chosen Domus, Inc. of Germantown as the GC to construct our new store. Work began on the building in mid October and will take four to five months.

(continued on page 18)

Chestnut Hill Store Manager Hired



Welcoming Kim Spellman-Hall (c), the newly hired manager of Weavers Way Chesnut Hill, are Weavers Way General Manager Glenn Bergman (l) and Operations Manager Rick Spalek (r).

New Look Upstairs

by Josh Giblin
Merchandising Coordinator

WHEN YOU arrive at the top of the stairs to second floor, you are greeted with a glorious array of cards that covers the back wall of the store. This wall o' cards was recently installed to help highlight the great selection that we carry and help facilitate the browsing that occurs while at the same time improving the flow of traffic at the top of the stairs. Our cards have previously occupied a variety of spinning racks, some more visible and accessible than others. You may not have been aware of how many local artists' cards we carry, or the number of spiritual and religious cards we stock. With our new layout we

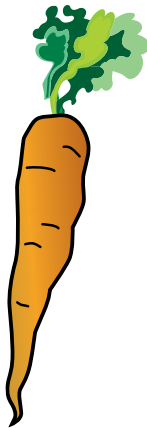
(continued on page 11)

Member Loan Update

by Stuart Katz,
Member Loan Committee

THE WEAVERS Way Member Loan Campaign has raised over \$448,000 since the campaign began in May 2009. The loans have ranged from \$2,500 to \$60,000, with an average of about \$6,000. The average interest rate, chosen by the lenders themselves, has been 2.9 percent, with an average term of six years.

So far, 73 member families have participated in the campaign. In addition, two



(continued on page 14)

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

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

INSIDE...

Co-op News

Community News

Farm News	2	Green Sale at Valley Green	18
Product News	3	Decemberfest in Mt. Airy	19
Manager's Corner	4	Cut the Craft	19
What's the Board Thinking	5	New Season at Scribe Video Center	23
Dreamweavers Art Garage	7	Transition Town	24
Ethical Electronics Recycling	10	Classes at Morris Arboretum	25
Suggestions	28	Make Your Own Mezuzah Case	26

Editor’s Note



by Jonathan McGoran

NOVEMBER IS the month of giving thanks, and we all have plenty to be thankful for. If you’re like me, you’ll be thankful on Thanksgiving, if only because Thanksgiving will soon be out of the way and you can go back to taking everything for granted (and preparing yourself for the crushing disappointment of not getting what you want in December).

You can also be thankful that there is finally visible progress at the Chestnut Hill store. Construction has started, and we have a new store manager, Kim Spelman-Hall. (I’m personally thankful that among Kim’s duties will be helping us repeatedly answer the question: “So when are you going to open?”)

There is also much to be thankful for at Ogontz. After a recent Price Comparison, we can say without a doubt, we have the best Price in town. Yes, our products are affordable, but I’m talking about Jason Price, the store manager. He’s the best.

And while we tend to take them for granted, we should also be thankful for everyday kitchen gadgets, which are apparently doubly useful. Did you know that a rolling pin could also be used to deliver a blunt force trauma? Or that cheese graters can be used to remove unwanted knuckle skin? Or that a sieve can be used in place of your head? (Thanks for that one, Norm!)

Finally, if you have nothing else to be thankful for this fall, be glad you are not a deer, if for no other reason than that deer are at greater risk of being run over during their autumn mating season, also called “the rut.” (Ironically that the mating season for deer is called “the rut,” while for humans “the rut” usually refers to a season of non-mating.)

In other words... when you’re stuck in a rut, you must just suck it up, because a buck with your luck would get struck by a truck.

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

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

Statement of Policy

Articles should be under 500 words and can be submitted neatly typed, on disk, or 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

Seed Saving

by Nina Berryman, Weavers Way Farmer

SEED SAVING is a fascinating, sometimes daunting, and often overlooked part of vegetable production. Most farmers and gardeners leave it up to professionals, and are content to invest money instead of time and energy to get their supply of next year’s seed. Most of the time, I, too, fall into the latter category. However, I have limited experience with seed saving and am quite interested in the techniques, and doing more of it in my future. Here is a quick intro to the basics of seed saving to get you started, or at least pique your interest.

Seed saving is the process of saving seed from desirable plants in order to grow them again in following years. Creating new varieties is a different topic. What I’m writing about here is how to preserve existing varieties in your garden. What makes seed saving complicated? The seed you save from a plant will not necessarily produce new plants that look like the plant from which it was collected. Sometimes it does, but often it doesn’t. Therefore, the first step in seed saving is to understand how plants naturally reproduce, so you know how to interfere to attain desired results. In other words, how do you interfere so that the seed you save does resemble the original plant?

Plants are pollinated three different ways: self-pollination, insect pollination, and wind pollination. In order for a flower to be pollinated, pollen must reach the

ovary. On some plants, the pollen and the ovary are part of the same flower (called a perfect flower) and they can self fertilize on their own (for example, beans). Other plants contain pollen and ovaries on separate flowers (called imperfect flowers, where one flower is male and one is female). These plants require that either wind (true of corn) or insects (as with squash) move the pollen from a male flower to a female flower in order for the ovary to be fertilized.

When pollen from one type of plant fertilizes an ovary from another type of plant, you have hybridization. This can occur between different varieties (such as two varieties of peppers) as well as different sub-species (such as broccoli and cabbage). Maintaining seed purity is important to ensure that the seed you save looks like the plant from which you are saving it. This is not a concern with plants that only self-fertilize. Plants that are wind-pollinated or insect-pollinated can be isolated a few different ways. One is by distance. Different plants require different isolation distances. This method can be hard for the back yard gardener who has neighbors in close proximity. Seed purity can also be maintained through time isolation; different varieties are planted at different times in the season such that the time when they are flowering does not overlap. This can be hard in climates that have short growing seasons. Seed purity of insect-polli-

nated plants can be maintained through mechanical isolation such as bagging or caging. In these cases, you either tie a bag around the flower, or build a screened cage around the plant to prevent insects from cross-pollinating between different plant types. If you bag a flower, you need to do the work of the insects yourself and hand-pollinate the flowers (sometimes done with a Q-tip). If you cage plants, you can introduce the necessary insect pollinators to that cage.

When selecting desirable plants, it is important to observe the plant during the entire growing season and take note of different characteristics. Look at all parts of the plant, not just the fruit. Consider earliness, disease resistance, insect resistance, drought resistance, stockiness, uniformity, trueness to type, color, size, productivity, storage ability and, of course, flavor. Be sure not to eat all the best looking plants and only leave the weakest ones for seed saving.

Population size is another important consideration for saving seed. The more plants where the seed is saved, the greater the genetic diversity of your selection and the more robust the seed bank will be. This is particularly challenging for the backyard gardener who has limited space. The general rule of thumb is in order to have enough genetic diversity in seeds, you should save seed from at least 20 self-

(continued on page 6)

Home Grown by Those Without Homes

Weavers Way Community Program Sponsors Shelter Garden

by Gina Giazsoni, WWCP Farmer

Expensive Vegetables

THE BLISTERING August sun that beat down on Philadelphia’s blacktop has given way to fall rains that drench the streets. But there are deserts in Philadelphia, food deserts where people—usually poor—have limited access to healthy fresh food. They’re often planted instead with fast food chains. One two-block radius near Washington Lane and Stenton Avenue hosts Checkers, Dunkin Donuts, Pizza Hut, McDonald’s, and Wingstreet. These joints push foods that are cheap and jammed with calories. Though the food usually lacks balanced nutrients, moms can feed hungry bellies for a relatively low price. Some of this food causes weight gain and obesity, leading to diabetes and heart disease. By contrast, fresh healthy vegetables are difficult to find and relatively expensive on a calorie-per-dollar basis. Cooking vegetables also devours time that’s scarce among people forced by low wages to work multiple jobs. We can all learn lessons from this food paradox, when we realize that cheap food sickens individuals and communities. Fresh nourishing food is worth more than the dollars assigned to it and from it sprouts the most precious gift that food can offer—Health.

Recently the Washington Lane/Stenton Avenue food desert sprouted something remarkable. Weavers Way Community Program (WWCP) helped start a farm last year at Martin Luther King High School that is now run by the school. This year, WWCP broke ground on a new farm at Mt. Airy Stenton Family Manor, a family homeless shelter. The youngest residents aptly named the farm “Hope



photo by Rachel Milenbach

Helping out at the Stenton Family Manor Harvest Celebration are (l to r) Weavers Way Community Programs Marketplace Coordinator Carly Chelder, and Stenton Family Manor residents Yasmine and Elenora.

Garden” during their summer camp. The kids living at the shelter started coming outside in February to flex muscles and soil hands. While the kids dream of seeing the seedlings grow and snacking on delicious vegetables that they help cultivate, they also share their parents’ yearning for a home. This is the first paradox of the Hope Garden—when their parents find a home, the kids leave the garden.

But meanwhile, little hands pick cherry tomatoes and mustard greens (a favorite raw vegetable!) and mint and sorrel and even hot peppers. Tiny tongues come alive with flavors often enjoyed only by delicate palates. Petite fingers pluck flow-

ers for beautiful moms. Sometimes moms follow children out to the garden and listen to them display their knowledge of and appreciation for the vegetables they planted or tended.

WWCP has created spaces that fulfill our vision of a “community where people have access to healthy food and lifestyles, and live in a healthful and sustainable environment.” Shelter residents harvest fresh vegetables through a sustainably run farm in the shelter’s back yard. This fall’s crop plan is devised to provide at least one vegetable dish each week to the shelter kitchen, which serves more than 200 shelter

(continued on page 6)

November Hidden Treasure

More than Gourmet Sauces and Stocks

by Margie Felton, Deli Manager

NOW THAT the weather has cooled off, you may be spending more time in the kitchen, turning on the oven or stove to intentionally warm up the house. This month’s hidden treasure may be helpful when you’re creating your favorite cold-weather recipes. Hidden on the shelf next to the meat case, about eye-level (or above if you’re short as I am) is a collection of gourmet stock and sauce bases. These bases add a wonderful richness to gravies, soups, sauces, stews, and other recipes. They come in a variety of flavors including vegetable, seafood, roasted chicken, turkey, and more. Please try the turkey for your traditional Thanksgiving gravy or vegetable to accompany your Tofurkey.

For those of you who don’t want to make your own recipes using the bases, More Than Gourmet has created two ready-to-serve sauces: red wine and white wine. I sampled both varieties and thought they were as good as any sauce I made in culinary school or while working in the restaurant business. They can be served right from the package, or you can be creative and add fresh herbs, mushrooms, or any favorite ingredient.



Vegan Soul Kitchen

by Margie Felton, Deli Manager

EACH FALL I attend the Natural Products Expo East in search of new products. The highlight of this year’s show was not an exciting new tofu flavor or all-healing organic lotion but an inspiring talk by activist, chef, and cookbook author Bryant Terry.

Terry’s presentation included audience participation, singing, and rapping as he described his family history, and culture, and the journey that led to the writing of his newest book *Vegan Soul Kitchen*. His story is of his grandparent’s urban garden in Memphis, Tennessee, his life as an activist, and why he stopped eating meat, (thanks to a friend introducing him to the song “Beef,” by Boogie Down Productions). I was very inspired by Bryant’s ideas about eating fresh local foods, urban farming and gardening, building community, and remembering the importance of people’s food cultures.



After the talk, I purchased both of Bryant Terry’s books; *Vegan Soul Kitchen* and *Grub: Ideas for an Urban Organic Kitchen* (co-authored with Anna Lappe). When I returned to Philadelphia, I start-

(continued on page 8)

November Grocery News

by Chris Switky, Grocery Manager

HOWDY, SHOPPERS. Many changes to report in the grocery department this month, and, as always, a Norman Weiss update. Let’s read on!

New on the Asian cooking shelves: Huy Fong hot chili sriracha sauce. It’s the red bottle with the rooster on it. Our chefs in the prepared foods department swear by this stuff and use it in many of their Thai food offerings, and shoppers have requested it...so, enjoy!

On the chips and snacks shelf, we’ve created designated slots for all five flavors of Hempzel pretzels: plain, jalapeno, garlic, sesame, and pumpernickel onion. These are tasty pretzels, very healthy and made by a small local company in Lancaster, PA. They also make the Hempzel horseradish hemp mustard, found in the small rack just above the Hempzel pretzels. If you’re already a fan of hemp pretzels, please know that we plan to have all five flavors all the time, instead of



just squeezing them in as an occasional item. Happy crunching.

Other new items, brought in by shoppers’ requests: Near East whole grain wheat pilaf, Suzie’s spelt cakes (on the rice cakes and corn thins rack), Better Than Bouillon turkey gravy mix, and Bob’s xanthan gum (see Rachel Brown’s article in this issue about baking with xanthan gum.)

The Big Story this month is in the dairy case, where we’ve replaced White Wave silk soymilk, half-gallon size, with Organic Valley refrigerated soymilk. Why, you may ask? A few months ago, White Wave, which is owned by industry giant Dean Foods, changed it’s formulation of refrigerated soymilk from “organic” to “natural.” White Wave did this without communicating the change to their customers, and without changing the price

(continued on page 14)

Turkey Info

by Dale Kinley, Fresh Foods Manager

ONCE AGAIN this year we are going direct to the farm to get naturally raised turkeys for Thanksgiving. Esbenshade Turkey Farm is 60 acres of prime farmland in Paradise, Lancaster County, Pa. Family-owned since 1858, it is the oldest turkey farm in the U.S. Esbenshade’s takes great pride in flock and the high quality of its poultry: no hormones or antibiotics ever used. They are fresh, never frozen.

Fresh Empire kosher turkeys are available in one size range: 10 -14 lbs.

Thanksgiving turkey pick-up days are Tuesday and Wednesday, Nov. 24 and 25, from 9 a.m. to 8 p.m.

At Christmas, we will again be going direct to the farmer. Koch’s turkey farm is in Allentown, PA. The turkeys are naturally raised, without antibiotics or hormones. More details will be available in the December issue of the *Shuttle*.

To order, fill out the form in the store or call 215-843-2350, ext. 323 and leave order on voicemail.

Kitchen Gadgets that Are Doubly Useful

Kitchen Tips: Using Gizmos and Gadgets from Your Co-op Housewares Department

by Martha Fuller, Second Floor Manager

Tea Infusers: Did you know that a tea infuser can double as a sugar or spice shaker? If you are looking to sprinkle some paprika over chicken or confectioners sugar over something yummy, grab your spring-loaded tea infuser. It will do a great job, distributing a nice amount with no mess. To clean the infuser, give it a quick rinse under the tap.



Salt Shakers: An empty glass salt shaker can also be filled with flour or powdered sugar—it’s an easy way to dust a cake pan or work surface with flour.

Pastry Scrapers: After you have finished rolling out your pie crust or kneading your bread, use it to clean off your counter—it’s especially efficient at scraping off bits of hardened dough.



Garlic Press: If you’d like to add an extra boost of flavor to a salad dressing, sauce or soup, try using your garlic press for chile peppers, citrus peel or fresh herbs like rosemary at the same time that you press your garlic.

Garlic Press, Part 2: A good garlic press is one of the most valuable kitchen gadgets on the planet. Who knew you could use it to get ginger juice? If you need a bit of ginger juice, cut off a piece of ginger, about the size of a large garlic clove, peel it and place it in the garlic press. Squeeze to extract the juice in one easy movement.



Salad Spinner: Some bakers among you bake layer cakes. If you need a “proper” cake cover (as I’ve heard them called), use the top of your tall salad spinner, turned upside down over your cake.



Silicone Pot Holders: They are useful as trivets, preventing the transfer of heat to delicate surfaces.

Egg Slicer: You can use your handy dandy egg slicer to make perfect slices of strawberries (shortcake anyone?), kiwi or banana.

Sieves Need an extra fine crumbled egg? Use an extra fine sieve to press your hardboiled egg through to make a fine garnish.

Cutting Pizza with Ease When cutting pizza, you may find that a regular knife can snag and then drag the melted cheese while a pizza cutter may dent your pizza pan. If you cannot find your pizza cutter, you can use a pair of kitchen shears to easily and neatly cut your pizza.



Misplace Your Flame Tamer? If you are cooking foods that need to be maintained at a low simmer, place your cooking pot inside a cast iron skillet or pan over low heat.

Vegetable Peelers: Have a recipe that calls for dotting the surface with butter just before placing it in the oven? Use a vegetable peeler to shave the desired amount off a frozen stick of butter, allowing it to fall onto the food in fine little buttery curls.

(continued on page 26)

Managers Corner

by Glenn Bergman, Weavers Way General Manager

Expansion

RECENTLY, PAT Piro (one of our wonderful Weavers Way chefs who I now call “coach”) has had me out at 5:45 a.m. running between five to eight miles three times a week. I used to run, a decade ago, and meet my friends at 5:15 a.m. for a six-to-ten-mile morning run before going off to work. But after a few years and 25 pounds, it is not as easy. I actually went for a stress test just to make sure I was not looking for trouble.

What I have learned from the last few months of running is that I can still run and it’s great for reducing stress. An expansion for a small co-op like ours can cause you to rethink your life. I keep telling myself that the stress will be well worth it a year from now, when we are running and can say we have hit our stride.

For a number of months, there was not much happening that member might see—planning, permits, health department reviews, community reviews, and bid documents being completed by our architect. Now that we have chosen Domus, Inc. as our construction partner, you will see much going on at the site. Domus has told us it needs five months to finish the work. This might be longer than we wanted, but there is much to do and it is a tight space. Look for a March opening.

To get to this point there are many people to thank for their help and support throughout the process. So here goes a few “thank you’s” if I missed anyone please let me know:

- Financing: Thank you t all the members who have given to the Members Loan Campaign and continue to call and support the loan program. This was an out-

standing show of support that has raised more than \$450,000 to date. It looks like we will raise another \$400,000 in the coming months. The Reinvestment Fund (TRF) for it’s help with soft- and long-term funding of the project. If you do not know this group, please look it up online. Valley Green Bank, and the great staff, especially Jay Goldstein for his determination to get us into a second building and make us see that there is plenty of community support out there. PIDC and the City of Philadelphia for continued support of our dream to add more good-paying jobs with benefits, right here in Philadelphia. The Merchants Fund board and it’s Executive Director, who saw our dream to rework the façade and could see how important that was to the overall appearance for the shopping district. Rep. Dwight Evans and his staff, saw the value in our mission to buy local and support the local city and state economy by working to source local farms and producers. We continue to see Rep. Evans’ dream of using food as a form of economic development for the city.

- Community: Weavers Way’s Board and Members have to be thanked for supporting this big move to a store in the Northwest. The Chestnut Hill Community Association and Business Association, which were more than accommodating and helpful in our design work.
- Planning: Our legal council David Kraut, who guided the board and reviewed documents from everyone from the architect, the banks, and others. Dina Schlossberg, who helped to guide the member loan campaign and gave us the confidence to move forward. David Hyman, who helped secure the funding.

- The National Cooperative Grocers (NCGA), for helping steer us toward consultants and staff who guided us from Mt. Airy to a second store in Philadelphia.
- To our many shoppers for supporting us over the years... We will not let you down!

Growers Alliance with PHS

In October, we learned that the Pennsylvania Horticultural Society (PHS), one of Weavers Way’s partners, received approval from the USDA to move forward on PHS’s plans to start a Growers Alliance in Philadelphia. This group of small-plot farmers will be organized during the winter to grow specific products in their plots using seedlings started in the prisons. The food produced will be picked up by Weavers Way, distributed either to our stores, farmers markets, or other wholesale accounts. Members of the Growers Alliance will receive income from their plots. This has been an important long-term goal of the Weavers Way farm program—to educate others to grow and make some additional income on their small plots. Just think, all of the vacant land in Philadelphia, Detroit, and other towns and cities could one day be transformed into small production farms that provide additional income for working people. This can be done, and this project is the first step in helping to partner with our community.

Look for more information on this project next year as it gets up and running. I want to thank Joan Reilly and her great group at PHS for seeing this vision and taking the steps necessary to help move us along with them.

Phew Electric Bikes

A few years ago, when Meg Hagele came to the corner with The High Point Cafe, we were all thrilled to see her take apart a building that had been neglected for so many years. She and her team of family and friends turned the High Point and the magical corner into a great place for food, friends, and drink. The Blue Marble is here and over the years continues to be an important cultural center for the community. Then the caring staff and member of the Maternity Wellness Center opened a non-profit that supports woman, men, and couples through maternity and all of its fun and issues. The Center has brought to our community a whole new demographic benefiting the bookstore, coffee shop, and Co-op.

Recently, the Rutabaga Bike Collective has met in 542 Carpenter and conducting workshops for kids and adults. We look forward to it’s development as the collective decides how it wants to develop.


Now, along comes community members Afshin Kaighobady and Meenal Raval, who opened up Phew (Philadelphia Electric Wheels) in October, across Carpenter Lane from the Co-op. It is so exciting to see someone add to the community. This is a new product, an electric bike shop that sells wonderful bikes that really work, that are ahead of transportation for Americans. I recently read that in China millions of these bikes have been sold in the last few years, as the battery technology has improved. If you have not tried these “magic carpets,” you deserve a treat. Go in and try the bikes in the neighborhood, you will be sold on their value.



LINDA J. BAKER MD CCH
Classical Homeopathy for Children and Adults
Holistic Pediatrics
www.lindabakermd.com
610.567.3520 fax 610.530 0998 homeopathy1@yahoo.com
3138 Butler Pike, Suite 200, Plymouth Meeting, PA 19462

Make Room

Home & Workspace Organizing
Liz Samworth



Room to live... room to grow!
267.984.0738
make.room@ymail.com
www.makeroom.org



Please stop by the bookstore for a special Waldorf Puppet Play on Sunday, November 15, and for our entire weekend of events and activities celebrating our 4th birthday starting on Saturday, November 21.

More details on our website:
www.bigbluemarblebooks.com

HOURS
Mon - Wed: 10 a.m.-7 p.m.
Thurs - Fri: 10 a.m.-8 p.m.
Sat - Sun: 10 a.m.-5 p.m.

Voted
Best Kids’ Bookstore
in Philly 2007 by *Philadelphia Magazine!*

551 Carpenter Lane 215-844-1870 info@bigbluemarblebooks.com

www.bigbluemarblebooks.com!



Because Not All Great Minds Think Alike
Small • Progressive • Independent

Crefeld is a private, independent school for students in grades 7-12. Using a model of progressive education, Crefeld School provides a challenging, individualized learning environment and a nurturing community for bright, sensitive and creative students.



Crefeld's Rock Climbing Wall

- College Preparatory Curriculum
- Commitment to Community Service
- Co-Ed, Grades 7-12 (separate Middle School program)
- Strong Creative Arts Offerings: Glassblowing, Drawing, Painting, Printmaking, Theatre, Dance, Music

Upcoming Open Houses:
Friday, October 16, 2009 8:45—10:15 am
Friday, November 6, 2009

Call (215) 242-5545 to R.S.V.P. or for more information

8836 Crefeld Street, Philadelphia PA 19118 • www.crefeld.org

What is the Board Thinking?

Why Do We Exist and How Do We Maintain What Makes Us Unique As We Grow?

by Nancy Weinman, President, Weavers Way Co-op Board of Directors

In this column, Nancy Weinman, a member of the Weavers Way Board of Directors, is sharing her own individual thoughts and ideas and is not speaking on behalf of the Board.

WEAVERS WAY is defined by, and draws its strength from, its close and multi-dimensional relationship with its members who are customers as well as owners. While we value the support of our nonmember shoppers, we hope they will consider becoming members. For more than 35 years, members have invested capital, time, and loyalty in Weavers Way because their co-op was dedicated to improving the well-being of its members and the quality of their lives.

Weavers Way is more than just a store; it is the glue that binds this community and its members together.

But, to continue to thrive in our rapidly changing world, Weavers Way must be willing to adapt. This, however, does not mean that we should lose sight of what sets us apart and inspires people to participate in and promote our success.

With everything going on in the world around us, it can be easy for members (and potential new members) to lose sight of why Weavers Way was created. For a gentle reminder, we need look no further than our mission statement, which remains as true a statement of what we aspire to as when it was first written. As circumstances and times change, the Board periodically reviews and updates our Ends Policies, which are the public expression of the Co-op's values and goals, to ensure they accurately reflect our mission. But the shared values that bind us together and keep our members and the community emotionally and financially invested in our co-op have remained constant over time.

Weavers Way exists to provide commercial and community services for the

greater good of its members and community, to champion the cooperative model, and to strengthen the local economy.

As a result of all we do:

- E1.** There will be a thriving and sustainable local economy providing meaningful jobs, goods, and services to our members and the community.
- E2.** Our community will have access to high quality, reasonably priced food, with an emphasis on local, minimally processed, and ethically produced goods.
- E3.** There will be active collaborative relationships with a wide variety of organizations in the community to achieve common goals.
- E4.** Members and shoppers will be informed about cooperative principles and values, relevant environmental, food and consumer issues, and the Co-op's long-term vision.
- E5.** Members and shoppers will actively participate in the life of the Co-op and community.
- E6.** The local environment will be protected and restored.
- E7.** Weavers Way will have a welcoming culture that values diversity, inclusiveness and respect.

As we prepare to open a new store in Chestnut Hill, we have an opportunity to introduce our values and the benefits of our cooperative model to a new community that includes many people who are likely to have a different perspective from members who have been part of the flagship Weavers Way store for 20 or 30

years. Rather than trying to stay the same in a changing world, we will need to look for ways to piece people's differences together in a sensible way. This will take communication, participation, a willingness to adapt for the greater good, and lots of innovative thinking.

For example, this summer members voted to replace the mandatory work requirement (six hours per adult per year) with an optional work program that still allows members to work in exchange for benefits yet to be determined. Some members have expressed their fear that this change will irrevocably weaken the glue that holds Weavers Way together. The demands of today's world may not allow for a "one size fits all" work requirement, but there is evidence that those who participate in direct democracy feel happier and more connected to their communities. Most of the well-being is attributed to actual participation rather than to any specific improvements resulting from the participation. The true benefits of hands-on involvement at Weavers Way are not measured by stocked shelves and cases, on spreadsheets, or by minimally lower costs. The real benefit is the satisfaction that comes from being a part of something that so few people in this world have a chance to experience, a real community cooperative. Weavers Way is, and always has been, about its members and their wish for a community that reflects the goals and values that we all hold dear. It was created and maintained by the desire of diverse but like-minded individuals and families who benefit from the many perks that the Co-op brings to our many members.

While an in-store working requirement is one way for members to be involved in their co-op, it is hardly the only way.

Imagine, for example, our Co-op organized around clusters of different activities in a way that enables and inspires members to make special commitments or investments in initiatives that most interest them. Imagine a Co-op with dozens of different streams of activities in which members can be involved based on their talents and passions and all contributing to furthering our Ends. Imagine a Co-op where members who want to meet their neighbors or teach their children where their food comes from work two weekends a year at the Co-op Farm or organize meals on wheels to bring Co-op products to the elderly who are unable to drive. All this can be done for work credit that will translate into savings at the register while strengthening our community. Especially as we expand into Chestnut Hill, it is important that we remind ourselves and educate potential new members of our shared values so that the benefit of becoming a member of and supporting the Co-op is clearly evident.

Our challenge now is to imagine and implement new opportunities for engaging Co-op members that create the same sense of connection that was achieved through the mandatory work requirement. I have no doubt we are up to the challenge. Ideas for new forms of member participation, ways to fulfill work credits, Weavers Way member social events, community outreach/improvement, or anything else that's on your mind, are strongly welcomed and appreciated.

HOUSE

AT

POOH CORNER

where learning comes naturally

Teri DiCesare, M.Ed.

INFANTS • TODDLERS • PRE-K

30 years of quality care

215-843-0815

Accredited by NAEYC's National Academy of Early Childhood Programs
Visit our website www.houseatpoohcornerdaycare.com

Omnia DeArbore Vitae
(215) 848-7260

Wow! Now you can afford to Stop Wasting Energy!

Need central air? Air Sealing & Insulation? Windows? New Fridge? New furnace? Geothermal?

Borrow money online through Keystone HELP—the brand new Pennsylvania low interest energy loan program—then get Federal Tax Credits to help pay back the loan.

Going GREEN is a good investment—for your home and for the Earth. Energy Efficient homes sell for 10% to 25% more.

MORE INFORMATION:

Call Zeta Cross of Elfant Wissahickon Realtors.

Zeta is certified in Green Remodeling and Energy Efficiency.

215/669-3660 or 215/487-2455 x454 or

www.myphiladelphiagreenhome.com

"I give all my buyers a free energy audit from U.S. Green Home."

www.keystonehelp.com

Shechtman Tree Care, LLC

Zach Shechtman 215-776-TREE

Robert Sawyer 215-233-0722

Ed O'Connell 215-859-7798

www.shektree.com
Free Estimates Fully Insured

Tree & Stump Removals
Tree Pruning, Cabling, & Planting
Complete Tree & Shrub Healthcare

Turning the Page for Change

Philadelphia Public School

NOTEBOOK

A Voice for Quality and Equality in Our Schools

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

Shelter Garden

(continued from page 2)

residents each day. By growing food without the certainty of reaping the benefits, the children teach us a value that would have been impossible for WWCP to craft: They teach us to farm for each other, to farm for the commons. They teach us to enjoy the moments of shoveling dirt and compost even if we may not taste the vegetables that sprout from it. They demonstrate how to hope that our efforts will enhance not just ourselves, but people whose faces we may never see. They fulfill another part of WWCP’s vision statement: “*available land is used productively to meet common needs.*”

Cheap Vegetables

Compared to other food, sustainably grown vegetables are costly. Yet vegetables are undervalued considering time spent cultivating the land; planting, maintaining, and harvesting the vegetables; then finding vendors or directly selling. This makes it impossible to operate the farm (which also provided Stenton Summer Camp activities) under the traditional business model. Though many of the vegetables at Hope Garden are brought into the shelter kitchen for resident consumption, WWCP partially funds our program by selling some of our vegetables at the Chestnut Hill Farmer’s Market. So, some vegetables travel from a food desert to a food jungle to make money to purchase items that help sustain the project. We’ve also relied on the outside support of generous grants and donations.

The second paradox of the farm at Stenton Family Manor, and small-scale farms in general, is that vegetables are both expensive for customers, and underpriced for farmers. Small farms rarely make a substantial profit. Instead, many small-scale farms rely on volunteer labor, low-paid interns, and young farmers without families to support. Others exploit hungry Mexican immigrants. Even though

vegetable prices are higher per calorie than the average fast food product, they are underpriced.

Usually farmers are paid dirt. Their pay depends on how much they collectively demand compensation for their food and work, and how much customers will pay for it. But let’s be honest: food, especially fresh, chemical-free food, is the ultimate building block of a healthy society. The ragged, sweaty people who grow food keep the rest of the world alive. Employing WWCP’s vision, where the “*the cooperative business model is valued and practiced*” revives the dignity of labor and makes good food affordable by all.

WWCP’s mission requires “*fostering cooperative activities that support local food production.*” This means people grow food with each other and for each other. They grow food to profit community and nature, rather than for quarterly targets. We saw this at Stenton one day a few weeks ago. Olivia, a young mother at the shelter, brought her nieces to the garden, pulled up her sleeves and started planting lettuce. Later that day, she returned with her baby to plant cover crops. Olivia made the farm her own. As we end our first season at Stenton, we are thinking about next year and how to involve residents in the planning process—to work with us on what seeds to order, what to grow for the Chestnut Hill market, and which vegetables to grow for the kitchen.

WWCP is more than simply a non-profit that operates gardens in Northwest Philadelphia. We are birthed from a co-op, which stands for more than charity or profit. This means that WWCP partners with Stenton residents and transfers power and knowledge to them. Just as importantly, it means that we farmers are enriched by these kids, and taught by adults like Olivia, as they learn to farm.

Seed Saving

(continued from page 2)

pollinating plants or 100 cross-pollinating plants. Even with a large selection pool, genetic diversity can decline over the course of many years of seed saving from the same gene pool. When this happens, new genetic material needs to be introduced to the plant population by planting seeds of the same variety but from a different source, such as a seed catalogue or neighbor.

The next step in seed saving, after collecting the seed, is cleaning. There is wet processing and dry processing and different plants require different techniques. Wet processing is required for tomatoes. Many plants must first ferment (i.e. rot) so that micro-organisms destroy seed-borne diseases. Then seeds should be separated from the pulp. This can be done by repeatedly putting the fermented mixture in water, stirring, and letting bad seeds and pulp float to the top, and good seeds sink to the bottom. Then the good seeds are patted dry and fully dried on a non-stick surface, like glass, ceramic or a cookie sheet, not paper, cloth or non-rigid plastic. While drying, do not expose the seeds to temperatures higher than 95 degrees Fahrenheit. Good places for drying include a cold oven with the pilot light on and the door cracked open, or on top of the refrigerator.

Dry seed processing is used on seeds that have husks or pods. After the seeds have completely dried on the plant, remove the seed heads and crack open the husks or pods. Be sure not to apply so much pressure to the seed heads that you damage the seeds themselves. Winnowing is the process of separating the husks from the seeds, and can be done by pouring the seed mixture from one bucket to

another in front of a fan on low. The slight breeze blows the light, unwanted husks away while the heavier, desirable seeds fall safely into the bucket below.

Now that you have your seeds, it is important to save them properly so they last from one year to the next. Heat, light and moisture must be kept to a minimum. Airtight containers, like glass canning jars with rubber seals, are ideal. For long-term storage, put seeds in the freezer. Be sure the seeds are completely dry though, otherwise this will damage them.

It is useful to test the germination rate of seeds before planting them to make sure they are still viable and you are not wasting precious garden space. This can be done by placing at least 25 seeds between two moist paper towels, then placing the paper towel in an open plastic bag, so the seeds can breathe but moisture is retained. Place in a warm place and re-spray the paper towel to keep moist. The area should be kept at a constant temperature, usually around 75 degrees Fahrenheit is best. The top of the refrigerator is an ideal location. Check the seeds daily, and remove sprouted seeds once a week, after counting them. Research the germination length for the seeds you are testing; after the length of time has passed, add up the number of seeds that germinated and divide by the original number of seeds on the paper towel. This will give you your germination rate.

If you have never saved seed before, I suggest starting with these vegetables: beans, peas, spinach, cilantro, fennel, lettuce, okra, and tomatoes.

Source: Ashworth, Suzanne. *Seed to Seed. Seed Savers Exchange Inc. Iowa. 2002*



World Elite Painting

Where Elegance is Affordable

877-272-3124

Serving PA, NJ, NY & DE

We have eco-friendly paint options.

WORLD CLASS CUSTOM PAINTING SERVICE



These discretely sized mini-components from Cambridge deliver a lot of value. And the noise-cancelling iPod dock reveals nuances you’ve never heard from your iPod. Receiver, CD player and DVD player available, all at very affordable prices. Bring in your iPod for a demo.

COMMUNITY AUDIO

Open Mon-Fri 11-7pm, Sat 10-5pm www.communitycustom.com
8020 GERMANTOWN AVENUE, CHESTNUT HILL • 215-242-4080



Artista

JEWELRY
WEARABLE ART
CONTEMPORARY CRAFTS

Weds., Thurs., & Sat. 12 to 6
Friday 12 to 7!!

7151 Germantown Ave./215-248-2450
www.artistagallery.info

Bed and Breakfast

- Reasonable Rates
- 3 days notice
- No pets

215-848-6728

Located in Mt. Airy



Go Green with...

Rothe's Vase Recycling Program

Bring in 3 Glass Vases, get Free Flowers!

Simply bring in 3 "gently used" clean clear glass vases, and receive a Bouquet of Fresh Flowers!

Go Green

Rothe Florists

7148 Germantown Ave. • Mt. Airy
(across from InFusion & The Video Library)
(215) 247-0832 www.rotheflorists.com

Rhino Chiropractic Center

No gauze.... No plastic vials.... No empty prescription bottles...

CHIROPRACTIC: “GREEN” healthcare since 1895!

Go Local ~ Go Green ~ Go Rhino



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

Dreamweavers Art Garage

by Linda Slodki, M.Ed.

IN A cooperative partnership with Weavers Way, a core group of artists is launching an Art Collective at The Weavers Way Garage (542 Carpenter, across from Big Blue Marble bookstore). Our vision is to provide an affordable studio space for artists to create and sell their work—a venue where they can hone their craft and give demos. We hope to create a weekend market where Northwest residents can shop, enjoy music, eat, drink, and spend time with their friends and families.

Our holiday vision—to invite a group of artists to sell their work in this “raw” space during November and December. In January, we will move forward with creating an Art Collective.

We invite you to join this dream. We need visual artists (all media), and fine handcraft artisans. Remember, this can potentially become your studio and vending space. We also need volunteers of all sorts—architects, planners, builders, electricians, plumbers, and those with knowledge of green resources. And we need those inspired to roll up their sleeves and just help! And, of course, we need dreamers...

Help us to create a Mt. Airy village of the arts. For more information contact mtairyartgarage@yahoo.com or call 215-247-5309.

Le Bus Tour

by Rachel Brown, Weavers Way Bakery Buyer

HELLO EVERYONE! I’ve already met many of you either as shoppers or cooperators through my role keeping the shelves stocked in the grocery department and over the past few weeks, I’ve been gradually taking over for Nancy as the bread buyer.

Since taking the reigns of the bakery department, I’ve learned several things. First, the bread buying habits of Co-op shoppers are about as predictable as the weather on Mars. Second, in short order to cope with this, I expect to develop a fatalistic attitude towards life. The most important revelation, however, has been the following: Margie has some great connections. Before working for Weavers Way, Margie was employed at the Le Bus restaurant in Manayunk, and she managed to arrange for us to take a private tour of the Le Bus bakery in King of Prussia.

Our first view of the bakery was the small outlet shop it maintains, stocked mostly with extras from their regular orders. Shelves were overflowing with loaves and rolls of all kinds, some already familiar and some that I’d never seen before. From that intimate space, we were led into the office area to wait for our tour guide, Omar. The space might be able pass for a generic office except for a few key details: a whiteboard with loaf types, humidity, baking times and temperatures prominently featured in the hallway; an untouched focaccia casually sitting on the reception desk; and the unmistakable scent of baking bread.

The office offered an important buffer from the coziness of the retail store to the realities of production baking. Le Bus still shapes every loaf and pastry by hand, but forget any images you have of home baking. The dough mixers used for bread have bowls nearly five feet across. Instead of a paddle, a huge corkscrew rotates through the mixture to incorporate all of the ingredients. Industrial shelving around the baking area is piled high with 50-pound bags of white, whole wheat, and rye flour. If you have ever seen Bonnie’s butcher block table in the basement, imagine a similar table twice as long. Now imagine three of these tables, each covered in pastry dough being hand-shaped into chocolate croissants for some of the 50 to 60 dozen delivered every day.

Margie and I were both surprised by how much Le Bus has grown since its early days operating out of a converted school bus. In addition to a loyal local following,



Le Bus now freezes and ships some products across the country, and I’m glad that the Co-op can continue to be a partner for such a great local enterprise. Our next trip will be a tour of Metropolitan, and I look forward to discovering more delicious loaves and rolls to bring into the Co-op. By the time this is printed, I hope to have begun making some changes to the bread bins by the side door; I’m sure you will all have many opinions about this so please don’t hesitate to leave comments in the suggestion book.

Jin Shin Jyutsu®

An ancient art of harmonizing life energy to bring balance to your body, mind, and spirit.

Increase your sense of peace and well-being.

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

Did You **KNOW?** Valley Green Bank offers...

**4 FREE
ATM
TRANSACTIONS
PER MONTH**

**WORLD-
WIDE!***

This cost savings convenience is just one of the many things that makes Valley Green Bank unique. Talk to us today—we’ll put you in the know!

**VALLEY
GREEN
BANK**



You count with us.

Plenty of on-site parking
7226 Germantown Ave | 215-242-3550
23 W Highland Ave | 215-242-1550
www.valleygreenbank.com Member FDIC

Hours: Weekdays 8 to 6
and Saturday 9 to 1



* Free unlimited ATM transactions at any Valley Green Bank location. Four free ATM transactions worldwide with our Free Checking Account. Six free ATM transactions worldwide with our Interest Checking Account.

What a Neighborhood Discovery...

7153 Sprague St. Studio B
Philadelphia, Pa. 19119
267.978.6100
artshow2@aol.com

**ArtHouse
and Frames**

Fast – Affordable – Creative

Picture Framing

Visit our Gallery of Fine ART



NOVEMBER SPECIAL
25% OFF
Framing
With this ad

OPEN HOUSE
Art & Framing Sale
Friday, Nov. 28th
10am – 6pm

Regular hours
Wed. 11am – 6pm
Sat. 11am – 5pm
Sun. 12pm – 5pm
Also available by appointment.
Just call for a time convenient to you.

Vegan Soul Kitchen

(continued from page 3)

ed reading *Vegan Soul Kitchen* but have not had the opportunity to actually try the recipes. Each recipe includes a music recommendation to be played while cooking and eating the food, and scattered throughout the book are cooking tips and ingredient explanations. The first recipe to catch my interest was “Baked Sweet Potato Fries With Ginger-Peanut Dip-

ping Sauce.” I think this would be a nice change to traditional sweet potato recipes for Thanksgiving. Serve as either a side dish or an appetizer.

To purchase a copy of this book, please visit the Big Blue Marble Bookstore, two doors down from the Co-op. The bookstore carries this book or can order it if they sell out.

Baked Sweet Potato Fries with Ginger-Peanut Dipping Sauce

Yield: 4 servings

This is a healthier and sweeter alternative to fried white potatoes, but if you want to indulge occasionally, feel free to deep-fry these in organic, unrefined coconut oil until lightly browned, 3 to 4 minutes

Ingredients:

Fries

- 4 uniformly shaped medium sweet potatoes (about 2 pounds), peeled
- 1 teaspoon coarse sea salt
- 1 tablespoon extra-virgin olive oil

Dipping Sauce

- 1 heaping tablespoon minced ginger
- 1/2 cup toasted peanuts (page 41)
- 1/2 cup apple juice
- 1 teaspoon agave nectar
- 1/8 teaspoon cayenne
- 1/4 teaspoon coarse sea salt

Recipe:

For the Fries:

- Cut the potatoes into slices about 1/2-inch thick and then cut them 1/2-inch lengthwise into the shape of fries.
- Preheat the oven to 450°F.
- Combine the sweet potatoes, 3 quarts cold water, and 1 teaspoon salt in a large pot over high heat. Parboil, uncovered, for 10 minutes. Drain in a colander and pat well with a clean kitchen towel or paper towels until completely dry.
- In a large bowl, toss the sweet potatoes with the olive oil.
- Arrange fries on a parchment-lined baking sheet and bake for 50 minutes, gently stirring every 15 minutes with a wooden spoon to ensure even browning, until tender and caramelized.

Dipping Sauce

For the dipping sauce:

- In an upright blender, combine the ginger, peanuts, apple juice, agave nectar, cayenne, and salt and blend until creamy. Transfer to a small serving bowl.

The Pleasure of Pilaf

by Mychal Simonian, Weavers Way staffer

SO MANY of you took my advice and made your own yogurt that our yogurt suppliers all complained... on the other hand, the milk folks were very, very happy. So here’s my next project: let’s put our packaged pilafs out of business! (Just kidding!) Let’s all make our own pilaf!

Making pilaf is very, very simple; simpler even than yogurt. For four people, you will need three cups of parboiled rice; five cups of chicken stock; a quarter pound of butter (or as large a portion of that as you can stand); and two handfuls of thin egg noodles. All this can be purchased off our grocery shelves.

Before we begin, a word about stock. Traditionl Armenian pilaf calls for a thick, hearty chicken stock—the denser and richer, the better. Obtaining a good stock is not difficult. Boil a couple chicken thighs, along with a stick of celery, an onion and a carrot, in a couple quarts of water for about half an hour, and you will have a fine stock. Be sure to add salt—if the bit about butter hasn’t already clued you in to this, Armenian cuisine is *not* about living forever.

If, on the other hand, you want your stock straight off the shelf, then my suggestion is to avoid the canned broths, which are about 99% water. Instead, purchase a jar of Better Than Boullion stock paste. The paste is organic, and a \$5 jar will give you the equivalent of 6 large cans of Cento broth—a savings of more than \$12. With the jarred stock paste, incidently, you can regulate the density of the broth mixed, by varying slightly the amount of paste mixed into water. For those of you who need to watch salt intake, a reduced-sodium version is also available.

Once you have your stock, you’re ready to cook! Melt the butter in a three- or four-quart pot. Do this over a *low* flame—you don’t want to burn the butter. When the butter is melted, crush the egg noodles in your hand and drop them into the butter. You want the noodles to break

into pinky-finger length pieces. Stir these in the butter, over a medium flame. After two to four minutes of pretty much nothing interesting happening, you will notice the noodles suddenly begin to brown. Stir until the noodles are golden or ‘tanned,’ then remove the pan from the fire. Do not stop stirring, not quite yet! While the butter is still hot, the noodles will continue to fry, and you want them browned, not burned.

When the noodles are ready, add the rice. Stir this in until it is well coated in the butter. Shake the pot to achieve a nice, even surface, then add four cups of hot broth. Cover with a tight-fitting lid and return to the burner, over the *lowest* flame possible. The pilaf cooks with the heat of the broth; the flame is there to keep the broth hot, nothing else.

After fifteen minutes, raise the lid and taste your pilaf. Check the level of the broth by tilting the pan. If the pilaf is still hard and the broth has been absorbed, add another half-cup to a cup of broth and continue cooking until the rice is al dente. Remove to table, and prepare to make guests (or children, we ate this dish about three times a week growing up and never tired of its sweet, nutty flavor) very, very happy.

The variants on this basic recipe are endless. To make ‘almond’ pilaf, add sliced almonds with the noodles at the beginning; pine nuts are also good at this stage. Halfway through the steaming, you might add shredded string beans, or mushrooms. Looking to make ‘garlic’ pilaf? Garlic can be added at the beginning, right along with the noodles (if you like it browned) or halfway through the steaming (in which case, you might want to remove the garlic before you serve the pilaf, as it will come out mushy).

And lest I forget, “anoosh ullah!”

misimonian@gmail.com

Hi!
we're
Henry...

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

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

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

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

Photo by Henry School Mom:
Laurie Beck Peterson

INGRID BROWN, GRI
Associate Broker
Senior Real Estate Specialist
Direct 215 248-6520

Fox & Roach, REALTORS®

Chestnut Hill Sales Office
14 W. Evergreen Avenue, Phila., PA 19118
Box: 215-247-3750 x227 Fax: 215-242-3425
E-mail: Ingrid.Brown@prufoxroach.com

- Complete Roofing Service
- Free Estimates
- Fully Insured

Visit us on our website:
www.AppleRoofingCo.com

Prompt, Reliable, Quality Work!

Mt. Airy • 215-843-1970

Community Café

Learn, Share, & Energize

by Margaret Lenzi, Weavers Way Board Member

In this article, Margaret Lenzi, a member of the Weavers Way Board of Directors, is sharing her own individual thoughts and ideas and is not speaking on behalf of the Board.

Do you want to learn about what's going on in our neighborhood? Do you have some information you want to share with your neighbors? Do you want to get involved to improve our community? Well, we have just the thing for you—a Community Café. This is an opportunity for people to get together in a relaxed setting to talk about issues that matter in our Northwest Philadelphia community. The Community Café will take place on Sunday, November 15, from 2:30 to 5 p.m., at Sedgwick Cultural Center, 7137 Germantown Ave.

The format of the Café will be informal. First, help yourself to a cup of coffee or tea, chat with neighbors and browse through literature about what's going on in the neighborhood. Workshops will run simultaneously, giving attendees the opportunity to participate in two discussions during the afternoon. A resource person will give a short presentation on an issue of interest to our community and facilitate discussions. Workshop topics will include weatherization, safety, recycling and composting, city services and health care.

The workshops will concentrate on what people need to know in order to act. Maybe you want to learn about what

weatherization programs are available as the winter approaches, or you might want to share some information on safety issues in your area. Perhaps you're concerned about the state of city services or health care and want to find out what can be done. Do you want to know what you can recycle and how you can compost in your neighborhood? The information will be there. You are the only missing ingredient to make this Café a community happening.

The Community Café is co-sponsored by Northwest Philadelphia MARCHinG for Change and Neighborhood Networks. MARCHinG for Change is a group of activists that grew out of the Obama campaign in Northwest Philadelphia (Mt. Airy, Roxborough, Chestnut Hill and Germantown) who are committed to developing grassroots projects on issues of concern to our communities. Neighborhood Networks is a city-wide group seeking to promote social and economic justice, and environmental sustainability throughout the City. The event is open to the public and free, but donations are accepted for the coffee, tea and dessert provided. For more information, email mlenzi@comcast.net or call 215-247-9169.

Dinner and a Movie

Zahav and *The Band's Visit*

by Margie Felton and Joanna Poses

ZAHAV is something more like a temple to food than just another local eatery. The space is warm with wood, fabric, and carvings that cut the airy dining room down to a more intimate size. Enormous windows offer an unobstructed view of the Ritz 5 theater—a room with a view, indeed.

Our total contentment is measured by the sheer number of times we have returned to this restaurant. This was our third trip since July, and it's the hummus as much as anything else that keeps us coming back for more. In fact, it was the hummus that first brought us here. A caterer friend of Margie's highly recommended Zahav on the strength of its famous chickpea dish and Margie was shocked. No one has served more hummus (and stands to be less impressed by it) than a synagogue caterer! Needless to say, Margie's interest was piqued. Upon tasting all of the hummus over the course of the summer, her palate was satisfied. One of the best deals in town is Zahav's weekday happy hour that runs from 5 to 7 p.m. and serves all hummus platters at half price, as well as many drinks!

While we were on the cheap kick, we decided to pair the meal with a DVD from the public library. We chose *The Band's Visit*, a quirky Israeli film brimming with nibbling and quibbling. A military orchestra from Alexandria gets lost on the way to an Israeli gig and ends up stranded for a night in a dusty, dead-end town. The film has an absurdist—almost Balkan—sense of humor, but also much heart. At the center of the film is the tenderness that develops between an Israeli woman and the

Egyptian captain who passes the night at her home. The movie is about small moments—many of which revolve around food. Dina, the Israeli woman, is always eating and seemingly indiscriminate in her appetites. She eats everything from luscious fruits to pita sandwiches stuffed with hummus and French fries among a mess of other foodstuffs.

Like Dina, we have constant hunger and Zahav makes it hard not to lick our plates clean. It really excels in its inspired pairings of foods and sauces; our dilemma is always how to get the last drops of sauce off the dishes and into mouths. We melt as soon as the grilled haloumi smothered in date paste hits our lips. The synergy of the salty haloumi and sticky sweet dates creates an unimaginably unique taste. Similarly, the yogurt dill sauce provides the perfect accent to the walnut-studded rice tumbling out of the stuffed baby peppers. From the grill, there's nothing more pleasurable than "the Farsi," tender lamb cubes lounging atop a bed of bright saffron rice. Joanna is generally squeamish around blushing pink meat, but she's been thoroughly seduced by this juicy wonder. Margie is entranced by one of the summer-time specials—thinly sliced watermelon served with feta and olives. But to find this kind of refreshment in the winter, you'll have to settle for a cocktail. We recommend the Lemonnana.


Zahav Restaurant is located at 237 Saint James Place, Philadelphia. For more information, call; 215-625-8800.

Hypnosis in Mt Airy

Max Rivers, Ericsonian Hypnotist
215-266-0598

Free MPEG recording of hypnotic session for Weaver's Way Members

Smoking and Weight-loss
Physical/Emotional pain
Fear, Anxiety, Depression, Sleeplessness
Improving performance in sports or work





chris hill media

web & print projects for organizations & businesses driven by sustainable values

From the developer of WeaversWay.Coop, LocalFoodPhilly.Org, CommonMarketPhila.Org, MaternalWellness.Org, EsseneMarket.Com, ScienceInteractives.Com, the Organic Trade Association's massive resource website ... HowToGoOrganic.Com, the website of the Northeast Organic Dairy Producers Alliance, and dozens more.

Web Solutions for All Needs & All Budgets

Do you need a web site that is elaborate... or simple; large ... or small?
Do you need want help updating your site, or do you want to do it yourself?

Websites WE Manage:

Editorial management of web sites at reasonable rates ... with 25 years of editing, writing and design experience, including co-founding the City Paper.

Web sites YOU Manage

Content management systems, and training in the use of html editors and other web site maintenance tools.

Community & Customer Building Tools

Email newsletters, galleries, event calendars, blogs, e-commerce, forums, online forms ...all the interactive, community building tools you need.
... and we're passionate about local economies and sustainable businesses

Contact Chris Hill for more information:
chris@chrishillmedia.com 215-843-5704

www.chrishillmedia.com



GERMANTOWN FRIENDS SCHOOL

1 8 4 5

Where Quaker values and intellectual passion thrive!

OPEN HOUSE

Wednesday, November 11
at 8:15 am

RSVP 215-951-2345 or openhouse@gfsnet.org
31 West Coulter St. - Philadelphia 19144

Visit our new Sustainable Urban Science Center!

www.germantownfriends.org

Be Green

Why drive to the 'burbs or Center City?

25 seats • surround sound • giant screen
Great movies \$6 • popcorn included!

little THEATER

videolibrary

Fri. & Sat., 8 p.m. • Sun., 7 p.m.

7141 Germantown Avenue 215.247.3020 www.mtairyvideolibrary.com

Precious Water

by Sandra Folzer, Environment Committee

IN OUR household, we try very hard to minimize our water use, knowing it is a finite resource that is being squandered. The usage in the U.S. is double the world's average. I restrict myself to three inches of bath water, use a rain barrel, and flush only when necessary.

Feeling very self-righteous, I was shocked to read in Mother Jones (July/August 2009) that household water accounts for only six percent of our water use. The other 94 percent comes from the products we buy. While I drink only a gallon a day, I may “eat” another 800 gallons a day. How can that be? Well, it takes 18 gallons to produce an apple. That seems like a lot until I see that a Diet Coke takes 33 gallons, four ounces of coffee takes 37 gallons, a pound of chicken 467 gallons, and one pound of beef, an astounding 1857 gallons. (Another reason to cut back on meat.) A cotton T-shirt takes 719 gallons and a pair of jeans, 2,113. Whew!

Water is precious. U.S. groundwater is being used faster than it is being replenished. With less water, concentrations of pesticides and fertilizers are increasing. Already 40 percent of U.S. rivers and streams are unsafe for swimming and fishing. And 3.5 million Americans get sick from polluted water each year.

In this context it is appalling to read that some small towns are having to fight off the world's largest bottler of water,

Nestlé, which wants to own their water rights. Nestlé promises jobs in exchange for pumping 433,000 gallons of water daily from towns like Kennebunkport, Me. Groups like Think Outside the Bottle and Save Our Water are trying to legislate against such, water piracy. It's difficult when Nestlé can use expensive marketing techniques to convince local businesses to hand over their water rights. (In These Times, July 2009)

Similar struggles are taking place in Australia (*NY Times*, July 15, 2009). In Bundanoon, not only did residents vote against allowing a bottling company to extract water from their local aquifer, but they also voted to ban bottled water in the town.

Here in the U.S., 64,000 gallons of water are flushed into our sewers every second. Toilets consume most of our indoor household water use. I wonder how we can routinely waste so much clean water when many countries are without potable water. In some places in Sweden, China, Africa and Mexico, urine is collected to be used as a fertilizer on crops. (See Carol Steinfeld's *Liquid Gold: The Lore and Logic of Using Urine to Grow Plants*. She coined the phrase, "Urine charge.") I haven't yet figured out a way to collect urine in Philadelphia, but I'm working on it.

Ethical Electronics Recycling Event on November 21 and 22

Tookany/Tacony-Frankford Watershed Partnership Invites Public to Help Reduce Toxins in Local Waterway

by Katie Donnelly

THE TOOKANY/TACONY-FRANKFORD Watershed Partnership (TTF) has a simple mission: enhance the health and vitality of the Tookany/Tacony-Frankford Creek, and the 29 square miles of land that it drains.

Simple as the mission might sound, improving the health of a severely impaired watershed is an extremely complex job. TTF Executive Director Sarah Robb-Grieco puts it this way, “Cleaning up trash is just the beginning.”

In fact, trash, debris, and litter are some of the most visible, but perhaps least disturbing pollutants in our local creeks and streams. Every time it rains, toxic chemicals and heavy metals wash unseen into our waterways. Those man-made toxins make their way downstream into our rivers, bays, and oceans—fouling every ecosystem along the way.

As part of TTF's ongoing effort to turn local citizens into watershed stewards, the organization has planned a series of restoration efforts designed to address both the visible and not-so-visible contaminants that threaten the TTF watershed.

These efforts include creek-side plantings that aid in filtering runoff and stabilizing stream banks, trash cleanups, construction of rain gardens that catch and filter storm water, watershed awareness and protection lessons in local schools, creation of model neighborhoods where groups of homeowners engage in best practices to protect their local waters, and Ethical Electronics Recycling EventTM, designed to re-use and recycle old computers, TVs, cell phones, and stereo equipment in order to prevent their toxic contents from leaching into landfills and waterways. In March, TTF held a two-day Ethical Electronics Recycling EventTM at Cedarbrook Middle School that diverted over 18,500 pounds of electronic waste from landfills.

This November, TTF and Cedarbrook Middle School will join forces to host another e-waste drive. On November 21 and 22 from 11 a.m. to 3 p.m. at Cedarbrook Middle School (300 Longfellow Road in Wyncote, PA), members of the public can recycle used electronics for a fee of \$1 per pound.

Items that will be accepted at the event include: televisions, computers, monitors, keyboards, drives, cables, cords, peripherals, copiers, printers, cartridges, fax machines, scanners, laptops, stereo equipment, speakers, CD and DVD players, telephones, remote controls, VCRs, projectors, digital cameras, PDAs, speakers, radios, answering machines, camcorders, electric typewriters, video game systems, pagers, microwaves, toasters, ink cartridges, USB media, and magnetic media like zip disks, audio tapes, and floppy diskettes.

The November 21 and 22 collection event will be buttressed by a series of watershed awareness and protection workshops in local schools led by environmental educator Christopher Swain—the first person in history to swim the entire lengths of several dirty waterways including the Columbia, the Charles, and the Hudson rivers, and Lake Champlain. Swain, who is currently swimming down the Atlantic coast from Massachusetts to Washington, D.C., will help students to devise projects designed to improve the health of their local creeks and rivers, as well as the Atlantic Ocean.

As Swain swims the coast, students will continue working with the Tookany/Tacony-Frankford Watershed Partnership to ensure that water flowing from their neighborhoods into the Atlantic gets a little cleaner every day.

For more information please e-mail Katie@ttfwatershed.org or call 215-539-0457. For more information on Christopher Swain, please visit www.texttour.org

The Larry DiFranco Team at

Elfant Wissahickon REALTORS

We're often asked: **How's the Real Estate Market?**

Our proud answer: **Ours is Doing Very Well, Thank You!**

DiFranco Team	<u>2008</u>	<u>2009*</u>	<u>INCREASE</u>
Number of Clients	47	57	20%
Sales Volume	\$12.1 mil	\$14.8 mil	\$2.7 million

*Projected

Larry DiFranco
ext 240

Denise Chapline
ext 223

Noelle Dames
ext 323

Jessica Becker
ext 257

Kristi Fox
ext 263

Discover the DiFranco Team Difference!

215-247-3600 ext. 240

www.LarryDiFrancoTeam.com





**Elfant
Wissahickon**
Realtors




Anita Lam
REALTOR®

7112 Germantown Ave.
Philadelphia, PA 19119

215-247-3600 Ext. 245 / Fax 215-242-5262
alam@elfantwissahickon.com / www.elfantwissahickon.com

Childspace Day Care Center
 Germantown and Mt. Pleasant Avenues
 Serving infants through Pre-K
 One of the nation's only worker-owned cooperative day care program
 ensuring quality early childhood education and quality jobs.
 Low teacher/child ratios - Large fenced-in outdoor play area - Trips -
 Arts/Crafts - Cooking - Nature Studies
 Phone 215-248-3080 - Fax 215-248-4706

Call Now to Hold a Spot!



Driving Caution to Avoid Collisions with Deer

by Brenda Malinics

The Pennsylvania Game Commission recently issued an advisory to Pennsylvania motorists to slow down and drive cautiously after sundown and before sunrise for the next two months to reduce their risk of having a collision with a white-tailed deer.

Although deer collisions can occur any time of the year, they greatly increase in the fall. The main factors are the beginning of hunting and breeding season, increased movement by yearlings, outdoor activity, and crop harvesting.

Motorists should reduce speed whenever farmers are harvesting cornfields because deer are often flushed as farm equipment approaches them. Deer being pursued by hunters will naturally run for their lives without paying attention to their surroundings, so drivers should be alert about whether the territory where they're driving is marked for hunting.

During breeding season, or "the rut," males or bucks, in pursuit of females or does, aren't paying attention to their surroundings. Some bucks follow does closely; but other times they pursue with their heads to the ground nosing a scent trail.

During the rut, deer are moving about more than usual and become preoccupied with finding the opposite sex or staying a few steps ahead of rival suitors. It's also a time when this summer's fawns—left alone while does follow nature's calling—sometimes naively wander into troublesome predicaments. In autumn, deer don't

seem to maintain the distance that typically keeps them away from roads.

Many yearling bucks will travel more during the fall. Game Commission research that tracked hundreds of radio-collared bucks showed that half or more of the yearling bucks will wander away from the areas where they were born. These animals will travel four to five miles on average, but some may travel as far as 25 miles or more. Most of this movement occurs from mid-October through the breeding season in mid-November.

Indian Summer brings many people outdoors; they play a role in moving deer during daylight hours. Hikers, mountain bikers, and horseback riders can flush deer from briar thickets, windbreaks, and forested areas.

Drivers shouldn't assume that the danger of hitting a deer has passed just because a deer has crossed in front of their car. Deer frequently travel in family groups as well as single file. The passing of one deer across a road could be a signal to others that they should follow, which they sometimes do blindly.

If you see a deer crossing the road, or standing on the side of the road, slow down and assume that will be deer crossing. Blowing one's car horn can stop more deer from proceeding and also signals to other drivers that danger lurks. Deer grazing on roadsides will often move away at the sound of a car horn.

If a deer is struck by a vehicle, but

not killed, drivers are urged to keep their distance because some deer may recover and move on. An injured deer is strong and dangerous. Do not approach, or attempt to offer aid.

If a deer does not move on, or poses a public safety risk, drivers are encouraged to report the incident to a Game Commission regional office or another local law enforcement agency. If the deer must be put down, the Game Commission will direct the proper person to do so. Please note that many police departments will refuse to kill an injured deer because if an officer discharges a weapon, there is an automatic investigation and mandated desk duty. An injured adult deer is too strong and dangerous for rehabilitation. It must be killed to end the suffering.

Other tips for motorists from the Game Commission include:

Don't count on deer whistles or deer fences to deter deer from crossing roads in front of you.

Watch for the reflection of deer eyes and for deer silhouettes on the shoulder of the road. If anything looks slightly suspicious, slow down.

Slow down in areas known to have a large deer population; where deer-crossing signs are posted; where deer commonly cross roads; where roads divide agricultural fields from forest land; and in forested areas between dusk and dawn.

Deer do unpredictable things. Sometimes they stop in the middle of the road when crossing. Sometimes they cross and quickly re-cross back from where they came. Sometimes they move toward an approaching vehicle. Assume nothing. Slow down and blow your horn to urge the deer to leave the road. Stop if the deer stays on the road; don't try to go around it.

Second Floor

(continued from page 1)

are able to put the spotlight on these items and also better understand how to offer a greater selection of themed cards. Two areas that we are expanding are cards for children, including birthday cards, and sympathy and condolence cards. You can still find the funniest cartoons, cutest animals, and most unique cards we can get our hands on (batik fabric!), as well as an ever-changing selection of card sets and notepapers. Seasonal cards will cycle through as well, so stop by during the holidays, too. We will continue to offer various gift wrapping accessories nearby, including colorful re-usable fabric gift bags, wine bags and wrapping papers. Keep your eyes open in the Shuttle for profiles of our various card vendors.

Where are the Toys?

With the greeting cards occupying their new place of pride, the toys have shifted over a bit. We won't stop looking for great toys and crafts supplies that excite your young ones. Though they make take up less acreage, we will still strive for a good mix of items that are appropriate for a variety of ages. Let us know what kinds of things you would like to see us carry! One thing we do hope to discourage with our new toy location is young children playing with our toys unattended. Because of the tight space upstairs and the work required of our staff, it is difficult for us to offer a safe and supervised space for spirited play. For the safety of your kids and for our other shoppers, we ask that you please enjoy our toy selection with your children and be sure to not leave them to fend for themselves.

Thanks for checking us out on the Second Floor. Cards and toys are just the beginning; there is a whole slew of great stuff to be found up here. Ciao!



- ❖ organic skin therapy
- ❖ massage
- ❖ reflexology

View our menu of services at
www.littleherbanspa.com

7203 Germantown Ave.
Philadelphia, PA 19119

215.381.9903
appointments@littleherbanspa.com

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

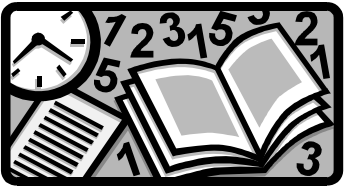
Don't miss out on breaking news!

weavers way
E-News

Sign Up Online at
WWW.WEAVERSWAY.COOP



Gypsy Lane
TECHNOLOGIES.com
215.843.1039
info@gltMYpc.com
BRINGING TECHNOLOGY TO LIFE



Individualized SAT Tutoring

- Tailored to your child's needs
- Experienced, patient, mature, and amiable adult
- Reasonable rates
- Math, Critical Reading, Writing, and more!

NW Philadelphia Suburbs
Call Eric 215-542-1081



Geechee Girl
6825 Germantown Avenue
Philadelphia, PA 19119
215-843-8113
www.geecheegirl.com

Sunday Brunch & Sunday Dinner are back!



GREATER PHILADELPHIA
**BUY FRESH
BUY LOCAL**
WWW.BUYLOCALPA.ORG/PHILADELPHIA


Hours:
Tues-Thurs: 5:30-9:00
Fri-Sat: 5:30-10:00
Sunday Brunch: 1:00-2:30
Sunday Dinner: 5:30-9:00

C-2 for RENT

Properties are located in W. Mt. Airy, only a half block away from the Weavers Way Co-Op and in the heart of a thriving community.

542 CARPENTER LANE
Wide open warehouse/working garage
3532 Sq. Ft. (41'3" X 81'8")
C-2 zoning
Garage door entrance
\$3000/mth (triple net)
Separate utilities

610 CARPENTER LANE
Two story commercial row. The entire building is for rent as 1 unit.
1333 Sq. Ft. (1st – 651, 2nd – 682)
C-2 zoning
\$2000/mth (triple net)
Separate utilities



Martin Elfant Inc. Real Estate, call: 215-844-1200

The November Garden

by Mark Goodman, The Neighborhood Gardener

BEGINNING THIS fall, the Philadelphia Streets Department will no longer collect leaves that are piled at the curb. So now what? Here are some alternatives. If you have a relatively small leaf drop, you can bag the leaves in large paper leaf bags, which will be collected and recycled. The bags are available at Weavers Way and are also sold at garden centers and hardware stores, as well as at Cheltenham Township’s libraries, the closest of which are in Glenside and Elkins Park.

If you have a large leaf drop, you can still, week by week, bag the leaves. Another option is to find an out-of-the-way place in your yard to deposit the leaves. Ideally, you will divide this area into two sections. Since leaves take about a year to decompose (unless you shred them), the leaves that you deposit into the first section this year will be available next year. Then you can use the second section for the following year’s leaves. This alternate year rotation will allow enough time for the leaves to decompose and be spread into your gardens and under shrubs and trees. If you use this method, you can erect some inexpensive fencing, such as turkey wire or snow

fencing, to enclose the leaf piles. Also, you can rake or blow the leaves into shrub and tree beds where they can act as mulch over the winter. Next spring, let the leaves stay in the beds, and add some compost to keep the leaves from blowing away.

One more option is to use Dr. Liu’s (my dentist’s) system. Pack leaves into a large (30 gallon or more) black plastic leaf bag. Put it in a sunny spot where it can stay for a couple of weeks without obstructing anything or killing grass. Fill it with water from a hose and tie it, leaving a hole the diameter of a broomstick for gasses to escape. Let it sit for a week, then check inside. If you can still see leaf parts, fill with water again and wait a week. Do this until the contents look like compost.

Urban question: Why doesn’t the city create neighborhood sites where homeowners and landscapers can deposit

leaves and then have the city haul them to recycling centers? That would save the city from having to go down every street to collect leaves and would also keep leaf collection and removal costs down for the homeowner.

As they say, you can’t fight City Hall, although sometimes in Philadelphia you can. Let’s see what happens with the new

cost-saving system this fall. In the meantime, do *not* put your leaves into the street. They will just sit there and make a mess, and no amount of wishing, complaining, or pretending that you didn’t know will make them magically disappear. Alas, as I write this article in early October, I already see piles of leaves in Mt. Airy streets.

Speaking of leaves—and I have a feeling that they will become a major topic of conversation—I recommend an inexpensive leaf identification book that the whole

family can use and enjoy. *Trees: A Guide to Familiar American Trees*, by Herbert S. Zim and Alexander C. Martin, is part of the “Golden Nature Guides” series. The illustrations are accurate and the commentary is informative. In addition, the book is very reasonably priced.

Before or after you rake your leaves, you may want to divide those clumps of perennials that have extended beyond their intended boundaries. Some of the biggest multipliers are Siberian irises, hostas, ferns, daylilies, and black-eyed Susans. Loosen the clumps with a spade fork (not a pitch fork, which has thinner and longer tines), and then with a sharp square-edged spade (not a shovel), slice the larger clump into smaller clusters. Replant a small cluster. The excess plants can either be transplanted or potted for future use. If you pot them, surround the pots with leaves to keep them warm over the winter. If you have way too many plants left over, you can recycle them with your leaves.

Recycled tree joke: How can you tell a dogwood tree when it has lost its leaves? By its bark.



SAVE ON HEARING AIDS

The Hearing Garden

2 locations :

7517 Newland St, Roxboro 215-279-8961

VF Towers, King of Prussia 610-783-7443

www.need2hear.com

hearing exams **FREE**

Introductory Gift

Avenue Art & Framing

Your neighborhood shop for quality custom framing



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

6837 Germantown Ave. Philadelphia, PA, 19119 215.848.4420

OAK LANE DAY SCHOOL

PRE-KINDERGARTEN - GRADE SIX

Accepting Applications for Preschool and Kindergarten for the 2009-2010 school year.



Students leave with the tools they need to **imagine** the possibilities, **discover** their talents, and **create** their own masterpieces, while leaving behind their own legacy.

Imagine. Discover. Create.

Now Accepting Registration for the Camp @ Oak Lane Day School!

137 Stenton Avenue Blue Bell, PA 19422 610-825-1055 oaklanedayschool.org

Training Works Fitness Services

Burn Fat • Lose Inches • Get Results

Functional Training / Pilates Core Conditioning



trainingworks4you@yahoo.com 267-481-2687

Fat burning workouts you can do at home. Combining body sculpting, cardiovascular and core conditioning exercises.



Carla Batson
Certified Personal Trainer



Our four-pronged approach to green catering.

Here at Cosmic Catering, we've been serving great food with a conscience since 2000. From our commitment to **locally grown, Fair Trade** and **organic** ingredients, right down to our **compostable utensils** (made from corn starch) everything we do is done with your health and the environment in mind.

But our biggest secret to being green? Making every dish so clean-your-plate delicious that there simply isn't anything left to throw away.



Cosmic Catering
GOOD FOOD. GOOD KARMA.

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

North Light Community Center Gets Benefits for the Food Cupboard

by Karen M. Smith, North Light Community Center Director of Marketing Communications

SINCE LATE last spring, “Henry Got Crops” has donated fresh produce to North Light Community Center’s F.I.S.H. (Friends In Supplying Help) program to supplement the non-perishable groceries donated by local churches and groups and gift cards purchased from a federal grant to get perishables to the Shop Rite on Ridge Avenue in Roxborough.

“Henry Got Crops” is a Community Supported Agriculture (CSA) partnership between Weavers Way Co-op in Mt. Airy and the W. B. Saul High School of Agricultural Sciences. Using environmentally sustainable farming practices, Weavers Way farmers, Saul students, and volunteers grew bumper crops of vegetables, herbs, salad and cooking greens and fruit. Throughout the spring, summer and now into fall, families in the community have been delighted to reap the rewards of the “Henry Got Crops” collaborative.

North Light’s own Teens 4 Good program was also able to contribute produce from their garden in Gorgas Park on Ridge Avenue in Roxborough. This is the second year the teens planted, nurtured and harvested from their garden as part of a year-round curriculum designed to build character, leadership, teamwork and life skills development.

Another boon to this year’s food cupboard at North Light was informative literature and recipes for healthy eating made available to families by nutritionists from City Harvest. Setting up a tasting

table during food cupboard hours, representatives prepared healthy snacks for people to enjoy while waiting for their monthly allotment of food, designed to encourage consumption of fresh, healthy produce.

North Light offers a variety of social support services to families in the neighborhood. The food cupboard is one of the most valuable and has seen a significant rise in usage. In just the first four months of 2009, the amount of food distributed to families in need equaled 80 percent of the amount distributed for the last full year. The program is sustained by contributions of cash and grocery items from local churches, schools, organizations and individuals along with a grant from Brown’s Shop Rite on Ridge “Partners in Caring” program allowing North Light to utilize the Philadelphia Food Bank. If you or your group would like to make a donation to the food cupboard or if you need assistance with food, please call North Light at 215-483-4800 and speak to Megan at ext. 101.

Founded in 1936, North Light’s mission is “to promote the welfare of the community, including the social, educational and athletic development of the youth.” As a multi-service nonprofit community based organization, North Light makes a positive difference through a variety of initiatives that support positive youth development, strengthen families and build community. Current offerings



photo by Karen Smith

Pictured here at Henry Got Crops after harvesting fall produce they donated to families in need, are (l to r): Weavers Way farmers Nina Berryman and Nicole Sugerman; Megan Terry, Social Support Services Coordinator at North Light Community Center; and Weavers Way Farm Lauren Hill, also from the Co-op,

include year-round childcare for school age children, tutoring, youth development programs, arts and recreation, emergency supports, teen employment, and neighborhood access to technology. North Light’s commitment to keeping programs afford-

able for all community members is made possible by support from grants and the charitable giving of many individuals and businesses. For additional information on programs, ways to volunteer or to give a gift, please visit www.northlightcommunitycenter.org.

GREAT NEW VENUE!
376 Shurs Lane
MANAYUNK
610.529.2083

Shop for amazing & affordable gifts; learn about interesting, distant lands; view original batik paintings by Laura F. Cohn; and support Indonesian earthquake victims through your purchase, all in one convenient location!

ANNUAL HOLIDAY SALE & SHOW of Unique Indonesian HANDCRAFTS & GIFTS

FROM BALI TO BALI to Manayunk

10 DAYS ONLY!
November 27th – December 6th
Hours 11 am – 6 pm
WWW.FROMBALITOBALA.COM

NATURAL PEST CONTROL COMPANY

Specialist In Long Term Roach and Ant Elimination
We Use Environmentally Friendly Products!

•SINCE 1979•
NO ODORS
NO TOXIC SPRAYS
NO MONTHLY SERVICE NECESSARY
FEATURING THE MULTI-TREATMENT SYSTEM
CALL US TODAY AT (215) 276-2962 OR (609) 338-1229

Friends SELECT SCHOOL

At the Center of Learning

Open House
Wednesday, November 11, 8:45 a.m., Pre-K -12

FRIENDS SELECT

A Quaker, pre-k – 12, diverse, coed, college preparatory school located at the center of Center City Philadelphia

17th & Benjamin Franklin Parkway • Philadelphia
215.561.5900 x 104 • friends-select.org

Serious about learning.
The world needs people who know how to learn, who can work together, who care about the environment, and who can speak up. Here they are.

THE MIQUON SCHOOL

An independent progressive school in Whitmarsh Township for children ages 3 through 12.

Fall Admissions Events

Open House
Thursday, November 19
9-11am

Family Open House
Saturday, December 5
9:30-11:30 am

RSVP by phone or by email.
610-828-1231 admissions@miquon.org

Savings at Ogontz

(continued from page 1)

In this price comparison, we focused on produce, but we will compare other departments in coming weeks as we try to conduct more price comparisons on a regular basis. You'll see the results printed in the *Shuttle*, and prominently posted on the wall at Weavers Way Ogontz.

Check our price comparisons and come take advantage of the savings—everyday low prices, monthly CAP specials, and Ogontz-only weekly specials, such as Nov. 1 to 7, buy one pound of whole wheat pasta, and get 25 percent off any jar of pasta sauce.

See you there!

Ogontz Compare Our Prices!			
	WEAVERS WAY	SHOPRITE	PATHMARK
Beans	\$1.15/lb.	\$1.49/lb.	\$1.49/lb.
Carrots	79¢/lb.	99¢/lb.	99¢/lb.
Cabbage	56¢/lb.	56¢/lb.	58¢/lb.
Collards	69¢/lb.	79¢/lb.	99¢/lb.
Corn	3/\$1.00	50¢ ea	66¢ ea
Organic Bananas	79¢/lb.	99¢/lb.	89¢/lb.
Celery	\$1.55	\$1.89	\$1.99
Iceberg Lettuce	\$1.76		\$1.99
Cantaloupe	\$1.96	2/\$5.00	\$1.99
Broccoli	\$1.79 ea		\$2.19/lb.
Green Peppers	96¢/lb.	\$1.49/lb.	
Lemons	44 ¢ ea	3/\$1.99	6/\$2.99
Spinach	\$1.99 ea	\$2.49 ea	

Weavers Way Ogontz
2129 72nd Avenue • 215-276-0706
At the intersection of Ogontz Ave., Walnut Lane
and 72nd Ave., in the heart of West Oak Lane.
HOURS: Monday-Saturday 10 - 6
SUNDAY 11 - 5
BUY FRESH
BUY LOCAL
Prices as of 10/15/09.

A neighborhood market the way it
should be, fresh produce, friendly
service and affordable prices.

Member Loans

(continued from page 1)

wonderfully generous members, who have requested anonymity have made special loans outside the terms of this campaign.

We have held 25 meetings in Chestnut Hill, in members' homes and at the library, introducing the Co-op to hundreds of members of the Chestnut Hill community. The response has been overwhelmingly wonderful. Various committees of the Chestnut Hill Community Association have worked with Glenn and the project managers to review, improve and ultimately approve the design plans for the outside of the building. We have chosen a primary contractor and construction will begin soon. The store will open early next year, sooner if the builders and project managers can perform a little magic.

I want to encourage every member of Weavers Way to consider participating in the loan campaign. While the financing for

this project is all in place, every dollar we raise in member loans replaces far more expensive loans from commercial lenders. This not only lowers our costs and helps ensure the project will be successful sooner, but also gives our members the opportunity to invest in their co-op and community at competitive rates with flexible terms—each lender can choose an interest rate, from 0 to 4 percent, as well as the term of their loan, from 5 to 10 years.

The economy is tough and, with a minimum loan amount of \$2,500, we realize not everyone will be able to participate, but we encourage your consideration. The expansion project is exciting, difficult and expensive. If you can afford to make a loan, the Co-op needs you. If you are interested or want more information, please e-mail us at memberloan@weaversway.coop.

THE MORRIS ARBORETUM HOLIDAY GARDEN RAILWAY



HOLIDAY MAGIC! NOVEMBER 27 TO JANUARY 3

G-Scale model trains running through a charming miniature village of Philadelphia historic houses decorated for the holidays.

Outdoors in the winter garden!

Grand Opening Celebration
Saturday, Nov. 28
from 1-3pm



Morris Arboretum of the
University of Pennsylvania
Official arboretum of the Commonwealth of Pennsylvania

www.morrisarboretum.org • (215) 247-5777 • 100 East Northwestern Avenue

Grocery News

(continued from page 3)

or any of the item codes used by retailers to order the product. In other words, a “sneak job,” designed to squeeze more money out of shoppers seeking organic foods. At the same time, Dean introduced an organic silk soymilk at a higher price.

We received complaints that the Silk soymilk was no longer organic, and we looked at two choices: bringing in the organic silk soymilk that Dean offers, or carrying Organic Valley soymilk, which several shoppers requested. We went with Organic Valley, choosing to support a company that has an excellent track record of supporting small farms and organic agriculture, versus Dean Foods, which does not.

We are still carrying Silk soymilk in the quart size, and the half-gallons are available as a full case preorder, \$24.03 for a case of six. The same item in “organic” is also available, for \$25.96. Soymilk usually comes in with at least a five-week sell-by date, so it's a good deal, provided you have room in your fridge.

What's left? Norman Weiss update, of course. Sharing an office with Norman continues to be an ever-enlightening

experience. Most of his time and energy in the office seems to be focused on jump-starting his career as a keyboard player in a rock band. Seems that he's constantly looking for used-band equipment online, going over songs that he's “supposed to learn for next rehearsal.”

Is Norman actually in a band? Not that I can tell. He did, however, notice that there was a photograph of an electronic keyboard on the front page of the *Shuttle* a few months ago, linked to an article about the Ogontz Jazz Festival. Norman showed me this photo and asked, “Do you know what this means?” I mentioned the Jazz Fest article. He said, “No, this is an omen about my Keyboard career. This is reality conspiring to shape the future!” Actual quote, folks; I couldn't make up this stuff, if I had all day to try.

So, ask Norman about his rock band when you see him in the store. And remember, the more I learn about his keyboard career, the more I enjoy bumping into you...in the grocery aisles.

Look, Jane, look ... a Folding Electric Bike



Test ride the Ecobike Vatavio
Corner of Greene St. & Carpenter Ln
Wed-Fri 1-7 Sat-Sun 11-5

PHEW!
Philly
Electric Wheels

The choice is clear.



Chestnut Hill Academy and Springside School have partnered to offer families an educational choice unlike any other. With more than 300 years' combined experience in teaching, we know what works best for boys and for girls. Our “best of both worlds” curriculum seamlessly integrates single-sex and coeducation, offering the right kind of challenging yet supportive learning environment for each stage of your child's development.

Choose the right school with confidence. Find out what our 2-schools-in-1 advantage can do for your child and why it is the **clear choice** for your family.

OPEN HOUSE DATES

Thursday, October 22 • 7 pm & Sunday, November 8 • 2 pm

Register online at www.chass.org
or call 215-247-4700 (CHA) • 215-247-7007 (Springside)

CHA CHESTNUT HILL Academy & SPRINGSIDE School

The Simplicity Dividend

Communications Tech: Blessings and Curses

by Betsy Teutsch

FOR THE first few hundred thousand years of human existence, people were limited by language itself, as well as proximity. We communicated with others directly, so long as we shared vocabulary. Within the last few thousand years, we clever humans added written language, allowing communication between writer and reader, though both writers and readers were rare. Within the last hundred years or so, we added the telephone, allowing for real-time speech between two non-proximate speakers, and photography, sending visual images to off-site viewers. And within the last generation, we created so many composite versions of writing, speaking, and viewing technologies that it would be impossible to list them all.

What has this accomplished? Each person utilizes communication technology differently, so there are about 6 billion

unique answers to that question. The rural farmer who can access prices via cellphone and learn which of the two nearest locations will give her the higher net can literally improve her family’s standard of living. For the teenager texting under the table, instead of participating in the family conversation, or for grandparents literally seeing their grandchild smile, via Skype, the advantages are quite different. And for those in the commons subjected to cellphone yakkers or texting drivers, these technologies create a lot collateral damage.

Being a middle-aged person, I am in a constant state of future shock. As a late adopter of many of these technologies, by the time I master them, they’ve been replaced by something newer and cooler. In the case where I’ve been a relatively new adopter (like Skype), I find that my peers

are not part of the game, so there’s no one to Skype with, limiting its usefulness.

It also became clear to many of us that these communication toys are addictive; they become an end unto themselves, creating virtual social networks that often cut users off from *actual* people. Much is gained with the availability of 24/7 communication. Sitting at a meeting in New York and dialing up someone in Kenya to supply needed information is a amazing thing. On the other hand, judging by the relatively low percentage of people who can keep up with e-mail, it is clear that it cheapens communication and speeds up expectations as well, so thoughtful discourse is difficult to accomplish. We hear from people we are thrilled to have reconnected with, but we also are burdened with endless spam, silly forwards, and more listserv postings than anyone could monitor.

Our communications technology is expensive and duplicative. I often try to figure out which I could eliminate: my cellphone, my landline, my fax, or my answering machine? So far, each offers some unique advantage and I pay for them all. Of course that means that each day I must check them all, plus my three e-mail accounts. This is probably giving me the illusion of productivity rather than actually being productive.

We note a distinct generational divide in our household; the older gen-

eration makes plans while, as a result of real-time communication tech, our adult children lay out possibilities. They follow through on their plans with us, but if their events are dependent on peers, it has become nearly impossible to plan anything in advance. Since few of their peers are inclined to commit to anything definite, all of social life seems to be fluid and in-the-moment. This is not necessarily a bad thing, though I notice it often takes much longer to make any decisions. Despite total connectedness, friends do not in fact *always* answer their cellphones or respond to texts. Leaving everything to the last moment is not the best way to accomplish things. But like it or not, this approach is here to stay.

I think it’s an excellent idea to evaluate your communications tech now and then, to make sure you, not your gizmos, are in charge of setting your priorities. Some like to take a tech holiday now—no Facebook!—to calm down. Just know there is one constant in this communications world: change. Whatever is working well for you now will surely soon be history. Just when you finally get the hang of texting, at about one tenth the speed of a pre-teen, texting will be passé. If this all stresses you out, just take a break and curl up with a great book—or maybe a Kindle?

Betsy blogs at [MoneyChangesThings.blogspot.com](#)

New Bumper Stickers



WEAVERSWAY.COOP

PHILADELPHIA, PA



BUY Local
for the
HOLIDAYS!


FOR EVERY \$250 YOU
SPEND IN MT. AIRY, GET A
\$25 GIFT CERTIFICATE!*



decemberfest

MT. AIRY IS STAYING OPEN LATE ON FRIDAYS!
Go to [www.mtairydecemberfest.com](#) for full details. Promotion runs
from November 20th thru December 31st. *Limit 5 per household.





Mt. Airy
Psychotherapy
Practices

Catherine White, LCSW, Mindfulness & Adult ADHD
Genie Ravital, LCSW, Overcoming Depression and Anxiety
Eda Kauffman, LSW, Healing from Abuse & Addictions
Lauren Kahn, LSW, Child & Family Therapy
Lenore Jefford, LPC, GLBT & Adolescents
Robin Witts, MSW, HIV & Couples
Althea Stinson, MSW, Anger Management

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

A FESTIVAL OF CHOIRS TO CELEBRATE THE 125TH ANNIVERSARY OF SUMMIT PRESBYTERIAN CHURCH

SING. PRAISE. REJOICE.

SUNDAY, NOV. 15 | 3PM AT SUMMIT CHURCH
GREENE & WESTVIEW ST., MT. AIRY, PHILA.

Makhelat Micha’el,
Mishkan Shalom Community Choir
Director, Janice Hamer

Reformation Lutheran Church,
Chancel Choir
Director, Charlene Jenkins

Summit Choir and Handbell Ringers
Director, Gayl Koster



NO TICKETS NEEDED
RECEPTION TO FOLLOW
For more information call 215-438-2825

Sara Steele Celebrates 30 Years of Artful Calendars

by Jacqueline Boulden

EVEN SARA Steele can't believe she has been producing calendars for thirty years. "Some days it feels like I've been doing it for a hundred years, and sometimes it feels like I started yesterday," says Steele, whose 30th anniversary edition calendar is on sale now at the Co-op.

She began creating calendars of her distinctive watercolors in 1981 because she couldn't find a calendar that had images on it of what she wanted to see. As her work grew in popularity, she says, calendars of her watercolors "turned out to be a wonderful way to have my work seen by a larger audience."

Steele, a member of the Co-op since its inception, and a longtime Mt. Airy resident, gives Weavers Way a prominent spot in the 2010 calendar—the cover—with her painting called "Okra," which was drawn at the Weavers Way Farm at the Awbury Arboretum.

Another painting, December's "A Thousand Cranes," is part of a larger piece Steele created with students of the C.W. Henry School, located across the street from the Co-op in Mt. Airy. That piece is now touring the country in an exhibit, Speaking Volumes/Transforming Hate, curated by the Holter Museum in Helena, Montana.

Steele, who calls herself an artist and an activist, will donate some of the proceeds of the 2010 calendar to the National

Domestic Violence Hotline, just as she has since 1995. The hotline, a national, toll-free telephone resource available to victims of abuse and their families, receives about 17,000 phone calls a month from men, women and children all across the country.

"In my heart of hearts I am a service-oriented person," Steele says "But I think I would find it too hard to do service work day-to-day because it would break my heart."

So she paints, bright dramatic watercolors, and donates some works and some profits to local, national or global non-profits. Steele's website lists more than a hundred beneficiaries of her work over the past thirty years. She shows no signs of stopping. Her watercolors for the 2011 edition of her calendar are due—actually past due—to the publisher.



Co-op member Sarah Steele, and the thirtieth edition of her popular calendar



images courtesy of Sarah Steele

So does she have a favorite calendar year of all the thirty calendars she's produced?

"Interesting question," Steele says. "In the early '90's - 1991, '92, '93—my painting was changing a lot so those stand out. I used to be able to remember every painting in every calendar until a few

years ago, but now there are just too many to remember."

Thirty years of success will do that. *Note: you can find Sara Steele's 30th anniversary edition 2010 calendar on the second floor of the Co-op in Mt. Airy. You can also see her work and check out where she will be exhibiting next on her website, www.sarasteelene.net.*

Do you want to create your life?

Do you find yourself living in the past or future, wishing you could embrace the present?

Cindy Shapiro MSW, LCSW

Over 25 years experience and training in traditional and wholistic therapies assisting others in creating lasting change

(215) 886-8616 (V/TTY)

Freelance Writer and Editor

Nancy Boxer

When you want your words to pack a punch!

Helping people with

- ◆ Book manuscripts
- ◆ Business communications
- ◆ Speeches and presentations
- ◆ Bios, eulogies, etc. etc.

nboxer@brilligpress.com

(215) 435-2119



Spiral Belly Services

Jade Groff, RN, ERYT, NCTMB

Serving women and their families since 1996

- Healing Bodywork
- Pregnancy Massage
- Ayurvedic Postpartum Massage
- Birth Doula
- Prenatal Yoga- classes and training
- Flower Essence Healing

215-779-6448

jade@spiralbelly.com



MR. PEEPER'S OPTICAL
EYEWEAR CONSULTANTS



Gift Certificates
Available



Contact Lenses
and Glasses

7228 Germantown Ave.

215-248-6070

Weavers Way is on Twitter

Follow us at @WeaversWay and receive quick updates about events. Product specials, and other important information...

... as well as what we had for breakfast, if we just broke a fingernail, what the weather is like, and more!!



Celebrate the harvest at The Food Trust Farmers' Markets

Germantown Farmers' Market
Walnut Lane near Germantown Avenue
Friday, 2 p.m. to 6 p.m.

West Oak Lane Farmers' Market
Ogontz & 72nd avenues
Tuesday, 2 p.m. to 6 p.m.

Cliveden Park Farmers' Market
Chew Avenue & Johnson Street
Wednesday, 2 p.m. to 6 p.m.

We accept
ACCESS
and
FMNP
vouchers



WWW.HEADHOUSEMARKET.ORG

New Board, Busy Times for Weavers Way Community Programs

by Rachel Milenbach, WWCP Executive Director

THE AUTUMN of 2009 has proved to be as busy as the summer, and the spring, and the winter before that. As a friend of mine has asked, “When do you guys slow down?” With a school marketplace program that runs from September to June of each year, and a farm education program that starts in February and goes until the first frost—usually in November—you can guess the answer to that question.

Autumn got off on a somber note. On September 3, I attended the funeral of Paul Robeson Jackson, son of WWCP Board Member Maisha Jackson. Robe, as his friends and family called him, joined the Army in 1998 and died in a helicopter crash on August 19. According to Maisha, Robe, always an overachiever, qualified for Army Special Forces and was a crew chief in the Army’s elite 160th Special Operations Aviation Regiment (Airborne). Robe deployed nine times to Iraq and once to Afghanistan. “Yup,” Maisha added, “My baby flew around on Blackhawk helicopters. At his memorial service many, many soldiers thanked us for Paul Robeson saving their lives.”

Paul Robeson graduated from the Saul High School for Agricultural Sciences where he loved working on the school’s farm and working with the animals, according to his mom. She reported there was a bit of a family “dust up” when he brought home a classroom pet, Christine, he had absentmindedly agreed to board over Christmas vacation. Christine turned out to be a Norwegian rat with a mild case of tail rot, which Robe treated lovingly with mineral oil. I never met Robe, but felt compelled to attend the funeral for whatever support my presence could offer his mom and out of respect for how much he and his family have given. Just

a month earlier, I had spent an hour visiting with Maisha and her granddaughter Desiree (Robe’s daughter) at the Stenton Family Manor. While Maisha and I talked, Desiree gardened with David Siller and a group of Stenton kid farmers, definitely her father’s daughter.

Maisha’s loss hit me pretty hard—the classic reminder that we just never know, and to appreciate every day that we have. And at the same time that we are living our lives—going to work, gardening, eating good food from the Co-op, walking in the woods—there are countless families that live with fear and loss on a daily basis. Families that have sons and daughters, moms and dads, cousins, aunts and uncles in the military, the reserves, stationed in Iraq, or Afghanistan or here in the United States, as was the case with Robe.

On a more cheerful note, in September, WWCP and Weavers Way Farm hosted visitors from Chattanooga, Tenn. in collaboration with our local food partners from the Food Trust. Based on Philadelphia’s growing national reputation as a green economy with a great local food system, a group of folks came here to see what it is we do. Thanks to the Food Trust for valuing our work on the Weavers Way farm and the garden at Stenton Family Manor, and including us in a very crowded two-day tour of local sites.

The next day, the Saul High School for Agricultural Sciences and Weavers Way hosted a dedication ribbon-cutting and celebration at Saul. Jessica (Naugle) McAtamney, the agro-economy teacher who partners with farmers Nina and Nicole and the Weavers Way Henry Got Crops! CSA, was selected to receive a \$28,000 grant from WaterWorks, a program sponsored by the Organic Garden-



photo by John Barone

Pictured here at the September meeting of the WWCP board of directors, are: (back row, left to right), Glenn Bergman, Larry Schofer, Bob Noble, Rachel Milenbach, David Pearson, (front row), Barbara Bloom, Adriene Hobdy, Adina Abramowitz, Linda Ralph-Kern, Leona Joseph, and Liz Werthan

ing Magazine. The grant supports several infrastructure improvements at the Saul farm, including a green roof, a wash station, a tool shed, and a driveway.


The best part of the event, besides the Co-op-catered lunch and the interesting workshops, was hanging out with so many of the kids who attend Saul. They are so clearly learning a lot and loving what they do. I took a tour with two students who get up at 5:30 a.m. and take several buses to get to school on time. In the excitement of the moment, I asked principal Wendy Shapiro if I could attend Saul for a week, when things slow down, and then write about my experience. Without a moments hesitation, and before I launched into my explanation about how it would be so great, she said, “Absolutely.” So if I can ever commit to getting to Saul by

8:00 a.m., I have the opportunity to go back to high school.

In October, the Pennsylvania Horticultural Society (PHS), another of our wonderful partners, held their City Harvest end-of-year celebration at the ASD Correctional unit, which is part of the Philadelphia Prison System. The City Harvest Project is an amazing project of PHS’s Philadelphia Green program.

In a nutshell, inmates grow seedlings at the prison and give them to folks at 42 community gardens around the city. The gardeners turn the seedlings into vegetables and give them to food cupboards so that they have fresh produce to supplement the food given to those in need. This

(continued on page 26)



Wissahickon
Tree & Landscape
Services, LLC


Brian Ames
Certified Arborist

CUSTOM PRUNING
DESIGN & INSTALLATION
PLANT HEALTH CARE
SHRUB RESTORATION

215-681-2436
www.wissatree.com

Dale B. Ellenberg MS, OTR/L

Occupational Therapy
Lifting the Human Spirit



Intervention for Children
Adolescents and Adults

8331 Germantown Avenue
Philadelphia, PA 19118
t + f 215.247.4294

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

For everyone who wants to *ride the wave* of these
changing times -

Invite the Light!
Gem & Flower Essence Blends
Gemstone Companions
Essential Oil Blends
Tuned with Tibetan Bowls - Lovingly Blessed

New Way Sanctuary
Educational & Wellness Center for Conscious Living



"It takes courage to grow up and
turn out to be who you really are."

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



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

100 East Sedgwick St.
Mt. Airy

135 South 19th Street
Center City



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

215-848-3275
www.pilatesingermatown.com

- Modern and "Classic" Pilates, "Power" Pilates, "Tower" Pilates and "Boot Camp"
- New equipment, in Historic Germantown
- Small group classes & private lessons 7am - 7pm



- Best pricing in the area, great value
- Visa/Mastercard/Discover accepted
- Off-street parking available

(mention this ad for 10% off first class package)

SUMMIT CHILDREN'S PROGRAM

Summit After School Program

HAS GREAT OPPORTUNITIES FOR YOUR CHILD
Drama, sports, creative art, movement, and more

Registration Still Available

Accepting applications for our
Toddler, Pre-school and Pre-Kindergarten Classes
Come grow, learn and play with us

Located on Greene & Westview St.
Call 215-848-4451

visit our website: summitchildrensprogram.org

Trail Ambassadors Keep Park Safe

by Denise Larrabee, Friends of the Wissahickon

THE RECENT assaults in the Wissahickon and other sections of Fairmount Park have highlighted the need for an official presence in Philadelphia’s parks. The Friends of the Wissahickon Trail Ambassadors program, launched in 2008 with the Fairmount Park Commission, is helping to fill the gap created by the reduction of park rangers and the disbanding of the 92nd Police District, which used to patrol the 9,200-acre park.

FOW Trail Ambassadors are volunteers who, after completing an eight-week training course, patrol the Wissahickon Valley Park in pairs and assist park users as needed. The volunteers learn about the Wissahickon, park rules and regulations, and first aid and CPR. Their primary role is to provide information to park visitors about Wissahickon Valley Park and to report to Fairmount Park Rangers any

problems they see. In 2009, the Ambassadors began offering free nature walks in an effort to educate park users about all the many facets of the Wissahickon and park stewardship. Their presence acts as a deterrent to criminal activity. In 2008, FOW’s first graduating class of Trail Ambassadors worked in the park for a total of 188 hours. This year, the number of Trail Ambassadors has swelled to 30 and as of August 31, they worked 480 hours in the park.

A new eight-week training course will start in January, 2010. Volunteers interested in becoming FOW Trail Ambassadors should contact Kevin Groves, FOW Volunteer Coordinator, at 215-247-0417 or groves@fow.org. For more information on the Friends of the Wissahickon, visit www.fow.org.

dlarrabee@verizon.net

Expansion Update

(continued from page 1)

Construction should take five months, so look to 2010 for an opening. Perhaps we can have a Passover and Easter celebration.

We have also hired a store manager, Kim Spellman-Hall, who will work with the WW group hiring the new staff. This is a big job, growing the Co-op’s sales by 50 percent (adding more than \$4 million to our current \$8.5 million). Kim is ideally suited for the job, with a wide range of relevant experience in natural foods retailing, both small and large, and an intimate knowledge of retail technology.

The next steps are to meet with community residents to make sure they are informed about the construction and have a contact to call if there are any issues with noise, traffic issues, etc. It is our goal to carry on the renovation of this important Chestnut Hill structure in a manner that respects the residents surrounding the store. We also plan to meet with local

businesses to discuss our hours and product line, and to make sure any concerns they might have are reviewed by our team.

The November General Membership Meeting will be held at 8400 Germantown Ave. in the empty retail space that used to house the Express. Tours of the new store will be conducted for members and the general public before and after the meeting.

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

While all of this is going on, we are working to meet the challenges of changing membership requirements to allow Co-op members the option of working or not, while making sure that working members receive fair value for volunteer involvement in the Co-op or the community programs that are supported by the members.

Greens Sale at Valley Green:

A Holiday Tradition with Friends of the Wissahickon

by Denise Larrabee, Friends of the Wissahickon

CHESTNUTS ROASTING on an open fire, Jack Frost nipping at your nose, and supporting the work of the Friends of the Wissahickon. What better way to purchase your holiday decorations than at the annual greens sale at Valley Green Inn.

The Friends of the Wissahickon is 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.

The Holiday Greens Sale will be held in front of Valley Green Inn on December 5 from 9:30 a.m. to 3 p.m. Holiday Greens will be sold. Hot cider and chestnuts roasting on an open fire make this a special holiday event. Valley Green Inn is located on Forbidden Drive in Wissahickon Valley Park.

Free Workshops in wreath-making will be offered beginning December 1. The decorative greens created at the workshops will be sold at the Holiday Greens



photo courtesy of Friends of the Wissahickon

Megan Sgarlat of the Wissahickon Environmental Center working at last year’s Green Sale.

Sale. While no experience is necessary to volunteer for the workshops, adults with a facility for arts and crafts are needed. All workshops will be held at Valley Green Inn and refreshments will be served. Register online at www.fow.org. All workshops are free.

WORKSHOPS SCHEDULE

Tuesday, December 1, 10 a.m. to 2 p.m.

Wednesday, December 2, 4 to 8 p.m.

Thursday, December 3, 4 to 8 p.m.

~ dlarrabee@verizon.net

Dojo Driving instruction



for all ages

www.drivingdojo.com

215 247 1892

The Mill Artists’ Studios

17th annual
Open Studios
Saturday – Sunday
Nov. 7 & 8, 2009
Noon to 5 pm
Manayunk
123 & 128 Leverington Ave.
Philadelphia, Pa
Free Parking at The Mill
www.millstudios.org

Elementary,
Middle &
High
School

TUTORING

Helping students
of all abilities
overcome barriers
to learning.

Jill Gates Smith, MA

215.844.7041

**Acupuncture
& Herbal Medicine**

Fertility • Menopause
Menstrual Problems • Fatigue
Acute & Chronic Pain
Anxiety and Depression
Cosmetic Acupuncture

Gail Miller, R.O.M, L.Ac.
Treating with privacy and personal attention

215-290-6888
7721 Germantown Ave.
Chestnut Hill
www.spiritofthepoint.net

Therapy for Individuals and Couples

Stress Management
Coping with Life Changes,
Fear, Anxiety, Depression, Grief
Increase Serenity in Your Life

Gloria D. Rohlf, L.S.W.

Sliding Fee Scale, Insurance
215.248.6287 CoachGDR@juno.com

**MACINTOSH
CONSTRUCTION CO.**

A Complete Restoration Company
FREE ESTIMATES • FULLY INSURED

Visit us on our website:
www.MacintoshConstruction.com

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

MT. AIRY, PHILADELPHIA 215-843-2090

Decemberfest in Mt. Airy

by Kim Miller, Executive Director, Mt. Airy Business Association

ONCE AGAIN, the Mt. Airy Business Association, along with their partner, Mt. Airy USA's The Avenue Project, are reminding folks to shop local for the holidays. Beginning November 20th, start collecting receipts for goods and services purchased in the 19119 zip code. For every \$250 you spend in Mt. Airy during the promotion you'll receive a \$25.00 gift certificate good through Mt. Airy Day 2010.

Come stroll the Avenue. Mt. Airy shops are staying open late on Fridays during DecemberFest, November 20th through December 31st. The atmosphere is festive and much more fun than the malls.

For full details of the promotion, please visit www.mtairydecemberfest.com

Unitarian Church Events

by Edna Jones

Unitarian Universalists For Jewish Awareness

UNITARIAN UNIVERSALISTS for Jewish Awareness is forming a group at the Unitarian Society of Germantown, 6511 Lincoln Drive in W. Mt. Airy, to explore and further integrate our Jewish heritage in our UU traditions and celebrations. Jew-U's and friends of all faith traditions are welcome to join us in this journey. If you would like to receive information about upcoming activities, please contact the church office at 215-844-1157 or usguu@verizon.net. Parking in rear of church off Johnson Street. All Are Welcome.

Journey Circle

ON MONDAY, Nov. 2, at 7:00 p.m., the Earth-Honoring Group at the Unitarian Society of Germantown, 6511 Lincoln Drive in W. Mt. Airy will have a Journey Circle. We will learn how to journey, or you can journey in any way you've been taught. There will be rhythmic drumming during the journey and a call back. Please bring snacks or juice to share, something to lie on, pencil or pen and a few sheets of paper, and a scarf or something similar to cover your eyes. All Are Welcome. Questions: e-mail: usguu@verizon.net or 215-844-1157. Parking in rear of church off Johnson Street.

Woodmere Art Museum Lectures

by Diane Pastella

THE WOODMERE Art Museum presents an opportunity to study art history with Jonathan Wallis, Ph. D., Assistant Professor of Modern and Contemporary Art, Moore College of Art and Design.

Monday, October 26, 11 a.m. - Folding and Unfolding a Story: Narrative Photography
Monday, November 2, 11 a.m. - The Roaming Eye: Photography and the Landscape
Monday, November 9, 11 a.m. - Beyond the Reality Principle: Fantasy and Imagination

Tickets are available at the door the day of the lecture, space permitting, members \$10, non-members \$15 (per lecture). For more information, please call 215.247.0948.

The Woodmere Art Museum exhibits, collects, and interprets the art of the Philadelphia region. It is open to the public Tuesday through Saturday, 10 a.m. to 5 p.m., and Sundays, 1 to 5 p.m. Suggested donation \$5, seniors and students \$3, children under 12 free.

Woodmere Art Museum, 9201 Germantown Avenue, Philadelphia, PA 19118
215.247.0476

dpastella@woodmereartmuseum.org

Cut the Craft

by Scott Bills, Director of Public Relations, Cut the Craft!

JUST IN time for the holidays, Cut the Craft! creates a unique shopping experience where the urban consumer can discover unconventional, hard-to-find arts and crafts, as well as supporting the environment by purchasing one-of-a-kind, sustainable products from local and regional artists.


Cut The Craft! showcases 30 independent crafters producing eco-friendly, non-traditional art. Upcycled, sustainable and locally made crafts will be the focus of Cut The Craft! Arts and Crafts Show to be held Saturday November 21 from 11 a.m. to 7 p.m. and Sunday, November 22, 11 a.m. to 5 p.m. at 376 Shurs Lane in the Manayunk-Roxborough section of Philadelphia. The event will be held indoors at a historic, repurposed Wool Mill that was once part of the textile prowess of Manayunk's yesteryear. Plenty of on-street parking is available. For more info, e-mail cutthecraft@yahoo.com



Traditional Acupuncture

Susan Bloch, M.Ac., R.N.
Board Certified in Acupuncture
Now in 2 Locations!
548 W. Sedgwick St., Mt. Airy
750 South 15th St., Center City

215-844-7675 susiebloch@earthlink.net



CAMMAROTA'S PLUMBING & HEATING


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

Modern Kitchens & Baths
Drain Cleaning Available

No job too small
ask your neighbor about our work

JAMES CAMMAROTA

24 HR EMERGENCY SERVICE
PHONE: (267) 251-8521
OFFICE NUMBER (215) 362-8354




Northwest Physical Therapy

"Over 26 Years of Professional Care"

The most common cause of back pain is due to muscular strains. This happens when an unexpected force, twist, or pull is applied to one or several of the muscles in the back. Physical therapy helps improve mobility, relieve pain, and restore function.

Ask your doctor if Physical Therapy is right for you.



8200 Flourtown Avenue, Suite 11, Wyndmoor, PA 19038
215-233-5572 • www.northwestpt.org

AMAZING SELECTION - FRIENDLY SERVICE - GREAT PRICES

Over 8,000 sq ft. of Liquid Pleasure!

Free Beer Tastings Every Sat 4-6 PM

Craft Beers
Belgians
Imports
Ciders
Lambics
Organics
Sorghums
Gluten-Free's



One-Stop Shopping For All Your Beverage Needs

Sport Drinks
Seltzers
Juices
Teas
Water
Sodas
Organics
Ginger Beers

Best of Northwest Philadelphia 081

Cases - Kegs - Ice - Snacks - Cigars - PA Lottery - Open 7 Days - Free Parking - We Deliver
7401 Germantown Ave, Phila, PA 19119, 215.242.3110, www.mybrewersoutlet.com



learn more, live more

Upcoming Open House Dates:
Nov. 17 - 8:45 a.m. (All School), Dec. 11 - 8:45 a.m. (Middle & Upper School Only)

Call us at 215-886-4350 to register or learn more.
www.abingtonfriends.net

AFS
Abington Friends School

A coeducational Quaker school for students in preschool through grade 12

Prepare for a new path, enhance your current one, or enrich your personal life.

The School of Sacred Ministries is a service oriented, non-profit divinity school founded in 1997. We provide a 2+ year program of training with ordination as an Interfaith Minister. The next class begins March 2010, with ordination in June 2012. **Answer the call and reserve your space now.**

Also, check our website for the Fall Introductory Workshop series!



<http://www.schoolofsacredministries.org>
sacredministries@pebblehillchurch.org
(215) 348-3428 x6

let the journey begin

Jewish Mindfulness Practice at Mishkan Shalom

by Janis Risch

AT THE very core of Jewish tradition is shema—the call to listen, to pay attention, to be aware. Mishkan Shalom offers the following opportunities to explore the connections between Jewish prayer and mindfulness practice:

“A Way In” Minyan allows us to enter into the Shabbat liturgy through silence, reflection and song. This Saturday morning service will integrate mindfulness practice and Jewish prayer and offer time for shared reflection on the Torah portion and teachings of the season. 10 a.m. to 12 noon, Nov. 7, Dec. 12, Jan. 23.

Jewish Mindfulness Practice is an adult education class that will explore the ways in which mindfulness practice and Jewish teachings interconnect and inform each other. The shema, the prayer at the center of Jewish practice calls us to pay attention so ve’ahafta, we will love; to pay attention so we will learn to respond to the experiences and encounters of our lives with love, with wisdom, compassion and understanding. Our learning through this course will inspire, deepen and support a commitment to spiritual

practice. Nov. 4 and 11, Dec 2, 9, and 16, Jan. 6 and 13, 6:15 to 8 p.m. Cost: \$72. To register contact Rabbi Yael Levy at 215-508-0226.

Mindfulness Retreat Day will be devoted to the practice of mindfulness meditation, the simple and complex practice of paying attention. With instruction and guidance, we will practice sitting and walking meditation, yoga and other movement meditations. Beginning with a contemplative Shabbat morning service we listen for the call of Shabbat that encourages us to listen, open and be with whatever is. Dec. 5, 10 a.m. to 5:45 p.m. Contribution: \$18 recommended. For more information about how to prepare for the day, contact Rabbi Yael Levy at 215-508-0226.

Mishkan Shalom is a spiritual, progressive and inclusive Reconstructionist Synagogue located in the Roxborough section of Philadelphia at 4101 Freeland Avenue. We are based on a common set of values articulated in our Statement of Principles. For information, contact 215-508-0226, or visit our website at www.mishkan.org.

Waldorf School Parenting Lecture

by Brenda Ridley, Waldorf School Administrative Director

MOST MODERN parents no longer use the “spare the rod and spoil the child” approach to disciplining their children, yet confusion and uncertainty often accompany any discussion about effective disciplinary techniques. While “time out” might work for toddlers, “twens” and teens require something entirely different. What’s a parent to do? Noted psychologist, researcher, and parenting author, Kim John Payne, takes this question on in his lecture, *The Soul of Discipline*, which he will deliver on Sunday, Nov. 8, 7 to 9 p.m., at The Waldorf School of Philadelphia.

Payne, whose book *Simplicity Parenting* was published by Ballantine Books in August, believes there are common-sense solutions to parents’ questions about effective discipline that involve engaging the child in a developmentally appropriate way, building a foundation to draw upon over the course of childhood. When parents link their discipline strategies to child development, they can meet their growing children’s needs without conflict and confusion. He says that “...by maintaining an awareness of age-appropriate responses and conversations, and by using incentives, daily goals, boundaries, agreements, and immediate feedback, it is possible to produce an effective formula for each age.” Payne frames his ideas and suggestions as *The Soul of Discipline*, an approach that views discipline as a way of creating a sense of safety for children. “It can create a real feeling of being held,” he says.

Payne’s lecture will take place at The Waldorf School of Philadelphia, located at 7500 Germantown Avenue on the campus of The New Covenant Church of Philadelphia.

Admission is free but, due to limited seating, an RSVP is recommended. To RSVP, go to www.philadelphiawaldorf.org and follow the link, or call The Waldorf School of Philadelphia at 215-248-1662. Mr. Payne will follow his lecture at The Waldorf School with an appearance on NBC television’s *The 10! Show*, a regional morning magazine show.

Founded in 1996 and located in Mount Airy, The Waldorf School of Philadelphia offers a rich and vibrant education that meets the needs of developing children in grades pre-K through grade 8. For more information about The Waldorf School of Philadelphia, or to arrange a personal tour, please contact Alexandra Borders, Director of Admissions, at 215-248-1662 or via e-mail to admissionsphilawaldorf@verizon.net

H

HANSON SERVICES
Small Projects for the Home

Interior/Exterior Carpentry
Custom Cabinetry
Door & Window Installation/Repair
Structural Work, Roofing
Porch Repair, Deck Construction
Hardwood Flooring
Energy Efficiency Consultation
Drywall/Plaster Work
Painting, Masonry & Stucco
Fire Protection
Electrical & Plumbing

214 KALOS STREET, PHILADELPHIA
Tel 215 483 • 8338 ~ HGCINC.BIZ

Jim Morton

Home Repair



267-432-3550

Greene Street
friends school




"Our small classes and close student-teacher relationships make it possible for students to be acknowledged positively for their own uniqueness and allows students to develop their own special talents and abilities."

**Call for Tours and
Open House Information**

Greene Street Friends School
5511 Greene Street
Philadelphia, PA 19144
Admissions: 215.438.7005

Visit our website at
greenestreetfriends.org



**Allergy Antidotes
CranioSacral Therapy
Emotional Freedom Techniques
Smoking Cessation
Weight Loss**

Client-centered Fee Structure

Debra L. Shuman,
CMT, EFT-ADV
www.debrashuman.abmp.com
215-438-1987



**Ellant
Wissahickon**
Realtors

Jan Le Suer
REALTOR®

1511 Bethlehem Pike
Flourtown, PA 19031

Office: 215-233-3434 Ext. 525
Cell: 610-952-6805
Fax: 215-233-0903
Website: www.PhiladelphiaMoves.com



NEED HELP FOR YOURSELF OR FAMILY?



Dr. Liz & Dr. Mike Schlessinger
Licensed Psychologists
Traditional Talk Therapy & Body/Mind
EMDR • Rubenfeld Synergy Method®

215.646.0885
PRIVATE OFFICES

Mt. Airy/Phila
6833 Wayne Ave.

Ambler/Horsham
514 Babylon Rd.

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



PROJECT LEARN SCHOOL
COOPERATIVE • PROGRESSIVE • EDUCATION

Grades K-8

Don't Wait!
**We are Currently Accepting
2010-11 Applications.**



You're invited to our Open House!
Sat, November 21st • 10:30-noon
Next Open House- Wed, February 10, 2010

Call to RSVP or Schedule a Tour Today!
215-438-3623

Accredited by Pennsylvania Association of Independent Schools (PAIS)

Surfing the Age Wave

Growing Older in Community

by Lynne Iser, MPH

THE CENTER for Growing Older in Community... is my dream, a cooperative, community-based resource dedicated to empowering those in the second half of life to use their skills, wisdom, resources and passions to create a world that is sustainable, socially just, and fulfilling.

What better time to do all this than now? And, if not now, then when?

So, how might we go about becoming empowered and, quite bluntly, saving the world?

First is to educate ourselves. There are many classes, workshops and resources that focus on the positive, life-giving, and creative forces in the second half of life. Check out MALT, the library, the bookstore, books on line, or e-mail me for resources that meet your interests.

Second, is empowerment. There are at least two very effective means of empowerment. One is support from like-minded people. Talk to those who are older, active, engaged, and interesting, and discover how they keep the creative juices flowing as they age. Stop reading all the stuff about the diminishments of aging.

You can read up on that stuff if and when all that happens to you. The second way to become empowered is to believe what is true about positive aging. Read and write affirmations, and most importantly talk with friends who have positive ideas.

Third, don't forget to take care of your body. Diet and exercise are the most effective means to stay vital and engaged. MALT has many wonderful dance, exercise, and fitness classes. We each know what is best for our bodies, so become diligent about caring for yourself. No one else can do that for you.

Fourth, face the reality of our world. We are in crisis, and if we do not acknowledge this crisis, we will not be able to do anything to resolve it. Yes, it is uncomfortable and distressing to understand what we are doing to planet Earth, and to those with whom we share our home—the millions of people who live without clean water, sufficient food, housing, and opportunities to care for themselves and their families, i.e. work, education and a fulfilling life.

Again, take time to read and to act.

Here are a couple of suggestions. Bill McKibben, who began warning us decades ago of the dangers of global warming, has created an organization—350.org—dedicated to promoting actions that will reduce the parts per million of carbon dioxide in the atmosphere. Another resource is Awakening The Dreamer, Changing the Dream—a symposium where you can connect with other people who care about sustainability, spirituality and social justice. You can also participate in a symposium I will be facilitating with my partner, Mordechai Liebling, on November 15. E-mail me for more information.

Most of us are numb when we read about these issues and it is only when we join together that we can feel empowered to make a difference.

So, the last step is to build community. Community is about shared interests, providing support, mutual goals, and building connections. Talk with your friends and neighbors about what is important to you.

Contact me for resources that can help you get started—whether you want to share a home with others, or begin a virtual community to address your interests.

The first step begins with you, and that step is sometimes the most difficult. As Ghandi said, “Become the change you wish to see.” Joining forces we can create our future as we work together and grow older in community.

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

for health, balance, manifestation

LEO MCELROY
215-843-9718

Shiatsu Bodywork
Shamanic Healing Practices

Cresheim Healing Arts 138-A West Gorgas Lane www.ShiatsuLight.com

THE WALDORF SCHOOL OF PHILADELPHIA
7500 GERMANTOWN AVENUE, PHILADELPHIA, PA

Winter Admissions Events
For Pre-K ~ 8th Grade

Observation Mornings
Thursday, November 19th, 8:30 a.m.
Thursday, December 10th, 8:30 a.m.

Open House
Saturday, January 30th, 10:00 a.m.

RSVP by phone or online
215.248.1662
www.philadelphiawaldorf.org

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

Ronni H. Rothman, CNM
215.327.1547

*Gentle gynecology and
obstetric services in
two convenient locations:*

*WomanWise
Midwifery*

6 E. Willow Grove Ave, Chestnut Hill
832 Germantown Pike, Plymouth Meeting

**RE/MAX EXECUTIVE
REALTY**

Janet Ames
REALTOR, ABR, ALHS

Main Office: 610.520.0400
Direct Line: 610.520.0402
Cell: 610.308.0802
Private Fax: 610.717.3291

janetamesrealestate@gmail.com
www.realtorjanetames.com

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

DANIEL J. VANDEHEY
PLUMBING & HEATING
610-500-3642

*Installation, service, maintenance & repairs.
20 years experience ~ reasonable rates*

**Career and Life
Coaching**

**Career, Management, Business Coaching
Life Coaching**

Seminars: Financial Freedom,
Stress and Time Management

*Attain career, business and life goals.
Increase success, reduce procrastination and stress.*

Gloria D. Rohlfs, MSW, L.S.W.
215.248.6287 CoachGDR@juno.com

Recipient, Best of the Northwest People's Choice Award for Professional Coaching
Co-op discount

Wilson Insurance and Financial Planning
Serving The Community since 1985

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

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

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

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

Safeco Insurance
Member of Liberty Mutual Group

Ohio Casualty
Member of Liberty Mutual Group

FARMERS

PROGRESSIVE

Representing:
FOREMOST INSURANCE GROUP

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

www.WilsonInsurance.net
A Green Agency

Charter School Focuses on Project Based Learning

by Scott Robinson

Which would have advanced the most at the end of a month—the boy who had made his own jackknife from the ore which he had dug and smelted, reading as much as would be necessary for this—or the boy who had attended the lectures on metallurgy at the Institute and had received a penknife from his father? Which would be most likely to cut his fingers? ...To my astonishment I was informed on leaving college that I had studied navigation!—why, if I had taken one turn down the harbor I should have known more about it.

Henry David Thoreau, *Walden*

OMAR BARLOW is a busy man, with a charter school program to build before the resumption of classes on September 8. And though he hasn't built a cabin in the wilderness, he echoes much of Thoreau's thought about education as a practical endeavor.

"This is project-based learning," Barlow says, "so students are creating projects around their interests; and two days a week, they work in an internship related to that interest."

The new Eastern University Academy Charter School will also allow students to choose what to study.

"We give students an opportunity, as a whole class, to choose a theme of their interest," Barlow says. "So we ask the students, 'Hey, what do you want to learn?'"

And one group of students says, 'We want to study the history of violence.' Another groups says, 'We want to study poverty, we want to look at homelessness.' And we allow the students to develop some kind of consensus, to narrow down that theme."

"So if they choose the history of violence, we then say, 'OK, how can we connect this theme to Language Arts? How can we connect this to World History? What does violence look like in other countries?' So we might look at Rwanda, or North Korea. Then we might look at violence as it relates to biology, for instance—am I born violent, looking at nature vs. nurture, doing some studies around that."

Big Picture Learning, established in 1995, provides the framework for the new school, as well as over 60 other schools in 14 states. Characterized by high graduation and college placement rates, Big Picture schools emphasize the individual approach Barlow plans for the Eastern University Academy.

Located in East Falls, the school will offer students the opportunity to earn as many as 60 college credits by the time they graduate. Before students can be introduced to college-level work, they have to become interested in school.

"There are two things that students said when we asked them 'What do you think about school?'" says Barlow. "Num-

ber one, they say, 'I'm bored,' and number two, they say 'I can't remember anything, because it was all about the teacher, it was all about what he knew, it was all about him filling our heads with this information, but not allowing us to be co-participants in the process.'

"So we're trying to de-centralize the role of the teacher, giving students ownership of and power over their learning. And we're putting the standards and competencies before the students so that they know how to make the connections."

The decentralization of the teacher, as radical as it may sound, is a core component of the Big Picture model.

"So if a student says, 'I am interested in film,' we're saying, 'How can you address the learning goals through your interest in film? If, in ninth grade, you're dealing with Algebra I, how can you apply film to concepts of Algebra I? Or if you're dealing with American History, what did cinema look like as it relates to American History?'"

The democratic approach extends beyond students to their families.

"The student is part of the team, and the parents are part of the team, the advisor and the mentor from the internship or community service site," says Barlow. "This team sets the learning goals. And at the end of the trimester, the students have an exhibition, where they present what they've learned. It's a great thing to see parents who say 'Thank you for involving

me at this level.'"

With all these high-powered expectations—self-directed learning, family involvement, college-level work—you might expect the new school to have rigorous admissions standards. In fact, the school will have open admission, and students will not be placed into separate 'tracks' based on prior academic performance.

"A number of students have been at a disadvantage because of tracking, when you have all of the 'lower-level' students in one class, and 'high-end' students in another class," says Barlow. "When you bring all these students together, students who may be on the low end can observe the habits and disciplines of higher-end students. To see students who had been disenfranchised at other schools, some of them tagged as being 'bad'—when you change the model, it's exciting to see what happens to those students."

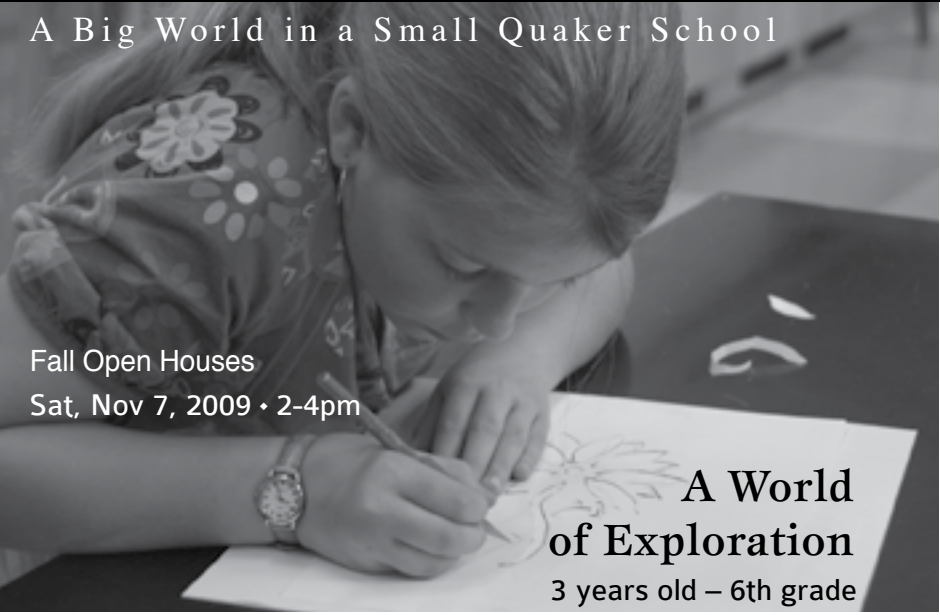
"We want students to be passionate about their lives," says Barlow. "We're saying that success is students finding their passion, finding their sense of purpose. We want them to say, 'My life has meaning, I can make a contribution, and once I begin to discover that, I can now use my education to serve that end.'"

Finding meaning and making a contribution through real-life experience—Thoreau would have approved of that:

(continued on page 23)

PLYMOUTH MEETING FRIENDS SCHOOL

A Big World in a Small Quaker School



Fall Open Houses
Sat, Nov 7, 2009 • 2-4pm

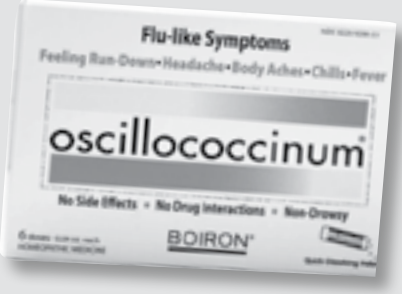
A World
of Exploration
3 years old – 6th grade

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

Oscillo

Experts agree that the sooner cold and flu symptoms are treated, the better chance there is for a quick recovery. And minimum disruption of lifestyle.

Feeling a bit off? The moment you feel achy or rundown, nip symptoms in the bud with Oscillo (oh-sill-oh). Clinical studies show that Oscillococcinum (oh-sill-oh-cox-see-num) reduces both the duration and severity of flu-like symptoms. It works safely and naturally without causing side effects like drowsiness, and it won't interact with other medicines. Get Oscillo and feel yourself again.



To learn more, call Boiron (Bore-on) at 1-800-B-O-I-R-O-N-1. For a two dollar coupon, visit w-w-w dot o-s-c-i-double L-o dot com.

Sold on the 2nd floor of Weavers Way Co-op

Heal.
Recover.
Transform.

Joseph C. Yaskin, MSS, LSW

I help people with:

- Anxiety, Depression, & Unhealthy Stress
- "People Pleasing" & Boundary Issues
- Recovery from Childhood & Medical Trauma
- Problems with Relationships
- LGBTQ Issues – Affirmative Approach
- Coping with Chronic Disease and Disability

I am a counselor, psychotherapist and health coach, licensed* and clinically trained.

Here is how I work:

- My methods are holistic.
- I create a partnership with each client to find the approach that works for you.
- I use complementary / alternative healing methods to supplement our partnership.

Heal. Recover. Transform.

Call (484) 278-1755 for a free consultation. A sliding-scale fee schedule is available.

Office location:
100 W. Evergreen Ave.
Chestnut Hill

Email: joe@josephyaskin.com
Web: www.josephyaskin.com

*Pennsylvania Licensed Social Worker No. SW127043

Charter School

(continued from page 22)

“I mean that they should not play life, or study it merely, while the community supports them at this expensive game, but earnestly live it from beginning to end. How could youths better learn to live than by at once trying the experiment of living. I would not pursue the common course, which is merely to send (them) into the neighborhood of some professor, where anything is professed and practiced but the art of life; to study chemistry, and not learn how his bread is made.”

Eastern University Academy Charter School is affiliated with the University’s School for Social Change. For more information about the Charter School, visit: <http://eastern.edu/academy>. Scott Robinson is a former Eastern University faculty member.

scottrobinson@earthlink.net

Referral Network



Therapy for
all ages

Family and Play Therapy Center, Inc.
Dottie Higgins Klein, LMFT, RPT-S

15 therapist locations
within 40 miles of Philadelphia

(215) 844-4321, ext. 2
www.fptcenter.com



Family Owned
call
Ken or Max Glantz


MACLENS

Collision Repair Professionals Since 1945

20 W. Allens Lane
Philadelphia, PA 19119

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

Introducing regenerative braking and coasting electric bike



Be one of the *PHEW* in the nation to test drive Sanyo's Enloop bike.

Corner of Greene St. & Carpenter Ln
Wed-Fri 11-7 Sat-Sun 11-5

PHEW!
philly
electric wheels





THE BIG BACKYARD
a • cooperative • nursery • school

Accepting applications for Fall 2010
Starting at age 2 years, 7 months
1:5 adult-child ratio
Large outdoor play space

For more information: 215.248.0919
240 E. Gowen Ave. • Philadelphia, PA 19119



TOO MANY BILLS?

Bankruptcy:
➤ Protects your property ➤ Inexpensive, informal fast
➤ Stops threats, calls lawsuits ➤ Wipes out most debts

Get a fresh start... Restore your good credit

ALFRED ABEL LAW OFFICES
www.AlfredAbelLaw.com

Jenkintown
215-517-8300

Plymouth Meeting
610-940-1635

We help people under Federal Bankruptcy Laws

Scribe Video Center Fall 2009-2010 Producers’ Forums Screening and Discussion Series

by Boone T. Nguyen, Scribe Video Center Program Coordinator

THIS FALL Scribe Video Center’s Producers’ Forums bring a host of internationally acclaimed and multicultural artists who use time-based media to document the global cultural exchanges that are creating the new and hybrid traditions exemplifying society and media today. The dynamic line-up will present video, film and interactive websites to Philadelphia audiences and share their inspiration and strategies for success.

Fall 2009-2010 Producers Forums

Producers’ Forums bring nationally and internationally acclaimed independent media artists to Philadelphia to present and discuss with audiences their new work which reflects current issues, concerns and trends in community. Admission is \$10, for students and seniors, \$8 and \$5, for Scribe members.

My Grand Schemes with Shu Lea Cheang

On Saturday, October 24 at 6:00 p.m. at Scribe Video Center, 4212 Chestnut Street, Scribe presents “My Grand Schemes” with Shu Lea Cheang. A pioneering new media artist and activist, Shu Lea Cheang’s works are characterized by an openness of form and the participation

of the viewer/audience. She was awarded the first web-based art commission by the Guggenheim in 1998 for *Brandon*, a one-year narrative project exploring gender fusion and the techno-body in both public and cyberspace. The site gathers its name from Brandon/Teena. Brandon, a cross-gender individual who was raped and murdered in 1993 after his female anatomy was revealed. Ms. Cheang’s work has exhibited at the Whitney Museum and in Tokyo, Taiwan, and Paris. For this Producers’ Forum event, Ms. Cheang will present excerpts from her work, including *Brandon* and discuss the logistical, financial, and aesthetic challenges involved in creating truly open and participatory new media art projects.

New Muslim Cool Philadelphia Premiere

On Tuesday, November 17 at 7:00 p.m. at International House, 3701 Chestnut Street, Scribe presents the Philadelphia Premiere of *New Muslim Cool* with director Jennifer Maytorena Taylor in attendance. This award-winning documentary follows Muslim Puerto Rican rapper Hamza Pérez on his spiritual journey through the streets, projects and jail cells of urban America. After moving to Pittsburgh’s tough North Side to found a new religious community, rebuild his shattered family, and take his message of faith to young people through his music, Pérez’s mosque is raided by the FBI, challenging

him to confront the realities of the post-9/11 world and to make new connections with Christian and Jewish communities.

Closer to the Dream Philadelphia Premiere

On Monday, December 14 at 7:00 p.m. at International House, 3701 Chestnut Street, Scribe welcomes director Guetty Felin to present the Philadelphia Premiere of *Closer to the Dream*, co-directed by Hervé Cohen. It’s early 2008. The U.S. presidential campaign is gathering steam and resonating all the way to Paris, where African-American expatriate filmmaker, Guetty Felin has been living a self-imposed exile for the last 20 years. Unable to resist the political turbulence back home, she enlists husband, Hervé Cohen and their two sons on a journey to witness the historical grassroots movement that is uniting Americans across party and racial lines. What began as a video diary of political coming of age of their sons’, would turn into an electoral road movie across the country in the quest of rediscovering America and redefining oneself.

The Vision of Julie Dash

On Tuesday, January 12 at 5:30 p.m. and at 8:00 p.m. at International House, 3701 Chestnut Street and Wednesday, January 13 at 7:00 p.m. at Scribe Video Center, 4212 Chestnut Street, Scribe presents “The Vision of Julie Dash,” a three-

(continued on page 25)

The Waldorf School of Philadelphia

presents a public lecture

THE SOUL OF DISCIPLINE

with Kim John Payne, M.Ed.

author of the new guide for parents, *Simplicity Parenting*

Sunday, November 8th ▪ 7-9 p.m.
at The Waldorf School of Philadelphia
7500 Germantown Avenue, Philadelphia
admission is FREE!

Photo: Lisa Phillips Photography

- Are things off track at home?
- Is “time out” more punishment for you than your child?
- How can you discipline your child in an affirmative, loving way?

You can create calm and safety at home for your child through a common-sense, natural approach that really works when you understand *The Soul of Discipline*.

ABOUT KIM JOHN PAYNE

Australian-born psychologist, adult educator, and consultant, Kim John Payne has worked for 20 years with children, families, schools and organizations using a developmentally-appropriate approach to the questions and concerns of child-rearing. His new book, *Simplicity Parenting: Using the Extraordinary Power of Less to Raise Calmer, Happier, and More Secure Kids* was published by Ballantine Books in August 2009. Learn more at www.kimjohnpayne.com.

The Waldorf School of Philadelphia offers a rich and vibrant education that meets the needs of developing children in grades pre-K through grade 8. For more information about Mr. Payne’s lecture or about the school, please visit our website at www.philadelphiawaldorf.org, or call us at (215) 248-1662.

Transition Town Movement Comes to Philadelphia

by Clare Maher

THE TRANSITION Town movement is picking up momentum in the Philadelphia area, though mostly in the suburbs, including, (but not only) Swarthmore, Media, Doylestown, and recently the Cheltenham township area (which includes Glenside, Abington, Wyncote, Springfield and nearby Philadelphia). However, this event/training session covers the basics of the TT movement is relevant to people in other neighborhoods as well, who might learn something relevant to them. It includes a study of group dynamics, to help enable cooperation and communication in the community.

Briefly, it is a practical, positive, resourceful, and very popular movement which started in the town of Totnes in Devon, England, in September 2006. The movement has spread virally across the U.K., and on to the U.S., Canada, Australia, New Zealand, and Japan. The main goal of the Transition Initiative is to deal with the triple issues of climate change, economic instability and peak oil, or the declining availability of fossil fuels. It is set up to enable towns or neighborhoods to plan for, and move toward, a post-oil and low-carbon future or what Rob Hopkins, founder of the Transition Initiative, has termed “the great transition of our time, away from fossil fuels.”

Bill and David Mettler, also known as “The Quiet Riot” (from Wyncote) who do theatrical presentations of issues like this, have taken up the cause, and spearheaded the formation of a local group. They have been organizing events such as a two-day training session at Arcadia University in July (with ~30 attendees), and a gardening/food security network event earlier in the year. Now they are planning monthly educational gatherings at Arcadia to deal with various issues relating to our need to “power down” in the future.



Bill Mettler of Quiet Riot, leading a Transition Town workshop at Arcadia University in August.

photo by Clare Maher

Transition Town Presentation

(a template for your neighborhood)

Awakening the Genius of Our Community to Build Our Resilient and Self-Reliant Future in Response to:

Come to Our Party!

Fun, Food, Film, community Fulfillment
Bring a Treat or Snack to Share, Wear Comfortable Clothes

Bring Your Re-useable Cup—A Zero Waste Event

WHO: You from Philadelphia and neighboring communities

WHERE: Arcadia University, Glenside, PA Stiteler Auditorium

WHEN: Thursday, Nov. 19, 7 to 9 p.m.

Come Join Us!

Transition Cheltenham—catalyzing local: economy, food, clean transport, artisans, health, energy conservation & solar!

Producers: TC Initiating Team & Arcadia IPCR Info: Bill Mettler Bill@quietriot.org /215-885-8825

The 10 Percent Shift

by Carolyn Rahe

CAMPAIGNS THAT urge us to support local businesses are something conscientious consumers have seen or read about before; in fact our own Weavers Way Co-op is a partner in the “Buy Fresh, Buy Local” initiative in Greater Philadelphia. It’s a lovely goal, but one I frankly have found a bit vague, and so didn’t really adopt seriously.

I heard something new and appealingly achievable, though, in a story on NPR recently, about a grassroots effort encouraging individuals and groups to simply shift 10% of their purchases to local independent businesses, as a way to benefit their neighbors who own and are employed by those businesses and to keep more money in the local community. Targeted expenditures are more than just those for locally grown or produced foods, more than just retail—but all services and business types.

The “10% Shift” movement began in New England and organizations touting adoption of “the shift” have sprouted in South Carolina, Arizona, and elsewhere across the country.

Joe Grafton, of the Somerville, MA, Local First organization, which helped originate the 10% Shift concept, writes in his blog at www.shiftacrossamerica.blogspot.com: “We’re not asking you to drastically change your life and go live

on a hippie commune... we’re just asking you to find ways to make a modest behavior shift. This program is all about our collective power. A modest change for some would yield huge results for all.”

Even a small change like this can make a big difference, promoters of the 10% Shift say, considering that \$45 of every \$100 spent at a local business goes directly back to the local economy, as compared to only \$14 when the \$100 is spent at a national chain. (In fact, a 2008 study found that such a shift in the community of 600,000 people in Grand Rapids, MI would create nearly \$140 million in new economic activity, 1,600 new jobs, and at least \$50 million more in wages in the area.)

So when you’re deciding where to spend your occasional “dining out” dollars, skip the chain/franchise restaurant and see what the little Mom & Pop restaurant is serving, instead. Consider getting your mortgage through a local bank or credit union, having your brochure printed by a local, independent printer, and patronizing the neighborhood garden center.

Once you start changing your thinking and spending like this, you’ll find more and more opportunities to buy locally and support your neighbors in the process.

GIMME 5 PLASTICS RECYCLING

The #5 category includes yogurt cups, sour cream containers, hummus tubs, some medicine bottles, and more. We will ask for a small donation to cover postage costs of mailing the recyclables to the Gimme 5 processing facility in New York state. For details and more info, visit www.weaversway.coop, and click on “Plastic Recycling.”

Saturday, November 21

Saturday, December 19

10 a.m. to 1 p.m.

542 Carpenter Lane

The program will skip January and resume in February.

Landscaping
Gardening

Mark Goodman
215-248-1676



Community Acupuncture of Mt Airy (CAMA)

Sliding Scale: \$30-\$45

Mon, Wed and Thu 6-9pm
Thu & Fri 10am-1pm

514 E. Sedgwick St (rear)
at Partners in Wellness
in the medical office of Dr. Joseph Price

Chinese Herb Consults Available



Elise Rivers, M.Ac.

215-266-5757

Try Our Easy Online Scheduling!

CAMACenter.com



Ruth Feldman

Realtor®, e-Pro

Your Neighborhood Residential and Investment Specialist

6901 Germantown Avenue
Philadelphia, PA 19119
Office: 215-843-1414 ext. 231
Cell: 215-720-5710
E-mail: ruthfeld@aol.com



John Siemiarowski
MASTER OF ELECTRICAL WIZARDRY
215.837.0101
VOLTWIZ@COMCAST.NET

ELECTRICAL WIZARDRY, INC.

- Power Wiring • Lighting Design & Installation
- Lighting Control & Home Automation
- Telephone Wiring • Computer Network Wiring

Scribe Video

(continued from page 23)

part, two-day retrospective of the film works of one of today’s most influential independent filmmakers. Julie Dash and her movies have inspired a generation of women to become filmmakers and also made clear to audiences the possibility of a cinema outside the classic Hollywood paradigm. Her impact on the independent film community here in Philadelphia, particularly on media makers of color, has been enormous. We are honored to have Ms. Dash at Scribe as she presents seven of her films and some of her current projects. Films include *Daughters of the Dust*, selected for preservation in the United States Film Registry by the Library of Congress; *Funny Valentines*, starring Alfre Woodard and CCH Pounder; and *Love Song*, starring Monica Arnold and Tyrese Gibson. Ms. Dash will also conduct a Master Class titled “Writing, Producing

and Keeping the Faith” on Wednesday, January 13 at 3:30 p.m. at Scribe Video Center.

For information please call 215-222-4201 or email inquiry@scribe.org.

Producers’ Forums are supported by the National Endowment for the Arts, Philadelphia Cultural Fund, the Pennsylvania Council on the Arts, and the Independence Foundation.

Scribe Video Center is a non-profit media arts center in Philadelphia that seeks to explore, develop and advance the use of video as an artistic medium and as a tool for progressive social change. “Scribe” is a metaphor for the use of video as a modern medium to record significant contemporary concerns and events.

A Class to Fit Every Interest at Morris Arboretum

by Susan Crane, Director of Marketing

Morris Arboretum still has plenty of classes to register for during November and December. With courses in horticultural, arts & crafts, kid fun, landscape and floral design, there is a class to fit every interest.

Here are some great choices:

- For preschoolers, Sunflower Collage (Nov 1) OR Fantasy Landscapes (Nov 8)
- Fall Birding at Chincoteague and other Great Refuges (Nov 8)
- Thanksgiving Turkey Arrangement (Nov 22)
- Holiday Wreath Making, and Holiday Centerpieces (for kids, too) offered several dates in December

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, an elegant Fernery, and the thrilling Out on a Limb canopy walk for a bird’s eye view of the forest from 50 feet above the ground. The Morris Arboretum is listed on the National Register of Historic Places and is the official arboretum of the Commonwealth of Pennsylvania. www.morrisarboretum.org.

~ cranesj@upenn.edu

For more details, visit morrisarboretum.org. To register, call 215-247-5777 x156 or 125.

Klein & Son Painting Co.

OLD WORLD CRAFTSMANSHIP * 4th & 5th Generation Craftsmen

HOUSE PAINTING * DECORATIVE PAINTING * MURALS
MOSAICS * GENERAL HOUSEHOLD REPAIRS
ZERO & LOW VOC PAINTS

BASED IN MT. AIRY * SERVING PHILADELPHIA & SURROUNDING AREAS

Jerry Klein
215-840-1149

Luke Klein
215-840-3572

www.kleinandsonpainting.com



Dental Arts of Chestnut Hill, LLC

8625 Germantown Ave.
Philadelphia, PA 19118

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

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

www.DentalArtsOfChestnutHill.com

DINNERS FOR A SONG



\$20 Prix Fixe
(Includes 3 Courses)

WEDNESDAY & THURSDAY NIGHT
New American Comfort Food

SOULFUL SUNDAY
Soulfood

Or Choose from the A La Carte Menu
Menus on www.cafette.com
BYOB



8136 Ardleigh Street • Chestnut Hill, PA • 215-242-4220

Vernon House

a resident owned and operated
Cooperative Community in Mt. Airy
is now accepting applications.
Please contact Chuck Staples at Winder Real Estate
7208 Germantown Ave., Phila PA 19119
phone: 215-247-8000 ext. 203 or fax 215-247-4140



CRACKERS, COOKIES, SNACKS AND MORE...

Look for our monthly specials!



Make Your Own Mezuzah Case

by Rivkah Walton

MEZUZAH CASES are found on the outer doorposts of most Jewish homes; many are also attached to the entranceways to rooms inside. Inside is a klaf, a parchment scroll hand-lettered with biblical verses—and also a mysterious, enigmatic code. Decorative mezuzah cases date back centuries, and recent years, artists have created imaginative cases that reflect the values of their owners.

On Sunday, November 15, from 2:30 to 5:30 p.m., I will be the instructor for Make Your Own Mezuzah Case, an Art & Spirit workshop at Allens Lane Art Center. The workshop is timed to anticipate the winter holiday of Hanukkah because personalized mezuzah cases make wonderful, unique gifts for the holiday, as well as throughout the year for housewarmings, weddings, and other occasions marking life transitions.

Participants will learn the ancient history and role of these ritual objects and the scrolls they hold, similar practices in other traditions, and the wide variety of ancient and contemporary styles. The class will also decipher the secret code on the inner parchment. Incorporating personal symbols, each participant will then sculpt

a mezuzah case using polymer clay. The class will enjoy fall snacks while their creations are permanently oven-hardened.

This workshop is part of a new program in sculpting in clay, with both semester-length classes in sculptural techniques, and shorter Art & Spirit Workshops at the intersection of sculpture and spirituality. It will be held at Allens Lane Art Center, at Allens Lane at McCallum Street in West Mt. Airy. The session is designed for adults and teens. For more detailed information or to register for these or other classes for adults, teens, or children, go to www.allenslane.org or call 215-248-0546. Workshop space is limited—please register early.

Rivkah Walton is a 30-year Mt Airy resident and Weavers Way member. She holds an MFA in Crafts from Tyler School of Art. Her life-long interest in psychology and spirituality led her to establish the Institute for Contemporary Midrash (biblical interpretation), where she directed the training programs in the arts. Her portraits in clay and assemblage constructions may be viewed at studio-rw.com.

Kitchen Gadgets

(continued from page 3)

How to Transport a Knife Safely. You can use a cone-shaped paper coffee filter for a medium or small-size knife should you need it for a picnic or to use for a dish you are taking to a party. Slip the knife into the filter, taking care that the blade lies along the reinforced seam. Then just roll the paper around the blade to form a sheath.

Can I sneak a personal care product in here? Here’s a hint from a fancy cooking magazine: do you have a goat cheese round that is difficult to slice neatly? Slide the length with dental floss, with one end held in each hand, underneath the cheese. Then pull up, as you cross the two ends, to cut neat slices.

Organize your cookie decorations A muffin tin offers great and separated compartments to hold cookie decorations. If you are working with a group of folks and children are included in that mix, you can easily move the decorations around so that everyone can have a go at being a decorator.

Muffin Tins: Another good use for them: if you find yourself filling many little, round bottomed containers moved from one location to another, try placing them in a muffin tin for transport.

Potato Ricer: Should you be without a citrus juicer, grab your potato ricer. Quarter the limes or lemons, place them in the hopper of the ricer and squeeze the handles together.

Impromptu Pot Cover: I use my pizza pan as an alternative cover when I cook in my large cast iron pans. It works like a charm.

martha@weaversway.coop

WWCP

(continued from page 17)


past year, PHS built a greenhouse at the Weavers Way Farm, allowing to double the number of seedlings that are started. Weavers Way is delighted to be part of such as innovative project. This is one more example of the many ways that urban gardeners, non-profits, and Philadelphia institutions are coming together to grow pesticide-free food for city residents, while teaching gardening skills (think potential jobs), and growing the connection between the earth, food, fun, and people.

At the September WWCP board meeting, the board voted unanimously to elect six new candidates. A huge welcome to Adriene Hobdy, Leona Joseph, Linda Ralph-Kern, Santiago Burgos, Maisha


Jackson, and Norman Matlock. Individually and collectively, they bring a wealth of experience, skill, enthusiasm, and commitment to WWCP’s mission.

WWCP’s plans for the late fall and winter include fundraising for our current programs—Marketplace and Farm Education—including the garden and expanded programming at Stenton Family Manor. We are also in discussion with three potential new partners and are looking for funding to begin some very exciting initiatives. Later this month, there will be an opportunity for shoppers to donate to WWCP at the checkout for the duration of the holiday season. (Donations are tax-deductible.) So as Thanksgiving and other holidays approach, give thanks, take your dog to the woods, play with your kids, and enjoy your locally grown root vegetables.

**Alternative Healthcare
For Women**



Holistic Gynecology
Natural Menopause Counseling
Fertility/Pregnancy Consultations



Energy / Sound Healing Arts
Therapeutic touch
Tibetan bowls
Shamanic drums and Journeying

Iris S. Wolfson, CNM, CRNP
133 W. Phil-Ellena Street
Philadelphia, PA 19119
(215) 842-1657


**MJS
PETSITTING**

Full Daily Care For Your Pet In
Your Home While You're Away

Daily Dog Walks

References Available Upon
Request

(215) 316-9316
Joe Pisoni



Fully Insured

Nicholas Buffone

Carpentry, Painting, Related Services

PA #012259 Licensed & Insured Phila #36035

215-620-6695 njbuff@msn.com

www.linkedin.com/in/nickbuffone

Free Flu Shots

Date: Thursday, Nov 12

Time: 1 p.m. to 6 p.m.

Location: Summit Church, Greene & Westview Sts.

What: Free Seasonal Flu Shots (NOT H1N1)
issued by the city’s Health

Department and administered by qualified Weavers Way volunteers.

Who can get a shot: Anyone. This event is open to the entire community.

Additional inform: The supply is limited to 300 shots; first come, first serve.

There is no cost to get a shot.



**Thanksgiving
order deadline is
Friday, November 20th**

**visit NightKitchenBakery.com
for a menu**


Chestnut Hill hours:
Mon. - Fri. 7:00am-6:00pm
Saturday 8:00am-6:00pm
Sunday 8:00am-1:00pm

7725 Germantown Ave., Philadelphia, PA 19118 • (215) 248 -9235

Suggestions

(continued from page 28)

- rific to know you love it for your son’s diapers- we’re often asked whether it’s good for diapers—you’ve given us a qualified answer.
- s: “Raw honey—Peter Sluvika sells it at the market at the bottom of the hill in Chestnut Hill on Saturdays. You would have to buy a case, but with two stores, I don’t think 12 jars would be a problem.”
- r: (Chris) We do sell raw honey, see the “Weebee” honey in the honey/syrup section.
- s: “How about a rubber band at the Deli counter I could put around my wrist to help me remember to pick up my order! At least if I forgot a cashier might see it! Save \$\$ and I can make a ham sandwich when I’m hungry! (This is really Melissa’s idea—but I did almost forget my order!)”
- r: (Margie) We will consider this. We do have reminder slips. I’ll make sure they’re restocked. You can take a reminder slip and put it in your basket so you remember it at the register. The Deli staff is also trying harder to call all names when orders are ready. Thanks for the idea.
- s: “Could you please carry more gluten-free products especially cereals, crackers, noodles, etc. Thanks.”
- r: (Chris) Our gluten free offerings are small because shelf space is limited in our small Co-op. Many gluten-free items are available as pre-orders, some in small quantities. See Chris or Norman for details.
- s: “Please carry Natural By Nature grass-fed half and half. I make trips to Reading Terminal or Whole Foods (egads!) to buy it now. We get the milk—why not the half and half? Thanks.”
- r: (Chris) OK, we’ll try this, mid-September. Thanks for writing.
- s: “The Under The Oak sweet potato/pe-can pie is a luscious treat. Thank you!”
- r: (Rachel) I’m glad you like it, and I quite agree with you!
- s: “Spelt cakes—better tasting than rice cakes and don’t get as stale.”
- r: (Chris) OK, we’ll try bringing these in. End of September or early October.
- s: “When I was growing up our local market had a lobster tank. Can we have one? Seeing all those weird-looking critters in a tank with their dangerous claws rubber-banded shut gave me a feeling of superiority and security.”
- r: We were going to have a lobster tank, but we got held up when the Operations Committee couldn’t decide if the two hour work slots rubber-banding claws should get extra credit or not. One side argued it should be three for two since there is an element of danger involved, but others argued that the thrill one gets from dangerous work, and also the sense of power gained from subjugating another species to your own use is enough of a reward. Neither side prevailed, hence, no lobster tank as yet. Maybe we can get Lightlife or Yve’s to come out with a vegan lobster alternative, in packaging with snapping claws that only hurt for a moment if you get caught in one.



Advertise in the Shuttle

Affordable and Effective!

- 20,000 circulation
- Highly targeted
- Extended Internet presence
- Inserts available

\$8 / column inch
\$32 / business card
Many Sizes
Discounts Available

Call 215.843.2350 ext. 135

IT Help

Weavers Way frequently needs help with various skilled computer and web-related tasks. If you have computer programming skills, especially in SQL, Perl and ASP, you may be able to fulfill your Co-op work hours from the comfort of your own home by helping us.

Interested? Contact us at it@weaversway.coop

CO-OP INFORMATION

Mt.Airy
559 Carpenter Lane, 215-843-2350
Monday-Friday 9-8
Saturday-Sunday 9-6


Ogontz
2129 72nd Ave., 215-276-0706
Monday-Saturday 10 - 6

Shuttle Staff
Editor & Advertising Manager
Jonathan McGoran
Advertising Billing
Susan Beetle
Advertising Assistance
Ilene Cohen
Graphic Designer
Annette Aloe
Proofreaders/Editors
Susan Stasiorowski, Alayne Joanne Wood
Contributors
Nina Berryman, Scott Bills, Jacqueline Boulden, Rachel Brown, Susan Crane, Katie Donnelly, Margie Felton, Sandra Folzer, Martha Fuller, Gina Giazsoni, Josh Giblin, Mark Goodman, Lynne Iser, Edna Jones, Stuart Katz, Denise Larrabee, Clare Maher, Brenda Malinics Rachel Milenbach, Kim Miller, Boone T. Nguyen, Diane Pastella, Joanna Poses, Jason Price, Brenda Ridley, Janis Risch, Scott Robinson, Mychal Simonian, Linda Slodki, Karen M. Smith, Chris Switky, Betsy Teutsch, Rivkah Walton, Nancy Weinman, Norman Weiss
Photographers
Annette Aloe, John Barone, Josh Giblin, Clare Maher, Jonathan McGoran, Rachel Milenbach, Karen Smith

www.weaversway.coop

Weavers Way Co-op and Springside School are cosponsoring a talk by


Harold Brown, “Farmer Brown” on FACTORY FARMS



Thursday, November 5 at 7:30 p.m.
at the US Auditorium at Springside School
8000 Cherokee St., Philadelphia (near Willow Grove Ave.)
Parking is available on the school’s parking lot.

The event is free and open to the anyone interested in this timely subject.

Brown describes his website www.FarmKind.org: “This website is intended to be a resource for farmers who want to make the transition from animal based to plant based agriculture, for consumers to learn a different perspective on how food is produced, to help those who desire to reconnect with the land and become farmers, to support local food production, environmental and social justice issues, the rights of all living beings to be co-cohabitants of this planet, and how these things have everything to do with creating the peaceful world that all beings desire.”





Suggestions

by Norman Weiss
Purchasing Manager

Greetings and thanks for writing. As usual, suggestions and responses may have been edited for clarity, brevity, and/or comedy. So our fine city has raised the sales tax 1 percent (now 8 percent) and sometime soon we'll have a casino inside the city limits. Meanwhile the streets department is no longer doing mechanical leaf collection. We're supposed to put leaves in biodegradable brown paper bags and put them out with regular trash. Somehow they will be separated and composted. Since it is clear these bags go in the same trash truck along with all the other trash, this has me wondering how this really works. The conclusion I draw is that after trash trucks are emptied some workers must go through the trash and pull out the leaf bags. Somehow this is more cost effective than a separate leaf collection. I wonder how many leaves are actually composted in this manner. Aren't the leaf bags all crushed and/or exploded? And do workers really dig through piles of all kinds of trash to pull out the leaf

bags? Or is this just a city hoax, like the Parking Authority serving citizens. Also, this kind of seems like an extra tax on neighborhoods with trees. And most of the leaves (in my neighborhood anyway) are from trees managed by Fairmount Park. Sure we benefit from the beauty, shade, bird and squirrel chatter, but now that these trees are costing us cash, it may be time to re-evaluate. Maybe leaves to fuel? Leaves to fireplace logs? Or do what I do, just rake them into the closest storm drain. Gone at no cost! Anyway, because of this, we did start stocking biodegradable paper leaf bags, find them outside on the sidewalk. (Thanks to member Laura Sienna for suggesting this.) FYI, if you want to bypass the whole bag thing, you can put your leaves in any container and bring them yourself to a "Sanitation Convenience Center," closest one to Mt. Airy is on Domino Lane in Roxborough, where you can dump them into a truck just for compostables and take your containers back with you.

Suggestions & Responses:

- s:** "For new Bakery Manager—can we please stock Metropolitan Millet muffins—thank you!"
- r:** (Rachel) Coming soon!
- s:** "I love the Planet laundry detergent! I started using it for my son's cloth diapers. It is so much better than other products at not leaving residue that we now use it for all of our clothes. There isn't any soap gunk to clean off the clothes washer anymore. Yeah!"
- r:** (Martha) We are Planet fans, too. We sell lots of it for general use. How ter-

(continued on page 27)

Weavers Way Falls for the Arts in Chestnut Hill



photo by Jonathan McGoran

Weavers Way Co-op sold locally crafted jewelry and other goods, while answering questions from an enthusiastic crowd at the Chestnut Hill Fall for the Arts Festival.

Equal Exchange Fair Trade

November Coffees of the Month



Breakfast Blend reg. \$10.01, **sale \$7.99/lb.**
Aroma of vanilla and pecans and a balanced, sweet flavor of baked brownie

Columbia Full City reg. \$10.01, **sale \$8.99/lb.**
Full City roast with a complex flavor of grapefruit, chocolate, dried fig, brown sugar

Hazelnut Creme reg. \$9.19, **sale \$7.69/lb.**
pre-ground, 12 oz. package
mild and light with sweet hazelnut



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	Nov. 4, 2009	6:45 p.m.	GJC
Saturday	Nov. 21, 2009	10:30 a.m.	GU
Wednesday	Dec. 2, 2009	6:45 p.m.	GJC
Saturday	Dec. 19, 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.

Glenn Bergman, General Manager

PLEASE RETURN THIS PORTION TO WEAVERS WAY

Someone from my household will attend the orientation meeting on _____

Name (please print) _____

Phone Number _____

Address (including ZIP code) _____



Prepared Foods Department

Thanksgiving Menu

Mashed sweet potatoes	\$5.95/lb.
Mashed potatoes	\$5.95/lb.
Green beans almandine	\$7.95/lb.
Honey-mustard glazed brussels sprouts	\$7.95/lb.
Wild rice with toasted pecans and dried cherries	\$7.95/lb.
Fresh cranberry and pear relish	\$7.95/lb.
Gingered pumpkin soup	\$7.99/qt.
Turkey gravy	\$6.95/qt.
Pilgrim's grub rice salad w/pine nuts and dried fruit	\$8.95/lb.
Green olive and toasted pinenut tapenade	\$8.95/lb.
Marinated mushroom and fresh fennel salad	\$6.95/lb.
Fresh oyster bisque	\$8.99/qt.

These items will be available in the Prepared Foods section, but for larger amounts or to ensure that you get what you want, we strongly recommend ordering in advance. We are happy to make any other prepared foods dishes not listed on this menu.

Just call Bonnie in the Prepared Foods Dept. (215-843-2350 ext. 102) to discuss special orders.

There is a two-pound minimum order with the exception of the cranberry relish and the olive tapenade, which require a one pound minimum order. The soups and gravy are a one-quart minimum order. Most items will be available pick-up starting the Tuesday before Thanksgiving. One week's notice is required, though we will try to accommodate last minute orders.

