

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

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May Special at Ogontz

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\$1 off if you spend \$10, \$2 off if you spend \$20

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# The Shuttle

May 2010 Vol. 39 No. 5

A Community Owned Grocer Serving the Northwest Community Since 1973

## Local Food on Menu & Agenda

by Jonathan McGoran, Shuttle Editor

WEAVERS WAY's Spring General Membership Meeting on Sunday, May 23 will also serve as a celebration of the opening of our much-anticipated Chestnut Hill store. Both members and the public are invited. The event will kick off with a barbecue and meet-and-greet at 4 p.m. You are encouraged to bring dishes and utensils, if you like (there will be facilities to wash them), but you should definitely bring your appetite! At 6 p.m., after the last call for ballots for the board elections (see pages 24-25), the meeting will get started. In addition to the regular reports and updates on all the exciting things happening at Weavers Way, we will also hear guest speaker Yael Lehman, Executive Director of the Food Trust. See you there!

DON'T FORGET TO VOTE!

Candidate Statements and Board Ballots on pages 24 - 25

## Chestnut Hill Store to Open in May

by Jonathan McGoran, Shuttle Editor



photo by Lawrence Goldfarb

THE FINAL pieces of Weavers Way Chestnut Hill store are coming together and our doors will soon be open. It has been a long journey, and we are very excited that the destination is in sight. By the time you are reading this, the construction will be completed, and Weavers Way staffers will be hard at work assembling the shelving and fixtures, and then stocking them with products for our opening.

We're looking to open our doors for business in the middle of May, but we will open them for a sneak preview during the Chestnut Hill Home and Garden Festival, 11 a.m. to 5 p.m. on Sunday, May 2. So stop by and say hi, and see what we've been up to.

## New Member Cards Coming

by Josh Giblin, Merchandising Coordinator

BRACE YOURSELF, members. I've got another big change to unveil! Many of you have been asking about how we will know your member number at our Ogontz and Chestnut Hill locations without relying on the index card file located in Mt. Airy. It's true that the card file system poses problems for a three-store operation. We have known that there would come a time when members would carry their cards with them, and we are happy to announce that the time has arrived.

Because few of you carry wallets big enough to accommodate the current half-page member cards, we have designed a sleek "credit card" sized card with accompanying keychain fob for those who prefer to travel even lighter. I know there is a lot of nostalgia wrapped up in our card system, but it is time to salute the old cards and recycle them for their next journey.

(continued on page 10)

## Up and Coming at Ogontz

by Jason Price, Ogontz Store Manager

HAS YOUR recycling bin gone missing? Have you been in need of another? Look no further than Weavers Way Ogontz store. Last year, the Weavers Way environment committee gave away over 200 bins at that location and on Saturday, May 22 they will be at it again. Bins will be given out, one per person, first come-first served, until they are gone.

According to RecyclingFacts.org, the amount of waste recycled in 2007 saved the energy equivalent of 10.7 billion gallons of gasoline and prevented the release of an amount of carbon dioxide that would have been produced by 35 million cars. In the age of a warming planet and a cooling economy, our communities need to be

(continued on page 4)



file photo

State Rep. Dwight Evans (r) receiving a recycling bin from Stevik Kretzmann at one of last year's Recycling Bin Giveaway events.

## As Store Opens, Member Loan Campaign Enters Crucial Phase

by Stuart Katz, Member Loan Committee Chair

THE EXCITEMENT is building as we near the opening of the new Weavers Way store in Chestnut Hill. As I write this, the stucco on the front of the store is going up, to be followed soon by the new storefront. All the equipment and shelving will soon be installed. A "soft" opening is expected in mid May, with an official Grand Opening soon to follow. It's been an interesting and often stressful process that demanded a pretty steep learning curve on our part. This project turned out to be more expensive and time-consuming than we first thought. To all the architects,



photo by John Barone

Member Lenders gather for a tour of the new store.

project managers, and builders who are members of Weavers Way, this isn't a sur-

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Weavers Way Cooperative Association  
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# Editor’s Note



by Jonathan McGoran

SOON, MEMBERS of Weavers Way Co-op will finally be able to say, “I am a card carrying Co-op member.” We are replacing our old member cards with fancy new wallet cards and key fobs. Our system of jagged metal drawers holding thousands of paper ledger cards has long been a quaint and idiosyncratic (and sometimes painful) part of membership at Weavers Way, but we think our members will embrace the new system.

There are many benefits to the new cards, even apart from their utility in dental hygiene and keyless home re-entry. Ditching the drawers gives us some much-needed display space, and in keeping with our dense product display scheme, we plan to fill the space where the cards were with a “Home Electronics/Automotive/Garden Furniture Department.” And maybe a juice bar.

In light of the space we will be gaining, we’re actually looking at transitioning other parts of our operation into “carry with you” mode. Think of the space we could save if each member brought their own cash register every time they shopped (Do you think iPhone has an app for that?).

Hopefully, with the new store in Chestnut Hill, our Mt. Airy store will be less crowded, but it will be nice to know that if you still have to scooch out of the way to let someone squeeze past to pick up some milk, you will no longer risk a deep-tissue wound on the jagged metal drawer the previous member left open.

There are security benefits, as well. If part of the reason for having cards in the first place is as identification for members, making several thousand ID cards available at any moment could conceivably be undermining our vigorous fraudulent member detection program. And although, the secret handshake system has served us well over the years, having both working and non-working memberships, could make things complicated. (FYI, for working members, the thumb goes up and counter clockwise before you do the flutery bird thing.)

On a final note, I want credit for the restraint I showed by not running the headline “Weavers Way Loses Its Drawers.”

# Springtime Hits the Farm

by David Zelov, Weavers Way Farm Manager



photo by Heather Hill

Weavers Way Farmer David Siller (r) gives Co-op staffer Stephanie Johnson (l) a lesson on the Rototiller, while kids and volunteers assmble beds at the new farm at C. W. Henry School, across from Weavers Way in Mt. Airy.



photo by Rachel Milenbach

ANOTHER BEAUTIFUL spring has arrived on the farms of Weavers Way. The birds are singing, the groundhogs are rustling about, and the rototiller is being shuttled between all locations. It’s an exciting time of year! The Headhouse Market is starting this first week of May and the Chestnut Hill farmers’ market and the new Mt. Airy farmers’ market (Tuesdays on Germantown Avenue across from Valley Green Bank) will soon follow, along with the pick-up of the first share in the Henry Got Crops CSA at Saul High School. All the warm-weather crops are about to go in the ground. They are currently in the hoop-house being hardened to the elements, hoping for a hotter, drier season than last year. The tomatoes are jealous of their relatives already growing in the ground in our high tunnel. All of the cool-season crops, in the ground since late March, are coming into maturity and are destined for your dinner plates. Expect to see kale, collards, chard, bok choy, tatsoi, lettuce, baby greens, broccoli, pea shoots, kohlrabi,

chives, and sorrel all turning up at the store(s) very shortly. And yes, we will be having farm produce in the soon-to-open Weavers Way location in Chestnut Hill!

Three newcomers are joining the plant community at the Awbury farm this year. We are very excited to be planting hardy kiwis, persimmons, and clove currants. Phil Forsyth from the Philadelphia Orchard Project has lent us his expertise in permaculture and helped design some plantings to improve aesthetics, attract beneficial insects, provide educational experiences, and provide us with some fruit to sell. This will be implemented over the next couple of years and will begin with the aforementioned small fruits. In case you are unfamiliar with these particular crops:

Hardy kiwi (*Actinidia arguta*) is a vigorous vine, native to the forests of Asia. It is a relative of the larger kiwifruit, but is smaller (about the size of a grape), fuzzless, and often sweeter. They are rela-

tively pest-free and, unlike the larger kiwifruit, are quite hardy.

We are planting both American and Asian persimmon trees. The American persimmon (*Diospyros virginiana*) is a slow-growing, medium-sized tree, native to the Eastern United States. Its fruit is slightly smaller than its cousin *Diospyros kaki*, the Asian persimmon, whose fruit is more commonly seen in grocery stores. Both trees can be grown in our area, but as the Asian persimmon is hardy to only zone seven, it might need a more protected area, at least in Northwest Philadelphia. The fruits have a sweet-spicy flavor and are usually eaten after they soften.

Clove currants (*Ribes odoratum*) are small shrubs, native to the western United States, with fragrant yellow, clove-scented flowers. The black or purplish-brown berry can be eaten raw or used in jams or jellies.

farmer@weaversway.coop

# Marketplace Program Could Benefit from Your Spring Cleaning

by Carly Chelder, Marketplace Coordinator

IT’S THAT time of year when many of you have been cleaning out your closets, refrigerators, attics, and basements. This is the time to bring order to our lives after a winter inside. Open your windows. Let the sunshine and cool breeze in. Air out your closets. Clean the dust from the sills. Plant some seeds. Of course, don’t forget to clean using earth-friendly products. Personally, I’m a big fan of Seventh Generation. April’s edition of *Grid* magazine features a great map of hazardous waste recycling days and locations near you. So while you are doing your spring cleaning, set a good example for the people around you and recycle your electronics and hazardous waste ethically. Don’t forget the Environment Committee’s Plastic #5 collection. Maybe you have recently performed a seasonal clothing rotation. Donate your unwanted items to someone who could really benefit from them. Participate in a clothing swap. Sort and purge unused items that clutter your living space. When you get something new, rotate something unused out of your life.

Weavers Way Marketplace is looking for the items listed below. The program is expanding to several new schools shortly and would benefit from your donation. As a reminder to *The Shuttle* readers, Marketplace is a small cooperative food sale

held by student teams at their respective schools. Schedule permitting, high school teams have one sale per week and grade school teams have two sales per month. Your food scale could help students at Parkway NW High School of Peace & Social Justice weigh and package grapes, a favorite at their school.

We are looking for these items:

- Food scales
- Sturdy baskets or other containers to hold repacked food products to make a nice display
- Tablecloths
- Apple corers
- Kid-safe knives
- Coolers
- Folding tables
- Refrigerator
- Cutting boards (not too cut up)
- Lucite sign holders
- Easel with chalk or white board

Please donate items only if they are in good, working condition. We would certainly appreciate donations that are clean too.

In conclusion, I would like to share some words from Linda Sparrowe’s 2010 Yoga Planner that I found relevant and inspiring.

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# Farm Education Update

by Adam Forbes, Farm Educator

SPRING IS finally here and we have got our first vegetables in the ground! School groups have started coming out to the farm, interns are arriving, and the season has begun for us farmers. Many have asked me what we do during all the rain, and cold days we had. Being an urban farmer and educator is an incredibly diverse job, so there is always something to tackle.

When not out digging, tilling, moving compost, or planting, there is plenty to do under cover. For example, this year we have expanded our partnership with Wyncote Academy and their greenhouse. I was able to get more students involved, and we are now raising seedlings, not just for the farm, but also to sell. You can find these seedlings for sale at the Co-op.

As a part of this program, I am teaching the students about plant propagation, sales, and even accounting. The teacher with whom we are working has told me how excited the kids are each day to see their plants sprouting and getting bigger. This year, we are consulting for a number of school gardens with the Food Trust and Greentreks Network. Plants started at Wyncote will also be distributed to these school gardens throughout the city!

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Articles should be under 500 words and can be submitted neatly typed, on disk, or by e-mail to editor@weaversway.coop.  
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**The Shuttle is printed on 100% recycled paper**



# Season’s Eatings

by A.J. D’Angelo-Masko, Produce Department

I AM happy to report that, after a long and severe winter, spring is finally upon us, bringing with it warmer weather, more outdoor activities, and (most exciting of all) plenty of new produce possibilities. As warm weather fruits and vegetables become increasingly available, the produce department is seeking out the finest seasonal and local items to stock in our aisles.

A key part our departmental mission involves purchasing goods that are local and in season, to the best extent possible. This approach naturally reduces the environmental impact of produce transportation, and helps support our local farmers and growers. From the consumer’s perspective, eating in season means enjoying fresher, healthier, and better-tasting pro-



duce. Often, there is a financial benefit as well. Crops that are in season tend to be more abundant and thus less expensive.

Seasonal produce shopping is a win-win proposition.

How can members keep on top of which produce items are seasonal and locally available? Wouldn’t it be nice if there were a simple, easy-to-use, online listing of which fruits and vegetables are grown and sold nearby at any given time of year? Wouldn’t such a listing be helpful in preparing a wide variety of delicious spring meals?

Well, look no further. The National Resources Defense Council provides a concise, intuitive interface that allows users to discover which seasonal produce

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## May Grocery News

by Chrstopher Switky, Grocery Manager

HOWDY, SHOPPERS. Just a few new items to report on from the Co-op’s grocery shelves, we’ll start with the most exciting...

We now have locally produced apple butter from Three Spring Fruit Farm, located in the fruit butters and applesauce section. Owned and operated by the same family for 100 years and six generations, Three Springs, located in Adams County, brings us weekly deliveries of fresh fruit all summer long—the outstanding peaches, plums, pears, and other fruits that you may remember from last year. We now have their apple butter, made with sugar and spices, on the grocery shelves, and we’ll have their pear butters (both with and without sugar) before the month is out. Please give them a try!

Big Changes in the peanut butter section: we’ve replaced Arrowhead Mills PB with Once Again brand. Arrowhead Mills PB had been “100% Valencia” for years, and then suddenly, they switched to a “PB blend” that contains some Valencia peanuts and some non-Valencia. I’m guessing that this was a cost-cutting move. We got feedback from shoppers who preferred the taste of Valencia PB, and therefore we’ve switched to Once Again brand, which is 100% Valencia (even though some of the labels don’t indicate that. I called the company; they said that the label printer had made an error, and that they were working on new labels). Once Again PB is \$5.44 per jar, a bit more expensive than other peanut butters, but worth it, according to a few vocal PB aficionados.

What else? In the freezer, you’ll find Snopac frozen organic unsweetened cranberries. We’ve had shopper requests



photo courtesy of Three Springs Fruit Farm  
Guy and Ferd (Dave & John’s Granddad and Great Grandad respectively) about to lead a team of mules out to work ground at Three Springs Fruit Farm, family-owned for six generations

for unsweetened cranberries (the dried cranberries that we stock are sugared), so we’re trying these in place of frozen mixed berries. Speaking of fruity items, we’ve also added Lakewood organic black cherry concentrate to our juice section, in 12 oz. bottles, brought in due to shopper requests. Please let us know what you think of these changes.

Unrelated topic: I once found an intriguing notice on the Co-op bulletin board. It was written in a child’s handwriting, and it read, “Squirrels for sale. One boy, one girl. \$300.” There was no phone # or contact info, but I couldn’t help but be fascinated by the notion that a child somewhere nearby captured two squirrels (perhaps the squirrels were free range, but had been trained to come when called), had sexed the animals (squirrels become very wiggly when you try that sort of thing), and thought that \$300 was a reasonable selling price for the pair.

It’s this sort of thing that keeps me coming back to Weavers Way, day after day, year after year. If you know anything about this “squirrels for sale” situation, please let me know. Until then, I’ll be “squirreling past you,” when we next meet...in the grocery aisles.

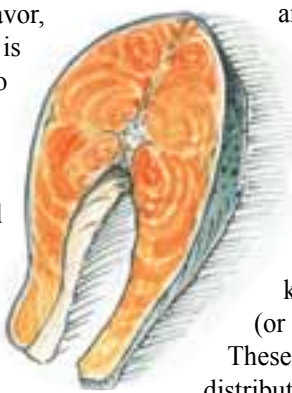
Hooked

## Wild Salmon Season!

By Noel Bielaczyc, Meat, Fish and Poultry Department.

SEAFOOD IS seasonal. Like most fresh foods, there is a certain time of year when it is at its best, when its flavor, texture, and aroma say, “This is how a (blank) is supposed to taste!” Think peaches, plums, blackberries, tomatoes, wild mushrooms, etc. After all, who in their right mind would eat strawberries in January? Unfortunately, most of us would and do. The same is true for salmon. Over 75% of the salmon consumed in the United States is farm-raised and eaten out of season. This is a sad fact, given that this continent hosts some of the largest runs of wild salmon in the world. But there is hope! Lucky for us, we are just entering wild salmon season, and can begin enjoying salmon in its most sublime form!

As a general rule, commercially available wild salmon is caught in the cool temperate coastal regions of the Pacific Ocean. Millions of these fish congregate at the mouths of rivers from California to Alaska each year to spawn. The rest of the year is spent at sea eating krill (among other things), which gives their flesh the signature pink, orange, or red color. Few such wild runs still occur on the Atlantic coast of North America and Europe. Once plentiful, wild Atlantic salmon have become extremely scarce, largely because



of overdevelopment and disruption of native spawning grounds. Over-fishing and salmon farming have also played a role. As a result, any time you see “Atlantic Salmon” it is guaranteed to be farm-raised or mislabeled.

There are five species of Pacific salmon: Chinook (or king), coho (or silver), sockeye (or red), pink, and chum (or keta). These species vary in geographic distribution, size, and overall desirability for cooking. At Weavers Way, we will likely see fresh only king, coho, and sockeye. Pink and chum salmon are the smallest, most abundant of the wild salmon and usually end up frozen or canned. These products are a good alternative in the off-season, but no substitute for a fresh steak. The quality of wild salmon is directly linked to the length of their run and the stage of spawning. The longer the run, the bigger the fish and the richer and better tasting the meat will be. Whether a fish is caught earlier or later in its run can greatly affect the quality. Early in the run, the meat is typically firm, fatty, brightly colored, and mild tasting. As the run progresses, the meat can become more soft, lean, pale, and full flavored. This is very unlike farm-raised salmon, which are con-

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### May Hidden Treasure Under the Oak Quiche

If you’re looking for a savory breakfast treat try the wonderful home-made Quiche from the Under the Oak Café in East Oak Lane. Under the Oak uses local and organic ingredients whenever possible and is a participant in “Buy Fresh Buy Local.” The Quiche is sold by the slice in the prepared food case, or members can preorder whole pies, which serve 6-10 people. We also sell Under the Oak pastries in our bakery section. To order, call Margie @ ext. 134 or fill out a preorder slip (Quiche is delivered Wednesday and Saturday, 3 days notice required)

Whole Quiche Selection	
Spinach and Gruyere Quiche	\$28.00
Lancaster Ham and Cheddar	\$31.00
Broccoli, Herbed Feta, and Wild Mushroom	\$30.00
Lump Crab	\$36.75
Bacon, Burger, and Cheddar or Blue Cheese	\$35.25

I also highly recommend visiting the café in East Oak Lane. Sit outside and enjoy a slice of quiche or a warm raspberry cream scone with zesty lemon curd and a cup of coffee.

Under the Oak Café  
804 Oak Lane  
Philadelphia, PA 19126





# Manager’s Corner

by Glenn Bergman, General Manager

AFTER STARTING three years ago with a market study of the Northwest section of Philadelphia, and looking at all types of opportunities, we will be opening our third store, in Chestnut Hill, this month. Depending on when you are reading this column, the store may already be open.

I can only say that this was much more work than I ever expected. I have a respect for developers that I never had before. The reasoning behind the expansion has not changed: increase the co-op model in the community, expand the local economic impact of our program mission, continue to provide job opportunities for current staff and new staff (positions that pay at least a living wage and provide benefits), generate enough income to give back to the community, and serve our current membership better.

Over the coming months, we will work out the kinks and respond to member and shopper requests as we find the optimal product mix and learn the needs of our community. As I look back over the last three years, I want to thank many of the people who helped to get us to this opening:

- The Weavers Way Board for providing the long-term vision to allow management to search for the right direction and then working with staff to steer the Co-op. One outside observer said to the board that he was impressed with how seriously they discussed the expansion and looked at the alternatives.
- David Kraut for his legal work and his ear, which allowed me to feel confident that we are okay.
- Valley Green Bank and Jay, Lesley, and Kevin for financing encouragement.
- CMS financial for making the deal easier than I thought it could be.
- PIDC, TRF, and the City of Philadelphia for assisting us with the funds

for construction and support for new equipment.

- Rep. Dwight Evans and Kim Turner for understanding and assisting in the mission to support better nutrition and local suppliers and finding the funds for most of the construction work.
- Our architects, Dick Winston and Bill Collette, who knew what we needed even when we did not.
- Domus Construction and Ed, Bobby, Eric, and their entire great crew—from the office to the field workers.
- Bob Elfant and his team for assisting us with the deal and speaking to me at all hours of the night.
- Patricia Blakely and The Merchant Fund who took one look at the façade and understood the importance of façade work to the Avenue.
- The Chestnut Hill Business Association staff, board, and members, who welcomed us with open arms and have been supportive since Day One.
- The merchants on the Avenue, who have been inviting since Day One... We hope to help with more foot traffic to the Avenue and keep shoppers from going out to the mall to shop.
- All of the Weavers Way members who continued to ask, “When are we opening?”
- And, last but not least, the hard working staff members of Weavers Way who work every day to grow the mission of the Co-op and are a lot of fun to work along with every day.

If I missed anyone or any group, I am sorry. As you can see, it has been a long time coming, and it took a lot of community support to make this happen. Thank you.

*gbergman@weaversway.coop*

# Co-op Still Needs Member Work

by Rick Spalek, Mt. Airy Store Manager

WITH THE stigma of not having your work hours complete now eradicated from your life, aren’t you missing something?

Weavers Way was founded on a mandatory work requirement. Everyone dreaded the stars on their card—heaven forbid if it got stamped “shopping suspended”—but they secretly or not-so-secretly bragged of the requirement to their friends and family. Ever go to another co-op that doesn’t require work? They all look a little soft and pasty. Perhaps we have made life too easy, but the truth is, we still need you!

In a bid to be more welcoming, accessible, and inviting, we changed the rules, but our stores still need workers. We don’t want to rid ourselves of member hours, and we rely on them almost as much as

we rely on our staff to show up every day.

Currently, we are having a slowdown in signups for work. If you are in your cycle and have not signed up yet, if you are on the fence about working or not, or if you have decided not to work but feel empty inside, know that you are always welcome to work here at Weavers Way.

If you need help signing up, contact a shift manager at the store—call 215-843-2350, ext. ”0” and ask to have them paged. If you have membership questions, or need your username, contact Kirsten @member@weaversway.coop. And you can always find me at the store, standing in front of the work calendar staring at empty work slots.

*rick@weaverswaycoop*

## Upcoming at Ogontz

(continued from page 1)

serious about recycling and cutting waste. And let’s face it—it’s the easiest way to be green. So stop by Weavers Way Ogontz on May 22 and pick up a free recycling bin.

With warm weather here and summer fast approaching, it’s time to start gearing up for the Seventh Annual West Oak Lane Jazz and Arts Festival. For those who have not taken in the sights and sounds of this festival in previous years, it is one of the largest music events of its kind in the Philadelphia area. Scheduled for the weekend of June 18-20, this *free* outdoor event, spread across three blocks of Ogontz Avenue, has become the season’s focus and the talk of the town.

Unlike previous years, when many

R&B sensations have taken the stage, the Festival this year features an ALL JAZZ line-up. Headliners performing over the festival’s three days and two stages include: Dirty Dozen Brass Band, Preservation Hall Jazz, Dianne Reeves, David Sanborn with Joey De Francesco, Al Jarreau, and the George Duke Trio, among others.

If you and your family have not taken advantage of the fabulous talent displayed right here in our neck of the woods in years past, I highly recommend this year’s festivities. Last June, many Weavers Way members lent a helping hand to promoting our Ogontz store by passing out samples of our products in and among the crowd. This is a great opportunity to fulfill one’s cooperator obligations, show our cooperative strength, and have a blast.

See you in West Oak Lane.

*jason@weaverswaycoop*



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- ♦ Delicious vegetarian food, music, art, nature and relaxation
- ♦ A great diverse community – 73% of campers return!
- ♦ Our green facility on 700 beautiful acres can also be rented.



# Come Play With Us

by Angela Allen, Second Floor Staffer

SPRING is finally here, and with summer just around the corner, it's time to visit the fun selection of outdoor toys in the Toy Department on the second floor. In addition to perennial favorites such as bubbles and sidewalk chalk, we also have jump ropes, marbles, boomerangs, rocket balloons with launchers, and balsa wood airplanes.

For the young gardener in your family, we have Jump Start Gardens with pumpkin and flower patch seed varieties, root viewers, kid-sized tools and totes, and watering cans.

If your child is into sports, we have sponge tennis, soccer, and basketballs, as well as foam footballs. Additionally, we have the ever-popular Guatemalan kick bags, a.k.a. hacky sacks (tie-dyed clothing optional).

Look to the Co-op for all of your needs on those warm summer days and evening camp-outs: butterfly nets, magnifying glasses, and flashlights. We also have sand and water sifters/scoopers for your trip to the beach.

For those rainy days when the kids are stuck indoors, we have art supplies aplenty. Every home should be equipped with molding clay, drawing/doodling pads, colored pencils, and ink/stamp sets. You will also find a number of creative

design kits such as spiral and splatter art, thread art, window mosaic, fairy journal, and cartoonist. These items also make great birthday gifts! And, if you have an aspiring Houdini, we have a Professional Magician Kit, with over 50 tricks, which is perfect for entertaining at birthday parties and family picnics.

To stimulate young minds, we carry an extensive line of 4M products such as the Green Science Windmill Generator kit, the Solar System Planetarium Model, the Cosmic Rocket kit, and Volcano Making and Crystal Mining kits. We also have an assortment of doll-making kits featuring mermaids, fairies, and ballerinas.

For the preschool set and young children, we have a nice selection of Melissa and Doug products, including pattern blocks, wooden building blocks, and puzzles galore. A recent addition and nice accessory for block play are hand-painted, solid-wood trains and vehicles. And what Co-op household would be complete without the Cutting Food or Sushi-slicing wooden playset?

Finally, if you're road-tripping this summer for vacation, we have classic travel games such as bingo and hangman, to keep everyone entertained, and colorful string for Cat's Cradle and other games. Be safe and have fun!

# Up and Away to the Hill

by Pat Piro, Prepared Foods


BY THE time this comes to print, spring will have embraced us and hopefully will not let go until July. We managed to get through a rough winter and to get to work plowing through the snow and shoveling into parking spots, which were at a premium in Mt. Airy. The Glenn-mobile picked up staff (thanks, Glenn) and Bonnie gave me a lift or two (thanks, Bon)—both rides memorable in their own little way. We felt the stress of the winter weather to the point where we were thinking Florida might be looking good. But then we snapped out of that thought and felt blessed and happy to have our trails in the Wissahickon. Glenn Bergman, Belle (his faithful furry friend and companion), and I shared many a happy early run during the cold and dark mornings of winter. Even after Glenn and I were tired, cold, and stiff, Belle was still raring to go. We met faithfully every other day, running through gusty winds, freezing cold and snow and dodging ice on the trails. We started to chat once we woke up, and we talked about food and the developments of our Chestnut Hill store and how Belle always managed to find and carry a log during the entire run. We would tell people the log was for sale (firewood), trying to raise funds in any way we could for our new store under the guise of Belle's college fund, but we had nary a taker. As the months went on, the new store was taking hold and becoming more of a reality, with our opening getting closer and closer. In many ways our runs were a stress release in anticipation of this new venture, and by the time we were finished we felt pretty good and ready to face the day.

By now, the Chestnut Hill store is soon to be opened and our fearless Prepared Foods leader Bonnie Shuman

and I are working on new food menus for the store. We will have much more of a selection, if only because we will prepare food in an actual kitchen. But not to worry, we will still be offering our standbys that people love. We will have a hot bar, and also a display case with some of our delectable items. Farro is one item I would love to introduce in the new store. It is a very versatile type of wheat/grain that was a wholesome daily staple of the ancient Egyptians and has been grown for centuries in the Middle East and North Africa. It remains popular in Italy today. Farro is rich in fiber, protein and other nutrients. It can also become a complete protein source when combined with legumes, making it ideal for anyone looking for a plant-based, high-protein food source. It has a satisfying chewy texture and a nutty flavor. I have used it in soups, in salads, and as a risotto.

With a new store come new staff, ideas, and products. It is an exciting time for all of us, but it is bittersweet for me to be leaving our Mt. Airy store; I have grown to love its uniqueness among other things, and will miss working with Laura and Maureen and many other staff I have grown so fond of over the years.

As we hope to stay healthy and continue running, with our eye on the Broad Street Run (and a way to enter Belle), Glenn, Belle, and I will continue our runs on the trails and see not only if we can improve our running times, but also encourage some buyers for Belle's logs. I look forward to seeing new faces on the hill, but I hope also to see many of the members and staff I have befriended along the way in Mt. Airy.



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How we each define leadership will be different based upon our individual experiences—with leaders and as leaders. What are the qualities and character traits that define individual and organizational leadership?

Here at Weavers Way, are we different from the norm in our greater society? We well may be if this group's accomplishments are racked and displayed for you to look over and gauge for quality and freshness. Keeping this corner store in business for over three decades and maturing under the cooperative model shows that the model works and that we are able to make it work. I've heard stories about the many co-ops that started in the 1970s here in Philadelphia, most of which are no longer going concerns. I personally would like to attribute our success to the quality of our leadership over the years—not from one person or group of people; no, it is all of us who have participated in our own way over the years. Of course, there are the few who stand out because of the slightly outsized contribution they have made over time. Jules Timmerman, whose vision was the catalyst, and Mort Brooks, whose years of service on the board gave Weavers Way direction, are just two who come to mind. Unlike a private concern, all the members have also made direct contributions as volunteers in the operation and governance of Weavers Way.

This collection of people has had just the right amount of talent to get us where we are today with a vibrant agriculture “department” that started a farm out at the Awbury Arboretum and now counts a CSA under its wing; a Diversity and Outreach Committee project that began as a junior achievement of sorts across the street in Henry School and now has a presence in several Philadelphia School District schools as the Marketplace; an environmental “department” in the guise of a committee whose work over the years has recycled a good sized globe of material measured in the hundreds of tons and still continues even after curbside recycling was implemented; and an education committee that is intent on getting that information out so that each of us can make informed decisions. Personal leadership inspires each and every one of us to do good and make our mark as a member of this food cooperative.

What has the quest for good quality food done for this community in the form of Weavers Way? The experiences of the members have coalesced into very actionable tasks, which bring us the many successful programs to which our search for good food has led. Your support and patronage of this unique little corner store has not enriched a portfolio of investors or private owners. It has not resulted in the downward pressure to pay our work-

(continued on page 7)

# Weavers Way's Ends Policies

Weavers Way Cooperative Association exists to provide commercial and community services for the greater good of its members and community, to champion the cooperative model, and to strengthen the local economy.

**As a result of all we do:**

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

Progress toward achieving these outcomes will be reported by the General Manager to the board annually in December.

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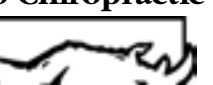
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# Leadership Means...

(continued from page 6)

ers less to improve the bottom line for the sake of the bottom line. It is not a unit of leverage in some banker's file to extract concessions from some potential lender or vendor.

The leadership of our local community has presented possibilities beyond our core business of providing food to our membership; it has touched upon a part of our community character that is mostly missing in our general society: co-operation. Which is not to say that we all agree on everything all the time, but we are able to make things happen as a consumer cooperative. We need to hear from the leaders within our ranks who have the vision, energy, time, creativity, and hope to keep bringing up and demonstrating the collective power of a consumer cooperative as a force of good in our current society. Take a closer look at our Board of Directors' Ends policies on page six of this issue of the *Shuttle* or at our website. This, in essence, defines the personality and character of our organization. It starts with this global statement, "Weavers Way Cooperative Association exists to provide commercial and community services for the greater good of its members and community, to champion the cooperative model, and to strengthen the local economy."

I ask that all of our membership find time to read these Ends and keep them in mind as we interact with Weavers Way and the greater community.

We are in the midst of changes and growth as a result of past leadership and it would be in our collectiveDNA as a group not to rest on past accomplishments but to seek out new ways to display our leadership, so that our greater society can follow us and not hesitate, knowing that Weavers Way is on the right road.

Board elections are a time to take a stand and cast your vote to make your voice as a leader heard so that we can have steady, stable governance. Take the time to pull a ballot and mark your choice while you are in the store (or use the ballot on page 25).

The qualities of leadership need time and resources to be developed, and you, our members, are the component this co-op just cannot do without. Patience. Competence. Motivation. Vision. You provide us with the raw energy to listen, ponder and decide. With our community strength and unity, Weavers Way can be just the example for others to follow.

*In this column, David Woo, a member of the Weavers Way Board of Directors, is sharing his own individual thoughts and ideas and is not speaking on behalf of the Board.*

# Hooked

(continued from page 3)

sistently mild tasting, tender, and moist, with little variation in color.

Kings are the first wild salmon to become available in mid-May. They are famous for their 1,000-mile spawning runs and subsequent excellent flavor. The combination of their large size (bigger than 50lbs.), superior quality, and high demand can make early season king an expensive treat. Troll-caught fish are most sought after and fetch the highest price. As the season goes on, the price of king will drop, but by that time, there are other options.

Sockeye begin their run next, in late May. A smaller fish (<10lbs.) with a characteristic deep red flesh, sockeye meat is slightly leaner, but full-flavored and suitable for grilling or smoking. Most high quality sockeye is caught with seine nets.

Coho salmon become available in early August and can last into October, depending on water temperatures and fish-

ing conditions. Coho are medium-sized (smaller than 12lbs.) and make a fine (less expensive) alternative to king. The tender, moist flesh ranges from light to dark pink. It is also most similar to Atlantic salmon.

Wild salmon fisheries consistently receive high marks for sustainability from groups like the Monterey Bay Aquarium Seafood Watch and Marine Stewardship Counsel. They are considered well-managed fisheries with tightly regulated quotas. It may seem contrary, but eating wild salmon not only helps support communities and fishermen, but also wild salmon conservation and the preservation of the waterways. Besides this, wild salmon is a healthy choice, because it has very low levels of toxins and is rich in beneficial fats. From a conscious fish-eater's perspective, it gets a near perfect score. So when these fish show up at Weavers Way, treat yourself and your family to salmon the way it's meant to be. It is best prepared simply as you would Atlantic salmon, being sure to slightly undercook, rather than overcook. You'll taste the difference. Happy cooking!

# Season's Eatings

(continued from page 3)

can be found nearby. Simply log on to [www.nrdc.org/health/foodmiles/default.asp](http://www.nrdc.org/health/foodmiles/default.asp). Select your state and time of year, and, voilà, up pops a list of produce options. For example, entering "Pennsylvania" and "Early May" yields a list that includes lettuce and spinach. (Both of these items, incidentally, are available today at Weavers Way from local sources.) The NRDC site also provides recipe sugges-

tions that incorporate seasonal produce. So now you'll know what to buy and how to prepare it, all in one stop. It doesn't get any easier, folks.

Finally, you may already have noticed an increase in the number and variety of produce items coming from the Co-op's very own farms. The yield will continue to grow as the temperature climbs. Be on the lookout for products including Tom Thumb lettuce, kohlrabi, garlic scapes, and baby carrots, all grown a couple of miles away, and picked a couple of hours earlier, at Weavers Way farms. It doesn't get much more local or seasonal than that!

"You may only be someone in the world, but to someone else, you may be the world."

Unknown

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# Gardens Blossoming All Over NW

by David Siller

PHILADELPHIA IS proving to be quite a fertile ground for urban agricultural pursuits. Farms and gardening programs are popping up in every region of our city. Many folks are feeling motivated to create gardens, and this year feels like no exception. Northwest Philadelphia is especially fortunate because Weavers Way Farms have become quite successful producers, both of great programs and partnerships, and of beautiful produce. This year many of the existing programs are “full steam ahead” and it’s great to see everything running so smoothly. This year, Adam Forbes, our new farm educator, is especially excited about developing our farm education programs and the farm at Stenton Family Manor, and he is doing a great job with the transition into that role.

Northwest Philly is even more fortunate this year, as we see the blossoming of lots of new gardens. We’ve all read about the Community Gardener’s Alliance programs and it is exciting to see at least two of these community gardeners with the Pennsylvania Horticultural Society’s Philadelphia Green program grow

their market garden in this region. It’s also exciting to see Grumblethorpe, Wyck, and the Seeds for Learning at MLK program being so successful at their gardening programs. There are gardening programs at churches, too, such as the Germantown Hope Community Church.

Personally, I know that I cannot stop gardening, and I will be spearheading a few new programs this year in the Northwest Region on a part-time basis. Once you spend time watching plants grow and seeing school kids’ excitement in the garden, it is something that stays close to your heart forever. Together with the students at C.W. Henry School, across the street from the Mt. Airy Co-op, we’ll be planting a small garden at the school, which will hopefully supply fresh herbs to Weavers Way Mt. Airy, as well as some unique kid-friendly vegetables. We are looking for volunteers to help start this site so stay tuned for announcements of volunteer opportunities.

The Cheltenham High School also contacted WWCP about starting a small production vegetable garden at their school. Together with an afterschool key club, renamed the Organic Farming Club, we are working with some great teachers at the school to start a farm and sell the produce locally and within the school community. If you know someone at the school or plan to attend a school-wide event, come support the group with your purchase of vegetables or plant starts that we have raised in the school’s small greenhouse.

beezsveet@gmail.com

# Farm Educator

(continued from page 2)

Spring represents a time of hope. We have tables full of tiny plants just waiting to get outside. I have already had a number of brave volunteers and school groups come out in the inclement weather and get their hands dirty. Soon, there will be more to taste on the farm and an infinite number of jobs to tackle. Many new plans are in the works for this spring, including building an outdoor kitchen at Stenton, expanding our worm composting, and much more.

Once the season gets going, we will set up a farm stand outside the Carpenter

Store on Thursday afternoons. We will even have a small farm stand right outside of Stenton Family Manor to sell our fresh produce in the neighborhood! Stay tuned for details.

If you know of any school groups, camps, or other youth groups that may want to come out on a field trip to the farm please drop me a line. It’s possible to come for a one-time visit, or arrange a more permanent schedule of lessons or service learning. Please e-mail me at [educator@weaversway.coop](mailto:educator@weaversway.coop) or give me a call at 609-577-1471 to arrange any educational visits.

Happy Spring!

[educator@weaversway.coop](mailto:educator@weaversway.coop)

# Member Loans

(continued from page 1)

prise. However, we now have a building that will be beautiful and far more energy-efficient. It will provide our members and shoppers with a lot of space for a wider array of all the wonderful products and services we have come to expect. Some of my personal highlights of the new store include a full industrial kitchen that will allow Bonnie Shuman to use all her talents as the new store’s Deli and Prepared Foods Manager. From an environmental standpoint, we have built an interesting system to control water runoff, as well as solar tubes that will bring a great deal of natural light into the inner parts of the store. All equipment is high-efficiency, and the building is fully insulated.

But we have to deal with the reality that the building cost a million dollars more than we first expected, and it took six months longer to open than we originally expected. While we secured all the funding through a combination of loans and grants, new and existing members of

WW can help ensure that this store will be rapidly successful by participating in our Member Loan program. Loans must be at least \$2,500 and have a term of six to ten years. Members can choose an interest rate from between zero and four percent. The importance of member loans is that they allow Weavers Way to pay off commercial debt with significantly higher interest rates. This will help the new store and the Co-op as a whole to be more profitable, much sooner.

Member loans are a common device used by food co-ops all over the country to demonstrate commitment by co-op members to the values and operation of their co-op. Our financial goal for this second stage campaign is at least \$250,000, but \$500,000 would allow some significant short-term debt to be retired quickly.

We know that we are still in a difficult economy and that not everyone can afford to participate in this campaign. But if you can, please give Hillary McAndrews a call at 267-984-1443 or send an e-mail to [Memberloans@WeaversWay.coop](mailto:Memberloans@WeaversWay.coop).

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# WMAN to Conduct Surveys

by Steve Hastie, West Mt. Airy Neighbors Board Member

AS SPRING brings people out to enjoy the warm weather, don't be surprised if you see people walking around with clipboards, asking questions. Volunteers are conducting brief surveys for West Mt. Airy Neighbors (WMAN), as part of an evaluation of the organization's progress in making a difference in the community.

Over the last couple of years, WMAN has developed a strategic plan for its role in the community, and recently it has been in the process of updating that plan. A key element of the plan is evaluation. To help determine whether and how WMAN is making a difference in the community we will conduct surveys from time to time, designed to explore residents' perceptions of the community and what goes on in it. Over the next month or so, WMAN volunteers—young and old—will be conducting brief surveys of Mt. Airy residents at a variety of locations and events. The survey is also on the WMAN website ([www.wman.net](http://www.wman.net)), so that residents can partici-

pate when it is convenient to them.

WMAN hopes to use the results not only to measure its performance relative to its strategic plan, but also to help us work with other community groups to address issues of importance to the community. One of the key objectives of the plan is to find productive ways residents can volunteer in activities that will help their neighbors, and to encourage such volunteering. Those looking for ways to volunteer can contact WMAN at 215-438-6022 or at [wman@wman.net](mailto:wman@wman.net). WMAN hopes to gather information from a very broad spectrum of Mt. Airy individuals and families.

WMAN encourages all Mt. Airy residents to participate in the current survey effort. If one of the WMAN surveyors approaches you, please consider giving them five minutes of your time to share your opinions. You can also complete the survey online at [www.wman.net](http://www.wman.net).

# Marketplace Program

(continued from page 2)

“On a physical level, practicing *saucha* (purity, cleanliness) means keeping your surroundings clean. It also means respecting your body enough that you want to keep it healthy and pure—eat clean, wholesome foods and stay away from anything that doesn't agree with your physical constitution. On a deeper level, purity extends to the mind. What is clinging to your mind that prevents you from practicing and reaping the benefits of practice? To observe *saucha* is to rid the mind of any clutter that gets in your way—judgments, past experiences,

excuses, fears. Respect for your body and surroundings will also help you cultivate non-harming, the very first of yoga's 'rules to live by.' And the more you honor what you have, the less likely you'll be to judge yourself so harshly.”

To arrange a donation please contact me at [marketplace@weaversway.coop](mailto:marketplace@weaversway.coop) or 215-843-2350 ext. 312. Thank you for your kindness and your help in making the Marketplace better.

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# New Member Cards

(continued from page 1)

The biggest change for you, our members, is that you will now be responsible for carrying your card and presenting it to your cashier when you shop, since it will no longer be kept on file at the Co-op. When you use your card at the registers, we will have quick and accurate access to your member benefits, just as we do now with the index cards. As a Member household, using your scan card will ensure that you get any special Members-only pricing, that your purchases are properly tracked for future patronage rebates, and that any other customer service issues that come up can be dealt with efficiently. If you are a Working Member household, using your card will ensure that your discount is applied. Your card will be recognized at all three of our stores, and it can even be shown at other co-ops around the country for possible reciprocal benefits.

Not only will we be saying goodbye to the cards, but our beloved card-filing shifts will also be going away—a coveted job at the co-op.



turn in your paper index card to receive your new plastic card. Look for more details in stores, in May. Each household will receive a set containing 1 wallet sized card and two keychain cards, all with the same barcode. The cards will be active immediately.

### Will my Member Number change?

No. Your number will not change in the transition, and should you leave the Co-op in the future and rejoin, you will get the same number back. The new cards will feature an 11-digit barcode, the last digits of which are your member number, which will allow our scanners to read them properly. You can still use your number to place a special order or as an alternate moniker.

### How do I get my new card?

When the cards arrive, we will institute the Great Card Swap, and you will

### Can I get cards for all the members of my household?

If you need more than the three cards provided initially, a form will be available to request additional cards for your household, which can be mailed to your home. In the spirit of co-operation we ask that you not share your card with people outside of your household. Instead, encourage them to participate in the Co-op as you have, and start their own Membership account. It's easy, and feels good, too!

### Do I have to use my card every time?

It helps everyone when you use your scan card. While the cashiers are able to look up your number in a variety of ways, you will find that the scan cards are the fastest means of providing access to your member benefits and any discounts attached to your account. Your cashier and the folks in line behind you will all thank you when you present your scan card to begin your transaction.

### What happens if I lose my card? Or leave it at home?

If you forget your card, your cashier can look up your number in a variety of ways, though we strongly encourage you to keep your card handy, for your benefit as well as that of others. If you lose your card, a form will be available to request a replacement card or key tag, which can be mailed to your home.

### What about the notices that used to be attached to my card?

When the Co-op needs to communicate with you, a combination of phone calls, e-mail and notices that pop up at the register will be utilized. Some information, such as equity total, working member status, and other account details can be found through our Online Member Center: <http://members.weaversway.coop>.

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# Dinner and a Movie

## Changing of the Seasons

by Margie Felton and Joanna Poses

### Mirror Dance

OUR STORY starts on the last snow day of winter. We heroically battled ice, snow, and abundant pot holes to chase down a patch of sunshine. Nothing could keep us from the destination in our sights: Foulkeways Retirement Community in Gwynedd, PA. Our buddy Ann was presenting MIRROR DANCE, a film she'd helped create, and we were eager to catch her piece, since we'd missed it on numerous other occasions. Our icy toes started to thaw as we watched twinkle-toed dancers leap across Havana stages. The movie features twin ballerinas whose diverging careers reflect the political drama of Cuban-American relations. One sister immigrated to Narberth, PA, in the early '60s while the other remained behind to become a high-ranking minister of culture. For forty years the twins twirled in different worlds, remaining committed to their art. The fraught diplomatic relations between America and Cuba complicated communication and relations between the once inseparable sisters. When the Ameri-

can sister finally makes the return trip to Cuba, both sisters reevaluate their hard-line political stances and life decisions.

After the screening, the film's two directors, editor, and stars spoke to the enthusiastic audience and answered questions. People were most interested in the difficulties surrounding the production and the politics of shooting material in Cuba.

An unexpected by-product of America's embargo against Cuba has been that relatively few Cuban films and artworks make their way into the American consciousness. *Mirror Dance* presents an elegant introduction to the artistic and political life of Cuba by grafting a personal story onto the nation's strange history. Ten years ago Joanna had an opportunity to visit Cuba and she was overwhelmed by the island's deep contradictions. She has looked to movies to help make sense of the place ever since. Some of her favorites include *La Tropical*, *Adio Kerida*, *Butterflies on the Scaffold*, *Who the Hell is Juliette* and the films of Tomas Gutierrez

Alea and of Humberto Solas. Margie also recommends *Before Night Falls*, directed by Julian Schnabel.

### Tierra Colombiana

On the first day of spring, our hunger was sated by the Cuban/Colombian melodies of North Philly's Tierra Colombiana. We're tickled that the restaurant opens at 7 in the morning so we can squeeze in a good meal before facing the day... But if you're more of a night owl, you should know that there's also salsa dancing until the break of dawn. We started our breakfast with a JOLT!—a cubanita for Margie and a café con leche for Joanna. If you need something stronger there are also morning cocktails. As so often happens with us, we ordered our platters, but they seemed lonely so we added some sides to keep them company. Margie's plate was crowded with slow-cooked shredded beef, queso fresco, arepa, black beans, and fluffy scrambled eggs sprinkled with scallions and tomatoes. Joanna's platter featured a hearty bowlful of rice and beans

laced with cilantro sprigs and tomato. A big fried chunk of cheese and some salty bacon kept her from trying even one forkful of the very wholesome-looking scrambled eggs hiding underneath the heart attack. Sides included buttered bread, fried sweet plantains, fried yucca, avocado slices and fried green plantain patties. We simply cannot squeeze enough "yum, yum, yums" into this paragraph! ...our arteries cannot squeeze in enough "stops!"

Just as other films exist about Cuba, Philadelphia is home to more Cuban Restaurants. We haven't had the opportunity (or cash) to sample the others but you may want to try Alma de Cuba at 1623 Walnut St., Cuba Libre at 10 S. 2nd St., or Mixto at 1144 Pine St. If you're up for a short road trip, we both love La Isla Restaurant on 104 Washington St. in Hoboken, NJ. Don't leave without an order of Papa Rellenas! And if you want to stay local, there is Cuba, at 8609 Germantown Ave in Chestnut Hill

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Norman Rockwell, Portrait of Chief Petty Officer Jeffrey Evans, oil on board, 1918




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Augustus B. Koopman, A Volendam Milk-Maid, oil on canvas, 1895

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A.M. Cassandre, Ad for The Dole Pineapple Company, scratchboard, 1930s



Walter Dendy Sadler, The Dinner Party, oil on canvas



Reginald Marsh, The Stoop, ink on paper



Henriette Wyeth, Japanese Marriage Doll, oil on canvas



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# Mt. Airy Art Garage Now Nonprofit

by Linda Slodki, President and Co-founder, Mt. Airy Art Garage

AFTER BEING in existence for only seven (yes, count them, seven!) months, Mt. Airy Art Garage (MAAG) is celebrating our nonprofit status! We are now a service group under Mt. Airy Community Services Corporation, a 501(c)3 organization (the same organization through which Weavers Way Community Programs (WWCP) attained nonprofit status).

Founded by a core group of visual artists, MAAG wants to provide opportunities for artists in Northwest Philadelphia to create, exhibit, and distribute their original fine art and handcrafts. And, because of the diversity and strong sense of community in this special section of the city, we wanted to build a bridge that would create bonds between artists and those who love art—community connections and art.

We plan on creating a functioning creative hub with a market and gallery for fine art and handcrafts, cooperative studios, classrooms, a library, and resource center. Our vision:

- To educate and offer workshops to both adults and youth.
- To create an ongoing Art Market that highlights unique, original fine arts and handcrafts.
- To build a permanent gallery space where emerging and professional artists can display and sell their work.

To develop studio space where imagination and collaboration go hand in hand.

We thank everyone for their interest, participation, and support of the Mt. Airy Art Garage’s efforts at the Fine Art and Handcraft Marketplace during December 2009 (remember the blizzards?). Our initial success was because of you—our community—clearly wanting and supporting the dream and helping to move it toward becoming a reality.

Now we move forward in our membership drive and invite you to roll up your sleeves and join us. Find out more by going to [www.mtairyartgarage.org](http://www.mtairyartgarage.org).

As a member, you’ll receive discounts to events and classes and, of course, special invitations to our events. As an artist, your membership includes jurying fees and opportunities to present workshops. And, as a donor, sponsor, or friend, your donations are tax-deductible. We welcome you with open arms to volunteer and work with us!

## May Events

**Mt. Airy Day:** Join us at Mt. Airy Day, May 1, for a day filled with festivities. MAAG will be there with four tables, three filled with creative, original member artwork, plus our information booth. Become a member! Be the first in the neighborhood to sport our new Mt. Airy Art Garage pin! Stop by, volunteer, share, and enjoy a wonderful day! Just look for our banner!

### Fine Art and Handcraft Market

Date to be announced.

**Silent Auction/Fundraiser at the Governor’s Mansion** The Governor’s Mansion in Germantown, listed as a national historic site, will be the location for this amazing evening of fund-raising, the music of Saint Mad, wine, hors d’oeuvres, and original fine art and handcrafts donated by our artists and supporters. Your generous donation will directly support us in achieving our goals for 2010. For more information, contact [arleenolshan@yahoo.com](mailto:arleenolshan@yahoo.com).

## Workshops

Painting, leather craft, photography, letterpress printmaking, fabric art, soft sculpture—and that’s only for starters! Our member artists will be teaching classes for both adults and children. For more information, or if you are interested in teaching, contact [solomon.levy2@verizon.net](mailto:solomon.levy2@verizon.net).

If you’d like to find more information, make a donation, or volunteer, go to our website at [www.mtairyartgarage.org](http://www.mtairyartgarage.org) and sign up for our email blasts. Or friend us on Facebook. Either way, we welcome you with open arms.

# Weavers Way Film Series Rethinking Afghanistan

by Larry Schofer, Education Committee

A SMALL but interested crowd attended the showing of *Rethinking Afghanistan* as part of the film series sponsored by the Education Committee.

The film is a hard-hitting, fast-paced documentary calling for the removal of U.S. troops from Afghanistan. The thesis is that these troops have not accomplished anything positive of note, and that anti-American feeling grows as the war continues. The war is very expensive, is harmful to many people in Afghanistan, and is not accomplishing the goal of dislodging the

Taliban and setting up a more democratic society.

Next in the Film series will be a return to “Precious Places,” sponsored by Scribe Video, a set of films made in Philadelphia local communities. We have shown parts of this series before, and the audiences have always been very enthusiastic. This showing will feature communities not previously shown to Weavers Way audiences. The showing will be on Wednesday, April 21, at the Video Library, 7141 Germantown Avenue, 7 p.m.

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# Say Goodbye to Pennsylvania's State Forests

by Sandra Folzer, Environment Committee

WE IN Pennsylvania can be proud of our beautiful state forests—Correction: We in Pennsylvania used to be proud of our beautiful state forests. Now, instead of hiking and fishing in the pristine forest, we will find five-acre concrete slabs with towering rigs and holding tanks of industrial fluid. Huge trucks will continually be driving back and forth on roads that intersect to connect thousands of gas wells. The scenery in those lands leased for gas drilling will resemble a moonscape more than a forest. In fact, the trees will be cut—approximately 3,500 for every five-acre well pad. With 660,000 acres of the state's 2.1 million state forest acres, few trees will remain in the leased parts of our "forest." The rambling brooks and quiet streams may be dry there because each of these thousands of gas wells need two to nine million gallons of water. With water shortages all over the world, it seems criminal that we infuse our precious water with hundreds of chemicals and salt for drilling. The remaining pools of industrial waste are apt to kill wildlife and seep into the groundwater, as has already happened elsewhere.

In Washington County, near Pittsburgh, Jenny Smitsky, whose house is surrounded by gas wells, has been told not to drink or shower with her well water. Three of her goats have died, along with all the fish in her pond. "I had good, clear, good-tasting water. I never had a problem until drilling started," Smitsky said. The gas industry denies any responsibility. While gas companies continue to claim they have never contaminated drinking water, ProPublica found more than a thousand reports of water contamination across the country.

Trucking water in is expensive, so clean water is taken from our rivers and

streams. Many small trout streams will be depleted. Already, four gas companies have been caught taking water from Pennsylvania's trout streams without permission. With so few regulators, how will we know when other streams are used for obtaining clean water or discharging the polluted waste?

Whether the leftover industrial fluid from drilling is put into streams and rivers legally or not, it still poses health threats to all organisms, including humans. No studies have been conducted on the effect of all the chemicals used, partly because the combination of chemicals for drilling remains secret, proprietary. Steve Kepler, a fishery biologist with the Pennsylvania Fish and Boat Commission, said, "Even if everything is done right, if all the water withdrawals comply with regulations and all other protections are in place, the impact is still going to be huge. These places just aren't going to be the same anymore." Kepler described a recent tour of active drilling sites in Lycoming County, within the state forest. "I got a glimpse of what the future may look like in the region. I saw flocks of turkeys and ancient hemlock groves and small coldwater streams. But the whole area was laced with pipelines and roads, and it seemed as though we were never far from the hum of a compressor moving gas through the line. This was no longer a working forest that balanced resource management and recreation. It was an industrial forest, a kind of open-air factory." Governor Rendell decided that the Department of Conservation and Natural Resources (DCNR) would help close our state budget gap. The Pennsylvania Bureau of Forestry said that leasing would not threaten our forestland or water, so land in Elk, Moshannon, Sprout, Susquehanna, and Tioga State Forests

was leased. No tax was levied on drilling in Pennsylvania, although 39 other states have a gas severance tax. DiBeradinis, the former secretary of DCNR, warned Rendell in a March 2009 memo that too much leasing would "scar the economic, scenic, ecological and recreational values of the forest." Secretary John Quigley, who replaced DiBerardinis, has also voiced concerns. After it was reported on March 30, 2010, that between 8,000 and 12,000 gallons of mud overflowed at a well site in Sprout State Forest, Governor Rendell finally said he would support a moratorium on leasing more of the state forest. Representative Greg Vitali (D-Delaware) sponsored House Bill #2235 to stop more leasing. State Rep. David Levdansky (D-Allegheny/Washington), a member of the House Game and Fisheries Committee, said, "To me this could be the worst environmental catastrophe I've seen in my 25 years in Harrisburg." If only we could learn from our past. Ninety years ago, hardwood trees were cut for fuel and hemlocks were cut for tannic acid for leather. The landscape was destroyed. Fortunately, Pennsylvania put together the Pennsylvania State Forests, which is/was one of the country's largest sustainable forest systems, certified by the Forest Stewardship Council. This certification is necessary for our forest-products industry, one of the largest suppliers of hardwoods in the U.S. That industry employs 70,000 people, generating \$20 million in 2009. Those jobs would be lost if we lost our certification.

We don't want our state forests to become as desolate as those in the 200,000-acre Pinedale Anticline area, 60 miles southeast of Grand Teton National Park. Each drilling site, the size of four football fields, is "filled with rigs, power lines, compressor stations with the sound of electrical generators, diesel engines, and processing stations 24 hours a day, along with the constant rumble of trucks."

The roads are another worry. Because of the cement pads, lack of trees and constant truck traffic, soil erosion is a big problem. Silt from the roads flows into the streams, killing fish eggs and eroding the riverbanks. The roads also fragment the wildlife habitat into such small plots that many animals can't survive. A study in the Pinedale Anticline area showed a 46 percent decline in mule deer because of the gas drilling. Numbers of grassland birds, like the sage sparrow and Brewer's sparrows, have radically declined in drilling areas. Trucks are bringing in non-native plant species, which are crowding out the natural forage eaten by the wildlife. This has especially affected the sage grouse, whose numbers have declined by 86% in drilling areas. Is this a price we are willing to pay? Farling of Trout Unlimited says that the gas we are extracting out west is limited. "It's foolhardy to sacrifice, perhaps permanently, some of the nation's best fish and wildlife habitat for an unachievable energy objective." To get a preview of what our state forests could

(continued on page 14)

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# Pennsylvania Forests

(continued from page 13)

look like, see what has happened in Wyoming. Go to [http://www.voiceforthewild.org/blm/Jonah\\_field/index.html](http://www.voiceforthewild.org/blm/Jonah_field/index.html)

The good news is that the Pennsylvania Environmental Defense Foundation alerted both Governor Rendell and state Attorney General Tom Corbett\* that they intend to sue them for violating the rights of Pennsylvania citizens, under Article 1, Section 27 of the Pennsylvania's Constitution which states: "The people have a right to clean air, pure water, and to the preservation of the natural, scenic, historic and esthetic values in of the environment. Pennsylvania's public natural resources are the common property of all the people, including generations yet to come. As trustee of these resources, the

Commonwealth shall conserve and maintain them for the benefit of all the people."

## What you can do:

Most of our local representatives have co-sponsored PA House Bill #2235, the moratorium on leasing more state forest land, but other representatives statewide have not. Think of friends in different parts of PA who might call their state representatives to sign on. Many people don't know who their representatives are. That information can be found in the phone book or online at <http://www.legis.state.pa.us/cfdocs/legis/home/find.cfm> You may also call/write your US Senators and Representatives to support the FRAC Act, which ends the gas and oil industries' exemption from the Safe Drinking Water Act. They should include provisions for the gas and oil industries to clean up their own toxic waste. Presently, we citizens pay for any clean up, which increases chances the industries will be careless with toxic waste. (The 2005 Energy Bill exempted gas and oil industries from the Clean Air Act, CERCLA (Superfund) and many others.)

(Note the majority of contributors to Tom Corbett's campaign for governor represent gas-drilling companies: \$180,000 Kim Pegula, wife of gas mining exec, \$100,000 Erie Management Group, \$97,500 GOP national committee from Montco, \$60,000 John Foundation \$55,000 Rosebud Mining (coal), \$25,000 East Resources, gas drilling, \$25,000 Vineyard Oil and Gas Co. If he is elected, what would the impact be on our state forests?)

# Weavers Way Receives Community Partner Award

by Jonathan McGoran, Shuttle Editor

WEAVERS WAY Co-op was among five organizations recognized for their commitment to furthering the lives of people with disabilities at St. John's Community Services' (SJCS) annual SJCS-PA Awards Luncheon, Friday, March 26, 2010. Accepting the Community Partner Award for Weavers Way were Human Resources Manager Jon Roesser and Co-op staffer and SJCS Supported Employment Program participant Kentu X. Also recognized at the event were Oscar Drummond, a self-advocate and SJCS-PA Board member 9 Advocacy Award); Temple University Institute on Disabilities (Program Award); Aid for Friends (Community Service Award); and SJCS-PA State Office Manager Cathy Landis (SJCS Employee of the Year). The award recipients were recognized for developing opportunities for community inclusion of the people SJCS-PA supports through advocacy and outreach. Their dedication has furthered the SJCS mission of advancing community support and opportunities for people living with disabilities.



photo ©2010 Dan Z. Johnson

Accepting the St. John's Community Services Community Partner Award on behalf of Weavers Way Co-op are Weavers Way employee and SJCS Supported Employment Program participant Kentu X (left) and Weavers Way Human Resources Manager Jon Roesser.

St. John's Community Services, a nonprofit, non-denominational agency, is dedicated to supporting over 400 children and adults with disabilities to live, work, learn, and participate in communities of their choice in Pennsylvania; Tennessee; Washington, DC; and Virginia. Since 2000, SJCS-PA has supported people with intellectual, developmental, and physical disabilities to work in the competitive workforce while employers are given the opportunity to hire and retain qualified, skilled, and reliable employees.

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# Interfaith Green Fair

by Margaret Lenzi, Board Member

THE FIRST ever Interfaith Green Fair will take place on Sunday, May 16, 1-5 p.m., at Mishkan Shalom, 4101 Freeland Ave, Phila, PA 19128. The fair will be an opportunity to learn about an exciting array of environmental programs, services, and goods that can help us to create a more sustainable world. Visit vendor booths, participate in workshops, and learn how to green your home, community, and the world. Sponsored by a broad spectrum of faith and environmental groups, the fair is free and open to the public.

Vendors will be displaying green products and explaining a wide variety of green practices in fields such as clean energy, garden and farm, construction, residential energy efficiency, food, and sustainable transportation. Environmental organizations will distribute materials on advocacy opportunities existing at the city, state, and federal levels. You can take a leisurely walk from booth to booth to see what is available.

Workshops occurring throughout the afternoon will include: A Hands-On Approach to Greening Your Home; Public Policy for Environmental Action; Spiritual Practice and Environmental Stewardship; Car-Free in Philly; Urban Farming; and Greening Houses of Worship. There's bound to be one that interests you.

A coalition of over 20 faith and environmental groups has come together to sponsor the Interfaith Green Fair. As stewards of the earth, we must all work together to do what is good for the earth.

So please join us and make the connection between values and the environment. For more info and updates, contact [mlenzi@comcast.net](mailto:mlenzi@comcast.net) or visit <http://tinyurl.com/interfaith-green>.

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

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# Non-Toxic Flea Elimination and Prevention for Your Home

by Vicki Jenkins

YEARS AGO, before Frontline and other dog and cat flea prevention products, there were times when we had a flea infestation. Extensive vacuuming, flea bombs, and dips for the pets were used, occasionally leaving a toxic residue. Then 20 years ago my veterinarian at the Animal Healing center told me about this inexpensive yearly flea treatment and prevention.

An old product called 20 Mule Team Borax, applied once a year in our climate, will dry out any flea and tick eggs that might come off your pet and fall on your floors, etc. Even the spot on flea and tick treatments that you put on your pet aren't foolproof, and one flea could get into your house and lay eggs before it dies. Follow these easy steps and your house will be flea-and-tick-proof.

**STEP 1.** Thoroughly vacuum any rooms that your pets go into.

**STEP 2.** Remove your pets from the room you are treating (They can re-enter as soon as you are done).

**STEP 3.** Wearing a mask so that you don't breathe in the Borax dust, pour the 20

Mule Team into a small container and break up any lumps with your fingers, then walk around the room sprinkling the Borax on the carpets, floors and any sofas, chairs etc., that your pet inhabits and that can't be thrown in the washer.

**STEP 4.** Take a broom and sweep the Borax into the carpet and furniture until it disappears into the fabric. For bare floors sweep it all around and then sweep it up and throw it away.

**WARNING:** Do not vacuum the excess (it will ruin the vacuum cleaner)

**STEP 5.** Job complete until next spring. You may vacuum, wash floors, do your normal cleaning, for it will not affect the effectiveness of the Borax. For areas that are hard to vacuum, like basements, just sprinkle it around and only sweep the open areas.

*For questions on natural animal care, contact me, Vicki Jenkins, at: [vmjdoglove2@gmail.com](mailto:vmjdoglove2@gmail.com) or 215-629-6283.*

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# History and Dance at the CH Center for Enrichment

by Mary McNeill Zell, Executive Director, Chestnut Hill Center for Enrichment

THE CHESTNUT Hill Center for Enrichment is thrilled to announce that James C. Davis, University of Pennsylvania Professor Emeritus in History, will be teaching a new class entitled “Global History Since World War II.” He will do this in just four 90-minute sessions, May 4, 11, 18, and 25 commencing at 9:30 each of those Tuesday mornings.

If you think this project seems overly ambitious, you should know that Professor Davis wrote the well-received *The Human Story: Our History, From the Stone Age to Today* (HarperCollins, 2004). And it is just 480 pages long! In 2008, he released his sixth book, the memoir “So Far, So Good.” Earlier publications have focused on Italian history, particularly that of the Venetian people (Davis met and married his wife, a native of Visogliano, Italy during a stint with the Army in the mid-1950s).

Although Dr. Davis is calling this a “class,” do not expect heavy homework assignments, taking notes, writing papers, handing in your journal, or study-

ing for exams. He left those requirements behind upon his retirement from Penn after 35 years of teaching. Do expect to be informed and entertained, and to have a chance for your own voice to be heard. Tuition is a modest \$40 for the course, payable to the Center for Enrichment. Space is limited, so register early.

On Friday, May 21 Bill Wadlinger and members of the Center for Enrichment Play Reading Group will head up an afternoon of international folk dancing. This is a “play” shop especially for beginners. Learn some low impact dances—no partner required—in circles and lines with authentic recorded music. Have you ever done a Romanian dance? How about a Jewish wedding dance from Transylvania? You say you are not a hotshot dancer? Neither are the villagers at life-cycle celebrations where these dances come from.

Bill and his wife Carol founded the Wednesday night Beaver Folk Dance at what is now Arcadia University in 1977, and continued to lead it until October 2004. Since then, they have arranged

countless folk dance and music workshops, concerts and special events, often in conjunction with other organizations, including the Folk Dance Council of the Delaware Valley, Penn Folk Dancers and the Folk Dance Center of Philadelphia. They are part of International Folk Sounds, where Bill plays tambourine, guitar, Balkan tambouras, and mandolin.

“If you can walk, you can folk dance,” according to Wadlinger. On May 21, Bill and the Play Readers will start every dance by demonstrating and explaining each step, letting you walk through it until you are comfortable, and then—put on the music! You’ll be a villager in no time at all! The price is a mere \$3 (\$5 for two). Everyone is welcome, no matter your age. Mark your calendars, Friday 5/21 from 1 – 3 p.m..

The Chestnut Hill Center for Enrichment, headquartered at 8431 Germantown Avenue, is proud to be in its 32nd year of serving adults 50-and-better in Northwest Philadelphia and nearby communities in Montgomery County. If you are looking

for entertainment, physical activities, new learning experiences, travel and volunteer opportunities, or if you need information about community resources, the Center for Enrichment is available Monday – Friday from 9 a.m. to 4 p.m.



“Global History” and the afternoon of folk dancing will be held at the Center on the Hill, 8855 Germantown Avenue (in the Presbyterian Church of Chestnut Hill, next to the Hospital). Have questions or want to register? Contact Sue Davis or Mary Zell (215-248-0180 or chseniors@cavtel.net).

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# Art is in Bloom at Mt. Airy's May First Friday

by Amanda Rittenhouse

ENJOY THE Mt. Airy community's blossoming of the arts at Mt. Airy First Friday on May 7. It's time to bring your friends, family, and even pets out for a stroll along Germantown Avenue this May evening.

Stores, restaurants, and galleries will stay open late and welcome visitors with exceptional merchandise and alluring deals. Now is the time to get your closet fit for spring at Mt. Airy's boutiques, enjoy the freshest culinary sensations at Germantown Avenue restaurants, and spruce up a blank wall in your home with a beautiful piece of art from the neighborhood's many galleries.

As a special First Friday event for May, Community Acupuncture of Mt. Airy will combine the healing powers of music and acupuncture at an Acupuncture Groove Night titled "A Bliss Extravaganza." Sessions will be held at 6:30 p.m. and 7:30 p.m. at Community Acupuncture of Mt. Airy (CAMA) located at 6782 Ger-

mantown Ave. Please call 215-266-5757 to register for a session in advance.

Mt. Airy, an earthy and diverse nook of Philadelphia, is experiencing a steady revitalization – and has attracted dozens of new businesses in the last several years. Mt. Airy has the look and feel of Main Street America in an urban setting. On weekends, diverse crowds in growing numbers come together on The Avenue in Mt. Airy for civilized fun.

Mt. Airy, USA, is a nonprofit organization located at 6703 Germantown Avenue in Philadelphia that is revitalizing Mt. Airy, propelling the neighborhood into a prosperous future. The organization's mission is to provide residents and area businesses with community development that is responsive to local needs through programming, including: real estate development, housing programs, small business support, and youth programs. For more information, visit [www.mtairyusa.org](http://www.mtairyusa.org) or call 215-844-6021.

# Mt. Airy Art Jam is Back! ...and it's Badder than Ever!

by Jonathan McGoran, Shuttle Editor

LONG AGO in Mt. Airy there was Art Jam, a festival of arts, music, and all things Mt. Airy. This year, thanks to the Mt. Airy Business Association, the Mt. Airy Art Jam is back, and the plans are to make it an annual springtime event that will bring people from far and wide to sample our local talent, have a taste of our local food, and experience all that makes Mt. Airy a great community.

Mt. Airy Art Jam 2010 will take place 10 a.m. to 5 p.m. on Saturday, June 5 on Germantown Avenue between Allens Lane and Mt. Pleasant Ave. In addition to the many artists and craftspeople displaying their work, there will be live music on the grounds of Lutheran Seminary. There will also be plenty of fun for the kids, at the Mt. Airy Presbyterian Churchyard. Food will be provided by the many restaurants on the avenue, including Earth Bread + Brewery, The Wine Thief, Golden Crust, McMenamin's, Mi Puebla, and more. We encourage you to walk or



take public transportation. Parking will be available in back of the Sedgwick Theater, (off Chew Avenue) and other lots. Follow the signs.

All crafters and artists are welcome, but priority (and discounts) will be given to locals. Entrants will be juried, to ensure that only the best of the best are showcased. Anyone interested in volunteering at the event, please contact Kim Miller at [kim@mtairybiz.com](mailto:kim@mtairybiz.com). For more information, visit [www.mtairyartjam.com](http://www.mtairyartjam.com).

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The market will be open every Tuesday beginning May 25th on the plaza of the Lutheran Theological Seminary in the 7200 block of Germantown Avenue. Shopping hours are from 3:00 – 7:00 PM, and parking is available in the Valley Green Bank lot.

The market will feature a wide variety of goods ranging from vegetables, fruits, meats, poultry, dairy, baked items, herbs, flowers, seedlings and much more!

Participating farms include: Weavers Way Farm, Fruitwood Orchards, Love 'n Fresh Flowers, M&B Fairview Farm, and Frosty Hollow Greenhouse.

The Market is sponsored by Valley Green Bank and 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.





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# The May Garden

by Mark Goodman, The Neighborhood Gardener

**Container vegetables.** I’m replacing my potted ornamental grasses with vegetables. I have nothing against grasses, but I have enough ornament from my reddish-pink crape myrtle, variegated leaf butterfly bush (purple flowers), sterile rose-of-Sharon (lavender flowers, but the seeds won’t sprout peskily), and blue “Endless Summer” hydrangea.

So this year, along with feeding my aesthetic side, I will also feed my son, my friends, and myself. I like Chinese vegetables, so I’ll plant “China Choy” Chinese cabbage, which will mature in the summer. The organic seeds are packaged by Seeds of Change, which contributes one percent of net sales “to advance the cause of sustainable organic agriculture worldwide.”

I love to eat edamame soybeans, but they seem to disappear quickly from the dinner table. So this year, I’m growing my own to make sure there’s enough to go around. I chose Renee’s Garden seeds because they aren’t treated or genetically modified.

Also from Renee’s is “Slow-Bolt Cilantro.” Cilantro will “bolt,” or go to seed, when the weather gets warmer, so a slow-to-bolt variety is desirable. Interestingly, once cilantro forms seed pockets and drops its seeds, the new seeds will sprout and grow new plants in a few weeks. From Johnny’s Selected Seeds in Maine, I will plant the Swiss chard called “Bright Lights,” so called because of the red, orange, and yellow stems. Johnny’s donates 10 percent of its profits to “garden-related” charities.

Finally, I will plant my favorite pungency—arugula, also known as rocket, or rocket salad. I got mine from a company called Botanical Interests, which is certified organic.

You’ll notice that I planted a lot of leafy greens. That’s because lettuce and spinach will not grow in the summer heat, so I want to make sure that my summer dishes have some salad and cooking greens.

A good book on growing vegetables in pots is *Incredible Vegetables from Self-Watering Containers*, by Edward C. Smith. This book is chock full of tips on how to successfully grow veggies in all sorts of containers. Even if you don’t use his self-watering containers, the author’s information on plant selection, potting soil, and pest and disease control, accompanied by 300 photographs, is worth the price of the book.

**Bugs.** Whether we like them or not, insects are part of the gardening panorama. Since they’re here to stay, we might as well learn how to deal with them without poisoning ourselves along with them. *Rodale’s Color Handbook of Garden Insects*, by Anna Carr, has hundreds of color photographs of garden insects along with organic solutions for controlling pests.

Which brings me to stink bugs. If a few stink bugs get into your house, there is no need to panic. First of all, they don’t stink unless you crush them. In addition, they don’t seem to get in your food. Furthermore, they don’t bite or sting. So

what’s the big deal? Just take one of the empty Co-op prepared food containers and put it on top of the critter. Then slide a piece of paper under the container so that the insect can’t escape. Open your window or door and shake out Stinky. If you don’t like bugs, here’s a good opportunity to confront your squeamishness. At the same time you can develop an appreciation, however grudgingly, for one of the harmless beings that share our planet.

**Weeds.** I can hear you saying, “What can he possibly find good in weeds?” As an organic gardener, I’ve opted to avoid chemical pesticides. That means I do my share of back bending, knee-aching weeding. But I must admit that some weeds, such as the daisy-like flea bane or the light blue flowering chicory, are pleasant to look at. And others, like lamb’s quarters and sorrel, are downright tasty. There’s actually a book called *How to Enjoy Your Weeds*, by Audrey Wynne Hatfield. The author offers suggestions on how we can use weeds for food, medicine, tea, and lotions. And of course there’s always compost. If you just want to know what you’re pulling out of your garden, look at *Weeds*, by Alexander C. Martin, part of the inexpensive Golden Nature Guides series.

**Pruning.** Don’t forget to prune your spring-flowering shrubs this month after they bloom. If you wait too long into



photo courtesy of Renee's Garden's Seeds

Slow-bolt cilantro, from Renee's Garden's Seeds

the summer, the plant will already have formed buds for next year’s bloom.

**Plant of the month.** Nasturtiums are colorful annuals that come in bush or vine varieties. They look great in window boxes, and the vine varieties are excellent for hanging baskets. The flowers are edible and can often be found in gourmet dishes. They do best in full sun.

**Recycling flower pots.** What do you do with those empty pots that accumulate from all the plants you buy at the nursery? I know you don’t throw them out. They’re probably stacked or piled in your garage or out back someplace. Now you can recycle them at Primex Garden Center in Glenside, or at the Schuylkill Center for Environmental Education in upper Roxborough, where they are used in various gardening projects.

If you have any questions about your garden, contact me at [earthcraft@comcast.net](mailto:earthcraft@comcast.net). Happy gardening!



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# Enjoy Spring in the Wissahickon with FOW Trail Ambassadors

TRAIL AMBASSADORS from the Friends of the Wissahickon (FOW) are offering free nature walks in Wissahickon Valley Park this spring. The Trail Ambassador program was launched in 2008 in partnership with Fairmount Park. These volunteers share their knowledge of the Wissahickon with park users and report any problems they see to Fairmount Park Rangers.

Trail Ambassador Walks last up to two hours. Unless otherwise specified, these hikes use rocky, rugged trails that may be wet, slippery, or steep. Please bring water and snacks if desired. Children over six are welcome if accompanied by an adult, unless otherwise indicated. Walks are cancelled in heavy rain or icy conditions. Visit [www.fow.org](http://www.fow.org) for changes or cancellations.

## Trail Ambassador Walks Schedule

*Meandering in the Wissahickon with Shelly Brick.* Come enjoy our park and

share stories—Saturday, May 1, 2 p.m., Wayne Ave. and Allen’s Lane; Sunday, May 23, 3 p.m., Kitchen’s Lane entrance parking lot; Saturday, June 5, 2 p.m., Chestnut Hill Ave. at Seminole; Sunday, June 20, 3 p.m., Wayne Ave. and Allen’s Lane.

Other walks include: *Hike with Peter Lapham*, Saturday, May 8, 10:30 a.m.; *Geology Hike with Sarah West*, Sunday, May 2, 3 p.m.; *Mindfulness Nature Walk with Edie Mannion and Linda Miller*, Sunday, May 16, 2 p.m.; *Hike with Sarah West*, Saturday, June 26, 3 p.m.

Founded in 1924, the Friends of the Wissahickon is dedicated to maintaining Wissahickon Valley Park, restoring historical structures, eliminating invasive plant species, and more. For more information, visit [www.fow.org](http://www.fow.org) or call 215-247-0417.

# Garden Conservancy Open Day

by Diane Newbury

THE HORTICULTURE and design talents of eight Mt. Airy/Chestnut Hill garden owners will be showcased on Sunday, May 23, from 10 a.m. to 4 p.m., as part of the Garden Conservancy Open Days program. See the delightful shade garden surrounding an 1830 house, the inventive garden design of a ceramicist, the horticulture abundance of a rock garden, the serpentine path threading through a narrow garden plot, a pizza oven within the ruins of a former garage, and specimen Japanese maples. Inventive design, interesting and unusual horticultural specimens and a chance to talk to the garden owners await the visitor.

On the day of the tour, garden visitors can buy a special \$30 pass permitting entry to all eight gardens. Purchase at Tom Schoonmaker’s garden, 6608 McCallum St., or at the Novak/Sarnowski garden, 19 W. Willow Grove Avenue. The 2010 Open Days Directory includes detailed directions and vivid garden descriptions of all gardens open across the country. To order

the directory, call 888-842-2442 or order online at [www.opendaysprogram.org](http://www.opendaysprogram.org).

The Garden Conservancy, a national organization, works to preserve exceptional American gardens for public education and enjoyment and sees gardens as integral elements of our national artistic and cultural heritage. Since 1995, the Garden Conservancy Open Days program has enabled visitors to explore some of the best examples of American gardens. The Open Days program is America’s only national private garden visiting program made possible by the efforts of volunteers nationwide. See [www.opendaysprogram.org](http://www.opendaysprogram.org) and [www.gardenconservancy.org](http://www.gardenconservancy.org) for more information about the Garden Conservancy. Garden Design magazine is the national media sponsor of the Open Days program.


Proceeds from this year’s Philadelphia Open Days tour benefit the Garden Conservancy and The Farm Education and School Marketplace Program of Weavers Way Community Programs.

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# Visit Eco Alley At Chestnut Hill Garden Fest

by Amy Edelman, co-founder GRINCH

ON SUNDAY, May 2, the Chestnut Hill Home and Garden Festival will attract upwards of 25,000 neighbors, friends, and families to Chestnut Hill for the day. In addition to old favorites like Cafette’s caesar salad, Paul’s pork sandwiches and the pooch parade, a new branch will bud. GRINCH (GreenIN Chestnut Hill) is putting together Eco Alley, a Green branch of the festival. It will be a gathering of Eco-friendly businesses committed to sustainable business practices, along with live music from Urban Drawl, and new family activities like kiddie yoga.

GRINCH aims to highlight sustainable local businesses like Happy Cat Farm, Philly Electric Wheels, Philly Compost, and the Big Green Earth Store, whose business models are inspired by Eco consciousness.

Every generation has new sets of challenges, and every generation has visionaries who learn from the past and seek innovative solutions for the future. Albert Einstein said, “We can’t solve problems by using the same kind of thinking we used when we created them.” So true! Many new businesses are inspired by environmental challenges of today and the future.

These challenges are largely due to the significant increases in population and

consumption of natural resources in the last 200 years. In human history, 200 years is nothing, but the way we have affected the environment is monumental. No one worried about air pollution 250 years ago because the combustible engine did not yet exist. A hundred years ago, no one worried about consumption, waste, and over-flowing landfills in part because there were only one and a half billion people on the planet using resources, compared to six and a half billion people today.

Overflowing landfills and the methane gas they emit motivated Lee Meinicke and Meenal Raval to start the company Philly Compost. For a reasonable fee, they collect food scraps (green) from local restaurants like Earth Bread and Brewery, Wine Thief, and Night Kitchen Bakery and add leaves and other brown organic items and spin it into gold (compost). They sell the compost to garden supply stores and landscapers who use it to enhance their gardens. The thousands of pounds of compostable food scraps that they collect every month are diverted from landfills. This helps reduce the greenhouse gas methane. Their business model is win-win.

After checking out Philly Compost, you can meander over to Meenal’s husband’s business, Philly Electric Wheels,


and ask to take a spin on Eco Alley. I can tell you it’s a fun ride and a great car alternative for older folk who want to take long bike rides. And sign the little ones up for a session of kiddie yoga with Krista from Shakti Yoga. Come grow green at the Eco Alley scene.

If you are interested in getting involved in GRINCH’s sustainability efforts in Chestnut Hill or just want to support our mission monetarily, the GRINCH table at the Garden Fest will offer memberships. You can become a follower of GRINCH at [GreenIN Chestnut Hill.blogspot.com](http://GreenIN Chestnut Hill.blogspot.com) and become a fan on Facebook. For membership information contact Jen Reed at [cofeehound@gmail.com](mailto:cofeehound@gmail.com).

# Chestnut Hill Flea Market

Do YOU need incentive to do some spring cleaning? Here’s the answer! Chestnut Hill Friends Meeting is hosting an outdoor flea market on Saturday, May 8, from 9 a.m. to 1 p.m. (rain date May 15) at 100 E. Mermaid Lane (up the street from TLA Video). Individual sellers are welcome. There is a small flat rate for space, but sellers keep all sales.

You can reserve a space by calling 215-247-0718 or e-mailing [Kathy.Miller127@gmail.com](mailto:Kathy.Miller127@gmail.com). All proceeds raised by Chestnut Hill Friends Meeting will go to social justice projects.




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# Wissahickon Charter School Begins Food Revolution

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

Exciting changes in eating are coming to Wissahickon Charter School next year. And it's about time! For the past eight years, Wissahickon students have been learning to be stewards of the environment, only to have that message contradicted as they entered the school cafeteria.

This problem isn't unique to Wissahickon Charter. In schools across the country, students are served highly processed, highly packaged foods. But at Wissahickon Charter, the students receive an environmentally minded curriculum, so when they talk about lunch, they say things like, "This food doesn't feel *real*," and "Why can't we have edamame like at Marketplace?" The packaging of the food perplexes many students. Lunch comes in a paper container wrapped in plastic, perched on a styrofoam tray. "Did you know styrofoam never goes away!" students often ask. In order to make the most of the styrofoam, students save the trays

and give them to the art teacher who uses them for block prints and other projects.

Last year, a grant from the Barra Foundation funded a feasibility study to determine the possibility of moving from the food program currently offered (which comes from the Philadelphia School District) to a farm-to-school model. Such a move doesn't happen overnight. Wissahickon Charter will launch the first phase of its food revolution next fall.

The biggest change for next year will be that a new vendor will provide breakfast and lunch. The new vendor will ensure that no high fructose corn syrup is used in meals, meals are prepared on the day they are served, there is always a vegetarian option, handheld fruit is available each day, and more. Over time as more students and staff buy lunch, it will be possible to start offering foods that are local, seasonal, and organic. Wissahickon has also started preliminary talks with

Weavers Way Co-op to organize a buying club at the school for families. Further, the school has applied for a grant that will fund a fresh fruit and vegetable snack two to three times a week in classrooms. WCS will also launch a composting program with food wastes from meals and snacks. Not farm-to-school quite yet, but a great start.

To keep the long-term dream alive, this summer Liz Biagioli (environmental educator), Juanita Nyce (director of development), and Kristi Littell (Co-CEO) will attend the Edible Schoolyard Academy in Berkeley, CA.

For more information on Wissahickon Charter School, visit [www.wissahickoncharter.org](http://www.wissahickoncharter.org).

# Household Hazardous Waste Event

A household hazardous waste drop-off event is set for Saturday, June 26, 9 a.m. to 3 p.m., at the Northwest Transfer Station, Domino Lane and Umbria Street in the Roxborough section of the city. Items such as solvent-based paint and thinners, flammable materials, pesticides, motor oil, aerosol cans, fluorescent light tubes and CFLs, rechargeable and lead acid batteries, mercury, and bath- or kitchen-cleaners. For more information, call the Streets Department's Customer Affairs Unit at 215-686-5560.



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The Simplicity Dividend

# Musings on Moving

by Betsy Teutsch

DOWNSIZING’S INTENT is to simplify life, but buying and selling homes and moving is anything but simple. As in all major projects, the learning curve is high. Since I don’t plan to move again for a good, long while, the best I can do with my new information is to pass along some discoveries. Even if you’re not moving, a few of these ideas may come in handy.

First you’ll need boxes. Freecycle is a good source, since folks whose moves are completed ahead of yours will be offering their boxes. However these sources are unlikely to provide enough boxes if you’re packing your household. In our case, the biggest challenge was books. Uline.com sells boxes by the bundle inexpensively, and they arrive the next day; I’m sure many other websites have similar offers. We were off by about 50 percent, though, so when we had to rush out for additional cartons on book packing Sunday, one of our helpers told me about U-Haul’s deal to take back unused boxes if

you save your receipt. The boxes cost a bit more than online, but the return policy is convenient. U-Haul was completely cool about crediting my charge card for the box returns.

As we researched how to configure our telecommunications, we discovered the Ooma phone. My husband wanted to retain his phone number and his old style phone with a receiver, though we didn’t care if the actual service was landline or not. The Ooma is a box housing technology that mysteriously connects your house phone wiring to your internet. The result is VOIP (voice over internet protocol) service which feels like a landline. The product costs around \$200, and for an additional \$40 Ooma ports your phone number within a few weeks. Then, hurray! You cancel your landline phone and never pay a bill again. Setting up the Ooma required an electrician, though Ooma claims you can do it yourself. We also needed to call customer service several times, but was

effective and efficient. Basically you’re buying your phone number. It works just like it claims, and will have paid for itself in about six months.

Each house has its quirks and ours is no exception. At night we discovered that you can’t turn on the upstairs hall lights from the first floor, making it really scary and dangerous to climb up the stairs. Rewiring was a four figure estimate, so I went online and found some stand-alone wireless lights. Mr. Beam’s motion-activated LEDs turned out to be perfect. These little gizmos cost about \$20 plus three batteries which last for 1500 hours. Detecting movement, a light goes on for 60 seconds and then turns off. We put some in the stair wells, and in some closets. They solve the problem of Spouse A trying to find things in a dark room when Spouse B is already asleep, an unexpected bonus. If you use rechargeable batteries the lights would be even more eco-friendly, but LEDs use so little power that I didn’t bother. The bat-

teries should last for about 90,000 uses. You can also set them to glow at night, but then they don’t last as long.

Finally, don’t be surprised if people bring you lovely housewarming gifts, even if they’ve listened to you kvetch and moan about getting rid of the accumulation of many years.

Betsy blogs at [MoneyChangesThings.blogspot.com](http://MoneyChangesThings.blogspot.com) and teaches *Blogging 101 for MALT*.

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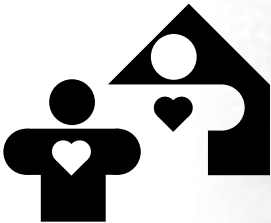
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# Locally Grown Garden Poetry at Big Blue Marble

ON FRIDAY, May 14, the public is invited to an evening of poetry inspired by gardens and nature, co-sponsored by Big Blue Marble Bookstore and Springboard Studio in Mt. Airy.

Featured reader will be Co-op member William Hengst, author of *Yard Man*, recently published by Finishing Line Press and available at Big Blue Marble (551 Carpenter Lane).

One reviewer had this to say about the book: “‘Fire up those engines!’ we

are commanded by the first poem in *Yard Man*, and immediately engaged in the often taken-for-granted unfolding of the seasons.”

Guests on May 14 are encouraged to bring a poem of their own about gardens, or a favorite poem by another poet.

The event will take place at Springboard Studio, 530 Carpenter Lane, starting at 7:30 p.m.. Seating is limited. To reserve space, call 215-438-9438.



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# Local Cartoonist Is “Popular”

by Lauren Kahn

IF YOU read the Mt. Airy Independent, you have probably giggled at the comic strip called “New to Mt. Airy.” The cartoon was created by Amy Ignatow, an illustrator, writer, and teacher who, along with her husband Mark Graham, relocated from Center City to Mt. Airy, where they are learning the joys of homeownership.

Ignatow’s first illustrated children’s novel, *The Popularity Papers: Research for the Social Improvement and General Betterment of Lydia Goldblatt and Julie Graham-Chang* was recently released by Amulet Books and is available at our neighborhood book store, the Big Blue Marble. This creatively illustrated story is a scrapbook account of two fifth-grade girls trying to decipher what it takes to be popular. While targeted for eight- to 12-year-olds, anyone who remembers elementary school will enjoy this entertaining and colorful first of two books.

A 2002 graduate of Moore College of Art, Amy lived in Center City for 10 years before moving to Mt. Airy. As a child growing up on Long Island, she loved



photo by Chris Santaniello

Amy Ignatow

to doodle and her doodles grew into cartoons. In college, Amy published a weekly cartoon strip about life at Moore and created a weekly cartoon called “Igcity” for her website.

For more about Amy, go to her website at amyignatow.com.

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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.**

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**@ 542 Carpenter Lane**

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**“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

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# 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 its 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 Northwest 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.

## 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 cook-books. 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



# Plan Unveiled for Gateway to the Northwest in West Oak Lane

by Jonathan McGoran, *Shuttle* Editor

On Wednesday, April 7, representatives of the state, the City of Philadelphia and Cheltenham Township unveiled a \$20 million project to transform upper Ogontz Avenue into Philadelphia’s “Gateway to the Northwest.” The project comprises three redevelopment plans – a new Ogontz Avenue streetscape from Middleton Street to 80th Street, a new SEPTA bus loop, and additions to the Cheltenham Mall. The projects are expected to create more than 400 permanent and temporary jobs within the Northwest.

Philadelphia and Cheltenham Township officials praised the redevelopment initiatives as a plus for Philadelphia, the township and Montgomery County. Township officials are helping to secure state funding for improvements to the Mall, which sits in Montgomery County.

“Urban-suburban partnerships are one key to promoting the economic health and vibrancy of outlying sectors of the city and their adjacent first-tier suburbs,” said State Rep. Dwight Evans, whose district includes parts of the Northwest. “With economic health come strong neighborhoods and other benefits.”

Also present for the announcement were State Sen. LeAnna Washington, State Rep. Cherelle Parker; Kevin Dow, Deputy Commerce Director and COO for the City of Philadelphia; Cheltenham Township Commissioner Art Haywood, and Peter S. Longstreth, President, Philadelphia Industrial Development Corp.

“This initiative promises to create an extraordinarily vibrant entryway to the city’s Northwest section,” said Jack Kitchen, President and CEO of OARC, which has spearheaded the redevelopment effort. “The project will go a long way in raising the profile of the city’s Northwest section as a desirable place to live, work and play.”

Under the Gateway project, OARC will convert a nuisance bar, at the corner of Upsal Street and Cheltenham Avenue, and an adjacent empty check-cashing outlet into a 9,200-square-foot office building with onsite parking. Construction will begin this summer. OARC has already begun the Ogontz Avenue streetscape upgrades, which will be completed in June, in time for the West Oak Lane Jazz Fest.

The \$5 million streetscape/office building project includes pedestrian lighting, new signage, ADA-compliant curb ramps, Dura-Therm crosswalk applications and brick paver installations.

SEPTA officials said the transit agency was nearing completion of design plan to rehabilitate its bus loop at Cheltenham and Ogontz Avenues, which serves seven bus routes that stretch to the Broad Street subway line at Broad and Olney and out into Montgomery County. More than 1,000 pedestrians embark and debark daily from bus service at the loop.

The changes will include the reversal of bus routing and a mid-block traffic signal on Ogontz Avenue to improve bus entry and egress from the Loop and pedes-



photo courtesy of OARC

State Rep. Dwight Evans praises job creation that will result from \$20 million “Gateway to the Northwest” project while (from right) Jack Kitchen and Erika Griffin of OARC, State Rep. Lawrence Curry of Cheltenham Township and State Sen. LeAnna Washington look on.

trian safety in the crosswalks, and designated lanes for each route to reduce driver and passenger confusion. Also planned are new passenger shelters, sawtooth islands, stormwater management and signage. Construction will begin in October and be completed by June 2011.



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Suggestions

(continued from page 28)

requisite approvals. After all, this is how agriculture works on the federal and state levels, and someone once said “all politics are local.” This is helping us succeed in our mission to keep things local. So come by Pastorius and pet a goat.

Suggestions & Responses:

- s:** “Hurray for the sturdier new baskets!”
- r:** (Rick) Thanks for feedback! I like them too.
- s:** “I find it distressing and depressing that we are getting more and more “Slow Rise” bread and less and less Metropolitan. There is not one Metro whole wheat here! And not one of the half-dozen flavors of Slow Rise lists whole wheat flour as the primary ingredient. Plus, Slow Rise is just not that good! Why are we going backward? We have a wonderful local bakery (also healthy). We should patronize them more!”
- r:** (Rachel) I’m sorry you were disappointed with the bread selections when you came in! I agree that Metropolitan is a fantastic bakery, and I can absolutely sub out a few white wheat loaves for a few more cracked wheat and sandwich loaves. The reason we seem to get so much more bread from Slow Rise is that they have a slightly longer shelf life and deliver twice a week, so when it comes in it looks like a ton! Because we get in bread from Metropolitan and Le Bus every day, we have only one shot to get it out the door before discounting it, and since shopping patterns fluctuate wildly it’s always a gamble. If you are consistently not finding the loaf you want, please put in a preorder (or a suggestion)

and I’ll note your request. As for Slow Rise, I tried the multigrain and thought it was fantastic. It seems like a lot of people agree with me, because almost all of the Slow Rise loaves are gone by the time we get another delivery. For a Slow Rise loaf with more whole wheat, look for the sprouted wheat or whole wheat flavors. Also, FYI, Slow Rise is in Lancaster and we buy it direct from the baker.

- s:** “I’ve never seen dried cannellini beans in stock, even though you use them in your prepared salads! Can they be stocked? Thanks.”
- r:** (Chris) No room to add this item at this time, but you can order preorder a 25# or 5# bag; call Chris for details. By the way, Prep Foods uses canned cannellini beans, not dried. Thanks! (Norman) Our Prep Foods department could sell you a #10 can; see Margie for details. And here is a little known fact: if you use lots of beans, buying them in #10 cans (about 7 lbs.) is incredibly cheap, depending on the bean. Chick peas, kidneys, etc., are under \$2/lb. when purchased like this and are ready to eat. These beans are not organic, but in general beans are not as subject to heavy pesticide use as other crops (they grow in a shell). Eating beans is considered a very healthy source of “good” fat, high protein, high dietary fiber, complex carbohydrates, and they have low glycemic index. (Jon) And they are good for your heart.
- s:** “Please bring back the non-local smoked gouda. The Calkin’s creamery is heavy-handed and plasticity and uncomplex. I hate it and avoided it when I had a choice. It’s awful. We eat a lot of smoked Gouda. I’d really like to have a palatable choice here. Thanks!”
- r:** (Margie) I actually like the local smoked

gouda and it is selling well. If we get more complaints I will consider bringing it back. In the meantime I ordered a few logs of regular smoked Gouda and it is being sold in the specialty cheese area of the Prep Foods case. Thanks. (Norman) Creating bio-diveristy is healthy for our eco-system, so we stock some cheeses people do not like. This is part of creating a bio-diverse product line selection.

- s:** “Why do we no longer carry Petro Malt hairball treats? They are really great and less messy than the stuff in the tubes. Now I have to go to PetSmart. Can we resume carrying the hairball treats?”
- r:** (Kirsten) Sure, we can bring those in again.
- s:** “Just found out the coffee is local-roasted-Hooray! Needs to be a sign. Chestnut Hill Coffee shop is the best, partly because it’s roasted upstairs in their shop.”
- r:** (Martha) Glad you like our coffee selection. Equal Exchange is located in Massachusetts, but our other companies are local. We place high value on Fair Trade Certified and organic; Equal Exchange and Blue Water are both! (Norman) For truly locally roasted coffee beans, roast your own, especially in winter when your heater is already running. Just lay raw beans on a tin foil tray, pull the cover off your furnace, and shove the tray in. Wait until you smell the aroma of the degree of roast you like, then pull out the tray. Enjoy your locally, fresh roasted coffee beans with no increase in energy use! Note that there is an element of risk with this process. Keep a fire extinguisher nearby, and turn off your cell phone so you don’t get distracted. It takes a little practice to get the timing right, so be prepared to ruin a few bean batches and maybe a furnace or two.

- s:** “Could we carry products from the Women’s Bean Project (chili, soup, salsas, etc.)? WBP is a very worthwhile project. I can give you a brochure.”
- r:** (Margie) Sorry, we had these and they just didn’t sell.
- s:** Last time I bought a bag of frozen/cooked shrimp, the shrimp were rubbery and not nice and I had to throw half the bag away. For \$22 it should be good! I hate to say, but Trader Joe’s is better.”
- r:** (Dale) I am sorry the shrimp were bad. We have discontinued these, mostly because they are farm raised in Thailand. Please talk to me about a possible refund.

- s:** “Please substitute Alvarado St. bread—especially the great multi-grains—for the rather dull Arnold. Alvarado is the company featured as worker-owned in Food, Inc.! The bread is the most delicious I’ve ever eaten. If Acme and Genuardis can carry it, why can’t we?”
- r:** (Rachel) Thank you for the suggestion. I checked out the website and it seems to be a fantastic company, but unfortunately it’s in California. Arnold is a full service vendor with great sales and I can’t see replacing it with a product that gets shipped frozen across the country. If any freezer space opens up I will keep Alvarado in mind.

- s:** “Whole wheat hamburger and hot dog buns please.”
- r:** (Rachel) What a great idea! Vermont Bread is now making these and will be bringing them in.

- s:** “About two weeks ago I got the Baker St. Hearty Rye—best new bread in years! I’ve been looking for it since and haven’t found it.”

- r:** (Rachel) So glad you liked it! We’re getting the Baker Street Old World Rye regularly now, so it should be easier to find. Also if you know you would like it for a particular day, feel free to put in a preorder and we can be sure to have one in for you.

- s:** “Semolina flour?”
- r:** (Chris) We carried this item a few years ago and it didn’t really sell, but we’ve had requests for it lately so I might bring it back in late April. In the mean time, you can preorder a case of “Bob’s” semolina flour, four 24 oz. packages for \$12.13.

CO-OP  
INFORMATION

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## Suggestions

by Norman Weiss  
Purchasing Manager

GREETINGS AND thanks for writing. As usual, suggestions and responses may have been edited for clarity, brevity, and/or comedy. A few weeks ago Kim, Dale and I met with a couple of representatives from a mainstream grocery wholesaler. Grocery wholesalers are what is known in the trade as “broadline distributors” because stores can get almost anything from them, all departments—groceries, dairy, frozen, meat, HBA, produce, etc. Usually these companies sell mostly conventional products, i.e., not much organic or natural food items. Some wholesalers have a smattering of natural items, and some have done better with these items than others, but most of their business is conventional. They seem to have left serving natural food customers to UNFI, the main natural food wholesaler in the United States. (UNFI supplies Whole Foods and most other natural food stores, including co-ops). While our Mt. Airy store does sell some conventional groceries, Kim (Chestnut Hill store manager) has decided our Chestnut Hill store will stock mostly natural food items, mostly purchased from UNFI. But we are struggling with the meat department, trying to de-

cide what products we will have and who our suppliers will be. The Chestnut Hill store’s meat department has about three times the amount of display shelving of our Mt. Airy store. Meat was the focus of this meeting with this grocery wholesaler. What we found out is a good glimpse into the grocery industry of today, confirming the reality of issues raised by Michael Pollan and others and in movies like in “Food, Inc.” When we asked this wholesaler if they had any brands or lines of natural meat or chicken the answer was no. They had tried some in the past, but it did not provide the “movement” they needed (meaning it didn’t sell well enough to justify carrying it). So all the meat they offer is CFO (concentrated feedlot operation) beef and pork, and all the poultry is factory farm style, i.e., crowded, inhumane, antibiotics treated, etc. When we looked at prices, this meat seems incredibly cheap; we can buy chicken legs for \$.45/lb. Of course the price does not reflect the true financial and environmental costs since the way our food system works, costs like polluted waters from animal excrement, government subsidies of farmers, global warming from feeding cows corn (causes cows to expel methane), etc., are not factored in. So we’re still searching for what we are going to stock in the meat department, and who our suppliers will be. We will likely have the fish, chicken that we have now, and the Martin’s sausage, and probably a larger selection of local grass-fed meats, and maybe a “Certified Humane” line. But for truly local meat, we will raise goats and chickens in the Chestnut Hill store back yard. If this turns out to be not enough space (“free range” and all), we are going to expand to Pastorius Park. Converting Pastorius Park to rangeland for animal farming may seem like something that neighbors might object to, but through strategic local political contributions and regulatory agency “arrangements,” we have already received all the

(continued on page 27)

# 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—healthful, 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](http://www.weaversway.coop), contact Member Outreach Coordinator Ebony Debreast at [outreach@weaversway.coop](mailto:outreach@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.



## MEMBER LOAN CAMPAIGN

# Help Us Grow!

### EXPRESSION OF INTEREST FORM

**Our Chestnut Hill Store is almost open! Show your support through our Phase Two Member Loan Campaign!**

We have a goal of raising \$250,000 in member loans over the next two months. At this crucial stage of our expansion, your support is more important than ever. Please support our growth with a loan.

Shared member equity and financial risk is an important component of building and growing a co-op. If you are able to support your co-op in this way, please fill in the attached form and bring it to the store, e-mail us at [memberloan@weaversway.coop](mailto:memberloan@weaversway.coop) or visit [www.weaversway.coop](http://www.weaversway.coop) for information about the member loan campaign. We will follow up with you to discuss the details of your loan and send you a Offering Memorandum and other materials. **Thank you for your support!**

**Please note:** To make a loan, you must be a current member of Weavers Way Co-op and list Pennsylvania as your state of principal residence.

Name: \_\_\_\_\_ Member #: \_\_\_\_\_

Address: \_\_\_\_\_

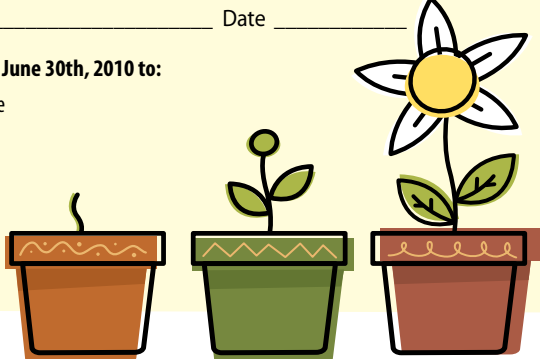

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E-mail: [memberloan@weaversway.coop](mailto:memberloan@weaversway.coop)



## Welcome to Weavers Way Cooperative Association



If you are not already a member of Weavers Way Co-op, you are invited to join. Weavers Way is a member-owned, cooperative grocery store. Weavers Way is open to the public, but there are many benefits being a member and owner. Joining is easy—just sign up for a Member Welcome Meeting by filling out the coupon below and returning it to the store at least one day prior to the meeting date, or by contacting our Membership Outreach Coordinator, Ebony Debreast, at 215-843-2350, ext. 124 or [outreach@weaversway.coop](mailto:outreach@weaversway.coop). Meetings last about one hour. We’ll tell you more about membership, and you can join right there at the meeting.

**Weavers Way Co-op Offices/Mt. Airy**  
555 W. Carpenter Lane  
**Tuesday, May 11, 6:45 p.m.**  
**Saturday, May 22, 10:30 a.m.**

**Weavers Way Ogontz Store/West Oak Lane**  
2129 72nd Ave  
**Tuesday, May 4, 6:45 p.m.**  
**Saturday, May 15, 10:30 a.m.**

**Chestnut Hill Center for Enrichment/Chestnut Hill**  
8431 Germantown Ave (parking entrance on E. Highland Ave.)  
**Saturday May 8, 10:30 a.m.**  
**Tuesday May 18, 6:45 p.m.**

At the close of the orientation meeting, you will be expected to pay your initial, refundable \$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: \_\_\_\_\_