

BOARD ELECTION NOTICE

We are seeking nominations for candidates for the Weavers Way Board of Directors. Elections will be held at the Weavers Way Co-op Spring General Membership Meeting Sunday, May 23, 2010

See page 24 for more information.



NOTARY PUBLIC

Notary services are available: 10 am - 2 pm Thursdays and Sundays Located in the finance office, on the 2nd floor of Carpenter Lane.

Please call David Shechtman at 215-843-2350 x111 to verify before coming. Cost is \$5 (for the usual service of verifying a signature), with a discount for members.

The Shuttle

February 2010 Vol. 39 No. 2

Serving the Co-op and the Northwest Community since 1973

Expansion Update

by Kim Spelman Hall, Chestnut Hill Store Manager

THINGS ARE moving along at our new location in Chestnut Hill. You would be surprised at all the tasks that need to happen behind the scenes. Since I started I have mainly been focusing on the progress of construction and equipment selection. After addressing some structural issues we are now starting to see some significant changes. Our projected opening has moved from last fall to late winter and now the spring. This has been disappointing, but (continued on page 8)

PA Fresh Food Financing Initiative Inspires Imitators

Growing Pennsylvania’s Fresh Food Financing Initiative by Jacqueline Boulden

LACK OF access to healthy foods in low-income areas has long been one of our most important public health issues. While much work remains to be done, in recent years, substantial progress has been made on that front, and much of it is due to Pennsylvania’s Fresh Food Financing Initiative (FFFI). The product of an effort led by State Rep. Dwight Evans five years ago, FFFI has had significant success in Pennsylvania, and is now being held up as a model for other state programs across the country and also for a national initiative to combat obesity and to create jobs. Last December, New York State Governor David Paterson announced the administrators for his state’s Food Market Revolving Loan Fund, based on the PA FFFI grant and loan program, and hearings were held in Congress to determine the need for establishing a National Fresh Food Financing Initiative. The goal of all these ini-



photo courtesy of The Reinvestment Fund

Representative Dwight Evans, Donna Gambrell, Director of the US Department of Treasury’s CDFI Fund and Jeremy Nowak celebrate the opening of the Fresh Grocer at Progress Plaza, which was made possible in part by the Fresh Food financing Initiative. (continued on page 6)

Art Installation Features Hope Garden at Stenton Farm

by Rachel Milenback, WWCP Executive Director

ON ONE of the coldest days in January, a group of artists from Washington D.C joined a few hearty Philadelphian’s to work on the prototype for a two-foot by two-foot raised bed on wheels. The design is important as the 20 raised beds will serve double duty—as part of an installation in an art exhibit at the Painted Bride and for gardening at the Hope Garden, a collaborative urban garden tended by WWCP at Mt. Airy Stenton Family Manor. The creative force behind *The Hunger Project* is visual artist J.J. McCracken. J.J. spent the summer of 2009 as Guest Artist-



Synda McCracken and Joe Hicks building prototype of raised garden beds for the Philadelphia Hunger Project installation In-Residence at The Clay Studio in the Old City neighborhood of Philadelphia, laying the foundation for this upcoming active installation. During that time she (continued on page 2)

The Future of WWEC’s #5 Plastics Collections

by Priscilla Becroft, Environment Committee

IT’S BEEN almost a year since the Weavers Way Environment Committee (WWEC) began monthly collections of #5 plastics, and so far we’ve boxed and mailed more than 1,000 lbs. of #5s to the Preserve Gimme 5 program’s collection site in Cortland, New York. Preserve will recycle these #5s into new products, thereby keeping them out of dumps and landfills. Heartfelt thanks to all the volunteers who have come out to help with the collections and to the more than 400 of you who have participated, not only by bringing in your clean and dry #5s but also by making cash donations large and small to offset the mailing costs! (Thus far the Committee has spent just under \$900 on mailing.) (continued on page 8)



Gimme 5 Plastics Recycling, at 542 Carpenter Lane

The Committee has also found a way to divert a large number of six-ounce and 32-ounce yogurt containers to a closer destination—TerraCycle in Trenton. Com-

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

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Editor’s Note



by Jonathan McGoran

WHILE THIS month’s *Shuttle* is a trim 24 pages, there’s still plenty of fodder for the type of snarky and puerile humor you’ve come to expect, if not actually enjoy, in this column. There is “Local Beer 101” (*Following on last month’s Parchment 101. Local Beer 101 was hugely popular when I was in college and it’s great to see it available as continuing ed.*); expansion (*According to Norman Weiss, the delay has something to do with being stuck in “phase 2,” which I think is denial, or maybe anger. Both probably. By now, the building is so gutted it’s hard to imagine where any more surprises would come from, but if we saw them coming, they wouldn’t be surprises, would they?*); and the future of our Gimme 5 program (*You might assume the next step would be Gimme 6, but you’d be wrong.*)

But we did have to leave some stuff out, like how the USDA is seeking comments on deregulating a new strain of genetically engineered (GE) corn from Syngenta. Deregulated GE crops can be planted anywhere, and once the pollen gets out, there is no getting it back, meaning nearby farmers could no longer say their product is GMO-free. Maybe more troublesome is the development of “Superweeds” (which might sound like a new Judd Apatow movie, but actually refers to weeds that have incorporated the properties of the GE crops). There is also the attitude of Syngenta CEO Michael Mack, who recently said organic food is the “productive equivalent of driving an SUV.” I doubted he drove a hybrid (unless it was a genetic hybrid), but maybe he had some horrendous gas-guzzling megahummer, and next to it, an SUV was positively benign. But he also said the whole planet switching to organic farming “would be an ecological disaster,” and that compared to pesticides and GE seeds, “organic food is not only not better for the planet. It is categorically worse.” Hmm.

The deadline for comments is March 15 (see www.weaversway.coop). I’m not saying oppose deregulation just because Mack seems like a jerk, but if you do leave a comment, why not make it a snarky one?

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



The Shuttle is printed on 100% recycled paper

Feeding Democracy While Serving Dinner

by Gina Giazsoni,

When grumblings of belly hunger become a chronic roar, a hamburger and a milkshake satisfy faster than a salad. Fast food industrial profits mushroom by relieving chronic hunger pangs with cheap fat and sugar. But a couple of months ago, members and staff from Weavers Way and leaders from Martin Luther King High School’s Seeds for Learning Farm met at Weavers Way Ogontz to form the Northwest Food Justice Alliance and find ways to make wholesome food more available as an alternative to fast food for hungry people.

The group is partnering with West Oak Lane Senior Center and Einstein Healthcare Network to plan a West Oak Lane Good Food Fest on February 20 (see the ad on page 10). The event will feature cooking demonstrations guided by senior citizens, who will pass their skills and cooking expertise to community members seeking community-led alternatives to fast food. Recognizing the influence that teens have among youngsters in the community, students who work at Seeds for Learning Farm will guide youngsters in preparing



photo by Jonathan McGoran

Helping to plan the West Oak Lane Food Justice Food Fest are (from left to right, rear) Sara Popkin, Anais Salles, Karl Ingraham, Armani Isaiah Gordon-Key, Albert Wheeler, Jared Shearer, Chris Bolden-Newsome. Front Row: Charlene Waller, Hannah Flipakoff, David Haughton, Laron Thompkins, Rachel Milenbach, and Jason Price.

wholesome snacks and planting seedlings for their homes.

When the group met, it identified chronic hunger as an injustice and looked to the burgeoning Food Justice Movement for solutions. Food Justice recognizes that hunger is profitable to those few who buy our politicians, but detrimental to the rest of us. Yum Brands Inc., parent of the Taco Bell, Pizza Hut and KFC, predicts \$1.54 billion dollars in profits this year. After saturating low-income neighborhoods across this country, they have begun gob-

bling poor people worldwide—expanding first to China and now to India. The hidden health cost to chronically hungry people is more than \$1 for a satisfying value meal. This is the food that eats people. Low-income people disproportionately suffer from diet-related diseases such as diabetes, resulting from obesity.

Though income is the widely accepted source of this disparity, Food Justice asserts that structural inequalities and power

(continued on page 8)

Art Installation

(continued from page 1)

visited local food-systems and hunger organizations in order to learn more about what we are doing in Philadelphia. In early August, JJ and I took the Weavers Way tour, driving from the Weavers Way Mt. Airy store on Carpenter Lane, to the farm at Awbury Arboretum, to the garden at Stenton Family Manor, to the Weavers Way store on Ogontz Avenue. By the time we landed at the Highpoint for tea and a snack, JJ’s vision for *the Hunger Project* was coming together. Without giving it all way, I can tell you that the project includes clay, performance art, growing plants, and of course, raised beds.

JJ will be back in Philadelphia from March 17-30, 2010 preparing the installation. WWCP would like to show our appreciation by helping to build the raised beds. So, if you have basic carpentry skills and want to earn cooperator hours by being part of this exciting project, e-mail me at wwcp@weaversway.coop The beds are being built at a warehouse in Kensington, about 25 minutes from the Mt. Airy store. The exact dates for bed-building have not yet been determined, so please let me know your availability, either with dates/times you can help, or whether you are more available on weekends or week days.

The project will be exhibited at The Painted Bride Art Center from March 31 to May 15, 2010 and directly responds to the issue of hunger in Philadelphia. It is one of 92 exhibitions that are part of the 44th Annual National Council on Education for the Ceramic Arts (NCECA) conference taking place in Philadelphia from March 31 – April 3, 2010. The Clay Studio is serving as the onsite liaison and organizing body of the exhibitions program.

According to the announcement of the show, McCracken’s other recent project-scale works probe interests in accumu-

lation, the ideal of perfection, and decay. Per installation, each project reflects observations on the passage of time, mass production, and consumption/consumerism. The artist often inserts repeated, cyclical human action into either highly sterile, factory-like production settings or arid, geologic landscapes to set the act of attempted preservation against struggle, loss, and ultimately, futility.

Calling attention to need as an under-discussed issue in society, *The Hunger Project* juxtaposes plenty with value, immediate gratification with sustainability. Here, focus shifts toward repair and tending as this new project develops in response to Philadelphia’s urban community.

McCracken is partnered with The Clay Studio, The Arlington Arts Center, The Painted Bride, and Weavers Way Community Programs for the execution of this project.

The installation will be active Thursday and Friday, April 1 and 2, and Friday, May 7, 2010. During a closing celebration on Saturday, May 15, all project proceeds, including a fully functioning community garden, will be gifted to Mt. Airy Stenton Family Manor, a homeless shelter in Northwest Philadelphia.

The closing ceremony will end with participants and audience members taking the raised beds out of the Painted Bride and into a truck waiting to take them to the Hope Garden. We will caravan back to Stenton Family Manor, and possibly have a brief ceremony there as well. More information will be available as we move closer to the event. If you are interested in attending on May 15 and helping move the beds to their permanent home, please e-mail me about that as well.

As Farmer Gina noted in her November 2009 Shuttle article about the Hope Garden, WWCP has created spaces which fulfill our vision of a “community where people have access to healthy food and lifestyles, and live in a healthful and sus-



photo by Rachel Milenbach

Witness to the Passing of the World by J.J. McCracken, 2008, clay, live model, drapery, eggshells

tainable environment.” The raised beds from JJ McCracken’s installation will help us fulfill one of our goals for the 2010 Hope Garden growing season. That goal is to include seniors living nearby in the shelter’s gardening and summer camp activities, and other folks who are unable to comfortably garden in the ground. The Hope Garden is all about growing and creating, good food and good community. I hope you can join us.

The Philadelphia Hunger Project *has been commissioned by The Clay Studio (Philadelphia, PA) and by New York art critic John Perreault with support for development and planning provided by the Philadelphia Exhibitions Initiative, a program of the Philadelphia Center for Arts and Heritage, funded by The Pew Charitable Trusts and administered by the University of the Arts.* The Philadelphia Hunger Project *is funded in part by the Harpo Foundation (Los Angeles, CA and Coconut Grove, FL) under the sponsorship of the Arlington Arts Center (Arlington, VA). Additional funding provided by the William Penn Foundation (Philadelphia, PA).*

Baker Street Regulars

by Rachel Brown, Bakery Buyer

A FEW days before Thanksgiving, I got a call from Jacqui Dimino, the account executive at Baker Street Bread Company, to tell me that the distributor usually delivering their bread to us had dropped them without warning. With the forthcoming opening of our Chestnut Hill location just up the block from Baker Street, we took this as an opportunity to re-establish a direct relationship. This seemed like particularly good timing when we were hit with the huge snowfall in the middle of December. One of our major deliveries was unable to make it all the way out, but Glenn was able to head over to Baker Street and pick out enough bread to keep the shelves well-stocked despite the weather.

During the brief lull between Thanksgiving and Christmas, Margie and I took a quick field trip to check out the full line of Baker Street offerings. From the front retail portion of the store it is possible to see through a gap between bread trays back into the production area, which underscored for me how these breads are truly a local product.

In addition to the Baker Street standbys of sesame honey, country Italian, and San Francisco sourdough, here are some of the new breads to keep an eye out for: the hearty whole wheat, the sweet and nutty multigrain loaf, and an old world rye bread made with whole and unprocessed flour, continuing in the Eastern European tradition. All three of these new breads are vegan.



photo by Margie Felton

On a visit to Baker Street Bakery in Chestnut Hill, Weavers Way bakery buyer Rachel Brown (center) met with account executive Jacqui Dimino and head baker Alberto Cervantes (l), who has been working with bread for 18 years, five of them at Baker Street.

A standout from the trip was a truly incredible rosemary Parmesan focaccia. This had made it onto the sandwich rotation and will be showing up a few days a week on the bread shelf as well.

I was expecting great things generally, but I must confess I was shocked when I tried the hoagie roll, which has incredible texture and flavor and is a vast improvement over the steak rolls we had been getting in to the store. I simply didn't know a hoagie roll could be this good. By the time this goes to press we will be stocking the Baker Street rolls in the bins by the side

door—I hope you agree with me that these rolls take your hoagie to the next level.

During February, Baker Street is making a chocolate cherry bread every Friday, Saturday, and Sunday. This seasonal loaf is a perfect way to celebrate on your own or with a sweetie on the 14th. We will be getting some loaves into the store and you also have the option of pre-ordering to be sure there is one set aside for you. Looking ahead, in March they will be baking Irish soda bread to add some flair to your St. Patrick's Day.

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For more info e-mail:
gbergman@weaversway.coop

February Hidden Treasure

A few years ago, the deli carried popular Marco Polo brand products such as Ajvar red pepper spreads. One Summer our distributor for these products mysteriously disappeared. We tried e-mails, faxes and phone calls, but we never heard from them again. In December, Marco Polo mild and hot red pepper spreads became available from different vendors. You may once again purchase Ajvar spreads at Weavers Way!



Look for these products near the deli meat case or ask at the deli counter.

Check Out Our

FEBRUARY MEMBER SPECIALS!

The deli cheese case now has a shelf reserved for monthly member-only specials. This area is located on the bottom shelf below the refrigerated salad dressings. In honor of Valentine's Day the specials for February include Red Waxed Prima Donna and Honey Goat Cheese. Members receive 10% off on these delicious cheeses.

Members also receive a year-round discount on Philly Fresh Pickles. Weavers Way owns the

pickles so we feel our members should always receive a lower price. The pickles are located on the same shelf as the monthly cheese deals.



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Managers Corner

by Glenn Bergman, Weavers Way General Manager

EXPANSION IS still the big story at Weavers Way, but you can read about that in the Expansion Update on page 1.

Working Members Unite

After months of talking, voting, and planning we moved forward on January 1st with the new program of a five percent discount for all working members. If you are a member who has been working at the Co-op you should see a five percent discount on your receipt. Please look for that and make sure that you are getting your discount. If you have decided not to work, a few have gone that way, you should not see this discount. If you are reading this and you are not a member yet of the Co-op you are welcome to shop and we hope you will join as a member and especially as a working member.

The new system is meant to make it more customer friendly. If at the end of your cycle you have not finished your hours you will not be considered a member in “bad standing,” but a member who is not working. Once you finish your hours your discount will kick in again.

Let me know how this is working for you. If you have any questions feel free to call your membership director, Kirsten, x 118.

Promotions

I am pleased to announce a few promotions because of the expansion. One of the important reasons for expanding was to give opportunities to staff currently at the Co-op and to hire more people from within Philadelphia, especially the Northwest section. I am pleased to announce that besides hiring Kim as the store manager, Rick Spalek is now the Mt Airy Store Manager. He has been the Operations Manager, but is now taking over all operations at the store. Rick has been with the Co-op for over 15 years and has done an outstanding job with staff development, logistics, and keeping the Co-op moving forward through the ups and downs of the economy. Rick previously worked at the Commissary Market. Rick lives in Germantown with his wife Olivia and son, Walker.

Bonnie Shuman, who has been the chef at Mt Airy, will be moving up to the kitchens at Chestnut Hill. Finally, after promising Bonnie and her staff a kitchen, with a stove and not a rice cooker, she will be able to really expand her wonderful repertoire of product. I know that at least one other staff member will be going up to Chestnut Hill from Mt Airy, but it is too early to announce.

In our membership department Kirsten Bernal has taken over as the membership relations manager. She is responsible to make sure that member’s status is correctly recorded in the membership data base, that members who work get their credit, that members who do not want to work are properly recorded, that members who leave and want their equity returned are handled quickly and professionally. Kirsten has been the Pet Store manager for a number of years and has done an outstanding job with customer service both in the pet store and assisting part time in the membership department.

One of the important behind the scene jobs that is necessary to run the stores efficiently and make sure prices are the same at all stores, one of the things we heard was important from our members, is mak-

ing sure that the point of service (POS) system is functioning correctly. Cat Niallon, has moved over to the POS position, along with Mo Speller. Cat hands over the flower position to Ginger Arthur who has done an outstanding job. Cat and Mo (sounds like a singing group or a private investigation group) along with Norman Weiss, have been working on the new price structure for the working member, member, and visitor program we started January 1. Not an easy job.

We will continue to announce the changes so you are informed and understand the new infrastructure. As the General Manager, it is often hard to not be involved in the day to day operations I am going to have to learn not to get in anyone’s way as we expand... Now that is hard.



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What the Board is Thinking

Cooperative Values Include Member Leadership

by Brian Forbes Maher is an At-Large Director

THE NEW year is now in full swing, giving us an opportunity to embrace new opportunities and revisit familiar traditions. At the Co-op, we have a chance to do both with our annual election of members to the Board of Directors. Each spring, the Weavers Way membership gathers as a community at the Spring General Membership Meeting to share food and stories, get first-hand updates on the state of the cooperative enterprise that brings us together, and hold elections. Nominations are being accepted through February 24.

The open elections are one of the practices that make Weavers Way more like a community and less like a grocery store. Life provides few opportunities to choose those who make decisions on our behalf. Workplaces, schools, and even families usually have a set power structure and force you to accept the authority of those placed above you. At the Co-op, authority is passed up, on a temporary basis, from the membership to one of our own, and it comes with the obligation to act in the best interests of the stores and the members.

Our elections are a ritual of renewal,

placing one third of the seats on the Board of Directors back into the hands of the member-owners, so that they may have a direct effect on the governance of the Co-op. Every member household has an opportunity to participate in one of two ways: run for a seat on the Board of Directors or vote by completing the ballot that is printed in the Shuttle. Exercising your right to choose your own leadership sends the message that you believe in the mission of Weavers Way and the potential of the cooperative model.

Some members feel strongly enough about these goals that they want to have a hand in shaping the way that they are achieved. If that is you, please nominate yourself to run for the board this spring. If you know members whom you think would make good directors, nudge them a little. Talk to them about why you want them to be your representatives, and ask them to nominate themselves. This issue of the *Shuttle* has a nomination form printed on page 24, and assistance is available if you have further questions.

Who can serve on the Board? Election to the board is open to all current

members of the Co-op, working and non-working, from any of the three stores. Directors are limited to two consecutive three-year terms. Following an absence from the board of one year, they can be re-elected. There is no compensation for Board service.

How much time does it take to serve on the Board of Directors? Members who wish to serve on the Weavers Way board should consider whether or not they have the necessary time to devote to it. There is one required board meeting every month. The meeting lasts two to three hours, plus the time required to review the materials before each meeting. In addition, directors are encouraged to share the governance workload by serving on one or more board committees, which are created as needed to complete the business of the board. That may mean an additional several hours of meetings per month. Finally, it is helpful if board members are available for interaction with other community organizations, regional co-ops, and the Weavers Way membership at planned events throughout the year.

What do directors do? The Weavers Way board uses the Policy Governance model to ensure that the board is focused on the mission and end goals of the Co-op. The board provides guidelines and monitors the performance of the General Manager in relation to achieving those goals, but does not have direct involvement in

the operation of the stores. That frees the board to concentrate on evaluating the Co-op's current performance, strategizing about improvements, and planning for the future. A more detailed explanation of how this is accomplished is available in the member area of www.weaversway.coop, as well as in the board policy manual, under "Key Co-op Documents."

If you want to know more about board service, elections, or the nomination process, please feel free to contact me or speak to any other current board member. Remember, it is your co-op and this is your yearly chance to help set the direction we take as we move closer to achieving our vision.

Brian Forbes Maher is an At-Large Director and the Chair of the Leadership Committee. He can be reached at: brianfmaher@gmail.com

WEAVERS WAY CHESS CLUB

Please Join Us —All levels welcome!

Mondays, 6:30 p.m. on the first floor of 555 Carpenter Lane.

For more information please contact the membership office 215-843-2350 ext. 119.



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Fresh Food Financing

(continued from page 1)

tiatives is twofold: to help bring fresh, competitively priced food to underserved urban and rural areas and to stimulate economic development.

“I’m very excited and grateful that the Pennsylvania initiative that started five years ago with a \$30 million investment of public funding is being used as a model for others,” said PA State Rep. Dwight Evans. Key to the state’s initiative was getting a commitment from The Reinvestment Fund (TRF) to raise three times the state amount in private and other resources. “That combination of private-public sector funding is critical,” Evans said.

The need for fresh food is also critical. According to Patricia Smith, Director of Special Initiatives for TRF, 23 million Americans are living in areas where they have limited access to fresh food at affordable prices. Eighteen million of those people are in low to moderate income communities.

TRF and another PA FFFI partner, The Food Trust, both of which are based

in Philadelphia, say this lack of healthy food choices has led to higher rates of diabetes and obesity, especially childhood obesity.

“A child growing up in a community surrounded by fast food and big stores with no local produce has few options,” said Miriam Manon, The Food Trust’s Supermarket Campaign Coordinator. “Efforts to educate (those children) about healthy nutrition make no difference if they don’t have access to it.”

Weavers Way Co-op is among the non-traditional food retailers that have benefitted from the PA FFFI. General manager Glenn Bergman says the Co-op received a small grant to make capital improvements to the building it rents for its store at the intersection of Ogontz Avenue, Walnut Lane and 72nd Ave.

U.S. Rep. Allyson Schwartz (PA-13th Congressional District), who was a Weaver’s Way Co-op member for 25 years said, “We need more community resources like a Weaver’s Way or a farmers’ market to provide fresh food to people who need it.”

Weavers Way and the Chester Community Grocery Co-op are the only Co-op’s to have participated in the PA initiative, however three farmers’ markets also received grant or loan assistance, including a small farmers’ market in Western Pennsylvania and the Central Market in Lancaster. Funding was provided to the Central Market, which calls itself the country’s oldest continually operating farmer’s market, to make renovations to the 120 year-old historic red brick building in downtown Lancaster.

According to TRF and the Food Trust, projects funded by the PA FFFI have included full-service supermarkets as large as 70,000 square feet and small neighborhood grocery stores of just 900 square feet. Since the PA FFFI began five years ago, the \$30 million dollars in state funding has been leveraged into \$115 million in matching private investments. That money has been used or is earmarked for loans and grants for 81 new or improved grocery stores to underserved communities, creating or retaining 4,800 jobs, and providing 400,000 residents with better access to healthy food. Those are the kinds of numbers that get the attention of legislators and policymakers in other states and in Washington, D.C.


“That’s really critical, especially for states, to be able to achieve multiple policy goals with one initiative,” said TFT’s Manon. “In this case it’s to address public health and economic development.”

The third nonprofit partner in the Pennsylvania initiative is the Greater Philadelphia Urban Affairs Coalition, which has worked with store developers and operators to provide jobs for women and minorities.

New York State has committed \$10 million dollars of seed money in the first year for its Food Market Revolving Loan Fund. The Low Income Investment Fund has been named as NY’s lead program administrator. The Reinvestment Fund is serving as the partnering program administrator, developing program guidelines, providing training, giving technical assistance, and conducting research. The agencies have made a commitment to New York State to leverage the state’s \$10-million dollars in a 2-1 ratio.

“Instead of pledging to raise 3-1 funds (as was done in Pennsylvania), we had to lower our expectations to 2-1 to take into account the economic environment,” said Smith.

(continued on page 7)




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Fresh Food Financing

(continued from page 6)

They face other economic challenges they didn't have five years ago. For example, Smith explained, in the PA FFFI, The Reinvestment Fund brought together six banks to create a \$40 million dollar loan pool to support supermarket development. The loan pool lowered banks' risks of lending money to people wanting to build or operate stores in lower income communities, giving banks more incentive to provide loans.

"Can we put together a \$40 million dollar pool in this economic environment as we did for the PA initiative five years ago?" Smith asked. "Probably not. Another challenge we face is that when we did the initiative in PA we worked with six banks. Two of those banks no longer exist due to the restructuring of the financial industry so we are feeling the effects of that restructuring and economic fallout."

The economic environment may also be a challenge for a National Fresh Food Financing Initiative.

"I have gotten a lot of recognition from members of Congress of the importance of this issue," said Representative Schwartz, "but there's been no commitment in terms of dollars." Schwartz introduced a bi-partisan resolution in the House of Representatives last December, calling on Congress to recognize the need for a national program that addresses the problem of limited access to healthy foods in underserved communities.

Members of the House Energy and Commerce Subcommittee on Health held a hearing December 16, 2009 titled, "Innovations in Addressing Childhood Obe-

sity." Among those testifying was Jeremy Nowak, President and CEO of The Reinvestment Fund, who told lawmakers, "While having a choice between healthy foods and unhealthy foods will not in and of itself solve the obesity problem, a lack of healthy food choices will certainly keep us from a solution ... A national fresh food financing initiative must be part of any effort to reduce childhood obesity."

Nowak testified that the U.S. Centers for Disease Control and Prevention, the National Conference of State Legislatures, Harvard's Kennedy School of Government, and the National Governors Association have all cited the PA FFFI as an innovative model. "A national program can build on the demonstrated successes of this program for the benefit of the nation as a whole," said Nowak.

Legislators and policymakers in other states and municipalities in addition to New York State are working to replicate the success of the PA Fresh Food Financing Initiative. In July 2009 in Illinois, lawmakers established the Illinois Fresh Food Fund with a \$10 million dollar investment aimed at increasing supermarkets in underserved areas.

A lack of affordable fresh, healthy food in New Orleans, a situation made worse by Hurricanes Katrina and Rita, prompted the City Council to establish the New Orleans Food Policy Advisory Committee in 2007 to study the problem. The committee's report, issued a year later, spelled out 10 recommendations to address the lack of fresh foods available to residents of the city. Number one on the

list of recommendations was to "Adopt fresh food retailing as a priority for comprehensive neighborhood development and direct the Office of Recovery and Development Administration to provide grants and loans to food retail projects located in target areas."

The report led to actions by both the City Council and the Louisiana legislature, creating programs to increase fresh food options in low and moderate income communities, with both governments modeling their programs on the PA FFFI. Louisiana established the Fresh Food Retailers Initiative program using \$7 million in federal recovery funds to provide forgivable and low-interest loans to supermarkets, grocery stores and other fresh food retailers targeting underserved neighborhoods in New Orleans.

In addition to those programs, New Jersey and Colorado are implementing or looking at establishing similar fresh food initiatives and The Food Trust plans to expand the campaign into eight more states over the next several years with a grant from the Robert Wood Johnson Foundation.

Meantime, the PA FFFI program is set to expire June, 30, 2010. The Reinvestment Fund will spend time over the next few months determining whether there is interest from PA lawmakers to continue the program or to expand in another direction, especially given the current economic climate. "TRF's success is rooted in a willingness to innovate; to work with or partners on promising new strategies to

For more information check out the following websites:



The Reinvestment Fund (www.trfund.com) creates wealth and opportunity for low-wealth people and places through the promotion of socially and environmentally responsible development.

The Food Trust (www.thefoodtrust.org) is a nonprofit organization working to ensure that everyone has access to affordable, nutritious food.

PolicyLink (www.policylink.org) is a national research and action institute advancing economic and social equity.

address unmet needs," said Smith. "We want to take what we have learned over the last five years and determine the next steps in developing sustainable agricultural solutions."

Nationally, TRF and The Food Trust are taking a more pro-active approach, with help from the organization PolicyLink, to lobby, advocate and educate members of Congress, the Obama administration and other policymakers about the health and economic necessity of making available competitively priced, fresh food to more Americans. As TRF's Jeremy Nowak told the Health Subcommittee, "At a time when we are rightly concerned about jobs and the rising cost of health care, a national fresh food financing initiative makes for good public policy. The use of Federal grants, loan guarantees, and tax credits ... can have a dramatic effect on American communities."

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Planning a Food Fest

(continued from page 2)

imbalances of our food systems underlie the racial inequities of hunger. According to The Food Trust, one in three poor adults in Philadelphia report fair or poor quality of groceries in their neighborhood. Only 11 percent of white adults report having fair or poor quality groceries, compared to 31 percent of African-American adults, 24 percent of Latinos and 15 percent of Asians. But broader than food security and public health, Food Justice regards class, race, and gender equity as core principles behind food access and linked to both environmental and health justice.

There is no magic pill, no single Food Justice Movement, no single leader or perfect organization that will rise to solve these problems. Instead, the answers sprout from the rich cultures and traditions that already exist in our communities. Recognizing this, the group advances Food Sovereignty, which challenges not only the corporate profit motives, but also the structural hierarchies, including an undemocratic government that has well-fed, wealthy leaders, legislating policies on behalf of hungry people.

Food Sovereignty is a burgeoning movement that seeks to transfer ownership of food production and distribution to those who are literally starved for lack of control. Food should be grown with the primary purpose of eating—not sold as a commodity. Processing of food should allow people to store it in their homes—not ship in trucks or boats, or store it in a warehouse or on a grocery shelf for years. Distribution should ensure that hungry

people get good food in their bellies. And the food that people consume should be connected to culture, to their grandparents’ food secrets and recipes.

Building a colorful and fragrant vision outside the industrial food system, Food Sovereignty challenges inequities that depress, sicken, and ultimately kill people and communities. More food is grown within regions and neighborhoods, reducing dependence on remote boardrooms. Seeds are saved to ensure vitality of small farms and biodiversity. Scraps are recycled to build soil for organic cropping. Farmers and farm workers are honored and rewarded for civilization’s most essential labor.

Collectively led and run by the communities it serves, Weavers Way Co-op, in each location—Mount Airy, West Oak Lane, and soon Chestnut Hill—can promote food justice and food sovereignty by member control of food distribution that recognizes the inequities of food injustice. The Diversity Committee can provide insight that will guide focus on food justice as it relates to each neighborhood. The Co-op’s non-profit, WWCP can promote food justice through its school marketplace program, and through the food it grows at community gardens such as Stenton Family Manor. And we will continue to promote food sovereignty through projects that support people’s control of food systems.

If you are interested in the Northwest Food Justice Alliance you can contact Gina Giazsoni at giazsoni@usa.net or 484-620-4000

Expansion Update

(continued from page 1)

we are taking an old building and getting it done right and making sure that we do not have to go back in and do any structural, water, or other major work to the building.

January was a big month for Domus and our architect getting through the structural issues that they found in November and December as they peeled back the building to the original levels. Domus found plenty of work that was done in a way that would be questionable today. One of the big issues was water coming in the building, so they have done a full waterproofing of the interior and exterior of the foundation, including an internal drain system if water does get through. A brand new concrete floor has been poured and the carpenters are framing the interior of the building this week.

On the personnel front, we hired Bonnie Shuman to be our Prepared Food and Deli Manager. Bonnie started as a member of the Weavers Way and has been employed at the Co-op for over seven years as our Prepared Foods Manager. She is extremely talented and creative, able to whip up the most delicious dishes all in a rice cooker. I can’t wait to see what she will be able to accomplish with a full kitchen. I am thrilled to have her expertise and am looking forward to working together to create an atmosphere that any foodie would love.

Over the next few months, we will get into the fun part of product selection. We’ll be keeping our Co-op favorites and sourcing out small and local vendors that can provide us with a unique array of items.

So thank you all for your support and enthusiasm for the new store. It is going to be a wonderful addition to the Chestnut Hill neighborhood!

Future of Gimme #5

(continued from page 1)

mittee member Helen Seitz, who regularly visits the Trenton area, has taken on the task of delivering the yogurt containers to TerraCycle, where they are painted or otherwise equipped for a new use, then sold. TerraCycle will be paying us five cents for each 32-ounce container and one cent for each six-ounce container. This income will go towards the mailing costs for the #5s that still must be mailed out of state.

Plans are to continue the collections as long as we have access to a space big enough for collecting, sorting, packing and storing. The garage at 542 Carpenter has worked out well but may not be available into the future. We’ll announce any location change when it develops.

In response to a number of requests for Sunday collection dates, we will also be adding several Sunday collections to the 2010 schedule.

Collection dates for February and March are:

February – Sat., February 20
March – Sat., March 20 & Sun. March 21

Last but not least: Please do not drop off your #5s at the store! On several occasions the second floor staff have found bags or boxes of #5 plastics left in their area. This clutters their tightly-packed space, where every free square inch is needed and used. And it leaves our already hard-working Co-op staffers having to deal with the situation! Instead, please save up your #5s until the next collection date.

For more information about the Gimme 5 recycling program or the Environment Committee, 215-242-4419 or e-mail weaverswayrecycling@yahoo.com



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Dinner and a Movie

In The Mood for Love at Dim Sum Garden

by Margie Felton, Deli Manager, and Joanna Poses

MARGIE BOUNDED into the coffee shop bursting with inspiration for our February column. She couldn't wait to share her discovery that Chinese New Year would fall on Valentine's Day this year. We could eat bonbons and watch Korean soap operas! Ever the curmudgeon, Joanna took a pin to Margie's heart-shaped balloon and pricked. She'd sign her name to no cutesy romance column.

After much negotiation, we reached a happy balance: a dumpy dumpling restaurant and a rhapsodic film about thwarted love. To throw Margie off her anti-Valentine's agenda, Joanna suggested they write about *In The Mood For Love*, a sumptuous film by the Hong Kong master, Wong Kar Wai. It sounded sufficiently romantic to Margie so she quickly agreed. We didn't have any particular restaurant in mind, but we headed to Chinatown with faith that our stomachs would show us the way. Sure enough, Margie remem-

bered the sublime dumplings her quirky boss once ran out of a meeting to buy. Dim Sum Garden, nestled between the Chinatown bus and the 11th St. Wawa is not much to look at, but it's a mouthful and a half.

In The Mood For Love is an incredibly romantic film in the most restrained way possible. A man becomes increasingly obsessed with his beautiful and enigmatic neighbor as they learn that their respective spouses



are overseas on monkey business. The neighbors grow closer as they imagine the origin and details of the affair. The film is more atmospheric than narrative so it is the pitch-perfect composition that lets you feel the characters' desperation so completely. The whole film is contained in the image of Maggie Cheung walking sadly down the neighborhood's dark alleys to fill her thermos with noodles for one.

In contrast, happiness abounds in Dim Sum Garden's soup-filled buns. Let us take a minute to say that eating the Shanghai buns is not an intuitive endeavor. It took a few messy attempts before we found the courage to pop whole over-stuffed dumplings into our mouths at one quick go. We found that it was better to be greedy than to squirt soup with our daintier attempts. The Siu Mai dumplings made the biggest impression. They are shaped like wheat sheaves and stuffed with pork-studded sticky rice. Drizzled with the subtly sweet dumpling sauce, they are nothing less than love steamed in dough. Joanna had come around on the idea of a Valentine's column, after all.

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The Simplicity Dividend

Moving Moments: Reflections on Downsizing

by Betsy Teutsch

DEAR READERS, by the time this month’s column is published, we will have moved from our home of 24 years to a smaller house in the neighborhood. Since I am not resistant to getting rid of things, and have done so consistently over the years (yay, NWPhillyFreeCycle!), this experience has given me added perspective on accumulating stuff. Our goal has been to not move items that provide no worthwhile function.

We first bid on the house in May but didn’t get final approval until November, so for the first five months I focused on items to pass along regardless of whether the deal went through or not. Once the sale became final, we began to dig deeper. I realized that all those items I had given away through Freecycle, sold on Ebay, or put out on the street in the past were just the ones that were in my face.

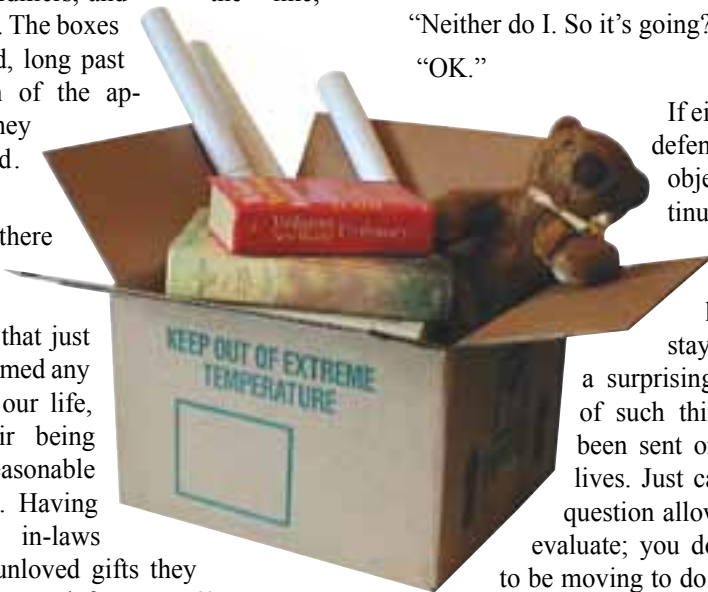
To reduce our possessions by 1/3 (the difference between our present and future

residence) required serious attention to spaces long ignored. One session focused on appliance boxes. Yes, being prudent, we saved many boxes from TV’s, computers, humidifiers, and the like, Just In Case. The boxes hung around, long past the lifespan of the appliances they transported. Easy call.

Then there were the endless array of gifts that just never performed any function in our life, despite their being perfectly reasonable and tasteful. Having helped my in-laws dispose of unloved gifts they had carted around for over 60 years, I

grabbed my chance. Many conversations went like this:

“Do you care about this?”
“No.”
“Neither do I. So it’s going?”
“OK.”



If either of us defended the object’s continued presence in our life, it stayed, but a surprising number of such things have been sent on to new lives. Just calling the question allowed us to evaluate; you don’t need to be moving to do this. Just focus your attention on objects

you have stopped noticing.

Then there was the mysterious accumulation of duplicate items. That dozen flashlight batteries which we don’t seem to need, having switched to solar—we must have bought new batteries every year our kids went to camp. We had no idea if they worked or not. It took a few minutes to check through the lot, and discovered that while one was dead, the others are functional. Keep. (For what?) We looked through our various storage areas and came up with five electronic appliance timers, four of which still work. We weeded out the dishtowels, tablecloths, napkins, artwork, pottery, placemats, cookbooks, et al. The amount of winter gear accumulated by a family of four is astounding—overflowing bins of mittens, gloves, mufflers, hoods, hats and

(continued on page 11)

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Moving Moments

(continued from page 10)

ear muffs, some over 50 years old. We all thought someone else in the family cared about them, so it took a round robin to pare it down.

Paperwork is a huge challenge. Financial advisors have very specific recommendations for saving records, and my husband likes his papers. Even within those parameters, we filled bin after bin with old periodicals (now online), shredded checks, statements from accounts and banks long ago closed, files untouched for decades, warranties from appliances long dead, and out-dated references. Given how much we recycled, it freaks me out to see how much paper we will still be moving.

Technological change allows guilt-free disposal/recycling of many obsolete items. Old computers (properly passed along or trashed), broken printers, and immense piles of cords and peripherals, now all replaced by cute little netbooks. That box of carefully filed, catalogued photo negatives? Now, of course, one simply scans photos to make copies, so it's history. The classical LP's went to a willing Freecycle taker; all the pop 60's and 70's albums went to The Hideaway in Chestnut Hill – twelve of these classics fetched @ \$1.00 and the balance went out on the street by the store. They assure me they put them out end of day Tuesday, in preparation for Wednesday trash day, and when they come in the next morning, all the records are gone. Chestnut Hill has

some serious vinyl scavenger elves.

This excavating, decision making, and execution are the time-consuming, labor intensive moving tasks. Without the looming deadline of a move, people rarely are motivated to go to this extreme, and I certainly can see why. The good news is all this has been accomplished with impunity. We never got to the bottom of the bath towel stack, never used those fancy tablecloths, and never needed the old computer parts.... Countless items carefully laid out on our street have found new owners. And instead of our present XL size 16-18 household, we will have reduced our material mass to fit into a trimmer size 12 house. Next move, we'll need to go for a size 4-6. But hopefully not for a good long while....

Betsy blogs at moneychangesthings.blogspot.com and teaches blogging for Mt. Airy Learning Tree (MALT).

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Mt. Airy Art Garage:
Moving Forward in 2010

by Linda Slodki, Cofounder, Mt. Airy Art Garage

Mt. Airy Art Garage launched our cooperative vision in December 2009 by providing opportunities for Northwest Philadelphia artists to exhibit and distribute their fine art and handcrafts at the Art Market at 542 W. Carpenter Lane. Neither snow, nor rain, nor lack of heat dampened the spirits of the artists, musicians, and participants. People brought food, laughter, warm welcomes, and good cheer. Artists felt camaraderie and shared in our vision for the future while shivering, just a little, in the present. We thank you all for your support, especially Weavers Way Food Co-op.

So, you may ask, what's next for the Mt. Airy Art Garage? We had hundreds of people pass through our doors, artists who participated in our efforts and came to our meetings, people who stopped in to show their support. We confirmed the need for a cooperative space where Northwest artists can: Create, exhibit, and distribute

their fine art and handcrafts; Educate and teach workshops to both adults and youth; Create an ongoing Art Market; and have a voice!

We recognized, appreciated, and respected the diversity of this unique section of Philadelphia. The message came back to us loud and clear—let's move forward!

We are now moving ahead to form a nonprofit artist cooperative, launch memberships, and begin our fundraising drives. Over the next several months our goal is to raise money and rent space, as we need, for upcoming events. We will be creating multiple layers of membership and reaching out to potential sponsors for donations.

Look for us on our website at www.mtairyartgarage.org or friend us on Facebook. Contact us to keep in the loop as we grow and develop.

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The Ongoing Crash Between Birds and Buildings

by Brenda Malinics, regular *Shuttle* contributor

EACH MIGRATING season, millions of birds die in cities by crashing into high-rise buildings on avian flyways, or preferred routes, making these paths a killing zone. These staggering numbers don't include the birds that crash into our homes, shopping centers, and office parks. Nothing in a bird's evolutionary past has prepared it for such face-to-glass encounters. Glass kills indiscriminately, taking both healthy and ailing birds in every season, every day and every night.

Daniel Klem, Jr., an ornithologist and conservation biology professor from Muhlenberg College, has spent his entire career studying bird collisions. He estimates that each year in the U.S. alone, at least a billion birds—roughly five percent of the migratory bird population—die from collisions with windows, making window crashes the second-largest man-made threat to birds after habitat loss.

This past spring, I helped facilitate and participated in a bird impact study on Temple University's main campus, in partnership with folks from Audubon, The Philadelphia Zoo, and The Academy of Natural Sciences. The purpose of the study was to assess how bad the problem might be at Temple University and to identify which buildings were the worst culprits. Keith Russell, my Audubon contact, had conducted a similar study this past spring in center city, targeting four of the largest buildings, including the new Comcast Building.

In the pre-dawn hours, volunteers equipped with bags and notepads walked

the same path along 12 building perimeters every day for four weeks. We'd look for dead or injured birds, then record the distance from the glass that the bird was found and the type of bird. We were to not only look under windows, but also in bushes, along sidewalks, etc. Any dead birds found were stored in a freezer and then transported to the Academy of Natural Sciences for scientific research. The 47 dead birds from 14 species did not reflect total numbers, because so many birds are taken by predators, swept into the trash or trapped out of sight and out of reach.

Some might wonder why birds venture into cities, but these urban stops are necessary for rest and refueling during their long journeys to wintering or to breeding grounds. Migrating birds fly at night and the bright lights of skyscrapers lure birds that are searching for navigational cues afforded by the moon and stars. These migrants find food and refuge in parks and planters. The enticing vegetation, coupled with bright lights and clear glass, comprise a treacherous obstacle course for even the hardest navigators. Those who land safely during the night face a deadly foe in the morning—glass and glare.

Glass is one of the most desired building materials because it is reflective and transparent. Ironically, that is also what makes it so lethal to birds. Glass is invisible to birds, which mistake the reflections for reality; they are enticed by the reflection of sky or foliage in the mirror-like panes. In the 1950s and 60s buildings were made from white brick, but today more and more buildings in avian airways are being made of solid glass. Glass, an indiscriminate killer, culls the healthiest

members of a population as well as the weakest. These deaths are made more tragic because in the spring the birds are the survivors who made it a thousand miles north, survived the journey, then hit a window and died.

There are ways to prevent or lessen bird strikes on buildings. There is a glass called "fritter" glass which contains tight patterns such as dots or other designs which are burned onto the pane in the manner of a silk screen. Those patterns create "visual noise" that break up glass transparency to alert birds of the barrier. Fritted patterns can block out rays of sun, thereby cutting down on cooling costs, however motivating the glass industry to make a product that would prevent bird strikes is difficult because there isn't much of a demand for it. Other simple and inexpensive ways are to draw blinds and/or to turn out lights. Some cities have started campaigns to turn out lights in buildings at night, not only saving birds, but valuable environmental resources.

Bird-window mishaps have long been overlooked, but in the past five years or so, environmental groups, city governments and some universities have begun seeking ways to prevent the crashes. Swarthmore



College installed frittered glass into one of their buildings that had been identified as a notorious bird killer, and it has saved the college twice the amount of the \$40,000 installation in cooling expenses, since fritter glass cuts down on sun glare. Goldman Sachs & Company recently built a high-rise in Jersey City which features fritter windows, faceted glass, and metal grillwork that breaks up the façade, making it more visible and hospitable to birds.

Architects play a critical part in helping migrating birds survive their long migration journeys. They can build green buildings, but if those green buildings are killing birds, are they really green? The City of Toronto, Chicago, and New York City Audubon has published bird-friendly building guidelines that they hope architects, developers, building owners and

(continued on page 17)

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Volunteers Welcomed for 2010 Chestnut Hill Book Fest

by Jonathan McGoran, Shuttle Editor

THE 2010 Chestnut Hill Book Festival is planning this year’s event which will be held on Saturday and Sunday July 10th and 11th. Due to the success of the book festival and community enthusiasm, the Steering Committee is accepting volunteers for the following committees: Sponsorship, Events, Marketing, Vendors, Authors, and Children. Bring your ideas and talents!

Last year’s inaugural event was a big success, featuring more than 70 locally and nationally recognized authors including: Buzz Bissinger, Friday Night Lights; Carmen Ferreiro, Two Moon Princess; Chrysa Smith, The Well Bred Book; Cordelia Biddle, Deception’s Daughter; Cynthia Reeves, Badlands; Dan




photo courtesy of Chestnut Hill Book Festival

The First Chestnut Hill Book Festival was a big success, featuring more than 70 authors with a Philadelphia connection and hundreds of readers

Rottenberg, Death of a Gunfighter; David Wiesner, Flotsam; Elijah Anderson, The Code of the Street; and many more!

For more information contact Kate O’Neill 215-247-6696 or koneill@chestnuthillpa.com.



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Cultivating Hope and Inspiring Activism

by Mordechai Liebling

DON'T WE all want to work for a world that is socially just, environmentally sustainable, and spiritually fulfilling? That is the purpose of the Awakening Dreamer Symposium developed by the Pachamama Alliance. Weavers Way and Neighborhood Interfaith Movement (NIM) are co-sponsoring this symposium on February 28 at First United Methodist Church of Germantown (FUMCOG) on 6001 Germantown Avenue. Registration is at 1:15 p.m. and the program begins at 1:30.

For many years I had read about the destruction of our environment and its

causes, and like many others felt either numbed or overwhelmed by the problems. Experiencing the symposium has allowed me to more deeply feel what is happening to our world, and has inspired me to act.

This symposium is an opportunity for each of us to understand what is happening and to consider how we can play a part in bringing about change. Participants explore how our culture contributes to these problems in a workshop that uses inspiring video, up-to-the-minute facts and dynamic group interaction. We'll hear from some of the world's leading experts on

topics as diverse as the current state of the Earth's biodiversity and issues of socioeconomic disparity throughout the world.

Although many of us might fear that we will feel overwhelmed by the immensity of the problems and challenges, in practice participants leave with a sense of commitment and possibility.

Developing a New Vision

By deeply delving into the interconnected roots of the problem, we encourage everyone to shift to a whole new frame of reference—to see new solutions, from clean tech and eco-arts to local food and green collar jobs. It's a transformative process that provides hope.

This is a unique opportunity to share your concerns about the state of the world

with like-minded members of our community, and offer support to each other in taking steps to effect the changes that you wish to see. There will be representatives of some local initiatives present.

Through this enquiry each individual will discover the unique stand that they wish to take for a more just, sustainable, and fulfilling world.

The Symposium will begin at 1:30 and continue through 5:30. A donation of \$10 is requested, if possible, to cover production costs and for refreshments. No one will be turned away.

To learn more about the symposium, and to register online, go to www.awakeningthedreamer.org. If you have questions, contact Mordechai Liebling, lieblingm@gmail.com; or Lynne Iser, lpiser@aol.com; both at 215.843.4933.



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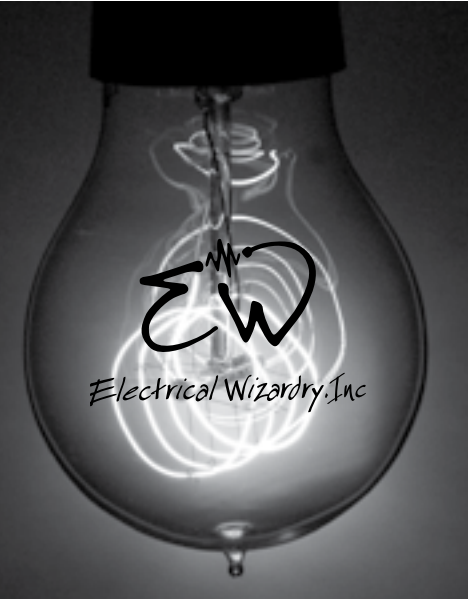
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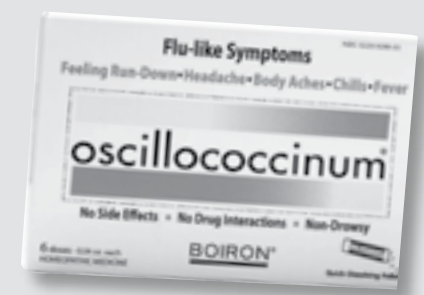
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Surfing the Age Wave

Are you a Denialist, Realist or Enthusiast?

Thoughts about Positive Aging, and, Generativity

THIS WAS the question posed by Dr. Bill Thomas, the keynote speaker at the Third Annual National Conference on Positive Aging. Bill is a geriatrician who has thankfully broken the mold on what it means to care for older people.

Denialists are those who refuse to believe that they are growing older and instead strive to keep the wrinkles at bay, work 60 hour days as they did when they were 30, and believe that 60 is the new 40 – or something like that. Realists believe that aging is a difficult road, full of diminishments, and they better prepare for the worst—as they buy their long term care insurance.

Neither of these two perspectives or the actions taken is misguided. It is important to be both realistic about aging and to deny the often negative stereotypes about growing older.

But at this conference, Dr. Thomas applauded those who were attending as being enthusiasts – people who positively embrace the aging experience and look

forward to the opportunities that come with added years.

Dr. Thomas was in good company. The other keynote topics included “Re-inventing Yourself in the Second Half of Life,” “Why Creativity Matters in Later Life,” and “Exploration of Brain Wellness.”

It was a gathering of “cultural creatives” seeking to redirect the aging experience in the direction that encourages exploration, engagement and meaning in the second half of life—rather than diminishment and fear of what might be. The attendees represent a small minority of the gerontological community, which is generally focused on how to fix and take care of those who are growing older.

I was surprised that I was not feeling as excited as I have in the past to be at this conference. Even the weather had not been as good as the last time.

On my last evening, after the conference was well over, I was talking with an old friend and I began to understand my

feelings. It struck me that although we had discussed Life Transitions, Creativity, Wellness and Community, the conference lacked an essential area that needed the attention of these innovative thinkers.

Generativity is Critical to Growing Older

A critical part of growing older is what Erik Erikson, the well-known developmental psychologist, called “generativity.” “A person does best at this time to put aside thoughts of death and balance its certainty with the only happiness that is lasting: to increase, by whatever is yours to give, the goodwill and higher order in your sector of the world”(Erikson, 1974).

I thoroughly agree with Erikson and believe that many of us in the second half of life are seeking a way to use our experience, skills, resources and wisdom to create a legacy – something we can feel good about leaving to this world. This is our urge to be generative – to generate something of value for future generations that comes from who we are in this life.

Older people have always had an important role in the life of a culture—as the wisdom keepers, the storytellers, the

ones who transmit the cultural mores and history to the younger generations. That might not feel exactly what we are meant to do in this 21st century—or perhaps it is—but many of us still feel that urge. To insure that future generations will be able to stand on our shoulders, just as we have stood on the shoulders of those who came before us.

What I now understand is how important this role is, and that even if we are denialists, realists or enthusiasts, we each seek to discover how we can leave a legacy—how to be generative in our older years, and how important it is for the professional community to recognize and explore this aspect of growing older.

So out of my unease with this conference has come a greater determination to explore and advocate for the importance of generativity as we grow older.

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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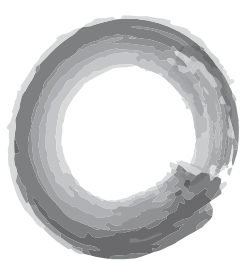
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Hidden Gems of African American Literature

by Mark Goodman

IN ANY canon of literature, some books and authors will shine brightly in the eyes of readers while other works and writers—which may be just as accomplished—lie under-appreciated in the shadows of the more popular luminaries. In the realm of African American literature, there are works that deserve to have some more light shone upon them.

Langston Hughes has gained literary immortality as a poet. However, he was also an exceptional memoirist and short story writer. His two-volume autobiography is quite engaging and historically significant. The first volume, *The Big Sea*, is better known and is often read in high schools. It is particularly important because it is one of the few books by a Harlem Renaissance author that actually discusses the writers and artists of that famous period in the 1920's and 1930's.

The second volume, *I Wonder As I Wander*, is less popular but more intriguing. Covering a period from 1929 to

1937, the book presents Hughes as a man conscious of the racial strife in the United States as he visits the Scottsboro Boys in prison to read his poetry to them. (The Scottsboro Boys were nine young black men falsely accused of raping two white women.) We also see the author as a politically aware world traveler, visiting Cuba, Haiti, Russia, Turkmenistan, Uzbekistan, Japan, and China. Included in his travels was a visit to Spain during the Spanish Civil War, where he was wounded by shrapnel.

His geographical adventures allowed him to meet writers, artists, photographers, and educators such as W. H. Auden, Pablo Neruda, Margaret Walker, Nicolas Guillen, Arthur Koestler, Diego Rivera, Henri Cartier-Bresson, Manuel Alvarez

Bravo, and Mary McLeod Bethune.

Hughes also wrote several collections of short stories featuring Jesse B. Semple, known as Simple. Simple, from his home base in a Harlem bar, waxes philosophic, to his friends and anyone else who will listen, on a wide range of subjects. In the book *The Return of Simple*, editor Akiba Sullivan Harper has arranged some of the stories from four of Hughes' "Simple" books as well as some stories that appeared only in Hughes' newspaper columns. The

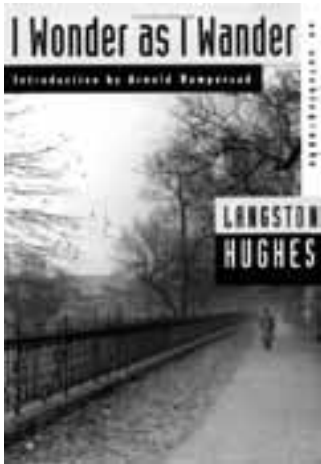
book has four sections: "Women in Simple's Life," "Race, Riots, Police, Prices, and Politics," "Africa and Black Pride," and "Parting Lines."

Ernest J. Gaines is best known for his novels *The Autobiography of Miss Jane*

Pittman and *A Lesson Before Dying*. In 2005, Gaines published *Mozart and Leadbelly*, a collection of essays, stories, and a transcript of an interview where he talks about his life as a writer. In one notable essay, "Writing A Lesson Before Dying," Gaines reveals how he gained information about life in jail from a southern sheriff and how he decided on the setting of the novel. In the essay "Mozart and Leadbelly," he notes how, as a writer, he finds African American culture as important and influential as European and white American culture.

When my son entered Saul High School in 2008, his summer reading was *Somewhere in the Darkness*, by Walter Dean Myers, a popular writer of young adult fiction. I liked the book, and when I saw a collection of Myers' poems, *Here in Harlem: Poems in Many Voices*, I bought it and read it. Inspired by Edgar Lee Masters' famous *Spoon River Anthol-*

(continued on page 17)



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African American Literature

(continued from page 16)

ogy, the book contains fictional characters from Harlem who tell about their slant of life in verse. From the words of Dennis Chapman (laborer), Etta Peabody (insurance adjuster), Delia Pierce (hairdresser), J. Milton Brooks (undertaker), William Riley Pitts (jazz artist), Dana Greene (education major), Effie Black (church organist), William Dandridge (mechanic), Mary Ann Robinson (nurse), Terry Smith (unemployed), Clara Brown (retired), and dozens of other Harlem residents, we get a feel for the diversity, energy, and the sense of community in Harlem. High school students, as well as adults, can enjoy these poetic vignettes from a Harlem native.

Germantown’s own Sonia Sanchez has been a prolific writer of socially conscious poetry.

One of her books, *Does Your House Have Lions?*, deals with the death of her brother from AIDS. The book contains seven-line rhymed stanzas (unusual for this more freewheeling poet), narrated primarily by “sister’s voice,” “brother’s voice,” “father’s voice,” and “ancestors’ voices.”

There is a sense of classical tragedy in the family members’ interactions with each other and in the weighty proclamations of the ancestral guardians of history.

Finally, *And Then We Heard the Thunder*, by John Oliver Killens, is a World War II classic that was out of print for a while, then reissued by Howard University Press. It’s the only novel about African American soldiers in WWII written by a black WWII veteran. The novel captures very well what black soldiers called “Double V”—the victory against the foreign enemy and the victory against racism here at home, and in the Armed Services. This book is a classic of WWII that deserves a spot on the same shelf as *From Here to Eternity*, *The Naked and the Dead*, *Slaughterhouse Five*, and *The Caine Mutiny*.

These are just a few of the books by African Americans that don’t get the attention that they deserve. If you search in bookstores and libraries and on-line, you will certainly discover more hidden gems waiting to be mined.

Birds and Buildings

(continued from page 12)

managers and even homeowners will adopt during new construction or renovations.

Don’t assume your home’s windows are safe just because you’ve never witnessed a bird strike. Look at your windows for telltale feathers stuck to the surface or powdery outline of wings, and take the precautions listed below to save a bird’s life.

Some things you can do at home to prevent bird strikes in your house include: 1. placing your bird feeders at an appropriate distance from windows. Dr. Klem’s research indicated that bird feeders are usually placed too close to windows. Anything placed within 30 feet are dangerous because this gives flushed birds enough distance to build momentum for a fatal crash. 2. Apply stickers, decals or paint dots, but unless the images are placed two to four inches apart and cover most of the window, you are wasting your money. A new product called WindowAlert (www.windowalert.com) provides static backing

decals that effectively break up the large, reflective surface with a frosted-glass effect. 4. One-way surface film. Glass’s reflective nature can also be blocked with a one-way surface film, which masks the exterior with a solid silver-gray color that’s transparent from inside. 5. Place bird screens on problem windows. The screen provides a visual barrier and if birds do hit them, they bounce off unhurt. The Narvon, PA company Bird Screen (www.birdscreen.com) sells detachable, adjustable screens. 6. Mesh netting. Windows can also be fitted with mesh fruit netting that is available at most garden shops.

If a bird crashes into your window and does not immediately fly away, allow it no more than 15 minutes on the ground to recover and fly away. If the bird does not fly away, it likely has sustained injuries and needs medical attention. Contact White Flicker Rehab in Ambler, which only works with birds, at 215-643-1263 or the Schuylkill Wildlife Rehabilitation Center at 215-482-8217.

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Free Tax Filing Sites Open in Philly

by Vivian Ng, Greater Philadelphia Urban Affairs Coalition

DON'T BE fooled at tax time! Get your taxes done by certified community volunteers, trained to help you receive your full credits and refunds—fast and free.

From January 25 through April 15, 2010, eleven free tax sites will be open throughout Philadelphia, offering e-filing, direct deposit, FAFSA (Free Application for Federal Student Aid) completion and fairly-priced financial products to help you save money. The sites are managed by The Campaign for Working Families.

The locations of the Campaign's free tax preparation sites are available on the website www.phillyfreetaxes.org.

Free tax preparation services are available to families who earned less than \$50,000 in 2009 or if you are single with an income under \$25,000. You may qualify for a tax refund of up to \$5,000.

Jean Hunt, executive director of The Campaign for Working Families, says "We can put money in your pocket. In addition to filing your taxes, we can help you put some money aside in savings bonds or certificates of deposit, get a low-fee prepaid debit card and open a checking or savings account. We also do financial student aid applications. All of our services are designed to help working people improve their finances."

The Campaign for Working Families operates free tax sites throughout Philadelphia and connects individuals to the federal Earned Income Tax Credit (EITC), PA Tax Forgiveness, other tax credits, public benefits, and asset-building resources. Over the past seven years, the Campaign has brought \$124 million directly into the homes of low-income working families. For more information, visit www.phillyfreetaxes.org.

Chestnut Hill Garden Home and Festival Seeks Green Vendors

by Peggy Miller, Chestnut Hill Business Association

THE CHESTNUT Hill Business Association is gearing up for its 14th Annual Chestnut Hill Home and Garden Festival scheduled for Sunday, May 2, 2010 and is soliciting vendors for the event. Businesses wishing to participate as vendors should have products geared to the home or garden. In addition, a select number of artists and/or crafters will also be selected to exhibit at the event.

Last year, there were over 150 vendors and thousands in attendance at the festival, which takes place along Germantown Ave. between Rex Ave. and Willow Grove Ave., including the stretch of Germantown Ave. in front of Weavers Way's new store at 8418 Germantown.

This year, there will be an expanded "Eco-Alley" at the festival featuring vendors that specialize in environmentally friendly or sustainable products. Businesses that wish to take part in the festival can download an application from the Chestnut Hill website at www.chestnut-hillpa.com or call the Business Association office at 215-247-6696.

The Chestnut Hill Home and Garden Festival attracts thousands of visitors each year and is eagerly anticipated by residents and visitors alike. This event is free and open to the public event, and so is parking at any one of Chestnut Hill's nine parking lots.

Local Beer 101 at Trolley Car Diner

by Jonathan McGoran, Shuttle Editor

ON THURSDAY, February 18, Trolley Car Diner & Deli and Mt. Airy Learning Tree will offer a class that is fun and informative—and refreshing and delicious. From 7-9 p.m., author and professor Lynn Hoffman will be teaching Local Brewery 101 at Mt. Airy's Trolley Car Diner & Deli.

Hoffman has written restaurant reviews and wine criticism for *Philadelphia Weekly* and for *Philadelphia Magazine*. He is the author of *Good Food* and *The Beer Book* and recently released a new book, *The Short Course in Beer*.

"Tasting beer is a serious business but not a solemn one," says Hoffman. "You're allowed to have fun. My experience tells me that tasting is mostly a matter of paying attention and practicing. When you learn which food and beer combination delights you, you're on your way to a new level of pleasure."

Accompanying the beer selections will be a sampling of dishes from Trolley Car Diner & Deli's award-winning chef,

Dwight Forrest. Cost for the class is \$24 for tuition, \$15 for materials (i.e. beer), and a \$5 registration fee.

"We now offer more than 135 beers at the Diner and will be increasing that number to over 200 by the end of the winter. These classes are the perfect way to learn more about interesting beers and specifically, our selection," says Ken Weinstein owner of Trolley Car Diner & Deli. "It's a win-win for class participants who want to purchase their favorite beers from the class to take home and enjoy!"

To enroll in Local Brewery 101, please contact Mount Airy Learning Tree at 215-843-6333 or visit www.mtairylearningtree.org.

The courses will be held at Trolley Car Diner & Deli, located at 7619 Germantown Avenue in Mt. Airy. For more information about Trolley Car Diner & Deli please call 215-753-1500 or visit www.trolleycardiner.com.

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Valley Green Bank Expands, Adds Key Commercial Team

by Jonathan McGoran, Shuttle Editor

VALLEY GREEN Bank recently announced a significant expansion, with the opening of a new division, called the Delaware Valley Region, and the addition of local banking executive Bob Marino, who will become the president of the new division. Joining Marino are four former executives and two administrators from National Penn Bank. This new division of Valley Green Bank will operate from an office in Radnor. In addition to serving as president of the Delaware Valley Region division, Marino was elected to the board of directors of Valley Green Bank.

Despite the tumultuous year for the banking industry, Valley Green Bank ended 2009 profitable. Marino and his team, who are investing in additional stock in the already well-capitalized institution, will leverage their relationships with former and prospective customers to help Valley Green Bank expand on its growing loan and deposit portfolios.

“What made Valley Green Bank so attractive to me was its ability to provide credit to high-quality borrowers, a problem for larger regional and national banks hampered by significant losses from failed investments and troubled loan portfolios,” remarked Marino. “My team and

I are looking forward to offering Valley Green Bank’s high level of performance to customers across the region.”

Marino comes to Valley Green Bank after serving as president of National Penn Bank’s southern region since 2006. During his tenure, Marino led a team that was responsible for managing 25 branches, three commercial loan centers, 200 employees and \$1.4 billion in deposits in Philadelphia, Montgomery, Delaware and Chester Counties.

“We are thrilled to welcome Bob Marino and his team to Valley Green Bank,” said Jay Goldstein, president and CEO of Valley Green Bank. “Our success navigating through industry-wide challenges in 2009 allowed us to take advantage of this unique opportunity to build on our strengths. As we become more successful, that success will have an impact on the community at large.”

Marino, a board member of the Chestnut Hill based non-profit Need in Deed, echoes Goldstein’s community spirit. “I am proud to be part of an organization that supports the community in such a positive way.”

Valley Green Bank is a member of FDIC.

Women’s Retreat Highlights Creation and Creativity

by John Kahler, Director of Communications, Lutheran Theological Seminary at Philadelphia

THE FOURTH annual Rest, Refreshment and Renewal: A Retreat for Women is scheduled for Saturday, February 6, 2010, 9 am - 3:30 pm at The Lutheran Theological Seminary at Philadelphia. This year’s theme is “Creation and Creativity” and the day will allow participants to explore the meaning of creation and creativity in their lives. The seminary is located at 7301 Germantown Avenue in the Mt. Airy section of Philadelphia. The event is open to all women.

Highlights include Artist-in-Residence Nancy Katz, who will join the participants to create a painting reflecting the theme, and a Creation/Creativity Gallery where participants can display their own creations. Participants will join in gatherings on a number of subjects, have holy time to rest, pray or walk the seminary labyrinth, and be able to join in fellowship with other participants.

Take this opportunity to give a gift to yourself, and to share the day with your friends and neighbors!

More information including a schedule for the day and registration can be found online: www.Ltsp.edu/restrefresh.

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Events and Classes at Unitarian Society of Germantown

by Edna Jones

Adult Spiritual Development Courses

New courses are being offered this Winter and Spring at the Unitarian Society of Germantown, 6511 Lincoln Drive in West Mt. Airy. Each course offers new insights into spiritual and emotional development. For more information or questions, contact the church office at 215-844-1157 or usguu@verizon.net. Childcare is available. Parking in rear of church off Johnson Street. ALL ARE WELCOME.

Starting in February, Seeing is Achieving: Using Visualization to Reach Your Life Goals.

The Four Noble Truths (an introduction to Buddhism) starts in March.

There are two offerings in April: Introduction to a Course in Miracles and Introducing Islam. Rounding out the curricula is UU 101: An Introduction to Unitarian Universalism, offered on the second Sunday of each month at 9:30 a.m.

Earth-Honoring Traditions

Imbolc celebrates the first signs of life that break through the winter frost. It is a time for nurturing the flame that will bring change and fulfillment to our lives. Join the Earth Honoring Group at the Unitarian Society of Germantown, 6511 Lincoln Drive in West Mt. Airy as it combines its monthly Journey Circle with an Imbolc Celebration on Monday, Feb. 1, in the Sullivan Chapel. The Journey Circle explores the spirit world and begins at 7:00 p.m. The Imbolc Celebration starts at 8:30 and ends at 9:00. Childcare is available.

Unitarian Universalism 101

A one-hour introduction to Unitarian Universalism for visitors and new members is held on the second Sunday of each month at 9:30 a.m. in the Daskam Room (2nd floor) at the Unitarian Society of Germantown, 6511 Lincoln Drive in W. Mt. Airy. The next session will be Sunday, Feb. 14.

Childcare is provided. If you wish to attend, please RSVP by Friday, Feb. 12.

Meditation Circle

The Meditation Circle is for anyone interested in meditation—novice or experienced. If you’ve thought about learning to meditate, or if you’d like to meditate with a group, please join us. We meet at 9:30 a.m. on the second Sunday of the month in the Austin Youth Lodge, the carriage house behind the Unitarian Society of Germantown, 6511 Lincoln Drive in West Mt. Airy. Our next meeting will be Sunday, Feb. 14.

Womenspirit Song Circle

The Womenspirit Song Circle meets in the Sanctuary at 7:30 p.m. on the second Monday of the month. The next meeting will be Feb. 8. The theme will be “Remembrance of Things Past.” Refreshments and song sheets provided. If you plan to attend, please contact the church office to RSVP at usguu@verizon.net or 215-844-1157. Unitarian Society of Ger-

mantown, 6511 Lincoln Drive in West Mt. Airy.

Men’s Group

The Men’s Group at the Unitarian Society of Germantown, 6511 Lincoln Drive in W. Mt. Airy meets on the third Tuesday of each month at 7:30 p.m. in the Committee Room to discuss a specific topic. The next meeting will be Tuesday, Feb. 16.

Buddhist Meditation

Buddhist Meditation is held on the fourth Sunday of the month, at 9:00 a.m. in Austin Youth Lodge, the carriage house in the parking lot behind the Unitarian Society of Germantown, 6511 Lincoln Drive in W. Mt. Airy. The next session is Sunday, Feb. 28.

For more information about these events, call 215-844-1157 or e-mail usguu@verizon.net. Parking in rear of church off Johnson Street.

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Papercutting: Making Valentine Cards

Papercutting is an ancient art dating back to the creation of paper during the 1st century in China. Since that time, artisans have used paper, scissors and knives to create objects both ornamental and functional. Perhaps you made a snowflake in grade school or have seen silhouettes. These are forms of papercutting. In this workshop, you will create a papercut card.

Bring a #11 x-acto knife and a cutting mat, if you have. There is an additional material fee of \$5.00

Mindy Shapiro was first introduced to the folk art of papercutting at KlezKamp, a Yiddish folk camp, during the winter of 1995. She credits her immediate passion for this art form to her only art training which was as a leather craftsperson at Camp Louise. Mindy’s groundbreaking creativity, intricate designs, and use of color, combined with her wide-ranging Jewish knowledge, distinguish her as an artist. Her original designs are sketched by hand and cut with a knife. Prior to becoming an artist, Mindy worked full time in Jewish education.

Tuesday, February 9
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La Salle University Art Museum Hosts Charles Willson Peale Exhibition

by Carmen Vendelin, Assistant Curator of Art, La Salle University Art Museum

LA SALLE University Art Museum is hosting the exhibition Charles Willson Peale and his Family at Belfield from March 1 – April 30, 2010, as part of the university’s celebration of the bicentennial of Charles Willson Peale’s purchase of Belfield Farm. From 1810-1821 the famous American painter lived and worked at the farm, which has been the office of the University’s President since 1984.

Featuring artworks by Charles Willson Peale and the most prominent artists in his family, including his brother James; his children Rembrandt, Titian, Rubens and Raphaelle; his niece Sarah Miriam; and his granddaughter, Mary Jane, the exhibition draws attention not only to Belfield, an important, but little-known historic site in Philadelphia, but also to Peale’s varied pursuits, examining the degree to which these interests affected and shaped those of his offspring.

The Museum is drawing its loans primarily from local institutions, including

the Germantown Philosophical Society, the Pennsylvania Academy of Fine Arts, the American Philosophical Society, the Berman Museum at Ursinus College, as well as a number of private collectors. These loans will be supplemented with works from the Museum’s own permanent collection, including Charles Willson Peale’s portrait of David Gelston, Rembrandt Peale’s Self-Portrait, James Peale’s portrait of Emily Ann Rush, and a charming still life drawing by Charles Willson’s granddaughter, Mary Jane Peale. The exhibition will highlight the enormous strength and diversity of works by Peale and his family in Philadelphia collections.

The Museum has invited two well-known speakers to present lectures in conjunction with the show, including Carol E. Soltis and Robert McCracken Peck. Dr. Soltis, Project Associate Curator for the Peale Collection Catalogue at the Philadelphia Museum of Art, will give the inaugural lecture on March 2nd.

Soltis is a Peale expert and is currently working on a book on the combined Philadelphia Museum of Art and McNeil Collections (Promised Gift to PMA) of works by the Peale Family. Her lecture, “To ‘breathe a purer air’: Charles Willson Peale’s Belfield years, 1810-1821” will focus on the style of the artwork created by the Peales c. 1810-1826. On April 8, Robert McCracken Peck, Senior Fellow at the Academy of Natural Sciences will present “Ordering the Cosmos: Charles Wilson Peale and the Philadelphia Museum.” This lecture will give the audience a better understanding of Peale’s objectives for his museum and also will focus on Charles Willson and his sons as naturalists.

The La Salle University Art Museum is located on the lower level of Olney Hall on the campus of La Salle University at 19th St. and Olney Ave. Hours are 10 a.m. to 4 p.m., Monday through Friday. The museum is open most Sundays from 2-4PM during the Spring Semester. Admission is free, though donations are accepted. Classes and group visits by appointment. Special tours can be arranged. For further information call 215-951-1221 or visit our website at www.lasalle.edu/museum.

La Salle University Art Museum and Historic Germantown Preserved present the exhibition **Charles Willson Peale and his Family at Belfield**
March 1 – April 30
Opening reception March 2
5-7 PM, \$25 per person

FREE PROGRAMMING:

“To ‘breathe a purer air’: Charles Willson Peale’s Belfield years, 1810-1821”
March 2, 3:30 PM
inaugural lecture by Carol E. Soltis, Project Associate Curator for the Peale Collection Catalogue at the Philadelphia Museum of Art

“Ordering the Cosmos: Charles Wilson Peale and the Philadelphia Museum”
April 8, 12:30 PM
Robert McCracken Peck, Senior Fellow at the Academy of Natural Sciences will present “Ordering the Cosmos: Charles Wilson Peale and the Philadelphia Museum.” This lecture will give the audience a better understanding of Peale’s objectives for his museum and also will focus on Charles Willson and his sons as naturalists

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L • E • T • T • E • R • S

Praise for the sandwich designer

I have YET to taste one that is less than stellar! Today's was London broil, lettuce, onion, prov., and horseradish.

AWESOME!


And I love the "half" option: just the right amount to be filling.

Susan Ciccantelli

To all staff at Weavers Way,

Thank you for working so hard and so well during the month-long holiday season, stocking shelves, attending to special orders, and shoppers in a rush, and for having time for friendly chats in the mix of it all. I appreciate our store a lot. I know your hard work helps create our fine community. Thanks again,

Linda Schatz



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Weavers Way frequently needs help with various skilled computer and web-related tasks. If you have computer programming skills, especially in Linux, 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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Mardi Gras Food and Photos at Geechee Girl Rice Café

by Jonathan McGoran, Shuttle Editor

AS PART of a Mardi Gras celebration, Geechee Girl Rice Café will be hosting an exhibit of photographs of Carnival in Trinidad by Stephanie Zukerman and Gail Zukerman Roberts throughout the month of February. From February 12 to 16, Geechee Girl goes Creole with favorite Mardi Gras and Carnival recipes.

With a menu that builds upon traditional southern rice delicacies with Chinese, Thai and other world influences, chef Valerie Erwin and Geechee Girl Café have won plenty of praise since Geechee Girl Rice Café opened in Germantown in 2003 and then moved to its current home on Germantown Ave. at Carpenter Lane.

In recent years, Geechee Girl was included in *Philadelphia Weekly's* ten "Perfect Ten" restaurants and was named one of the regions best meals for under \$50 (for two people) by *Philadelphia Magazine*. Zagat's Guide praised Geechee Girl for its "Down home southern soul with a dose of sophistication ...fabulous low



Photo by Stephanie Zukerman

One the of photos of Carnival in Trinidad Stephanie Zukerman and Gail Zukerman Roberts, on dispay at Geechee Girl Rice Café throughout February.

country cooking ...and the best greens north of the Mason Dixon."

Geechee Girl Rice Café is open for dinner Tuesday through Sunday, 5:30 - 9:00 p.m. and Sunday brunch from 11:00 a.m. - 2:30 p.m. The restaurant is closed on Mondays. Reservations are recommended. Call 215-843-8113.

Geechee Girl Rice Café is located at 6825 Germantown Ave., at the intersection of Germantown Ave. and Carpenter Lane.



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for more information, contact Nina:
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Suggestions

(continued from page 24)

Plus we’ll have rabbit meat for the rotis-serie. Sometimes complex problems can have simple solutions if we just recognize the right approach.

Suggestions & Responses:

- s:** “Dr. Oetker sugar-free chocolate mousse or carry any other Dr. Oetker sugar-free product. It’s delicious!”
- r:** (Chris) No room to add this item to our baking line at this time, but it is available as a special order, minimum of three packages.
- s:** “Please carry Large cans of vegetable broth- not only chicken stock. I do not want to use the bouillon cubes. I have to go to Whole Foods or Trader Joe’s.”
- r:** (Chris) To my knowledge, vegetable broth is not available in large cans, although it does come in 32 oz aseptic (soy-milk type) containers. It is available as a full case preorder, ask Norman or Chris for pricing. We carry some broths in cans, and some of the Better Than Bouillon bases (beef, veg, chicken) that come in jars, because the cans and jars are recyclable curbside. Aseptic packaging is not easily recyclable, as it consists of paper, plastic and metal foil tightly adhered to on another. In other words, landfill that lasts for centuries. I recommend the Better Than Bouillon veg. base. You add your own water at home, which is more ecological than ready-to-use broth because less fuel is used transporting the products, because it weighs less because water is not included.
- s:** “Please place milk on higher shelves so as not to bend down on arthritic knees and back!”
- r:** (Josh) I’m sorry this causes you consternation!

The layout is intended to make things easiest on the greatest number of people. We sell more half gallons and quarts, so we try to keep them higher. We also try to keep smaller products, like yogurts and cottage cheese higher, because they can be difficult to shop for at ankle height. Our staff would be more than happy to help you haul anything that makes you uncomfortable—please give us the chance to do so!

- s:** “Kim Chi!”
- r:** (Margie) We have a medium/spicy and mild kimchi in the Deli cheese case next to the Michele’s Salad Dressings.
- s:** “Need hominy for chili- you are driving me to Pathmark.”
- r:** (Chris) We are planning to bring hominy in, look for it early January. (Norman) Not sure who was driving you to Pathmark, pretty sure it wasn’t us though as most WW staffers only have learner’s permits.
- s:** “It’s winter time! Would you stock white bread flour, baking yeast and dry milk? Thank you.”
- r:** (Chris) We do stock dry milk and baking yeast, please ask a staffer to show you where. We’ll look into making space for bread flour. I agree with you—it is winter time. (Norman) FYI, we do stock Arrowhead Mills unbleached white flour, which bills itself as good for yeast bread. We also sell vital wheat gluten if you want to mix a little in for a higher gluten flour mix. By the way, I do wonder why anyone would use white flour. White flour originated partly as a way to have flour last longer; removing the germ delayed flour going rancid. Partly it was a way to make flour less attractive to pests and also white was considered more pure. However, removing the germ was from an era when getting flour from farm to end user could take 9 months and might include exposure to

hot temperatures and rodents. Modern milling, storage and packaging methods have eliminated these problems, so I would suggest there is no reason to use white flour anymore; from a nutritional standpoint whole wheat bread has more fiber and other nutrients than white flour. (Chris) Late breaking update, we’re stocking King Arthur Bread Flour, organic!

- s:** “Kaseri cheese would be a great addition—nowhere near as salty as feta, half the price (or less) of Arina- to me it’s a cross between the two.”
- r:** (Margie) I am not looking to replace our current feta selection because both types sell very well but I will try this cheese in the specialty cheese area and see how it sells.
- s:** “Nice to see mousse truffle for sale, but the ingredient “hydrolyzed plant protein” is often used to camouflage soy, msg and wheat! Whole Foods would never-”
- r:** (Margie) Actually I have the Whole Foods list of unacceptable ingredients and hydrolyzed plant protein is not on their list. We don’t have a policy at Weavers Way to ban ingredients, only to tell shoppers what the ingredients are. This is only a special holiday item and won’t be available after January. (Norman) For a good explanation of confusion surrounding MSG and how many foods contain naturally occurring glutamate, go to the Whole Foods website and search on “MSG”.
- s:** “I have a master’s degree in music but I don’t know what a “sun-choke” is. I might be tempted to buy one if there was a description and/or suggested uses or recipes. Thanks!”
- r:** (Jean) Good idea. I’m sorry we assumed everyone with a masters degree in music would automatically be familiar with sun-choke, but surely you can understand why we would think so.

- s:** “Thank you for the folding-grocery cart hanger outside! Very helpful. I’ve struggled with storing my cart in among the recycling bins temporarily.”
- r:** (Norman) You’re welcome.
- s:** “Please consider stocking Ginger People candy called Gin Gins- it’s a ginger hard candy. Thank you!”
- r:** (Chris) I’ll try to get these... look for them by mid-January.
- s:** “I am often frustrated by not being able to find a parking space close enough. Why not consider a drive-up window? Works for banks and McDonald’s, why not Weavers Way?”
- r:** (Norman) We were thinking of installing a drive-up window in one of our buildings, but we were afraid patrons would be disappointed when they found out it wasn’t one of our buildings containing a food store so there would be no point. However, we are looking at a plan to install it anyway, and when you drive up you pay \$36 and get a box of food as picked out by me. Like me, the food will be very boring but very healthy. It will provide enough calories and nutrients for a person to live on for a week. It will mainly consist of produce, whole grains, beans, nuts, and Fair Trade chocolate. Kind of like a CSA. In fact, our CSA at Henry Got Crops already is kind of a drive up service with no window needed. Maybe we’ll just add my box and offer a complete one stop drive up food shopping solution. Thanks for your suggestion, you never know where suggestions like yours will lead...

CO-OP
INFORMATION

Mt. Airy
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Shuttle Staff
Editor & Advertising Manager
Jonathan McGoran

Advertising Billing
Susan Beetle

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Graphic Design
Annette Aloe, Josh Giblin

Proofreaders/Editors
Katie Schafer Bishop, Milena Davidova, Kate Pelusi

Contributors
Priscilla Becroft, Jacqueline Boulden, Rachel Brown, Margie Felton, Lynne Iser, Rachel Milenback, Gina Giazsoni, Mark Goodman, Edna Jones, John Kahler, Mordechai Liebling, Brian Forbes Maher, Brenda Malinics, Jonathan McGoran, Vivian Ng, Joanna Poses, Linda Slodki, Betsy Teutsch, Carmen Vendelin, Norman Weiss

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Suggestions

by Norman Weiss
Purchasing Manager

GREETINGS AND thanks for writing. As usual, suggestions and responses may have been edited for clarity, brevity, and/or comedy. As our expansion project in Chestnut Hill progresses, we are learning why many grocery stores are built as new buildings in the suburbs instead of renovating old buildings in old neighborhoods. Last week was about refrigeration rack systems and electrical phases, fun and technical things to learn about and discuss.

Since this is your money being spent, I thought you might want to know what these things are. A parallel rack system is a refrigeration system that consolidates a few compressors and controls in one unit

that provides cooling to a bunch of refrigerated (and/or frozen) display cases and storage units. This is different from what is in our current store, where each and every refrigeration unit has it's own compressor. Rack systems are more costly to buy up front but are much less expensive over time as they are more efficient and more dependable. However, rack systems need a type of electricity called "three phase," which allows the compressor motors to be smaller, simpler, quieter, longer lasting, and much more efficient.

Unfortunately, it turns out that Chestnut Hill, for all it's historic character (and hysteric characters) also has historic electric service from PECO, i.e., no three phase. Just good old two phase, from about 1918. So what's a co-op to do?

In these cases I always ask myself, as an alternative to "What would Jesus do?", "What would Darwin do?" The answer is always "Why, adapt of course!" So, since our electric system is from the early nineteen hundreds, let's install refrigeration from the nineteen hundreds, i.e. ice boxes. Since we're hoping many members will be working members, one job could be working on a crew foraging for local ice (creeks and ponds in winter, Wawa in summer) and bringing it in to fill the ice boxes, which will be constructed from locally harvested wood and insulated with locally harvested rabbit fur. This will give the refrigerated sections of our store the natural, rustic look (and smell) so desired by natural food stores, and also comply with our mission of using local resources.

(continued on page 23)

NOTICE of Election for Board of Directors

Elections will be held at the Weavers Way Co-op Spring
General Membership Meeting

Sunday, May 23, 2010

Board Positions to be filled:
3 At-Large Directors for 3-Year terms

Nomination Form

For Candidates for Election to
The Weavers Way Co-op Board of Directors

All Nomination Forms must be submitted no later than 5 p.m., Wednesday, February 24, 2010. Please email completed form with answers to the five questions (see below) and a photograph to Brian Maher, Leadership Committee Chair, brianfmaher@gmail.com. If email is unavailable, place in the Leadership Committee in-store mailbox or mail to: Leadership Committee, 559 Carpenter Lane, Philadelphia, PA 19119

Please call Brian at 267-246-9187 to confirm that your nomination was received. A copy of this form is also available on our website, www.weaversway.coop.

Name: _____ Member #: _____

E-mail Address: _____

Phone: _____

Address: _____

Please answer the following five questions on a separate sheet of paper. Your entire response to all five questions must not exceed 250 words.

1. Why is Weavers Way Co-op important to you?
2. How will your experience, skills, or unique perspectives strengthen the Co-op Board?
3. What is your vision for the future of the Weavers Way and how does it address the important short-term and long-term challenges facing the Co-op?
4. What volunteer experiences have you had with other cooperatives or organizations?
5. Is there any other personal information you would like to share, i.e. family, hobbies, work experience, special talents, etc.?

Local Apples Keep Rolling In



photo by Jonathan McGoran

Produce Manager Jean MacKenzie (center) and produce staffer Shani Taylor (right) receiving a delivery of local apples from Dave Garretson (left), of Beechwood Orchards, a fifth generation, family-owned farm that has been operating in Adams County for over a century. David and his wife Tammy run the farm, with help from their son, Shawn, who graduated from Penn State with a degree in Horticulture in 2005, and their daughter Melissa.

Equal Exchange Fair Trade

February Coffees of the Month



Love Buzz reg. \$10.59, **sale \$7.99/lb.**

Breakfast Blend Decaf
reg. \$13.37, **sale \$12.37/lb.**

Bright Day Brew, Pre-ground
reg. \$7.80 **sale \$6.30/lb.**



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. Upcoming Orientation Meetings are on the following dates:

Day	Date	Time	Location
Wednesday	February 3	6:45 p.m.	GJC*
Thursday	February 11	6:45 p.m.	555
Thursday	February 18	6:45 p.m.	555
Saturday	February 20	10:30 a.m.	Ogontz
Wednesday	February 24	6:45 p.m.	555
Saturday	February 27	10:30 a.m.	Ogontz

***The Ogontz Orientations will soon be held at the Ogontz store. The Mt Airy Orientations will be held on the 1st floor of 555 Carpenter Lane**

Meetings start promptly and last about 1¼ hours. Latecomers cannot be admitted. 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.

Anais Salles, Member Outreach Coordinator

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) _____

E-mail: _____