

WEAVERS WAY ELECTION RESULTS

Weavers Way members elected to the board of directors Linda Shein, Nathea Lee, Ian Zolitor, and Brian Maher. Congratulations to our new directors and thanks to all who ran. Members also voted to approve the proposed changes to the Co-op's bylaws, allowing the possibility of internet voting at some point in the future.

PETA PALOOZA

Saturday, June 4, Noon to 4 p.m. (see p. 28 for details)
Weavers Way Mt. Airy, 559 Carpenter Lane





The Shuttle

June 2011 Vol. 40 No. 6

A Cooperative Grocer Serving the Northwest Community Since 1973

Weavers Way Repays Debt

by Ned Case, Weavers Way Business Manager and Treasurer

WEAVERS WAY on April 25 repaid \$900,000 of its \$2,200,000 million Chestnut Hill building acquisition loan and refinanced the balance with a new \$1,300,000 loan package from Valley Green Bank. The new loans, due in 2023, compared to 2014 for the original loan, strengthen the Co-op's financial position because of the longer repayment period.

The new loan package comprises a \$1,000,000 fixed rate loan, a \$300,000 floating rate loan, and an undrawn committed \$300,000 revolving line of credit. The revolving line of credit permits

(continued on page 6)

Strong Sales, Board Elections at Spring Meeting

by Jacqueline Boulden

THE WEAVERS Way Spring General membership meeting held May 15 2011 at the New Covenant Church fell on the anniversary of the opening of the Chestnut Hill store, noted General Manager Glenn Bergman, adding that the store has had a major positive effect and a major impact on the Co-op's membership and sales numbers over the past 12 months.

"There has been a 77 percent increase in our membership in one year," Bergman reported, from 2,700 members a year ago to 4,800 as of today." Bergman said weekly sales are up from about \$180,000 to \$310,000 per week. The opening of the Chestnut Hill store also brought about an increase in the number of Co-op employees, "We thought we would need 30 peo-

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photo by Jacqueline Boulden

Pennsylvania Horticultural Society President Drew Becher (center) talks with Weavers Way members after his talk at the Spring General Membership Meeting. See story on page 27.

Free Electronics Recycling on Saturday, June 25

by Steven "Stevik" Kretzmann, Weavers Way Environment Committee

IT'S TIME for spring cleaning! Clear out your basement and garage of any unwanted electronics, knowing that they will be handled in a safe and ethical manner. Weavers Way Environment Committee is co-sponsoring a free electronics recycling collection on Saturday, June 25 from 10 a.m. to 2 p.m. at 100 E. Mermaid Lane, in the parking lot at the Chestnut Hill Friends Meeting. The event is free, but voluntary donations will be welcome. Half of the donations received will go to the Environment Committee's fund, whereby small grants are given to community groups for education and to enhance the environment. The other half will go to the Peace and Social Concerns fund of the Chestnut Hill Friends Meeting, the cosponsor of the event.

A wide variety of items will be accepted, including computers, printers, TVs, audio equipment, cameras, cell phones, DVD players, VCRs, and telephones. For a complete list of items or for questions, e-mail weaverswayrecycling@yahoo.com.

Pennsylvania recently passed a law setting standards for recycling electronics in order to keep their toxic waste out of landfills. Materials Processing Corp. (MPC) exceeds the highest standards for electronics recycling. Along with various industry certifications, they are also certified by the nonprofit Basel Action Network as an e-Steward. MPC recently opened a state-of-the-art facility in North-

(continued on page 27)

June Events and Happenings in West Oak Lane

by Andrea Haines, West Oak Lane Store Manager

BY THE time this article prints, the back half of our shop in West Oak Lane will have been transformed into a juice bar with a full menu of smoothies, lemonade, and fresh vegetable juices. We will also be making fresh salads, wraps and sandwiches, offering a variety of healthy and nutritious grab-and-go options and specials each week. Outdoor seating is available,

(continued on page 6)



photo by Jon McGoran

Gathered outside Weavers Way West Oak Lane during the Fresh and Local Fair are (l to r) Brook Gross of J's Gourmaze, West Oak Lane store manager Andrea Haines, Jay Gross of J's Gourmaze, and Weavers Way's Henry Got Crops Farm manager Nina Berryman.

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Editor’s Note



by Jonathan McGoran,
Shuttle Editor

PERHAPS SPURRED on by Betsy Teutsch’s two-part series on food waste (part two can be found on page 9), the U.N. has conducted a new study concluding that 2.9 trillion pounds of food is wasted each year around the world. Americans, on average, waste about 250 pounds of food each year. Just as problematic, however, is the amount of food in America that *doesn’t* go to waste. Even after years of public health efforts, our obesity epidemic continues to get worse. In a case of life imitating art, fifty years after American television was first described as a “Vast Wasteland,” America itself has become a “Vast Waist Land.” To make matters worse, now, in addition to food going to waste by Americans, and food going to waists on Americans, we have food that is going to get Americans wasted.

I am referring to Lazy Cakes, a new brand of brownie made with valerian and 3.9 milligrams of melatonin per serving (Two servings per brownie, because who would eat a whole brownie?). This makes perfect sense; kids today are clearly not lazy enough. But the manufacturers say this product is not being marketed to children. Everyone knows kids hate brownies, however, just to be sure, the Lazy Cakes package says, “For adults only: not suitable for children” (especially children too young to read). But the package also says Lazy Cakes are “Not for food use,” which kind of undermines the manufacturer’s credibility. The company also declares that Lazy Cakes are the “World’s first relaxation brownie”—and I’m pretty sure that is not the case.

This doesn’t mean the people at Lazy Cakes are being willfully misleading; if anyone was going to be less than rigorous in their fact checking, these folks have a pretty good excuse. Besides, their website is even more explicit: “These are NOT a snack for children,” it says. And that comes straight from Larry Lazycakes, the company’s cartoon spokes-brownie. And a cartoon spokes-brownies wouldn’t lie.

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

Statement of Policy

Articles should be under 500 words and can be submitted neatly typed, on disk, or by e-mail to editor@weaversway.coop. Be sure to include your name, phone number, and membership number. Drop them off by the deadline to the Shuttle mailbox on the second floor of the Mt. Airy Co-op. The purpose of the Shuttle is to provide members with information as well as education about co-ops, health food practices, and other matters of interest to the members as consumers and citizens of the community. Articles express only the views of the writers and not those of the Co-op or the board of directors, unless identified as such. Articles, letters, comments, criticisms, and suggestions are welcome and should be directed to the editor. Space limitations require that the editor have the right to edit all articles. Ad rates are available upon request, in the advertising mailbox on the second floor, or at www.weaversway.coop. All ads must be submitted electronically, or camera-ready with prior arrangement, and should be submitted with payment. Products or services advertised in this paper should not in any way be construed to be endorsed by Weavers Way Co-op.



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Summer Means Local Strawberries

by Stephanie Kane, Weavers Way
Local Produce Buyer

SUMMER BEGINS this month, and the first sign is already on the shelves at Weavers Way—strawberries! Sunny Harvest and Sunrise Produce are our main suppliers of strawberries, as well as the other low-spray local produce we get throughout the season. Sunny Harvest is a cooperative of seven Amish families in Lancaster County. They operate a CSA (Community Supported Agriculture) farm that is in its fourth season. You may know that a CSA involves customers buying shares at the beginning of the season, then each receiving a box of produce each week. In addition to strawberries, we receive spring mix, tomatoes, peppers, cabbage, cauliflower, broccoli, and raspberries from Sunny Harvest. Their motto states: “The main objective of a farmer is not to live the richest, but to live the happiest,” which I think is a sentiment shared by many small farmers, if not by default. Being a small-scale local farmer is not something you do for the paycheck and accolades. Most farmers you meet can’t imagine doing anything else.

At Weavers Way, we have sought out farms we can be proud to buy from, and want to support them in seeking a livelihood in this business.

Sunrise Produce is another collection of farmers (about 70 of them!), from which we also get tomatoes, sweet corn, and zucchini. We continue to receive high quality produce from them, which they grow using organic methods and as little spraying as possible. These methods include scouting, which simply means they go in to the fields checking their crops for early signs of pests and diseases. The first line of defense against diseases is to spray with soaps, which can work very well. If it doesn’t, then they will spray a half rate fungicide. Using this method, they are able to cut their chemical use in half (as the name suggests). When it comes to pests, a great biological control is using good bugs to eat bad ones. For instance, ladybugs can be released into fields to get rid of aphids, which attack many types of plants.

Produce Profile: Strawberries

by Stephanie Kane, Weavers Way, Local Produce Buyer



IN THE produce department, strawberries are the true harbinger of summer. They are the first exciting crop of the season (sorry, asparagus) and portend the arrival (dare I say onslaught) of even more summer fruit (I’m lookin’ at you, peaches). Their unmistakable fragrance and taste are unlike anything else and the reason strawberries are among the most popular fruits.

Use of the word “strawberry” dates back as far as 1000 A.D. in England. The word is likely derived from strew, referring to the way the vines (or runners) grow out from the mother plant. Strawberries are found all over the world, largely due to distribution by birds. Formerly, they were found in the wild in such abundance that cultivation of strawberries did not begin until the late 18th century.

tritionally beneficial fruits. They are an excellent source of vitamin C and other essential nutrients. Strawberries promote

optimal health, and studies have shown that strawberry consumption reduces the risks of macular degeneration and rheumatoid arthritis.

Strawberries require a lot of water followed by a lot of sunshine to grow and ripen, hence their late spring/early summer season. They are susceptible to over 200 varieties of pests, which on commercial farms translates to

lots of pesticide use. Consequently, strawberries are consistently listed on the Environmental Working Group’s list of “Dirty Dozen” produce items that have the highest levels of pesticide residue. Purchasing strawberries grown on organic or sustain-

Chilled Strawberry Soup

- 1 cup apple juice
- 1 cup water, divided
- 1/4 cup honey
- 1/2 tsp ground cinnamon
- 1/8 tsp ground clove
- 3 cups strawberries
- 2 cups vanilla yogurt

Combine apple juice, ¾ cup water, honey, cinnamon, and cloves in saucepan and bring to boil over medium heat. Remove from heat; cool.

Puree Strawberries and ¼ cup water until smooth in blender.

Combine all ingredients. Cover and refrigerate until well chilled. Garnish with strawberry slices.

Strawberries are one of the most nu-

(continued on page 7)

Volunteers Make A Big Difference.

Weavers Way Co-op is a co-op with over 4,800 household owners of a very successful local enterprise. We did not get here by luck or just the work of staff. It has taken many, many hours of active members like Sylvia Carter (pictured here) who have volunteered tirelessly on the board for many years and also as the Chair of the Membership Committee until this year. Volunteers do their hours and get a 5% discount on shopping, yes that is true, but they also bring to the Co-op a community involvement that is unprecedented in any other type of business. Sylvia, in her career, was a manager in a large corporation.



Today, she uses those same skills to help steer the Weavers Way boat through the waters of business and community service.

We are truly interested in all shoppers being members, but we are also interested in seeing all of you get involved as a volunteer worker in the store, at the farms, on the Shuttle, in committees, teaching classes, helping with outreach, and in many other ways. It is not about the discount as much as it is about building community around the retail vehicle. For more information about joining a committee or getting work credit, call membership at 215-843-2350 x118 or 119.

Summer Time Is Grilling Time

by Nancy Lieb, Weavers Way Mt. Airy Prepared Foods Manager

THE WARM weather is upon us and that means trying to keep the oven use down! Grilling is a way to keep the heat out of the kitchen and have a great meal, with not too much work. I love grilling vegetables, and the taste of grilled vegetables is fantastic. Here is a recipe my family loves that is easy to make, and looks great on a plate. All of these items can be bought from our produce section, fresh and tasty.

Happy Grilling!

Grilled Veggies with Avocado Dressing

- 1 eggplant
- 1 yellow squash
- 1 zucchini
- 1 red pepper
- 1 red onion

Cut the veggies length wise and toss them with fresh garlic, olive oil, salt, and pepper. You can cut them into smaller pieces after they are grilled, but it is easier to work with larger pieces during the grilling process.

Try not to move the veggies too much, so the veggies end up with grill marks; the grill marks make a nice presentation.

Once you have grilled all the vegetables, it is time to make your dressing!

Avocado Dressing

(makes 2 cups)

- 1 large avocado peeled and mashed with 2 teaspoons of lemon juice
- 1 cup of mayonnaise
- ½ cup of sour cream
- ½ teaspoon of Worcestershire sauce
- ½ cup of chopped onion
- 2 cloves of garlic, minced
- 1 teaspoon of salt
- A dash of cayenne pepper

Place all the ingredients in a food processor and blend them until it is smooth.

Chill and serve.

Arrange your nicely grilled vegetables on a platter, drizzle some yummy avocado dressing on top, and enjoy!

Hooked

Summer Wild Salmon Forecast

by Noel Bielaczyc, Mt. Airy Meat, Fish, and Poultry Dept.

FIRST IT’S asparagus, then strawberries, followed by sugar peas... One by one, fresh, in-season fruits and vegetables have begun to awaken our tastebuds from hibernation. The reward is greatest for those who patiently waited out the winter months, bidding their time with root vegetables and greens while abstaining from watery berries and woody shoots from Peru. For fish lovers, the wait for fresh wild salmon is

similarly grueling. The good news is those days are over. You can breathe a sigh of relief, because by now (early June) the Alaskan wild salmon season is in full swing. Based on fisheries reports

and the “Salmon Summit” at the Boston Seafood Show, here is a brief forecast for this year’s wild salmon season:

In a world of generally drab and depressing fisheries news, Alaskan wild salmon appear to be eluding the trend. While California, Washington, and Oregon face another year of extremely low salmon returns, scientists and fisheries experts predict a record harvest in Alaska this year. Fisheries data is suggesting 2011 could be in the top five seasons since 1900. Individual river systems may vary with supplies of Copper River Kings and Cohos running tight while the Yukon River gears up for a strong run. Of course weather, fuel prices, and other factors will affect harvest numbers and supply. By summer’s end, it will be interesting to see if these forecasts hold up.

Other trends this year include a shift away from canned product form. Historically, roughly 80 percent of Alaskan wild salmon was canned. That number is down to an all-time low of 47 percent this year, suggesting that a larger share of the catch

will be shipped fresh, particularly sockeye and coho. Improved air transportation and increased demand for premium quality fresh product is driving this development. A final fascinating tidbit: this year 35 percent of wild Alaskan salmon will have been raised and stocked from eggs in private and state-run hatcheries. Does this fact fundamentally change our understanding of what “wild caught” means?

Can a fishery that’s so reliant on stocking be truly sustainable? (I will save that can of worms for another issue!) Regardless, Alaskan wild salmon is still considered a smarter, more responsible choice than farm-raised salmon.

So what does all this mean for shoppers at Weavers Way Co-op? Being located in the Mid-Atlantic we are somewhat far “down the line” of supply and may not see much direct benefit from a boom season. But ultimately the hope is that we will have a steady supply of reasonably priced fresh, wild salmon for the next four-plus months. Prices for fat, early season kings (chinook) are always high, but should come down by mid-June with the arrival of the first sockeye. Coho (silver) are the last to become available in August and will carry us through the fall. We fillet wild salmon in-house at the Mt Airy store, to ensure that you get the freshest, most delicious piece of fish. So grab a cedar plank, a pinch of sea salt, and a spoonful of maple syrup... It’s time to get your salmon fix! If you’re a regular buyer of our Scottish farm-raised salmon, I encourage you to give wild salmon a try while it’s in season. You’ll taste the difference immediately. Happy cooking!



A-Buzz in Chestnut Hill



photo by Steve Hebden

Beekeeper Trey Flemming, of Urban Apiaries, installed three hives on the roof of the Chestnut Hill store on May 12. An average hive produces 90 lbs. of honey per season so look for 270 lbs. of very local honey from our three hives labeled “From the Roof of Weavers Way,” on our shelves around late July or early August. Trey explained how bees are a fascinating and important part of sustainable agriculture.

Local Food Experience in Philadelphia

by Meghan Fullam, WW Chestnut Hill Staffer

IN THE early morning of April 14, my fellow classmates from Philadelphia University and I ventured to the Weavers Way farm site at the Awbury Arboretum to undergo a sustainable and local food experience in the Philadelphia area. As students of a course entitled “Sustainable Food Chains” at the university, I took this trip to satisfy a project requirement to gain knowledge in the realm of locally produced food. Throughout the semester, our class has been reading texts such as *The Fatal Harvest Reader* edited by Andrew Kimbrell, *The Omnivore’s Dilemma* by Michael Pollan, and *The Ethics of What We Eat* by Peter Singer and Jim Mason, all of which have thoroughly covered the terrible costs and flaws of the current industrial agriculture system. The class discussion has ranged from Norman Borlaug and the Green Revolution to factory farming and the true price of fast, processed foods, so to end the semester on a relatively positive note, my professor assigned us a project to research local food. The assignment was to encourage faith in the growing local food phenomenon despite the immense drawbacks of the industrial system, and my trip to Weavers Way farm inspired hope for the future of food in Philadelphia.

Upon our arrival at the farm site, my classmates and I were immediately put to work. The four of us were split into groups of two; one group worked on weeding the asparagus beds and the other worked on prepping the beds to be planted. My classmate Abbey and I volunteered to prep the beds with the farm apprentice on site, Sarah. We began by hoeing to loosen up the soil and quickly moved onto raking. Although I have only had some farm experience through agriculture education classes at my high school, I was reminded of the satisfaction I received from working with the land. There’s an inexplicable gratification I get, and I’m sure I’m not alone, from dirt under my fingernails and calluses on



photo by Sarah Turkus

Co-op staffer by Meghan Fullam (l) and her friend Abbey Gaul getting inspired at Weavers Way’s Mort Brooks Farm at Awbury Arboretum

my palms. It’s like rekindling and channeling a long-lost instinct to work with the earth. Abbey and I both agreed that living in a city and getting caught up in the hustle and bustle of everyday activity puts such distance between humans and what really matters: food. My work at Weavers Way that morning was challenging yet incredible rewarding, a release of stress and pent-up desire to connect with the natural world in a way that is ultimately beneficial.

The more I learn about the Weavers Way initiatives, the more I have come to appreciate what they are doing for the local economy of the Northwest Philadelphia area. I greatly appreciated the opportunity to volunteer on their farm site; even though it was for school credit I would help out again in a heartbeat. I encourage all those who are feeling lost, overwhelmed, and alienated by the urban environment to take a step back and think about farming, getting your hands dirty, and giving back to your local community’s food system.

The Longest Day of the Year

by Nina Berryman, Henry Got Crops! CSA Farm Manager



photo by Nina Berryman

Members of the Farm Committee came to the rescue the second week in May to help make sure the peppers and eggplants got planted on time at the CSA. Pictured here are Clare Hyre, Josh Brooks, and Jonathan Brooks. Missing from the picture but integral to the productivity of the day are Raisa Williams and Howard Field.

THE SUMMER solstice is on June 21 this year. Calendars say this is the first day of summer, but here in Philadelphia it has felt like summer weather for the past two months. By now, our irrigation systems have already been heavily used to keep the plants hydrated after spring rains subsided. Summer beginning in late June lines up with the school calendar more than the temperatures. The official start of summer can also be misleading as to what to expect of the harvest. We are still waiting for the bulk of the warm season crops to come into full production, like tomatoes, eggplant, and peppers, but the cool weather crops are petering out, like bok choy, broccoli, and radishes. As a result, come June there can be a surprising little lull in production sometimes. Some gems you can keep an eye out for include the first beets and cucumbers.

No matter what the temperatures are or what the calendar says, the summer solstice undeniably brings the longest day of the year. This is a blessing and a curse for working on the farm. From one point of view, there is ALWAYS more work to be done, so these extra hours can be a real benefit. From another point of view, there is ALWAYS more work to be done, so these extra hours of work will without a doubt be filled with additional, exhausting work. On the other end of the season, I often welcome the shorter days because,

regardless of what still needs to be done on the farm, when the sun goes down, I simply have to stop working. It seems like a bit of a cruel trick that the earth is playing on us farmers that the days start to get shorter just before the harvests start to get even longer!

These longer hours of working conveniently coincide with the explosion of summer weeds that seem reawaken this time of year. At the site I manage, we have a serious perennial grass problem. Up until now, the spring weeds are tough, but manageable. Once June rolls around, those perennial grasses have a hay day and every time I turn my back they rear their ugly heads a few inches taller, threatening to surpass my beloved, delicate vegetables!

Despite the quickening treadmill of farm work in June, the solstice does provide a unique opportunity to pause and take note of this benchmark in the season. I worked on a farm in British Columbia once and the farm manager there always took a picture of everything that was blooming in the field on the day of the summer solstice. It was a visual record, from year to year, of how far along (or how far past) every crop was. Every third week in June I think of his tradition and take a moment to inventory, if only with a mental snapshot, the state of being of the farm.

WWCP Launches New Program

by Rachel Milenbach, WWCP Executive Director

WEAVERS WAY Community Programs (WWCP) is pleased to announce we have launched a new program called Feed the Farmers (FTF), an expansion of WWCP's Tea on Wheels Program for Farmers on Cold Rainy Days (TWPFCRD), which was borne out of the abundance of cold rainy days we had in April 2011. Think about working out in the fields all day long; wet, muddy, windy, and cold. For me, the vision conjures up a cup of tea or cocoa, and perhaps a fresh scone from the Night Kitchen. But alas, the farmers (and their apprentices) have no electricity to heat water. On hot and humid days, they do not have a refrigerator to store a healthy, nutritious, cooling fruit smoothie. In fact, there are probably days that they have to tie their lunches up in the trees to keep them safe from the bears and foxes.

You are probably asking, "Why should we feed the farmers?" "Aren't they supposed to feed us?" There are several reasons. First and foremost, yes, the farmers do feed us. If we want to continue having food to eat, it would stand to reason that we should feed them, so they can keep growing our food. Secondly, and perhaps this is only a concern to WWCP: without farms, there would be no farm education. It would not exist as a way to teach youth about growing food locally and sustainably. So if we care for the farmers who tend the fields, we can teach the kids how to do the same, and everyone is happy. Third of all, farmers are good people to be friends with. If things ever get really bad, say our country's infrastructure is disrupted and food cannot be driven hun-

dreds and thousands of miles across our fair nation, you will be happy to know people who know how to grow food.

So, how to get involved.* Until we can raise money to support this important program, we will be relying on the generosity of Weavers Way Co-op members and readers of the *Shuttle*. Think of the farmers when you finish a meeting and have food left over, or when you prepare a pot of hot cocoa or a smoothie and happen to have two or three cups left with no one to drink it.

Meals and beverages can be delivered to any of our farm sites: The Hope Garden at Stenton Family Manor (1300 East Tulpehocken Street at Crittenden Street); the Mort Brooks Memorial Farm, aka Weavers Way Farm, at Awbury Arboretum (1011 East Washington Lane, between Chew and Ardleigh); and the Henry Got Crops! CSA at Saul High School for Agricultural Sciences (7100 Henry Avenue, on the same side of Henry Avenue as the horses).

Before delivering food, please check that farmers will be there, and never leave food unattended in hopes that someone will be by later. For information on each farmer's and apprentice's personal food and beverage preference, as well as a sense of when each farm is staffed, please visit the Feed the Farmer link on the Weavers Way Website, or send questions to wwcp@weaversway.coop.

* Co-operator hours not included. In order for this program to work, it needs to come from the heart, with no exchange of work hours or tax deductions.



NEEDED

Housing for farm interns wanted for periods of time spanning June, July, and/or August.

Looking for co-op members with extra space in their houses or folks who are going away for the summer. Farm interns make great housesitters!

In exchange, intern hosts will receive vegetables each week.

If interested, please contact Nicole at nsugerman@weaversway.coop or 203-858-1875.





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WWCP Wins Citizens Bank Champions in Action Award

by Mira Rabin, WWCP Board Member



photo courtesy of Citizens Bank

Gathered at Hope Garden for the check presentation are (left to right front) Deborah Khan, VP, Citizens Bank and Erica D. Atwood, Office the Mayor, and (left to right back) Elder Reginald Macon, Mt. Airy Church of God in Christ; Robert Harrison, Stenton Family Manor; (slightly in front of Mr. Harrison) Dennis Bianchi, President, NBC10; Dan Fitzpatrick, President & CEO, Citizens Bank; Mark Block, Philadelphia Media Network; Rachel Milenbach, Exec Director, Weavers Way Community Programs; (slight front) Jarma Frisby, Mt. Airy Community Services; (slight back) and Henri Moore, Director, Citizens Bank.

ON A dreary day in April, children from the Stenton Family Home gathered with Weavers Way Community Programs (WWCP) farm educator Kestrel Plump to start seedlings of tomatoes, peppers, and herbs, to be transplanted to their Hope Garden when the warmer weather arrives. WWCP executive director Rachel Milenbach had extended an invitation to WWCP board members to join in the planting session as a way to get their hands dirty with the day-to-day work of the organization, and several had come to help. Unbeknownst to either the children or the board members, they were about to be part of a televised, surprise announcement: WWCP was the proud recipient of the Citizens Bank Champion in Action Award in recognition of its “Outstanding Commitment to Food and Nutrition.” As the children and adults pushed seeds into seedling pots, a TV crew arrived with the award sponsors and a giant check. The children were thrilled to be on TV, and WWCP was thrilled to be recognized for its work.

WWCP will receive the following support from Citizens Bank, NBC 10, *The Philadelphia Inquirer*, *Philadelphia Daily News*, philly.com and Greater Philadelphia Cares:

- A contribution of \$25,000 in unrestricted funds from the Citizens Bank Foundation.
- Media coverage from NBC 10, including public service announcements.
- Advertising in *The Philadelphia Inquirer*, *Daily News*, and philly.com.
- Volunteer support from Citizens Bank, Greater Philadelphia Cares, NBC10, *The Philadelphia Inquirer*, *Philadelphia Daily News*, and philly.com.
- Public relations support.

Rachel plans to use the funds for ongoing support of the Hope Garden, the farm education program, and the Marketplace program. To see the award presentation on “The 10 Show,” go to <http://tinyurl.com/4y2orny>.

Marketplace Best Picture of the Month



Photo by Carly Chelder

Students from the Lingelbach School Marketplace Team Pose in the School Healthy Zone. From left to right: Brittany Price-Baxter, Nyah Johnson and James Thomas.

Marketplace Spotlight

C. W. Henry School Team

by Carly Chelder, Marketplace Coordinator

I AM pleased to announce our new and improved Henry Marketplace Team. Twelve amazing students from grades four through seven are the new members of the C. W. Henry Marketplace crew: Cynthia Hillyard, Bria Jones, Morgan French, Emma Linneman, Michelle Wright, Ngozi Nwokeukwu, Amasia Dupont, Shaquana Moore, Alex Adeshigbin, RB Fayall, Chris Carson, and Miles Roberts.

Congratulations to the chosen students! I’m looking forward to seeing them blossom as a team and work together to help provide the school community with affordable and healthy snacks.

Able advisor and third grade instructor Mrs. Rinda McGoldrick returns to help manage the team, and Parent Ombudsman Eden Kainer has also been instrumental in helping to form the team.

We will meet afterschool on select Tuesdays and Wednesdays, so the students can learn how to run a Marketplace sale and eventually have sales on select Wednesday directly afterschool. Although we are getting started late in the school year, I know we will coast through the operational lessons with ease and have at least two sales before the end of the school

year. By next fall, the team will be raring to go with sales from the start. Already students have shown interest in helping others and learning basic business skills as well as a curiosity about food issues.

I would like to extend a special note of appreciation to Norman Weiss and Karen Nightenhelser for their refrigerator donation to the school team. Also a big thanks to co-op staffers Carl Ermentrout and Ian Zolitor for making the refrigerator relocation possible.

A little history for those who do not know: Weavers Way Marketplace initially started as a partnership between Weavers Way and the Henry School. Retired educator Wendy Williard and co-op staffers Stephanie Johnson, Jean MacKenzie, and Margie Felton all helped to form Marketplace. Back then it was pickles, chocolate milk from Merrymead Farm, and cheesy-bread from Cacia’s Bakery in South Philly. Over the years much has changed, as the Marketplace Program is now managed by WWCP, the nonprofit arm of Weavers Way Co-op.

Good luck, team, and as Norman says, “May the force be with you.”

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In Praise of Paul Labess

by Jean MacKenzie, Mt. Airy Produce Manager

BACK IN 1971, my Mt. Airy household belonged to a produce buying club, staffed entirely by members. One of the jobs was going to the Philadelphia Regional Produce Market (PRPM—then known as the Food Distribution Center) at around 4:00 a.m., with Mort Brooks. It was difficult and tiring work, but I really loved doing this, and signed up for it once or twice a month for a whole year.

In November 1975, Weavers Way hired Paul Labess to buy our produce at PRPM. And from then until last December, that’s what Paul did. At 4:00 a.m. Three or four days per week. Fifty weeks per year. For 35 years. I’ll let you do the math.

Paul did a lot more than just buy the produce, though. For a lot of those years, Paul WAS the Produce Department: He decided what it made sense to have at Weavers, he looked for the combination of good quality and reasonable price, he changed the product line with the seasons. He sourced local produce before “locavore”

was an idea, much less a word.

If you have appreciated the quality and pricing of our conventional (nonorganic) produce over these many years, thank Paul Labess.

If you have relied on Weavers to have a dependable supply of basic produce, thank Paul Labess.

If you ever wondered how, during the financial crisis in 2002-2003, Weavers Way was able to buy produce uninterruptedly from vendors who questioned our ability to pay our bills, thank Paul Labess.

When I became the Produce Manager seven years ago, Paul made me look good in two important ways: First, he handled all the aspects of our conventional produce line—assessing inventory, predicting sales, buying produce, and setting prices—and did it well, which anchored about two-thirds of produce sales. Second, this allowed me to expand our organic line, start a dedicated local buying program, change the

way we display produce, and hire and train produce staff.

It became very expensive to have our own staff and our own truck go to the PRPM—Paul to buy the produce, and David Milson or Carl Ermentrout to pick it up and bring it to the store—and

in January we switched to buying all our conventional produce from Four Seasons, who deliver it to us from their headquarters in Ephrata, PA. Now I’m trying to do what Paul did so well for 35 years—assessing inventory, predicting sales, buy-



photo by Maya Sabin

Former longtime Weavers Way produce buyer Paul Labess (left) with former produce driver Dave Milson (center) and current driver Carl Ermentrout (right).

ing produce, and setting prices, for about 80 different produce items. Paul made it look easy, and I’m here to tell you it’s not. Are we more efficient, are we saving labor dollars? I don’t know. But I sure miss Paul Labess.

June in West Oak Lane

(continued from page 1)

making this a great destination for lunch or a snack!

A local vendor that we love to buy from is the Martin Luther King High School’s Seeds for Learning Program. In an effort to generate more support for the program, June 10 marks the opening of our new “Philly Flowering Arts” exhibit, which will run until September. The exhibit will feature paintings and photographs by Philadelphia artists from around the city, and 25% of all sales will be donated to Seeds for Learning, with the remainder going to the artist. This is the first installation of its kind in the shop. Please join us Friday, June 10 from 4 to 7 p.m. to begin what I hope will become a successful tradition to support local artists and community groups.

Saturday, June 11, we are lucky to have Nwenna Kai, the local goddess of raw foods, in our shop from 2 to 3 p.m. giving a demonstration about the benefits of raw foods and how easily eating naturally can change your life. Sample fresh made, nutrient-packed delicious vegetable juice, made from produce we sell here in the store. Please visit www.nwennakai.com for more information about our guest speaker. She is also the author of *The Goddess of Raw Foods*, an informative recipe book with bright and beautiful photos and delicious raw food recipes. During this

special event only, purchase a copy of her book at the reduced rate of \$14 each!

Of course June also means the return of the West Oak Lane Jazz Festival, and we will be vending outside the store on Saturday, June 18 and Sunday, June 19 from noon to 7 p.m., alongside one of my favorite local bakers, Jay of Jay’s Gouramaze. While out enjoying the sounds of the festival, don’t forget to stop by for a cold lemonade, fresh fruit, and one of Jay’s amazing cookies or funnel cake pies! (Yes, I said funnel cake pie. Seriously, if you haven’t tried his baked goodies, you are missing out!) A special menu including smoothies and wraps will be available inside the store. We will need the help of members from Monday, June 13 to Thursday, June 16 to prepare for the weekend, so please sign up for cooperator hours on our website! Volunteer shifts are also now available every week on the member calendar.

Starting June 21, stop by every Tuesday from 2 to 6 p.m. to shop at the outdoor Farmers Market, featuring vendors from Lancaster and MLK Seeds for Learning selling locally grown produce and other goods.

As you can see, the month of June is jam packed with exciting events...don’t miss out on the fun! Hope to see you soon!

Debt Payment

(continued from page 1)

Weavers Way to borrow to meet short-term cash requirements, thereby improving the Co-op’s financial liquidity.

“We sincerely appreciate the support of Valley Green Bank and its President, Jay Goldstein, throughout our expansion” said Glenn Bergman, General Manager of the Co-op. “The new loan package reduces our interest expense, gives us more time to repay our expansion debt, and makes the Co-op financially more secure.” Glenn also noted that the Co-op’s other lenders, the Philadelphia Industrial Development Corporation (PIDC) and The Reinvestment Fund (TRF), gave their required consent for the new loans. “The financial support of PIDC and TRF together with a Merchants Fund grant and Valley Green Bank’s loans have made possible our thriving and beautiful new store in Chestnut Hill.”

Following this refinancing, the Co-op’s debt totals \$4.6 million including \$0.7 million of Member Loans. The Co-op’s Member Equity, including Members’ contributions and retained earnings, totals \$2.4 million. The Co-op had \$0.6 million in cash in the bank following the refinancing. In December 2010 the Co-op negotiated an extension from 2015 until 2020 for its \$600,000 Chestnut Hill construction loan from Valley Green Bank and in January 2011 the Co-op paid in advance a \$250,000 recoverable grant from TRF.

Steven Garfinkel and Susan Beetle in the Co-op’s finance department noted that Kevin Rowley, Vice President at Valley Green Bank, “worked hard for us to prepare documents and secure the approvals from PIDC and TRF for this complex loan package.” Kevin has been the Co-op’s lending officer at Valley Green Bank throughout the expansion.

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What Are Board Members Thinking?

The WW Board Learns About Our Local Credit Unions

by David Woo, President, WW Board of Directors

In this column, David Woo shares his individual thoughts and ideas and is not speaking on behalf of the Board

THE COOPERATIVE movement isn't just limited to the grocery business here in North America; there are rural electric co-ops, worker co-ops, farmer co-ops, and financial co-ops, commonly known as, credit unions. The Weavers Way Board of Directors regularly spends time learning about the issues and matters that inform our decisions as we guide and direct our business. At our April meeting we listened to presentations by representatives from the Philadelphia Federal Credit Union (PFCU) and the Police and Fire Federal Credit Union (PFFCU) and learned about that sector of cooperative member owned-business.

Just like Weavers Way, these credit unions are owned by their membership, who have all the rights and responsibilities of any owner of a business; they have a say in how things are run with their operations existing in the interest of the owners, who are also their depositors and customers. Each depositor has a five-dollar share that remains in their account and conveys owner equity rights to vote and, if moved to action, a right to seek a seat on their board of directors. No outsized votes are allocated due to lopsided share ownership, where those with outsized wealth can control more of the business by virtue of the number of shares they can purchase. One member, one vote.

We learned that credit unions have a very small slice of the savings deposits in the United States—only about two

percent—but that still represents billions of dollars. That the regulatory environment has slightly different rules for credit unions versus commercial banks in that the field of membership is restricted, unlike a food cooperative, is unfortunate. Their eligibility requirements, or field of membership, are limited, and determined by the kind of group they are chartered to serve. Note that Weavers Way members are eligible to join the PFFCU, as our own credit union has over the years been acquired by PFFCU. If one lives within the city limits of Philadelphia, then you are in the field of membership allowed to join the PFCU.

With \$3.8 billion in assets and 170,000 members, PFFCU is the largest credit union in our region. PFCU holds \$585 million in assets and has 100,000 local members. The credit union segment is small when compared to the national bank holdings, but the local impact of a dollar deposit is so much greater when left with a local credit union.

The commercial bank lobby has something to do with regulations limiting the scope and ability of the credit union sector to compete. This may have contributed to our general population's lack of exposure to credit unions as an alternative financial retailer to the big national banks. Credit unions are not under profit pressure to produce wealth for a small group of owners, but instead to serve their membership, which usually results in higher

deposit rates on savings and lower interest rate on loans.

We also learned that the membership of many credit unions had elected leaders who responded to the fiscally responsible mandates of their membership and did not make any of those subprime loans that lead to our recent national financial meltdown. Fewer credit unions were caught up in that national story because of their management responsiveness to their members' steady call for responsibility.

As the FDIC regulates banks, credit unions are regulated by the National Credit Union Administration (NCUA) with virtually the same national insurance protections as commercial banks. So, with regulatory protection similar to commercial banks, better rates, and a more responsive leadership, why haven't credit unions grown alongside commercial banks? Ask yourself, where would your deposits do more for your local community, at a credit union you are eligible to join or at one of the national banks?

Each cooperative organization typically represents a better deal for the people who participate as owners and consumers at the retail level in many business sectors. Isn't that one reason you are an owner of Weavers Way? Shouldn't you consider strengthening and growing your local credit union as a hedge against some of the national banking entities and their excesses?

Strawberries

(continued from page 2)

able farms is a way to avoid high levels of residual pesticides. In addition to health considerations, strawberries grown locally are bred for flavor over transportability and can be picked riper, and therefore will taste exponentially better.

Due to their acute weather sensitivity, the right combination of rain and sun can result in spectacular bumper crops of strawberries. In the event of such conditions, be on the lookout for Weavers Way Co-op to feature special sale pricing on local strawberries. Preserve now and thank yourself later! During bumper crops of strawberries and strawberry season in general are perfect times to round up some mason jars and clear out space in your freezer. Strawberries preserve remarkably well and with the extreme disparity in quality between local, seasonal berries and those sold in the winter, the effort is well worth it.

In addition to jams and preserves, strawberries have many other culinary uses. They can be made into pies, breads, muffins, salads, smoothies, and even soups. Let's not forget the classic pairing of strawberries with rhubarb. Rhubarb season runs concurrently with strawberry season, so be sure to grab a few stalks to take home with your flat of berries.

A majority of the local strawberries sold at Weavers Way Co-op come from two places: Sunrise Produce and Sunny Harvest out of Lancaster County. Both are a collections of growers committed to sustainable farming practices. We have been working with them for the past few years and are consistently delighted with the quality of their strawberries.

Strawberry season is short (late May through June) and only comes once a year, so be sure to enjoy it while it lasts!

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Manager's Corner

Member Committees are Important!

by Glenn Bergman, Weavers Way General Manager

YOU MIGHT ask, as a new or longterm member, “Why does Weavers Way have a farm program?” or “How is it possible for Weavers Way to have donated over \$100,000 in community grants over the years?” or “What is this Marketplace program in the public schools and how did it get started?” or “Who is behind the classes that are held by members?” These and many other programs that Weavers Way has undertaken are directly due to the volunteer committees set up by our bylaws years ago.

Under the bylaws, Article VII, Weavers Way has for many years had listed standing committees of the Co-op. These committees were established “to provide a means for Weavers Way members to participate directly in furthering our co-op’s mission.” The Board is the member’s representative body, empowered by the bylaws and governing through Board policies. The committees are the nonelected entities that either report directly to the Board (Leadership and Finance) or to the General Manager, and they help to make the Co-op an important community entity.

The Community Partnership Recycling Program that was run by Weavers Way’s Environment Committee not only diverted many tons of waste from the landfill, but also brought in over a

\$100,000 that was given back to the community in the form of grants for community gardens, composting programs (i.e., Springside School cafeteria composting program received a grant from Weavers Way), and more. It also filled a void in the City’s recycling program.

Last year the Farm Committee (currently in need of a committee chair if you are interested) held one of the most successful events that I have seen in my eight years at the Co-op. The Farm Festival brought over 800 people out to the farm from a variety of neighborhoods for a day of fun, education, music, food, and hay rides. This was a volunteer effort between Weavers Way, Weavers Way Community Programs, Awbury, and other community organizations.

So, if you are wondering, “why work/volunteer at the Co-op?” I can tell you that if you are not interested in the discount that is given for the volunteer work (five-percent working member discount) then just do it for the community spirit. For more information on Weavers Way Committees, check out the website or contact Anne (ext. 118, outreach@weaversway.coop) or Kirsten (ext. 119, membership@weaversway.coop), or email me at gbergman@weaversway.coop.

Triple Bottom Line at the Co-op

by Glenn Bergman, Weavers Way General Manager

I WAS discussing the Co-op’s overall mission and the concept of the “triple bottom line” (TBL) to a group of graduate business school students one night and found that out of about 25 students only two had heard of the concept. Then at a staff orientation a few weeks later, I also mentioned the TBL; again no one had heard of this concept. I realized that I have not done an adequate job of getting out our message about our Mission and how we run our business following a TBL philosophy.

What does TBL mean and how is it different from many other businesses? The following is a brief definition and then some examples of how the Co-op board and management look at your business.

1. The first and most important bottom line is the financial. We have to be a financially sustainable business. As a co-op we are organized as a sub chapter T corporation—that is a “not for profit” business, but not a “nonprofit.” It is important that we make a reasonable profit and increase our cash position so we can meet our obligations. That makes sense and we all understand this concept as being true for all businesses. Our Board and Finance Committee keeps a close eye on the bottom line on a quarterly basis. Management reports to this committee and the Board through a management report, and yearly the Board conducts a financial audit.

2. The second bottom line is to take care of the people who work at the co-op. As one member told me years ago, “Take care of the people who take care of us!” What does that mean? How much can we “take care of” and still be competitive in our industry? I know that our most important asset is our team at the Co-op that serves customers every day. Any wise business owner or manager knows that is fundamentally the success of any business. That is why the Co-op provides a


starting wage of \$10 a hour for all staff full- and part-time who are on the schedule. That is also why the Co-op has a full time human resources director on staff who helps direct our benefit programs: health insurance, dental, 401K, sick time, vacation, paid holidays, and more. Staff receive an orientation with the HR manager about their benefits and how to apply. We do not hide or try and stop staff from receiving their benefits; we encourage all staff to have some form of health and dental insurance. New staff that have come from the “conventional” food retail world tell me that they were either never offered benefits, or they never became eligible for benefits.

If you wonder why we charge what we do on our products, it is not because we are trying to make a large profit, but we are dealing with small suppliers who are local, and we are paying your staff at least a living wage with benefits.

3. The third bottom line is the community. Most small and large businesses that are progressive know that they must be part of their community. It is how that relationship is handled that is most important. At Weavers Way, our community is not only the Northwest community that we volunteer and give back to in many ways, but also the global community. When we purchase Fair Trade products we do this because our mission is to improve the community and environment. It might be banana cooperatives or coffee cooperatives that provide better and safer working and living conditions for the workers in Central America. It is not due to the price, though at times the price is lower (coffee and bulk teas especially). When we bring in Fair Trade bananas instead of “conventional” heavily sprayed commodity fruit, we know that the price is higher by 20-30 cents a pound, but we know that this is the desire of our members. If our members wanted conventional product, they would tell us.


(continued on page 10)

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Food Pantries, Not Landfills: Gleaning and Food Recovery

Reviewing Jonathan Bloom's *American Wasteland*, Part II

by Betsy Teutsch

OKAY, WE Americans toss lots of food. Why is this a big deal? Jonathan Bloom's thorough description of the issue, from field to landfill, in *American Wasteland* lays out a case that food waste is idiotic, avoidable, and squanders an astounding amount of resources, not just the food itself. Last month I outlined some of the factors that result in wasted food; this column will explore efforts to capture good food on its way to the dumpster and redistribute it.

Perhaps the most shocking statistic in the book is that 97 percent of food waste winds up in landfill. This includes food from field sites, distribution venues (supermarkets, but NOT Weavers Way!), restaurants, public events, and homes. End-user leftovers are the end of the line, of course. A huge amount of crops and prepared foods that never reach a final consumer can be rescued. The classic practice of gleaning goes back to biblical times. The book of Ruth vividly describes the system of the poor collecting what was left after the fields were harvested; by biblical mandate, the corners of the fields are left for the poor to harvest, as well.

The problem with gleaning of our modern American unharvested fields is their distance from hungry, poor populations and their monoculture nature. Even rural poor would be hard-pressed to make good use of 40 acres of oversized sugar beets, an example in Bloom's book. The Society of St. Andrew was founded in 1979 to address this problem—read more about them at www.endhunger.org. While their work has expanded to food recovery all along the production chain, they still gather volunteer crews to harvest the season's leftovers, or even whole fields, if market forces have made it unprofitable for a farmer to pay for harvesting.

The United States has an extensive system of food recovery, from harvest through end points like restaurants and supermarkets. Typically a manufacturer contacts a food recovery group, or maintains an ongoing relationship with them, and defective packaging, damaged pallets, and the like are picked up and warehoused, eventually going to food pantries, food distribution programs at senior centers and homeless shelters, and soup kitchens. It is a complicated enterprise, since supply and demand are often not in synch. In our cheap, high-carb food production system, there are lots more empty calories to be had than nourishing, healthy protein or perishable produce, for example. Funding is an obvious challenge for all such programs, since even with volunteer labor and donated food, they require enormous overhead.

In the Philadelphia region, Philabundance has specialized in large quantity pick-up and delivery, housing the food in two area warehouses. Their Share the Harvest program invites home gardeners to share their surplus (zucchini?) by dropping it off at their designated sites. While most is directly donated, a portion of the produce is utilized in Philabundance's Community Kitchen (PCK) program, which trains low-income adults for jobs in the food-service industry. The students prepare meals, which are provided to children and families in emergency shelters in Philadelphia. The local drop-off site is Laurel Hill Gardens, 8125 Germantown Avenue, on Saturday mornings from 10-12, July 9 through September 24.

What about end-use food, the leftovers from events and parties, power outages, or other single time food surpluses? Philabundance doesn't handle these types of individual requests anymore, but Weav-



photo by Jonathan Bloom

Corn gleaned from a field in Franklin County, NC.

ers Way Chestnut Hill food recovery ace, Kim Spellman-Hall, put me in touch with Mr. Carl Boyd, a fellow hero in our local war against food waste. A member of the St. Vincent's team in Germantown, Mr. Boyd spends much of his time shuttling around the Northwest picking up edible food to be redistributed through St. Vincent's soup kitchen, shelters, and senior centers.

Mr. Boyd bemoans that despite frequent offers to pick up the food, virtually none of the Northwest's grocery stores donate their unsold product, including rotisserie chickens—they trash it all, despite the Emerson Good Samaritan Food Do-

nation Act, which removes donor liability questions. A shining local exception is our own Weavers Way, which has a zero waste policy and gives Mr. Boyd a call when there is leftover prepared food that cannot be sold. If you have leftover food to donate, call Mr. Boyd at 302-359-0662. Just be sure it is appropriately wrapped.

Check out Bloom's site, wastedfood.com, for a more in depth look at this whole issue. Of course, the ideal is to waste less at every step of the food chain, the focus of next month's Part III column.

Betsy blogs at MoneyChangesThings.blogspot.com



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Marking Territory in Mt Airy

by Jamie Rosenthal

OUR Mt. Airy Café Society has its perks. You can walk into the High Point for a scone and latte and find contemporary art. Recently, I was surprised to find the work of artist Don Martiny, a recent transplant to our fair city. This unassuming shallow, relief sculpture takes on an old precept of expressionist painting directly, where the brush mark was key. This led to fallout with proto-pop artists like Jasper Johns and Robert Rauschenberg, who played with mixing the (mock) expressionist paint-mode with Duchampian found objects, especially after drip specialist kingpin Jackson Pollock’s death in 1956.

In the late ‘50s, there was a battle between the formalists, guys who wielded brushes, and those who approached art philosophically. Marks by painters were full of “aura,” each physical gesture an icon. DeKooning is the best example. By the early ‘60s, the battle had moved on to pop artists, proper; Lichtenstein played with “demystifying,” the mark, dismissing evidence of genius at every stroke, his brushmark, a signature blown-up cartoon with benday dots. It’s a chestnut. Next, see Warhol, Oldenburg and Rosenquist.

Contemplating the small works versus the larger ones, made with brooms, it occurs that these might have easily become fully sculptural and made their way

out into Carpenters Lane. Martiny’s work comes off lively, a little cold, a strange anomaly. This means they may be too successful, possible somewhat rigid in concept. Would the addition of some uncontrolled element add spice? Say, modulated color derived from the action of mixing. Their investigation stops somewhere at local color. When is a single color used in art? For flat abstraction, oddly enough! Hard-core Expressionists worth their salt mixed paint on their forearms. Francis Bacon had to give it up for health reasons.

Nowadays, there are multiple approaches where the emotive mark-making is assumed to be banal, an almost antique notion, or, at least, ironic. That was very Nineties, that neo-abstraction, and so dull, a nonemotive intention and execution. Mr. Martiny does not go there, but his works beg the question renewed, out loud. Why is a human mark still viable? Why is it possible for it to remain something much more, something more than insipid digital reproduction? Here lies the rub. Martiny’s bright work retains a formal beauty of modernity, even an updated singularity of concept-based work. These issues are still pertinent and I don’t care if they work thematically at the High Point. Here, Mr. Martiny definitely leaves his mark.

Triple Bottom Line

(continued from page 8)

Our community also means our local environment. When we remove fluorescent bulbs from the Mt. Airy store, we do not simply dispose of them in the trash, we (Steve Hebden) package them up and send them back for proper disposal. This is not a major expense, but it is an expense of recycling and labor to send them back and to reduce the mercury in our landfills. When we replaced toilets three or four years ago we didn’t just get regular toilets, we spent twice as much to get low-flow, state-of-the-art toilets. When we built the Chestnut Hill store, we heard that the City was asking for ways to treat runoff water, so we spent thousands to plan and build a water retention system underground to replenish the aquifer and divert runoff from Philadelphia’s over-taxed sewer system.

Our commitment to local purchasing and to organic product lines is not simply because it is the “in” thing to do (which it was not for many years), but because of our concern for our environment and community. Purchasing local products keeps money in our local economy, lowers our carbon footprint (we hope), and reduces the amount of chemicals in our bodies, our water, and our overall environment. In 2005, we moved from one dairy, which had been purchased by Dean Inc., and could not provide growth hormone-free products, to Merrymead Dairy. Our purchases went from \$2,000 a week to over \$4,000 week directly to the farmer and not through a multinational corporation. This \$200,000 yearly purchase goes back into our community in many ways. Yes, we could purchase “commodity milk” for almost half the price, but that would harm

our farmers and our local economy, and would deny our member owners the hormone free products they want.

The Co-op purchases almost 100 percent renewable energy now. This costs more, but it also reduces the amount of coal used in generating energy and our dependence on oil, again reducing our carbon footprint a little more.


I could go on, as many people know, but the community of owners, shoppers, and local officials need to know that Weavers Way stands for more than just the financial bottom line. We work to provide you with a market fair product that is delivered by staff that are paid a fair wage and can support themselves. We also maintain a volunteer work program that goes a long way in bringing together the worker and shopper as one. The friendships that are made at the Co-op are not just made in the aisles, but while people are volunteering with a staff member or working on a committee project or at the farms. These relationships build community through a triple bottom line philosophy that is complicated and yet simple to understand. It is what we ethically know is the right way to live and what we often hear from our religious, community, and government leaders.

So please remember, when you price our product line against a Walmart, Target, ACME, or other local supplier, keep in mind the other costs we have to also stay true to our overall mission. I welcome any comments at gbergman@weaversway.coop.


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Wash & Cut Food Containers to Avoid Hurting and Killing Animals

by Brenda Malinics

I RECENTLY received an article from someone who found humor in the reporting of a skunk who was wandering in traffic struggling to remove a peanut butter jar that was stuck around its neck. I was horrified because I've seen almost every type of animal—wild and domestic—become trapped in human trash. Some die from wounds, starvation, inability to see; some are lucky enough to be rescued.

An animal won't stick its head into a container unless it is hungry or the smell of the food is a favorite. Along with individual-size yogurt containers, the worst offender of all containers is peanut butter. It seems that most wild animals have a craving for peanut butter and most peanut butter jars are plastic and unforgiving when an animals' head gets pushed deep inside as the animal licks the sides and works his way to the bottom of the jar. To prevent a horrible incident from occurring, all one needs to do is thoroughly wash the container (not just rinse) and cut the sides of the container in at least four areas to open the grip of the container. When a jar is stuck on an animal's head, it often cannot even get its paw under the edge for leverage to remove it.

I've seen kittens with half their bodies pushed into soup cans; dogs and cats

with heads in metal food cans (the rough edges can inflict some pretty nasty cuts into the neck and shoulders); ducks, gulls, and geese with beaks and heads caught in plastic "six pack" holders; chipmunks and squirrels stuck in Yoplait containers (which are the worst of the worst among yogurt containers), and even a bear with its head wedged inside a plastic pail.

No can or plastic container should go to the curb without being thoroughly washed in soap and water and cut apart. I even wash the lids of cat food containers because I've seen cats that have cut their tongues licking the sharp edges of lids. Getting into the habit of washing food containers will not only prevent animals from rummaging through your garbage, but it will cut down on nasty smells and the presence of flies and bugs in the summer.

And while we are on the topic of cleaning... now is the time to get rid of any nests in your bird houses from last winter and to give all your bird baths and feeders a good wash and disinfectant (one part bleach to nine parts water). You'll be happy you did, and so will your critters.

Leather Fiction

by Peter Kuklinski

LEATHER HAS been used since the dawn of humanity. As in these early times, hides today remain by-products of animals raised primarily for meat, dairy, and wool. This places leather as perhaps the world's greatest by-product.

Leather is inherently natural; however, the process of producing leather is anything but natural. The vast majority of leather utilizes chrome, a carcinogen, in its tanning. Vast quantities of water and various chemicals are used in de-hairing and tanning. For these reasons, tanneries have historically been regarded as among the top polluters and with stricter EPA regulations today, there remain relatively few tanneries in the United States.

Despite advances in technology, high demand for inexpensive leather perpetuates outmoded production methods that continue to pollute. Additionally, production of related consumer products production, such as shoes, clothing, accessories, and furniture, takes place in developing nations where environmental regulations are lax and the local governments encourage export productivity over environmental responsibility.

Because leather has achieved a near commodity status, there are great swings in its quality with most leather achieving low marks for naturalness and environmental stewardship. Most leather is modified to look perfect and is coated with polyurethane. This protected and uniform surface makes leather appear flawless and offers a more serviceable surface. Some leather products contain as much synthetic product as they contain leather itself. Also, why can sitting on a leather seat leave one chilly? It is because your skin is touching polyurethane and not a breathable natural surface. Such coatings further act as a seal, thus the leather can be heralded as environmentally friendly because it passes air quality codes. Indoor air quality is only one aspect of a product's environmental impact. What is not often recognized is that almost all leather is not responsibly biodegradable.

Alternatively, there are natural surface leathers that are not "corrected" and reveal the natural life of the animal upon the hide via the natural marks—scars, stretch marks, and insect bites. Many of these same natural surface leathers are vegetable tanned, some without the use of chrome. A limited range of natural colors can even be vegetable dyed (without the use of commercial dyes, rather utilizing vegetable extracts). Vegetable-tanned, chrome-free leathers offer authentic character and a warm touch with a pleasant aroma while providing greater comfort and even relief to some allergy sensitivities. The production of such leather, with strong environmental practices, uses less water and the effluent water is returned safely to the environment.

Natural-surface or "naked" leathers may be more challenging to source and can carry higher costs, but do offer the enjoyable bounty of natural quality.

Meanwhile, a plethora of "pleather" and "leatherette" alternatives also exist—usually polyurethane and vinyl-based products that have a place in high-performance environments such as hospitals and cafeterias, but also harbor negative environmental consequences, especially in disposal.

My point is that leather is beautiful and appreciating it from a nonfiction perspective is the healthy approach.

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The Neighborhood Gardener

The June Garden

by Mark Goodman

IT'S JUNE, and that means graduations, Father's Day, the Summer Solstice, and more bugs and weeds. Yes, just like us, bugs and weeds enjoy the warmer weather, and they also like to hang out in the garden. Here are some organic solutions for pesky weeds and insects.

First, weeds. Remember that one person's weed (lesser celandine, star-of-Bethlehem, violets) is someone else's wildflower. One way to control weeds is to make sure that they don't go to seed. This is particularly true of dandelions and wild mustard, both yellow and white flowering. By cutting off the flowers, even if you don't uproot the whole plant right away, you can keep the weed population down for next year.

For hard to reach places, such as sidewalk cracks or crevices next to fence posts, try bleach, rock salt, or vinegar. If you use vinegar, get the heavier strength kind, available at garden centers, which contains 8, 10, and even 12 percent acidity compared to table vinegar, which is about six percent.

Landscape fabrics work, especially if you weed first and then apply the fabric so that mature weeds don't sneak through seams. Then cover with soil or/and mulch. Note that very thin tipped weeds such as onion grass and star-of Bethlehem, can send shoots through some landscape fabrics, although the thicker flower bud of star-of-Bethlehem is doomed to remain below the fabric. Remember that mulch

is an organic substance in which weeds can germinate, so if weed seeds are blowing through the neighborhood, some will probably germinate in your mulched bed. But at least your weed problem is now controllable.

Now for the bugs. We all know that slugs like beer and will drown in it. The key is in how you serve it. The best method I've seen is to take a 2-liter plastic bottle and cut the top part just above the shoulder so that you now have 2 pieces, one that resembles a vase, and one that looks like a funnel. Put the funnel's smaller end into the vase, pour in some beer, and lay the whole contraption on its side. The slugs will crawl in, plop into the beer, and never escape. You can then throw out the dead slugs or recycle the whole mess each week.

For ants that crawl up a tree close to your house and then into your house near where the branches touch the walls or windows, try the sticky product known

as Tanglefoot, or similar products. They contain castor bean paste, and when applied in a 1-foot band around the trunk's circumference, ants will literally stop in their tracks.

Tanglefoot also works for tent caterpillars which, after they hatch in their webby tents high in the trees, fall to the ground and then crawl back up the trunk to eagerly gorge on the tree leaves. You can prevent defoliation by using these sticky products, which won't hurt the tree.

For other organic solutions to insect pests, consult *The Organic Gardener's Handbook of Natural Insect and Disease Control*, edited by Barbara W. Ellis and Fern Marshall Bradley. Their book is published by Rodale Press, pioneers in the organic gardening movement.

Here are some other books of interest to gardeners. For those of us with a love/hate relationship with weeds, an informative, well-organized book with excellent photographs is *Weeds of the Northeast*, by Richard H Uva, Joseph C. Neal, and Joseph M. DiTomaso. This is a superb guide for the serious botanist and more casual weed enthusiast. The plants in this book are indigenous as well as nonnative.

Urban gardeners will enjoy *Wild Plants of the Northeast: A Field Guide*, by Peter Del Tredici. This is a wonderful identification and reference book, primarily because for each plant there are multiple photographs—as many as six—of different aspects of the plant at different times of the year.

Invasive Plants: A Guide to Identification, Impacts, and Control of Common North American Species, by Sylvan Ramsey Kaufman and Wallace Kaufman, is a bonanza of information on invasive plants. The discussion of each plant includes the Latin and common names, identifying physical characteristics (with photographs), habitat and range, how it came to North America, what it does to the ecosystem, and management of the plant.

Finally, *100 Easy-To-Grow Native Plants for American Gardeners in Temperate Zones*, by Lorraine Johnson with photographs by Andrew Leyerle, has excellent reference charts on plants for specific conditions, such as Northeast regions, woodland habitat, deep shade, dry or wet soil, etc.

These books can all be read a few pages at a time, and would be great to take on trips, to read by the pool, or to look at while sitting in your garden.

For more information on organic weed and insect control, contact the Neighborhood Gardener at earthcraft@comcast.net.

Note: You can still plant your hot weather vegetables (plants, not seeds)—tomatoes, peppers, eggplants, zucchini—and get a bountiful harvest.



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Moonlight & Roses at Morris Arboretum Rose Garden

by Susan Crane

FOR A truly enchanted evening at Morris Arboretum, mark your calendar for Friday, June 10, 2011, at 6 p.m. for the 30th year of Moonlight & Roses, a gala evening fundraiser in Morris Arboretum's celebrated Rose Garden. The Moonlight & Roses gala starts with cocktails and an expanded hors d'oeuvres buffet for guests in the renowned Rose Garden, followed by dinner and dancing under the signature Moonlight & Roses clear-top tent.

To highlight Moonlight & Roses' 30-year milestone and celebrate the rich history of the Arboretum, this year's theme and décor will incorporate historical elements of the gardens, direct from the Morris Arboretum archives. Funds raised through the 2011 Moonlight & Roses gala will support two purposes: annual operations and the Historic Preservation Fund. The Historic Preservation Fund is used to maintain and preserve all aspects of Morris Arboretum's 167 acres of precious historic landscape, including the buildings, unique garden architecture, and elegant fountains and water features.

This year's Moonlight & Roses honorees are longtime Arboretum friends Elizabeth and John Shober. John is a current member of the Advisory Board of Managers and serves on several committees, including the Development and Finance committees. He also serves as Co-Chair of Always Growing—the Campaign for Morris Arboretum. Elizabeth is a member of the Directors' Guild. John and Elizabeth are also members of the Lydia Morris Legacy Society, having created several annuities to benefit the Historic Preservation Endowment, a particular concern of theirs. Alice Bullitt and Paige Yager are this year's Moonlight & Roses co-chairs

and they are working very hard with their committee to ensure that this event will be a spectacular celebration.

Reservations are required and space is very limited. Opportunities are also available to sponsor a table(s). For more information or to request an invitation, please contact Miriam Pinsker at (215) 247-5777, ext 281, or mpinsker@upenn.edu.

The Morris Arboretum of the University of Pennsylvania is located at 100 East Northwestern Avenue in the Chestnut Hill section of Philadelphia. The 92-acre horticulture display garden features a spectacular collection of mature trees in a beautiful and colorful landscape. The Arboretum includes numerous picturesque spots such as a formal rose garden, historic water features, a swan pond, and the only fernery in North America. A new permanent nationally award winning exhibit, Out on a Limb—a Tree Adventure adds to Morris Arboretum's allure by transporting visitors 50 feet up into the treetops on a canopy walk that requires no climbing. Out on a Limb was awarded the prestigious Excellence in Exhibition Design by the American Association of Museums and a Gold Medal for Design Excellence from the American Institute of Architects. The Morris Arboretum's new Horticulture Center Complex has received Platinum Level LEED® Certification, the highest sustainability rating of the U.S. Green Building Council. The Morris Arboretum is listed on the National Register of Historic Places and is the official arboretum of the Commonwealth of Pennsylvania. For more information, visit www.morrisarboretum.org.

Shopping at Farmers' Markets?

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Farmers should be able to explain to you in some detail their own growing methods. Is the produce you are buying chemical-free? Low spray? Conventional? Organic? IPM? It shouldn't be a secret, and the seller should be able to fill you in.





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~ George Monbiot of Guardian

WHEN I talk about “tar sands,” no one knows what I’m talking about, although one third of our oil imports come from this source in Canada. Canadians themselves import their oil from the Middle East. We from the U.S. guzzle gasoline, not having any idea from where it comes. I wonder if we would be more cautious if we knew the destruction necessary to supply us with each gallon.

Canada is displacing more than a million tons of boreal forest from tar sands in Alberta EVERY day to obtain bitumen that is turned into oil for our gasoline. As with gas drilling, the earth must be desecrated to reach the fuel. A tar sands project typically cuts 200,000 trees, digs up three square miles of land, drains wetlands and uses the earth to build walls for the waste. Tar mines will eventually obliterate 1,350 square miles of trees. Often steam is used to extract the oil, making the process very water- and gas-intensive, using three times the energy needed for regular oil. Bitumen mining is industrializing a forest the size of Florida, wiping out the caribou, moose, bear, and fish on two to three million acres.

According to the U.S. Department of Energy, water is a diminishing resource. Yet, tar sands mining, like gas drilling, uses enormous amounts of water, three barrels of water for each barrel of bitumen. That is equivalent to the water use yearly by a city of two million people.

A century ago, all water in Alberta was drinkable; now it must be treated. This is happening in the Mackenzie water basin, the third largest in the world after the Amazon and Mississippi, which represents one fifth of Canada's water supply. Statistics in 2007 said 23 percent of Canada's waterways cannot sustain life.

Tar sands use 76 percent of water allocations on the Athabasca River, which feeds the Mackenzie Basin. No one knows if there's enough water left for the fish. The Athabasca River is Alberta's future source of water and it's drying.

Both in Canada and the US, those states with most drilling also have the most critical water shortages. Not only do mining and drilling use hundreds of millions of gallons of water, but also when you take a barrel of oil from the ground, it will be replaced by a barrel of water from someplace else.

Each barrel of bitumen produces 1.3 or more barrels of toxic waste. Some of this waste is dumped into the Athabasca River. Residents say ponds are leaking into the Athabasca at the rate of 18 gallons a second. Some say the area will eventually become a barren wasteland.

As occurs with gas drilling in PA, much of the waste is held in huge toxic ponds which often leak into nearby groundwater. There are 23 square miles of leaking ponds along the Athabasca River, which can be seen from space. Within a decade the toxic pond will cover 85 square miles. Locals say the stench is unbearable.

In 2002, fisherman brought 200 deformed fish from the river to be studied. Officials let the fish rot so never studied them.

Syncrude, Canada's largest oil producer, dumps 500,000 tons of tailings, or waste, every day into their tailings dam, which stretches for 14 miles and holds 14 billion cubic feet of toxic liquid. These dams have weak foundations and could easily collapse. Every year, ponds swallow thousands of ducks, geese, deer, and moose. Ponds are in migratory territory, so in spring of 2008, 500 ducks landed on Syncrude's toxic pond and died. The company kept it quiet until a whistleblower reported it.

Synchrude also pollutes the air. In 2004 they were ranked as Canada's fourth largest air polluter, spewing 219,054,364 pounds of toxic air.

The biggest risk is from accidental breaks in toxic ponds, as from earthquakes, which could have a catastrophic effect on aquatic life. In 2000 a tailing pond broke in Romania after a heavy rain, releasing enough cyanide to kill 1 billion people. Drinking water for 23 municipalities were shut down. The 150 km toxic tide traveled 1950 km through many countries, devastating 1,000 km of aquatic life and killing 1,240 tons of fish.

If any of the tar sands ponds would breach, it would be 3,000 times worse than the Valdez spill in 1989, where clean-up is still happening.

Seepage is a constant problem though the industry has yet to find any safe solutions.

After bitumen is mined, it must be upgraded to remove impurities, a process that produces two to three times the amount of nitrogen dioxide (creates smog), sulfur dioxide (acid rain), volatile organic compounds (creates ozone), and particulate matter (causes lung and heart problems) than refining of conventional oil. The highest levels of methane are downwind from a Shell upgrader, and the styrene levels are four times that of Mexico City, a heavily polluted city. It causes

(continued on page 16)

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Tar Sands

(continued from page 15)

“out of control air pollution.” Yet, in Wisconsin Murphy Oil proposed an expansion of their refinery for bitumen on Lake Superior, which would consume five million gallons of water a day from the lake and destroy 400 acres of wetland, not to speak of the air pollution.

Tar sands projects anywhere contribute to greater economic vulnerability, water shortages, fewer wetlands, more forest fires, more beetle epidemics, more human diseases, and unpredictable weather as more CO2 and methane increase global warming which, in turn, cause heat waves and coastal storms. Many tar sands projects emit a megaton of CO2 every year. And the destruction of trees cause the release of more carbon as the boreal forests sequester twice as much carbon as tropical forests.

Human Costs:

In 1974, the term “Gillette Syndrome” was coined to describe the social cost of coal mining in Gillette, Wyoming. Originally a bucolic town, a boom in power production caused depression, divorce and alcohol abuse. The same syndrome is occurring in Alberta where divorce, spousal abuse, and dropout rates are the high-

est in Canada.

The “Gillette Syndrome” also describes the aftermath of transient workers who come to make a killing and then leave, with no investment in the area. In 2004 40 percent of tar sands workers tested positive for cocaine or marijuana on job applications or post-accident tests. Some contractors admit they would lose half their workers if they did drug testing.

Traffic, crime, and noise also increase. Rents are high. Cancer rates are high, as are suicides. There is more of a drain on local health systems; yet there is little investment into the community from any profits.

Personally, I have seen this Syndrome take place in upstate Pennsylvania where most workers are transient. Crime rates have risen along with rents. Local roads are being ruined by heavy trucks hauling water or waste, while local communities are left with the cost of repair.

Part II in this two part series will run in the July issue of the Shuttle

Cuisine, Culture and Community: Bringing It All Back Home

by Aliza Green, Les Dames d’Escoffier of Philadelphia Chapter President

On Saturday, June 11, 2011, from 8 a.m. to 5:30 p.m., Les Dames d’Escoffier of Philadelphia will present a dynamic one-day educational event highlighting local food, wine, and spirits in the Delaware Valley, open to everyone who wants to learn more from an array of lively experts.

This unique event will feature workshops, panel discussions, demonstrations, hands-on classes, and tastings. Highlights include: a keynote talk by Judy Wicks, international leader in the local living economies movement; a talk by William Woys Weaver (Culinary Ephemera); a cooking class with renowned chef/restaurateur Susanna Foo; and a talk and tasting by Stephen Fried (Appetite for America).

The event will take place at The Restaurant School at Walnut Hill College, 4207 Walnut St., in Philadelphia. Reg-

istration is \$85, and includes breakfast, lunch, and dessert provided by Dame restaurateurs and caterers; choice of four sessions, and a reception (limited to 100 attendees). Attendees will meet farmers, bakers, chefs, and artisan food producers, and taste international and local sheep’s milk cheeses, locally-distilled spirits, and baked goods made by Dame pastry chefs and bakers. There will also be panels, cooking demos, and more.

Les Dames d’Escoffier International is a worldwide, invitation-only, philanthropic society of professional women leaders in the fields of food, fine beverage, and hospitality in 28 chapters across the United States, Canada, and Europe. We are a 501(c)3 nonprofit organization and contributions are tax deductible according to U.S. tax law. For more information, visit www.lesdamesphiladelphia.com.

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Green Experts Help Students at Sustainable Cities Summit

by Sarah Crofts, Wissahickon Charter School Volunteer

IN EARLY April, Wissahickon Charter School (WCS) hosted its inaugural Sustainable Cities Summit, which was a huge success. The idea for the summit rose out of a seventh and eighth grade project, co-taught by science teacher Mike Friedman and social studies teacher Jon Scherer. Mike and Jon charged teams of students with designing a sustainable city. Mike and Jon thought that the students would benefit from getting some real feedback from professionals whose work directly connects to the sustainability of Philadelphia.

On the day of the summit, 15 professional guests—all of whom work to make Philadelphia more “green”—converged on WCS. Among them were architects, urban farmers, business owners, a transportation engineer, directors of community development organizations, and marketing professionals in the green roof and green home industries. Not only did the students receive excellent feedback on their projects, but they also got exposure to a huge array of potential careers they might consider pursuing.

The Summit began with a keynote address by Mayor Michael Nutter, who described his administration efforts to make Philadelphia the greenest city in the country. He also commended the students for wrestling with these important issues at a young age and encouraged them to keep working hard in school. During the guest introductions, Ken Weinstein, owner of

the Trolley Car Diner, received enthusiastic applause from all of the students, which was no surprise since most of the 86 students had at some time enjoyed the delicious food, drinks, and ice cream at his restaurant. David Kinsey, Director of Community Affairs at RecycleBank, asked students to raise their hand if they recycled and everyone’s hand went up.

As the expert guests met with small groups of students, they challenged them with insightful questions and also acknowledged the creative ideas the students showed in their designs. One group of students had designed a “Jetsons” space-age style city where clusters of high-density housing were built on huge platforms that were held up in the sky. All of the groups incorporated housing, business areas, transportation systems, and green spaces in their designs. One guest, Karen Anderson, executive director of Awbury Arboretum, felt the project was effective because the students really “got” the importance of including mass transit and green spaces in their cities.

The students appreciated having the chance to meet with so many “green” mentors. “What I enjoyed was seeing actual experts that are trying to make a difference,” said eighth grader Timothy, attesting to the importance of role models in the field of sustainability making their efforts visible to young people.

During the weeks following the Summit, students incorporated the expert feed-



photo courtesy of Wissahickon Charter School

Anuj Gupta, Executive Director of Mt. Airy USA, meets with Wissahickon Charter School students to give them feedback on their sustainable city designs.

back and took their projects to the next level, building three-dimensional models of their city. These projects will be on display during the school’s Celebration of Learning on June 8, so stop on by to see some creative green cities!

Wissahickon Charter School is a K-8 public charter school with a mission that

focuses on the environment as an integrating theme for instruction, as well as parental involvement, service learning, and peace and conflict resolution. To find out more about enrollment or how you can get involved, contact Kristi Littell, Co-CEO, at 267-338-1020 or littell@wissahickon-charter.org.

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New businesses are joining this program all the time, so visit www.weaversway.coop and click on “Community Discount Program” for an up-to-the-minute listing!

For more information, questions, problems or suggestions regarding this program, or to become a participating business, please contact our outreach coordinator Anne Workman at 215-843-2350, ext. 118 or via e-mail at outreach@weaversway.coop.

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CHCE Offers Special Hours in June

by Mary Zell, Chestnut Hill Center for Enrichment

THE CHESTNUT Hill Center for Enrichment (CHCE) has been offering classes, special events, information, and travel to older adults since 1978. CHCE’s traditional operating hours are 9 a.m. to 4 p.m., Monday through Friday. As a consequence, most of our “customers” are “50 and better.”

Well, age is only a number, and adults of any age are always welcome to join us and are such a welcome addition when they do. To make them even more welcome, in June, CHCE invites all the adults whose jobs, family obligations, volunteer work, and the like have prevented them from participating in the Center’s offerings till now, to join us for special classes at special times.

Wednesday evening, June 15 at 6 p.m., stroll into Laurel Hill Gardens (8125 Germantown Avenue) and let avid neighborhood gardener Jane Piotrowski

and Laurel Hill’s master gardener Susan Dannenberg show you how to create your own terrarium. Yes, they’re back! ... “little worlds,” sealed glass containers in which you can grow small plants anywhere. The cost is just \$20, and includes all materials. Register for this event no later than June 13 to guarantee a seat and the makings for your own terrarium.

Perhaps you would like to spend one or two Saturday mornings (June 18 and 25) among the spring bulbs and stately trees of Woodmere Art Museum, 9201 Germantown Avenue. There Susan Heine-man will introduce you to the ancient Chinese arts of Tai Chi and QiGong, followed by a walking meditation on the grounds. Susan is a long-time student of Maggie Newman and has been teaching in the Philadelphia area since 1993. Her Saturday classes begin promptly at 10:30. She asks, in lieu of class fees, that you make a \$10 donation to Woodmere or to CHCE. Preregistration, while not required, is always appreciated.

Have questions? Want to register for our June specials? Interested in other CHCE activities? Contact Sue Davis or Mary Zell at the Center for Enrichment (215-248-0180 or chseniors@cavtel.net). Drop into the Center, 8431 German-town Avenue (between Highland Avenue and Gravers Lane), during our “normal” hours. We would be thrilled to meet you!

16th Annual Arts in the Park

by Amy Warmflash, Friends of High School Park

STEPS AWAY from the train station in Elkins Park, and across the street from a quaint commercial district, is a very special place, High School Park, dedicated to native plant restoration. Every year, for the past 15 years, the Friends of High School Park have sponsored Arts in the Park, a popular juried art show and festival just outside the city. This year’s Arts in the Park will take place on Sunday, June 5 from 10 a.m. to 5 p.m. at High School Park in Elkins Park. Visit www.highschool-park.org for train and driving directions. This art and craft show, which started as a small fundraiser for the Friends of High School Park in 1995, has evolved into a major community event featuring 50 juried artisans, local musicians, children’s activities, and a native plant sale.

Highlights of the 16th annual Arts in the Park include:

- 50 jury-selected artisans will sell hand-blown glass, jewelry, clothing, and fiber arts, painting, ceramics, and more. Half of the artists exhibiting this year are new to Arts in the Park, making it the most diverse and exciting collection yet!
- Selected musicians will perform throughout the day. Expect to hear jazz, a cappella groups, and a variety of bands.
- Delicious food including Dwight’s Barbecue, Kosher burgers and dogs, pizza, fruit smoothies, fresh lemonade, a bake sale, and more.
- A native plant sale will include “Ask the Expert” sessions with well-known gardening authority George Petropoulis. Write down your questions and bring them with you!
- The Children’s Crafts tent will engage

youngsters in several art projects involving recycled materials. Print-making, paper making and decorating refuse barrels for use throughout the community will be featured activities.

- Additional kid’s activities include face painting, a moon bounce, and hay ride.

There is a \$5 suggested donation for adults and a nominal fee for children’s activities. Proceeds from Arts in the Park benefit the Friends of High School Park and fund improvements to the park, assuring that the space remains a vibrant showcase of native plant restoration. The Friends and Cheltenham Township have completed a ten-year Ecological Restoration Master Plan for the park and have engaged in meadow, woodland, and stream bank restoration (the Tookany Creek runs through the park). Backyard Natives, a 2,500-square-foot garden near the entrance to the park, has been completed, and educates and encourages people to include native plants in their home landscapes.

Elkins Park residents have led the creation and restoration of High School Park. Since 1995, they have transformed a derelict abandoned school grounds into a place of natural beauty with the help of hundreds of volunteers and the support of Cheltenham Township. A growing business district, a Sunday Farmers Market, and continuing plans for the development of a community co-op are all elements that contribute, along with the park, to this varied and welcoming community.

High School Park is located at High School Road and Montgomery Avenue in Elkins Park, PA one block from Church Road. The SEPTA Elkins Park station is also one block from the park. For more information visit www.highschoolpark.org.

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BBQ & Jazz at Little Treehouse

by Andrea Otto,
The Little Treehouse

THE LITTLE Treehouse in Chestnut Hill is launching a new outdoor barbecue this summer. Families will experience dining al fresco while enjoying a new menu of barbecue favorites. This innovative menu, created for us by the former executive chef from the Capital Grille, will feature healthy and delicious items prepared freshly on the outdoor grill. Children and adults will be able to enjoy classics like hot dog and burgers; veggie kabobs and fresh summer corn; and barbecue items with a more sophisticated flair. Outdoor dining will be available on weekend evenings during regular Treehouse hours (Friday and Saturday until 8 p.m. and Sunday until 7 p.m.)

On Friday nights in June, The Little Treehouse is offering evening jazz as a way to relax and enjoy the outdoors. A perfect accompaniment to warm evening weather, Treehouse Jazz will delight those looking to take advantage of the longer evening hours. Together with the new barbecue offerings, this will be a great way for parents—and nonparents, too—to unwind after the working week. The Little Treehouse is a BYOB restaurant. Bring your wine and beer!

The Little Treehouse is open daily for breakfast and lunch. Wholesome and delicious dinner is served from Wednesday to Sunday. Children can play free with the purchase of dinner those evenings. The Little Treehouse is located on 10 West Gravers Lane in Chestnut Hill. For more information: 215-247-3637 or www.treehouseplaycafe.com

Theatre Workshop Seeks to Empower Activists

by David Brown

THE Mt. Airy-based Gas & Electric Arts will host a four-day training in Forum Theatre at the Brossman Center in Northwest Philadelphia. This workshop will offer educators, social workers, artists, community organizers, and active citizens a chance to expand their toolkit for change. Step into Action! A Forum Theatre Workshop is an opportunity to learn the empowering, interactive techniques of Theatre of the Oppressed, created by Augusto Boal, Brazilian theatre visionary, popular educator, activist, and Nobel Peace prize finalist, and practiced worldwide for personal and community change! This workshop will be lead by Dr. Lisa Jo Epstein, a Theatre of the Oppressed practitioner for over two decades.

Step into Action! Will take place Wed. through Sat., June 22–25, 2011, from 10 a.m. to 6 p.m. Workshop fee is \$325 with limited scholarships available. The workshop will be held at the Brossman Center, 7301 Germantown Ave., Philadelphia, PA 19119. For registration and info, call Gas & Electric Arts at 215.407.0556 or visit www.GasAndElectricArts.org

Over the course of this four day intensive (Wednesday–Saturday, 10 a.m.–6 p.m.), workshop facilitator Lisa Jo Epstein will teach the core techniques of Forum Theatre, a revolutionary form of participatory theatre for nonactors that transforms community concerns into invigorating, interactive theatrical dialogue. These techniques empower participants to investigate thorny issues, exchange ideas about conflicts, build consensus, and rehearse problem-solving solutions to implement in the real world. No theatre experience necessary, just a true desire to learn a new approach for making change today!

Dr. Lisa Jo Epstein is a professional theatre director, educator, community-based artist, and co-founder of Gas & Electric Arts. She is the only Philadelphia-area theatre teaching artist who has trained extensively with Augusto Boal, both in the U.S. and at the Center for Theatre of the Oppressed in Paris, France. For over two decades, Dr. Epstein has facilitated experiential workshops with a variety of populations around issues of identity and empowerment, community-building, and social justice. She has worked in diverse locations—both nationally and internationally—from community centers to colleges and universities, public and private schools, from halfway homes to social service agencies, from teens to adults. As one of Boal's "multipliers," Dr. Epstein has trained countless people in TO tech-

niques through intensive workshops like the one offered this coming June. This will be the first time one of her workshops will be held in Mt. Airy.

Gas & Electric Arts is a professional theatre company that courageously explores a hybrid of rigorous theatrical forms on stage and in communities as our means of being active citizens searching to respond to an ever-changing world. We define theatre as a communal form of artistic and civic expression, a vehicle for the human imagination that is deeply connected to our lived realities. We respond to our mission equally through stage productions and our Theatre of the Oppressed education programming. For more information visit www.GasAndElectricArts.org.

~ DavidBrown@GasAndElectricArts.org

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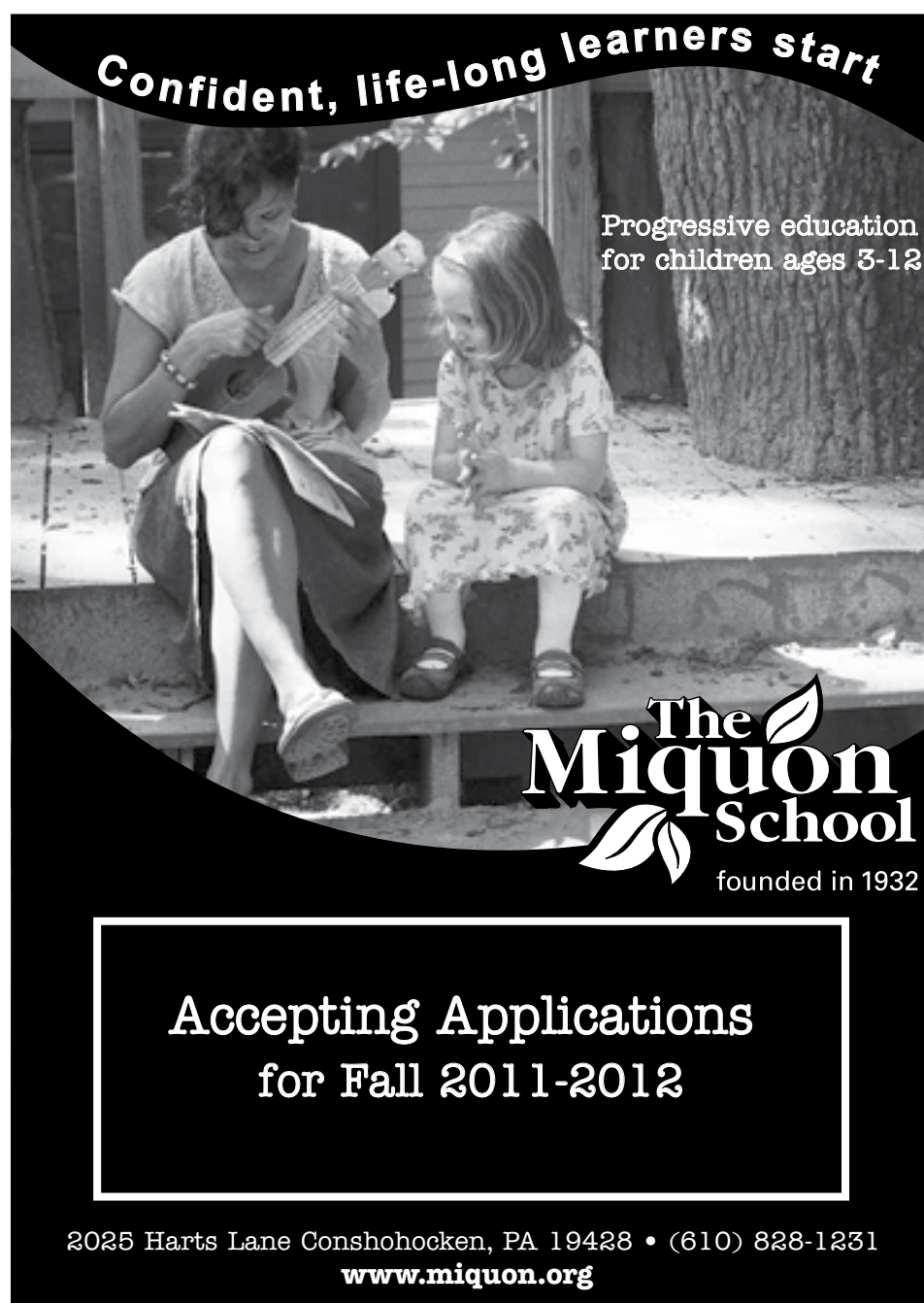
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Epilepsy Foundation Summer Stroll Along the Wissahickon

by Amy Shay

ON SATURDAY, June 18, 2011 nearly 600 individuals will attend “Summer Stroll” the Epilepsy Foundation of Eastern Pennsylvania’s largest awareness and fundraising event of the year.

The Summer Stroll is a five-mile walk in Fairmount Park starting at North-western Avenue and Forbidden Drive in Chestnut Hill. The path takes you 2.5 miles along the Wissahickon Creek to Valley Green and returns along the same path, ending at Harper’s Meadow for a light lunch. The path is shaded and flat but not paved.

This event is the culmination of months of individual fundraising efforts, and gives family and friends a chance to come together and unite for this worthwhile cause. Individual Stroll donations, combined with corporate support will allow EFEPA to continue its educational programming, and will directly support the Foundation’s efforts to reach out to even more individuals in Eastern Pennsylvania impacted by epilepsy/seizure disorder.

The new PA budget will eliminate all funding for epilepsy services, so donations to this event are more important than ever before. Any contribution toward this effort would be greatly appreciated! For more information please visit: www.efepa.org.

The Epilepsy Foundation of Eastern Pennsylvania is a nonprofit, 501(c)(3) voluntary health organization that provides education, support and advocacy for people with epilepsy and their families. The Epilepsy Foundation of Eastern Pennsylvania also promotes understanding of seizure disorders through a wide variety of programs presented to business, government and school communities, professional audiences, and the general public.

EFEPA hosts free educational programs and special events like its annual Epilepsy Education & Information Exchange Conference, biannual Women’s Conference, and weekly School Alert programs in hopes of spreading education, dispelling myths, and to provide support to individuals impacted by the disorder, and their families.

EPA Honors Miquon Students

by Arabella Pope, Miquon School Director of Communications

Students from third through sixth grade at The Miquon School in Whitemarsh Township were recognized by the U.S. Environmental Protection Agency recently for three award-winning videos. Miquon’s grand prize winners competed in the Schuylkill Stories Video contest sponsored by the Schuylkill Action Network, which was formed in 2003 to create a team approach to cleaning up and protecting the Schuylkill River and its tributaries. The awards were presented in celebration of National Drinking Water Week, May 1-7, 2011.

The three Miquon videos (which you can see at www.youtube.com/user/themiquonschool) were created after students had studied watersheds and investigated factors that affect the health of a watershed. Using simple hand-held video cameras and the computer program Scratch, the videos were scripted and shot around the school to show the interdependence of watershed life, and why it’s important to protect our watersheds.

“Education plays an enormous part in protecting and restoring the Schuylkill Watershed,” said EPA Deputy Regional Administrator William C. Early. “Schools in the Watershed are not only educating students about pollution sources and environmental protection, they are leading by example.” The school projects contribute to protecting the Schuylkill River, which



photo courtesy of the Miquon School

Learning about streams is part of the everyday curriculum at The Miquon School. L to R, Kai Haynes (West Philadelphia), Gabriel Seplow (Mt. Airy) and Jonah Farber (St. Davids) investigate sedimentation in water from the Miquon creek.

along with its tributaries provides drinking water to 1.5 million people who live in the 11 counties and 232 municipalities included in the watershed.

The Miquon campus provides an ideal setting for watershed study. Running through the middle of it is a stream that empties directly into the Schuylkill River a few hundred yards downstream from the school. From their earliest years, Miquon students explore and play in the creek. Many of their science discoveries are based around its fauna and flora, the physics of water flow and the chemistry of stream water.

~ arabellap@miquon.org

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LETTERS POLICY The Weavers Way Shuttle welcomes letters about issues relevant to the Co-op or other topics. Letters to the editor should be marked as such and can be sent to editor@weaversway.coop, placed in the Shuttle Editor mailbox on the second floor of our Mt. Airy store, or mailed to: Weavers Way Shuttle, 559 Carpenter Lane, Phila., PA 19119. Letters to the editor express only the views of the writer and not those of Weavers Way's staff, management, membership, or board of directors, unless identified as such. Letters may be edited or rejected if deemed offensive, and should not include personal attacks or derogatory language. The Shuttle tries to print all letters received. In case of multiple letters on a similar topic, a representative sample may be selected. Letters may be withheld or delayed if submitted by writers who have recently had letters published in The Shuttle. Letters to the editor should be no more than 300 words.

It was refreshing to see board member Margaret Lenzi raise some concerns publicly about democracy and the coop movement in the May issue of The Shuttle.

In that same spirit of democracy, my wife and I were vociferous last year in our opposition to the board-supported proposal to allow new members into the Co-op without a work requirement. We knew that it would be contradictory to the cooperative spirit and democracy within. Other felt the same way, but not enough.

And now while management gushes over the “swell in membership” due to the opening “on the hill,” one cannot help but notice the Co-op’s “campaign” in the last several months to “encourage” the non-working new members to become working members. Even editor Jon McGoran chipped in with a few words of encouragement in one of his columns.

And now Weavers Way has reached the low point of offering work credit to such new members if they would ‘please’ come to education/orientation meetings.

“Work credit” to come to a meeting??!!

The pioneers of Weavers Way,—you know, Timmerman, Pieri, Wolf, et al—are weeping in Co-op “heaven.”

The spirit and future of the Co-op is belied by new members who do not wish to volunteer, with all that that means cooperatively. It becomes like going into just another food store. And do we not know that Weavers Way is not and should not turn out to be like any another food store? But where are we going?

And, “finally,” in response to Mrs. Lenzi’s request “to keep those letters and suggestions coming,” how about utilizing the experience and skills of the growing number of senior Co-op members (some, not all) who, while no longer having to volunteer hours, might like to do something to contribute in the Co-op spirit. A list of possibilities to choose from could be drawn up by a board committee.

~ Lawrence H. Geller

P.S. And I did not even say anything about the new proposal to allow members to vote from home. From home!!! But Jon’s looking over my shoulder and saying, “I’ve got a space problem.”

Fair Food Fun



photo by Glenn Bergman

Among those in attendance at the 8th Annual Philadelphia LOCAL GROWER LOCAL BUYER EVENT were (l to r) Weavers Way member Julia Bergman, Weavers Way seafood buyer Noel Bielaczyc, and Fair Food Philly Executive Director Ann Karlen. This “industry-only” event brings local farmers and food producers together with Philadelphia wholesale buyers - chefs, grocers, and food service providers - to create profitable and lasting business partnerships. Last year, over 300 wholesale buyers attended! The event was preceded by a release party for this year’s Local Food Guide. Published by Fair Food Philly and Grid Magazine, the Local Food Guide is Greater Philadelphia’s most comprehensive and definitive resource for all CSA’s, farmer’s markets, restaurants, retailers, and local institutions that are a part of our ever-growing local food community.

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Mayor of Greensburg to Speak at Solar and Wind Expo

by Elvia Thompson

BOB DIXON, Mayor of Greensburg, Kansas, will be the keynote speaker at the Solar and Wind Expo, which will take place at the Valley Forge Convention Center in King of Prussia, PA. The indoor-outdoor event will be held on June 11 - 12, with media day on June 10. It is the first consumer show of its kind in the state devoted to renewable energy and includes free educational seminars for the consumer.

The Pennsylvania Expo will give visitors the opportunity to browse exhibits and hear top experts in the field of renewable energy, including solar, wind, geothermal, electric vehicles and more. Through free seminars provided by these experts, they will learn how to implement solutions that are available today.

“Never has there been a better time for this kind of show,” declares businessman and alternative energy advocate George Lopez, who is the Expo’s founder and executive director. “With all the technological advances, the government-sponsored incentives and the desire of so many to save money on energy and reduce their carbon footprint, all that was missing is a place for all parties to connect... and now we have that at Valley Forge!”

The Expo’s keynote speaker is Bob Dixon, Mayor of Greensburg, Kansas, whose town was decimated by an F5 tornado in 2007. One of the strongest in recorded history, the tornado destroyed 95

percent of the town. Its residents chose to rebuild Greensburg as a truly green town, utilizing alternative energy and green construction approaches. Greensburg, as the first city in the country to go entirely green, is a shining example of how becoming sustainable is both viable and economically beneficial.

Mayor Dixon has been formally recognized for his leadership role in rebuilding every structure in Greensburg to meet the highest United States Green Building Council certification, LEED Platinum—most notably with an invitation to address a joint session of Congress on the topic of rebuilding in this manner.

“We demonstrated at last year’s Maryland Expo that this is the time for this kind of show because people are enthusiastic about harnessing the wind and the sun, but they have a lot of questions,” said Lopez.

“It was a great opportunity for consumers to become more aware of renewable energy alternatives,” said Sheila Dillard, EERE-Technology Advancement and Outreach official, U.S. Department of Energy, speaking about the 2010 Solar and Wind Expo held in Maryland.

More information is available at the-solarandwindexpo.com/Pennsylvania.html.


~ elvia@stellarpresentations.com



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Natasha Kassell, VMD

A range of topics will be discussed including different options for feeding dogs and cats, and the pros and cons of each—from dry food to canned to raw foods to a mix; ingredients to look for or to avoid when purchasing pet foods and why; and supplements “guardians” (a term Dr. Kassell prefers to “owners”) can add to their pets’ diets to help treat certain health conditions. Participants are requested to bring their notebooks, their questions and plenty of enthusiasm.

Dr. Kassell received her veterinary degree from the University of Pennsylvania’s school of veterinary medicine in 1994. She then practiced conventional small animal medicine in Gig Harbor, Washington for two years before studying veterinary homeopathy with Dr. Richard Pitcairn, author of the well-known book, *The Complete Guide to Natural Health for Dogs and Cats*. Following the homeopathy course, Dr. Kassell opened a small animal holistic house-call practice in Gig Harbor, specializing in preventive health care and homeopathy for dogs and cats. In 2002, Dr. Kassell and her family returned to Philadelphia, and she opened a similar holistic veterinary house-call practice in Mt. Airy. When her husband and her mother fell ill, she closed the practice to care for them and her two young children. In January of 2011, Dr. Kassell reopened the practice. She’s very happy to be in a place where she can once again serve the pets and people of this wonderful community. Dr. Kassell may be reached at 215-407-4535 or tashko@verizon.net. To register, email Dr. Kassell or sign up on the sheets available at our store.

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Suggestions

(continued from page 28)

s: “I just love the new “Earth Elements Food & Products” items you carry, especially the Ginger Spice loaf.”

r: (Lindsey MA) I appreciate your feedback! I was piloting the product and will keep it coming.

s: “I was in twice in a row with no Roz’s cupcakes. Was told only regular came in this time. Last time there were none at all. Disappointed!”

r: (Lindsey MA) Sorry Linda. We usually receive our cupcake orders every Friday afternoon. I always have at least 2 dozen vegan ones so it’s possible the display ran out but we had them, so please don’t hesitate to ask a staffer. Let me know if this continues to be a problem. Thanks.

s: “I recently read that eating fish with the scales on is much healthier than eating fish without the scales. I know most people won’t find this acceptable but I’m wondering if we can get the scales separately, to sprinkle on salads and put in soups. This would also divert the scales from the waste stream.”

r: (Norman) Good suggestion, we are stocking fish scales by the pound in the bulk sections of all stores. Try sprinkling them on a bagel with cream cheese, they add a pleasing crunch. However, if you

have a cat you have to be careful when using fish scales because cats will stop at nothing to get to them. The Fish Scale Consumption Promotion Council recommends storing them in an airtight glass container with a tight fitting lid in your kitchen safe.

s: “I like your hot bar a lot. I wish you would put a date on labels of dishes to indicate when they are made. I love to eat fresh or day old food, but some you keep up to four days. That’s too long (for me) and I don’t want to bother workers with questions each time.”

r: (Bonnie CH) Thanks for your inquiry. We never hold food for four days. The turnover on the hot bar is so rapid that all the food is fresh daily. Leftovers at the end of the day are donated to the food bank or sold to the staff at a discount.



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Urban Farm Bike Tour

Saturday, July 23
8:30 a.m. to 4 p.m.
Starting & ending point:
Weavers Way Co-op Farm in East Mt. Airy

Urban Farm Bike Tour
On The Road Again!

We’re adding lots of new farms this year, and will continue our tradition of hosting two rides: one for “beginners” (without much bike riding experience, or who prefer a shorter ride) and one for more experienced riders who can manage a longer ride at a bit faster pace. Two rides—short and long, with both rides beginning and ending at Weavers Way Co-op’s Mort Brooks Farm in East Mt. Airy. More details and exact farm locations will be available soon. And the party at the end will be a great reward for all your effort. Watch for details at www.weaversway.coop.

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PHS President Addresses Spring Membership Meeting

by Jacqueline Bouden

DREW BECHER can't hide his love of landscaping, plants and all things horticultural. They've been his passion since he was an adolescent and using flashlights to illuminate the trees in his family's Dayton, Ohio home – one of his first landscaping projects. He started a garden club while a student in high school; advised the University of Cincinnati facilities staff on how to beautify the campus and make it more green (he told university officials that the campus "looked ugly"); and after graduating with his Bachelor's Degree in Urban Design and Planning, created successful urban outdoor programs in Chicago, Washington, DC and New York City.

Becher, who became the 36th President of the Pennsylvania Horticultural Society one year ago, addressed the Co-op's Spring 2011 membership meeting at the New Covenant Church in Mt. Airy on May 15, talking about his plans for "making this city again the horticultural capital of the country."

"I truly believe in the motto of PHS," he said, "to improve the quality of life and create a sense of community through horticulture." And yet he said PHS "needs to get out of the neighborhoods we've been in for the last 12 to 15 years and move into the next neighborhood" to clean and transform it.

He pointed to West Philadelphia's Clark Park as an example. "I love Clark Park. We've built a great friends committee there but they don't need a strong presence from us anymore and it's time to move on. Where are our next neighborhoods or place that needs to be cleaned up or worked on?"

Another focus for Becher is the successful City Harvest program. "I thank you so much for making City Harvest possible" he told Weavers Way members. The Co-op is one of many partners working

with PHS on City Harvest, where prison inmates propagate seedlings which are then planted in community gardens. Last year the City Harvest program generated 77,000 pounds of fresh produce, which was made available to people throughout the city. "I'm very excited and looking forward to working closer with Weavers Way and the City Harvest Program," he added. Becher also pointed out that his family belongs to Weavers Way.

One of the projects Becher is spearheading at PHS is the recently-announced Plant One Million tree initiative, a decade long effort to plant one million trees in the 13 county region of Greater Philadelphia, New Jersey and Delaware. "Trees are the great equalizer," he said, explaining that the program aims to restore the "tree canopy cover" of the region to 30 percent. Becher said a similar program in New York has so far led to the planting of more than 375,000 trees in that city's five boroughs. But, he added, "We cannot plant all the trees on public spaces. It's got to be a private effort as well."

Private efforts also helped transform trash-strewn, decaying blocks in New York into community gardens under Becher's leadership. Becher worked on the New York Restoration Project, founded in 1995 by entertainer and environmentalist Bette Midler, to rejuvenate 55 community gardens on 140 acres of land. Once eyesores, these are now little gems of green scattered all over New York. "These public spaces really, really transform a neigh-

borhood," Becher said.

Becher's other ambitious plans for our area include raising the already high profile annual Philadelphia Flower Show to put it in "the same league" as New York's Fashion Week, the Kentucky Derby, the Indy 500 and the Cannes International Film Festival. He's working on a "Green Roof" project for the city involving public and private buildings, says PHS needs to consolidate overlapping educational programs and create partnerships with other organizations, and says the delivery of PHS services needs to become more current with technology.

You could say the 42-year old Becher has the Midas touch, but instead of gold everything he touches turns green. "I'm so glad people are trying to come back to understand the environment and respect it a lot more," he said. Given his successful track record in other cities, the Philadelphia region is about to be transformed by some major greening and beautification efforts.

Moonlight Movies in Mt. Airy

by Elizabeth Moselle

Mt. Airy USA, in partnership with the Lovett Library and Trolley Car Diner, will produce a free outdoor film series this summer. Moonlight Movies in Mt. Airy will run on Friday evenings from July 8th through August 12th at the Lovett Library Garden (6923-45 Germantown Ave). Seating will begin at 8 p.m. and the movies will start at 8:30 p.m. (when it gets dark).

Electronics Recycling

(continued from page 1)

east Philadelphia, where they have hired 40 local employees. The company adheres to safe practices for recycling so that the environment and workers' health are not compromised. MPC sees reuse as the highest form of recycling, so they recondition collected items whenever possible. They have a strict "no landfill" policy, and none of the materials they collect are processed in developing countries, where unregulated electronics usually are sent.

We hope to see you June 25. There is no rain date planned, so we'll be there rain or shine. Please spread the word to your friends and neighbors! Volunteers are needed to help with the collection. If you'd like to help, email us at weaverswayrecycling@yahoo.com or call Stevik at 215-242-4419.

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New Health Advisory Committee Forming


Weavers Way is forming a small committee to address ways in which the Co-op can have a positive impact on the health of our community—reducing obesity, diabetes, heart disease, and hypertension in Northwest Philadelphia. We are looking for a wide variety of health professionals to apply their expertise to creating criteria for health-conscious food products, designing incentive programs for healthy lifestyle changes, initiating educational programs, and suggesting other community health programs.

If you are a dietician, exercise physiologist, epidemiologist, health educator, nurse, physical therapist, physician, physician's assistant, or other health professional with suitable expertise, collaborate well with others, can attend one meeting a month, and want to make a community-wide difference, please apply to sit on this committee by contacting Anne Workman at outreach@weaversway.coop. Co-op work hours are a bonus!

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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 brevity, clarity, and or comedy. Here is a blatant plug for our West Oak Lane store (at Ogontz and Walnut Lane)- although sales there have almost doubled over last year, we still need to improve sales and margin for the store to be fiscally sustainable. Toward that goal, we’ve added a fresh juice program, and are also offering salads and sandwiches at a pretty good price. By the time you read this, the program should have been in place a couple weeks so please swing by and buy some juice and salad and sandwiches and let us know what you think.

Last week, I attended a trade show from our main natural foods supplier, called UNFI. It was held at Foxwoods Resort Casino in Connecticut. It seemed somewhat of a contradiction, having a natural foods supplier’s main annual event in the very un-natural venue of a casino complex full of flashing slot machines, indoor air, and very limited natu-

ral light, but this is part of why I love the natural foods industry, it is full of this kind of irony. Speaking of irony like this, one workshop I attended talked about UNFI’s efforts around sustainability. To it’s credit, UNFI has three of it’s 12 distribution centers mostly running off solar energy. UNFI has many sustainability initiatives and has devoted a few full time staff to working on making UNFI operations more sustainable. While listening to this presentation, I found myself wondering about the sustainability of the UNFI business model itself, i.e. obtaining and delivering about 32,000 products sourced from all over the world to about 17,000 customers all over the North America via diesel fueled trucks. My guess is it is probably not possible to do this in a sustainable way, at least not with current technology. Maybe if there was sustainable fuel or solar powered trucks or if UNFI switched to proven sustainable technology like horse-drawn carriages. Then UNFI could claim they used a pastured, grass-fed, sustainable delivery system.

Suggestions and Responses:

- s:** “Could you carry bulk baking powder and/or baking soda?”
- r:** (Chris MA) We don’t have room to have a bulk display of either of these items, but they are available as bulk pre-orders, see Chris (ext. 113) for details.
- s:** “Red Zinger Tea! You stock it in CH store but not MA.”
- r:** (Chris MA) We had Red Zinger at MA until a few years ago, we stopped carrying it due to slow sales. Sorry. You can pre-order it, even just one box.

(continued on page 25)

What is Weavers Way Co-op?



Weavers Way is a Food Co-op, 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, contact Membership Coordinator, Kirsten Bernal at member@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, and Chestnut Hill.



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June Coffees of the Month



Bulk Beans:
Midnight Sun
reg. \$12.00 **sale \$8.99/lb.**

Mexican Vienna
reg. \$12.00 **sale \$11.00/lb.**

June 6 - June 28



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Schedule of Events:
2:00 p.m. “Ask the Trainer” Pet training and demo
2:30 p.m. Silly Pet Tricks, (all welcomed to enter!)
3:00 p.m. Pet Parade, (all welcomed to enter!)
We have plenty of fun lined up but we are looking for volunteers and we are welcoming other exhibitors, including pet-sitters, veterinarians, groomers, animal rescue groups, trainers, and any other pet loving peeps out there.
Contact: Anne Workman, Outreach Coordinator
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Attend a Weavers Way Welcome Meeting and Get Two Hours Work Credit!
To Help You Get a Jump on Member Work, You Can Get Your Household's First Two Hours Just for Attending a Welcome Meeting!

Whether you are a new member or thinking about becoming one, Weavers Way Welcome Meetings, or Orientation Meetings, are a great way to find out more about what Weavers Way is all about, and what membership offers. And now you get two hours work credit just for attending! Limit two hours per household. See below for times and locations.

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waycoop

We encourage all new or prospective members to attend an orientation meeting, where they can learn all about our co-op, our stores and our member work program. If you have not already joined, you can do so at the meeting, and you will also learn more about Weavers Way and all that your co-op has to offer, including member benefits and our Working Member program.
Orientation dates are listed below and are also posted on our web site at www.weaversway.coop. Please complete the form below and return it to any of our stores, so we will know which meeting you will attend. Meetings last approximately 45 minutes to an hour and will include a brief store tour. We look forward to seeing you there!

Chestnut Hill Center for Enrichment/Chestnut Hill
8431 Germantown Ave. (parking entrance on E. Highland Ave.)
• **Weds., June 22 & July 13 at 6:45 p.m.**

Weavers Way - West Oak Lane
2129 72nd Ave. (intersection of Ogontz Ave., Walnut Lane & 72nd Ave.)
• **Sat., June 25 at 10:45 a.m. & Sat. July 16 at 11:30 a.m.**

Weavers Way Co-op Offices/Mt. Airy
555 W. Carpenter Lane
• **Weds., June 15 and July 20 at 6:45 p.m.**

PLEASE PRINT CLEARLY

Name _____ Orientation Date _____

Address: _____

City _____ State _____ Zip _____

Phone number _____ E-mail _____

Please return this form to a cashier, mail to Weavers Way Co-op, Attn: Membership Department, 559 Carpenter Lane, Phila. PA, 19119 or fax to 215-843-6945, Attn. Membership Department. You can also call 215-843-2350, ext. 118 or e-mail outreach@weaversway.coop.