



SPRING GENERAL MEMBERSHIP MEETING
BBQ, Meet and Greet at 4 pm, Meeting Starts at 6 pm
Chestnut Hill Friends Meeting, 100 East Mermaid Lane

Agenda: Opening and welcome • Candidate recognition • Approve minutes from Fall 2009 GMM • President's Report • 6pm Last call for election ballots • General Manager's report • Financial update • New store update • WWCP update • Farm/CSA update • Speaker: Yael Lehman, Executive Director of the Food Trust • Q&A • Announce election results



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



The Shuttle

March 2010 Vol. 39 No. 3

Serving the Co-op and the Northwest Community since 1973

30 in Thirty Equity Campaign

by Jonathan McGoran,
Shuttle Editor

RAISING MEMBER equity is an important part of financing any cooperative expansion, and as we enter the home stretch of our expansion into Chestnut Hill, Weavers Way is kicking off our “30 in Thirty” equity campaign. We are asking every single member who has not already invested the full \$400 to invest an extra \$30 during the month of March. We are calling this campaign “30 in Thirty,” because on March 31, this campaign is done. You can make your “30 in Thirty” investment at the cash register, or, online, click on the “30 in Thirty” icon at www.weaversway.coop.

For more details, see page 24 of this issue of the *Shuttle*.

Flickering Light Films Now at 542 Carpenter Lane

by Sara Zia Ebrahimi

IN SPRING of 2009, I went against all the cautions of an economic downturn and the rise of home entertainment systems and set a lifelong dream into action: starting a neighborhood film series. As an independent filmmaker myself, I had grown frustrated with the limited exhibition opportunities for filmmakers in the U.S., particularly for films whose content focused on women, immigrants, and LGBT people. Why should we have to wait to go downtown to see these kinds of movies once a year? I wanted a year long festival within walking distance of my home.

In 2009, in partnership with dozens of other filmmakers and festivals, I was able to bring an array of short and feature-

(continued on page 6)



Gralin Hughes (www.gralinhughes.com)

Sara Zia Ebrahimi (l) and Joanna Poses in front of the new home of the Flickering Light Film Series, 542 Carpenter Lane.

Expansion Update

by Kim Spelman-Hall, Chestnut Hill Store Manager

OUR CHESTNUT Hill location is starting to resemble a real market despite the unreasonable amount of snow that came in February. We can thank our top-notch construction crew from Domus contracting company. They have been doing a wonderful job keeping the process rolling

along while Philadelphians were shoveling themselves out.

At this point all of our equipment has been ordered and is scheduled for delivery. We now have the fun task of

(continued on page 10)

WW Community Grants Available

by Bonnie Hay, Environment Committee

WEAVERS WAY Environment Committee invites community groups from the surrounding area in Mt. Airy, West Oak Lane, Germantown, East Falls, and Chestnut Hill to submit proposals for grants. Grant funds are awarded each year for clearly identifiable public purposes resulting in a tangible improvement for the community. Most grants are awarded for public purposes that benefit the environment through education and/or gardening projects. Funds may be used for such projects as planting trees and herbaceous plants, buying garden equipment, and enhancing parks. Some environmentally based educational programs have also been funded through this program.

Grant amounts range from \$100 to \$1000, depending on the available funds and the number of qualified applicants. The Environment Committee received these funds through the Philadelphia Partnership Recycling Program as a result of

our community recycling effort, which was in operation monthly until July 19, 2008. After that time, curbside, single-stream recycling was initiated in our area and our Partnership Recycling effort ceased. The volume of materials recycled is directly related to the amount of money Weavers Way Environment Committee now has available to award for grants. Application and guidelines are available from the Environment Committee box on the second floor of the Weavers Way Co-op, 559 Carpenter Lane in Mt. Airy; and also may be downloaded and printed from the Weavers Way website at <http://weaversway.coop>. Applications must be received at the Co-op by Monday, April 26, 2010. Anyone requesting a grant will learn within a month of the deadline whether they have been selected. Grantees will be obliged to submit a report with receipts describing exactly how the money was spent.

West Oak Lane Good Food Fest



photo by John Barone

The West Oak Lane Good Food Fest at West Oak Lane Senior Center featured cooking demonstrations, gardening workshops, dancing, and more. Sponsored in part by Weavers Way, the event was organized by the Northwest Food Justice Alliance (NFJA). For more info about NFJA, contact Gina Giazioni at giazioni@usa.net.

Weavers Way Cooperative Association
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Editor’s Note



by Jonathan McGoran

The groundhog said there’d be six more weeks of winter, and the weatherman agreed, but Weavers Way’s farmers apparently begged to differ. In the midst of all the record-breaking snowfalls, our farmers are hard at work in their hoop-houses, harvesting spinach and other goodies for us hungry shoppers.

I’m sure providing delicious local fresh produce to for Co-op shoppers desperate for something fresh and green is the farmers’ primary motivation, but thumbing their noses at Punxatawney Phil and his chubby rodent friends has got to be a major added incentive.

While we can score this round for the farmers, though, it’s hard to say who the ultimate winner is in all of this. Punxatawney Phil has issued a statement pointing out that the amount of produce our farmers bring forth over the six weeks in question will still be less than what the groundhogs eat during the rest of the growing season. When asked to respond, Farmer Dave Zelov said, “I’ll blast that racking fracking varmint!”

Glenn Bergman writes in his Manager’s Corner column about efforts among co-ops to “differentiate,” or emphasize the things that make us different, and I understand the thinking behind this. For some time, Weavers Way has tried to eliminate many of the things that made us distinct from other stores, things like the lack of parking, cramped spaces, and not having enough room for all your products on one floor (or even in one building). But I wonder if we have gone too far.

Recently, a former longtime member returned to visit and he made me realize that Weavers Way had lost some of what used to set us apart from other stores. There was something missing, he said, something that once permeated every aspect of our co-op and was for so long part of what held us together. Looking around, he turned to me and said, “Where’s all the duct tape?”

The Shuttle is published by Weavers Way Co-op
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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 by e-mail 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

Membership Corner

by Anaiis Salles, Weavers Way Outreach Coordinator

NEW MEMBER stories, longtime member wisdom, membership committee updates, juicy tidbits about members’ shining personal or professional moments, highlights on outreach events fortified by cooperators—and favorite recipes using products from the Co-op—you will find all that and more in future in the Membership Corner.

If you’ve been a member of Weavers Way Co-op since its inception as a neighborhood buyer’s club, or even if you’ve only been a member for 10 to 20 years, you know why you have ponied up that annual \$30 investment and have remained committed to the Co-op’s mission and values over the years. But there are a whole lot of people in the Northwest who have just come on board as members, and there are going to be hundreds more once the Chestnut Hill location has opened. So, this may be a great time for...

Weavers Way Co-op 101

What is our mission? How do our stores reflect our co-op’s organizational values? The answers to these and other questions can be found on the Co-op’s website. Whether you are a longtime member or a relative newcomer, your

member orientation may be a faint, blurry memory. If you need a refresher, take some time to explore our website, check out the YouTube clips in the video gallery, and be sure to sign up for some working cooperator hours. There are lots of opportunities to share your time, expertise, muscles, and ability to follow through, so take a look at the shifts available and the kinds of skills and tasks needed to keep our co-op strong.

There is no Weavers Way Co-op without its members. A co-op is, by definition, a member-driven, democratic organization.

Co-op Ambassadors

Are there any new and/or senior members out there willing to give some of their six hours work share to assist me with all things membership? E-mail: member@weaversway.coop or call and leave a message for Kirsten Bernal at ext. 119 or Anaiis Salles at ext. 124. Be part of our Co-op Ambassadors program. No heavy lifting required.

Membership Committee

My most important and immediate Co-op goal? Reinvigorating the Membership Committee. I look forward to hearing

Winter Ends Early at WW Farm

by David Zelov, Weavers Way Farm Manager

IT’S STILL winter (at least it should be, according to what Punxsutawney Phil told us), but there is plenty going on at the farm. After the farmers got some much-needed time off, we returned in mid-January reenergized and immediately

got to work starting seeds in the greenhouse at Wyncote Academy. Though it was still too early to start seedlings for outdoor crops, we seeded lettuce and bok choy for transplanting into the hoophouses, and we also got started on our new microgreens endeavor. Inspired and informed by our recent trip to Milwaukee to visit the Growing Power farm, we began to thickly sow seeds of arugula, beets, cabbage, kale, mustard, and mizuna into trays of soil mix. If you haven’t seen microgreens before, it’s a mixture of tender vegetable seedlings planted very close together and cut just after the first true leaves form on the plant. The stage of growth is somewhere in between a sprout and a baby green. Microgreens are a nice addition to salads, soups, sandwiches, and any dish where you are looking for a little color or spice (as many are in the mustard family).

Upon arrival back in Philadelphia, we also returned our full attention to the care of our four hoophouses, packed full of tender greens. I would like to extend a big thank you to the Farm Committee for watching over and caring for these structures, and the plants inside. If not for you,



Farmer Nicole Sugerman with a winter harvest of spinach from our hoophouse

photo by David Zelov

we would not have been able to take this break and come back to healthy plants. Still alive and well in January were chard, kale, bok choy, tatsoi, lettuce, arugula, spinach, pea shoots, and baby greens. I am happy to report that we beat our


record for the earliest harvest. The first hoophouse harvest of 2010 was on February 10 and included everything listed above except for spinach.


Other winter activities for us include ordering seeds, revising our seeding and planting schedules, finding and interviewing new apprentices and interns, attending and speaking at conferences, creating a new budget, recruiting more shareholders for the expanded CSA (shares are still available—tell your friends!), and general planning for the upcoming season. We also began selling at a new winter farmers market, at the Piazza at Schmidt’s in Northern Liberties on Saturdays, with our hoophouse crops. Come and visit us there during March and April and look for our produce on the shelves at the Co-op! As always, thanks for supporting your ultra local urban farm.

One final note: Interested in meeting new and interesting farmers? We are also still looking for volunteers who may have extra space in their home to house a farm apprentice for all or part of the season. We offer a half share in our CSA in return.

farmer@weaversway.coop

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from you at outreach@weaversway.coop. For now, you can reach me at ext. 119 or leave a voice message at ext. 124. If I’m not in the office, I’m out and about in the community.

As your new Member Outreach Coordinator, I look forward to hearing from you and keeping members in the loop as we head into the wide open horizon of the Chestnut Hill Store. The Co-op needs you to make everything work as we grow.

I look forward to meeting you all, one member at a time!

New Face at Farm Education Programs

by David Siller, Farm Educator



photo courtesy of Adam Forbers

New Farm Educator Adam Forbers, standing in a field of native quinoa in Peru

IN MARCH the seeds are planted each year for the season’s bounty, and those that have been lying dormant germinate to grow again for another season. Similar to many of you, following this process is a lifelong passion for me, and I have enjoyed watching it unfold at the Weavers Way Farm sites in my role as Farm Educator. It is with positive hope for the future, after spending three years managing and developing the Weavers Way Farm education programs, that I have decided to step aside from this role and hand the reins to our new farm educator, Adam Forbes. I am confident in Adam’s abilities and enthusiasm to manage the existing programs and his ability to add his personal touch and grow the program in the future. I wish him success!

Because my heart is linked with the programs and the mission, I don’t expect to go very far away. I plan on assuming the role of Farm Educator and Assistant,

(continued on page 5)

Produce News

All About Bananas

by A.J. Masko, Produce Department

THIS MONTH, I'd like to take some time to revisit an old friend in the produce department. It is a stalwart of lunch boxes, breakfast cereals, and fruit smoothies everywhere; I am speaking, of course, about the banana. I feel safe in assuming that many of you share my love of this simple yet versatile fruit, given the fact that, as a Co-op, we plow through an astounding 50 cases of bananas a week, making it one of the most popular items in our department.

Apart from simply being delicious, bananas have the distinction of being the only item that the produce department consistently purchases from an exclusively Fair Trade source. With vanishingly rare exceptions, the bananas you obtain from Weavers Way are certified Fair Trade and are supplied by Equal Exchange, a pioneering co-op that specializes in fairly traded goods. We made the transition to Fair Trade bananas in April 2006 and we haven't looked back since.



Pfeif (l) and Dana Welch (r), both of Equal Exchange, in banana costumes at the Willy Street Co-op's annual meeting in Madison, WI.

Perhaps you are wondering about the structure of the Fair Trade system as it relates to our banana sales. Does our partnership with Equal Exchange really have an impact? Where does the money go? How come bananas cost more at Weavers Way than they do at Acme?

Lucky for us, a couple of recent visitors to the store were able to address these questions, and more. Nicole Vitello and Jessica Jones-Hughes, a pair of Equal Exchange representatives and self-described "Banana Ladies," are strong proponents of both Fair Trade economic models and close partnerships with co-ops such as ours. In explaining the benefits of the Fair Trade system, they eagerly stress the importance of developing and strengthening interpersonal relationships at all stages of the retail chain, from the point of production through export and distribution, and on

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March Grocery News

by Chris Switky, Grocery Manager

HOWDY, SHOPPERS. There are many new items and developments on the Co-op's grocery shelves these days, so here we go...

On the candy shelves, we've added a locally made granola bar from Metropolitan Bakery. It's healthful and delicious, made primarily of oats, wheat germ, various nuts and seeds, cranberries, syrups, and spices. Find it in the candy section on the lower right. (A big thank you to Rachel Brown, bakery purchaser, for doing the legwork at Metropolitan Bakery and finding this item!)



Also, look for new flavors of Theo chocolate in the chocolate bars selection, including Bread & Chocolate (actual bits of French bread in the chocolate), Fig & Fennel & Almond (great combo!), and Coconut & Curry (in chocolate? YES, it works!) These chocolate bars are fabulous treats and are made using organic, fair-trade chocolate. Please give them a try!

Other new items we've brought in lately in response to members' requests include King Arthur organic bread flour, Allens canned golden hominy (with the other canned beans), Nature Factor organic coconut water (in cans, on the canned spritzers shelf), and Frontier adobo seasoning, which is found on the Asian cooking shelf, above the eggplants and winter squashes (even though adobo is more of a Mexican seasoning, not Asian really, but we had to put it somewhere...the challenges of Weavers Way's shelf space scenarios are continuous!).

What else? You may have noticed that our bulk pine nuts are now sourced from Turkey, and they are more expensive than the Chinese pine nuts that we had been selling in previous years. We switched because of a peculiar taste reaction that some people (including two co-op staffers) experience when eating Asian pine nuts. After they are eaten, a bitter metallic taste develops at the back of the tongue and lingers for about two weeks. This is not an allergic reaction or a food safety concern (as far as we know), but strictly a tongue sensation, peculiar and annoying according to those "in the know." This reaction does not occur with European pine nuts, including Turkish, so we decided to switch.

We've also switched our sourcing of raw milk for our Raw Milk Preorder Program. Our organic raw milk (available in half gallons at \$4.90 each) now comes from Dutch Meadow Farms in Paradise, PA. The milk comes in returnable glass bottles, for which customers pay a \$2.50 deposit at time of purchase. When the bottles are returned (completely clean, of course!), the \$2.50 is refunded, and the bottles are sent back to Dutch Meadows for reuse. So far, the system is working well, and we're glad to be reusing glass containers, which is far more ecological, energy-efficient, and petroleum-free than "recycling" #2 plastic containers! If you are interested in ordering raw milk, please write to christopher@weaversway.coop, or call me at 215-843-2350, ext. 113. Thanks!

Hooked

by Noel Bielaczyc, Meat, Fish and Poultry Department

IF YOU regularly peruse the seafood section at Weavers Way, you may have noticed some subtle changes since the New Year. First, the appearance (or reappearance in some cases) of Spanish mackerel, Alaskan pollack, Arctic char, and squid in our usual line-up is possibly the most obvious change. Maybe you also observed some updated signage accompanying these products. Perhaps you tasted something new at one of our samplings or tried a recipe that was given out with a featured fish or shellfish. If any of these things jump out at you, then this column is written for you.



Weavers Way has always sought to bring our shoppers a variety of fresh, high quality and environmentally sensitive seafood. What these changes represent is our renewed effort to improve the sustainability and transparency of our seafood department. Already this year, there have been several front-page news stories about the state of fisheries worldwide. As of January 1, a four- to six-month moratorium was placed on all commercial and recreational fishing of shallow water species (red snapper, grouper, black sea bass, and red porgy) off southeastern states. A

(continued on page 6)

Biweekly Bivalves Available

by Noel Bielaczyc, Meat, Fish and Poultry Department

ATTENTION, OYSTER gourmands, bivalveophiles, and adventurous epicures! Do you wish you could buy fresh, live shellfish (oysters, clams, mussels, abalone, perrywinkles, etc.) at Weavers Way? Well, now you can! We are eager to introduce the new Biweekly Bivalve signup sheet, located on the right side of the seafood case. Every two weeks we will be bringing in a new mollusk for your gustatory enjoyment. Take a look, and please sign up! Your participation will make it this unique program possible.



In the past, we were unable to carry these perishable items because of our limited display space and inability to keep shellfish alive. Additionally, most bivalves are available only in large quantities (50-, 60-, and 100-plus-count) that are difficult to sell quickly. By reserving a set amount for pickup every other Friday, we can order these quantities and move them out rapidly, giving you the freshest, most delicious shellfish available!

Deli News

by Margie Felton, Deli Manager

New Low Prices

WE HAVE reduced prices on three of our top selling deli items!

Chicken Nuggets Our supplier has lowered the price we pay for chicken nuggets and we are passing the savings on to you. (Same brand—no change in product) The price was \$6.89/lb., now just \$4.75/lb.

New York Cheddar We have also added a new brand of New York Cheddar,

McCadam Extra Sharp. The old brand was continually rising in cost so we did some taste tests and made a switch. This brand was favored over the old. For more information on McCadam cheese, see the bulletin board on the side of the cheese case. The old brand was \$11.26/lb.; McCadam is only \$7.50/lb.

Swiss We also have a new brand of Finlandia Imported Swiss—still imported,

(continued on page 5)

March Hidden Treasure

Follow Your Heart Vegenaïse and Organic Blue Cheese and Miso dressings.

I have received a number of requests for Vegenaïse vegan mayonnaise substitute. In the past I didn't have space for this item but when one of our refrigerated salad dressings (Onia brand) was discontinued, I decided to give Vegenaïse a try. It is selling quite well.



At the Natural Foods Expo in Boston this past September, I had the opportunity to sample Follow Your Heart salad dressings. I thought they were very good and just right to fill in the space next to the Vegenaïse. I brought in the vegan Creamy Miso Ginger, since it was the closest flavor to the Onia brand we used to carry, and the Chunky Blue Cheese (my favorite). The blue cheese is not vegan because it contains real blue cheese. Both dressings are made with Vegenaïse and are egg free.

Manager’s Corner

by Glenn Bergman, Weavers Way General Manager

Chestnut Hill: Update

I CANNOT wait for the ground to thaw out and for the finishing of the outside to begin. As you know, the store was to open by the fall, and then by January. Projections for the stores for 2010 were for the Chestnut Hill store to be open by the first quarter of the year. Well, as I am learning from our members who are developers, when you purchase an old building and want to keep it around for another 100 years, you will find surprises, and it has been one surprise after another. We now are looking good for finished construction by sometime in April. Domus has had crews on site six days a week and sometimes on Sunday to get the store completed. The most recent update (as I write this in mid-February), is that they will have completed everything by the third week of April.

Once they are finished we can begin setting up shelving, office areas, and our “point of service” systems. Once that is completed, we will begin to stock shelves and finish up our ordering for perishable items (dairy, cheeses, etc). Working members and others who want to volunteer should begin looking for shifts on-site to assist with the opening.

Tours of the site will begin in March. Watch the website for store tour dates and times. Most likely we will have to do these tours on the weekend or at night to stay out of the way of the workers.

“30 in Thirty”

The later opening puts more stress on management to open the store and to make sure that we open with high sales from day one. I am sure our team can do this. The longer we have been delayed, however, the more we spend on holding costs and extra construction costs, which continue to eat up important cash. That is why, in the month of March, we are holding a “30 in Thirty” equity campaign, asking as many of our members as possible to make an extra \$30 equity investment, in addition to this year’s regular annual investment.

Many of you have asked for a way of investing in the expansion for members who cannot participate in the loan campaign (which raised over \$450,000 in 2009). The best way to help is to make this extra \$30 investment into your member equity account during March. These small equity contributions mean a lot during a project like this.

I know there are 31 days in March, but we loved the slogan “30 in Thirty,” and we figure that on March 31, the “30 in Thirty” will be done. The 31st day is for a celebration, and we invite you to stop in the store for cake from the Night Kitchen. We hope to get at least 1,000 dues paid earlier in March. Of course if you want to pay off your entire equity investment and bring it up to \$400, that would be great too.

NCGA National Meeting

The National Cooperative Grocers Association (NCGA) is a cooperative that represents over 110 retail grocery cooperatives located throughout the country. The NCGA was formed about ten years ago from six regional co-op groups. Once or twice each year, General Managers get together for two or three days to review important purchasing questions, ways to move the group forward, and what area we want the staff to focus on for the year. We also get a chance to learn what are “best practices” from other co-ops.

This year, we spent a day on “Differentiation” and especially how co-ops are different from mainstream grocery suppliers. I thought our team was doing some innovative projects through our committees, nonprofit group, purchasing, and other programs. What I learned is that there are many ways we are different, but that there are also some wonderful ideas out there that need to be incorporated into our future programs. How to start is the issue at hand. The following are some innovative programs from other co-ops:

- Customers comments are tracked online until completion for everyone (staff and members) to read.
- Energy efficiency levels and goals are set for different green programs (water use, electric use, etc).
- Monthly blood drives are held at stores to bring in other community members.
- An apple cider press is out front on weekends during the fall.

- CSA fair representing 20+ CSAs is held to introduce members and the community to the CSA concept.
- Trust Your Source—a list of products and producers—is posted in the store and online so members and the community can view the background of products in the store that are local.
- A Farmers Lunch is held for staff and members: local farmers are invited to a luncheon that uses their product, and inviting staff and some members to join in to learn more about their product.
- Miles to Market is posted on produce and other perishable products.
- A Think Local First campaign is implemented.
- Co-op—sponsored farm tours are held for members and community.
- An onsite recycling center is set up that brings people to the store each day. People pay for some products to be recycled (i.e., Styrofoam large bag dropped cost \$1). The Co-op does the transfer to recycle stations.
- A map showing the local suppliers in the region is posted in the store and online.
- Nutrition classes and tours of the store are held for specific needs.

There are many other great ideas around community donation programs and work hours for volunteers outside the store. The NCGA is going to post these different innovative programs, and I hope to pass them along to our member committees.

gbergman@weaversway.coop

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Meditations, Classes & Gatherings in March at New Way Sanctuary

Stone Listening Circle—a journey with nature energies—Fri, Mar. 12, 7 p.m.
Sound Bath—expanded potential through sacred sound—Tues, Mar. 16, 7 p.m.
Spring Equinox Celebration—tending sacred intention—Sat, Mar. 20, 10:30 a.m.

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Co-op Committees Need Your Help!

Weavers Way has long relied on members to perform the important work of our committees. Especially as we embark on our exciting expansion, we need your help to make sure that this important work gets done. We particularly need help on our Membership Committee and our Education Committee. Interested? Contact Outreach Coordinator Anais Salles for more info, outreach@weaversway.coop or **215-843-2350, ext. 124.**

Deli News

(continued from page 3)

still growth-hormone-free, but instead of \$13.07/lb. for sliced and \$12.24/lb. for chunk, it is only \$6.25/lb. for sliced and \$5.75/lb. for chunk.

Deli Product Changes

Calkins Creamery Local Cheeses
We have replaced two of our slower selling cheeses with great local varieties. Calkins Highlander, a Gouda-style cheese, has replaced Dutch Gouda, and Calkins Smoke Signal has replaced Smoked

Gouda. The new cheeses are local, growth-hormone-free, and made on a family owned farm.

Crackers Next to the Cheese Case

Due to a change in vendors, Snack Factory Pretzel Crisps and New York Flat Breads are no longer available. We are trying out new cracker varieties to fill the shelves. Pepperidge Farms makes a flat pretzel cracker, which we are trying to have delivered to the store.

margie@weaversway.coop

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Weavers Way Gift Cards

by Rick Spalek, Operations Manager



WE QUIETLY introduced gift cards to the Co-op this past year, and they have been a great success among our staffers, who were awarded their bonuses via the Co-op gift card. Perhaps a little self-serving, they are also just way too convenient. Have you ever forgotten your checkbook or your cash, only realizing it as you walk through the Co-op's doors? Don't feel like paying credit card or bank fees? Or just wanted to send your child to the store to buy some milk?

Gift cards will let you store any amount of money, from \$2 to \$500; we simply scan it at the end of your transaction, and then your sale is deducted from your card. Your receipt will tell you how much is left on your card after each transaction.

They make great presents; for a new neighbor moving onto your block, is there a better way to introduce them to the Co-op? A gift in appreciation of a dedicated teacher? A new grandparent wanting to help out a son or daughter?

If you have any questions, please see Rick in the store at any time, and to buy a card, just ask a cashier the next time you are in the store.

Farm Education

(continued from page 2)

through my work, supporting WWCP, the farm, and sustainability interests in general. This will include helping with the existing programs, lending a hand on the farm with many of you, and also continuing my own personal education in the field. A few specific things that this change represents for me is a new partnership with Cheltenham High School. Working with the students and a faculty representative there, I am in the process now of planning a small after-school garden program with the students. More to come on this story in coming issues of the *Shuttle*. Stay tuned...

As for the farm education programs

this spring, Adam and I are working diligently, contacting many schools from across the region who have come to the farm in the past and others who may be interested in involving their students at the farm with our programs this spring. This is where many of you come in. If you are a teacher or know of a teacher who would like to connect with the Weavers Way Farm Education team about getting your students involved, then please e-mail us at educator@weaversway.coop. We are about to publish a new brochure for the programs. You will find a copy of this information on the website and at the store. See you at the farm!

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A Kitchen Gardener and Cook Dreams of Spring

by Anna Herman

LATE WINTER is the hardest for eaters who prefer to utilize mostly local foodstuffs in their diet. I have cooked and served parsnips and turnips in many guises. Last summer’s home-canned peaches and homemade pickles are a memory. Cel-lared onions and potatoes are getting a bit soft and sprouted. I have made my way through all of my frozen tomatoes, pep-pers, and pesto. Hearty dried beans and vegetables soups are warming and nutri-tious, but my desire and appetite are really ready for something crisp and green.

As winter gives way to spring, the lengthening days of March are the perfect time to plant peas and early greens (kale, collards, chard, lettuces). Plan ahead and start seeds inside and put them out as soon as the ground can be worked.

Those of us lucky (or foresighted) enough to have a cold frame or two might still be harvesting the remains of last fall’s crop of hearty lettuce, mache, kale, or spinach, but the rest of us have to settle for being lucky enough to shop at the Co-op. Even though I do plan ahead, I am grateful that our Co-op farmer, Dave Zelov, gets started even earlier—in more spacious digs—out at the farm. Under tunnels covered with plastic he has created a micro-environment that is just warm enough to

allow these cool-weather crops an early start.

Look for pea shoots, spinach, and arugula for sure, and possibly kale, chard, scallions, leeks, radishes and microgreens by month’s end. All these fresh vegetables are full of vitamins, phytochemicals, and —most important—good fresh flavor. Microgreens—which are simply one- or two-week-old shoots of lettuces, greens, beets, and other vegetables—are especially vita-min- and nutrient-dense. Microgreens are best eaten raw to benefit fully from their vitality. Pea shoots are most tender and sweet when young and are great in a sand-wich or salad. As they get a bit older they are better lightly cooked—in a stir-fry or tossed with hot roasted beets, topped with a few toasted walnuts. A little local goat cheese (or French feta), and you’ve got lunch.

The Co-op has a great selection of seeds to sprout and these are very eas-ily grown at home. Sprouts grown in your kitchen are possibly the easiest and cheapest way to eat locally grown pro-duce every day.

Wild-crafted or native plant foods that are harvested from the woods and fields will also soon be available for sale (or harvest, if you know where to look).

The most common of these are fiddlehead ferns (the tight scrolls that have yet to unfurl into fronds) and ramps (a member of the wild onion/garlic/scallion family). Sautéed together, fiddleheads and ramps make a great spring green side dish that needs little more seasoning than a squeeze of lemon, salt, and pepper.

Another most-favorite early spring food is maple syrup. The maple sap starts to flow when the days are sunny and warming and the nights still frosty. Native Americans called March “maple sugar month,” and maple syrup-harvesting still takes place every year at the first sign of spring thaw (usually some time in late February and early March). It takes 40 years of growth before a sugar maple can be tapped, and it takes 35 to 40 gallons of sap to make a gallon of syrup. Use syrup poured over ice cream or yogurt, or to sweeten breakfast cereal or fruit. Mix with seltzer for a first-rate maple soda.

The sap is running and the shoots are growing; could the rest of spring be far behind?

WW Electronic Exchange Arrives at 555

by Elliott White for the Education Committee

THE ELECTRONIC Exchange arrives at the Co-op’s “Member’s Room” at 555 Car-penter. A previous e-exchange had been located on the second floor of the main floor, until forced to move in order to free up more space for commercial products.

The new electronic exchange is lo-cated on the bottom two shelves of the bookcase in the room. You may donate CDs, DVDs, videos, and tapes and leave them at the drop-off shelves. You may also leave with items donated by others. But there will be no room for any donations of printed material. Those may possibly be donated and exchanged through a future book exchange and conversation corner in the same location.

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The Planet You Save Could Be Your Own

by Bob Maier

CHANGE. THERE’S nothing like change to make you aware of those little things in life that annoy you. Like when the cabbage is moved from under the counter into a space on the metal rack. After the initial frantic scurrying around to find your green globe, you look about for your friendly green apron for information.

There have been many changes in national energy policies and conservation that have perplexed and sometimes annoyed me. Remember when the government rationed gasoline? Remember those lines and odd/even days when you could get yours? (This reminds me of relationships I’ve had, but that’s another story.) As an unemployed head of household of seven in Colorado, I was first introduced to the wonderful world of guilt about flipping on the light switch. (Another story.) An opportunity arose that led me into a program that was supposed to answer the energy crisis with caulk and storm windows. Yes, you guessed it, the Weatherization Program and LEAP. In just a few weeks I was hired, trained and let loose on the unsuspecting populace, armed with caulking and screw guns ready to tighten up those living leaky boxes we call home.

At that time, we did whatever we could to seal the outside of buildings, thinking this was the definitive way to trap all those expensive BTUs running around looking for an escape out into the crisp and oh-so-wonderfully clean mountain air (okay, you know I had to say something

about Colorado if you know me at all).

After that initial go at the energy conservation question, we were told to stop sealing the outside and instead, to seal the inside of buildings. The rationale was that we were choking the shell of the building, which needed to breathe. Not a bad idea, and this was just the first of many changes. The final change came when the glories that “be” (government) decided that the little guy and gal in the energy sieves called mobile homes and other equivalent living shacks were not supposed to be the main focus of energy programs and sent the federal monies into the Solar Energy Research Institute (SERI) to look into high-end projects. I cannot help but say that this left many people out in the cold after 1982.

Let us come back to today’s world. After a hiatus from energy concerns of almost thirty years brought about by blind politicians and total stupidity, we are again confronted with rising energy prices and the global pool of finger pointing at the U.S. by the rest of the world for our part in messing about with the planet. As an example, did you know that some European nations have made it a crime to use incandescent light bulbs? Too much energy wastage. They are way ahead of us!

Where are we on the world energy scale in conservation? First in use, last in conservation.

Okay, enough of the guilt. What are we doing? The feds are putting up some

stimulus money that doesn’t need to be outsourced to other countries or even to other states. For labor that is. As for the materials we are using and where they are manufactured, those are topics I am not going to touch here. Let us say that now is the time to get that energy audit for your home or business and find out where you can indeed save money and save the planet at the same time. What is an energy audit and how can it save money? An audit is a comprehensive evaluation of a building’s performance with relation to the health, safety, and comfort issues of the people living there. This includes heating, cooling, moisture, and air interactions within the shell.

When you look for a company or independent auditor, ask for proof of certification from the Building Performance Institute (BPI). This is the nationwide assurance of a qualified trained person for your personal audit.

There are many home performance and energy audit sites on the Web, and I have listed a few at the end of this article. Some offer videos, like the first one listed. They all offer search engines to find a certified auditor in your area. Unfortunately, individuals are not listed, but many of you know Hap Haven. He is the one many of you have turned to in seeking help with energy bills and uncomfortable living situations that have nothing to do with mates or children. I had the honor of being tutored by him through the Energy

Resources on the Internet

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Coordinating Agency. Hap travels all over to help with figuring out the what, where, and how energy is being used or wasted and provides his knowledgeable insights in figuring out a remedy.

On the business side of energy concerns, Bruce Murray of Aztec Solar can provide pathways to conservation and alternatives to the grid.

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What Are Board Members Thinking?

Weavers Way Web of Community Connections

by Margaret Lenzi, Weavers Way Board Member

WE ARE all attracted to Weavers Way Co-op for different reasons. Initially, it might be the healthy food. But as time goes by, we realize that Weavers Way is more than a store with good food. It is also a place where community can grow and evolve. As a board member, I have been very impressed with Weavers Way’s involvement in the myriad activities that promote community growth and development. At a time when so many elements of our society isolate and fragment our communities, Weavers Way is a bright light that helps to bring us together.

Community involvement is not an accident. It is the very soul and vibrancy of the cooperative movement. The Seventh International Cooperative Principle is “Concern for Community: Co-ops work for the sustainable development of their communities through policies approved by their members.” As part of charting our course, Weavers Way adopted Ends (meaning goals) that, in pertinent part, provide that “there will be active collaborative relationships with a wide variety of organizations in the community to achieve common goals.” Each year, the Board reviews our Ends to see how much progress we are making towards achieving them. This year, the community-building work of Weavers Way was, in my view, exemplary.

Weavers Way’s collaborative relationships are expanding rapidly to create a vibrant web of community connections; strengthening our community in so many ways. Here are some of the highlights:

Environment: Weavers Way’s environmental efforts are well known in the community. The City of Philadelphia awarded Weavers Way’s Environmental Committee a \$10,000 grant for its many years of service to the City’s “Partnership Recycling Program.” In the last year, we started the “Gimme 5” monthly recycling program, recycling #5 plastics, which

the City does not collect. We distributed over 200 blue recycling bins, mostly at the Ogontz store, but also at other neighborhood events. We participate in several recycling programs at local schools such as Wissahickon, Springside, and Parkway.

Urban Farm Movement: Weavers Way is helping to grow the local food farming sector with its expanded Farm at Awbury Arboretum, the new Community Sponsored Agriculture (CSA) at Saul High School, and the community garden at Stenton Family Manor, and, soon this year, by becoming a critical partner in distributing food from more local gardens through the-USDA funded Community Growers Alliance.

Community Events: Weavers Way is always a presence at community fairs and events such as the Morris Arboretum Fall Festival, Chestnut Hill Arts Fair, Ogontz Jazz Festival, and Mt. Airy Day.

Health & Nutrition: Weavers Way worked with the City’s Department of Health to organize a free seasonal flu vaccine clinic at the Co-op this year, which drew over 150 community residents. Diabetic patients who attend education programs at Greenhouse Internists receive a percentage off their food at Ogontz. We gave cooking classes at West Oak Lane Senior Center. And of course we use the marketplace program of Weavers Way Community Programs to help bring nutri-

tious snacks to over 45,000 children in Northwest Philadelphia middle schools.

Mt. Airy Artists Garage: Weavers Way actively supported the vibrant Northwest arts community by providing space at 542 Carpenter Lane for holiday shopping.

Support for Community Groups: Weavers Way provides meeting and event space for groups like the Bike Collective, Gearing Up, Bike Club of Philadelphia, and the Chess Club, to name a few.

Member of Boards & Advisory Groups: We are members of all the following: Pennsylvania Extension Services, City of Philadelphia Sustainability Council, Schuylkill Center for Environmental Education, Mt. Airy Business Association, West Oak Lane Business Association, Chestnut Hill Business Association, Business Advisory Board of MLK High School.

Cooperative Collaborations: Not only does Weavers Way help our local community, but Weavers Way has been generous with its time and energy in helping other cooperatives start up in the Greater Philadelphia and Mid-Atlantic area. Weavers Way assisted new start up co-ops in Kensington, Lehigh Valley, CreekSide in Elkins Park, Doylestown, and South Philadelphia. We have been instrumental in starting a Mid-Atlantic Cooperative Association, which now comprises 17 members from New York to Maryland.

In almost every one of these projects

or activities, Weavers Way is working with a partner. According to General Manager Glenn Bergman, “Weavers Way found that by collaborative relationship building, Weavers Way can foster more community activities. Organizations working together have a greater effect than the sum of their individual efforts.”

In some ways, Weavers Way reminds me of the moral in the classic holiday film *It’s a Wonderful Life*. Jimmy Stewart was shown what his town would be like without his Savings & Loan Bank. He saw more pawnshops and run-down homes, a fearful place without life or a sense of community. Well, perhaps the absence of Weavers Way wouldn’t be quite as catastrophic to Northwest Philly as the example in the film. But still, if there were no Weavers Way, there would be no Carpenter Lane archipelago, no Weavers Way farms, fewer co-ops in the area, more plastic in trash piles, and a community poorer in many ways that can’t be calculated with mere numbers. But perhaps here is an even better, certainly more pleasing, question to ask: What if every business were like Weavers Way? What a wonderful world this would be, with the rippling and multiplying effect of communities connecting and cooperating, building and prospering.

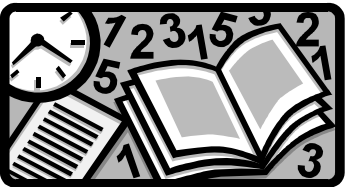
In this column, Margaret Lenzi, a member of the Weavers Way Board of Directors, is sharing her own individual thoughts and ideas and is not speaking on behalf of the Board.

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Bananas

(continued from page 3)

to the point of sale. These relationships, they suggest, are at the heart of the Fair Trade mission.

Fair Trade Basics

The bananas we sell at Weavers Way are produced by members of the El Guabo Association of Small Banana Producers, an agricultural cooperative composed of 450 small-scale banana growers in south-west Ecuador. In adherence to Fair Trade practices, the growers sell their bananas to their partners at Equal Exchange at an above-market price which can never fall below a fixed minimum. This arrangement not only shields the growers from price fluctuations that could compromise their economic stability, but also provides them access to a global market for their goods that would otherwise be out of their reach.

In addition to the higher-than-normal prices paid for their produce, El Guabo

growers receive one additional dollar per case of bananas sold at what is called a Social Premium. These additional funds are aggregated separately from other income sources and are used to serve the needs of the community in which the cooperative functions. The community decides how this money is utilized and is thereby able to set its own development priorities. This is a direct benefit to growers, their families, and their neighbors. Social Premium funds may be used for any number of projects such as building schools, providing medical services, and improving transportation, to name a few.

Dollars and Sense

This is where Weavers Way has a direct and important role to play. Roughly 2.5 cents per pound of what we Co-op members spend on bananas ends up as part of the Social Premium paid to El Guabo farmers. That comes to out to about \$50 per week, \$200 per month, and \$2,400 per year, just for buying your bananas at Weavers Way! Money that would otherwise end up funding the unsustainable and environmentally harmful practices

of huge agribusiness instead goes toward maintaining and improving the lives of an entire Ecuadorian community. This is the power of the Fair Trade model in action.

Given these clear benefits, buying Fair Trade bananas is surprisingly cost-effective. Nicole and Jessica characterize Weavers Way’s price point (currently 94 cents per pound, 89 cents per pound for members) as middle-low in the range of what retailers charge for Equal Exchange bananas. In fact, they report having seen prices as high as \$1.29 per pound. In sum, our bananas are organic, Fair Trade, and less expensive than similar bananas at other stores. Not bad, if you ask me.

In an effort to further strengthen the relationship between the banana growers and consumers, Equal Exchange has provided us with a “Banana Tree” display which can be found alongside the bananas in the produce department. Each week, upon the arrival of the banana order, we will post the name of the grower whose bananas you will be purchasing. It’s a simple yet important reminder of the very real people whose livelihood our business is supporting.

Expansion Update

(continued from page 1)

selecting a variety of products including a wide array of local items. We will offer all of the Co-op favorites, along with some new and exciting things. Bonnie Shuman, our Prepared Foods & Deli manager, has been busy planning our menu, with new recipes and a new catering menu.

Jon Roesser, our Human Resources manager, has posted the department manager positions internally and the interviewing process is under way. We have organized a job fair this month to give the community the opportunity to apply for the positions available. So when it’s all said and done, we will have a nice combination of seasoned Weavers Way employees and some new and experienced faces.

So as the weather gets warmer, we’re getting closer and closer to opening. We hope that as spring is in full bloom in May we will be able to open our doors to the long awaited community co-op.

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Rescheduled Northern Harmony Concert Wows the Snow-Brave Crowd

by Larry Schofer

IT TOOK more than 28 inches of snow followed by another 14 inches to keep Northern Harmony away from the concert scheduled for the evening of February 10, sponsored by Weavers Way's Education Committee. But rather than completely miss the opportunity to take advantage of the group's visit, a hastily organized concert was held nearby that afternoon. About 30 intrepid souls marched to the home of Howard Bilofsky and Margaret Shapiro to hear a roof-raising, mind-blasting concert by this group of 14 dedicated singers.

Singing mostly a cappella, the group presented a program of South African, (Caucasus) Georgian, Corsican and American songs in a bright, driving style. Occasionally we heard a chonduri (Georgian stringed instrument), banjo, guitar, fiddle, or tapan (Balkan drum), but mainly it was the voices that stimulated the crowd. The group opened with a South African piece that featured the traditional danc-



Northern Harmony

photo courtesy of Northern Harmony

ing that accompanies every South African song. Other highlights included breaking into small groups for Corsican harmonies, where every singer sings a different part. The Georgian songs, in a very unfamiliar language, were loud and clear, and everybody could relate to the American gospel pieces.

It is unfortunate that the snow caused the cancellation of the concert scheduled at Summit church, but we will try to get them again during their 2011 tour. The group is composed of singers who have graduated from the Village Harmony teen group singing sessions and have now gone on to be professional or semi-professional

performing musicians.

The enthusiasm of the crowd could be measured by the brisk business in CDs by the group. The only thing missing was that the organizers forgot to put out a sign-up list for mailings from Northern Harmony. For those interested, the address is vharmony@sover.net.

On a personal note, I have attended many summer singing camps sponsored by Village Harmony, and I heartily recommend these experiences to any amateur singer. Check out the website to see what is being offered this year—and you are welcome to join our group heading for Macedonia in July! For personal information, contact me at films@weaversway.coop.

Our film series will resume on March 24 with a film about the war in Afghanistan.

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The Simplicity Dividend

How I Love Thee, Clothing Swap!

by Betsy Teutsch

CLOTHING SWAP V takes place on Sunday, March 7, and I can't wait. Scheduled during the late-winter doldrums, it's a great chance to congregate with fellow hibernators, visualize warm weather, and imagine wearing summer clothes again. But that is just one of the many reasons this is a red-letter day on my annual calendar. Here are six others:

1. Knowing the Swap is an annual event allows me to efficiently edit my wardrobe. Don't wear it any longer? Doesn't fit any more? Into my Clothing Swap Box. Took something last year and it didn't work? Straight into the box. Over time, I've begun to think of this box as a very large tsedakah pushke, a Jewish charity box, holding clothing rather than coins.
2. The pumped-up gathering of women shopping for finds creates a festive, wonderful atmosphere. Ladies help each other, looking for items that might suit a friend, sister, or daughter. Many of us jump in as free personal shoppers. Where else can you get any decent service these days? At Swap IV, my tall, slender friend Lynne was busily scoping out items for herself and her two daughters. I eye-balled an outfit I thought would be just perfect for her, and proudly brought over my suggestion. This elicited quite a good laugh, since I had picked out something that Lynne had actually just donated.

3. A creature of habit, I am reluctant to buy new types of clothes or shoes retail. But for free, I can give some new item a whirl. I swore I would never buy Crocs. However, a pair on the Swap floor fit me perfectly and soon became my preferred summer footwear. Call it a free trial—Swapping is a chance to go in new style directions.
4. Are you someone who loves shopping for others? For years I couldn't resist bringing gifts for my daughter—usually something I loved but didn't need. Sometimes I hit it right, but often my guesses were 100% off, resulting in both of us feeling bad. (Most of these bad calls found their way to earlier clothing swaps, by the way.) Now I can shop for her with impunity—many of her favs are from I, II, III, and IV. The items that didn't work? Back in the box to return next time around. Last year I had the fun of adding my future daughter-in-law to my list. One treads lightly with daughters-in-law, but if she has complete permission to take only what she likes of the stack I bring home on approval, it's fun. (Who of my readers is old enough to remember taking

- things home On Approval?)
5. How about a humanitarian reason for loving the Wswap? We cosponsor it with the Darfur Alert Coalition, an organization devoted to ending the atrocities in Sudan. How we wish this nightmare would end for the Darfuri people, but so far no end is in sight. Donating 100% of our proceeds (there is a \$25 suggested donation) helps the DAC keep fighting for justice in Darfur. So far, the Swap has generated thousands of dollars.
6. Last, our Swap surplus—often a whole truckload of clothes—will this year stay local, going to the Whosoever Gospel mission on Cheltenham Avenue, back in business after a devastating fire.



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USG's Green Sanctuary Committee is dedicated to the Unitarian 7th principle: "Respect for the interdependent web of all existence of which we are a part." Proceeds from this event and other Green Sanctuary events will be used to fund on-going environmental community action initiatives in the Northwest Philadelphia Community it calls home.

Wetlands and Rising Sea Levels

by Sandra Folzer, Weavers Way Environment Committee

SOME FRIENDS recently told me I write the most depressing articles. I took it as a compliment. In this article I'll share some good news as well as bad news, at the risk of harming my reputation. I thought a joke might also lighten things up a bit.

I attended a conference at the John Heinz Refuge on January 13. Their new Environmental Education Center is an environmental wonder. It is a geothermal and solar building made from recycled materials. The Refuge itself is well worth visiting. It is the largest remaining freshwater tidal wetland in Pennsylvania. It has 10 miles of trails on 1,200 acres within the city. The refuge is home to 300 species of birds, 80 of which nest here. There are also frogs, deer, and foxes hiding somewhere.

That was the good news.

You can guess the bad news when you hear the title of the conference, "Sea Level Rise—Looking Forward and Planning Now."

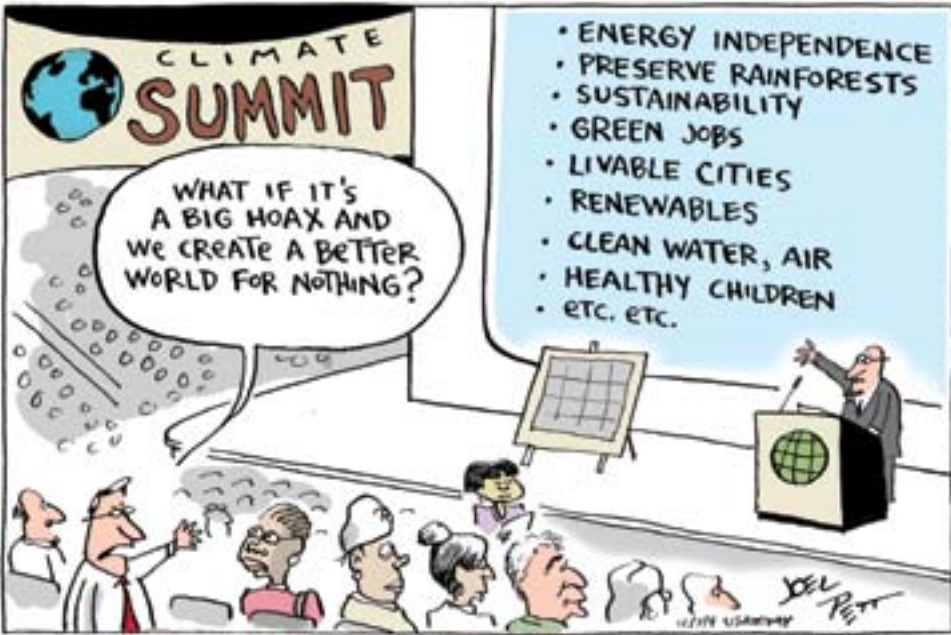
Doing some research, I learned that our average global sea level rose approximately 1.7 millimeters per year through the twentieth century, after a period of little change during the previous two thousand years. Projections are that the rising sea level may be accelerating. The Intergovernmental Panel on Climate Change said global sea level will likely rise between 19 and 59 centimeters (7 and 23 inches) by the end of the century, excluding any rapid change in ice flow. However, there is no consensus on the upper limits of sea-level rise; some suggest a potential rise of one

meter or more by 2100. If that happened, we would lose 90% of our wetlands in the Atlantic region, and ocean water would likely enter our streams.

What is causing the sea level to rise are warmer temperatures, due to greenhouse gases. Warmer temperatures expand the ocean water, melt glaciers, and increase the rate at which ice sheets discharge ice and water into the oceans. Aside from stronger storms, rising sea levels pose a threat to coastal cities, where the bulk of people live. New York City is already planning floodgates and raising wastewater facilities, as sewage systems depend upon gravity.

Keep in mind that every 24 hours, 70 tons of CO² are released into the air, creating greenhouse gas. (Incidentally, unburned methane from gas drilling creates 20% more greenhouse gas than CO², but no one is talking about that.) Presently, our air has 387 parts per million (ppm) of CO². When it reaches 450 ppm, many animals and plants will become extinct. At the present rate, scientists estimate we will have 600 ppm in 45 years (Copenhagen Global Climate Conference).

As climate change causes the sea to rise, what can help? Wetlands such as the Heinz Refuge play an important role. Wetlands are areas where the soil is saturated with freshwater, salt water, or a mixture. They are critical in absorbing some of the rising sea. Carol Collier, executive director of the Delaware Water Basin Commission, reminded us that 15 million people,



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or five percent of the U.S. population, relies on the Delaware basin, where we are situated. The Delaware River drains one percent of the continent, and it is the longest undammed river east of the Mississippi. Being the wettest part of the nation means a rise in sea level will affect us more. If we lose our wetlands, the character of our coast will be transformed.

In the past I never paid much attention to wetlands, not realizing how important they are. They are considered the most biologically diverse of all ecosystems. They are the spawning grounds for different types of wildlife. They also

serve as natural wastewater purification systems. Dr. Danielle Kreeger, from Partnership for the Delaware Estuary, says we have the world's largest freshwater prism. We have more of a contiguous tidal wetland in the northeast than anywhere else in the U.S. Contiguous wetland is critical for water quality, for wetlands are the "kidneys and lungs of the system." If we lose the wetlands, salt water will enter our freshwater aquifers.

Sea-level rise is more complex than simple inundation. While wetlands can

(continued on page 14)



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Wetlands

(continued from page 13)

withstand some sea-level rise because of sediment inputs, too much water would destroy them. A two-millimeter rise per year could stress the wetlands too much; most cannot survive a seven-millimeter rise. The Mississippi, for example, is losing its sediment as it is being removed to keep the channels open. Eventually there is a tipping point when wetlands don't get enough sediment and they die. Wildlife is affected.

With the loss of wetlands, we would lose flood control that protects against storm surges. Clearly there are human costs, such as what happened with Hurricane Katrina.

Maya van Rossum, from the Delaware Riverkeeper, suggests long-term solutions in place of building dams. Natural and semi-natural land is our best protection. Floodplains with trees and shrubs are four times as effective at controlling floods than grassy areas. Farmland, which often replaced the wetlands, causes other problems, like runoff from the chemicals used as fertilizers as well as waste from livestock. Such toxins accumulate in the tissues of many species of aquatic life. And oxygen-depleting chemicals in the water create dead zones. This is why gas drilling could be catastrophic. Marcellus Shale is under one third of our water basin. Hundreds of millions of gallons of toxic industrial fluids, waste from hydraulic drilling, are being dumped into

our streams and rivers. Changes 200 miles upstream impact our water here in Philadelphia.

Another concern van Rossum mentioned was how much of our land has been made impermeable (highways, parking lots, driveways, and shopping centers). This means water can't replenish our aquifers. She suggests parking lots could have infiltration systems below ground, with a porous pavement. Every change we make is an opportunity to improve. The cost may be offset by having less pollution. She warned against artificial turf because it increases water runoff and has a toxic effect on streams. She described how artificial turf holds 37% more heat than asphalt and 140% more than grass. She says young children can burn their feet on artificial turf. This becomes more critical as temperatures rise. Presently, in Philadelphia we normally experience 20 days a year over 90 degrees. In 50 years we are projected to experience 50 days over 90 degrees.

Historically, there was an assumption that sea level and shorelines were stable. Wetlands were drained for real estate development, or flooded for recreational lakes, for they were seen as not having potential financial benefits. By 1993, half of the world's wetlands had been drained. Over 90% of the wetlands in New Zealand were drained for agriculture. Since wetlands were effective for filtering water,

millions of dollars have been invested on water purification plants and expensive remediation measures. Eventually the U.S. understood how biologically productive wetlands were, and passed laws to limit wetland destruction. Developers were required to create artificial wetlands, but these are not as effective as natural areas. Unfortunately, much government policy prefers shoreline "armoring," like dikes, rather than the soft shore protection that wetlands offer. In undeveloped or less developed coastal areas where there has been less human intrusion, ecosystems have a better chance of shifting to accommodate the rising water levels. It becomes more difficult where roads and buildings exist, as they are not moveable. Dense population areas along the coast are thus more vulnerable. Rising sea levels and other climate change factors in the form of storms could cause rapid and irreversible changes along the coast.

The world's largest wetland is the Pantanal, which straddles Brazil, Bolivia, and Paraguay.

The U.S. might take a lesson from South Africa, which is supporting the conservation and rehabilitation of wetlands through their Working for Wetlands program. The program is also a poverty relief effort, creating employment for wetland maintenance.

Preparing for a rise in sea-level is wise, as the cost of preparing now is small

compared to the cost of reacting later. Yet most institutions are slow to deal with a future problem. How do we get people to take action on a future problem? Chris Linn, a Senior Environmental Planner, identified vulnerable areas, like the airport, which would be partly underwater with a rise in sea level.

People have to realize that if we harm the wetlands, everything suffers, including the economy. Whatever solutions we consider to deal with the rise of sea levels must take into account the cost to wildlife. Where will their breeding areas be? Already we're seeing shifts in species to deal with climate change.

We cannot depend upon nature to correct itself after we have intervened so drastically. For example, overfishing in the Chesapeake Bay has reduced the oyster population. Historically these oysters filtered the entire estuary every three or four days. Today it takes almost a year.

Wetlands are like sponges that absorb water, filter it, and capture floodwater to infiltrate through the soil and thus replenish the aquifer. Whenever buildings, roads, or other impervious surfaces fill its pores, the sponge cannot soak up or store water and it runs off, increasing the chances of flood damage downstream. Thus, wetlands are critical for both flood control and water filtration. They may also be our best protection as the sea level rises.

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Buzz: Philly Honey Fest Kicks Off With Beekeeper's Birthday Event

by Joel Eckel, Philadelphia Beekeepers Guild President

ON JANUARY 21, 2010, the Philadelphia Beekeepers' Guild, in cooperation with Science Friday Initiative, held a hugely successful and well-attended event for the celebration of the 200th birthday of Rev. Lorenzo L. Langstroth. Close to 150 people packed the Unitarian Society of Germantown (USG) for this 2010 Philly Honey Fest kick-off event. This information-rich and fun night was co-sponsored by Montgomery County (PA), Chester County, and other beekeepers' associations. Commercial sponsors Weavers Way Co-op, Brushy Mountain Beekeeping Suppliers, *Bee Culture* magazine, and Haagen-Daz Ice Cream contributed refreshments and raffle items, including a beautiful copper roof garden hive from Brushy Mountain, tote bags, and subscriptions to *Bee Culture* magazine.

About one-third of the attendees were not beekeepers. Gardeners, historians, ecologists, and people concerned for honeybees were excited by the presentations of speakers Carl Flatow of Science Friday Initiative; Marc Hoffman, noted Langstroth historian; and Barbara Ceiga, Vice President of Operations, Academy of Natural Sciences.

Unitarian Society of Germantown and the Green Sanctuary Committee hosted the event. Joel Eckel, urban beekeeper and organizer of the newly formed Philadelphia Beekeepers' Guild, shared the Guild's vision of hosting the first Philly Honey Festival on September 10-12, 2010, along with an exciting yearlong slate of events commemorating Rev. L. L. Langstroth and how his invention of the moveable frame beehive revolutionized beekeeping. As a representative of the Green Sanctuary Committee and its Bee Haven Project, I welcomed attendees to consider the seventh principle of Unitarian-Universalism: "Respect for the interdependent web of all existence, of which we are a part."

Among the many topics discussed were the possibility of a Langstroth commemorative postage stamp, an historic marker for his birthplace in Philadelphia, and cultural, educational, and leisure activities related to honey, honeybees and beekeeping in Philly neighborhoods throughout 2010.

Carl Flatow elaborated on his non-profit organization, Science Friday Initiative, which produces the Science Friday radio program and Down To Earth (scifri.

org/dte). He is supporting events to commemorate Lorenzo Langstroth in other cities, including an aggressive push for a Langstroth postage stamp. Flatow also introduced Matt Redman of Chestertown, MD, who is leading the bureaucratic quest of acquiring a historic marker for Langstroth's Philadelphia residence.

Marc Hoffman shared his extensive research on Langstroth's life and accomplishments, including pictures of the original patent for the moveable frame hive and details of its developmental history. Langstroth's published writings and correspondence forever changed the economics and sustainability of beekeeping in the U.S. During the Philly Honey Festival, Hoffman will perform his one-man play, *Bee Man*, about Langstroth's life and work (Langstrothhive.com). Matt Redman and Marc Hoffman, who have collaborated on research efforts for over three years, met in person for the first time at the kick-off event.

Ceiga spoke of Langstroth's membership in the Philadelphia Academy of



Suzanne Matlock, Joel Eckel and Carl Flatow receiving Legislative Proclamation from Rosita Youngblood

Natural Sciences (www.ansp.org). The Academy was founded in 1812 with a tenet that discussions amongst members would be strictly secular. As such, even by 1851 it was unusual to have a clergyman's scientific paper published by the Academy. Collaborating with a well-known pathologist, Rev. Langstroth proved that the queen honeybee has an organ capable of storing the sperm acquired during a single mating flight, which then lasts throughout her egg-laying lifetime.

Pennsylvania State Representative Rosita Youngblood presented an official proclamation from the Legislature praising

(continued on page 16)

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Bees

(continued from page 15)

ing native-son Lorenzo L. Langstroth and the proposed bicentennial celebration effort. Interested organizations and individuals are encouraged to get involved in the production of upcoming events. To volunteer, contact the Philadelphia Beekeepers' Guild at webebrothers@gmail.com or polar.ice@juno.com. To stay informed, join the discussion on the LLL200 Google group at google.com.

The next Bee Haven Project, Bee Friendly Gardening, takes place at USG on Saturday, March 6. Join Jim Bobb, PA 2008 Beekeeper of the Year and Master Gardener, local gardeners and beekeepers, and USG's Green Sanctuary Committee in learning how to create a honeybee-friendly garden or how to enhance your existing, mature garden with honeybee-supportive plantings.

Jim Bobb has served as Chairman of the Board for the Eastern Apiculture Society, which holds annual conferences for

beekeepers from Ontario to the Bahamas. Jim has spent much of the past ten years volunteering with many organizations, such as Longwood Gardens and Morris Arboretum, where he developed tours for students in grades five and six on pollination and seed-dispersal methods. He also teaches horticulture classes at the Barnes Foundation, is an instructor at Longwood Gardens, and is active in the Mid Atlantic Hardy Plant Society. He is a Penn State Master Gardener. His latest creation is a presentation on plant botany that is both humorous and informative, entitled "Garden Sex: Birds, Bees, Flowers, & Trees."

Jim Bobb has lectured on horticulture and beekeeping to groups of all sizes and ages from small prekindergarten classes to large garden clubs. He has contributed articles for many of the local, state, and national beekeeping publications, provided radio and newspaper interviews, and published a monthly newsletter for the Montgomery County Beekeepers Associa-

tion. For the past ten years, he has taught a monthly class for beginning beekeepers at the Montgomery County Cooperative Extension Service. Many Pennsylvania beekeepers have become familiar with Jim through his monthly articles in the PSBA newsletter.

Jim now runs 140 hives located at his property, Barnes Foundation Arboretum, Bryn Athyn Cathedral, Morris Arboretum, Pennypack Watershed Trust, Wissahickon Watershed, and other public gardens and provides pollination services for local orchards and farms. Jim's bees have been the test subjects for research with the Pennsylvania Department of Agriculture and Penn State University on the impact of pests on local beekeeping.

Bring your children! Support your local honeybee! Learn more about the upcoming 2010 Langstroth Philly Honey Fest!

This March 6 event, sponsored in part

by Weavers Way Co-op, includes a honey-themed lunch, specialty honey tastings, and a film on Colony Collapse disorder in addition to Jim Bobb's presentation—all for \$20 a person, or two for \$25. The event is a fundraiser for USG's Green Sanctuary Committee and its various environmental community projects.

Learn more about USG/GSC projects at www.usguu.org/pages/GreenSanctuary. To RSVP, contact Anais Salles, outreach@weaversway.coop, or call 215-843-2350, ext. 119.

For an event Invitation you can share with gardeners and friends, visit <http://www.wix.com/vtyaya/Bee/> Friendly Gardening.

To volunteer for this event, contact Carolyn Scott, USG Green Sanctuary Committee, at carolynwscott@yahoo.com

Stay tuned for April's *Shuttle Buzz* with more information about local, urban beekeeping activities and state, national, and international apiary updates.


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When Love Was Clean Underwear

by Don Gordon

FROM THE moment you hear the title of Susan Barr-Toman’s debut novel—*When Love was Clean Underwear*—you know you’re in for a unique experience. Susan, who was born and raised in Philadelphia (she lives downtown with her husband and two children), writes about the city in such a way that the city itself becomes, in a sense, one of the novel’s most enduring characters. The story focuses—and it’s a sharp, sometimes painful focus—on a young woman named Lucy who, although nearing 30, is still struggling to break away from a domineering family.

Reviewers have called *When Love was Clean Underwear* “a lovingly crafted coming-of-age story” (Small Press Reviews), “original, sparkling... irresistible” (Alice Mattison, author of *Nothing is Quite Forgotten in Brooklyn*), “enchanting... what a debut!” (Ann Hood, author of *The Knitting Circle*), and full of “wonderful humor about the human experience, and the need for forgiveness” (Elizabeth Cox, author of *The Slow Moon*).



Susan Barr-Toman and her debut novel – *When Love Was Clean Underwear*

Susan will be reading at the Big Blue Marble Bookstore on Friday, March 19, at 7 p.m. as part of their Writers and the Process Series. We look forward to seeing you there to support Susan and other up-and-coming local writers!

To learn more about Susan and the book, check out <http://www.susanbarrtoman.com>. In addition, Susan maintains a blog focused on local readings and literary events, <http://www.phillywordofmouth.blogspot.com>.

Area Gardeners Plan for Garden Conservancy Open Days Tour on May 23



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Valley Green Co-op Apartments

by Janet Lynch, President, Valley Greene Cooperative Apartments Board of Directors

Valley Greene Cooperative Apartments is the best kept secret in Germantown. The apartment cooperative was founded in the early 1960s. Located next to Alden Park Apartments, Valley Greene looms quietly in the shadows. This cooperative maintains a low cost of living and a self-sufficient lifestyle within an oasis of Fairmount Park. The close proximity to Forbidden Drive makes Valley Greene a sports enthusiast is dream. Commuters drive by daily not realizing the quiet red brick building that sits off Wissahickon Avenue is owned by the people who live here.

The key aspect in any cooperative is democratic control by the members in order to achieve an agreed-upon common objective. Democratic control is typically accomplished through governance by volunteer boards of directors elected from the entire membership. In addition to the board, co-ops often have many committees, such as a membership committee, maintenance committee, activities committee, and newsletter committee. Most co-ops hire a manager or management

company to perform management functions; smaller co-ops will often have no paid staff or management but will have members handle all the maintenance and operations responsibilities.

Cooperative members own a share in a corporation that owns or controls the building(s) and/or property in which they live. Each shareholder is entitled to occupy a specific unit and has a vote in the corporation. Every month, shareholders pay an amount that covers their proportionate share of the expense of operating the entire cooperative, which typically includes underlying mortgage payments, property taxes, management, maintenance, insurance, utilities, and contributions to reserve funds. There are many benefits to cooperative ownership. Some of these include personal income tax deductions, lower turnover rates, lower real estate tax assessments, reduced maintenance costs, resident participation and control, and being able to prevent absentee and investor ownership.



Valley Greene Cooperative, established over forty years ago, is one of a small minority of affordable cooperative housing in Philadelphia. Moving forward hopefully Valley Greene will be the example to lead more people in the quest to pursue cooperative living lifestyles.

LETTERS

This is just a little note to say that I think The Shuttle is incredibly fantastic. I cherish it like my New Yorker. I refer to it all month long. Thank you for bringing such an interesting paper to the neighborhood.

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Wissahickon Kindergarteners Look at a Farm Through the Seasons

by Kristina P. Littell, Co-CEO, Dean of Administration, Wissahickon Charter School

WHEN STUDENTS first learned that they would be going to the same farm three times, they were a little skeptical. Who wants to take the same trip over and over again? Why not mix it up a little more? Then they started to learn a little about how a farm changes during the year and they changed their tune.

Fall to winter to spring, few places change as much as a farm. It's a tradition that the kindergarteners at Wissahickon Charter School (WCS) visit Solly Farm three times over the school year, so they can experience these changes firsthand. This year's first trip to the farm was this past fall and included a hayride, apple and pumpkin picking, and learning about bees and pollination. Five-year-old Ada O'Shea Yeomans said of the trip, "Those apples tasted good. They were ripe! My dad helped me pick one from high up in the tree."

Isaiah Weekes was more impressed

with the bees. "We learned about bees! They take pollen from plants to make honey and when they do that it helps plants grow."

The students are even more excited to go back and see what happens at the farm in the winter and spring. The winter lesson will focus on root vegetables and the spring lesson will include strawberry picking. In the spring, they will also get to plant vegetables to take home. Students are already making predictions about how the farm will be different—"I bet it will be rainy—it rains a lot in the spring," and, "I bet there will be flowers and new leaves!" For many students, this series of trips is their first experience on a farm and their first time eating food that has just been harvested. It's been a great way to introduce students to the idea of eating local, seasonal foods and to show them the importance of farms.

This introduction to food and farms

in kindergarten is part of Wissahickon's scaffolded approach to teaching students about food. The kindergarten curriculum includes an introduction to the job of a farmer and what happens on a farm seasonally. The second grade takes this further by learning about local, organic, seasonal foods and visiting the Weavers Way farm.

"As a school we strive to educate our students about human interdependence with the natural world," said WCS Environmental Educator Liz Biagioli about the trips and the curriculum. "These trips are quite valuable in the sense of bringing context to our students' learning, creating

a connection to where their food comes from, and having a hands-on experience."


This year's trips to Solly Farm would not have been possible without a Target Field Trip Grant.

Wissahickon Charter School is a K-8 public charter school with a mission that focuses on the environment as an integrating theme for instruction, parental involvement, service learning, and peace and conflict resolution. To find out more about enrollment or how you can get involved, contact Kristi Littell, Co-CEO, at 267-338-1020 or littell@wissahickon-charter.org.

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Emerging Artists Category Showcases Local Artists at GFS Craft Show

by Sally Silverman

THE SHOW includes 74 artists from across the country, and Café des Artistes featuring local restaurateurs and home-baked goods March 5, 6, and 7.

Erin Castellan and Robert Siegel create art in South Philadelphia, while Tristram MacDonnell crafts furniture in Germantown. The talents of all three have earned them spots in the Emerging Artists category of the upcoming Germantown Friends School Juried Craft Show, March 5, 6 and 7. Introduced last year, this category offers local craft artists who have never before shown their work in the GFS Show an opportunity to participate.

With a degree in textile design, Castellan purchased a knitting machine and began to explore the possibilities it offered. Her richly hued and textured scarves, gloves, and hats are knit of certified, super-soft organic merino wool,

or sustainable fibers such as Tencel and bamboo. “As a maker, I have control over the product, and I try to choose yarns that have as little negative impact as possible on the environment.”

Robert Siegel was drawn to the tactile nature of ceramics as a kid. His material of choice is porcelain. “It’s a beautiful, pure white clay body with no impurities.” It’s also practical, and its whiteness shows off exquisitely the vibrant, joyous colors that Siegel favors.

The loss of MacDonnell’s job in high-end construction restoration opened up the opportunity to pursue his real passion. “I am fascinated by the notion of changing a tree into a beautiful work of art, in the form of furniture.” Each of his pieces is lovingly crafted with clean lines and classic proportions.

Despite the economy, the GFS Show

saw a 10 percent rise in applications. The 74 artists are coming from 21 states. Thirty are exhibiting at GFS for the first time.

Friday’s Preview offers a first look at the artists’ offerings, a silent auction of their works, student entertainment and refreshments by Charles Roman Catering. On Saturday and Sunday, local restaurateurs Trolley Car Diner, the Flower Café at Linda’s and Under the Oak Café serve their signature dishes in the Café des Artistes, with baked goods courtesy of GFS parents. The Café is decorated with student artwork, and student musical groups entertain throughout the weekend.

Since 1985, more than \$1,050,000 has been raised, and close to \$600,000 has been given to the Community Scholars Program, which supports qualified students from the community, and to the General Scholarship Fund.

Germantown Friends School, 31 West Coulter Street. Hours: Friday,



Dinnerware by Robert Siegel

March 5, 6 to 9 p.m.; Saturday, March 6, 10 a.m. to 6 p.m.; Sunday, March 7, noon to 5 p.m. Admission: \$8, students \$3, Preview \$35, good for the entire weekend. Call 215-301-4711 or visit www.germantownfriends.org/craftshow.

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Dinner and a Movie

Daughters of the Dust and Geechee Girl Restaurant

by Margie Felton, Deli Manager, and Joanna Poses

WHITE DRESSES dancing along the beach... Strong hands cutting okra for gumbo. Nana sitting proud in her indigo dress. *Daughters of the Dust* is—most strikingly—a film of powerful images. It's no criticism when we admit that we felt lost after a first viewing. We were so caught in the sights and sounds and utter poetry of the film that we missed the subtle ways in which the narrative moves; it moves to the beat of a slower rhythm. On second viewings, the story revealed itself to us and illuminated the joys, competitions, and raptures within the Peazant family as they prepare to leave their ancestral home of Ibo Landing for a new life up north. On a deeper level, the film offers an exploration of the Gullah/Geechee culture specific to the islands off the coast of South Carolina and Georgia. This culture may be less than mysterious to our Philadelphia neighbors thanks to the Geechee Girl restaurant—an essential Mt. Airy eatery for the last seven years.

Just as women dominate the Peazant family, so, too, do sisters form the heart of Geechee Girl. Valerie, Alethia, and Michelene are on a mission to introduce the melodies of Geechee cuisine to new palates. A quick glance at the menu may lead you to think this is typical southern fare, but that overlooks the unlikely prominence of rice. Rice is a staple of the menu and of Gullah cuisine. Take a minute to think about the last time you had a side of rice and goat cheese with your barbequed chicken. That

is the delicious combination that Joanna found on the platter before her. Add to that a side of hot greens and you're set. Don't tell her mother, but Joanna's famous for getting her dessert without finishing her veggies... Not these greens, however. With peppers, onions, and the suggestion of vinegar, they're tossed in a pan and lightly heated to perfection. Joanna was singing as each little nibble found its way into her happy mouth. This is a dish for her hall of fame.

But we're getting ahead of ourselves (and Geechee Girl's delectable appetizers). Margie wanted nothing so much as a big bowl of gumbo after watching the film. She decided to satisfy this craving with okra corn fritters topped with a tomato chipotle sauce. This is a perfect introduction to okra—a small veggie with a big reputation. We cut the spicy chipotle with an order of sweet plantains. Drizzled with garlic and oil, these babies were dressed to impress. The menu brims with so many tantalizing possibilities that you'll never guess which platter Margie ordered when we tell you that she licked the plate clean. Succulent pulled pork nestled next to black-eyed peas with a side of creamy coleslaw. She couldn't bear to leave a drop on the plate but she did allow Joanna a few small tastes.

If *Daughters* could be distilled down to a single image it would be the branchy tree heavy with colorful glass bottles out-



photo by Ann Marie Draycott

Michelene, Valerie, and Alethia Erwin, of Geechee Girl Cafe

side the Peazant home. It is meant to catch bad spirits and to protect the family. But we know that outside demons have already insinuated themselves and created a wedge between the central husband and wife. We are accustomed to trees as metaphors for the various influences that create families. Here the glass tree reminds us of all the cultural and religious influences that have created the Peazant family.

You're probably wondering—why *Daughters*, why now? It had enormous cultural impact when it was first released in 1992. It was—shockingly—the first feature length film by female African-American director (Julie Dash). Dash has gone on to have an interesting and varied career that straddles the worlds of art and commercial film. Scribe Video Center, the premiere resource for local, independent

filmmaking, recently offered workshops and screenings with the legendary Dash. And *Daughters* never looked better than it did on the beautiful big screen at International House, Philadelphia's major repertory film venue. Just as we advocate for local, independently owned eating establishments, so, too, do we encourage you to support the work of independent filmmakers and the hard work of local screening series.

You should familiarize yourself with the calendars of Scribe, International House, The Flickering Light, and the Documentary and Discussion series at Greene Street Meeting.

Geechee Girl Rice Cafe is located at 6825 Germantown Ave. in Mt Airy. Call 215-843-8113 or visit www.geecheegirlricecafe.com.

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Robert Rankin has been in the mortgage industry for 25 years. He worked for Countrywide in their correspondent division buying and selling mortgage pools. He was a Director for WAMU and helped them start up a correspondent division. He was President and co-owner of Abington National Mortgage Co. Currently, he is a licensed reverse mortgage specialist representing Met Life and Bank of America.

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GRINCH Weird Waste Day

by Amy Edelman

GREENIN CHESTNUTHILL, aka GRINCH, a grassroots environmental organization in Chestnut Hill, is organizing its second Weird Waste Day. The event will take place on Saturday April 10, 2010 from 1 p.m. to 4 p.m. in the Valley Green Bank parking lot on West Highland Ave. in Chestnut Hill.

Residents and business people are encouraged to bring their electronic waste such as TVs, computers, cell phones, and keyboards that will be disposed of responsibly at a cost of 40 cents per pound. The electronics are then reused or recycled responsibly by E Force Compliance, a company located in the Grays Ferry section of Philadelphia.

Any additional revenues will be used for future recycling events.

Green IN Chestnut Hill is a group of Chestnut Hill residents and business people whose purpose is

- Providing a forum for citizens who want to participate in sustainable practices
- Raising awareness in Chestnut Hill about environmental issues
- Presenting outreach and educational programs about environmental issues

For more information about Weird Waste Day or GRINCH please contact Amy Edelman at chefamybeth@hotmail.com (610) 505-6282 or Jen Reed at ecologic.chlocal@gmail.com

<http://greeninchestnuthill.blogspot.com> (GRINCH)

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Our full time employees earn a living wage and receive a full benefits package, including medical and dental insurance, retirement plan, paid vacation and sick time, and employee discount.

Previous grocery experience a plus but not a requirement.

Ideal candidates will be able to work some early evenings and at least one weekend day.

For more information contact:
hr@weaversway.coop

Recruiting for the new Chestnut Hill store, including:

- **Grocery**
- **Produce**
- **Deli**
- **Prepared Foods**
- **Cashiers**



Suggestions

(continued from page 24)

peared in the Bible: matza. The white version (bad white flour) is low sodium, the whole wheat version has zero sodium, and not much flavor either, so it needs a topping, preferably something that also appeared in the Bible, like olives or a sacrificed roasted lamb.

s: “Please slice the cheese thinner—especially the Cooper Sharp. Too thick changes the flavor & we use more.”
r: (Margie) If you slice Cooper too thin it is impossible to separate the slices & makes a huge mess. Sorry, but we have to continue to slice this way.

s: “Please re-order the *chocolate* flavor ‘So Delicious Dairy Free’ frozen (there’s never enough).”

r: (Chris) The flavors on display “rotate” due to our very small freezer shelves, so not all of the flavors that we get from distributors are on display at any given time. Delivery day for “So Delicious Desserts” is Tuesday, so feel free to ask staff to check basement back-stock for your favorite flavor. Tuesday night through Friday is your best bet. Thanks.

s: “Amaranth Grain would be a great addition—boil it in the a.m. for a great hot cereal w/cinnamon & honey! Great winter breakfast.”

r: (Chris) We have added bulk amaranth. It’s stocked next to the millet and wheat-berries.

s: “Whole wheat challah. Much healthier than regular. Also, whole wheat kaiser rolls.”

r: (Rachel) Check out the whole wheat challah from Roling’s bakery—it’s de-

licious! I haven’t found a whole wheat kaiser I’m totally satisfied with, but I’ll keep an eye out.

s: “Please—additional sugar-free/artificial sweetener-free cookies similar to those by Slow Rise Bakery.”

r: (Rachel) I’ll keep an eye out for this type of cookie and add it if it seems appropriate.

s: “Please restock Valencia peanut butter it is not the same as regular, of which you have four kinds.”

r: (Chris) The Arrowhead Mills Peanut Butter is still Valencia, they just changed the design of their label.

s: “Please list the kind of oil used in Le Bus Mighty Muffin—Low Fat. Thanks!”

r: (Rachel) Canola! I’ll be sure to change

the label. Thanks for asking.

s: “Thanks for the Yoga Bread—delicious and high fiber!”

r: (Rachel) So glad you like it!

s: “Hot Flash—I think this works. My partner’s hot flashes are tamer and less intense when she takes these three tablets/day.”

r: (Martha) Thank you for the feedback. So glad these have been helpful. (Norman) A little-known service we provide is making our walk-in freezer available to members with hot flashes. But please don’t stand too close to the ice cream.

s: “Could we possibly get malt extract for bakin? Anyone who owns *The Metropolitan Cookbook* needs it to bake their breads. Thanks.”

r: (Chris) None of our current distributors carry this item, but I’ll keep an eye out for possible sources.

s: “What happened to Knudsen Grape Juice? We use it for ritual purposes (on Shabbat), and the McCutcheons isn’t labeled with a kosher symbol, which we require. The Manischewitz isn’t as good and it’s from concentrate.”

r: (Chris) Knudsen no longer makes the Kosher Concord grape juice, sad to say. Faced with the disappearance of Knudsen, I bought Manischewitz in December, as it seemed to be the only Kosher Concord grape juice available from our distributors. I have since found another brand, Kedem, which will appear on the shelf mid to late February. It’s not from concentrate.

normanb@weaversway.coop

PASSOVER

Specials

Passover begins at sundown March 29.

POULTRY, MEAT, AND SEAFOOD	
Shank Bones	3.95 each
Empire Turkeys 16-20 lbs	\$4.20/lb
Empire Boneless Breasts	\$7.58/lb
Empire Whole Chickens	\$3.74/lb
Empire Cut-up Chickens	\$3.78/lb
Natural Acres Beef Briskets	\$4.22/lb
Esposito's Beef Brisket	\$6.84/lb

PRE-ORDER FAVORITES	
Freshly Pureed Horseradish with Beets	\$9.95/lb
Honey Glazed Carrots with Apples	\$7.50/lb
Brussels Sprouts with Apple and Cider	\$8.50/lb
Matzo Balls	\$1.00/ea
Matzo Ball Soup (Veg or Chick Stock) - Qt. size only	\$9.50/qt
Passover Haroset	\$9.50/lb
Dried Fruit and Nut Platter (12" platter)	\$36.99/ea
Lentil Walnut Pate	\$7.50/lb
Chicken Liver Pate	\$10.99/lb
Winter Borscht - Qt. size only	\$9.50/qt



ESSENTIALS

Parsley and Romaine
Fresh Horseradish
Apples and Nuts
Egg Matzoh
White Flour Matzoh
Gefilte Fish
Macaroons
Fruit Slices
Honey Cakes

Call Bonnie to order a complete Seder Plate Package

EASTER

Specials

Easter—April 4th

POULTRY, MEAT, AND SEAFOOD	
Esposito Boneless Leg of Lamb	\$8.60/lb.
Esposito Bone-in Leg of Lamb	\$5.90/lb
Esposito Lamb Roast Wrapped in Bacon	\$10.68/lb
Garrett County Spiral Cut Ham	\$5.82/lb
Natural Acres Roasts	Call for cut
Anything from the Sea including Organic Farm Raised Salmon	\$12.61/lb
Sustainable Chilean Sea Bass	Call for price
Meadow Run Boneless Smoked Ham comes frozen	Call for price

PRE-ORDER FAVORITES	
Maple Ginger Mashed Sweet Potatoes	\$6.50/lb
Old-Fashioned Mashed Potatoes	\$5.99/lb
Turkey Gravy - Qt. size only	\$9.99/qt
Pumpkin-Apple Soup - Qt. size only	\$8.50/qt
Honey-Dijon Glazed Brussels Sprouts	\$8.50/lb
Wild Rice with Dried Cranberries, Apricots and Toasted Pecans	\$8.99/lb
Fresh Cranberry Relish	\$8.99/lb
Mixed Fruit Chutney	\$8.99/lb
Marinated Mushroom and Fresh Fennel Salad	\$8.99/lb

Please check our catering menu for party platters or pre-order any of your favorite prepared food not seen on this menu by calling Bonnie.

We are happy to accommodate special requests with advance notice. We would like one week's notice on holiday pre-orders, but will fill last minute orders whenever possible.



Please call the Prep Foods Dept. at 215-843-2350 Ext.102 to place a pre-order.

Please call the Meat & Seafood Dept. for meat and fish prices at 215-843-2350 Ext.104

CO-OP INFORMATION

Mt. Airy

559 Carpenter Lane, 215-843-2350
Open Every Day 9-8

Ogontz

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

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www.weaversway.coop



Suggestions

by Norman Weiss
Purchasing Manager

GREETINGS AND thanks for writing. As usual, suggestions and responses may have been edited for clarity, brevity, and/or comedy. In the news a few weeks ago was an incident involving an airline passenger putting on Tefillin as part of performing Jewish morning prayers. The flight crew was unfamiliar with Tefillin (consisting of some leather straps you wrap around your arm and head, connected to two little boxes containing Torah scroll verses) so it ended up being a security event. This got me to wondering if in this day of cell phones and netbooks communicating wirelessly over 3G and 4G networks, maybe I can make Tefillin an alternative communication protocol. Since people wearing Tefillin are communicating with God, and since God can handle more than one person at a time, I'm suggesting the establishment of TefillinNet as an alternative to ethernet. TefillinNet would utilize the Universal Yahweh port (UYP—pronounced “yoop”). Advantages of TefillinNet would be nearly universal coverage, free to anyone that believes, and best of all, no dumb Verizon/AT&T commercials. Only down-

side is it's not available on the Sabbath. Also, IP addresses are in Hebrew numerals, so Information Technology training will have to include some Hebrew school.

This past week was the one with the snowstorms, and I thought our city did a pretty good job in general dealing with pretty difficult conditions. However, here is one thing the city is not doing well—renewing business licenses. A few months ago our Finance Manager realized this license had expired in April, we never received the usual annual invoice to renew. When I called the city's L & I department, I was told they were no longer sending out invoices anymore. This seemed a mystery to me, since you would think not sending out invoices for license renewal fees would result in less money coming in, far less than what it costs to send invoices out, not to mention having a document the payment can reference (what else are we supposed to do, just send the city money and write a note?). But whatever, so I asked the city staffer (who was polite and helpful) if they would send an invoice and they said they would. Couple months later still no invoice, no renewal, so I sent an e-mail, which was not responded to for a month. Then I called again, and was told they would follow up. Two days later I receive an e-mail that our tax number is inactive and they can't send an invoice because our tax number is inactive. Round and round we go....

Suggestions & Responses:

- s: “I have purchased a cracker from Whole Foods—called Bible Bread! It's a lightweight cracker made with honey. It would be a nice addition to the low salt/low/no sugar crackers and wafers that you stock. Thanks.”
- r: (Chris) It seems that none of our distributors carry this particular cracker; I doubt we can get it for Weavers Way. Sorry! (Norman) While technically not a bread, we do stock a cracker that ap-

(continued on page 23)

Bowling Night for Weavers Way Staff



Equal Exchange Fair Trade

March Coffees of the Month



Huge Bulk Coffee Sale!

All Regular Varieties,
reg, \$10.59 **sale \$7.99/lb.**

All Decaf Varieties
reg, \$13.37, **sale \$9.99/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:

Weavers Way Co-op Offices

555 W. Carpenter Lane
Wednesday, 6:45 p.m. : March 10, 17, 24, & 31
Thursday, 6:45 p.m.: March 4
Saturday, 10:30 a.m.: March 20

Weavers Way Ogontz Store

2129 72nd Ave
Saturday, 10:30 a.m.: March 13, 27

Chestnut Hill Center for Enrichment

8431 Germantown Ave (parking entrance on E. Highland Ave.)
Tuesdays, 6:45 p.m.
March 2, 9, 16, 23, 30

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: _____

30 IN thirty

As part of our Chestnut Hill expansion, Weavers Way is launching a member equity drive—“30 in Thirty.” We want as many members as possible to invest an extra \$30 into their member equity accounts—in addition to their regular \$30—during the month of March. There are three easy ways to participate: You can pay online at www.weaversway.coop, pay at the register, or send a check with your member number and “30 in Thirty” in the memo to Weavers Way Co-op, 559 Carpenter Lane, Phila., PA 19119.

This is a great way for members who could not participate in the member loan program to show their support, and these crucial months leading up to the opening of our new store in Chestnut Hill is a great time to do it.

But why is it 30 in Thirty if there's 31 days in March? Because on Day 31, we'll be done.