

Check out the new
Golden Beet and Kale Salad!



SPRING GENERAL MEMBERSHIP MEETING

May 23rd • BBQ, Meet and Greet at 4 p.m., Meeting at 6 p.m.
Chestnut Hill Friends Meeting, 100 East Mermaid Lane

Agenda: Opening and Welcome • Candidate recognition • Approve minutes from Fall 2009 GMM
President's Report • 6 p.m. 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

Come by for a Sneak Preview
of our Chestnut Hill store
(8424 Germantown Ave.) at the

**CHESTNUT HILL HOME
AND GARDEN FESTIVAL**

Sunday, May 2 • 11 am to 5 pm



The Shuttle

April 2010 Vol. 39 No. 4

Serving the Co-op and the Northwest Community since 1973

Expansion Update

by Kim Spelman-Hall,
Chestnut Hill Store Manager

SPRING IS coming and so is the opening of the Chestnut Hill store. We are finally seeing the light at the end of the tunnel. All of our large refrigerated equipment will be arriving the first week of April, and Domus, our contractors, should be handing the building over to us by the end of April. Once we are able to work inside, there will be a mad dash to assemble shelving, set up our kitchen and office, and fill the shelves with an exciting array of healthy items including a large offering of local products.

I am very excited to say our interviews have been going well. We have an excellent group of qualified candidates.

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Large Turnout at Co-op's Chestnut Hill Job Fair

by Jonathan McGoran, Shuttle Editor

HUNDREDS TURNED out on March 15 for Weavers Way's Chestnut Hill Job Fair, held to help fill the 30 jobs being created by the new store in Chestnut Hill, which is scheduled to open in May. Over 300 applicants attended, and 285 had preliminary interviews that day. The Job Fair took place at 8400 Germantown Ave., next to the new store.

"We are excited about opening in Chestnut Hill for many reasons," said Weavers Way President Nancy Weinman, "but one big reason is that we will be bringing so many new jobs to Northwest Philadelphia, and at a time when they are sorely needed."

General Manager Glenn Bergman agrees. "Weavers Way is all about local," Bergman says. "We are committed to local products—local milk, bread, cheese, and other products, and produce from our own farm right in Northwest Philadelphia. But local also means investing in our community, and we are very happy to be doing just that."



photo by Jonathan McGoran

These applicants were among the more than 300 who attended Weavers Way's Chestnut Hill Job Fair on March 15. The job fair was held to help fill the 30 jobs being created by Weavers Way's new store. Weavers Way 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. Ideal candidates will be able to work some early evenings and at least one weekend day. For more information about employment at Weavers Way, contact hr@weaversway.coop.

Henry Got Goat Cheese!

Yellow Springs Farm Goat Cheese CSA offered through Henry Got Crops! CSA and a Taste Testing April 15

by Nina Berryman, Henry Got Crops! CSA co-manager and Al Renzi, Yellow Springs Farm CSA

HENRY GOT Crops! CSA, a partnership between Weavers Way and Saul Agricultural High School, is expanding beyond vegetables to include artisanal goat cheese. You do not need to be a member of the Henry Got Crops! CSA (or a member of Weavers Way Co-op) to join the goat cheese CSA.

Al and Catherine Renzi, from Yellow Springs Farm, in Chester Springs, PA, have a small herd of goats and make delicious artisanal goat cheese. If we can get 20 people signed up for their goat cheese CSA,

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photo by Catherine Renzi

Henry Got Crops! Farmer Nina Berryman (l) with Yellow Springs Farm's Al Renzi and some of the farm three-day-old goats (awwww...)

Member Loan Campaign Enters Second Phase

by Stuart Katz, Member Loan Committee

THE SUPPORT of our members has kept the Co-op a vital community organization for over thirty years. Our expansion to a new and larger store in Chestnut Hill, with a wide range of fairly priced food and household products, will improve our service to the community. In addition, we will have a broader reach for our community programs, including support for local growers and vendors, health and wellness initiatives for members and community residents, and education programs on green and sustainable products.

To support the expansion, the Co-op has made use of a traditional co-op program, a Member Loan Campaign. In the first stage of our Member Loan Campaign, from April to October last year, we raised \$458,000. This was a tremendous result.

As the new store nears completion, we are now initiating a second stage of the campaign, to raise at least another \$250,000. Because the renovation required of the old Caruso's space was far more extensive than expected, the project has cost more and taken longer to complete. The Member Loan Committee has produced an updated Offering Memorandum to include current store costs as well as the latest financing sources for the expansion.

The terms of the new offering for Member Loans are as follows:

- Members can loan from \$2,500 to \$500,000
- The member-lender chooses the term of the loan, from six to ten years.

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Editor's Note



by Jonathan McGoran

CONVENTIONAL WISDOM once held that while everybody doesn't like something, nobody doesn't like Sara Lee. Well, no more. Norman Weiss, among others, is taking Sara Lee to task for greenwashing with their "Eco-grains" bread.

Frankly, when I saw the "Eco-grains" label, I thought at first that it was an attempt by Sara Lee at being hipster-retro-cool-ironic by coming up with a phrase that so totally reeked of lame, old school pseudo-sustainability. But no, they were serious. Then I thought maybe Norm was being too hard on them for greenwashing; at least they're washing, right?

Part of Sara Lee's marketing for the brand includes the tagline, "How your turkey sandwich can help preserve the earth." Well, if the threat your sandwich is preserving the Earth against is ecological, the answer would be: very slowly. While "Eco-grains" do use less pesticides than conventional grains, it is only three percent less. And since the Ecograin bread uses a maximum of 20 percent "Eco-grains," the net maximum reduction in Earth-threatening chemicals would be 0.6 percent.

To be fair, your turkey sandwich could be more effective if the threat was coming from, say a killer tomato, which could conceivably be sliced and included in the turkey sandwich, or if we are attacked by evil space aliens who demand a turkey sandwich or else they will destroy the earth (faster than we already are). In neither case, though, would Sara Lee "Eco-grains" be essential to the Earth-saving qualities of your turkey sandwich.

In the face of this criticism, Sara Lee has removed the claim that "Eco-grains" has "some advantages over organic farming." Interesting that their solution is to stop making the claim, rather than living up to it. And after backing down from that claim, the company added that they "stand by our messaging and are very proud of this important first step we've taken to benefit the environment," whether Norman Weiss likes it or not. After all, everybody doesn't like something.

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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.



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Winding Road to WW Farm Education

by Adam Forbes, Farm Educator

JUST A few months ago, I was touring the Weavers Way Farm on a frigid January day, chatting with the crew and tasting over-wintered arugula. I was naturally nervous to be interviewing for this job and somehow managed to have sweaty palms in the middle of a frozen tundra. After my interview I wandered around the Mt. Airy store reading housing ads and trying to figure out the correct shopping protocol. I tripped over other Co-op members as my mind filled with details about the farm and community programs. The store felt foreign but surprisingly comfortable to me. I found myself daydreaming about what it would be like to work as a part of this organization. However, the prospect of working for Weavers Way was still a distant dream. It was just a possibility that I couldn't let myself get too excited about.

During my first week, the same snow that soaked my feet during those interview days still covered the farm in a white blanket, but I was in a totally different mindset. All of a sudden I was a part of this grand project and consumed with plans for the upcoming season. I could let my excitement run wild as I dreamed of farming and teaching in a new place. On February 22, I officially began my training as the new "Farm Educator" for Weavers Way Community Programs. The job mi-

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WWCP Update

by Rachel Milenbach, WWCP Executive Director



Kids from Stenton Family Manor and grown-ups from WWCP at the Philadelphia Flower Show, courtesy of the Pennsylvania Horticultural Society.

Funding Updates

Looking back at past *Shuttle* articles, I see that it was over a year ago that I wrote about the generosity of individuals and foundations in their support of Weavers Way Community Programs. In that year, we have gotten used to the change in our economy, the fact that a lot of people still cannot find jobs, and that some businesses and non-profits have had to close their doors.

For the most part, WWCP has not been adversely affected by the economic climate. It probably helps to be a relatively small, bare bones, scrappy non-profit with low overhead. It also helps to be part of

Weavers Way, and an amazing Northwest Philadelphia, urban agricultural, and local food systems community. Many thanks to all of you who gave through the December 2009 cash register campaign. And thank you to the following foundations for their generous support over the last two years:

2010

Children Can Shape the Future for the existing schools that participate in Marketplace, as well as expansion to the Eastern University Academy Charter School.

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Farm Fresh and Farm Frozen

by David Zelov, Weavers Way Farm Manager

OLD TIME farmers and gardeners often called snow the "poor man's fertilizer." If there is any truth to this, we shouldn't have to apply any fertilizer to our land for quite some time after this winter. But is there any truth to this old tale? I was hoping there would be, and as it turns out, there is! According to Bill Shockley, an agricultural agent in Virginia, snow, as well as rain, contains nitrogen, one of the essential nutrients for plant growth and the one that needs to be added each

year, since it is short-lived in the soil. Our atmosphere is actually 79 percent nitrogen gas but it's in a form not usable by plants. It can be "fixed" into this useable form either by lightning, microbes, or by humans (industrially). Snow actually contains more nitrogen these days due to the burning of fossil fuels in cars and industry, which releases nitrous oxides. The precipitation picks up this nitrogen suspended in the atmosphere and deposits it on the ground.

Snow is a better fertilizer than rain because it lasts longer, providing a more timed release effect, rather than rain, which does not stick around. I imagine that rain might leach more nitrogen from the soil than it deposits, but am not sure of this.



photo by David Zelov

Hard to imagine, but under all that snow, arugula is growing.

Snow also recharges our aquifers better than rain because the water seeps in slowly, and little is lost to surface runoff. And snow is insulating, keeping the ground frozen. If we have cold weather with no snow cover, the ground freezes and thaws, which causes movement that can kill plant roots and actually push bulbs (such as our valuable garlic) out of the ground.

I must say though, that although I love the snow, there were some negative aspects of it for us this winter. Hoophouses are not the sturdiest of structures and cannot take much of a snow load. The first couple storms this winter contained fairly light, fluffy snow, which blew or slid off quite easily and required little work from us. A mid-February storm, however, came

with some pretty heavy snow that just sat on top of them. And since this storm came on the heels of another, there was not much room for the snow to go. All the snow that slid off in the previous storm was still piled around the base. Sinking up to our waists, we trudged through and pulled it down from the outside, using our arms so as not to damage the plastic (amazing what friends will do when you offer to buy them beer). Lessons learned – do not put hoop-houses side by side so that you have to deal with the snow from two of these structures in a narrow area. Also challenging, and never before experienced by me, was making our way through

two feet of snow from the hoop-houses to Ardleigh St. (where we had to park before the farm road was plowed) with bins full of harvested greens destined for the Co-op and the Piazza Farmers Market.

But it's spring now and hopefully all of that is behind us. We are excited to be starting another season and are welcoming in a new crew of apprentices and interns. I'm sure you'll be seeing them around the Co-op and at the farm and markets. You should be seeing lots of great produce in April: coming in the early part of the month (from the hoop-houses) will be spinach, arugula, salad mix, bok choy, tatsoi, lettuce heads, kale, chard, radishes, turnips, microgreens, and pea shoots. Enjoy!

"Talking to Bob"

by A.J. D'Angelo-Masko, Weavers Way Produce Staffer

THE CHANCES are good that you've seen Bob Maier dutifully patrolling the aisles of the produce department on one of his regular shifts here at Weavers Way. What you may not know is that Bob also plays a key role in finding and selecting the local fruits and vegetables that make their way onto our shelves and into your meals. I sat down with Bob to discuss this aspect of his job.

What is your background when it comes to produce?

I was a farmer for 13 years at Blue Moon Farm in Colorado. We maintained an orchard, grew vegetables and herbs, and raised livestock. Knowing how farms are run on a day-to-day basis really helps in my current position.

What are your responsibilities with regard to selection of produce for Weavers Way?

The philosophy of the produce department is to stock products that are local, high quality, and sustainably grown. To that end, I visit local farms, investigate



photo by Jonathan McGoran

From our Produce Department, (l to r) A. J. D'Angelo-Masko, Jean Mackenzie, Bob Maier, and Shani Taylor, and from our grocery department, notorious camera hog, Chris Switky.

their growing methods, inspect the quality of their produce, and negotiate purchases for the store. We consider any farm within 150 miles of Weavers Way to be "local" and no local produce is sold at the store until I've made my way to the farm where it was grown. I avoid growers who use systemic pesticides, herbicides, or fungicides. Likewise, I don't purchase from growers who use unsustainable or wasteful farming practices.

How would you describe your interactions with local growers?

One of my primary responsibilities is to communicate the needs of the Co-op to the farmers that provide our produce. I educate the growers as to what we are

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April Grocery News

by Chris Switky, Grocery Buyer

HOWDY, SHOPPERS. As I write these words, February, a short month that was not short on snowfall this year, is about to end, and tomorrow, we welcome the month of March. I only have a few new developments to report in the grocery department of your co-op, because, as I mentioned, February was a short month, and I feel like I spent most of it putting Yaktrax on and off my boots, shoveling out my home, the Co-op loading zone, figuring out how to compensate for the various deliveries that couldn't get to our Germantown warehouse because of snow-packed streets, and enjoying other snow related activities. And so, without further ado...

New on the chips rack: Boulder potato chips, across from the salad dressings. We've added three flavors of Boulder chips: plain salted, malt vinegar, and spinach artichoke. These will replace the similar flavors of Kettle chips. Why? We think the taste is comparable, and the five ounce bag is 11 cents cheaper than Kettle brand. And, the case size in cubic feet is about 20 percent smaller, which helps co-op staff with backstock space and logistics. Let us know what you think!

Two items recently brought in by shoppers' requests: Hodgson Mills cornbread muffin mix, found on the top left of the baking goods section, and bulk amaranth, also in the baking section, next to the bulk millet, wheatberries, and coco-

nut. You asked for them, and despite all that wretched snow, we came through!

We also added three shelf items from Oak View Acres, a Strasburg, PA company that produces great quality foods using organic produce from PA farmers. You'll find canned organic beets (in jars, more on this later) near the canned beans (in cans); organic hot pepper relish, on the condiments shelf; and organic sauerkraut, just below the aforementioned relish. This is a local company making delicious organic foods. We hope you'll support them and try one of these items.

Here's something I've long wondered: why is it called "canning" when we take fruits or vegetables and put them in jars? Shouldn't we call this activity "jarring"? Or would that send the wrong message? If you talked about "jarring" vegetables, someone might think you were telling the poor veggies upsetting stories. So we "can" fruits and veggies, meaning we put them in jars, not meaning that they just weren't doing the job well enough and we gave them all pink slips.

And why do we "can" these foods in "jars"? Because we can. Thanks for reading, and I'll see you in the grocery aisles.

christopher@weaversway.coop



Hooked

Wild-Caught vs. Farm-Raised

by Noel Bielaczyc, Meat, Fish and Poultry Dept.

FOR MOST conscientious shoppers, purchasing seafood requires the consideration of at least one important distinction: whether a product is **wild-caught** or **farm-raised**. This dichotomy has become the center for much of the debate and controversy surrounding seafood today. Unfortunately, this is a gross simplification of the current situation. Just as the term "wild-caught" includes dozens of methods of capture, all with varying degrees of bycatch and environmental disturbance, "farm-raised" refers to a huge diversity of aquaculture techniques. If you thought all farm-raised fish were created equally and sustainably, you may want to consider some of the lesser known information contained in this article.

The two main approaches to farming fish are **open systems** and **closed systems**. Open systems rely on rivers, lakes or fjords as an available source of fresh, aerated water in which to grow fish and remove their waste. Fish are kept corralled in open nets or pens, which allow water to freely move in and out of the farm and the surrounding body of water. By contrast, closed systems are generally built on land and circulate water from a spring, river or even municipal supply through a pond or tank containing the fish. Waste and effluent is filtered out and the water is recycled, conserving water and preventing contamination of the surrounding environment. Currently, Seafood Watch gives most open system farmed fish

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April Hidden Treasure Crackers!

Shopping at Weavers Way is quite different than shopping at other markets and grocery stores. It is often a scavenger hunt without clues. Items aren't always where one would expect them to be and the same item may be found in a variety of locations. Why? Product location is sometimes based on which buyer purchases the product, and new items requested by shoppers may be placed wherever we find room.

Crackers are one of the categories that can be found all over the store: above the bagel bins, mixed in with Pepperidge Farm cookies and on the rack next to the cheese case. As the deli purchaser, it is my job to stock crackers for the shelf next to the cheese case. Recently, due to some vendor changes, we have had many changes in this area, so I thought I would give a little overview of what's there or not.

We no longer carry Snack Factory Pretzel crisps or NY Style Flat Breads. I am searching for other sources and will bring these items back if I find them. In the meantime, I have brought in:

JJ Flats Flatbreads in sesame, everything, and multigrain. Not quite as crunchy as the NY brand but a tasty basic cracker at a good price.

La Panzanella Flatbreads come in a variety of flavors and sizes and are light and crispy but a bit pricier than the JJ Flats.

Bello Rustico Crustini are small crispy squares that come in unusual flavors such as roasted walnut and fennel (Margie's favorite).

Standards that we've carried for a while include:

Dr. Kracker Organic snackers and flatbreads are full of flavor and textures from nuts and seeds. They stand alone as a snack better than they pair with cheese.



New York Style Bagel Crisps available in assorted flavors and pair well with dips and smoked fish.

Divina Mini Toasts are extremely cute and whole wheat. I use them as a base for mini crab cakes when I am catering a party.

Z Crackers (Margie's favorite) - Crispy and flavorful.

Rosali Crostini (Josh's favorite) - Crunchy and salty

Macy's Cheese Sticks - Cheesy snacks with no extra cheese needed.

Yarra Valley Crackerthins and **34° Crispbreads** are our lightest crackers and pair well with creamy goat cheese and other light spreadable cheeses.

Manager's Corner

by Glenn Bergman, General Manager

LAST MONTH I received an e-mail that I thought, at first, was Spam. It said something like, "The White House would like to invite you to a meeting with Michelle Obama in Philadelphia." But then I saw there was a location, a time, and even a ".gov" e-mail address. I closed my eyes, clicked "Open," and sure enough it looked official. Weavers Way was being invited to attend a presentation of the First Lady's program initiative against childhood obesity at Fairhill Elementary School on Somerset Street, a few blocks east of Germantown Avenue in North Philadelphia. I thought that this might just be a program for the cameras and a local political feel-good time, but so what, for an opportunity to see the First Lady in person.

I tried to figure out how WW had been invited to this and I remembered that the Fresh Food Financing Initiative (FFFI) was featured last month on the front page of the Shuttle. The White House must have heard that Jon McGoran, the editor of the Shuttle, was planning a feature piece on this important program to eliminate "food deserts" in urban and rural areas and therefore they sent Michelle Obama to Philadelphia to roll out the national FFFI.

After making it through the electric security and pat down, I was impressed to see not only students from Fairhill, but all of the major players on food policy, local food, financing support, government, and non-profit funders in the room. Present on the stage were the Secretaries of Treasury and Agriculture, the Governor, the Mayor, Rep. Dwight Evans (who authored FFFI), Senator Casey, Fairhill's principal, and a sixth grade student, who did a great job introducing the First Lady.

The First Lady's initiative to lower obesity and childhood diabetes levels in children. She stressed that it was not only a public health issue and a national security issue, but the right thing to do for families and our future. I think we all agree. I could not stop thinking about how jobs would be a great way to start, as well as world class educational systems that really taught our children how to think for themselves and take care of their lives.

Last month, Mayor Nutter rolled out his trash and sugar tax plan. I do not agree with taxing trash; I see trash dumped on the street all the time, and there is no tax on it yet. I can not wait to see what happens when trash is taxed and half of the city does not pay the tax. This service has to be part of the retail, real estate, or must be built into the system. On the other hand, I have no problem taxing the "sugar" out of our beverages. I am tired of seeing the figures on the amount of cheap worthless calories being consumed in such quantities by our citizens that it is no wonder that people are obese. Why just tax soda; why not outlaw it as a drug or establish a monthly quota per person? Or create special coupons that allow you to purchase a liter of high fructose corn syrup once a week? Restaurants should be allowed to sell as much as they want of fountain sodas for eat-in establishments. Shipping concentrate is much more of a green issue than shipping all of the cans, plastic, glass, and water content around.

Soda, what is in it anyway? Chemicals, high fructose corn syrup, H₂O + CO₂. Take the chemicals and calories out and add some juice and you have a spritzer or just carbonated water with no calories. That should be cheap!

I like the idea of the plan set forth by our public health officials. I know this is controversial, but so what? We need to find the other issues in city spending and cut waste too while we are at it. We must support our Police and Fire Departments, but also our parks, recreation, and schools. While doing all of this someone needs to begin to change our purchasing behaviors away from low cost grocery products that can lower our life expectancy. This should be done at a federal level so I can not cross state lines and get cheap soda and chips in Delaware. Oh, I already do this for my wine and distilled products. I say we legalize the selling of alcohol through private means in Pennsylvania while we are at it. Let's face it, there is more nutritional value in wine and beer than in soda, and we already tax those products.

Oh, one last thing, now that I am on a roll, let's start putting a tax or return deposit on plastic and glass bottles of ALL types. Add on the plastic bags that should not be allowed, (we tried that already), and we could have a cleaner city at the same time. In fact outlaw water in bottles and require all food establishments to provide a water fountain.

Okay, seriously last last item: if a corner grocery store wants a license in the City of Philadelphia, it should be zoned that a certain amount of space must be allotted for fresh produce and that only a certain amount of space can promote high fructose corn syrup products. We have plenty of corner grocery stores in the city; we just need to get them to provide healthier products for their clientele and community.

Ok, I am finished. Thanks to the First Lady for speaking out on fresh foods, food deserts, and childhood preventive health care through better eating and exercise. Let's "Just Say No" to unhealthy products being jammed down our throats by large multi-nationals. (Wasn't that Nancy's line?).

Mt. Airy Manager's Report

by Rick Spalek, Mt. Airy Store Manager

IN PREPARATION for the opening of our Chestnut Hill store, we are undergoing some interior improvements here at 559 Carpenter Lane. We are creating a "Members' Corner" in the corner by the dairy case. We will have the hanging terminal for the online calendar where members can sign up for work shifts and update their member information. There will be updates and news posted for members, as well as pertinent handouts and membership brochures.

Inside, we will be repainting other exposed areas above and below the counters that have been beaten up over the years from hordes of hungry shoppers. We have purchased new green hand baskets with our name on them to replace our old maroon baskets.

The replacement of loose floor tiles is an ongoing item, until we are able to close for long enough to replace the entire floor, which is way down the road. We have also stepped up our cleaning program to make sure we are achieving a higher level of cleanliness—Leave me a note if you ever find anything that needs cleaning or maintenance (I'm serious).

In addition, we will be repainting the bread boxes outside, and cleaning up the outside bulletin boards. We have painted the loading zone curb to help alert shoppers that this is indeed a loading zone and not a parking spot.

We will also be re-stuccoing the outside of our offices at 555 Carpenter, and it will be decorated by a member artist with a store-selected design.

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Nutrition Facts Now Available

by Josh Giblin, Merchandising

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 Fat Cal. 431

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Sat. Fat 2g	22%	Fiber 9mg	34%
Trans Fat 0g		Sugars 3g	
Cholest. 0mg	0%	Protein 21g	
Sodium 9mg	0%		
Vitamin A 1% • Vitamin C 2% • Calcium 8% • Iron 29%			

THERE HAVE been recent shopper concerns about the lack of nutritional data for many of our bulk products. In many stores, you would find this data on the bulk dispenser, but we eschew this delivery system for the most part, and must seek an alternative display method. On the bulk shelves, there are several hanging tags with the nutritional data, but not for every item. They can also be hard to see or read because of their location. In our Ogontz store, we don't even have those. I have worked to remedy this situation.

I have compiled data on just about all of our products; some of the mixed products (nuts, snacks, soup) can be trickier to provide information for. When possible, I took the information direct from the manufacturer, supplementing with data from the website NutritionData.com, which has a wealth of interesting data. I will be mak-

ing this information as widely available as possible. To start with, I will be printing sheets of nutrition labels that correspond to our layout. The sheets will either hang near the products, as we have done in the past, or be in a central binder, perhaps with the produce reference materials in that department. Having the sheets together as a set, it may be easier to compare certain products and make better decisions. Please ask a staff person to help you locate these if you are having trouble. Also, I hope to make the set available on our website as a series of PDFs for viewing. How you use this information is up to you. Nutritional counseling is not my forte, so I encourage you to do your own research to determine which foods are best for your lifestyle. I hope you find the data informative and, ultimately, helpful in making your healthy choices.



photo by Steve Hebden

As paint goes on the walls, the Chestnut Hill store is starting to take shape.

Expansion Update

(continued from page 1)

Just today, we offered our first department manager position to an outside person, who was thrilled to accept. Within the next few weeks, we will have several positions filled. It has been great to see the diverse group of people who are interested in working for a co-op organization. I will be providing more details on our staff as we get closer to opening.

The Chestnut Hill Home and Garden Festival is coming up on May 2. Although

we will be working away inside getting ready to open our doors, it will give the community a good opportunity to peek inside and see that we are almost finished. Our outreach team will be there to pass out information and refreshments.

So be ready to come check us out, do some shopping, and socialize just as the weather is perfect to enjoy the community!

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WWCP Update

(continued from page 2)

Claneil Foundation for farm education at Weavers Way Farm at Awbury Arboretum and the Hope Garden at Stenton Family Manor.

Nararo Foundation for Marketplace and general operating support.

Lida Foundation for farm education at Weavers Way Farm at Awbury Arboretum, the Hope Garden at Stenton Family Manor, and Marketplace.

2009

PA Department of Agriculture for direct farm stand sales and community outreach.

Children Can Shape the Future for the Hope Garden at Stenton Family Manor.

Lawrence J. and Anne Rubenstein Foundation for the Hope Garden at Stenton Family Manor.

Coleman Foundation for the Hope Garden at Stenton Family Manor.

PA Department of Community and Economic Development for Marketplace and Farm Education.

Weavers Way Environment Committee for the Hope Garden at Stenton Family Manor.

"Local Food Economy Leadership" award on behalf of the William Penn Foundation and the Delaware Valley Regional Planning Commission in recognition of our innovative and successful collaborations with Awbury Arboretum,

Martin Luther King, Jr. High School, Penn State Cooperative Extension, and many others in your commitment to support the local economy.

National Gardening Association Youth Garden Grant for children's garden supplies.

First United Methodist Church of Germantown (FUMCOG) for Marketplace.

Nararo Foundation for Marketplace and general operating support.

Claneil Foundation for farm education at Weavers Way Farm at Awbury Arboretum.

Upcoming Activities and Events

Marketplace Expansion. Lingelbach Elementary School in Mt. Airy, Our Mother of Consolation in Chestnut Hill, and Eastern University Academy Charter School in East Falls are joining Marketplace this spring.

Hunger Philadelphia is moving closer to reality. Financial donations will go to the Hope Garden, as will the 20 raised beds built for the installation. Please join us at one of the live installations at The Painted Bride Art Center on April 1 and 2, or May 7, or at the closing celebration on May 15. During the closing celebration, all project proceeds, including a fully functioning community garden will be gifted to the Hope Garden at Stenton Family Manor. Participants and audi-

ence members will take the raised beds out of The Painted Bride and onto a truck waiting to take them to the Hope Garden. We will caravan back to Stenton Family Manor, and possibly have a brief ceremony there as well. If you are interested in attending on May 15 and helping move the beds to their permanent home, please e-mail me at rachel@weaversway.coop.

Visual artist J.J. McCracken spent the summer of 2009 as Guest Artist-In-Residence at The Clay Studio in the Old City neighborhood of Philadelphia, laying the foundation for this upcoming active installation. The project will be exhibited at The Painted Bride Art Center from March 31 to May 15, and directly responds to the issue of hunger in Philadelphia.

The Hope Garden at Stenton Family Manor The 2010 season is off to an exciting start. The seeds are off to a great start in the greenhouse. Plans for this summer include building a Cobb Oven and a night of camping near the garden. In March, Stenton and WWCP staff, as well as nine kids (ages 6-13) who live at the shelter took a field trip to the Philadelphia International Flower Show. The adventure included taking the R7 to the Market East Station, pizza at Reading Terminal Market, and lots of flowers at the flower show. Thanks to The Pennsylvania Horticultural Society (PHS) for the gift of flower show tickets. It was a memorable evening.

School Garden at C.W. Henry Elementary School

David Siller and I have been meeting with Henry School parents Heather Hill and Sue Schrand to plan a school garden at Henry. In March, Heather and I met with the Henry teachers to present our ideas. Their great ideas and enthusiasm for the project were inspiring. We are in the process of raising funds to get the garden started this month. The project will start as a 20' X 20' educational and production garden. Students will learn how to plant and tend to a small urban garden and how to market and sell their produce.

The Garden Conservancy

Thanks to Mark Klempler of Weavers Way Farm Committee, WWCP will be the recipient of a portion of the proceeds from ticket sales for the Garden Conservancy's tour of local gardens on May 23.

Sol Levy's Photography Exhibit at High Point

If you haven't seen it yet, you have a few days left to check out Sol's photographs of Weavers Way Farm and WWCP's farm education programs. They are on display until April 4 at High Point Café.

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Winding Road

(continued from page 2)

raculously brings together my passions for sustainable agriculture, food justice, and environmental education. I am still figuring out the diversity of programs that WWCP runs, but feel confident that I will be a beneficial part of the team. I can't say how thrilled I am to be a member of this inspiring community of co-op shoppers, farmers, community organizers, produce managers and more! My job responsibilities for this year range from running the Hope Garden at Stenton Family Manor to working with school groups at the Awbury Arboretum farm. I look forward to putting my heart and soul into continuing the programs that have been started while also inserting my own flair and new ideas.

Sustainable agriculture has been the focus of my work and education for the last six years. I am a New Jersey native and despite the stereotypes of "dirty Jerz," I grew up close to rolling hills and a large organic CSA farm. Some of my best childhood memories are humid evenings when we would stop by the farm, after a day running in the woods, to pick fresh tomatoes off the vine. The warm juice from the fruit would run down our chins and inevitably stain my shirts red (a constant burden to my mother). Unfortunately, I saw the forests of my youth cleared to build

more McMansions and suburban developments. Farms and fields gave way to rows of cul-de-sacs named after the trees that used to grow there. At the ripe age of 16, I was distraught over our lost connection to nature. It seemed as if there was no hope for New Jersey. So, I feverishly worked two jobs and saved up money to escape from America.

Only weeks after high school graduation, I landed alone in Nepal, ready to tackle the world. I volunteered planting trees and helped to teach in village schools. The rains ended, but I stayed in the village for another three months to work during the rice harvest. Every few days I went to another house to cut, dry, and thresh the rice. Immediately, I fell in love with the farming routine. After 12 hours of bending over under a brutal sun, my back would hurt and my hands would be bloody from blisters. However, I can't remember being happier. The village elders would sing as we worked rhythmically, stopping for tea breaks in the shade. Kids from my classes would meet me every evening to tell me jokes, and show off the gardens they had planted at their houses. My experience in Nepal showed me that food and farming is our deepest connection to the earth. The joy found in communal labor and shared

meals is universal around the world. We all must eat three times a day and even if we have never been on a farm much of the process is instinctual and surprisingly gratifying. Putting my hands in the dirt caused a reaction in my body that has changed the shape of my life forever.

After returning from Nepal, I taught environmental education in North Dakota before beginning work on an organic farm in New Jersey. Since then I have devoted myself fully to learning about sustainable farming, and helping others to connect to their food source. For my Bachelor's degree, I attended Pitzer College, a part of the Claremont Colleges in Southern California. Beginning my first day on campus, I took over the abandoned student garden with the help of a fellow student. This small space and other local farms quickly consumed my life. I organized independent studies in composting, medicinal plants, and agroecology. My free time was filled with creating a new community garden, expanding the student garden, composting 400 pounds of food waste a day, harvesting, organizing large work parties, raising chickens in my bedroom, and teaching other students. Soon, school groups started to come out on field trips and I was reminded of how much I love working with kids. During summers I worked again on a farm in New Jersey and took a job organizing community gardens in New York City. My dream of being a lawyer faded as I sank deeper and deeper into the farm world. Eventually I created a major called "Community and Sustain-

able Agriculture," graduating with honors.

After graduation, I was awarded the Thomas J. Watson Fellowship to follow my dream and perform independent research on "Crops and Cultures: The Preservation of Heirloom Varieties." For more than 12 months, I researched various aspects of seed saving and traditional agriculture in India, Italy, Thailand, Ethiopia, Peru, and Greece. The majority of my year was spent working side by side with farmers in the most agriculturally diverse areas of the world. I traced the origins of a number of our staple food crops and looked at why the ancient varieties are still being grown. None of our food that exists today simply appeared in the wild. For over 10,000 years farmers have selected, bred, exchanged, and saved an astounding diversity of food plants. While this diversity is being lost at an alarming rate, communities around the world are organizing to conserve what is left. Seeds are being saved through community seed banks, natural farmer movements, potato parks, participatory plant breeding, and more. I am continually inspired by the farmers who hosted me. Seeds have come to mean the world to me. They are more than a protest against something, but a symbol of freedom, a carrier of values and traditions, a tool for ecological agriculture, survival for peasant farmers, and the basis for all life. Local seeds connect us with our history while also carrying hope for the future of humanity.

(continued on page 8)

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Farm Education

(continued from page 7)

I returned to the United States last year and worked on an organic farm in Northern California. We grew nearly all our own food, raised goats for milk, slaughtered our own animals, saved seeds, sold at farmers markets, fermented foods, and hosted school trips. It was a real learning experience but left me craving urban agriculture and work with a diverse group of people on the east coast. After a frantic job search I have luckily landed in Philadelphia working for Weavers Way Community Programs!

I really look forward to meeting more of the Weavers Way community and hope that some of you will come visit or volunteer at the Hope Garden and Awbury Arboretum. Stay tuned for workdays, events, and information about new projects! Don't hesitate to contact me with questions or concerns as I settle into my new job as Farm Educator. Despite the lingering snow this winter, I wake up each day excited for a spring with bountiful gardens and busy days. I know this season will bring seeds, greens, lush soils, happy kids, urban oases, and bountiful meals. Thanks in advance for all your support and encouragement!

Contact Adam Forbes at educator@weaversway.coop or forbesfarmer@yahoo.com, or by phone at 609-577-1471. Read his blog at <http://forbesfarmer.blogspot.com>

Goat Cheese CSA

(continued from page 1)

they will deliver to our farm at Saul High School, located at 7100 Henry Ave. Al and Catherine have been making goat cheese for five years and their goats browse in pastures and eat local hay and organic grains. The cheeses are handmade and are flavored with herbs, honey, and nuts from their farm. Their cheese contains no preservatives or artificial ingredients.

Al and Catherine have sold about half of their shares, so please enroll soon! Whether you are just learning about goat cheese, or you are already a dedicated Yellow Springs Farm cheese enthusiast, we invite you to join them as a CSA member. Application forms are located on the home page of their website (see below). Please indicate that Henry Got Crops! is your pick-up site when you enroll.

A CSA is a relationship of mutual support and commitment between local farmers and community members who pay the farmer an annual membership fee to help cover production costs. In return, members receive a regular share of the production; for Yellow Springs Farm members, this is a share of local artisanal goat cheese. A cheese CSA operates much like a vegetable or fruit CSA. As a CSA member you will enjoy regular deliveries of artisanal cheese while helping support diversity, sustainability, and small-scale innovation in farming. Your food choices will help shape the future of our food systems.

Yellow Springs Farm CSA members will receive a cheese share twice each month. Each assortment will include three varieties of Yellow Springs Farm cheeses,

totaling 12-14 oz. per delivery. Both fresh, pasteurized milk cheeses and aged raw milk cheeses are included. Members also have unique opportunities to try new products and place special orders for extra cheese. Yellow Springs Farm will make an assortment of 20-25 unique cheeses over the course of the season. We hope that this variety will keep your taste buds tingling as you anticipate the next share pickups. Members' e-mail updates will include recipes and cheese descriptions.

Cheese shares will be delivered to the Henry Got Crops! CSA, located at 7100 Henry Avenue once in late May, twice each month June through October, and once in November. These deliveries will coincide with pick-up times for the vegetable CSA, either the first and third weeks, or second and fourth weeks of each month. Shares cost \$200 if paid by check, and \$210 if paid by credit card.

If you are on the fence about whether or not to join, please call Al and Catherine and they will be happy to arrange a time for you or a small group to experience a Yellow Springs Farm cheese tasting. Alternatively, we plan on having a tasting at the Weavers Way Co-op on Thursday, April 15, from 4-7 p.m. If you decide to visit the farm, you will also have an opportunity to see the cheese room and visit with our goats!

For more information or to sign up, visit www.yellowspringsfarm.com (see the Frequently Asked Questions (FAQ) about the CSA) or contact Al Renzi at al@yellowspringsfarm.com or 610-482-9311 with any questions.

Member Loan Campaign

(continued from page 1)

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As we near the opening date for the new Chestnut Hill store, we are all eager and excited about our opportunity to serve a new community. This is a significant financial and organizational endeavor for Weavers Way, and your participation in the Member Loan Campaign will be a strong vote of support for Weavers Way. The Co-op and your fellow members sincerely appreciate your participation in the Member Loan Campaign.

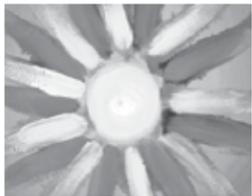
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Good Food is a Hit in West Oak Lane

by Jason Price, Ogontz Store Manager

ON SATURDAY, February 20, the West Oak Lane Senior Center hosted the Good Food Fest, a day long event focused on healthy eating, family, and fun. It was the first of its kind, and a project of the Northwest Food Justice Alliance. The event was comprised of multiple cooking demonstrations, two instructional dance sessions, a documentary film screening, and garden-based children's activities.

The purpose of the day's gathering was to reinvigorate culinary art forms, and inspire those who've not yet found the joy of cooking. By blending new and old recipes, styles and traditions, local chefs demonstrated their talents and provided something progressive, practical, and possible for replication in a home kitchen. Sampling the products of these educational and entertaining segments was icing on the cake.

Drawing from the expertise of West Oak Lane and Mt. Airy chefs, there was something for everyone. Victoria Tyson, owner of Victoria's Kitchen at 7304 Ogontz Ave., got the day started by featuring her famous family recipe for collard

greens and fried chicken and an informative history of the dishes.

Earth Bread and Brewery was represented by flatbread chef Morgan Malachi, who introduced participants to the thin crust styling of this Germantown Avenue landmark.

During the first of two movement-filled intermissions, Mr. Ray took center stage to keep the crowd energized with a Salsa dance lesson. Few could remain seated, including myself, as the Latin rhythms enticed us to move. Mr. Ray instructs West Oak Lane Senior Center goers in the romantic dance Mondays and Saturdays.

When the dust settled, and the ash was cleared from the dance floor, we were treated to the spicy flavors of salsa and chicken quesadillas freshly grilled by our own Weavers Way Deli Manager Margie Felton and front-end staffer Stephanie Johnson. And, to quench our thirst, Lisa Maguire, founder of Get Real/Get Raw, a food-based Philadelphia-area non-profit organization, grabbed our attention and our taste buds with Green Smoothies made with fresh and frozen fruit and raw collard greens.

After further sweet and savory delights, it was time to move again, this time to the enthusiastic leadership of Joanne Short, who led the people in ever evolving and soulful line dances. Joanne can be found in the current Mount Airy Learning Tree catalog and gives instruction for all age groups to follow.

Once hearts and circulatory systems



photo by Anais Salles

Co-op Staffers Stephanie Johnson (l) and Margie Felton (second from left) of Weavers Way serve up Good Food at the Good FoodFest

were fully invigorated and seats refilled, the cooking demonstrations continued. Weavers Way member Linda Taylor jumped right in to exhibit her "Black Skillet Beef with Greens and Red Potatoes." Linda can also be found in the Mt. Airy Learning Tree catalog, and normally teaches about raw foods. On this day, she showed onlookers how to create seemingly traditional cuisine using meat alternatives.

To round out the demonstration-filled day, we returned to another culinary entrepreneur from the immediate area. April

Hidori is owner and operator of Cornbread and Coffee located at 7175 Ogontz Avenue. April charmed the crowd with humor and wit, and wowed them with the zucchini cakes she skillfully prepared.

Wholesome nutrition is possible with some knowledge and inspiration, but still difficult without proper tools. That's why in addition to offering cooking demonstrations, we raffled off the hardware (blender, skillets, frying pans, cutting boards, pizza stone, etc.) and ingredients necessary to

(continued on page 10)

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Wild-Caught vs. Farm-Raised

(continued from page 3)

a red “avoid” label (e.g. Atlantic salmon), while granting a green “best choice” label to a few select closed system fish (e.g. arctic char). Reasons for the negative ratings of open system farms include high rates of domestic stock escapes from net pens, enormous parasite loads in surrounding bodies of water as well as “dead-zones” created by waste, pesticides, and excess feed. All these problem affect wild salmon stocks that utilize the same areas occupied by most salmon farms. The high ratings associated with fish like Icelandic arctic char and Idaho rainbow trout are the result of well-managed closed system farms responsibly utilizing good natural sources of fresh water.

The second important consideration to make when buying farmed fish has to do with how and what the fish are fed. Intensive aquaculture is based on an external food input allowing fish to be held at high stock density. Growth is limited only by amount of feed and oxygen available. While low density, intensive aquaculture of vegetarian fish can be sustainable, raising predatory fish in this manner is very problematic. Examples include carnivorous species like salmon, yellowtail (hamachi), and even shrimp. Because these fish (and shellfish) eat other fish, huge quantities of baitfish like sardines and anchovies are caught simply to make feed. It takes between three to eight kilogram of wild caught baitfish to raise one kilogram of salmon! Clearly, at a time when wild stocks are heavily depleted and developing nations face food crisis, eating farm-raised fish may in fact help further exacerbate these problems. By making an effort to select vegetarian farm-raised species like tilapia or catfish, you can help support these environmentally friendly industries and limit destruction of wild fisheries.

The final issue I would like to address is that of organic verses conventional methods. You may have noticed that the farm-raised salmon we carry at Weavers Way is labeled “EU certified organic.” In general, consumers look to food labeled “organic” as an assurance of quality and high standards. However, when applied to salmon it does not mean the same thing that it does when applied to broccoli. In fact, aquatic species do not qualify for USDA organic certification because there are no standards yet. Hence “organic” salmon can only be farm raised outside the U.S. Even so, the EU certification is tenuous at best and refers mostly to feed traceability and origin, not necessarily to issues like pollution, pesticides and effects on local wild stocks.

There is a staggering amount of information and research available on aquaculture in books, journals and online. Most is contradictory and funded by either wild fisheries or the aquaculture industry. The results are often predictable. There are however, independent sources for information on aquaculture and all things seafood, which can be found below. So when shopping for seafood, it is important to be critical, well informed and most importantly flexible. There are always interesting, sustainable and seasonal seafood options available as a reward to those willing to explore. Happy cooking!

Further reading:
www.mbayaq.org
www.fishwise.org
www.conservefish.org
www.seafoodchoice.com

Good Food

(continued from page 9)

complete all the recipes shared.

Equally important to a progressive and holistic diet and lifestyle is an understanding of how and where food is produced. To shed some light on the topic of local and sustainable agriculture, the documentary film “Fresh” was shown continuously over the course of the day. “Fresh” discusses the problems with our current food system and provides routes to a more healthy and environmentally friendly means of production. One of the solutions addressed in the film is a move toward more intensive and urban agriculture.

In West Oak Lane, urban farming is thriving at Martin Luther King Jr. High School with Seeds of Learning, a student-run vegetable farm producing, processing and distributing food in the immediate area. Student farmers from M.L.K. were an integral part of the planning and execution of this event. They facilitated the “kids’ corner” and conducted an herb garden seeding project for children who attended the Fest. This “Make and Take” project served to introduce kids to the idea and process of producing food right at home. Although designed for children, the project drew many adults eager to start their own spring planting.

Changing our nation’s food system, eating more healthfully, and investing in the future generation’s food choices, can seem like daunting tasks. The tide changes initially and most dramatically with the choices we make at home.

“Talking to Bob”

(continued from page 3)

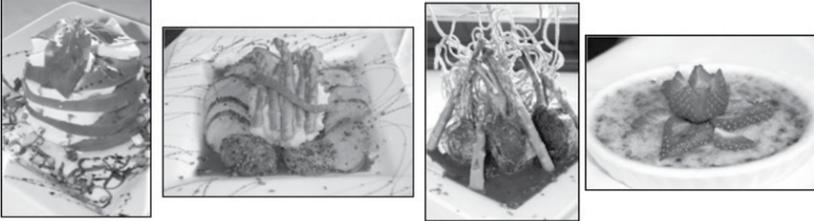
looking for in their product, and I specify which growing methods are acceptable and which are not. It is important that we, as an organization, provide local farmers with objective standards by which we select the goods that we make available in the store. I act as a sort of advocate or representative of the members, and it is important that our growers be made aware of our commitment to localization and sustainability. Having a face-to-face relationship with the people that grow your food is extremely important when it comes to determining the quality and growing methods used to produce a given item.

What advice would you give to consumers when they are shopping for locally grown produce?

Anyone who is shopping at a farmer’s market should ask the seller at least two questions. First, “Did you grow this?” And second, “How was this grown?” People who sell what they grow obviously have a more detailed knowledge of the process that went into growing their products. Even if the seller did not personally grow the items in question, she/he should be able to tell you something about the conditions under which the produce was grown, including which sprays or pesticides (if any) were used and how they were applied. Again, the more you know about the seller and the product, the easier it is to make good decisions when choosing your produce.

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Chestnut Hill Store Goes Above and Beyond to Manage Storm Water

by Jonathan McGoran, Shuttle Editor and Omar Rosa, Project Manager at Stantec

ONE OF the many green features of Weavers Way's new store in Chestnut Hill is a new storm water management system. As Site/Civil Engineer for the project, Stantec Consulting Inc. has designed exterior features of the building, including utility connections and grading of the site, as well as the on-site storm water management.

The new Weavers Way building is located in the most highly protected watershed in Philadelphia, the Wissahickon Creek Watershed. When new projects are proposed in this section of the city that involve any amount of earth disturbance, design consultants on the project must meet with the Philadelphia City Planning Commission (PCPC) prior to the Philadelphia Water Department regarding the need for stormwater management onsite. Stormwater management involves the conveyance and piping of rainfall on developed lands. Stantec met with the PCPC and it was decided that storm water management would not be needed due to the minimal impact on the site and surrounding area.

Since one of the goals of Weavers Way is to be as green and environmen-

tally friendly as possible, Weavers Way decided to include stormwater management into the design of the new building even though it was not required by the city agencies. Stormwater runoff that is not managed can be very detrimental to the environment. Unmanaged runoff can create stream erosion, pollution from sediments, and flooding among other things.

Working with the architects on the project, Stantec looked at stormwater management designs for the site and concluded that an underground perforated pipes and system wrapped in geotextile located at the rear of the building would be best for this type of site. The underground system is designed to infiltrate the first inch of stormwater from a rain event that would leave the site. The first inch of storm runoff is the most common rain event and contains the "dirtiest" runoff due to dirt/grime from cars, etc. The system was designed incorporating the amount proposed stormwater runoff that may potentially be created by the site and testing of underground soils for infiltration rates. We calculated the size of the



photo courtesy of Stantec

Workers from Stantec installing a storm water management system similar to the one at Weavers Way's Chestnut Hill store.

system to be 16 feet wide by 50 feet long by two feet deep.

Therefore, stormwater management on this site starts when rainfall lands on the roof of the building and is directed to the roof drains. From there, the rainwater is piped within the building to the underground system. Rainwater then percolates through the underground system and infiltrates back into the ground to replenish groundwater levels. This essentially cleans the water, improving its quality, prevents erosion, and prevents potential sediments/pollutants from reaching surface water bodies. For larger storm events, which the underground system cannot

handle, an overflow pipe from the system is connected to the building and directs overflow to the existing sewer piping below Germantown Ave.

Along with the underground system, rain barrels will be used at the new Weavers Way building. Rain barrels will be incorporated to intercept and store runoff from rooftops. The stored water is reclaimed and used for non-potable functions such as watering plants.

Stantec consulting is pleased to work with a client who cares about the environment as much as we do and is willing to do above and beyond what is needed.

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Photo by Henry School Mom: Laurie Beck Peterson

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Finance Report: Fiscal Year 2009

by Susan Beetle, sbeetle@weaversway.coop

As we head into a significant expansion with the Chestnut Hill location, operating income has never been more important to help pay some of the costs of construction and support operations until the new store reaches profitability and can pay down debt. Thanks to consistently strong sales through the first six months of FY 2010, which ended on December 31, and our managers' continued efforts to keep purchasing and labor costs down, operating income has grown significantly year-over-year, from \$102,000 last year to \$188,000 this year. Sales continued to grow at a five-percent pace, while purchasing and labor costs grew between two and a half and three and a half percent. Interest expense and other costs related to the purchase of the building and the improvements are being capitalized until the new store opens and sales are generated to offset those expenses, though we have begun to realize expenses associated with its operations with the hiring of our new store manager.

On the balance sheet, cash has doubled from last year to \$775,000, reflecting member loans of \$458,000 raised to date. The proceeds of these loans will be used to pay down higher cost debt as it comes due and for a portion of the building and equipment costs. Principal payments on our mortgage for the Chestnut Hill building began in the second quarter, and altogether we made payments of principal and interest totaling \$135,000 during the first six months. Total mortgage and other long-term debt was \$3.5 million at December 31, with most of a \$1.5 million construction loan from TRF and a \$500,000 PIDC loan for equipment and other costs yet to be drawn upon. The total project cost for the building and improvements is approximately \$6 million. State and local grants totaling \$1 million are expected to complete the financing. These grants are targeted to assist with the construction costs, solar panels, and façade improvement along Germantown Ave.

Membership growth and additional member loan and equity drives will help to defray interest costs along the way, so pledge up, if you haven't already!

	12/31/09 Budget		12/31/08		12/31/09		Current to Prior Year Change
	(six months)	%	(six months)	%	(six months)	%	
	\$		\$		\$		
Income Statement							
Sales	4,500,761	100.0%	4,207,626	100.0%	4,427,255	100.0%	5.2%
Cost of Goods Sold	2,875,107	63.9%	2,775,987	66.0%	2,845,658	64.3%	2.5%
Gross Profit Margin	1,625,654	36.1%	1,431,639	34.0%	1,581,597	35.7%	10.5%
Expenses							
Personnel	1,269,829	28.2%	1,118,708	26.6%	1,159,156	26.2%	3.6%
Other Operating Expense	283,122	6.3%	210,204	5.0%	234,099	5.3%	11.4%
Operating Profit	72,703	1.6%	102,727	2.4%	188,342	4.3%	83.3%
Other Income/(Expense)	(184,656)	-4.1%	(2,515)	-0.1%	(40,488)	-0.9%	
Net Income *	(111,953)	-2.5%	100,212	2.4%	147,854	3.3%	47.5%
* Net income reported prior to patronage rebate.							
Balance Sheet							
	12/31/08		12/31/09				Current to Prior Year Change
	\$	%	\$	%			
Assets							
Cash	343,294	16.3%	774,710	13.3%			125.7%
Inventory	357,751	17.0%	325,777	5.6%			-8.9%
Other Current Assets	75,195	3.6%	99,295	1.7%			32.1%
Fixed Assets	1,263,655	60.1%	4,538,955	77.7%			259.2%
Long-term Assets	64,291	3.1%	103,047	1.8%			60.3%
Total Assets	2,104,186	100.0%	5,841,784	100.0%			177.6%
Liabilities & Equity							
Accounts Payable	196,859	9.4%	192,589	3.3%			-2.2%
Other Current Liabilities	183,409	8.7%	241,480	4.1%			31.7%
Long Term Liabilities	0	0.0%	3,566,765	61.1%			
Total Liabilities	380,268	18.1%	4,000,834	68.5%			952.1%
Member Equity	759,044	36.1%	1,005,678	17.2%			32.5%
Retained Earnings	864,664	41.1%	687,417	11.8%			-20.5%
Year-to-Date Income	100,210	4.8%	147,855	2.5%			47.5%
Total Equity	1,723,918	81.9%	1,840,950	31.5%			6.8%
Total Liabilities & Equity	2,104,186	100.0%	5,841,784	100.0%			177.6%



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photo: Catherine M. Clark

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Members' Corner

Member of the Month: Sharlene Waller

by Anais Salles

THIS WEEK I finally had a chance to sit down with Sharlene Waller, Director of the West Oak Lane Senior Center and current President of the West Oak Lane Business Association. I'd been chasing her since mid-February, but jury duty on a murder case had Sharlene paying attention each day as she sat on a jury panel and continued to oversee the day-to-day operations of the Senior Center night to night after her days as a juror ended.

If you're not familiar with the West Oak Lane Senior Center at 7210-18 Ogontz Avenue, it's one of the nicest and most spacious centers in the Northwest, and it offers a wide array of activities from social services to Saturday night salsa classes. You might have seen our own Norman Weiss learning the salsa at February's Good Food Fest! Yes, Norman can dance. The building housing the Senior Center was once the home of a Woolworth's variety store and it has a big footprint. It's a wonderful location for a meeting or an event, and Sharlene will open up the center on a Saturday for a worthwhile cause. A local Girl Scout troop uses the center for its meetings. Seeing so many young neighborhood children frequently spending time among their elders is a wonderful sight.

Sharlene has been a member of Weavers Way for just over a year. Some member of her family is in our Ogontz store nearly every day. Sharlene loves The Shuttle, and her children use information found in The Shuttle to complete some of their school assignments on community news. Sharlene is the poster girl for keeping it local: "Everything that happens in my life, happens in this neighborhood. All

my dollars are kept right here in West Oak Lane." Nineteen years ago, Sharlene was working as a manicurist when a part-time position opened up with the Senior Center. Sharlene took the job, attended Chestnut Hill College, and worked her way up to becoming director of the center, her role for the last three years.

Q: When did you become a member of Weavers Way Co-op?

A: When the Ogontz store opened a little over a year ago.

Q: Why did you decide to become a member?

A: The Co-op's member services. The Shuttle is a great educational tool as well as keeping up with community news. Local products. I keep as much money local to West Oak Lane as possible. I live right here, I spend right here. And the community programs are wonderful.

Q: As a member owner here in West Oak Lane, what would you like to see as your Co-op expands?

A: I wish the Ogontz store was open on Sundays and closed on Mondays. The pizza place is the only eatery for folks to go to when they come out of church. I'd love to see the Ogontz store offering more lunch options – the soups are outstanding – but you could be offering a businessman's lunch special with deli sandwiches. Is the Co-op supplying all of the restaurants here with local produce? Lettuce for hoagies? Do you sell wholesale to Victoria's Kitchen? Don't keep changing the products in the Ogontz store without doing a survey

of the neighborhood. You can do a survey through WOLBA, if you want to. You were carrying things in there we bought regularly when the store first opened, and then they disappeared.

Q: Well, you can special order those products if you recall what they are. Give Norman Weiss a call.

A: I didn't know the Co-op would do that.

Q: Do you know about our home delivery service? We'll deliver your groceries to your door for a small fee. I imagine that might have been helpful for some of your seniors during Snowmageddon.

A: I didn't know we had a home delivery service. People just don't know enough about the Co-op in West Oak Lane. It's a shame.

Q: Which of your member benefits are most useful for your lifestyle?

A: Access to the fresh, local produce. My daughter has become a vegetarian since we joined, and this is so much easier because she can walk to the Co-op and get such high quality produce and other products she wants. Slowly, our whole family's eating habits are changing. And I love The Shuttle. What a great newspaper. Having the Co-op in West Oak Lane is bringing substantial value to our community and our home val-



photo by Anais Salles

Sharlene Waller, Director of the West Oak Lane Senior Center

ues. Our family life is better because of the Co-op. Not only does our family shop there, but I buy many of the supplies for refreshments served here at the Center from the Co-op. Couldn't be more convenient or better quality for us. Co-op 101? Keep that going. Tell folks about home delivery!

Q: Thank you, Sharlene. Anything else?

A: Sure. A plug. We've organized a field trip out to Ephrata, Pennsylvania to explore the "Green Dragon" Flea Market and Auction on Friday, May 28. We'll leave the center at 7:30 a.m. – sharp! – and return around 6:00 p.m. Suggested donation is \$25. You lunch on your own while you're trolling through the flea market. Contact Cathy Brown at 215-685-3514 or Melva Drake at 215-685-3511 to reserve a seat in the van.

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Living Beyond Breast Cancer Yogathon

by Michelle Zeigler and Lesley Seitchik

VALLEY GREEN Bank is sponsoring Living Beyond Breast Cancer and their eighth Annual Yoga Unites for Living Beyond Breast Cancer, an outdoor yoga class and Healthy Living Expo to raise funds and awareness for women and families affected by breast cancer. Together with Weavers Way Co-op, Vitality Studio and Blue Banyan Yoga, the Bank has organized "Upward Facing Heroes," their official fundraising team for Yoga Unites for Living Beyond Breast Cancer.

The event to be held on Sunday, May 16, 2010 from 8:30 a.m. to 12:30 p.m. on the steps of the Philadelphia Museum of Art, is hosted by the Haverford-based organization, Living Beyond Breast Cancer (LBBC). The organization set a fundraising goal of \$200,000 for the nearly 200,000 women who will be diagnosed with breast cancer this year—and Valley Green Bank, Weavers Way Co-op, Vitality Studio and Blue Banyan Yoga are helping in these efforts.

"We are proud to be a customer of Valley Green Bank and their support of this event illustrates their commitment to our community," said Jean A. Sachs, MSS, MLSP, chief executive officer of LBBC. "Their participation along with Weavers Way Co-op, Vitality Studio and Blue Banyan Yoga will help us continue to meet the needs of those faced with a diagnosis of breast cancer."

Unlike other fundraising events that focus on individual achievement, Yoga Unites for Living Beyond Breast Cancer provides a non-competitive way for people of all ages, skill levels and walks of life to come together in support of women affected by breast cancer. The event will feature a basic, inspiring yoga class led by Jennifer Schelter, founder of Yoga Unites®, master teacher and executive director of Yoga Schelter Studio in East Falls; music by Yvette Pecoraro and her spirited musicians; a light breakfast; and a Healthy Living Expo, where participants can find information about yoga and fitness studios, healthful foods, natural cosmetics and other complementary goods and services.

"We are pleased to be involved in Yoga Unites for Living Beyond Breast Cancer," said Jay Goldstein, President and CEO of Valley Green Bank. "This event not only raises much needed money for a very worthy organization, but also serves to unite people around a cause that affects all of us."

Visit yoga4livingbeyondbreastcancer.org to join the Upward Facing Heroes yoga team or call 610-645-4567 to register or for more information.

Living Beyond Breast Cancer, founded in 1991, is a national nonprofit organization dedicated to empowering women



photo courtesy of Living Beyond Breast Cancer

Last Year's Yogathon

affected by breast cancer to live as long as possible with the best quality of life. Programs and services include: an educational website, www.lbbc.org; the toll-free Survivors' Helpline at 888-753-LBBC (5222); national conferences; free teleconferences; networking programs; quarterly newsletters; publications for medically underserved women; healthcare-provider trainings; recordings; and the Paula A. Seidman Library and Resource Center.

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Ned Wolf Park Fourth Annual Plant Sale

by Eric Sternfels, Plant Sale Coordinator

WITH OUR brutal winter finally over, many of us are excited to get our hands dirty and start gardening again. The Friends of Ned Wolf Park (NWP) are already busily preparing to gather plants to help Mt. Airy and the Weavers Way community to beautify their gardens this spring. Our fourth annual Plant Sale will be held on Saturday, May 8 from 10 a.m. to 1 p.m. at the park, which is located at the southwest corner of McCallum and Ellet Streets. Just blocks from WW's Mt. Airy store, this year's sale is scheduled in time for the ultimate *green* Mother's Day gift. Many knowledgeable and enthusiastic neighborhood gardeners will be on hand during the sale to offer their expertise to help you select the right plants suited to your garden's needs.

Visitors of past plant sales will attest that great bargains were to be had on vigorously healthy plants, most donated by local gardeners. And this year will hopefully provide some interesting new offerings, but that will depend on you. The Friends group reaches out and challenges you to evaluate your own gardens to see if you can share some of your favorite plants. Many perennial plants like astilbe, iris, peonies and lilies – though happily established in mature clumps - will be reinvigorated by dividing them in early spring. We encourage your generosity to help maintain our NWP Plant Sale as the exciting spring event that neighbors have come to eagerly anticipate by sharing your special plants. And of course those

self-sown "volunteers" or any overgrown plant divisions can be donated to help your neighbors to enrich their gardens as you show love to your own this April. To the eager vegetable gardeners who have more seedlings than their gardens can hold, please donate your leftovers to us. If you can spare some plants or your time this spring, contact Plant Sale Coordinator Eric Sternfels at emsternfels@msn.com or 215-248-5533.

In addition to annual maintenance costs, funds raised during this year's sales will help the Friends of NWP to create secure storage for the tools, hose reels, and other equipment that have helped make the Park into a lovely Mt. Airy destination. And for those who hadn't yet taken note, the nearly 200 plant species at the park are now mapped and listed with botanical and common names in posted information boxes to help inspire your home gardening efforts. See you at Ned Wolf Park!

**Ned Wolf Park
Fourth Annual Plant Sale**
Saturday, May 8, 10 a.m. to 1 p.m.

Ned Wolf Park
Southwest corner of
McCallum and Ellet Streets.

Native Plants & the Urban Garden

by Joanne Donohue, Manager of Land Restoration, The Schuylkill Center for Environmental Education

IMAGINE FOR a moment that you managed to avoid this winter's snow storms by taking a six-month trip to your favorite warm and sunny destination. Rejuvenated, you return home, only to find that your house is gone, replaced by a convenience store. Your garden and vegetable patch is now a parking lot, and the trees that once towered over your property have been replaced by street lights. You suddenly find yourself with nowhere to live, and no place to raise your family. While this is a far-out scenario for us humans, it is an all too common reality for the average urban/suburban-dwelling wildlife species.

According to Doug Tallamy, in his article "Gardening for Life" (*Wild Ones Journal* Vol. 22, No. 2, each year, development and sprawl claim over two million acres in this country. As a result, our native wildlife species have two million fewer acres to forage for food, find shelter, and raise their young. That's also two million fewer acres to perform vital ecological functions that make our lives better—carbon sequestration, oxygen production, and storm water management.

So what are we to do? First, we change our way of thinking. We stop thinking of nature as "out in the woods." Nature is part of the communities in which we live. We are part of nature. Our backyards are part of nature. Let's make them as inviting to wildlife as we can. How do we do this? By re-introducing native plants to our gardens, patios, and decks! Native trees, shrubs, and wildflowers have built-in habitat—they provide food, shelter, and a place to raise young, year after year. Planting natives is like hanging a big "Welcome" sign in your backyard.



photo courtesy of Schuylkill Center for Environmental Education

Last year's plant sale at the Schuylkill Center

At The Schuylkill Center's Sixth Annual Native Plant Sale, you can choose from 100 species of native trees, shrubs, and herbaceous plants. Schuylkill Center staff and PA Audubon at Home volunteers will help guide you in choosing the right plants to create a beautiful, living garden in your backyard!

**Native Plant Sale at The
Schuylkill Center for
Environmental Education**
Saturday, April 24, 8:30 a.m. – 4:30 p.m.
Sunday, April 25, 9 a.m. – 1 p.m.

For more information,
visit www.schuylkillcenter.org

**Native Plants and
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photo courtesy of Genghis's people

Congratulations to Genghis, winner of the basket of excellent Lotus Pet supplies. If you are a pet owner and you did not enter to win, someone is probably looking at you, and they are not happy.

The Simplicity Dividend

How to Make Your Cell Phone Smarter

by Betsy Teutsch

MY DAUGHTER and I were recently in New York and we needed to check on the address of one of our destinations. She realized how reliant she had become on her friends' smartphones, which allow you to just go on the internet to answer all the questions that come up in life. She had to dig into her backpack and take out the notebook where she'd written the address—so 20th century. Sometimes when I need info on the run, I call my son and he kindly looks addresses up online for me.

No need to do that anymore. Just text your search question to 46645 - yup, that spells Googl. GoogleAsk will text you back the information you need. I tried it a half dozen times. Just once the text arrived 24 hours later; the other times I received the texted answer in a nanosecond. I've got no real need for a smartphone on a regular basis. For the rare time when I could really use some info, this is a great trick, and lots cheaper than adding internet to your cell.



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The April Garden

by Mark Goodman, the Neighborhood Gardener

WE MADE it! Yes, we survived the snowiest winter in Philadelphia history. Newspaper and tv reports documented the angst—traffic snarls, unplowed streets, power outages, fallen tree limbs, missed work and school, cabin fever, etc.

However, for gardeners, there were some silver linings. First and foremost, the ground has received enough moisture to build the water table so that for another year, we won't have to hear or say the word "drought."

Second, although the storms were hard on pine trees, arbor vitae, junipers, and some taller shrubs, many plants—particularly perennials and smaller shrubs—benefited from having an insulating cover of snow for most of the winter.

Third, gardeners who wondered how they were going to exercise over the winter strengthened their shoveling muscles, probably more than they wanted to.

Now it's time to think about planting shrubs and perennials. Mid-April is usually a good time to start planting since the nights stay above 35 degrees. If you like native shrubs, consider Carolina Allspice (*Calycanthus floridus*), a tall (six-foot) deciduous shrub with aromatic leaves and bark (when rubbed) and reddish-brown flowers that smell like strawberries.

Another desirable native deciduous shrub is "Little Henry" Itea, or Compact Virginia Sweetspire. Its 2-3 ft. height and 3 ft. width make it a useful front border or small space plant. Fragrant bottlebrush white flowers (May/June) and striking red fall leaf color add to its charm.

A third native shrub is the Blue Muffin Viburnum, which grows to five feet. Like all viburnums, it flowers white in spring. Unlike other viburnums, it sports bright blue berries in late summer and fall. All three of these native shrubs like full sun to light shade.

Attractive non-native deciduous shrubs include the underused Redvein Eucalyptus, which grows to six to eight feet. Pendulous red-tipped flowers open in late spring and early summer. It does well in full sun to partial shade.

Hydrangea lovers will appreciate two new "City Line" hydrangeas: "Mars" and "Rio." They stay below four feet and their flowers are variegated—pink and white or blue and greenish, depending on whether you add alkaline or acid fertilizer. A half day of morning sun is best for these unusual hydrangeas.

Organic Gardening Magazine (Winter, 2009-2010) featured a beautiful birch-

leaf spirea that produces clusters of white flowers in spring and a rainbow array of fall leaf colors - red, purple, bronze, and yellow. At two to three feet high and three to four feet wide, it can nestle easily into the landscape.

Wayside Gardens' catalog has some new perennials that will add pizzazz to your garden. The "Mighty Mouse" hosta is great for smaller spaces since it's only eight inches high and one foot wide. In addition, its green and yellowish variegated leaves and lavender blooms provide season-long color. According to Wayside, its thick leaves are slug resistant, a definite plus for any gardener whose hosta leaves end up looking like Swiss cheese. Like most hostas, it prefers partial to almost full shade, ideal for Northwest Philadelphia gardens.

Also from Wayside is the "Coral Reef" echinacea. Four-inch coral-colored blooms on 24-inch stems and an all-summer flowering season make this native hy-



photo courtesy of Wayside Gardens—www.waysidegardens.com

Coral Reef Echinacea

brid a welcome addition to your perennial bed.

White Flower Farm features "Stolwijk Gold" clematis, a unique plant with gold foliage and purple flowers that bloom in May/June. Its six-foot limit is handy for shorter fences and trellises.

With snow a distant frozen white memory, it's time to trade the snow shovel for your digging spade. Replace your damaged shrubs or add some new beauty to your garden. Check online to see vivid pictures of these vibrant varieties. For more information on shrubs and flowers, contact me at earthcraft@comcast.net.

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GRINCH Presents Weird Waste Day

by Amy Edelman

GREENIN CHESTNUT HILL 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 – 4 p.m. in the Valley Green Bank parking lot on West Highland Avenue 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. Cash or checks will be accepted.

Any additional revenues will be used for future recycling events.

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

Wissahickon Charter School Advances in National History Day Competition

by Marta Rose

“WE’RE GOING to State... We’re going to State,” muttered Josh Valentine as Hafiz Grant, his co-producer of the award-winning documentary “The Atomic Bomb: The Science of Destruction,” took a victory lap around the yard of the National Constitution Center. Seventh graders, at Wissahickon Charter School, Valentine and Grant had just won second place in the National History Day competition in the group documentary category, an honor that advances them to the state competition at Millersville University in May. Winners of the state competition will advance to the national competition in Washington D.C. this summer.

The theme of this year’s National History Day was “Innovation in History: Impact and Change.” The Wissahickon Charter School seventh and eighth grade Honors Classes participated for the first time on March 3, entering four group exhibits they have been working on for several months. In addition to Valentine and Grant’s eight-minute documentary, three groups entered tri-fold display posters that each included a thesis statement, information and photographs about their topics, and an analysis of how the topic has impacted society. Each group presented their display to a group of judges, who peppered them with questions after their presentation.

Seventh graders Qudsiyyah Collings and Abreona Tillman and eighth grader Chania Gibbons presented a display entitled “Insulin: A Hero to Diabetics,” and could be overheard explaining to the judges, with confidence and poise, the difference between juvenile and Type II diabetes. Seventh grader Symone McCullum and eighth graders Asia Williams and Ashlyn Bolger presented a display on “The Manufactured Cigarette: Innovation and Manipulation.” Sara Nissley, who teaches Honors at WCS and coached WCS’s National History Day team, laughed: “It was a weird feeling buying a pack of cigarettes for a group of seventh and eighth graders!” One of the students explained to the judges that while people have been smoking cigarettes for centuries, it was

their mass production that had such a significant impact on society.

A final group of seventh graders looked a little stunned when they were called up at the awards ceremony to receive an Honorable Mention for their display on “Ford’s Assembly Line: Impacting Manufacturing and Society.” Jalil Pines-Elliott, Jamil Pines-Elliott, Jayla Greene, and Trixie Steiner-Rose wowed the judges with their impressive knowledge of the impact of the assembly line on not only manufacturing, but also on the life of the American worker. The judges were also charmed by the display’s Playmobile and matchbox car assembly line!

Over lunch at the Bourse, Trixie Steiner-Rose groaned, “Now what are we going to do during lunch and recess?” By the end of the day, though, all of the WCS students were scheming about next year’s project. As they car-

ried their displays back to the waiting vans, speculation was rampant about next year’s theme, and dreams of elaborate multi-media displays were being hatched by all. Well, everyone but Hafiz Grant and Josh Valentine. They just kept muttering to themselves, “We’re going to State... We’re going to State...”

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@wissahickoncharter.org.

Marta Rose is the parent of a seventh grader and a first grader at Wissahickon Charter School, and a member of the WCS Board of Trustees.

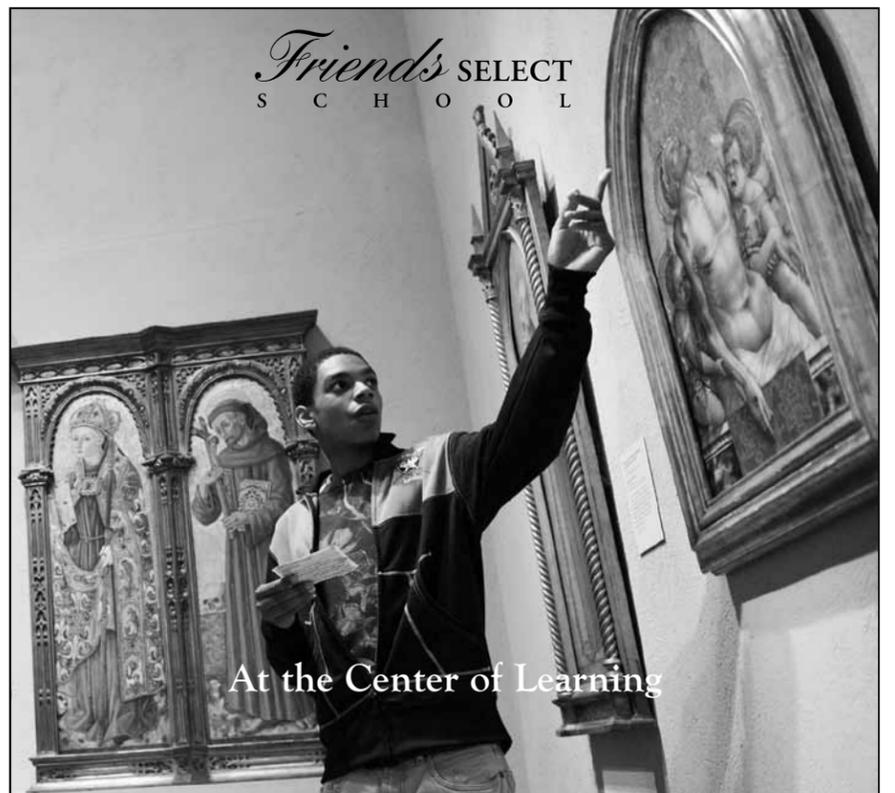
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Spring Birding in the Wissahickon

by Steve Lawrence, Friends of the Wissahickon

WHEN SPRING comes, the birds come, and they come to the Wissahickon in a surprising number and variety. But to see this marvelous parade best, remember that it is the early birder who spots the birds. The primary migration begins in March with geese and some early hawks overhead, and a multitude of blackbirds, of which the grackle and redwing are most commonly seen. Then comes a succession of phoebes and flickers, sparrows and finches, kinglets and gnatcatchers, vireos, thrushes, wrens, orioles, warblers, tanagers, and flycatchers. It is possible, with a little bit of luck, to see and/or hear some 30 species of warblers in springtime—almost all of them on their way further north. Counting all species except absolute rarities, one could spot 125 species of migrants in and over the Wissahickon between March 31 and May 31.

To make certain you don't miss out on seeing these winged visitors, join the Friends of the Wissahickon on one their

spring bird walks. The walks are organized by FOW's Wildlife Committee and led by Richard Berman, Debbie Carr, Trish Fries, Paul Good, Robin Mattison, and Steve Lawrence.

Sunday, April 25

Meet at 9 a.m. on Forbidden Drive at Bell's Mill Road for a two-hour walk to the Covered Bridge and back, a good time for early migrants and permanent residents, ranging from wood ducks and belted kingfishers to phoebes, Louisiana waterthrushes and some other early warblers, as well as towhees, catbirds, wood thrushes, Baltimore orioles, chickadees, titmice, woodpeckers, and possibly some predators overhead.

Thursday, May 13

Meet at 8 a.m. at the W. Ellet Street entrance to Carpenter's Woods for a two-hour walk through one of the best places in Philadelphia to see a great variety and

large number of migrating songbirds during the high point of spring migration. We expect to spot a variety of vireos, wrens, flycatchers, thrushes, sparrows, finches, and, above all, warblers. Screech owls are a probability and pileated woodpeckers an outside possibility.

Sunday, May 16

Meet at 8 a.m. on Forbidden Drive at Bell's Mill Rd. for another two-hour walk to the Covered Bridge and back. This is often an excellent time to see wood ducks and their young as well as many local breeders that have established nests in this area, such as the blue-gray gnatcatcher, common yellowthroat, ruby-throated hummingbird, wood peewee, Acadian

flycatcher, rough-winged swallow, and indigo bunting.

Wednesday, May 19

Meet at 5 p.m. at the Wissahickon Environmental Center for a late afternoon walk up to the Andorra Meadow to see how the restoration is already producing results in the number of species now nesting there, including tree swallows, eastern bluebirds, yellow warblers, red-eyed vireos, field and chipping sparrows, and numerous active mammals including woodchucks, red squirrels, cottontails, and other small creatures. Late flying chimney swifts and a common nighthawk are also possible.

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Census Participation Means Representation

by Arnold Barr, Partnership Assistant

IN MARCH 2010, more than 130 million addresses will receive a 2010 Census form by mail or hand delivery. The 2010 Census will document the changes in our nation since the last decennial census in 2000, and tell us how we've evolved as a country. Because census data affect, how more than \$400 billion in federal funding is distributed to tribal, state and local governments, the census also will frame the future of our country and our community for the next ten years.

During Census 2000, the mail participation rate in Philadelphia was 56 percent as of the April 2000 cut-off. According to Camille Barnett, the Managing Director of the City of Philadelphia, "...Philadelphia stands to forgo \$2,263 in federal and state funding for every person not counted in the census." For this and many other reasons, we must encourage everyone's participation in the census.

Your participation in the 2010 Census is needed:

It's easy. One of the shortest census forms in history, the 2010 Census form asks ten questions and takes about ten minutes to complete. The individual in whose name the housing unit is rented

or owned should complete the form on behalf of every person living there, both relatives and nonrelatives.

It's important. Census data is used to reapportion seats in Congress and ensure proper district representation in state and local governments. Information from the census helps determine locations for child-care and senior centers, new roads, hospitals, schools and community centers.

It's safe. By law, the U.S. Census Bureau cannot share respondents' answers with anyone, including other federal agencies and law enforcement entities. All Census Bureau employees take an oath of nondisclosure and are sworn for life to protect the confidentiality of the data. The penalty for unlawful disclosure is a fine of up to \$250,000 or imprisonment of up to five years, or both.

Finally, the most efficient way to respond to the 2010 Census is to complete the form as soon as it arrives and return it in the postage-paid return envelope. Census workers will visit households that do not return forms to take the count in person.

For more information visit: 2010census.gov.

Kids Stuff Exchange at GJC

by Genie Ravital

IN RESPONSE to several years of running a very fun and successful women's clothing exchange, we have been asked to do a Kids Stuff Exchange following the same model. This year's need to support the rebuilding effort in Haiti motivated us to implement a Kids Stuff Exchange that would raise money for American Jewish World Service's Haiti Earthquake Relief Fund (http://ajws.org/who_we_are/news/haiti_emergency.html). The event will take place Sunday, April 25, from 11 a.m. to 2 p.m. at Germantown Jewish Centre, Lincoln Drive and Ellet Street.

It is a win-win-win-win event! Here's how it works:

Drop off your *gently used* kids clothes, books, toys, games, equipment, etc. to Germantown Jewish Centre (400 W. Ellet St, 19119) between Sunday, April 18

and Friday, April 23. (Please don't bring items that have holes, or are broken or torn.) Come back to GJC on Sunday April 25, between 11 a.m. and 2 p.m., with \$25 for AJWS Haiti Earthquake Relief Fund. (checks preferred, but cash is fine)

Start "shopping." Bring home as much as you like (really!) from our very large communal collection. At the end of the day, all leftover stuff will be donated to Whosoever Gospel Mission in Germantown (www.whosoevergospel.org).

Volunteers are needed to make this event run well. The three volunteer shifts that we're looking to fill on Sunday, April 25 are: 8:30 - 11 a.m.; 11 a.m. - 2 p.m.; 2 - 4 p.m. If you are available to volunteer, or if you have any questions about the event, please contact Genie Ravital at geniebud@gmail.com or 267-977-3008.

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Morris Arboretum Photo Contest

by Jonathan McGoran, Shuttle Editor

Morris Arboretum is holding its first-ever photo and video contest. Get outside, have fun, and win prizes: \$100 Arboretum cash for winners, display on the video monitor at the Morris Arboretum Widener Visitor Center, and possible inclusion in Morris Arboretum publications!

Photos and videos should capture the beauty of Morris Arboretum. The contest runs until June 30, giving contestants the opportunity to take pictures throughout spring and early summer. Photos previously taken are also eligible.

Submit your photos up to 5 MB in size and videos up to 90 seconds in length along with a completed entry form and fee before noon on June 30, 2010. A jur-

ied panel will then select first, second, and third place winners from each of several categories. Winners will be included in an exhibition at the Widener Visitor Center Upper Gallery.

Visitors of all ages and skill levels are encouraged to show off their photography and video talents by capturing their own special places and moments at Morris Arboretum. Subject matter for all entries must be the Morris Arboretum. Specific categories for photos include: People, Plants, and Place. Categories for videos are: Art, Science, Humanities, and Education/Learning. Contest forms, complete contest rules and other information are available at www.morrisarboretum.org

Eggs, Chocolate & Historic Dyes at Annual Stenton Easter Egg Hunt

by Kaelyn Taylor, Stenton Museum Assistant

ON SATURDAY, April 3 at 1 and 3 p.m., Stenton will host its annual Easter egg hunt in the museum's historic gardens. Visitors can celebrate the beginning of spring by filling their baskets with eggs and chocolate goodies, and learning about the historic use of natural dyes made from flowers, vegetables, and animal products, while dyeing eggs that are provided.

Children of all ages are welcome. This event is free, but reservations are strongly recommended. Please call 215-329-7312 to reserve your space or email Stenton at museum.assistant@Stenton.org.

Stenton, which has been described as "the most authentic of all Philadelphia's historic houses," was built by James Logan, William Penn's Secretary, between 1723 and 1730. Stenton is located in the historic Logan section of Philadelphia at 4601 North 18th Street (the corner of 18th and Windrim Avenue), just four blocks east of Wayne Junction. The house is open for tours Tuesday through Saturday, from 1 to 4 p.m., April 1 through December 23,



photo courtesy of Stenton Museum

Last year's Easter egg hunt at historic Stenton Museum

and by appointment throughout the year. For more information or directions, phone 215-329-7312 or visit www.stenton.org. Stenton is a member of Historic Germantown, a consortium of fifteen cultural and historic sites located in Northwest Philadelphia. Visit www.freedomsbackyard.com for further information.

This program is sponsored by The National Society of The Colonial Dames of America in the Commonwealth of Pennsylvania, which has administered Stenton as a historic house museum since 1899.

museum.assistant@stenton.org

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Community Café: Learn, Share, & Act

by Margaret Lenzi

THE NEXT Northwest Philadelphia Community Café will take place on Sunday, April 18, 2:30-5 p.m. at the Mt. Airy Presbyterian Church, at the corner of Germantown and Mt. Pleasant Avenues. The Café will create an opportunity for people to get together in a relaxed setting to talk about issues that matter in our Northwest Philadelphia community. The first Café in November 2009 brought out over 100 people who engaged in active and productive conversations throughout the afternoon. If you want to find out what's going on, share information, or get involved, we hope that you'll join us at our next Community Café.

As with the first successful event, the Café program will be informal. First, you can help yourself to a cup of coffee or tea, chat with neighbors, and browse through literature about what's going on in our fabulous neighborhood. Workshops will then run simultaneously giving you the opportunity to participate in two discussions during the afternoon. A resource person will give a short presentation on an issue of interest to our community, facilitate a discussion, and then suggest one or more action items for people who want to become engaged.

A wide array of workshops will be presented. There is bound to be one or two which capture your interest. Workshop topics and presenters include:

- Mortgage Foreclosure Crisis: Tim Styer, Philadelphia Unemployment Project
- Jobs Bill and Getting Americans Back to Work: Ben Sears, Jobs with Justice
- Keeping Food Local: Glenn Bergman, Weavers Way Co-op.
- Campaign Financing Reform: Alex Kaplan, Common Cause PA
- Creating Community! Co-housing in Mt. Airy: Gloria Hoffman, Philadelphia Co-Housing Initiative

The workshops will concentrate on what people need to know in order to act. Maybe you want to know what to do about the mortgage foreclosure epidemic, or find out what the co-housing movement is all about. Perhaps you're concerned about the recent Supreme Court case of Citizens United and political spending by special interests. How can we promote local food production? Can we get Americans back

to work? Discussion and input from all who attend will be welcomed and encouraged. You are the only missing ingredient to make this Café another great community happening.

The Community Café is co-sponsored by Northwest Philadelphia MARCH-inG for Change and Neighborhood Networks. The event is open to the public and is free, but donations will be accepted for the coffee,



photo by Jesse Brown

Scintillating conversation, great company, and useful information at a recent Community Café

tea, and dessert that will be provided. For more information, contact mlenzi@comcast.net, 215-247-9169.



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WHEN: Four Wednesdays in April
TIME: 7:30 to 9:30 PM
Room: Sullivan Chapel
FEE: \$15

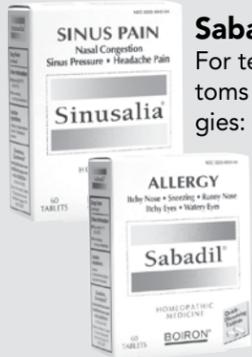
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WHEN: April 19 & 26
TIME: 7:00 to 9:00 PM
ROOM: Sullivan Chapel
FEE: \$15

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Return of the Art Quilts

by Jonathan McGoran, Shuttle Editor

"A dazzling display of art quilts... an astonishing achievement," is how the *Philadelphia Inquirer* described ArtQuilt Elements in 2008. Formerly known as ArtQuilts at the Sedgwick, ArtQuilt Elements 2010 returns to the Wayne Art Center in Wayne, PA, from April 17 to May 19, for a ninth exhibition, featuring 50 quilts from five different countries and 25 states. The opening reception on Saturday, April 17 from 7 to 9 p.m. is free and open to the public, as is the exhibit.

ArtQuilt Elements 2010 originated in Mt. Airy in 1999 at the Sedgwick Cultural Center (SCC). SCC founder Betty Ann Fellner connected with Mt. Airy quilter and long-time Weavers Way member Debbie Schwartzman and proposed a festival to "celebrate the fiber of community." Debbie formed an all-volunteer committee of fiber artists who transformed the show from an invitational exhibition of 18 art quilts in its first year, into an international juried exhibition with an accompanying CD-ROM catalog. Plans for



"Japanese Anemone" by Paula J. Chung

the 2006 show were progressing when the Sedgwick Cultural Center closed its doors. Ultimately the group was delighted to connect to the Wayne Art Center in suburban Philadelphia to continue the exhibit. Its elegant galleries and talented staff provided the perfect combination of elements

they needed to carry on the tradition of the biennial show, which was renamed ArtQuilt Elements.

"AQE is truly the embodiment of our mission—and our passion—to enrich and enrapture our community with this art form, as well as provide a gather-

ing place for artists to share their work" said Schwartzman, a local fiber artist and member of the co-op for 35 years. Since 1994 she has been making art quilts inspired by nature. Her most current installation of seven quilts can be seen at the Germantown Jewish Center. Although geographically the show has moved further away from Weavers Way, its ties to our area grew stronger with the addition of Germantown resident Shawn Towey, a Weavers Way member since 1994 who joined the committee in 2002, adding her talent as a graphic designer, editor, and administrator. In 2008, Shawn oversaw production of a full color print catalog documenting the exhibit. Shawn has been making quilts since the 1990s and often merges her passion for birding, maps and the Wissahickon with her love of textiles.

Visit www.artquildelements.com for more information or call the Wayne Art Center at 610-688-3553 for gallery hours, tours, and special events.

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2010 Election for Weavers Way Co-op BOARD OF DIRECTORS

Published on the next page are the responses of each candidate to the following five questions.

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

BALLOT

For Election for Weavers Way Co-op Board of Directors

Voting ends Sunday, May 23, 2010, at the General Membership Meeting, Chestnut Hill Friends Meetinghouse, 100 E Mermaid Lane, Chestnut Hill

To vote by mail: Ballots will be accepted by mail if received by May 22. **Mail to:** Leadership Committee, Weavers Way Co-op, 559 Carpenter Lane, Philadelphia PA 19119.

To vote at store: Place ballots in the box provided at the stores by 4:30pm, May 23.

To vote at Membership Meeting: Place ballots in the box provided at the Membership Meeting by 5:30pm, May 23.

AT-LARGE DIRECTOR (3-year terms; Vote for up to 3)

- Jonathan Barnes
- Stuart Katz
- Nikla Lancksweert
- Bob Noble (incumbent)
- Joe Pientka
- Sue Wasserkrug (incumbent)
- _____

Fold here for confidential vote.

This information is mandatory for vote to be counted. **One vote per member household**

Name (print clearly) _____ Member # _____

Signature _____ Date _____

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 Ebony DeBrest for more info, outreach@weaversway.coop or 215-843-2350, ext. 124.

Weavers Ways Board of Directors



photo by Serena Pepito

Gathered here on the first Tuesday of February are Weavers Way Board Members, (standing, l to r) Cat Niallon, Dave Tukey, Margaret Lenzi, Brian Maher, and Bob Noble, and (seated) Chris Hill, Cynthia Potter, Nancy Weinman, David Woo, and Sue Wasserkrug.

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.

CANDIDATES

Jonathan Barnes



1. I am deeply committed to supporting local economies and working with the members of the community of which I am a part. Furthermore, I am a strong believer in the cooperative model as a way of meeting the needs of a community.
2. As someone who possesses a strong commitment to social justice, living and working in Philadelphia for over 10 years, I believe I will be an asset to the board through my energetic devotion to the democratic process. I am young, have extensive experience living in and working with intentional communities, and am very organized.

3. In today's world of individualism and neoliberal ideology, to operate as a co-op is a political statement against the status quo. It is a statement in support of human rights (e.g. fair wages, fair trade, etc), the environment, and social justice. That said, I envision Weavers Way expanding its commitment to oppose the status quo and more intentionally support and sell products that are made using these same principles. Walking the talk is a feat I believe we all must strive to do, and setting such an example for the community will be a triumph with wide, rippling effects.

4. I founded a cooperative housing initiative at my college, I was a member of and volunteered at my college's food coop, and I grew up in an intentional Waldorfian community.

5. I am married to an amazing partner and have a beautiful daughter. I am enrolled in a graduate degree program entitled, Social Justice in Intercultural Relations

Stuart Katz



1. In everything Weavers Way does, it builds and sustains community. It does this by combining the efforts, ideology and commitment of a great membership and with the hard work and creativity of the staff. All of this makes a positive difference in our individual lives and in the collective well being of our communities.
2. As a recent board member and officer, I understand how our board functions and how it can effectively play its fiduciary and governance roles to ensure the financial and organizational well being of our co-op. In having spoken to and worked with hundreds of our members, I believe I can effectively represent the membership as WW grows into it's very dynamic future.

3. The Chestnut Hill expansion is critical to secure the future for WW. But in the long term, growing a local agriculture, and expanding our ability to teach children and adults about healthy food choices are essential elements of who we are. But overall I see the success of the WW cooperative business model as central to building more vibrant and sustainable local economies that can have enormous positive effects in our community and in our world.

4. Current Chair of the Member Loan Campaign (raised nearly \$450,000). Five year past board member, two years as president.

5. Member since 1986. Director of City Public Health Center # 10. An enthusiastic tennis player, bike rider, and Philly sports fan. Married to Phyllis Hochberg. Two daughters Lily and Rebecca.

Nikla Lancksweert



1. It helps me feed my family healthier, more nutritious food and ensures that I do so in a way that is ethically and environmentally sustainable. It has transformed the chore of shopping into an opportunity to be a savvy consumer, belong to a vibrant community and support enriching programs for local schools and groups. Spending money never felt so good!
2. My background in journalism, diplomacy and non-profit administration means I have an inquiring and analytical mind, work well with all types of people, and am passionate about organizations that make a real and positive impact. As a (very) new working member, I certainly offer 'fresh eyes' and as a Chestnut Hill resident I can help represent Germantown Avenue shoppers.

3. Successfully implanting Weavers Way into the hearts (and wallets) of Chestnut Hill families, while taking care to stay true to our mission, will support efforts to bring fresh, wholesome food to other Northeast Philadelphia communities and relieve pressure on the Mt. Airy store.

4. I admit I am new to cooperatives but have some experience of fundraising and outreach drives.

5. I am a Brit! However, having had two daughters here and experienced the warmth, generosity and open-mindedness of those we have met in Chestnut Hill and Mt. Airy, my husband and I struggle to imagine returning to the UK. They say it takes a village to raise a child. We are grateful that our 'village' contains people that care sufficiently to have sustained an organization such as Weavers Way.

Bob Noble



1. Weavers Way enriches our community by providing a means for us to participate in an alternative economic enterprise—one that values healthy food, concern for the environment, relations among neighbors, and collective self-reliance. Every co-op is a seed for a better world.
2. I have served for many years on the WW board and committees including 4 years as president when I helped lead the recovery effort from our financial crisis, hired Glenn, and set a course toward our current expansion. I believe the board must serve the membership, leadership must begin by listening, and thoughtful discussion and respect for differences of opinion are essential ingredients to a well-functioning board.

3. Our biggest challenge is to maintain our identity, values, and cooperative principles as we expand. We need to broaden our membership base and increase our diversity.

4. I am the current Board President of Weavers Way Community Programs. I have attended several national co-op conferences. I was a delegate to the International Co-operative Alliance General Assembly in Singapore. I serve on the board of the Bowers Fund, which is part of the national Cooperative Development Foundation.

5. I have recently begun a new career as a cooperative business development consultant. I hope to use the knowledge and skills I have learned at Weavers Way to help other co-ops. My wife of 32 years, Mindy, is a Philadelphia public school math teacher. We have a daughter in graduate school and a son in college. We've lived in Mt. Airy for 17 years.

6. I have recently begun a new career as a cooperative business development consultant. I hope to use the knowledge and skills I have learned at Weavers Way to help other co-ops. My wife of 32 years, Mindy, is a Philadelphia public school math teacher. We have a daughter in graduate school and a son in college. We've lived in Mt. Airy for 17 years.

Joe Pientka



1. The Co-op is a part of my community. When I go to the Co-op, I see friends and neighbors. I know the people that work there and who to ask for help—help finding something to advice on a recipe. The Co-op is a reflection of me, one who supports local businesses, community, wholesome food and great cooking. I love this place!
2. I am a project leader at Vanguard. I lead large-scale projects involving implementation of updates or new functionality to our record-keeper systems using continuous process improvement. I will bring my leadership skills and fresh new perspective to the board. I excel at thinking outside the box and challenging mediocrity.

3. Building upon what we are by managing growth and staying true to our roots is our biggest challenge. As we grow, we need to improve and strengthen our monitoring and control processes from store to board. Metrics are the key to our success. Without knowing where we are we cannot improve.

4. I volunteer with the United Way, the Share Food Program, Philabundance and my daughter's school through the PTO. I participate in the school's Wellness Committee and the Sustainable Springfield organization. I've funded over 25 microfinance loans to entrepreneurs in developing nations through www.Kiva.org.

5. My wife, Janet, and I have lived here since 1992. Our daughter, Natalie is ten. I enjoy reading, gardening, spending time outdoors and visiting new places. I collect cookbooks. I love to cook and make homemade bread and yogurt as often as I can.

6. My wife, Janet, and I have lived here since 1992. Our daughter, Natalie is ten. I enjoy reading, gardening, spending time outdoors and visiting new places. I collect cookbooks. I love to cook and make homemade bread and yogurt as often as I can.

Sue Wasserkrug



1. The values that define the cooperative movement are among my strongest beliefs. Being part of WW allows me to exercise my commitment to these values and to support my community. My dream is to see the cooperative economy become larger than the corporate economy. As a resident of Carpenter Lane, I appreciate that WW is such a great neighbor.
2. Having served on the Board for one term, I've traveled the considerable learning curve of being a WW Board member but I still have a new(ish) perspective. I've been a WW member for ten years and a member of co-ops elsewhere for nearly 20 years previously. I've spent years working at nonprofits that serve low-income individuals, so I have a lot of experience with non-corporate entities. I have strong opinions but am always willing to compromise for the sake of the community.

3. WW is a force for positive economic change because of its success in demonstrating that cooperation, sustainable development, and support for the local economy are good business practices. In the short term this means continuing and strengthening our work to promote cooperative economic endeavors and other initiatives in NW Philadelphia (e.g., farm, marketplace, CSA). In the long term this means serving as a model and catalyst for more cooperative enterprises both locally and beyond.

4. As a public interest attorney I am always volunteering somewhere – currently preparing tax returns for low-income working families.

5. Ask me about Antarctica!

✓ **VOTE for up to 3**

New Tuesday Farmers' Market in Mt. Airy!

by Lesley Seitchik, Director of Marketing, Valley Green Bank

STARTING MID-MAY with the native strawberries, Farm to City will be operating one of its outstanding Farmers' Markets every Tuesday from 3 p.m. to 7 p.m. on the plaza at the Lutheran Theological Seminary in the 7200 block of Germantown Avenue. This Farmers' Market is sponsored by Valley Green Bank and the Lutheran Theological Seminary with community support from Weavers Way Co-op, Mt. Airy USA, West Mt. Airy Neighbors, East Mt. Airy Neighbors, Mt. Airy Business Association and the Mt. Airy Learning Tree.

"Valley Green Bank is pleased to cosponsor this Farmers' Market which will provide a unique opportunity for our neighbors to buy and provide healthy, fresh local food for their families," said Jay Goldstein, President and CEO of Val-

ley Green Bank. Glenn Bergman, General Manager of Weavers Way Co-op added, "From our experience at Weavers Way, this community has an enormous capacity to appreciate and purchase locally produced food. We are particularly pleased that the Weavers Way Farm will be selling its produce at this Farmers Market." Lutheran Theological Seminary president, Phil Krey, is delighted to host the Farmers' Market. "We have a lovely plaza and have envisioned this plaza to be a public space; a meeting and gathering place for the community. The Farmers Market is a great way to serve this purpose."

So, start planning your spring, summer and fall menus with fresh, local and healthy farm products purchased at the Mt. Airy Farmers' Market.

14th Annual Chestnut Hill Home & Garden Festival, May 2

by Peggy Miller, Chestnut Hill Business Association

HISTORIC GERMANTOWN Avenue will be transformed into a beautiful, colorful outdoor marketplace as Chestnut Hill celebrates its 14th Annual Home & Garden Festival on Sunday, May 2.

Garden vendors, landscapers, artists, and craftspeople will showcase a wide array of plants, flowers, clothing, jewelry, outdoor furniture, and other items for the home and garden. Many of the boutique shops in Chestnut Hill will be displaying their wares out on the street as well.

A highlight of the day will be sneak previews of Weavers Way's new Chestnut Hill store. New to the festival this year is "Eco-Alley" which will be set up on West Highland Avenue. Sponsored by GRIN-CH (GRIN IN Chestnut Hill), Eco-Alley will be the "green" branch of the festival, featuring over 20 green vendors, entertainment, demonstrations and much more.

The festival is a real family affair. Kids love the amusement rides, face paint-

ing, free train ride, arts and craft activities, and rock climbing wall. And everyone loves the live music that plays all day on two stages and the delicious foods served by Chestnut Hill's wonderful restaurants and food vendors. This year, a One Man Sideshow will present a laugh-a-minute show of juggling, sword swallowing, fire eating, and more. Even the family pet has fun at the festival as dogs of all shapes and sizes stroll the Avenue with their owners. If you feel you're missing out by not having a pet, this will be a wonderful opportunity to adopt an animal in need. Just visit the Pennsylvania SPCA's Mobile Adoption Unit which will be set up along the festival route. Both dogs and cats will be there hoping to find a good home. There will also be general information on pet care and other issues relating to animals.

So, mark your calendars for May 2 and bring your friends and family to enjoy a lovely fun-filled day in Chestnut Hill.



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Mt. Airy Bike Collective

@ 542 Carpenter Lane

Two Spring Bicycle Safety Workshops
Brought to you by Mt. Airy Bike Collective (MABC)

"Get Your Bike Out Of The Basement!"
Thursday April 22nd at p.m.

In celebration of spring cycling weather we will have a workshop for people interested in learning how to tune up their bikes for safe and happy riding. In celebration of a year of MABC (in one form or another) we will have bike themed cake for participants!

"Family Bike Workshop"
Sunday, May 16th at 2:00 p.m.

A workshop introducing folks of different ages to basic bike safety!

Both workshops take place in the Garage at 542 Carpenter Lane

Share cycling knowledge about bicycles

Open Hours every
1st and 3rd Thursdays
from 6 PM to 8 PM



Please check our calendar to confirm dates and hours:
<http://mtairybikecollective.com/calendar.html>



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Suggestions

(continued from page 28)

- s:** "I'm shocked, shocked I say, that we, a peaceable community, would sell 'Gunpowder green tea.' What's next, bullet bologna, etc.?"
- r:** (Martha) I love it when our shoppers read labels! I am attaching a print out from Wikipedia to this sheet in case you'll read my response. "Gunpowder green tea (ours is from Frontier Natural Products Co-op and is organic and Fair Trade certified), when fresh, is shiny. Pellet size matters, large pellets being considered to be a lower quality tea. This tea's leaves are rolled into a small round pellet. The method of shaping tea is believed to take its English name from the fact that the tea resembles gunpowder pellets used for cannons." It has sold well over our few years of carrying it.
- s:** "The cheat sheet for apples is great! I have expanded my apple repertoire. Could there be something like that for cheeses, for example, Brie similar to Camembert. Parmesan similar to Locatelli. Thank you."
- r:** (Margie) There are many more cheeses than apples in the store. I started working on a cheese guide book but it may take a while. When it's complete I'll write about it in *The Shuttle*. Feel free to ask the deli staff questions about cheese. We have guide books behind the deli or call me at the store at ext. 134 or e-mail margie@weaversway.coop.
- s:** "Can we get Dairya vegan cheese and Soyatoo vegan whipped cream? Thanks."
- r:** (Margie) Dairya brand is not carried by any of our suppliers, sorry. (Chris) Sorry, no display space room to add this item at this time!

- s:** "Bring back the old 'Noccialata'! The texture of the new chocolate-hazelnut spread is like processed peanut butter, and the flavor is weak."
- r:** (Chris) Sorry, it's no longer available from any of our distributors.
- s:** "Really miss Lakewood Pomegranate Cranberry Juice 12.5 oz. Much cheaper than pure pomegranate juice. Serves the same purpose. Very tasty. Thank you."
- r:** (Chris) It was unavailable for a while, but now it's back.
- s:** "Sorrento Lactose-Free string cheese, please! Acme and other local grocers have stopped carrying it. Thank you."
- r:** (Margie) We don't have a source for this brand. Sorry.
- s:** "Any chance you will consider carrying another pre-made pizza crust? I miss the Rustic Crust brand that was previously carried. Thanks for the consideration."
- r:** (Margie) We haven't been able to find another brand but will continue to look. The Rustic Crust brand continued to get moldy long before the expiration date even though I talked to both the company and the distributor several times.
- 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 delicious! I haven't found a whole wheat Kaiser I'm totally satisfied with, but I'll keep an eye out.
- s:** "Coffee from Costa Rica! It's literally the best tasting coffee I've ever tasted!"
- r:** (Martha) Glad you like coffee—me too. If you would like for us to research a purchase of Costa Rican coffee for you let us know. FYI, we did carry Equal Exchange Costa Rican up to the point when supply became less than steady. See us/me for more details.

- s:** "Could you pack some smaller quantities of figs and soynuts? The bags on the shelf right now are too big and too expensive. Thanks!"
- r:** (Chris) Our grocery staff can split a bag for you, and re-label...we'd be glad to do this anytime!
- s:** "How about semolina flour? Great for pizza-making!"
- r:** (Chris) This item is available as a pre-order, a case of four 24 oz bags, for \$12.13. Please let us know if you'd like to special order. Thanks.
- s:** "I like using the Seventh Generation

toilet paper because it's made from post-consumer recycled paper, it completes the recycling loop. But it has me wondering what people used before toilet paper?"

r: (Norman) Apparently this is one of the reasons country folk looked forward to the Sears catalogue (true story). Before that, people just improvised using whatever material was handy and appropriate, including corn cobs, leaves, rags, even small animals (also true). Also, just left hand and water. Interesting that no other animal seems to struggle with this problem. Does this mean we're more evolved or less evolved?

L • E • T • T • E • R • S

Dear Editor:

Am I the only Co-op member concerned about the amount of money going down the drainhole as a result of the continued operation of the Ogontz Ave. store?

I didn't realize that we were such a wealthy organization that we could continue to afford such losses.

Glenn Bergman has been most patient with my queries and I thank him for that. But the "bottom line" is Ogontz has been a losing proposition, and the future is no brighter. The fact that the doors remain open is really sad.

Lawrence H. Geller

Dear Mr. Geller:

I am very concerned about the losses at Ogontz. It may not ultimately work and we may need to find another way to assist in reaching a community that did not have access to fresh produce or a corner store without high fructose corn syrup in a majority of the product line. I have asked our Outreach Coordinator to spend time getting the word out about the store and the mission of WW. I ask for your help in any way that you might know how to assist with community organizing to turn this store around to a breakeven.

If we cannot sustain the store, we will have to close it, but for many members who asked that we open up a store in an underserved area, this was my call to action. It was planned to break even and not add anything to the bottom line. It was not meant to take away so much either.

Glenn Bergman
General Manager

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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Garage door entrance
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Separate utilities



610 CARPENTER LANE
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For more info e-mail:
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(for the usual service of verifying a signature),
with a discount for members.

Sustainable Springfield is doing an Earth Day Event with Morris Arboretum and Carson Valley Children's Aid on April 17th.



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 recently was an item worth noting. The Sara Lee company is being accused of “green-washing” their new line of “Earth Grain” line of breads. “Green-washing” is the term used when a company makes a very small effort at doing something environmentally more friendly than usual, and plays it up big in marketing campaigns and in the press with the goal of having consumers think the company has taken a major step forward in ecological practices, and are thus worthy of consumer support. “Earth Grain” bread contains 20 percent “Eco-Grain,” which is wheat grown with less pesticide than usual because farmers use satellite imagery to see more precisely where and when to apply fertilizer, which reduces fertilizer use by about 15 percent. While you might think this is a good thing, the fertilizer is still petroleum-based and the wheat is still likely GMO wheat. And even with the fertilizer reduction, not all of the breads in the “Earth Bread” line contain “Eco-Grain” wheat and even those that

do are made with 80 percent conventional wheat, not “Eco-Grain.” The overall environmental benefit of producing bread like this is minimal. Sara Lee even went so far as to claim Eco-Grain farming methods “...have some advantages over organic farming”—in that “Earth Grains bread requires less land than organic farming” (Sara Lee has since pulled this statement). Remember that organic standards have built-in concern for soil health—organic fields do not use synthetic fertilizers and toxic pesticides that are commonly used on conventionally grown crops. Also, organic crops cannot be GMO. However, it is cool that “Eco-Grain” farmers have found a way to use satellite imagery in farming. Our own local farmers have subscribed to this service because it is fun to watch the image of the compost heap change as the compost heats up.

Suggestions & Responses:

- s:** “Coconut water. Better than Gatorade for electrolytes and re-hydration. Almost a perfect food—does not need refrigeration until it is open.”
- r:** (Chris) Thanks for the suggestion. We are selling canned coconut water on the spritzers shelf.
- s:** “Hi, looking for fruit shakes a la ‘Odwalla,’ ‘Naked,’ etc. I heard distribution was unreliable—I hope it can be worked out. Hate to hike out to Whole Foods—rather support you guys. THNX!”
- r:** (Chris) No “work outs” are on the horizon, but we’ll keep our eyes peeled for options.
- s:** “Biodegradable trash bags—they sell them at Whole Foods—made of corn!”
- r:** (Chris) There is a brand called “Bio-Bag,” made from corn, that is available from our distributors, I’ll try to work it in space-wise.

(continued on page 27)

Lettuce Eat Local



photo by Jonathan McGoran

Enjoying the beautiful lettuce grown and delivered by Sam Stoltzfus (rear) of Sunset View Aquaponics are (l to r front) Marlene Santoyo, Dorel Shannon and Christine Stainton.

Equal Exchange Fair Trade

April Coffees of the Month



CAP Midnight Sun

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

Rabble Rouser

reg, \$13.37, **sale \$9.59/lb.**

Pre Ground Coffees

Organic Decaf

reg, \$10.08, **sale \$8.58/lb.**



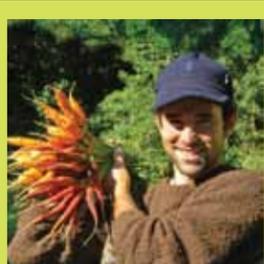
What is Weavers Way Co-op?

Weavers Way is a Food Co-op, or a grocery store that is owned by its members—the people who shop here.

Because our owners are our shoppers, we don’t try to make a profit selling unhealthy food at high prices. Instead, we sell the food our shoppers want us to sell—healthy, natural, and local foods, some grown and prepared right in our own neighborhoods. We buy local, we support fair trade, and we are committed to our community, because we are owned by our community. The dollars you spend here stay here, either invested in the co-op and the community, or distributed right back to the members who support us.

Although we are owned by our members—and membership is important to what we do—we are very much open to the public: everyone is welcome to shop, and everyone is welcome to join.

You can learn more about Weavers Way at www.weaversway.coop, or better yet, stop in for a shop, or just to look around, at our stores in West Mt. Airy, West Oak Lane, or coming soon to Chestnut Hill.



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

Wednesdays, 6:45 p.m. : April 14, 21 and 28

Thursday, 6:45 p.m.: April 8

Saturdays, 10:00 a.m.: April 3 and 17

Weavers Way Ogontz Store

2129 72nd Ave

Saturdays, 10:30 a.m.: April 3, 10 and 24

Chestnut Hill Center for Enrichment

8431 Germantown Ave (parking entrance on E. Highland Ave.)

Tuesdays, 6:45 p.m.: April 6, 13, 20 and 27

Saturdays, 10:30 a.m.: April 3, 10 and 24

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.

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: _____