



The Shuttle

December 2009 Vol. 38 No. 12

Serving the Co-op and the Northwest Community since 1973

Expansion Update

by Glenn Bergman, General Manager

It is December and the demolition inside 8412 Germantown Ave is completed and construction—real construction—has started. We expected some environmental clean up and we found it in the tiles on the floor. Those tiles were removed in November, but Domus, our contractor, had to shut down the interior work for about two weeks while the tiles were removed.

In November, Kim Spelman-Hall started on staff as Store Manager of the Chestnut Hill store. We could have asked her to start after Thanksgiving, but wanted her to see how busy it was in the store. Kim will be attending the construction meetings, getting to know our systems, and working on staffing the store.

The layout of the store was finalized in November and we decided to take out a few “value engineering” items (to save some funds), but we added a cashier station at the rear of the store. The back of the store will also have an entrance and exit for the store directly to the parking lot. This makes it a little trickier, but we thought it would improve access and keep shoppers off the driveway.

The member loan campaign has over \$450,000 in loans and will be ramping up now as construction gets going. Our goal is to raise \$1 million by opening.

In January, a few of the current Weavers Way staff will travel to La Montanita Co-op in New Mexico to see a successful multi-store operation in action. This trip is being paid for by our National Co-op Grocers Association members. One of the important areas for us to learn is how to warehouse and move product around in an efficient manner.

We hope to post some pictures of the store as progress continues. Keep an eye out for this on the website and through our e-mail newsletter.



photo by Cliff Henge

Wielding shovels at the Groundbreaking of Weavers Way Chestnut Hill are, (left to right) Weavers Way Board Vice resident David Woo, Weavers Way General Manager Glenn Bergman, State Rep. Dwight Evans, Chestnut Hill community Association President Walt Sullivan, Chestnut Hill Business Association President Greg Welsh, and Valley Green Bank CEO Jay Goldstein.



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

New Co-op Work Program Unveiled

by Josh Giblin, Work Option Committee Chair

IN JULY 2009, Co-op members voted to restructure our Membership program to allow for Non-Working Members. Following the vote, Management was faced with hard decisions about how to implement this new program. An advisory committee was formed, comprised of Board, Staff and other Members, to review plans laid out by Management and provide recommendations as necessary. Many discussions were had around Member Benefits, Working Benefits and Co-op culture, and many different viewpoints were represented. A major deadline was for the program to be implemented before the Chestnut

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Mural Unveiled at WW Ogontz



photo by Jonathan McGoran

A steady rain drove the ceremony inside, but it couldn't dampen the beauty of the new mural adorning Weavers Way Ogontz, courtesy of Philadelphia's Mural Arts Program. See page 12 for more on the unveiling ceremony.

Bylaw Change and More at GMM

by Jonathan McGoran, Weavers Way Communications Director



photo by Jonathan McGoran

A full house at Weavers Way's first membership meeting in Chestnut Hill

WEAVERS WAY'S first General Membership Meeting to take place outside of Mt. Airy was well-attended and enthusiastically received. Located at 8400 Germantown Ave., just a few doors down from the future site of Co-op's new building at 8418 Germantown Ave., the meeting was

preceded and followed by tours of the site, which was dusty and dirty but full of potential.

After a half-hour Meet and Greet, (or more accurately Eat and Meet and Greet, with an ample spread of platters including

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Editor’s Note



by Jonathan McGoran

THERE ARE plenty of big stories in the *Shuttle* this month. Some, like the new member work program, might not seem like big news outside the Co-op. But to us, it’s huge. Designing a new work program can be tricky, from adjustments to labor costs to the terminology (it turns out the phrase “members with benefits” might send the wrong message). Other stories, like the official groundbreaking for our store in Chestnut Hill, are the kind of news you might also see in a major metropolitan daily newspaper.

Some stories are so big, they can make it into the big newspapers even though they are not even real. I knew that “speculative fiction” was quite popular, but I only recently learned that “speculative nonfiction” was getting pretty big as well.

As a writer, I can see the appeal. I mean, who wants to spend their time digging up facts, like in the olden days, when it’s so much easier and more fun to print “speculation” from unnamed “others.”

At one point, I considered using this column to report on the reporting of such “bigger than true” stories and the reporters who report them. I thought it would be pretty funny to “report” on these intrepid journalists. I wouldn’t have done any speculating myself, I’d just print what “others” were speculating, about things like their professional credentials, parentage, and maybe some shocking and disturbing sexual perversities.

That would probably sell a lot of papers, I thought. But I decided that wasn’t right. Partly, this was because I remembered the *Shuttle* is a free publication. But I also remembered that the *Shuttle* still has a tiny bit of journalistic integrity.

So I’ll just keep all that speculation to myself. It’s a shame, though, because it was some pretty funny stuff.

The Shuttle is published by Weavers Way Co-op
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e.g. January 1 for the December issue

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

Statement of Policy

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

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

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



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Improvements at the CSA!

by Nina Berryman, CSA co-manager

AS WE are wrapping up our first year at the Henry Got Crops! CSA, it’s a good time to look back and recap all the changes and improvements over the course of one growing season. In October’s *Shuttle* issue, Nicole wrote about Beautification Day, which was a community workday made possible by the Water Works grant that the CSA received. Since then, more of the grant has been used to make additional infrastructural improvements around the farm. Green Home Works, a local contracting company, installed a green roof, rain barrels and a tool shed. We have also partnered with the Mt. Airy Learning Tree to build a new vermi-compost bin, and Friends of the Wissahickon to build a new wash station and a new hoop house. Here are the details of each project:

Green Roof

One half of the roof of the building next to our pick-up area is now tiled with trays that are filled with soil and small plants. Each tile can be removed individually if there is ever a problem with the roof. This way repairs can be done over a specific area without ripping up the en-

tire green roof. Why is only half the roof “green?” Because we wanted to have a side by side example of what a difference the plants make. The plants in the trays all belong to the plant family Sedum, also known as succulents. These plants are especially drought tolerant, which means if it doesn’t rain for a while they will still



photo by Nina Berryman

The new wash station at Henry Got Crops! CSA was built with lumber milled on site, from trees that had fallen naturally in the Wissahickon woods.

survive and we don’t need to climb up on the roof to water!

Rain Barrels

Two 500-gallon containers have been installed at either end of the pick-up area to collect rain water from the roof. One barrel collects water from the side of the roof that has plants on it and the other collects water from the conventional side. This way we can measure exactly how much water the plants take up and use. This is the side by side comparison mentioned above. It’s quite a striking difference. The plants are using rain to grow and produce more oxygen, while diverting storm water from the city sewer system. After the water is collected we can then use it instead of using city water. This water is safe to use for watering plants, rinsing off tables, bins or vegetables that are not eaten raw.

Tool Shed

A new tool shed was built just to the right of the field if you are facing downhill. This will save a tremendous amount of time during the day as all of our tools

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Wet Summer Too Much of a Good Thing at the Farm

by David Zelov, Weavers Way Farm Manager



photo by aschaeffer

IN CASE anybody didn’t notice, we got a lot of rain this year. This was good in some ways, but with the amount and frequency this year, mostly it caused trouble. This began in early June with the beginning of the Thursday evening Carpenter Lane farmers market. Inevitably, it rained every Thursday. Nice the rest of the week, rain on Thursday. I didn’t even need to look at my calendar anymore. “Looks like its going to rain, must be Thursday.” Needless to say, sales were slow.

Usually, it gets hot in Philadelphia in July. This year it didn’t. It made working much easier and productivity probably increased for a while—didn’t have to take as many breaks and I could drink more coffee without having to worry about dehydration—but it was strange. It’s sup-

posed to be hot in July. The cool weather and rain did allow us to have things like lettuce and kale well into July. Usually the harlequin bugs have long rendered the kale unsellable by then, but they were slow to appear and did little damage. We also did not have to use our drip irrigation system much, except for during a short heat wave in April. I think more time was spent setting it up than the amount of time it was actually on.

It seemed like the good effects of the cool rainy summer outweighed the bad until August came around. That was when we discovered late blight on the tomatoes. The disease is caused by *Phytophthora infestans*, the same fungus that caused the Irish potato famine. Big, dark, water-

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Prioritizing the Buy Local Movement

by David Siller,
WWCP Farm Educator

WEAVERS WAY is a pioneer, in part, because of the importance it places on purchasing from local sources. The Co-op defines “local” as goods and services from within 150 miles. Obviously this works extremely well for a major portion of our product needs, but it is not possible for everything. In addition to purchasing local, another priority is purchasing fairly traded products.

This worldview has encouraged many local farms and companies to find a business model where they can serve a community like Weavers Way Co-op. This system has the potential for many positive benefits for the environment and our society, both locally and globally. Certain products, however, even if they are locally produced or fairly traded, are not environmentally sustainable both on the local or global level. These ideas have been shaped in me based on my experiences as a farmer, and from a book I recently read and recommend to all of you: *Just Food, Where Localvores Get It Wrong and How We Can Truly Eat*, by James McWilliams.

With the recent blossoming of the local foods movement, in our region today, we can purchase almost all our food products locally, including produce, meat, and dairy. This includes quite unique products such as local wool, grass fed beef, and hot house tomatoes. While these are wonderful products, each local product should be evaluated by both consumers and producers in terms of how it contributes to our environmental sustainability as a

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December Hidden Treasure More than Gourmet Sauces and Stocks

by Margie Felton, Deli Manager

There are two new items hidden in the Deli this month; Keswick Creamery local Chocolate Pudding, and Seville Orange Sweet Olive Oil Tortas.

The chocolate pudding is a local product made with natural ingredients and no preservatives. The container size is perfect for a child's lunch box. The pudding is located on the right side of the deli cheese case with our other puddings.

Orange olive oil tortas are crispy, sweet flat breads that add a special touch to your holiday cheese plates. I serve them with honey goat cheese as a dessert.



Catfish and Greens at WW Ogontz

by Bonnie Shuman, Weavers Way Prepared Foods Manager



Weavers Way Prepared Foods Manager Bonnie Shuman (center) and staffer Renee Champion (left) serving up catfish, cornbread and collards at Weavers Way Ogontz

HELLO SHOPPERS. As you were standing in line last month perhaps you noticed the jazzy poster Annette made for our recent sampling over at our Ogontz store. The sampling we did was titled “Catfish, Cornbread and Collards.” The free tasting of the above-mentioned foods took place on Tues. Nov. 4, from 1-3 p.m. The weather was perfect and because the farmers market sets up Tuesdays, there was more foot traffic than usual.

I was excited about doing this sampling because I wanted to reach out to the community over there and I really wanted people to come into our beautiful Ogontz store to shop and see all the wonderful healthy food we sell there.

I sampled the Cajun catfish that we occasionally sell here and I cooked up a healthy vegan version of collard greens. For the catfish, I simply took my little tabletop griddle to the store and seared

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December Grocery News

by Chris Switky, Grocery Manager

HOWDY, SHOPPERS. Changes great and small have popped up on the grocery shelves of Weavers Way over the past month, so let's get right into it...

If you're a fan of the fabulous fresh sandwiches in the Prep Foods case, but you've always wished there could be small bags of chips to go with those sandwiches, you're now in luck.



Look on the wall to the right of the sandwich case: Kettle chips, 2 oz. size, plain flavor or barbeque. Other snack foods we've just added include three new flavors of Lara Bars: German chocolate cake, Peanut Butter & Jelly, and Tropical Fruit flavors, in the candy section by the cash registers.

How about gluten-free foods? We are phasing in three new GF cookies, on the bottom shelf on the cookie section: Enjoy Life brand cookies, in chocolate chip, chocolate brownie, and no oats oatmeal flavors. These cookies were recommended by former WW staffer and Mt. Airy “dash-

ing fellow” Dylan Falcone, who follows a gluten-free diet, and eats constantly. Dylan also recommended that we carry Food for Life Brown Rice Bread (GF, of course), so we have added that item to our cold breads section (in the cold drinks case near the freezer) in place of the white rice bread. Thanks, Dylan. Bon Appétit.

Here's my favorite shelf item development: canned peaches from Three Springs farm in Aspers, PA. You enjoyed their delicious fresh peaches all summer (or...you know someone who did). Now, find those peaches in cans on the top shelf



above the flour and sugar. I eat these peaches in my morning cereal, and I show up at work happy, pretty much every day.

Another locally produced item we've recently added is the potato onion pierogie from Pierogie Kitchen in Roxborough. This one is really local, folks; walk across the park, and you're there. We recommend

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Much More than Turkey for Your Holiday Feast

by Dale Kinley, Fresh Foods Manager

WITH THE Thanksgiving holiday over, many of us have had enough turkey for a while. With that in mind, I would like to suggest some other menu choices.

Natural Acres, our local beef supplier, offers beef cuts of all kinds, including standing rib, tenderloin, and filet mignon. The beef is never treated with hormones or antibiotics and is pasture-raised.

D'Artagan has a more exotic line, including pheasant, quail, goose and, of course, duck. These items sell out quickly and orders need to be in by December 15.

Samuels and Sons has a huge inventory of beautiful items from the sea, including organically farm-raised salmon, sea scallops, clams, mussels, oysters, shrimp, and sustainable Chilean sea bass.

Martins Sausage has great sausages in the casings and out. Their seasonal special is turkey or pork sage, for stuffing or breakfast links.

Esposito, our South Philly butchers, offers all cuts of beef, including standing rib and tenderloins.



We will have spiral cut all-natural hams from Wellshire and smoked hams from Meadow Run. Wellshire are all-natural, antibiotic-free, spiral-cut hams, 7lbs. each, \$4.75/lb.

Meadow Run has half-smoked hams, with or without bone. No antibiotics, pastured raised. Comes frozen. Pennsylvania-raised. Limited supply.

Call Dale for orders or e-mail dale@weaversway.coop

Of course, we will also have turkeys. Koch raises our turkeys for Christmas. They also have bone-in and boneless turkey breasts. Everything is all natural, without antibiotics and raised in Pennsylvania.

To place a special order, except for whole turkeys, call Dale at extension 104.

Whole turkeys are \$2.49 lb. and can be ordered by filling out an order sheet at the store. If you can't get to the store, call the turkey hotline at extension 323.

Happy Holiday!

Gifts Galore on the Second Floor

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

LAST YEAR, as I sat here to write my *Shuttle* holiday article, the Phillies had won the World Series and all was pretty much right with the world. Although the Phils made it to the show this year, they came home without another parade down Broad Street. Still, there is a lot to be grateful for as we head to the holiday season.

Your Co-op second floor is filled with terrific, wonderful items to delight anyone who is special to you—from a new baby to a toddler to a young child eager to learn about the world to a tween to a teen to that special college student to an adult child of yours or an adult who means the world to you to your partner and spouse to your grandparents. Did I mention your new best friend, too? Come up and let the friendly, helpful second floor staff assist you with your gift needs.

Here are some ideas from some recent shoppers and from your second floor staff.

One shopper is buying green cleaning gifts so she can introduce her family and friends to better ways of cleaning. Products from companies like Planet, 7th Generation, Ecover, and Citra can clean along with the best of them and not hurt the planet—or the person doing the actual cleaning.

Glass containers are the new “in”

item for leftovers, lunch containers, etc. We have sizes to fit the baby bear portions and the adult bear portions, too.

Boxed gift cards and calendars are extremely valuable this time of year. One shopper, on each weekly shopping Co-op trip, buys another calendar as she stocks up on gifts for family and friends. Jewelry—hello out there! Lots of you are buying earrings and necklaces from our local vendors like Saffron Creations and Spoil Yourself. There are bead necklaces and earrings from Susan Mac, our Front End Manager.

We have already had strong, positive feedback about the Fair Trade company, Andes Gifts. The clothing items for babies and toddlers are cute as punch, will keep a little one warm and come in a variety of colors. They are a perennial favorite of Weavers Way shoppers.

Kitchen items are popular with so many folks and we have a ton to please your loved ones. There are G'Ma Moser baked potato bags—do you know about this cool product? It is a cotton, padded bag you use to make baked potatoes in your microwave. (Other veggies can be used in it too.) The Tofu Xpress has been a hit—it presses tofu, can make pickles,



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Grocery News

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visiting the Pierogie Kitchen, at Henry Ave. and Roxborough Ave.; they have many flavors of fresh pierogies, and other great offerings like potato pancakes and blintzes. In the meantime, find their potato onion pierogies in the Co-op’s freezer.

Please note that we are now carrying Lundberg Arborio rice, organically grown, in the bulk rice section. Many shoppers requested Arborio rice in bulk, and it is a much better value than the little boxes that we had been carrying. Enjoy!

What else? Just this reminder: all the Co-op’s purchasers and managers have e-mail addresses, which you can find on the Weavers Way website. (Click on “contact us,” then on “Staff and Dept. Directory click here.”) Feel free to write to us via e-mail about product ideas or Co-op-related suggestions of any sort. The Suggestion Book has its place (unless Norman takes it and misplaces it, which sometimes happens), but it uses paper and takes a week, or two, or three, for responses to be written and inserted back in the book for you to find. If you e-mail suggestions, you will likely get a response within a day or two. If you’re not sure which person to target with your e-mail, just guess. If you are wrong, the recipient of your e-mail will forward it to the right person. If you simply can’t guess, then pick Norman Weiss. He hardly gets any e-mails, and getting one from you would really brighten his day.

christopher@weaversway.coop

Gifts Galore

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and more. Check out the recipe book that comes with it for more ideas. The Preserve cutting boards are made from 100% post-consumer recycled paper. As the product label says, they are designed for you and the planet. The Norpro Grip-EZ Mini Cut/ Slice Prep Board comes in three fetching colors, and is ideal for every little cutting task. It is nonstick and stain resistant, FDA approved, dishwasher safe and costs just under \$8.

Coffee and tea are hits. Our perennial faves in the organic and Fair Trade realm, Equal Exchange and Blue Water Coffee, are available for sale by the pound (as are other coffees). You can organize a sample of varieties of coffees for a colleague or friend. The Frontier teas are excellent and a big staple of our Co-op tea drinkers.

Bags—they help us organize and compartmentalize our lives. The new style from the Chico Bag Company will prove to be a big hit. A Weavers Way canvas bag is a modestly priced, solid gift.

Toys and puzzles are worthwhile gifts: a good puzzle can be used and reused. A thoughtful toy can make a difference to a child’s education. Angela has made her list and checked it twice to bring you an array of great toys and puzzles.

Body care products, lotions and oils—you want ‘em? We got ‘em. Candles, too. Did we mention candle holders?

Notary Public Service Returns

WEAVERS WAY is pleased to once again offer notary service. Co-op staffer David Shechtman is now a notary public.

Notary services are available 10 a.m. to 2 p.m., Thursdays and Sundays in the finance office at the store at 559 Carpenter Lane. Other times may also be available. Call 215-843-2350, ext. 111, to see if David is available.

The fee for the standard notary service of verifying a signature is \$5, with a discount for members.

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What the Board is Thinking A Legacy

by Sylvia Carter, Board Member At Large

ARE THERE legacies that can be left by Board members to Weavers Way Co-op?

Once one realizes and understands the commitment and dedication board members have toward Weavers Way, it is easy to say “yes” to this question. Over the years, many board participants have left their mark, at the board level, or on committees, or in the store. First, a definition of the word *legacy*: “...something bequeathed or handed down, as from a predecessor.” I would like to share just a few incidents that I feel are legacies because of their impact at the time they were made, are still in use and are of value today. Then I will tell you about our newest one.

Let me first go back 35 years to Jules Timerman, who was our founder. His vision of a buying club started in the basement of Summit Church and became what is today Weavers Way Co-op. Dorothy Guy was one of the early contributors to Weavers Way’s successes and has become a Weavers Way historian. She has shared many stories about the early days of the Co-op, both its problems and successes.

As we began to grow, Mort Brooks, another early board member, left his mark on the Co-op. As a past Operations Committee chair and Treasurer for many of these early years, he kept us grounded financially even as we dreamed. He started our vision plan, which existed for many years. When the plan was discontinued, the small amount of funds that were left was earmarked to start an inner city farm. This farm was named after Mort. His wife, Norma, although not a board member, worked tirelessly in the early days of the farm to make it work and be profitable.

Then there was Vince Pieri, also an

early board member and my mentor. For many years, Vince chaired the Nominating Committee, which later became the Leadership Committee. Vince constantly reminded us of our Cooperative Principles and Values, and that we exist for more than “cheap cheese.” He also felt the board should be more diverse. He spearheaded the effort to include more women and minorities on the board.

As we moved ahead in our co-op enterprise, David Baskin, as President, brought us kicking and screaming into the era of “Policy Governance.” We as a board were constantly micro-managing and questioning everything. Policy Governance was the means for us to begin to make huge changes in the way we managed ourselves as a board as well our approach to managing a business and a cooperative organization, and the way we would serve our members and the community. This was indeed the beginning of many years of change and self-examination as a board and organization and still is.

Alex Moss, the gentle giant and a former President, taught us the art of how to listen to each other and stay focused as we continued to wade thru the writing of our Policy Governance Manual. Learning and applying this different way of governing and managing and then converting it into a written document was a time-consuming and challenging project. Alex kept us focused, and ensured that the central concepts of our cooperative—our Mission Statement and Product Philosophy as well as the Cooperative Principles and Values—remained integral to this important document. Needless to say, we are using it and updating it to this day.

More recently Bob Noble, as Presi-

dent, led us through the worst financial crisis of our existence. He worked diligently and tirelessly with everyone, including the Finance Committee, the board, staff, members, accountants, attorneys and the community, and got us through the storm. His attention to detail is one of his strengths and was put to good use during this period. Today we have increased our membership by over 4,000 since that time and are more profitable than ever while embarking on an expansion.

Bob Noble and I worked together on the Diversity and Outreach Committee when it was first being formed as a board committee. “The Marketplace Program” and the Henry School students’ participation in the Mort Brook’s Farm were outgrowths of this committee of which we are all very proud. The farm and the Marketplace have grown leaps and bounds over the years and now are part of Weavers Way Community Programs (WWCP). Bob was one of the trailblazers for the establishment of the WWCP, and he is now its chair.

Currently, there are Stu Katz, our most recent past President, and Nancy Weinman, our current President. Before they joined the board, Stu and Nancy both worked on an ad hoc committee that was established by the board to investigate the causes of the financial crisis and to make recommendations as to how to move forward. This was a very important and necessary endeavor and a valuable tool for the board, management and staff as we started our recovery. Stu and Nancy are now moving us forward on an even more arduous endeavor; they have had the unenviable task of guiding us through our large-

est expansion into a new community and more membership changes than we have ever experienced. The amount of time, energy, research, knowledge, and sensitivity required is immeasurable. This expansion will be a major accomplishment for Weavers Way.

Contributions by members over the years have been endless, which brings me to share one more which I believe will be a legacy. This involves the “Ends,” part of our Policy Governance. A little background first. This past April, after many months of hard work by a board-appointed committee, the board approved revisions and changes to the Ends Section of our Policy Governance. Part of our consideration as we completed this task was to be certain that we adhere to Cooperative Principles and Values as well as our Mission Statement and Product Philosophy. There was something about these updates and changes that bothered me even after I voted in favor of them. Something was missing. I finally realized that we had not included the words “diverse” or “diversity” anywhere in these Ends Policies. I felt the most likely place for them to appear would be in policy E-7, which reads, “Weavers Way will have a welcoming culture of openness, inclusiveness and respect.” We also state that these Policies would be monitored as follows: “Progress toward achieving these outcomes will be reported by the General Manager to the board annually in December.”

As a result of this omission, the following is from my letter to the board on Aug. 25, 2009.

“I request that an agenda item be in-

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Table of contents

Manager’s Corner

by Glenn Bergman, Weavers Way General Manager

Work Share Program

AFTER THE *New York Times* ran an article about Park Slope Co-op in October and the writer’s difficulty in working the hours necessary to be a member of this great co-op (they require 2.75 hours every four weeks—over 30 hours a year), I received numerous e-mails and calls from members wanting to know more about the Park Slope Co-op. It was clear from these communications that our members did not want us to be as strict as Park Slope is about hours, but were intrigued by the involvement of members in running the co-op.

As we roll out the new work share program, we have tried to listen to our current members, many potential future members, members who have left the Co-op, members who opposed opening the Co-op to non-members, members who were against changing the work requirement, and survey reports in designing a program that meets the needs for as many people as possible. The Work Option Committee wanted to make sure that members who worked in the future would come out whole with the same benefits they have now. Those of you who have been members for years will see that you will have the same cycles, the same required hours (the lowest in the country for any Co-op), and your benefits will actually be greater, with special monthly coupons.

We wanted to make sure that those members who pay their equity on time, but do not finish their hours on time, are still considered members. The only thing that will change is that the member does not receive the discount. I think this will be a much nicer way of dealing with our members and shoppers.

The option to work, I believe, will also bring in new members who are just not ready to do hours or understand what that is all about. Staff and the Membership Committee will be committed to do everything we can to get members to work. If the day ever comes when we do not have

enough work hours to offer in the store, it is our plan to open up work shifts to non-profit work programs in the neighborhood (i.e., Friends of Carpenter Woods, Friends of the Wissahickon, SHARE, Awbury Arboretum, school programs, Morris Arboretum, home delivery, etc).

During this transition period, please let us know how this is working and how we can improve the system for you.

CSA at Saul

As we finish up our first year with the CSA at Saul I am pleased to report that “Henry Got Crops” (that’s Henry Ave., not Henry School) was a big success. In October, I received a call from our contact at Fairmount Park, since we farm on the Fairmount Park land at Saul School, asking if we would be interested in extending our lease for a longer period. After a discussion with our farm team (David, Nina, and Nicole) we decided to ask for two five-year leases. The hard work that our farm team put into this project has paid off. The teachers, students, and WW volunteers turned a three-acre grass area into a full production CSA in one year. This has been a wonderful partnership among the School, Fairmount Park, WW, and the community on Henry Ave. For those of you who took a share early in the spring I want to extend our thanks for believing in this program. Recently, I had the opportunity to review the customer survey reports of the CSA members and they were outstanding!

As our farmers take a much-earned long vacation this winter, it is wonderful to know that the spring will come again and we will have another opportunity to improve our skills at urban farming, and again educate thousands of children and young adults in the process.

Electric Bikes –PHEW Joins West Mt. Airy

I usually try not to single out one

store owner, but recently one of our Co-op members opened up the first electric bike shop in Philadelphia, Philly Electric Wheels (PHEW!). I have had the opportunity to try out the new bikes as they come in each week. What a joy to ride a bike that has a quiet electric motor. It is like riding on a magic carpet. If you have not had the opportunity to try out these new electric bikes, you should take the time to try them out.

PHEW is a great addition to our corner of Mt. Airy. We now have a great book store with Blue Marble, a wonderful coffee shop in Highpoint, two dry cleaners, the Maternity Wellness group, a mediation studio, an art studio, and Weavers Way. Soon I hope we will have a cooperative art group working out of the garage on Carpenter Lane. Look for them to open weekends in December. As we look at our community in West Mt. Airy, the Co-op will continue to work with the other shop owners, the residents, and the City to help develop a village atmosphere. Many people have said that it would be great to have a veterinarian on the corner, an architectural group, an accounting firm, law offices, a pharmacy, and a restaurant open from 5:00-10:00 p.m. Any interest?

City Accepting Christmas Trees for Recycling

LOOKING FOR an environmentally safe way to dispose of your spent Christmas tree? Citizens who wish to drop off their Christmas tree for recycling may take it to the Streets Department Sanitation Convenience Center located at Domino Lane and Umbria Streets in Roxborough. The site is open from 8 a.m. to 6 p.m., Monday through Saturday, January 4, (needs to be confirmed at website update) through January 18.

Trees collected will be chipped and used as mulch.

Christmas trees brought to the site should be free of all decorations and ornaments, untied, and free of plastic bags or wrappings.

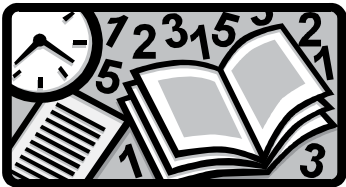
Unfortunately, Christmas trees set out for collection at the curb will be picked up as rubbish. If you require additional information regarding the Christmas Tree Recycling Program, contact the Customer Affairs Unit at 215-686-5560.

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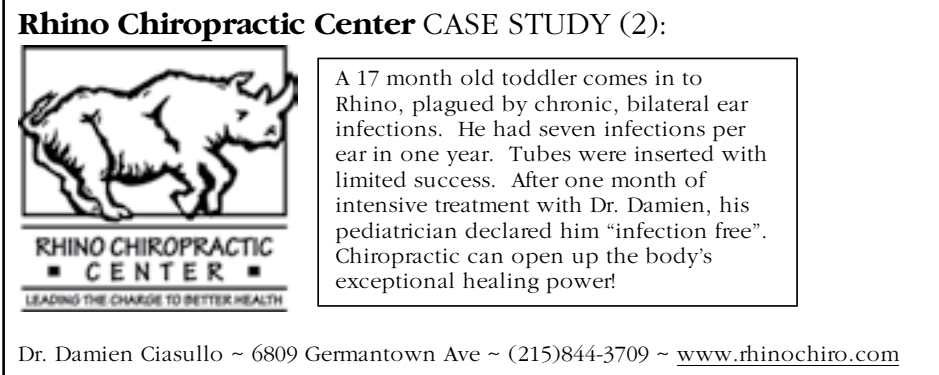
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Legacy

(continued from page 5)

cluded regarding our Ends and the fact that the words ‘diverse’ or ‘diversity’ appears nowhere in the Ends Policies. I am submitting a suggestion that the word ‘diverse’ or ‘diversity’ be added to Ends Policy, E-7.

“I feel that as wonderful as the words in E-7 are, they don’t say, ‘all are welcome.’ They only imply it. To prove this point, you can add the phrase, ‘if you qualify’ after any one of the words in E-7: welcome, openness, inclusiveness, respect. Looking at this through the eyes of others, I am keenly aware of the importance of how Weavers Way is perceived by members, potential members, shoppers and the broad communities we serve.

“The words ‘diverse’ and ‘diversity,’ as it applies to people, acknowledges there are those who are different from me: in age, religious preference, racially, economically, socially, culturally, sexual orientation and the list goes on. Acknowledging this fact and celebrating these differences as much and as often as we can, will better enable us to encourage diversity at Weavers Way. To be as diverse as we would like, or even envision will be difficult, but that doesn’t mean we should

stop using either of these two words.

“As an African American, when I am about to associate with a group that I know very little about, the words, such as those in E-7, are nice, but in no way assure me that I am welcome. However, when I see the words ‘diverse’ or ‘diversity,’ I am certain I am welcome.

“I hope this in some way explains my feelings and the reason I feel the need to address this omission.”

My request was granted for the September Board meeting and a committee was immediately set up to draft new wording for E-7 to include references to diversity. I served on this committee with Nancy Weinman and Sue Wasserkrug. Our policies guide us in how we will operate as a Co-op and how we serve all of our members as well as the community. They also provide a means for us to monitor our progress relating to our policies.

On Tuesday, Oct. 6, 2009, the Board unanimously approved the new wording for the Ends Section, E-7. It reads, “Weavers Way will have a welcoming culture that values diversity, inclusiveness and respect.” This is the newest legacy for Weavers Way.

Metropolitan Bakery

by Rachel Brown, Bakery Buyer

THIS PAST month I had the distinct pleasure of touring the Fishtown production facilities of Metropolitan Bakery. Wendy Smith Born and James Barrett opened Metropolitan in 1993 and have been baking breads grounded in European tradition ever since. They use no commercial yeast, instead developing a natural starter from wild yeast that can be found on grapes and figs. This longer creative process develops the distinctive artisanal flavor I have come to love in their offerings, whether it is the intense flavor of a true sourdough or the gentler presence in the multigrain loaf.

In the wake of the economic crisis, Metropolitan has tightened up its operation by refining its offerings. Some flavors, such as the Country White loaf, now come in a medium size instead of both a large and a small size, and they have elim-

inated a few specialty flavors, although none that we had been selling at the Co-op. The most exciting development has been their move towards shelf-stable items. At the end of our tour, they gave us samples of their granola, and I was absolutely floored. The mix of dried fruit and nuts strikes the perfect balance between sweet and savory, and I appreciate that it’s full of simple ingredients I can identify. You can find their granola in the bakery department, in a full-size 12-ounce bag and a smaller two-ounce bag that’s perfect to check out the flavor or for a snack on the run. Another new Metropolitan addition to the bakery department that I can heartily recommend is their Millet Muffin, which has the most addictive combination of texture and flavor I have experienced in muffin form. Enjoy!

Steve Poses to Sign New Book at Weavers Way

by Jonathan McGoran, Shuttle Editor

STEVE POSES will be at Weaver’s Way Dec. 19, the Saturday before Christmas, 11 a.m. to 2 p.m., to sell and sign his new book, *At Home by Steve Poses: A Caterer’s Guide to Cooking & Entertaining*. *At Home* is the follow-up to Poses’s much beloved *Frog Commissary Cookbook*, originally published in 1985 and still in print today. *At Home* is sold exclusively through Poses’s website—athomebysteveposes.com—and not available in bookstores, except for this special one-time event at Weavers Way.

“*At Home* incorporates the accessible spirit of The Frog Commissary Cookbook, with its direct and multi-ethnic-inspired recipes, fun and informative margin notes and the tradition of light-hearted illustrations,” says Poses. “You might think of *At Home* as *The Frog Commissary Cookbook* with twenty-five years more experience.”

At 500 plus pages, it is nearly twice the size of the original book.

At Home comes with a keycode that provides book owners digital access to At Home Online. According to Poses, “Contents may be searched and printed – a feature I think is incredibly useful when planning a party. And unlike a book, the website is alive. I will be able to evolve At Home Online in much the same way that I evolved my little storefront Frog restaurant. More importantly, At Home Online will enable me to build a community of folks around home entertaining.” Poses continues, “I have a mission to increase home entertaining nationally by 10%. That’s because I believe in the essential importance of human connection and there is no better way to make that connection than sharing the warmth of your home and a good meal.”

Weavers Way is on Twitter

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MEMBERSHIP BENEFITS AT A GLANCE

Friends and Neighbors

The general public, who are not members, are welcome to shop at the Co-op, and will pay the shelf price. These patrons will have access to a limited number of services offered by the Co-op, such as ordering from our Catering menu.

Members

Members are owners (directors, staff) of the Co-op, and have access to a wide variety of services. Members will pay the shelf price.

Requirement: \$30 annual equity investment, up to \$400 total

- Benefits:*
- **Vote in elections and referendums**
 - **Eligible to serve on the Board of Directors**
 - **Eligible for Patronage Rebate**
 - **Eligible to be a Member Lender**
 - **Special Orders**
 - **Check writing, check cashing and cash back**
 - **Business Discount Program**
 - **Home Delivery**
 - **Discounted Notary Public**
 - **Members-Only Specials**

Working Members

Working Members are Members who also contribute their time and efforts for the betterment of the Co-op. Working Members receive a 5% discount on purchases.

Requirements: \$30 annual equity investment, up to \$400 total
6 work credits per adult in household

- Benefits:*
- **5% WorkShare discount on purchases**
 - **All benefits of non-working Members**

Work Program

(continued from page 1)

Hill store opened, so that we could work out as many glitches as possible before doubling in size. The Committee helped keep the work from being rushed, and Management has made improvements to minimize disruption (staffing, technology, etc.). In the end, this team has distilled its work into what will hopefully be a successful transition. We recognize that there will most likely be hiccups, and we are committed to maintaining smooth operations and excellent customer service while we make this shift.

Our Goals

In considering the new Member Categories, our goals were to:

- **Develop a Membership Category for non-working Members**
- **Continue to make the work program integral and attractive**
- **Clarify and, if possible, expand the Member Benefits package**
- **Maintain competitive prices for Members and Potential Members**
- **Make fiscally responsible and conservative choices during a time of considerable change**
- **Make these changes with a minimum of disruption to current members who want to remain working members**

We wanted to make sure that current Members, who have been working this past year, would not see a decrease in benefits when the shift happens. This dialogue was also a great opportunity for the Co-op to clarify its Membership policies and processes, which will be communicated to Members.

Our Program

Going forward, the Co-op recognizes three membership categories: Friends and Neighbors, Members, and Working Members.


Friends and Neighbors. Weavers Way Co-op is open to the public. Shoppers who are not currently members will pay the shelf price for goods and will have access to some, but not all, of the services provided by the Co-op, such as our Catering menu.

Members are all Co-op households who are up to date with their \$30 annual equity investment, or who have reached their equity cap. All Members will have access to all member benefits (see “Membership Benefits at a Glance,”) and will have access to Member-only specials. Members will pay the shelf price, unless they elect to become Working Members.

Working Members are Members who also contribute their time and energy to the Co-op, a WorkShare of six work credits each year per adult in the household. Working Members receive a five-percent WorkShare discount on their purchases (see “Workshare Discounts: Doing the Math, ” at right). Working is no longer a requirement of Membership and Working Members who choose not to work in the future will still be consid-

(continued on page 9)

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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.


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Photo by Henry School Mom:
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Work Program

(continued from page 8)

ered Members. All Members currently in good standing will automatically be considered Working Members at the time of implementation.

How Does this Affect You?

This new membership program will be implemented on January 1, 2010. For most members, the switch should be seamless. All Members currently in good standing will automatically be considered Working Members at the time of implementation. To be in good standing, you must be current with your 2009 Equity investment and Work Hours. If you opt out of the Work Program in 2010, it will not affect your Benefits until the end of your 2010 cycle. Before your next Membership cycle begins, you will receive a renewal notice that will explain the program and ask about your intention to work. Your answer will help the Co-op plan for operational challenges, but will not affect your initial WorkShare discount.

Current Members

If your Membership cycle started in October (A), November (B-1) or December (B) of 2009, you will receive the WorkShare discount through the end of your current cycle. You must be current with your Equity and complete your household’s Work Credits to continue to receive the WorkShare discount after your cycle ends.

All other members in good standing (whose next cycles start in January through September of 2010) will receive the WorkShare discount through the end of their cycles. If your household chooses to Work, Work Credits must be completed by the end of your cycle to continue to receive an uninterrupted WorkShare discount.

New Members

Member benefits begin when you make your first Equity payment, usually at the time of Orientation. If you choose to become a Working Member, your WorkShare discount will begin upon completion of the appropriate number of Work Credits for your household (6 hours per Adult).

Contact Us

There are a variety of ways to contact us with your questions and comments. Please don’t hesitate to get in touch to make sure your Membership requirements are up to date before the change takes place. Aside from the **Comment Box** in the store, call the **Membership Department** at 215-843-2350, ext. 188 or e-mail at member@weaversway.coop, or contact the **Work Option Committee** by phone at 215-843-2350, ext. 311, or e-mail: joshgiblin@weaversway.coop

I also wish to send a great big **THANK YOU** out to all those who have participated in this work and shared their thoughts with us. Your contributions have been extremely valuable and your thoughtfulness has been inspiring.

WORKSHARE DISCOUNT: DOING THE MATH

The Co-op will offer Working Members a discount of 5% on purchases. There are also many intangible benefits to being a working member—a greater sense of ownership, getting to know the employees, greater awareness of all your Co-op has to offer—but if 5% may not sound like much, a little math can help determine if it’s a good value for your time.

We need Working Members. Our staff schedule is structured to take advantage of Working Members and when we don’t have Co-operators signed up, we have to pay members to fill in—these are our “paid-cooperators.” We pay these Co-operators minimum wage, which is currently \$7.25/hr. When we can’t get this help, the quality of your store experience suffers—it is harder to get your favorite products on the shelf, our staffers are doing double-duty and stress levels for both staff and shoppers alike are probably rising.

Now let’s look at some examples of purchasing habits and what the discount means to Members. Consider the Member household with two Adults, which spends, on average, \$50 a week at the Co-op (which works out to \$2,600 over the course of the year). With a WorkShare Discount, this household would receive \$130 in discounts. Their WorkShare requirement would be 12 hours of labor. That \$130 translates to a value equivalent to almost \$11.00/hr which is a pay rate slightly higher than that for an entry-level position at the Co-op, which is about \$10/hour.

Here is another example: My wife and I happen to shop pretty much exclusively at the Co-op, and I know that we spend somewhere around \$5,000 at the Co-op over the course of year. With a WorkShare Discount, that would make our Work worth about \$21/hr, which is significant! Finally, let’s see what this means for you.

It will be up to each household to decide if remaining or becoming

Your Spending Weekly	Yearly	5% discount Saves you	Value for 12 hours
\$25	\$1,300	\$65	\$5.42 / hr
\$33.46	\$1,740	\$87	\$7.25 / hr
\$50	\$2,600	\$130	\$10.83 / hr
\$100	\$5,200	\$260	\$21.67 / hr
\$150	\$7,800	\$390	\$32.50 / hr

Working Members makes sense to them. We hope you will choose to contribute your efforts to carry forward our long tradition of Working Members.


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Mt. Airy Art Garage Arts & Crafts Market

by Linda Slodki
Cofounder, Mt. Airy Arts Garage

Mt. Airy Art Garage is launching a week-end arts and crafts market at 542 W. Carpenter Lane, creating One-of-a-Kind Art while building vision with Weavers Way.

A partnership with Weavers Way, Mt. Airy Art Garage will open weekends starting December 5, 10 a.m. to 6 p.m., Dec. 5, 6, 12, 13, 19, and 20, featuring artists from Northwest Philly.

Mt. Airy Art Garage is a place where you can come with friends and family, meet the artists, listen to music, eat food, and find special gifts for the holidays. The Mt. Airy Art Garage has custom leatherwork, jewelers, mixed media and fiber artists, sculptors, photographers, painters, you name it. We are excited by the talent—all from the Northwest! You'll find new faces, familiar faces, professional artists, emerging artists, older artists, younger artists. You may just find a rainbow of work, culture, and experience. We believe we are in the beginnings of a truly diverse and cooperative effort.

Mt. Airy Art Garage has a vision to: build a partnership with Weavers Way; launch a weekend Fine Arts and Hand-crafts market where neighbors can eat, drink, support artists, and meet friends; create an art cooperative where art, studio space, and galleries become a reality in 2010; and to draw you, our neighbors, into a new venue that is part of the developing Mt. Airy Village.

Art Market hours are Saturday and Sunday, 10 a.m. to 6 p.m., Dec. 5, 6, 12, 13, 19, and 20. Come wearing your coat—it's a holiday vision in a space just starting to take shape. Come drink hot chocolate, meet the artists, buy wonderful things, watch us blossom and grow. Be a part of our vision. Help us to make this a reality. Come to the Art Market!

We invite artists to attend our meetings, and join us. For more information, contact mtairyartgarage@yahoo.com or call 215-247-5309.

Wet Summer

(continued from page 2)

soaked lesions on the tops of the leaves, a ring of white around the perimeter on the bottom of the leaf. We'd been monitoring for a while, and had seen nothing, despite reports of it in our region. I almost cried. I thought we were doomed—we grow 26 varieties of tomatoes, about 400 plants, and they are a significant part of the income of the farm. Instead, I made the difficult decision to spray copper (organically approved), a first for me, but I didn't want to lose our crop. It took me hours that night and was well after dark by the time I was done. Though approved for organic production, copper is not something you really want to eat, so spraying meant we needed to wash all of our tomatoes and not let volunteers eat cracked cherry tomatoes off the vine (a much enjoyed reward for picking them). The good news is that it seemed to work. We managed to hang onto our tomatoes until the end of October (and longer in the hoophouse).

The next trouble to appear was in the pepper section. We had some beautiful, extremely large bell peppers on the plants. They were neatly staked and trellised and getting close to turning color. Then I started to notice a few plants drooping—one at a time, at first. I immediately pulled these out, hoping it would stop the spread of whichever disease might be plaguing us. It's never good when plants just collapse overnight. This is usually a sign of root rot or a wilt disease, most of which are incurable once the plants have them. It was no use: plants starting dropping in droves. We began harvesting peppers in

earnest. Even if we couldn't get red or yellow peppers, I figured at least let's harvest the big green ones before they rot. Many were saved, but many were lost. Within a couple weeks, the whole pepper section, about 425 plants, was gone except for a few hot peppers that must have had some sort of resistance. It was heartbreaking, and the stench of rotting peppers was nauseating.

Then we noticed the basil. I had noticed that the leaves were a bit pale as of late, but just thought maybe it was a nutrient deficiency due to too much rain and we'd just add some compost or fertilizer to correct the problem. Then I turned a leaf over. Hmmm...what's this purplish gray stuff on the underside of the leaves?... looks like fungus. Turned out to be downy mildew, (*Peronospora belbahrii*) a relatively new disease of basil in the United States, first appearing in 2008. Basil is a crop that we have supplied to the Co-op in copious amounts during the past two years, as well as having an ample supply at market.

Peppers, tomatoes and basil weren't the only things adversely affected by the wet season: not to be outdone, our okra got verticillium wilt, summer squash also came down with a case of *Phytophthora* and the garlic suffered from white rot. The rain also washed the flavor right out of our melons. Let's all hope that next year brings drier weather and more flavorful produce.

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photos by Nina Berryman

Lumber milled on the spot from trees that had fallen in the adjacent Wissahickon woods was used in the construction of the new wash stand for Henry Got Crops! at Saul Agricultural High School. Henry Got Crops! is a Community Supported Agriculture (CSA) Farm, a partnership between Weavers Way Co-op and Saul School. The use of this lumber underscores the partnership's commitment to locally grown.

Improvements at CSA

(continued from page 2)

are now much closer to the field than before. No more time-consuming trips up the hill just to grab a shovel!

Wash Station

Friends of the Wissahickon is helping us build a new wash station for preparing vegetables. They donated wind-fallen trees from the park that were milled into timber for construction. Students from Saul got to watch the process of these naturally-fallen trees being turned into building materials.

The new wash station will have a permanent roof, sinks and washing equipment.

Earthbag Vermi-compost Bin

Vermi-compost, is composting with worms. Enclosed structures house thousands of worms that help decompose organic material faster than compost piles without such a high concentration of worms. We are the proud recipients of a new vermi-compost bin, built by Dwight Shirley and his class with the Mt. Airy Learning Tree. Dwight is using a unique and sustainable form of alternative building known as Earthbag construction. In this type of construction, cinderblocks or bricks are re-

placed with bags filled with dirt. These bags are compacted, secured with wire, and then plastered over to protect them from the elements. Dwight has built an entire house this way! Our worm bin will be about 3 x 4 x 20 feet in dimension.

Hoop House Construction

Friends of the Wissahickon is helping us build a second hoophouse at the

CSA. Hoophouses are like greenhouses, but rely on passive solar heating and have soft plastic walls. These structures are extremely important for season extension. They enable us to start growing sooner in the spring, later in the fall, and during the winter too. These structures are especially useful as a place to continue to teach the students about growing vegetables while they are in school during the winter.

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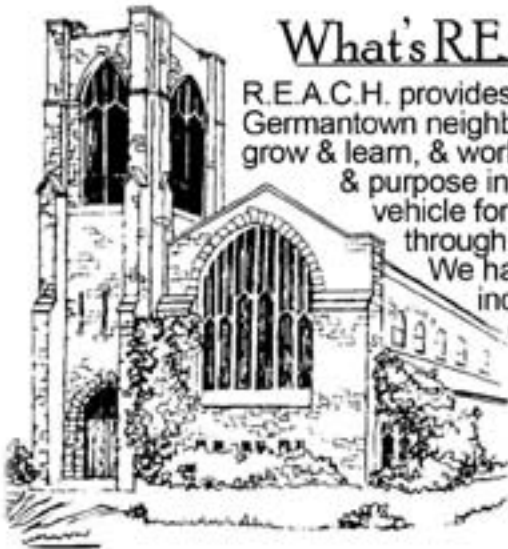
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Ceremony Marks Unveiling of Mural Arts Program Mural at Weavers Way Ogontz

After the mural unveiling ceremony moved indoors at Weavers Way Ogontz, at left, (l to r) Louise Radochonski, Program Manager of Mural Corps, the educational branch of the Mural Arts Program, congratulates David Thompson and Annette Lamont, two of the Mural Corps artists who worked on the mural. Looking on are the mural's primary artist Keir Johnston, Mural Corps Founder Shari Hersh, Mural Arts Program founder and director Jane Golden, Marlene Hardy, an active supporter of the project and grandmother of one of the artists, and Al Dorman from Ogontz Ave. Revitalization Corp. At right, State Rep. Dwight Evans congratulates some of the students participating in Mural Corps. See a photo of the mural on the front page of this issue.

Prioritizing Local Food

(continued from page 2)

whole. In order to achieve environmental sustainability, we have to prioritize producing local products that could serve the majority of our population. Sadly, if you look at the state of the local movement, I see too much focus on producing items that only have the long term potential of benefiting a minority. This entails producing things in an energy-intensive manner, such as greenhouse-heated winter tomatoes. Therefore, I believe there needs to be a coordinated approach to the success of the local food movement.

What I am advocating is that as consumers, we don't put the "local" paradigm above all else. Local is important, but it is

not the only factor. If a farm in Florida is producing tomatoes in January and sending them to the north in large amounts, it is more sustainable than a local farm producing relatively few tomatoes by using exorbitant amounts of energy to heat a greenhouse so northerners who can afford it can purchase them. This is especially true if the Florida farmer is producing his tomatoes in a sustainable fashion.

Another point on prioritizing the local economy is local meat. This point is especially relevant for urban centers that are less climatically blessed than Philadelphia. This region is actually quite fortunate to have a temperate climate and access to an abundance of arable land. Imagine being in a mountainous city (Seattle), an arid city (Phoenix), or a densely populated city (Jakarta); these regions have even less potential to surmount the mammoth task

of creating a local movement that can impact their economy. Local meat, therefore, is something that cannot be produced for everyone in the region. With limited land available, we should produce and demand vegetables from our local farmers and encourage them in this regard. The direction the movement should take to make the greatest impact on the economy is an emphasis on the triple bottom line of business management, with business decisions made considering environmental sustainability and social impact, as well as economic profitability.

What I would like to impart is that with this awareness, certain products make more sense for the local food movement to concentrate on than others. Obviously this idea makes sense; we wouldn't get anywhere in Philadelphia if we made local bananas a priority. What I am sug-

gesting is that as consumers and producers, we should consider each product in the local food market deliberately to best keep in line with the ideal of the triple bottom line of business.

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.

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Catfish and Greens

(continued from page 3)

the catfish with a little olive oil. I slow cooked the collard greens (see recipe) in my handy-dandy rice cookers. The corn bread, which we also sell in the Mt. Airy store, was from Oteri’s bakery located very near the Ogontz store.


I had only made collard greens once before and I employed a more traditional recipe, using smoked turkey wings. (Ham hocks are also very traditional.) Anyone who knows of cooking collards in the tradition of using smoked meat can tell you that it stinks to high heaven and as a result many people are put off by cooking collards this way. While I do like the version with smoked meat as part of the recipe, I am equally dazzled by the healthier vegan recipe.

I love, love, love greens of any kind and I was a little intimidated when I embarked on a recipe that is such a time-honored tradition in southern kitchens. I pressed on despite any fears of failing and it was well worth the results and the unpleasant smell. The results were beautiful and I ended up with tender smoked turkey laden greens, just the right amount of saltiness to balance the pleasantly delicious tang of red-wine vinegar, the col-

INGREDIENTS:
Mess O’ Greens (Enough collard greens to fill a paper grocery bag)
1 large sweet onion
4 cloves garlic, minced
¼ cup olive oil
¼ cup red wine vinegar
1 tsp. natural hickory smoked liquid seasoning (more if you prefer a smokier flavor)
Salt to taste.

Sauté onions in the olive oil until translucent. Add garlic and sauté until aromatic. Add three quarts water, the vinegar, and liquid smoke. Toss in the greens and cook for one and a half hours, allowing the liquid to reduce.

Serve greens with cornbread. Garnish with hot pepper flakes or hot sauce.



Saul student Ryan Wilgenkamp showing off collards from the CSA.

lards free of the bitterness a short cooking time results in, the greens themselves soft and tender.

In southern states a large quantity of greens are often referred to as a “mess o’greens.” Because the greens shrink so much it is important to remember that while it may appear you are starting with too much, you are not. According to folklore, collards served with black-eyed peas on New Year’s Day will bring luck and

prosperity. The greens, cooked for hours in the pot, yield juice, commonly referred to as the “pot likker” (not a misspelling), which is often used to dip cornbread in or is drunk for it’s rich nutritional value.

The free tasting over at Ogontz went really well. Folks drifted in off the street as the smell of cajun catfish and collard greens wafted through the store. As people ooohed and aahed at the wonderful flavor of my healthy collard greens, my fears of not succeeding were overcome with the sheer joy I take in feeding people.

Blue Gold: Water for People, Not for Profit

by Sandra Folzer, Environment Committee

THE EDUCATIONAL and Environment Committees are co-sponsoring a film on Wed., December 9 at 7 p.m. at the Video Library.

Sam Bozzo’s new film, *Blue Gold: World Water Wars*, follows numerous water fights around the world as people struggle to reclaim their water from morally bankrupt corporations and governments.

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Dinner and a Movie

Balkan Express Restaurant for Dinner Then No Man’s Land, the Movie

by Margie Felton and Joanna Poses

WE STUMBLED across Balkan Express quite by accident, but we fear that too few others are doing likewise. Despite the strong reviews upon its opening five years ago, business suffered when construction started on the South St. Bridge and the neighborhood was turned into one big dead end. This place is a gem and so we’re making no secret of our agenda to get your butts into their chairs! The restaurant is open Thursday-Saturday, but they’ll open any day or time for a party of six or more. Margie made a Sunday reservation not knowing whether she could actually round up six honest meat-eaters. We were clear that we needed fellow carnivores to jump enthusiastically with us into the menu’s meaty deep. The restaurant features delicious homegrown vegetables in its few vegetarian dishes, but the main attraction is meat in all its glorious variety. Our invitation strategy served us well; we were able to sample most of the menu and to survey our friends on their own preferences.

Balkan Express is run by a Serbian couple who do all of the cooking, serving, and preparation. If there’s sauerkraut, they made it; if there’s bread, they baked it. They are committed to using fair and local foods whenever they are able and the proof was right there on our plates. We nearly skipped the starter courses and we’re thankful that we came to our senses, because the evening’s beets were revelatory. We were pleased with the beef-based borscht, but we were swept away by the thinly sliced beet salad with red onions.

It’s often said that the best ideas are elegantly simple, and so it went with the beet salad. We’re still salivating!

In the entrée department, highlights included both the meat and vegetarian stews, which were thick and delicious—the meat version even had a little zing to it. Our favorite offering was, surprisingly, the unusual stuffed cabbage dish. The owner explained that the Polish version is sweet and that is what most people think when they think of stuffed cabbage. The Balkan version uses sauerkraut to set off the minced meat and it completely changed our thinking about the dish. It helped that the cabbage skin was so thin and tender that it succumbed easily to each and every bite.

Finding the right movie was something of a challenge. Many of the best recent movies from the region deal with the chaos of war and its aftermath. We were reluctant to choose a film that would contrast so sharply with the culinary pleasures of our meal. In the end, we chose an uncompromising war movie that is also a deliciously sly dark comedy. *No Man’s Land* is a satirical take on the war in Bosnia and all wars. A Bosnian and a Serbian soldier find themselves trapped in a trench between enemy lines surrounded by fallen comrades. No one knows which side the stranded soldiers are on and chaos ensues. Further complicating matters is a corpse that has been placed on a spring bomb that will explode if the body is moved. Naturally, it is only a matter of time before the

‘corpse’ wakes up to find himself in the most horrifying of predicaments.

The film’s strength is in revealing the absurdity of war and the folly of human interaction. The Bosnian and Serbian soldiers regard each other with equally matched disgust, but there is nothing to distinguish or ingratiate either side in the heart of the viewer. There are no heroes in this foxhole. Similarly, the exchanges between French and British U.N. forces are equally strained, with each side misunderstanding and declaring the ignorance of the other. This is the essence of the film’s

situational comedy. The U.N. forces are working for a common good, but the different units cannot communicate with each other. The Serbian and Bosnian soldiers trapped in the trench know that they hate each other, but they speak and comprehend a common language and culture. And once the international press corps gets wind of the situation, the scene turns into even more of a tragically ridiculous circus.

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Season's Greenings

by Betsy Teutsch

MUCH INK has been spilled providing suggestions for greener gifting and spiritually enriched, materially contracted celebrations. I am skipping that pep-talk this year and going straight to two emphatic recommendations.

First, buy Nicholas Kristof and Sheryl WuDunn's amazing book, *Half The Sky: Turning Oppression into Opportunity for Women Worldwide*, for all the women on your shopping list. Don't forget to buy one for yourself, as well. Men should read it, too, of course, but its stories will particularly resonate with women from middle school on up. WuDunn and Kristof, well known for his wonderful *New York Times* columns, have written a book with potential to be really a game changer, allowing us in the affluent world to connect with and support millions of women in the developing world.

As the book describes, in ways that make it hard to put down, these women are up against terrible odds. Grim fates await baby girls unlucky enough to be born into the grinding poverty reinforced by inadequate access to food, sanitation, electricity, clean water, education, health care, and legal representation. When

these constraints are combined with sexism and misogyny, the result is devastating. Daughters receive less health care, food, and education than their brothers. Young girls are bought and sold; girls are married off at young ages, curtailing any schooling they might obtain. Women die of childbirth complications unseen in the developed world for over a century.

Yet the stories shared by Kristof and WuDunn are hopeful. Amazing resilience and talent can rise up in the most surprising places, and very inexpensive interventions—trivial amounts by Western standards—can change not just girls' lives, but the lives of their families and communities, helping all to achieve a higher quality of life and a change to meet their potential. So while the book describes unimaginable trauma, it is ultimately inspiring and empowering—we can help change all this!

That's where my second recommendation comes in—a shameless pitch for a nearly miraculous initiative, The Kibera School for Girls. Kibera is a slum; over a million residents crowd this large, unincorporated shantytown adjoining Nairobi. No municipal services or schools are provided, so only eight percent of the girls born here get any schooling at all. Kennedy Odede, a young man raised in Kibera, watched in frustration as girls as young as six were forced into prostitution to survive. A natural community organizer, he founded Shining Hope for Community, starting with a soccer team.

In time, his local efforts led to more successful activities, and the arrival of a young intern from Wesleyan University, Jessica Posner. Jessica was captivated

by Kennedy's two dreams: to start a free school for girls in Kibera and to study in the United States. Jessica helped him with the university application process, and he is presently a fulltime student at Wesleyan in Middletown, CT.

Last fall my daughter, Nomi, described Kennedy, this remarkable young man, in her sociology class and how impressed she was with him and his journey from a Kenyan slum to a New England liberal arts campus. Jessica and Kennedy quickly attracted a group of students to help raise money for their dream, the Kibera School for Girls. With a grant from Wesleyan, successful student fundraising, and modest donations, their dream has been launched. This summer, Jess and Kennedy went back to Kibera, leading the community in the building of their school, hiring the staff, and opening their doors. To pull this off in a year is utterly astounding, really.

Three classes, each of 15 girls drawn from the poorest of the poor, were accepted. They are provided uniforms, often the only clothing the girls own, as well as nutritious meals each day. Their Montessori curriculum has been so successful that these little girls are already a year ahead of their Kenyan counterparts, after only two months of school. Their mothers

and fathers volunteer at the school, which eventually will house a library, computer center, bio-sanitation center, health center, and a microfinance office. Look what vision and persistence can accomplish.

This is where we all come in. The Kibera School for Girls operates on a shoestring. Go see the school and its engaging students at www.hopetoshine.org. Contributions of any size go directly to paying for the relatively modest costs of running a school in Kenya. You can contribute directly, or specifically sponsor a girl for \$30 a month. Details are at the website.

Full disclosure: I have been so taken by this project, that I now find myself Secretary of its newly organized Board. What my daughter Nomi and I love about the Kibera School project is that that numbing statistic of two billion people living on a dollar a day is transformed into helping 45 specific little girls through education, food every day, and a community who will care for them. You can help too! What an easy way for us—so blessed with enough—to make a difference. If you ever wondered how to make a positive impact in the world, this is a great answer. Educate a girl!

Betsy blogs at www.moneychangesthings.blogspot.com


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Poison Coming to the Water Near You

by Sandy Folzer, Environment Committee

*“We have met the terrorists poisoning our water, and they are us.”
(Paul Mendelsohn).*

YOU’VE SEEN the cheerful ads for Natural Gas with smiling faces telling us how clean it is. The ads don’t mention that 1-5 million gallons of water are needed at each gas well to retrieve the gas. This water is mixed with a multitude of toxic chemicals, like formaldehyde, and pumped into the ground at high pressure in order to free the gas where it lies 6,000 to 9,000 feet below ground. This process is known as fraking. After the gas is withdrawn, we are left with millions of gallons of toxic water in open holding tanks at each well. Though the gas companies promise the water won’t leak into the neighboring wells, it already has. In Louisiana, seventeen cows died when polluted water leaked into their nearby pasture. In Texas, many cattle are drinking from this water; the same cattle who produce the beef we eat.

You may feel sad for the people who live in Texas, Louisiana and parts of Pennsylvania, where these wells are proliferating. Instead, begin worrying about yourself.

The Executive Director of the Delaware River Basin Commission, Carol Collier, said on Oct. 15, 2009 that wastewater from gas wells, which contains enormous quantities of toxic chemicals, would be “trucked downstream to where the TDS (total dissolved solids) is not such an issue.” This means it’s okay to discharge

these carcinogenic chemicals into the Delaware River south of Trenton because farther north there is better environmental protection. Fifty percent of Philadelphia’s drinking water comes from the Delaware River. The other fifty percent comes from the Schuylkill River, which would also become polluted.

Water is already a precious resource, as we use up our potable water faster than it can be restored by rain. Now we are poisoning our own wells and rivers. Ground water in many communities in Texas and Colorado has already been polluted. To date there is no known way to treat this water.

There is air pollution as well. Methane gas, odorless and colorless, often escapes unnoticed. Most of the chemicals used in fraking are airborne and highly toxic. These chemicals cause respiratory problems, intestinal disorders and cancer. People in Texas and Colorado, where wells have been functioning for a few years, report numerous health problems. A good video on the subject is available at www.fwcando.org/video. Another from Pennsylvania is at waterunderattack.com

There are other problems, as well. Exxon-Mobil was found guilty in the deaths of 85 migratory birds that died after exposure to uncovered natural gas well reserve pits and waste water storage facilities. There is wear and tear on public

roads as vehicles move the water and supplies back and forth. There is noise pollution from active wells 24 hours a day, every day. There is light pollution. There is the deforesting of trees to make room for the well pads as each needs five acres, not to mention the gas pipes. And the Marcellus Shale, above which most of Pennsylvania’s gas is found, is known to be radioactive, so some of the emissions are radioactive.

You might be thinking that the government will protect us. However, Dick Cheney, former CEO of Halliburton, left quite a legacy. (Halliburton holds one of three patents for fraking fluids.) While Vice President, Cheney pushed through the Energy Policy Act, which exempts gas and oil companies from the Clean Water Act, the Clean Air Act and the Safe Drinking Water Act. The good news is that environmentalists are trying to pass the FRAC Act, a bill to restore the Clean Drinking Water Act and close the “Halliburton loophole.”

New York is delaying some drilling there in order to examine environment concerns. Not in Pennsylvania. In fact, Governor Rendell once enthusiastically estimated that Pennsylvania could earn \$107 million a year by taxing gas wells. Then Rendell changed his mind with a little persuasion from one of his political donors, Murry Gerer, chairman and CEO of EQT Corp, who donated \$30,000



A gas well with holding ponds full of toxic chemicals, that could easily drift down to the barn to the left, and to the cows next door. (Note the feline in the mirror, who could have been cropped out of this picture, but is just too cute.)

to Rendell’s 2006 campaign. Rendell, in turn, gave \$2.8 million in state grants and tax credits to help Gerber’s company expand and add jobs. Of 32 states with gas wells, only PA, VA, NY and MD do not tax gas wells.

Range Resources, the Texas driller, recently hired K. Scott Roy, Rendell’s executive deputy chief of staff and his liaison to the gas industry and environment groups. Roy will be Range Resources vice president for government relations and regulatory affairs. Range Resources also started a PAC. The first donation went to Republican Attorney General Tom Corbett, who is running for governor next year.

Looks like folks in Pennsylvania have been sold down the river. We give gas companies our clean water and our clean air so that those companies can make huge profits and pay no taxes. Our children and grandchildren will pay the price of water shortages and poor health.



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At Farm Education Conference, WWCP Unique But Definitely Not Alone

by Rachel Milenbach, Weavers Way Community Programs Executive Director

IN THE shadow of the Tappan Zee Bridge in Tarrytown, NY, 200 farm-based educators spent a rainy weekend eating, schmoozing, and attending workshops at the Farm-Based Education Association’s (FBEA) fourth conference (November 11-14, 2009). FBEA was established in 2006 to support the national community of farm-based education professionals. What was most striking about the conference was seeing with my own eyes what I already knew—that Weavers Way Farm and farm education programs are part of a growing national movement. Because of the conference location in New York, attendees came predominantly from New England, New York, New Jersey, and Pennsylvania, with a few folks driving in from Delaware and Michigan, and a few others flying in from points west. Our programming at Weavers Way is both on track with what others are doing around the country, and it is distinctive and innovative, as well. One key difference is that we are a food co-op, a farm, and a non-profit.

In a way, Weavers Way is its own local food system. We buy, sell, grow, eat, talk about, think about, and educate people about food. (One might even say that some Weavers Way staff are obsessed

with food, in a good way, of course.) We provide many different types of opportunities for members of the Co-op and the community to help plant, maintain, and harvest fruits, vegetable, flowers, and herbs; or to “co-operate” in the store, or with the school Marketplace program. There are multiple opportunities to purchase and/or eat the food we grow, whether it is as a member of the CSA at Saul, as a customer at one of the many farmers markets we sell at, as a customer at the Mt. Airy or Ogontz store (and soon Chestnut Hill), or as a resident of the Mt. Airy Stenton Family Manor.

Weavers Way “as its own local food system” has become clearer to me as I consider the groups that come to Northwest Philadelphia to see what we are doing. This fall we provided a tour for professionals interested in local food systems from Chattanooga, Tennessee, in collaboration with the Food Trust. We were also part of the American Public Health Association (APHA) conference’s Food and Environment Philly Food Systems bus tour. Katherine Gajewski, Director of Sustainability for the City of Philadelphia, and folks from the Johns Hopkins School of Public Health led the tour, and attendees represented all parts

of the country. As we moved from store to farm to shelter garden, I could see sparks of excitement and creativity among our visitors. Participating in the tours reminds me of how broad and deep our collective impact is, and that we are part of the larger movement of taking back our national food system, and perhaps even our health.

The Next Crop Starts with You

During the month of December, Weavers Way shoppers will have the opportunity to make end-of-year donations at the cash register to Weavers Ways Community Programs. You will find laminated “coupons” with a variety of denominations hanging at the end of the cashier line.

You can combine coupon amounts or make up your own. The cashiers will print a separate receipt for your 2009 taxes. After the coupons are used, the cashiers will re-stock them for the next shoppers, somewhat like filing our Co-op cards. Thanks to Betsy Teutsch for brainstorming a clever way to do this without wasting paper. And a special thanks to all of the Co-op staff that are taking on this extra task at check-out.

As a relatively new non-profit, we are in very exciting stage of our development. Our small but hardworking and creative staff hold many visions for the future. But just as we teach sustainability, it is important for us to practice it as well. In addition to expanding our programs, it is necessary for us to grow our infrastructure—to make


sure we don’t burn out our staff and to provide us with the tools we need to take the next steps.

In the last year, the WWCP board completed a strategic planning process, and the staff has explored different expansion opportunities that fit with our three-year plan. We have begun developing curriculum for Marketplace and Farm Education, and taken a look at our strengths and where we have room for improvement. There are several exciting opportunities in the works, similar to our current Marketplace and Farm Education programming, but with a broader and deeper reach.

Someone recently asked me if her donation would really make a difference. The answer is absolutely, on many levels. Whether your donation is for \$10 or \$100,000, or any amount in between, it is very helpful and most appreciated. Donations help us fulfill our visions and let us know that, as the Co-op’s nonprofit, you think we are making a difference. Individual gifts allow us to stay on track with our mission. It is an important part of allowing us to be a strong and vital organization with a mix of grants, earned income, and individual gifts. As Co-op members, we are all in this journey together.

Individual donations allow an organization a level of creativity and ability to respond to new opportunities. Whether it is building a fence at the Stenton Family Manor garden, buying materials for a

(continued on page 19)



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December: the Month of Nature Books

by Mark Goodman

IF YOU watched Ken Burns’ PBS series on United States National Parks, you probably developed a new—or renewed—appreciation of our natural heritage. You also may have been introduced to some new people, such as John Muir, the naturalist whose heroic efforts helped to preserve our wild lands and keep them from being developed, i.e. ruined. You may also have met Gifford Pinchot, a former governor of Pennsylvania, who was a giant in the conservation of natural resources. Another personality who emerged positively was Theodore Roosevelt. Often known for his blustery imperialism, Teddy Roosevelt used his presidential power to ensure that hundreds of thousands of acres would be preserved for national parks.

There is a wealth of reading material for those of us who enjoy nature and want to see it properly taken care of. In *The Wilderness World of John Muir*, edited by Edwin Way Teale (a fine naturalist writer himself), we can read excerpts from the journals Muir kept on his ventures and adventures. From the Sierra Nevada Mountains to Yosemite to the sequoia forests to his 1000-mile walk from Indiana to the Gulf of Mexico, Muir enriches us with his keen observations of nature, including wild animals, as well as his philosophical view of the wilderness and our place in nature.

One notable incident reported in Burns’ series is the incredible adventure of Truman Everts who, in 1970, became

separated from his exploring group in Yellowstone Park. With few resources, Everts somehow survived the harrowing experiences of hunger, freezing nights that led to frostbite, and scalding water from hot springs. When he was rescued, he had been reduced to eating thistle roots and weighed less than sixty pounds. This tale of the will to survive is captured in *Lost in Yellowstone: Truman Everts’s “Thirty-Seven Days of Peril”*, edited by Lee H. Whittlesey. This real-life adventure makes the “reality” television shows about survival look tame.

If you like to explore the works of “classical” naturalist authors, that is, those whose writings have paved the way for future nature writers, consider *In the Catskills*, by John Burroughs. In this book of essays, written between 1871 and 1909, Burroughs exhibits his prowess as a descriptive writer, whether he is depicting a fox trying to elude hunting dogs in winter, the sound of a hermit thrush among the hemlocks, or the habits and habitat of the coveted speckled trout that populate the New York origins of the Delaware River, the same Delaware that eventually wends its way to Philadelphia.

Another strong environmentalist and conservationist, Aldo Leopold, is best known for his inspiring book of essays, *A Sand County Almanac*. In 1953, five years after Leopold’s death, his son, Luna B. Leopold, compiled a book, *Round River*, made of entries from his father’s jour-

nals. Here we see Leopold in his roles as close observer of nature, highly organized camper and hunter, ardent advocate for conservation, and thought-provoking philosopher.

We cannot discuss classical nature writers without mentioning Henry David Thoreau, author of the timeless *Walden*. Through the dedicated labor of editor Bradley Dean, Thoreau’s previously unpublished observations and reflections appeared in the year 2000 in the book *Wild Fruits: Thoreau’s Rediscovered Last Manuscript*. Here we see less of the philosopher of Walden and more of Thoreau the scrutinizing botanist, with colorful descriptions of the fruits, berries, and nuts of the flora of New England.

Included in this pantheon of U.S. naturalist writers is Rachel Carson, who confronted the agricultural chemical industry in her famous book, *Silent Spring*. Here she used her knowledge of chemistry and nature to show how DDT, a popular pesticide, was killing beneficial birds and insects. In addition, she showed that DDT was entering the food chain and finding its way into the bodies of livestock animals and humans with poisonous results. Her powerful indictment of the use of DDT led to its being banned in the U.S.

If we want to explore nature closer to home, look no further than a wonderful booklet, “Discovering the Wissahickon: A Guide to Its Science and History.” This informative handbook was written by Sar-

ah West, former science teacher at Germantown Friends School; the late Doris Powlen, who taught history at Springside School; and Goldie Britt, who taught in the Philadelphia School System. Published in 1985, the book is divided into four main sections: “Basic Geology of the Wissahickon”; “A Wissahickon Field Trip”; “Geology of the Wissahickon”; and “Highlights of Wissahickon History.”

If you decide to hike this winter and are interested in identifying trees, don’t despair that the deciduous trees are bare. Instead, rely on two useful identification books. The first, *Knowing Your Trees*, by G.H. Collingwood and Warren D. Brush, has excellent photographs of the winter forms of trees as well as close-up shots of the bark of each tree. The other book, *Winter Tree Finder: A Manual for Identifying Deciduous Trees in Winter*, by Mary Theilgaard Watts and Tom Watts, focuses more on branches, twigs, and any nuts or acorns that may be found at the bases of trees.

Younger readers (starting at middle school), as well as adults, will appreciate *Animals Nobody Loves*, by Ronald Rood. Here you will find critters that have often been feared and/or despised, but with Rood’s expertise and compassion, these varmints become tolerable if not downright likable. After reading this book, you will never look at mosquitoes, bats, snakes, vultures, coyotes, and others with the same disdain.

Winter awaits us with its long, cold, dark nights as well as with festive and reflective holidays. These books will make excellent winter companions and welcome gifts. Make an early resolution this winter to be more open to the natural world around us.

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Farm Education

(continued from page 17)

new Marketplace school, starting a new-farm education program for children who have never gardened, or ensuring that our staff has decent health insurance, your donations will be well spent. We have a relatively low overhead, we spend almost no money on asking for donations, and... we are local. Just as each time we spend our food dollars, we are casting a vote for what kind of world we want, how and to whom we give is like voting. Sometimes it is even better and more effective.

The message that I took home from the Farm Education conference is this: food matters. Kids matter. The environment matters. We at Weavers Way are lucky to be part of the movement to change the way we do things, how we teach our children, and what we eat. So thank you for your support, whether it is by spending your food dollars at the Co-op, making a tax-deductible donation to Weavers Way Community Programs, or volunteering your time in any number of ways.

Surfing the Age Wave

Season’s Community As a Spiritual Teacher

by Lynne Iser, MPH

THE BUDDHA sat in silence. An a great community was formed through his silence and his teachings. Thich Nhat Hanh, the well-known Vietnamese Buddhist teacher, has said, “The next Buddha will come in the form of community.” So how does community teach us about life or our spiritual development?

Spirit has many forms. For some, spirituality is the connection that exists between all beings. It is the unifying factor. It could be transcendent, beyond what we can see or know, or it can be mundane, existing in our everyday lives.

I believe that Thich Nhat Hanh was referring to the spirit that exists between people when they are intentional and they pay attention. When we “sit” with each, when we listen deeply, when we are present for others, we are developing this

spirit. We are creating our sacred space with others.

Some feel that Weavers Way Co-op is the center for our community here in the northwest. But the Co-op is certainly not silent! We do not shop, or speak, or act in ways that we might consider reverent when we are there. How then can it be spiritual?

We create sacred space when we intentionally live our values. When we choose to shop at the Co-op we are making a decision on how to use our “buying power.” We are choosing to buy healthy food, to buy local, to support small business, to live our values.

needed help. But now, as time has gone on, there is a reluctance to keep asking. Their community has not disappeared—it is strong and available to them. It just needs to be mobilized.

The bonds of community become stronger as we use them. Kneading dough creates strands of gluten that will enable the bread to rise, grow beautiful and be tasty, just as the helping hands of community members create strong bonds that strengthen a community and make it more effective, beautiful and tasty.

This web of community is the oneness that is spirit. With our intention and our values we create it and bring it into being. Like any spiritual path it grows stronger with rigorous and regular practice.

When we create community with neighbors—when we reach out to others—we are acting to create sacred space. We are pulling down the invisible veils that exist between people in our culture. We are intentionally building sustainable links that can form relationships of value.

As we age, our relationships tend to become more valuable. We recognize that our “being” has more potential than our “doing.” We might want to be more of a friend, or aunt, or parent—listening more and being present for what is deeply needed.

I have just encountered a friend whose husband has been unwell for the past several months. They knew to reach out to their community when they first

As you greet your friends, invite your neighbors for coffee, plan your block party, build community structures, treat each as a spiritual practice. Act with intention, with a full heart and a clear mind, practice every day. By doing so we shall build a web that supports us as we continue to grow older in community.

Lynne Iser, MPH, is an advocate, teacher and founder of the Center for Growing Older in Community. Her passion is creating elder communities designed to add value to our lives. She can be reached at LPIser@aol.com

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Andrew Lamas: Rethinking the Just Economy

by Frank Gerould

TODAY’S GREAT Recession, much like the Great Depression of the 1930s, is causing many people to question the conventional economic doctrines of the free-market and capitalism. Growing economic inequality and insecurity in the U.S. has big social consequences in terms of public health, crime, underfunded schools, the frayed safety net. Can Unitarian Universalists and other liberal denominations offer new directions?



On Sunday, Dec. 6 at 11 a.m., Andrew Lamas will speak on “Rethinking the Unitarian Universalist Theology of a Just Society” at the Unitarian Universalist Church of the Restoration in East Mt. Airy.

Andrew Lamas has taught at the University of Pennsylvania School of Arts

and Sciences’ Urban Studies department since 1990 on issues of social justice and economic democracy. He was a founding board member of the Center for Community Self-Help, which has provided financing to more than 62,000 small businesses, nonprofits, and homebuyers in North Carolina and California since 1980. He was co-founder of The Reinvestment Fund (TRF), which provides financing—with more than \$480 million of capital under management—for affordable housing and community development in the Greater Philadelphia region, including projects like Weavers Way’s current expansion. He serves on many nonprofit boards in Philadelphia, including as coordinator of a co-operative, feminist softball league for girls and young women (grades K-12) in Mt. Airy. One of his new endeavors is serving as website editor for the International Herbert Marcuse Society. Visit them at www.MarcuseSociety.org.

The Unitarian Universalist Church of the Restoration is located at Stenton Avenue and Gorgas Lane in East Mt. Airy. Visitors are welcome. Call the church at 215-247-2561 for more information.

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Membership Meeting

(continued from page 1)

cheese and meats, stuffed grape leaves, fruit, and cookies, as well as noodle salads and assorted dips), Board Vice President David Woo declared a quorum at 6:07 p.m.

GM report

General Manager Glenn Bergman delivered a report that outlined the major events and issues that had arisen since the last General Membership Meeting. Much of this was devoted to expansion news, including a timeline of how we got where we are now, an explanation of the projects financing, and news of exciting recent developments, such as the hiring of the contractor, beginning of construction, and the hiring of Kim Spelman-Hall as store manager.

Finance Report

Finance Manager Susan Beetle delivered a report that was mostly upbeat. The numbers were not yet finalized, pending the final audit, which will be posted on the Co-op’s website. Sales at the Co-op were up ten percent over the prior year. The increase was curtailed by the economic recession—starting around 13 percent early in the first half of the year, falling to three percent in the second half. Still, Weavers Way fared better than many co-ops around the country. Year-to-date in fiscal year 2010, sales are running five percent ahead of last year.

On the expense side, personnel costs were 23 percent higher than the

prior year—an increase of 19% in wages, and 35 percent in employee benefits (including an increase of 128 percent in health care premiums). The wage increase reflects both the first full year of operation at the Ogontz store, tripling the number of farmers (from one to three), and additional investment in areas such as HR and IT in preparation for opening the Chestnut Hill store. Particular care is being given to controlling personnel costs in fiscal year 2010.

On the balance sheet, the major change is the \$3.3 million increase in fixed assets, due to the purchase of both 8424 Germantown Avenue and the garage at 542 Carpenter Lane, and the similar increase in liabilities related to loans financing the Chestnut Hill purchase.

The income statement shows \$47,000 of expense related to the expansion project. Another \$156,000 of expansion costs were capitalized during the year—costs related to architectural and engineering services and interest payments for the portion of the property that is under development. This is significant because, while these costs do not show up as expenses, their payment still drew on our cash reserves.

Despite this, the balance sheet shows our cash reserves remaining strong through the year. By June 30, 2009, 67 members had responded to our member loan campaign, with loans totaling \$346,500. (Today these numbers stand at 77 and \$458,000.) In addition, 37 members were able to increase their equity in-

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Membership Meeting

(continued from page 20)

vestment in the Co-op up to or beyond the \$400 cap, contributing over \$5,900. Both types of member investment help us with the expansion, by providing cash upfront where we need it and carrying lower interest rates than commercial loans.

Bylaw Changes Approved

Proposed changes to the Co-op’s by-laws were approved unanimously, changing the requirement that official notice of membership meetings must be mailed to members. This requirement had previously been met by placing notice of the meetings in the *Shuttle*, which had been mailed to all members. This past year, in an effort to increase circulation and improve on delays in the mail, the *Shuttle* was hand-delivered to single-family homes in 19119 and certain other areas (the *Shuttle* continues to be mailed to members outside of those areas or not accessible by hand delivery). The bylaw change was necessary so that Weavers Way could continue to use the *Shuttle* as a vehicle to give notice of membership meetings. Recognizing that some members, wishing to save trees, may prefer to receive notice via e-mail, the change also authorizes e-mail notice of

meetings to members who elect in writing to receive notice electronically.

WWCP Update

Weavers Way Farm Educator David Siller and Marketplace Coordinator Carly Chelder delivered an update on Weavers Way Community Programs (WWCP), accompanied by a PowerPoint display full of wonderful photos that vividly illustrated the positive impact of WWCP’s great programs.

The meeting concluded at 7:30 p.m., and was followed by another round of tours.



Dave Siller with Henry School children at the Thursday Marketplace.

Mill Creek Farm Fundraiser

by Jade Walker, Mill Creek Farm Co-Founder

ON SUNDAY, Dec. 6, 2009, 3-7 p.m., Mill Creek Farm will hold a fundraiser to celebrate their fourth growing season. The event will take place at The First Unitarian Church of Philadelphia, 2125 Chestnut St. in Philadelphia, and will feature light food, drinks, live music, silent auction, and a raffle. Support Mill Creek Farm’s efforts to improve local access to fresh produce, build a healthy community and environment, and promote a just and sustainable food system.

Learn more about their education programs, growing and distributing fresh produce, and demonstrating ecological technologies. Childcare will be available.

Tickets are \$25 and are available in advance on our website: www.millcreekurban-farm.org or at the door.

Schuylkill Center Art Show

by Lisa Sonneborn, Schuylkill Center for Environmental Education

ON DECEMBER 5, from 5– 7 p.m., The Schuylkill Center for Environmental Education will host a reception to mark the opening of “The Nest and Branch,” an art exhibition featuring artwork that explores the realities and mysteries of birds.

The nine artists represented in this exhibition have taken their inspiration from the Schuylkill Center’s 340 acres of woodlands, fields, streams and ponds, which serve as an oasis for birds in Philadelphia. The works in the exhibition use printmaking, drawing, painting, digital media, installation art, and book arts, to explore themes of migration, flocking, and nesting, as well as presenting imagery relating to endangered and extinct species.

The event will take place in The Gallery at the Center’s Main Education Building, 8480 Hagys Mill Road. The exhibit will be on view through April 3, 2010.

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For Holiday Shopping, Think Local Art + Peace + Pizza

by Gail Kotel, Northwest Art Collective member

THE NORTHWEST Art Collective (NAC) is at it again; this time with a special holiday show running from Nov. 29 through Jan 31. This group holiday art exhibit is a special cash and carry, with all work at \$199 or less. Artists Martha Knox, Gail Kotel, Melissa Haims, Sol Levy, Myke Simonian, Sherman Oberson, Dan Oliva, Judy Levy, Ellie Seif, Elfie Harris, Debs Bleicher, Barbara Rosin, Valerie Ena Swain, and Ricky Moses invite you to come together for the opening, in conjunction with First Friday on Dec. 4, from 6-9 p.m. at Earth Bread and Brewery, 7136 Germantown Ave, corner of Durham. Ten percent of all sales will go towards the Nonviolent Peaceforce; an unarmed, professional civilian peacekeeping force that is invited to work in conflict zones worldwide. Among other activities, it works with local groups to foster dialogue among parties in conflict, provide a proactive presence and safe spaces for civilians, and develop local capacity to prevent violence. This holiday, we encourage residents to visit Earth Bread and Brewery, and support both local arts and this unique peace organization.

This show continues an ongoing collaboration between Earth Bread and Brewery and NAC. ART+PEACE+PIZZA is open to the public Tuesday, Wednesday, Thursday, and Sunday, 4:30-midnight, and Friday and Saturday 4:30 p.m. - 1 a.m. In

collaboration with Mt Airy Decemberfest and the Buy Local initiative, your art purchases will count toward the \$250 needed in receipts to win your gift certificate.

In an effort to support local arts initiatives, NAC will also be participating in the first exhibition of the Mt. Airy Arts Garage, a newly formed group with space at Weavers Way’s building at 542 Carpenters Lane across from Weavers Way Food Cooperative, December 5 and 6 from 10 a.m. to 6 p.m. The Mt. Airy Art Garage show will continue for two consecutive weekends.

NAC is a group of over twenty painters, sculptors, printmakers, photographers and fiber artists in Philadelphia’s Northwest corridor of Germantown, Mt. Airy and Chestnut Hill. The members are professional artists who show independently and as a group throughout the region. Visit www.nacollective.com to see examples of their artwork.

The Northwest Artists Collective meets on a monthly basis to discuss local arts and projects to further their reach into the community through the arts. Any artist living and or working in Northwest Philadelphia is welcome. For more information, contact Melissa Mad-donni Haims at melissahaims@gmail.com or visit www.nacollective.com.

Events at Germantown Jewish Centre

Elana Shaw, Program Director, Germantown Jewish Centre

THE GERMANTOWN Jewish Centre has a lot going this December. All events take place at Germantown Jewish Centre, 400 W. Ellet St., in Mt. Airy.

People of the Book
Tues. Dec. 1, 7:15 p.m.
Germantown Jewish Centre’s book group meets monthly at Border’s in Chestnut Hill. The group reads fiction and nonfiction books of Jewish interest written mostly, but not solely, by Jewish writers and chosen by the group. This monthly event is FREE of charge.

Service of the Heart
Sat. Dec. 6, 10-11 a.m.
Join us at Germantown Jewish Centre for this monthly gathering (first Shabbat of each month)—a wordless service of niggunim (traditional tunes without words) and silence. Participants are welcome to attend just this service or then join one of our other Shabbat services.

Dr. Joel Schwartz, “The Stress Less Shrink”
Sun. Dec. 6, 10 a.m.
Join Germantown Jewish Centre’s Women’s Club and Hazak groups for this program that will help you laugh and smile more! Program includes continental breakfast.

Shabbat Morning Greatest Hits Learner’s Service
Sat. Dec. 12, 9 a.m.
Germantown Jewish Centre is now offering a monthly (second Shabbat of

the month) Learner’s Shabbat Morning Service.

Parshat HaShavua B’Ivrit
Sat. Dec. 12, 11 a.m.
A monthly one-hour discussion, in Hebrew, of the weekly parsha, led by a different volunteer each time. For more info and to RSVP contact program@germantownjewishcentre.org

GJC Celebrates! Hanukkah
Wed. Dec. 16, 6 p.m.
Celebrate Hanukkah with a latke dinner, activities for kids and adults and more! RSVPs necessary by Sun. Dec. 13, \$5 per person.

Red Cross Blood Drive
Sun. Dec. 20, 8:30 a.m. - 2:30 p.m.
At Germantown Jewish Centre, sponsored by the Men’s Club. Walk-ins welcome, but advance registration preferred.

For more information, visit www.germantownjewishcentre.org, or contact Elana Shaw at program@germantownjewishcentre.org or 215-844-1507 Ext 19.

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Historical Society of Pennsylvania Forms Young Friends Group

Inaugural event “Treasure Hunt” to be held December 3

by Lauri Cielo, Director of Programs and Communications, Historical Society of Pennsylvania

It’s a happy hour with a history lesson. The Historical Society of Pennsylvania will host a special event December 3, the first in a series of Young Friends events. At the “Treasure Hunt,” guests can socialize with friends and enjoy wine and cheese. They’ll also get a chance to see historic documents that are rarely shown to the public. The Young Friends group, aimed at those between the ages of 21 and 45, will host social events throughout the year that appeal to a younger crowd and make history fun and relevant today. This is a new outreach for the Historical Society, which traditionally has served an older audience with lectures and scholarly programs.

At the December 3 event, guests can view some of the “treasures” from the Historical Society’s collection, including the printer’s proof of the Declaration of Independence, handwritten drafts of the Constitution, and one of the first known maps of the City of Philadelphia. The

guests will search the documents to find hidden “clues” and prizes will be awarded. But the event is more than just old documents. Attendees will enjoy wine and hors d’oeuvres, compliments of TRIA, a popular restaurant located around the corner from the Historical Society of Pennsylvania.

The Historical Society is one of a growing number of arts and culture organizations in the city that is reaching out to a younger audience. Other organizations with Young Friends groups include the Philadelphia Museum of Art, the Penn Museum, and the African American Museum of Philadelphia.

In an effort to communicate to those in their 20s, 30s and 40s, the Historical Society has created a Facebook page, sends news via e-mail, and publishes several blogs. “Most members of the Historical Society of Pennsylvania are over the age of 50,” said Christi Balsamo, the society’s membership coordinator and orga-

nizer of the Young Friends event. “We are interested in getting a younger generation involved in the work we do.”

The Historical Society of Pennsylvania hopes to recruit new Young Friends members at the December 3 event. “We are looking for young people who share a common appreciation for history,” Balsamo said. “In addition, these events are a great place to network, meet new friends, and learn more about our city’s incredible history.”

Tickets to the “Treasure Hunt” will be \$5 in advance and \$10 at the door. Space is limited, and Balsamo expects a full house. “At this event, we will be bringing out the most significant documents from the Historical Society’s collection. How often do you get a chance to see George Washington’s diary and a copy of The Star-Spangled Banner? This is a unique opportunity for people to see these treasures up close, and we expect it will be a big draw,” she said.

For more information, contact the society’s Director of Programs and Communications, Lauri Cielo, at (215) 732-6200 ext. 233 or lcielo@hsp.org. Media is invited to attend the December 3 event.

EVENT DETAILS:

Young Friends Treasure Hunt

**5:30—7:30 p.m.,
Thursday, December 3**

Where:

Historical Society of Pennsylvania,
1300 Locust Street, Philadelphia

Cost:

\$5 in advance, \$10 at the door

RSVP:

Online at www.hsp.org or by phone
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More information:

E-mail youngfriends@hsp.org or call
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Call Kirsten with your
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FOW Rebuilding Trails to Devil’s Pool

by Denise Larrabee, Friends of the Wissahickon

THE SUSTAINABLE Trails Initiative (STI) is the most ambitious project in the history of the Friends of the Wissahickon (FOW). With a projected cost of \$10 million, STI will comprehensively rebuild the entire 50-mile natural surface trail system in Wissahickon Valley Park, making it a physically and socially sustainable system that works for all park users. This fall, FOW began work on trails leading to Devil’s Pool, in partnership with the Fairmount Park Commission and with support from the International Mountain Biking Association in the form of a trail specialist who is managing work at the site.

The Devil’s Pool project includes the lower trail between Valley Green Road and Livezey Lane, crossing at Devil’s Pool, along with a section of the upper trail from Livezey Lane to the switchback near Cresheim Creek. The lower trail is a pedestrian-only trail that is not open to equestrians or bikers, while the upper trail is open to all park users. To ensure the safety of park users, these trails will be closed from late August until mid-winter while trail work is being conducted.

“In recent years, FOW has seen a dramatic increase in visitor use of this beautiful natural area,” says FOW Executive Director Maura McCarthy. “The planned



This photo illustrates the Friends of the Wissahickon’s current trail work at Devil’s Pool. On the right is the old trail (marked by the hay bales) which sat in a flood plain. The new trail being constructed above the flood plain is on the left.

trail work will help to minimize the impact of this use and reclaim damaged habitat.”

This project will also include the removal of the footbridges at Devil’s Pool for safety reasons and the construction of steps that will blend in with the environ-

ment and lead park users around the pool. In addition, FOW will remove invasives along the trails, assess the habitat, and plant new native species in the area.

Author at East Falls Library



Eileen Flanagan

ON DECEMBER 2 at 7:30 p.m., East Falls author Eileen Flanagan will be speaking at the Falls of Schuylkill Library about her new book, *The Wisdom to Know the Difference: When to Make a Change—and When to Let Go*.

Filled with the compelling stories of people Eileen interviewed, the book explores how to apply the message of the Serenity Prayer, accepting the things we cannot change, and changing those we can. It has already received praise from authors such as the Dalai Lama, Phyllis Tickle, Brent Bill, and Karen Casey. You can read more at www.eileenflanagan.com.

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The program will skip January and resume in February.



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FOW Wins Grant to Improve Wissahickon Water

by Denise Larrabee, Friends of the Wissahickon

MERCK & Co., Inc. has awarded the Friends of the Wissahickon (FOW) \$780,656 for their Wissahickon Stormwater Mitigation and Sediment Reduction Project. This two-year project, in partnership with the Natural Resources staff of the Fairmount Park Commission (FPC), will reduce sediment and improve water quality, protect drinking water sources, and enhance the Wissahickon watershed habitat.

“These funds will go a long way toward mitigating one of the most severe impacts in the Wissahickon Creek—erosion and sedimentation,” says Maura McCarthy, FOW Executive Director. Erosion and sedimentation are listed among the most compromising factors of the lower Wissahickon watershed in the TMDL (Total Maximum Daily Load) report issued in 2003 by the U.S. Environmental Protection Agency.

This project will be undertaken in connection with the settlement of an enforcement action, United States & PADEP v. Defendant Merck & Co., Inc. In 2007,

the company agreed to a \$20 million settlement and to fund projects dealing with stream restoration, sediment reduction, habitat restoration, or wetlands restoration. Merck’s funding of the Wissahickon Stormwater Mitigation and Sediment Reduction Project will make a meaningful impact on sedimentation and water quality in a way that directly improves watershed habitat within the community most directly affected by the 2006 spill that resulted in the enforcement action.

The project will reclaim five severe erosion sites on the west side of the gorge in Wissahickon Valley Park. Oversight of the restoration will be shared by FOW and FPC’s Natural Resources staff. The five sites selected for remediation in this project include stormwater gullies and degraded trail corridors. All the sites in this project carry substantial stormwater volume and sedimentation into the Wissahickon Creek, damaging the riparian and upland habitats in the watershed.

The Friends of the Wissahickon, founded in 1924, is a non-profit organiza-

tion dedicated to maintaining the Wissahickon Valley. FOW works in partnership with the Fairmount Park Commission to restore historical structures throughout the park, eliminate invasive plant species, monitor watershed management issues, and restore trails throughout the park system with its Sustainable Trails Initiative. FOW’s work protects the Wissahickon watershed and preserves the natural and historical features of this spectacular urban wilderness for future generations. For more information, visit www.fow.org.

dlarrabee@verizon.net

Bali to Bala Craft Show

ARTIST LAURA Cohn is bringing Indonesia to the Philadelphia region with a ten-day show and sale of handcrafted imports from Indonesia and an exhibition of her own batik paintings. The show runs 11 a.m. to 6 p.m. from Nov. 27 through Dec. 6, 2009, at 376 Shurs Lane, in Manayunk. The opening night party is on Saturday, Nov. 28, from 6 - 8 p.m.. A portion of the show’s proceeds will be donated to support victims of the recent earthquake in Sumatra, Indonesia. For more information call Laura Cohn at 610-529-2083 or visit www.FromBalitoBala.com.



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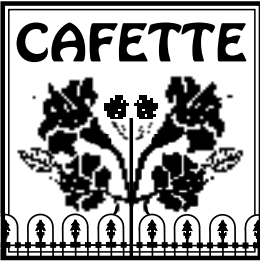


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Valley Green Bank, PHILADELPHIA READS Sponsor Holiday Book Drive

by Lesley Seitchik

IN THE holiday spirit, Valley Green Bank is partnering with Philadelphia READS to hold a local book drive from November 28—December 31. Philadelphia Reads, a citywide nonprofit agency, promotes children’s literacy and encourages families to donate new or gently used children’s books, preschool through 8th grade. The collected books will be distributed to Philadelphia teachers and community partners through the Philadelphia Reads Book Bank.

Two local bookstores, Big Blue Marble Bookstore in Mt. Airy and O’Doodles in Chestnut Hill, are cooperating in this effort, encouraging customers to buy books for this worthwhile initiative.

Bins to collect the books will be in Valley Green Bank’s two locations—7226 Germantown Avenue in Mt. Airy and 23 W. Highland Avenue in Chestnut Hill. Another bin will be located at Big Blue Marble Bookstore at 551 Carpenter Lane. Big Blue Marble will be offering a 10% discount on all books purchased and contributed in the store to this book drive.

Jay Goldstein, Valley Green Bank’s President and CEO, is so pleased to have the bank sponsor such an important initiative. “There is no better way to support our children than to encourage them to be avid, accomplished readers as reading is a key to pursuing a lifetime of learning.”

“We are so excited about this book drive and our partnership with Valley Green Bank” said Adrienne Jacoby,

Executive Director of Philadelphia Reads. “Through our Book Bank, we are distributing 1,500 books a week to schools and community organizations throughout the city. This holiday season, let’s make sure every child in Philadelphia gets to celebrate. With your support, we will raise a city of readers!”

Valley Green Bank is a locally-owned and operated Pennsylvania commercial bank. The Bank was formed by community and business leaders who make customer service a priority. The Bank offers a traditional mix of deposit accounts, including non-interest and interest-bearing

checking accounts, savings, money market and certificate of deposit accounts. It also offers customers individual retirement accounts. Valley Green Bank is a member of FDIC.

Philadelphia Reads works to strengthen the literacy skills of Philadelphia’s youngest and neediest school students by providing mentors, resources, and advocacy for in-school, after school and summer programs.

For more information about this Book Drive, please contact Valley Green Bank at 215-242-3550 or Philadelphia Reads at 215-851-1748.



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AT HOME BY STEVE POSES

A Caterer's Guide to Cooking & Entertaining


Booking Signing, Dec. 19 at the Co-op

Steve Poses will be at Weavers Way Dec. 19, the Saturday before Christmas, 11 a.m. to 2 p.m., signing his new book, **At Home by Steve Poses: A Caterer's Guide to Cooking & Entertaining**, the follow-up to Poses's much beloved Frog Commissary Cookbook, originally published in 1985 and still in print today.

At Home is sold exclusively through Poses's website—athomebysteveposes.com—and not available in bookstores, except for this special one-time event at Weavers Way.



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decemberfest

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Go to www.mtairydecemberfest.com for full details. Promotion runs from November 20th thru December 31st. *Limit 5 per household.









Suggestions

(continued from page 28)

cused on things that have survival value, like farming.

Suggestions & Responses:

- s:** “While in Seattle we had the opportunity to tour the factory of THEO chocolate and sample some of their products, roasted and made on site. They are organic, Fair Trade, and delicious. We particularly like the Orange Dark. Can we stock a few of their varieties? I prefer them to some of the brands we now carry. Well worth a try!”
- r:** (Chris) We’ll add the Orange Dark chocolate bar and see how they do, maybe add more if space and sales call for it. You can order full cases (12) of these chocolate bars, \$34.84 per case. (Norman) Incidentally, Theo’s claim to fame is they created their own factory and are the only organic, Fair Trade chocolate manufacturing company in the U.S. This allows them to ensure the entire process is in line with their standards for quality, environment, and social impact.
- s:** “Martha. The 1,000-piece puzzles look Terrific! I have to run home and start one right now.”
- r:** (Martha) So thrilled you like them. Your kudos go to Angela, our great toy purchaser. P.S. We like the puzzles, too.
- s:** “I am missing bean sprouts!”
- r:** (Jean) We stopped carrying mung bean sprouts when Sproutman stopped delivering, because they just didn’t hold up when they didn’t come directly to us from Sproutman. I miss them too. I recommend growing your own. It’s pretty easy, especially with the Bio-Sprouter we sell in the Produce Department.

- s:** “Please bring back the concentrated mushroom base Better Than Bouillon. It has great taste. Thanks.”
- r:** (Chris) Unfortunately, our suppliers are no longer carrying the mushroom base, even though they have the chicken, veg, etc. We’ll keep an eye out for another source.
- s:** “The prices on the bulk teas upstairs are really great. Thanks. Also, I suggest combining the Rooibus and the chai spices. It tastes great.
- r:** (Martha) Glad you’re so happy with the bulk teas we carry from Frontier Natural Products. Most of our bulk teas are organic and Fair Trade. Good combo suggestion.
- s:** “Is it possible to have the online work calendar e-mail a reminder when I have a shift coming up? Thanks.”
- r:** (Tanya) Yes, but not yet. It is a future goal of the system. Make sure your e-mail preferences says “Communications” or “Communications and Specials” so once we implement it you will be notified.
- s:** “The ‘Positively Green’ greeting cards are lovely! Looking forward to using many of them!”
- r:** (Chris) We’re glad you like them. Thanks for writing.
- s:** “Dear Weavers Way, if you could please begin to stock the Mexican Coke in the glass bottles that is made with cane sugar and not high fructose corn syrup, as well as Boylan’s products.”
- r:** (Chris) The drinks you’ve requested are available at our Ogontz location, but not at Carpenter Lane, due to space limitations. Please fill out a preorder slip, indicating how many bottles of each you’d like, and we’ll bring them to Carpenter Lane and set them aside for you. You’ll get a phone call when they arrive.

- s:** “Calkins Creamery Noble Road cheese is the best! More, more, more...”
- r:** (Margie) Thanks for the feedback! The farm doesn’t always have it in stock but I will try to have it here as much as possible. Their other cheeses are great, too.
- s:** “Love the tofu press! Rather pricey, but does a great job.”
- r:** (Martha) Glad you liked it! We’re happy to offer it @ less than the \$50 some stores charge.
- s:** It seems like the Culinary Crossings soups have a lot of corn/soy based additives (maltodextrin, HFC) and also other additives like carageenan. Any chance we can find an alternative that doesn’t rely on so many additives?”
- r:** (Margie) I have talked to Culinary Crossings about their ingredients and they said they would consider making changes but they haven’t yet. Their soups are very popular so I don’t want to stop selling them. We do offer many other soups with more natural ingredients.
- s:** “Organic grapefruit, please!”
- r:** (Jean) As soon as I can get them at a price Weavers Way members can afford (that is, under \$2 each), I’ll bring them in. Right now, even very small ones would have to be priced at more than \$2 each.
- s:** “Aged gouda-type cheese.”
- r:** (Margie) We often sell aged gouda types in the specialty case: Prima-Donna-aged, Old Amsterdam, Beemster. We did try aged Prima Donna as a regular stocked item but it didn’t sell fast enough to carry all the time.
- s:** “Please update the ‘apple chart’ that lists the flavor of each apple. Missing varieties include Elstar, Pinata, others...”

- r:** (Jean) Done. At least for the moment. Every time our growers suggest a new apple, it takes about an hour to research it, get the info I need for the apple chart, etc. etc.—fun work, but still. When I was a kid, there were maybe three apples at the supermarket—Red Delicious, Granny Smith, McIntosh. I like it this way a lot better, don’t you?
- s:** “I heard that at the new store, we will have both ready-made sandwiches like we have now, and also sandwiches that are made to order. I hope we will have a sandwich order system like Wawa, with a touchscreen display offering choices.”
- r:** Yes, we are investing thousands into a sandwich order system, for two important reasons. First, it is important for us to minimize human to human verbal communication. It’s too ‘Sixties,’ and we’re already too Sixties, with all the incense upstairs, and us wanting to grow our own vegetables and stuff. Second, we want to encourage the newly emerging tradition of having consuming food always being proceeded by people pushing a few buttons on networked computers accessing databases.
- Once upon a time, the tradition was saying grace before a meal; since we don’t have that, at least we have some form of common behavior preceding food consumption. We’re thinking people will just “tweet” their sandwich order in. However, to keep things streamlined, regardless of the order you “tweet,” you will get a sandwich consisting of manna on manna, which will taste just like whatever sandwich you tweeted. As far as we know, we will be the first to use this system. Also, to establish some lingo so we can communicate effectively, a “tweeted” order will be known as a “twort.” You will hear Deli staff say stuff like, “Who tworted salami with rice cheese on a gluten-free baguette”?

CO-OP
INFORMATION

Mt.Airy

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Wednesday, December 9th - 7PM

Blue Gold – World Water Wars

Based on the book Blue Gold: the Fight to Stop the Corporate Theft of the World’s Water.

In every corner of the globe, we are polluting, diverting, pumping, and wasting our limited supply of fresh water at an expedient level as population and technology grows. The rampant overdevelopment of agriculture, housing and industry increase the demands for fresh water well beyond the finite supply, resulting in the desertification of the earth.

For more information about the film: www.bluegold-worldwaterwars.com

Admission is free, though seating is limited to about 25 people. No standing allowed.

Films are shown monthly at the
LITTLE THEATRE IN THE VIDEO LIBRARY
7141 Germantown Avenue (near Durham St.)
215-247-3020 mtairyvideolibrary.com
For information and to make suggestions for future films,
replytofilms@weaversway.coop.





Suggestions

by Norman Weiss
Purchasing Manager

GREETINGS AND thanks for writing. As usual, suggestions and responses may have been edited for clarity, brevity, and/or comedy. I was wondering what to write about for this month’s intro paragraph, couldn’t think of anything compelling, but then today I had two phone incidents that I decided to use for inspiration. Incident one is we got some mispicks from one of our vendors (meaning we didn’t get the item we ordered), so I had to call in for credit. You might be surprised to learn that mispicks are so common our main vendor has seen fit to print their claims number on each invoice.

Anyway, when I called this vendor’s printed 800 number, I got connected to a recording saying “...meet girls anywhere in the U.S.A....” I double checked the number and had someone else call it too, and same result. So that was phone oddity #1. Then I had to call Verizon to see why a couple lines I cancelled back in September were still active. Calling Verizon is always a crap shoot; sometimes I’ve got-

ten really good service and sometimes it is a trip to the special Verizon “ring” of hell. My first call resulted in getting transferred to a different department, which promptly disconnected me. Second call got a person that told me Verizon did the exact reverse of what I wanted: the DSL line I didn’t want cancelled was cancelled and the two voice lines I wanted cancelled were still active. I told them this was odd since I knew the DSL line was still active, and in current use. They said they would transfer me to get it resolved, and the transfer resulted in another disconnect.

I figured I would call the DSL service number and ask what lines we had DSL on. They told me all three of our lines were still active, and that they saw my cancellation order of two months earlier and had no idea why it hadn’t been acted on. They also couldn’t offer more help, as the branch of Verizon that could answer that question was off for Veterans Day. Adding to the confusion was when I looked at our last bill, we were only getting billed for two lines.

I came away thinking that today I would be living in the Twilight Zone, and any odd thing could happen and I would consider it normal. Then I started thinking that maybe this is the beginning of the breakdown of society as we know it, if when infrastructure crumbles, this is what it will be like to get simple stuff done. Phone calls may or may not connect to whom you expect, trash may or may not get picked up, grocery stores may have food some days and not others, government services will be haphazard. Kind of like a Mad Max Beyond Thunderdome-type world. Some technology will work, some won’t, lots will be improvised. This is why I haven’t bothered with Facebook or Twitter; they will be frivolous in the Thunderdome world, when we’ll be fo-

(continued on page 27)

Halloween Fun at WW Ogontz



This past Halloween, Ogontz store manager Jason Price (center) hosted a Kids Fun Day at Weavers Way Ogontz, earning him the children’s’ respect, gratitude, and awkward stares.

Equal Exchange Fair Trade

December Coffees of the Month



French Roast reg. \$9.99, **sale \$7.99/lb.**

Cafe Peru Vienna Decaf reg. \$12.62, **sale \$11.61/lb.**

Tanzanian Jubilee reg. \$7.93, **sale \$6.43/lb.**
Drip ground full city roast



Welcome to Weavers Way Cooperative Association

Dear Neighbor,

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

Day	Date	Time	Location
Saturday	Dec. 19, 2009	10:30 a.m.	GU
Saturday	Jan. 9, 2010	10:30 a.m.	CA
Saturday	Jan. 16, 2010	10:30 a.m.	GU
Wednesday	Feb. 3, 2010	6:45 p.m.	GJC

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

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

Holiday 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	\$6.95/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 Monday before Christmas. One week’s notice is required, though we will try to accommodate last minute orders.

