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# The Shuttle

August 2011 Vol. 40 No. 8

A Cooperative Grocer Serving the Northwest Community Since 1973

## West Oak Lane Store Transitions from Weavers Way to OARC

by Glenn Bergman, Weavers Way General Manager

OVER THE past three years, with help from Ogontz Avenue Revitalization Corporation (OARC) and other partners in the community, Weavers Way has tried several configurations of product, management, staffing, and layout to make our West Oak Lane store a success. We have made considerable progress toward that goal, and while we have not attained the sales and profit numbers we would need for the store to operate in a sustainable manner as part of Weavers Way, we have created an attractive and pleasant store that serves healthy and nutritious foods to an enthusiastic and growing customer base in an area where it would otherwise be largely unavailable.

Our goal, more recently, has been to figure out a way to allow the store to continue to fulfill those needs, while easing the financial pressures on our organization and we have found a way to do just that Weavers Way and OARC are pleased to announce that starting September 1, ownership and operations of our store in West Oak Lane will be transferred to OARC. While the store will no longer be a part of Weavers Way Co-op, and will no longer be a co-op, Weavers Way will assist in the marketing and product mix to best serve the West Oak Lane community. OARC encourages all Co-op members to continue to shop at the West Oak Lane store and plans to contin-

(continued on page 6)

## Electronics Recycling Nets 15 Tons

by Steven “Stevik” Kretzmann

AN ETHICAL electronics recycling event was held on Saturday, June 25, Cosponsored by the Weavers Way Environment Committee and the Peace & Social Concerns Committee of the Chestnut Hill Friends Meeting. It was a beautiful day and 29,551 pounds was collected! The event resulted in a record high turn-out and cars started streaming into the parking lot at 9:30 a.m., a half hour before the official starting time. Four and a half hours, and about five hundred cars later, tired but happy volunteers celebrated as the third and last walk-in dumpster was closed—packed to the brim.



photo by Joan Batory

Thanks and congratulations to these hard working volunteers

Material Processing Corporation, the firm that is processing everything collected, has the highest standards in the electronics recycling business. Since its meth-

(continued on page 10)

## WW Softball Takes On Whole Foods



photo by Rachel Milenbach

Weavers Way’s intrepid softball team took on the Jenkintown Whole Foods Thursday, July 14 at Blue Bell Park Ball Field. After the Whole Foods team showed up *three players short* of a fieldable team, Weavers Way gave them three of our top players, forever emblazoning a bright red asterisk next to the 16 - 7\* defeat they inflicted on us. Don’t be surprised if there is a rematch in the offing, or could this be the beginning of an annual classic?

## Night Market Comes to Mt. Airy

by Jonathan McGoran

ON AUGUST 4, after successful events in East Passyunk and University City, Night Market Philadelphia is coming to Mt. Airy. Night Market Mt. Airy will feature food carts and restaurants serving the city’s best ethnic and regional American street eats, as well as live entertainment, including bands and other entertainment, along Germantown Avenue between Sedgwick St. and Mt. Airy Avenue from 6 to 10 p.m. (Rain date: Thursday, August 11).

The event is hosted by The Food Trust and sponsored by Mt. Airy USA and Philadelphia Weekly. The Food Trust’s



photo courtesy of The Food Trust

East Passyunk Night Market

Night Market Philadelphia is designed to celebrate the city’s diverse food scene and encourage festival goers to explore

(continued on page 11)

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INSIDE...	
Co-op News	Community News
Product News ..... 2 – 3	FOW Stormwater Initiative ..... 16
Farm Report ..... 4	Jazz at Johnson House ..... 17
Marketplace Year-End Summary ..... 5	Writers Bash for L.A. Banks ..... 18
What the Board is Thinking ..... 7	Walk to Cure Prader-Willi ..... 18
Area Co-op News ..... 9	Summer Activities at CHCE..... 19
Farewell, Stevik ..... 10	WW Farm Inspires GFS 1st Graders..... 22
Suggestions ..... 24	XPN Concerts at Morris Arb. .... 23
	Sow a Row for Hunger ..... 23



# Editor’s Note



by Jonathan McGoran,  
*Shuttle* Editor

CONTROVERSY SWIRLS around the June 25 softball game between Weavers Way Co-op and Whole Foods of Jenkintown. As it turned out, Whole Foods couldn’t field a Whole Team. They arrived with only seven players, and it looked like they would have to forfeit. Things went downhill after that.

In order for the game to go on, we would have to give them some of our players. The initial plan was to give them Norman Weiss, but there were two problems with that. First, it turned out we would have to take him back after the game. Second, he wasn’t there. By the time the umpire called, “Play ball,” we had given them three of our best players. I’m pretty sure that’s not how you are supposed to do it.

The Whole Foods jerseys were emblazoned with the name “Heavy Hitters,” a flashy name that may have given them some advantage. (Our jerseys just said “Weavers Way.” I mean, what’s the name of our team, the Weavers Way Weavers Ways?) One has to wonder, though: how do hitters get so heavy eating at Whole Foods? Are their players truly local? How do they define “local”? Were they raised organically? (Are they GMOs?!?)

Weavers Way’s players played heroically. Unfortunately, the most heroic ones played for Whole Foods (seven outs, five runs and six RBIs). The final score was Whole Foods 16 – Weavers Way 7.\*

Maybe it’s true that nice guys finish last (we did beat St. Vincent’s), but frankly, I blame myself. I meant to be there to show my support, but it was hot, and very possibly buggy. Otherwise, things would have gone much differently. After enough of my trademark hilarious comments, my coworkers would have sent me to the other team, where my unique style of unathleticism would have turned the tide. Maybe next time. Unless it’s hot.

Regardless, I’m confident we will win a rematch. For one thing, next time we won’t give them our best players. Plus, we’ve got a killer farm team.

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# Peaches and Nectarines

by Stephanie Kane, Local Produce Forager

PEACH SEASON is one of the highlights of working in the produce department at Weavers Way. The variety of stone fruit we receive from Three Springs Fruit Farm and Beechwood Orchards is among the best you can find in Philadelphia. And from what I hear, last year was a particularly good year for local peaches (it was my first in the area), so we have high expectations!

The cultivation of peaches dates back to China, 1100 BC. The tradition of peaches in China has inspired many folk tales, such as the Peaches of Immortality. The “Banquet of the Peaches” is depicted by the Eight Immortals who waited six thousand years before gathering for this magnificent feast. The peach tree put forth leaves once every thousand years and it required another three thousand years for the fruit to ripen. Peach blossoms and peaches are used to depict happiness, riches, and longevity. Peaches made their way from China through the Mediterranean to North America in the 17th century. The original Chinese peach was not cold-hardy enough to grow in our climate, so breeders selected out a strain with frost-resistant buds.

Donut peaches are a newly popular variety, especially among kids for their small size and candy-sweet flavor. They are also called Saturn peaches for their resemblance to the planet’s rings. Despite being new to many people, they were introduced from China into the U.S. in 1869.

I can’t mention fruit trees without a little refresher on Integrated Pest Management. You’ll consistently see peaches on the top of the “Dirty Dozen,” the list of produce most sprayed with pesticides. Buying Certified Organic is one way to be sure your produce is free of synthetic pesticides. Buying from local farms you know is another way to know that your produce is fresh and clean (but not sterile)!

It’s important to note that in our climate, growing fruit trees organically is a difficult prospect. In California, the climate is arid and farmers pay a high price for their water, so only the roots get it. This keeps disease down on the denser top part of the tree. If you think about our climate, we get more rain and the tree can be saturated with water. This makes disease and pests difficult to control.

One of the ways farmers can manage pests is by using pheromone disruptors. They hang little white tags on the trees to



emit the scent of female bugs. This confuses the males, who follow the scent endlessly looking for its source. After exhausting these methods, if spraying is necessary, growers use IPM products that do not persist in the environment and have a minimal effect on the natural enemies of the pests we try to control. This allows beneficial insects to do some of the work by eating the harmful ones.

Our stone fruit varieties include white and yellow peaches, nectarines, and donut peaches. We’ll also have apricots, a variety of plums, and pluots.

## Farm Profile:

# Three Springs Fruit Farm

by Mike Herbst, Chestnut Hill Produce Manager

IN THE produce departments of Weavers Way Co-op, there are a few crops that we take especially seriously. Of the local crops, the two that dominate our hearts and minds most of the year are peaches and apples. When it comes to peaches and apples, we don’t mess around, and neither does Three Springs Fruit Farm.

Located in Aspers, PA, Three Springs Fruit Farm has nearly 400-acres that have been family owned and operated for over 100 years. Northern Adams County, has a great climate and geography for growing tree fruit and the farm has traditionally been among those with the highest apple production in the country. In addition to growing some of the best peaches and apples around, their orchards also produce nectarines, apricots, cherries, and pears.

Three Springs Fruit Farm is a diversified operation emphatically committed to sustainable growing practices. The farm has implemented an Integrated Pest Management (IPM) program in order to decrease chemical use in their orchards. Through monitoring insect populations, companion planting, mating disruption, and other techniques, Three Springs is able to reserve pesticide use strictly for instances when pests exceed acceptable and prescribed levels.

Three Springs Fruit Farm is a member of the Pennsylvania Association for Sustainable Agriculture (PASA) and has been certified by the Food Alliance for its farming practices. The Food Alliance certification is a big deal, and the folks at Three Springs Fruit Farm are naturally quite proud. The certification requires rigorous inspections and takes into account



photo courtesy Three Springs Fruit Farm

Three Springs Fruit Farm

everything from land management to pesticide use to labor practices when considering the long term sustainability of a farm. In passing the inspections last year, Three Springs Fruit Farm became the first independent fruit-growing operation in the Mid-Atlantic to achieve certification. They can also boast the only Food Alliance-certified Honeycrisp apples on the entire East Coast.

In addition to providing the highest quality fruit and being good environmental stewards, the people at Three Springs Fruit Farm strive to provide excellent service. They are the nicest people and truly

a pleasure to work with. Simply saying “hello” to Ben Wenk, one of their growers, at a farmer’s market will put a smile on your face that will last the rest of the day.

The fruit from Three Springs Fruit Farm is something you can truly feel good about purchasing and eating. Not only will you be promoting the local economy, helping to preserve farmland, and supporting the soundest of farming practices, you will be getting some of the finest and tastiest fruit available.



# Quinoa Great for Summer Salads

by Jenna Balaban, WW Chestnut Hill Staffer

MANY PEOPLE may not know much about this grain because it has only recently become more popular in the United States. It is a very healthy choice for everyone and a good option for vegeterians or vegans looking for a source of protein. Quinoa is a grain-like crop that originates from South America. It is known for its edible seeds full of nutrients. Some of the health benefits include amino acids (protein), calcium, phosphorus, and iron. It is also gluten-free. Quinoa has a very mild, nutty flavor and can be cooked much the same as you would cook rice, with a ratio of two-to-one, water to quinoa. You can also substitute chicken or vegetable stock for the water to add a different flavor.

Here at the Co-op, we use quinoa on a regular basis and encourage people to taste this refreshing, delicious food. Try this great summer salad recipe:

## Summer Quinoa Salad

- 1 c. quinoa
- 2½ c. water
- 1 diced cucumber
- 1 small red onion, diced
- 2 plum tomatoes, diced
- ½ c. cilantro
- 3 tbsp. lime juice
- 4 tbsp. olive oil
- 1 tbsp. sherry vinegar
- Salt



Rinse and drain quinoa with cold water. Bring 2 ½ cups water to a boil and add quinoa. Bring to a boil again and reduce to a simmer. Cover for about 15 minutes until quinoa has an “al dente” texture. If there is excess water, strain quinoa after it is cooked. Allow to cool to room temperature.

While quinoa cools, chop the cucumber, tomatoes, onion, and cilantro and place in a bowl. Mix the lime juice, vinegar, and oil in a separate bowl and add to vegetables. Lightly toss and let sit until quinoa is cool.

Add the quinoa to the bowl and toss with the rest of the ingredients. Add salt to taste.

\*If you like a little bit of heat, consider adding a jalapeno (deseeded) or Tabasco sauce to the lime juice mixture! Enjoy!

jennab310@yahoo.com

# New Look Upstairs at Weavers Way Mt. Airy

by Angela Allen, Second Floor Staffer



photo by Jon McGoran

Co-op staff Christine Ferraro showing off our expanded product line.

With our recent reset of the second floor comes the addition of several new product lines. We now carry facial care products from Andalou Naturals, including cleansers, toners, lotions, gels, masks and scrubs for a range of skin types.

Three new shower gels from Andalou Naturals can be found on our beautiful new shelves. If Mandarin vanilla, lavender thyme, and citrus verbena don’t wake you up in the morning, or at least make you hungry, I don’t know what will. (There’s always our vast coffee selection!) We also offer a variety of products from Earth Science, including a selection of products that are alcohol- and fragrance-free, and an Active Age Defense line that includes cleansing mousse, toning elixir, renewal serum, day, night, and eye creams. We also carry Earth Science products for men, including shaving creams, aftershave splashes, and balms.

Among the additions to our hair care selection are products from both Andalou and Earth Science. We now have an olive and avocado deep conditioning mask from Earth Science and a sunflower and citrus hair spray from Andalou Naturals. Finally, we are carrying new shampoos and conditioners from Andalou Naturals that feature “fruit stem cell science.” These items are intended to improve hair follicle longevity and vitality. They are available in sweet orange, sunflower, and lavender.

In the relaxation department, we have added many Soothing Touch bath salts, such as tangerine, rosewood, and eucalyptus spruce. This family-owned company also provides us with several new scented body scrubs in brown sugar, vanilla, cedar sage, and lavender.

# Bees on the Brink

by Brittany Baird, Weavers Way Chestnut Hill



photo by Brittany Baird

Beekeeper Ben Brown

THERE ARE two very exciting developments here at the Chestnut Hill Store. First, we are now selling local honey from neighborhood bee-keeper Ben Brown. Second, we have our very own hives on the roof of the store, which happen to be right outside the window in front of my desk. Consequently, it’s hard for me not to think about bees. Everyday when I arrive for work, and every evening when I leave,

I can’t help but take notice of my winged friends. I worry that some people fail to realize how important these creatures are. And I know that the fate of our species is deeply connected to the fate of theirs.

This is a critical time for bees. American bees are disappearing at a rapid rate, signaling a dire threat to the production

(continued on page 8)

# Fermented in Philly: Cobblestone Krautery

by David Siller



\$5.72 in the Deli

photo by Jonathan McGoran

Garlic Kraut (white) and Jungle Kraut (red)

WEAVERS WAY Mt. Airy now carries Sauerkraut from Cobblestone Krautery, located in Philadelphia. The products are made with local ingredients and are naturally fermented with live active cultures specific to cabbage (Brassica oleracea). Cobblestone Krautery products are distinctively exciting to eat, having a rich taste due to the fact that they are naturally fermented. There are two flavors offered: Garlic Kraut (white) and Jungle Kraut (red), both just \$5.72. Both are excellent additions to your menu and full of beneficial lactobacilli cultures for your health!

For more info, visit [www.cobblestonekrautery.com](http://www.cobblestonekrautery.com)!



# August on the Farm: Enjoy the Bounty, Plan for Cold Months

by Nina Berryman, Henry Got Crops CSA Farm Manager

AUGUST CAN be one of the most bountiful months of the year at the farm. The summer crops are all in full swing, with tomatoes, eggplant and peppers going strong. If you are a member of the Henry Got Crops CSA, keep your fingers crossed for a late August watermelon harvest. Summer squash should also still be going strong, as well as other summer favorites like basil. The constants of carrots and beets should continue to be reliable standbys.

August can also be a bit of a “hump” month for farmers, as the monotony of huge harvests and long, hot days can set in. Being from Vermont, I always have to remind myself that summer is not winding down, here at the 40th latitude. It’s a time of endurance! August is a great time to challenge ourselves with creative ways to stay cool and entertained. Midday dips in the Wissahickon (yes I know it’s terribly polluted) to cool down, as well as unexpected, emergency trips for water ice and late-night canning marathons rank high on my list.

August is a great time to can, dry, and freeze your favorite summer bounty. Capture the flavor and spirit of summer in a jar or a bag and think about the diversity it will bring to your winter dinners. If you can’t imagine it getting any hotter, try putting a pot of boiling water on your stove for four hours and get all your friends in the kitchen to help prepare jars for pickled beets! I suggest you put some beer in the

refrigerator, find your most upbeat music, sharpen your kitchen knives, and start preserving!

One transition that happens at the end of August is, of course, school starting up again. At the CSA, this means that the classes we worked with in the spring will be back with new energy and stories about summer vacations. Then bring renewed life to the farm. The quieter summer days of fewer and smaller farm education programs (Saul’s summer session does bring freshmen to the CSA during July and August) are

over, and we start cramming in as many class visits as our hectic schedule can handle. Many of the students ask what we did over the summer, and when we reply that we haven’t stopped farming since they saw us last, they stare back in disbelief, feeling like eons have passed since they were a whole grade younger, two months ago.

With the start of school, we will greet two individuals joining our farming team. The first is a “welcome back” to teacher Jess McAtamney, who has been on maternity leave since the end of April. She is our liaison with Saul High School, and we’re excited to have her energy and leadership back on the Henry Got Crops team. The second “welcome” goes to the new principal at Saul, Tamera Conaway. She is a returning Henry Got Crops member, and we are thrilled to see her rise to the administration of the high school.



photo by Nina Berryman,

Basil growing tall at Henry Got Crops CSA farm

## Community Volunteers at Henry School Garden



photo by Kelly Tannen

Helping with garden maintenance at the Henry School Garden July volunteer work session are (l to r) Henry students Cameron Roberts and Miles Roberts with their mom, PTA President Robin Roberts. Here, they are admiring the developing blackberries. That evening nearly ten pounds of cucumbers, collards, chard, and kale were harvested and given to Northwestern Human Services for one of their residential programs. Next session is scheduled for August 11, 4 to 6 p.m. Community members are always welcome to volunteer!

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# Marketplace 2010-2011 School Year Summary

by Carly Chelder, Marketplace Coordinator

Wow! WHAT a year the Marketplace Program had. Almost 200 students from eight schools participated. It's nearly impossible to estimate how many people were influenced by the program, as exact customer counts are challenging, and we have no way of knowing how many students shared Weavers Way Marketplace with their families. Our Marketplace teams consisted of both new and returning students. I taught 37 Marketplace curriculum operational lessons, ranging from offering good customer service to learning Microsoft Excel for pre- and post-sale inventory.

I am grateful for strong partners and flexible students. Weavers Way's Mt. Airy store is particularly helpful. We rely on Jean MacKenzie to provide beautiful produce, Chris Switky's grocery knowledge, Jeanyne Hicks' pickle connection, Nancy Lieb's delicious hummus and other dips, Jon McGoran's publishing skills, the IT department's savoir-faire and Norman Weiss for just about anything else you can think of, and many others for all sorts of help.

## Financial Summary

This year there were 86 Marketplace school sales, from July 2010 to June 2011, with a total of \$11,444.39 in sales and profit of \$3,115.64. Two-thirds of the profit goes into each school's Marketplace checking account at Valley Green Bank. One-third of the profit is returned to Weavers Way Community Programs to

help with programming costs. This year just over \$1,000 was earned for WWCP, almost equal to the amount spent on food sampling during Marketplace lessons. We think it is important for students to taste and be able to describe the things they are selling. Inevitably, there is a discrepancy in the amount of money we expect to have at the end of the sale and the actual money in the cash box. I'm proud to say that this year the discrepancy was down significantly from prior years. We were short \$175.26 overall. Not bad for students who are learning the cashiering process, doing math in their heads, and keeping up with product changes, all while providing excellent customer service to their teachers and peers. Over the course of the year, working student team members earned \$447.75 in Marketplace coupons that they use to purchase their own healthy snacks.

## Donation Summary

Each Marketplace team decides where to give its share of the profit, discussing possible options and reach consensus as a team. This year, approximately \$2,000 was donated to the following recipients: Ronald McDonald House, Philabundance, Weavers Way Farm Education, St. Jude's Children's Research Hospital, Franciscan Home for Smaller Animals, Project H.O.M.E., and Peace Winds America, to assist with earthquake relief in Japan.

For those new to the Co-op, Market-



photo by Rachel Milenbach

Kids from Camp Outlaw summer camp at Weavers Way's Farm at Awbury Arboretum

place is an educational program run by Weavers Way Community Programs, the non-profit arm of Weavers Way Food Co-op. Although WWCP receives invaluable support from the Co-op, there is no direct funding from the Co-op. Our operating budget comes from grants and generous contributions from individuals. In challenging economic times like these, I ask you to take a moment and reflect on positive and unique educational experiences you may have had throughout your life and consider supporting WWCP's unique brand of project-based learning. If you are able to donate to help the Market-

place Program, I ask you to go onto [www.weaversway.coop](http://www.weaversway.coop) and click the link on the left-hand side that says "Give to WWCP" to make a tax-deductible donation through PayPal. Or if you prefer to write a check (which is actually our preference too), please make payable to: Weavers Way Community Programs, 559 Carpenter Lane Philadelphia, PA 19119. And be sure to indicate which program you want to support.

I would like to extend hearty thanks to everyone that helped Marketplace thrive this year. Enjoy the rest of your summer!

**Stroke OF GENIUS**

With expertise in art history and strategic planning, Bill Valerio knows how to connect with audiences. As the Director of Woodmere Art Museum, Bill makes broad strokes to strengthen and expand relationships. He added Valley Green Bank to his treasure trove when he chose them as a financial partner.

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# West Oak Lane

(continued from page 1)

ue to provide the healthy, quality products that the community has come to expect from Weavers Way.

Operating this store will be a natural part of OARC’s stated mission to promote sustainable, healthy living in West Oak Lane. OARC has been proactive in energy conservation, recycling, car sharing, community gardens and urban agriculture, pursuing a triple bottom line that advances sustainability, and balances the social, economic and environmental impacts of revitalization efforts. OARC’s new role will also help to increase and expand the store’s ties to the community.

This arrangement continues a Weavers Way tradition of fostering the development of ventures that then go on to succeed, such as the Energy Co-op, the Weavers Way Credit Union (now part of the Police and Fire Federal Credit Union), and more recently, the Seeds of Learning Farm at Martin Luther King, Jr. High School (now run by Foundations, Inc.).

Transitioning the store to another entity is not a new idea. When Weavers Way was first approached in 2007 about the possibility of opening a store in West Oak Lane, one proposal discussed was for Weavers Way to launch the store, get it up and running, and then transition it to OARC. Perhaps the ideal would have been a successful co-op store with a robust, involved and enthusiastic membership in the community, but I am extremely happy that, together with OARC, we are able to see this store move forward and continue to provide access to great healthy food and a wonderful shopping experience for the West Oak Lane community.

Weavers Way will continue to be involved in community events and outreach in West Oak Lane and to work through Weavers Way Community Programs at the Stenton Manor Shelter and Awbury Arboretum with farm and food education. If you have any questions about these changes please feel free to call me at 215-843-2350, ext. 131 or by e-mail at gbergman@weaversway.coop

# Roots to Re-Entry: Graduation at Awbury

by Alan Jaffe, Public Relations Manager, Pennsylvania Horticultural Society

“ROOTS TO Reentry,” the innovative program that trains prison inmates in landscaping, horticulture and other skills that help them find jobs upon their release, honored 29 graduates at a ceremony on Saturday, July 16, 11 a.m. to 2 p.m., at the Agricultural Village at Awbury Arboretum. Addressing the celebration were Mayor Michael Nutter; PHS President Drew Becher; Louis Giorla, Commissioner of the Philadelphia Prison System; Wallace Custis, pre-release facilitator in the Mayor’s Office of Re-integration Services for Ex-Offenders; Robert Butera, Chair of the Awbury Arboretum Board of Directors; and Roots to Reentry graduate Troy Davis. Also on hand, cooking and serving food for the day were Weavers Way community Programs Board member Norman Matlock, Weavers Way farmers Nina Berlyman and Nicole Sugerman, Weavers Way Outreach Coordinator Anne Workman, and General Manger Glenn Bergman.

In the Roots to Reentry program, qualified individuals incarcerated in the Philadelphia Prison System participate in 16 weeks of vocational and life-skills training both “behind the walls” at the prison garden of the Northeast Philadelphia complex and “outside the walls” —at Bartram’s Garden in Southwest Philadelphia or Awbury Arboretum in Germantown. The training includes lessons in equipment use and maintenance, safety, plant identification and function, and maintenance of vegetation used to mitigate storm water. Participants are also trained in general job-readiness skills such as teamwork and the development of leadership skills applicable to entry-level jobs. Program partners work together to identify and secure job placement opportunities in



Posing with Mayor Nutter are R2R graduates (from left) Quentin Davis, Drew Dagostino, Loquail Moore, Will Biener, Troy Davis, Art Pezzetti, (the Mayor), Maurice Williams holding son Dante, Jamil Watford, Robert Bradshaw, Dan Ramirez and Al Tiller.

landscaping, horticulture and other positions for the graduates. At the completion of the second year, the program can boast successful job placements with several local employers and one national landscape partner.

The program is managed by a collaboration between Awbury Arboretum, Bartram’s Garden, KJK Associates, and the Philadelphia Prison System. Support for the program is provided by the Scat-

tergood Foundation, Job Opportunity Investment Network, the Pew Charitable Trusts, and the Philadelphia Foundation.

Roots to Reentry is part of the Pennsylvania Horticultural Society’s PHS City Harvest program, which has partnered with the Prison System and other local organizations to work with inmates at the Northeast Philadelphia prison complex. Participants grow vegetable seedlings for 45 community gardens and raise vegetables in the prison garden.

Produce grown by volunteers and inmates is then distributed to area food cupboards. Since its inception in 2006, City Harvest has produced 174,000 seedlings that have resulted in 88,000 pounds of organically grown fruits and vegetables, distributed each week to more than 1,000 families in need during the growing season. Approximately 375 inmates have participated in the City Harvest program.



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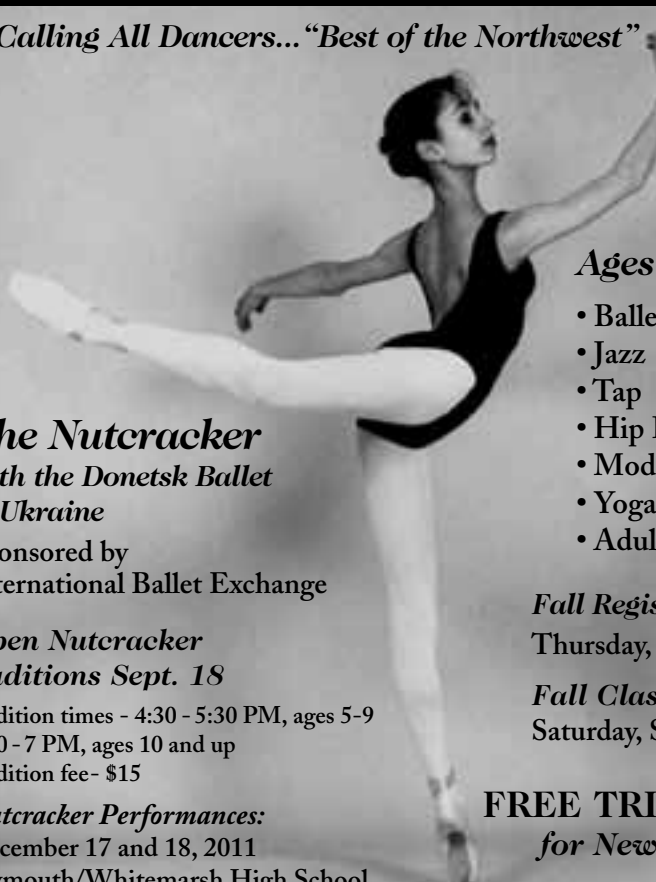
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## What Are Board Members Thinking?

# Committees At Weavers Way: Central to Participating Actively and Meaningfully in the Life and Mission of the Co-op

by Chris Hill, Weavers Way Treasurer

In this column, Chris Hill shares his individual thoughts and ideas and is not writing on behalf of the Board.

AS MANY of you already know, committees at the Co-op have an illustrious history. Over time, various Weavers Way committees launched a credit union (which was later acquired by the Police & Fireman's Federal Credit Union); a successful recycling initiative that predated any municipal recycling programs and generated thousands of dollars in income to support local environmental groups and initiatives; an energy cooperative that still exists today (of which I'm a proud member); and much more.

Committee membership is still a primary way for Weavers Way members to get involved in the community on behalf of the Co-op. That's why the Weavers Way Board has made a strong commitment over the last few years to working with committee chairs to come up with ways to strengthen committees at the Co-op by clarifying how they work and to whom they're accountable. We're also in the process of changing our Board Policy Manual to make sure we hold the General Manager accountable for fully supporting and encouraging committees as a central part of the life of the Co-op and the community.

In March 2010, representatives of six committees, along with Board members and Co-op staffers, met at Allens Lane Art Center to brainstorm about Weavers Way committees in a meeting facilitated by professional meeting consultant Rebecca Subar. We started with the basics—defining what committees at the Co-op are. Then we discussed roles, purposes, lines

of accountability, who can start and end them, how to support and fund them, and how to change the bylaws of the Co-op to bring them in line with how committees function today.

Out of that meeting came the realization that we have three distinct tasks ahead of us:

1. Change the bylaws.
2. Have board, staff, and committee chairs work together to develop a policy document governing committees and how they'll work at Weavers Way.
3. Develop Board policies that hold the General Manager accountable for strengthening, using, and supporting committees at the Co-op.

## Bylaw change recommendations coming soon

The March 2010 group tasked a small board committee with developing new language about committees to replace the existing wording in the bylaws. The Board has reviewed this new language, and the committees are doing so now. We'll finalize the recommendations in September, and have them ready for a vote of the general membership in Spring of 2012. Below is the proposed language. The text it replaces goes on for pages in the bylaws, and is the legacy of a time when committees essentially ran the Co-op because there were fewer paid staff. You can check out the existing language at [\[sway.coop/index.php?page=policies\\\_plans\]\(http://sway.coop/index.php?page=policies\_plans\).](http://weaver-</a></p>
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## Article VII: Committees

*Committees at Weavers Way Cooperative are formed to provide members with a way to participate actively and meaningfully in the life and mission of the Co-op, and are vital to the life of the Co-op and its community.*

*Committees at the Co-op may include existing committees – such as Education, Environment, Leadership, Finance and Membership – and any other committees formed in the future. Committees can be formed by the Board, Management, or interested members, with Board or Management approval. Committees may be created and/or dissolved at any time, without a change of these bylaws.*

*All committees shall have a clearly articulated mandate or charter, which shall indicate whether the committee reports to the Board or Management. The goals and activities of each committee shall be evaluated on a regular basis.*

*Board and Management will develop clear policies defining lines of authority, accountability, and communication for committees.*

## Policy document governing committees is already started

We used the insights from the March 2010 meeting to develop a draft policy document, or, really, just the beginnings


of a document. In it we define committees, and the various types of committees that exist: those that serve a governance function, such as the Leadership Committee, which holds board elections; those that support the core operations of the Co-op, such as the Membership Committee, which supports staff in reaching out to and engaging with members; and those that perform a social good or enrich the community, such as the Environment Committee.

In the preliminary document, we also clarify the structure and function of committees and take a stab at defining: lines of authority and accountability; lines of communication; the scope and nature of committee authority; how committees can be formed and ended; how money flows to committees; and how the Co-op should go about encouraging member involvement in new and existing committees.

The process of developing a policy document for committees is just beginning, but if you'd like to see this first take, I've posted it on the Weavers Way website, at [http://www.weaversway.coop/uploads/Committee Policy Document Recommendations.pdf](http://www.weaversway.coop/uploads/Committee_Policy_Document_Recommendations.pdf).

All of us on the Board welcome your thoughts on the bylaw changes and policy document, and encourage you to consider joining an existing committee, or starting a new one if you've identified a need. You'll find a list of existing committees at <http://weaversway.coop/index.php?page=committees>.

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# Bees on the Brink

(continued from page 3)

of countless food sources. *The Guardian* reports that four common species of U.S. bumble bee populations have declined 96 percent in recent decades. Agribusiness has exposed them to uncontrollable plagues of pests, introduced through human error. Chemical pesticides, viruses, mites and many other problems have unleashed “the perfect storm” against honeybee populations worldwide. The mysterious disappearance of bees, otherwise known as Colony Collapse Disorder (CCD), is a serious issue. If we cannot find a solution, the 80 percent of fruits and vegetables that require bees for pollination may never make it to the Co-op shelves. Places where bees can forage for pollen without being poisoned by pesticides have dramatically declined and, without intervention, their future is uncertain. Beekeepers are struggling to stave off the disastrous drop in bee populations, but many are fighting a losing battle.

Bees are the world’s most important pollinating insects, and the dramatic decline of honeybee populations has brought us to the brink of a pollination crisis. What does a world without bees look like? These seemingly tireless creatures pollinate about one-third of crop species that U.S. consumers eat. In the U.S., honeybees pollinate about 100 flowering food crops, including apples, nuts, broccoli, avocados, soybeans, asparagus, celery, squash and cucumbers, citrus fruit, peaches, kiwi, cherries, blueberries, cranberries, strawberries, cantaloupe, melons, as well as animal-feed crops, such as the clover that feeds our dairy cows. Essentially, all flowering plants need bees to survive. Some crops, like almonds, rely 100 percent on bees for pollination.

Recent evidence suggests that a class of nicotine-based pesticides, neonicotinoids, specifically Clothianidin, may be responsible for the sharp decline in bee populations. Three countries—France, Italy, and Germany—have banned these substances and have experienced a rebound in bee populations. This insecticide, made

by Bayer and Syngenta and sold under the names Poncho, Gaucho and Cruiser, is put on the seeds prior to planting. Clothianidin is a systemic insecticide that is carried to all parts of the corn plant, including the pollen collected by bees. Despite several scientific studies showing its deadly consequences for bees, Monsanto’s new genetically modified (GM) corn SmartStax, contains this pesticide. Monsanto and Dow predicted that SmartStax would be the largest commercial launch of a single GM corn, replacing many of the existing GM corn varieties on the market. The USDA is providing incentives for farmers growing this specific corn in the form of discounted crop insurance. Meanwhile, the EPA granted a reduction in the size of the refuge area set aside on farms growing SmartStax from the typical 20 percent to only five percent. The Natural Resources Defense Council actually had to sue the EPA to release the studies that the EPA required when it approved Clothianidin, studies that were deemed flawed by the EPA’s own researchers in an internal memo. So, does that mean Monsanto has our government in its back pocket and is secretly plotting to destroy the bee population and end the world? Of course not! The lovely people that brought us Agent Orange, rBGH, PCBs, and GMOs would never hurt us!

So, now let’s take a deep breath, and give thanks that our local Co-op seeks out and supports non-GMO, organically grown products, and local bee-keepers. And then, give yourself a pat on the back for supporting us. And then pat your neighborhood bee-keeper on the back. And then, put a spoonful of honey in your mouth and imagine all is right in the world. Which brings us to Ben Brown...



I met Ben in the store a couple months ago, when he casually mentioned to a staffer that he kept bees. He has had a life-long interest in bee-keeping and has been a serious cultivator for about ten years. Up until now, Ben has been generously giving away his honey to anyone who would take it. I was tickled at the idea of finding a truly local honey. I told Ben the Co-op would be committed to selling his honey and I would do whatever I could to support him along the way. And so began the arduous process of zoning boards, petitions, community association meetings, executive committee meetings, and USDA inspectors. Ben and I would check in every couple weeks and he would update me on which hearings had been postponed and what hoop he had to jump through next. It was a lot of red tape, but he didn’t give up. Shout out to all Ben’s neighbors on Southhampton Ave., who unanimously supported him for zoning approval! Finally, the honey is on our shelves and ready for sale. Upon his first delivery, Ben handed me a blank invoice and said, “write in whatever you want,” some things are too hard to put a price on.

There is no honey like local honey. Ben’s honey is produced in small batches and the flavor changes throughout the months depending on what’s blooming. I listened with amazement as Ben talked about his three different types of honey; Spring, Summer, and Linden. We were sitting on the picnic tables behind the store, waxing philosophical about which plants the bees were collecting their pollen from in different parts of the season. The Spring and Summer honey are produced purely in Chestnut Hill. And if you’re lucky enough to live in the quaint neighborhood around

the Co-op, these bees might be collecting from your flowers! Think about it, a Co-op member’s bees working cooperatively to collect pollen from Co-op members’ flowers, to produce honey to be sold at the Co-op, to be bought by Cooperators...Oh so much cooperation! The Linden honey is produced from hives, generously located in the backyards of bee-supporters, on Linden Ave, in Wyndmoor. At Ben’s instruction, I did myself a favor on my way home from work and drove along Linden Ave with my windows down, taking in the fragrant, fleeting scent of the flowering trees.

There are many advantages of using local honey. Overwhelming scientific evidence suggests that regular consumption of local honey can help combat allergies. Local honey is likely to contain traces of the specific things that trigger your allergies. “Allergy shots” from your doctor are simply small doses of these allergens. Exposure to allergens in small doses over time gives your body an opportunity to build resistance to their effects. Honey also contains antioxidants and serves as a natural microbial, which makes it valuable both internally and externally.

One of the most rewarding parts of my job is being able to support the local economy and meet the people behind the products we sell. It’s the little things, like being able to return Ben Brown’s honey jars by leaving them on his doorstep, that get me excited. And it’s the little things, like a spoonful of local honey, that make me wonder about the big picture. Like most of the natural world, bees can’t speak up for themselves, not in a language we can understand. So it’s up to us—the bee-keepers, the farmers, the gardeners, the honey-eaters, and the activists—to do what we can to save the bees. And in doing that, we may just be saving ourselves.

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# Major Progress for CreekSide Co-op in Elkins Park

by Jonathan McGoran, Shuttle Editor and CreekSide Board member

CREEKSide Co-op, the start-up food co-op seeking to open a store just outside the city in Elkins Park, recently made major announcements on a number of fronts, including \$3 million financing, an agreement of sale on the property to be the site of the future store, and a new contract with the builder who will do the construction.

CreekSide Co-op received word in July that Fort Washington-based Vantage Point Bank has committed to providing \$3 million in long-term, USDA-guaranteed funding for the purchase, renovation and operation of our co-op market. “As chair of the loan committee of Vantage Point Bank (VPB), I am pleased to join in this announcement from the Board of the Creekside Co-op,” said Marshal Granor, a member of the bank’s board of directors. “Vantage Point Bank is a small but growing community bank headquartered in Fort Washington. We are delighted to be a part of the future of the Co-op. And as a long-time resident of Elkins Park, as well as an early co-op member, I am happy to

see new life come to the old Ashbourne Market.”

The bank submitted the necessary paperwork to the USDA, and CreekSide anticipates the USDA’s formal commitment letter by early August.

CreekSide Co-op also reported that an agreement of sale to purchase the former Ashbourne Market building had been signed (terms of the deal were not disclosed), as was a construction contract with Allied Construction of Fort Washington. Allied has been working with CreekSide for many months to help create the design and budget for the project, which will convert the former site of Ashbourne Market grocery store into CreekSide’s 9,000-square-foot co-op market.

Next steps for CreekSide include finalizing an acquisition and construction bridge loan commitment from The Re-investment Fund, with whom CreekSide has been working closely for almost a year, creating a member loan program that seeks to raise at least \$250,000.

Once all the financing is secured, CreekSide will purchase the building and begin construction, most likely in the beginning of 2012, with completion expected by next summer.

For more information about CreekSide Co-op, visit [www.creekside.coop](http://www.creekside.coop).

# Mariposa Co-op Breaks Ground on New Store!



photo courtesy of Mariposa Co-op

Mariposa Co-op’s expansion committee poses at the groundbreaking on renovations of their new store. Mariposa plans on opening its new grocery store at 4824 Baltimore Avenue. Located in a newly-renovated, energy-efficient, historic building, the new store will allow non-member shoppers, wheelchair accessibility, and expanded hours, seven days a week, while providing improved space for community meetings, workshops, and seminars, an increase in purchases from local farmers.

For almost 40 years, Mariposa has been providing members access to healthy, locally-grown, and sustainably-produced food. Owned and run by its members, who each contribute 26 hours of work per year and govern the organization according to the principles of the international cooperative movement, Mariposa has grown from a buying club of a few dozen members to a full-service storefront open seven days a week, with more than 700 member households.

For more information, visit [www.mariposa.coop](http://www.mariposa.coop).

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# Environment Committee Bids Farewell to Stevik

Sandy Folzer, Environment Committee

STEVIK KRETZMANN, who was an important member of the Environment Committee as well as of Weavers Way, recently moved to central Virginia with his husband, Robert Fudge. Stevik was unique in his boundless willingness to help others. Whatever the task, Stevik volunteered. During the many years in which the Environment Committee had a recycling program, Stevik organized it diligently and was instrumental in recruiting others. Stevik's gentle style endeared him to many people. After the City took over recycling, Stevik, along with Helen Seitz and Priscilla Becroft, initiated the Gimme 5 program, which collected number 5 plastics for recycling since the city did not accept them. Nearly once a month Stevik and other volunteers collected, sorted, and packaged those items.

More recently, Stevik organized the Environment Committee's Electronics Recycling program. Last June Stevik arranged a recycling event at the Chestnut Hill Friends Meeting, where he was a member. Because of his efforts and those of others, profits could be donated to the Environment Committee's Grant Fund, whereby small community groups are able to receive grants for environmental projects. The Friends Meeting House also



photo by

The Environment Committee (l to r): Pat Brotman, Bonnie Hay, Carolyn Scott, Stevik Kretzman, Sandra Folzer, Preiscilla Becroft, Marsha Low. Not pictured are Steve Hebden, Helen Seitz, and Rebecca Yamin.

benefited, so it could support a community garden. The next Environment Committee's Electronics Recycling will be near the beginning of next year; Green in Chestnut Hill (GRinCH) is sponsoring an event Sat Nov. 12.

Stevik was a regular member of the Environment Committee, offering his ideas and energy. On several occasions Stevik even brought worm tea from the worms he kept for composting.

To show our appreciation, some of the Environment Committee performed a song at one of his last meetings. Pat Brotman accompanied the group on her accordion.

Tom Lehrer's song "Pollution" was altered slightly to fit the occasion. New verses were also added, such as:

*In Pennsylvania, we've got the Marcellus Shale*

*Polluting our water and even our air  
They're cutting down the forests and  
that's why we need*

*Someone like Stevik to help save the trees  
Pollution, pollution...*

The Environment Committee will sorely miss Stevik, not only because of his energy, cooperation, and industry nature, but also because of his good nature and humor.

## Electronics Recycling

(continued from page 1)

ods keep electronics out of landfills, toxic chemicals and heavy metals are prevented from entering waterways and ecosystems. Nothing collected will be sent to developing countries, whose environmental laws are weak or non-existent, and where there has been documented use of prison and child labor in handling toxic waste.

Not only is our collection having a positive effect on the environment, recyclers voluntarily donated nearly \$5,000. Half the donations are funding a Quaker-sponsored community garden project in the Fairhill section of North Philadelphia and the other half have gone into the grant fund of Weavers Way Co-op's Environment Committee, which will use the donations to support community environmental projects.

Thanks to everyone who made this event a success! Many people baked goodies that were given to recyclers, others helped unload electronics from cars and loaded them into the huge containers, and some helped with publicity and logistics.

This is probably the last time I will coordinate a community project in Philadelphia. My spouse, Robert, just retired. We have moved to central Virginia to enjoy a more rural way of life. Our lives will certainly continue to be active and full, but we will miss Weavers Way and the wonderful community that helped us live our values, make great friends, and eat delicious organic and locally grown foods.

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## The Simplicity Dividend

# Bringing Back the Clean Plate Club

by Betsy Teutsch

RECENTLY, I attended a Car Mitzvah celebration. You've not heard of this new urban ritual, because our own Meenal Raval created it, to celebrate our friend Barbara Pearson giving up her car. Barb realized that she didn't use her mini-van enough to justify the expense. Sold! She is now using a combination of biking, train, Philly-CarShare, and swapping with friends to meet her transportation needs. As we chatted about neighborhood, we all shared urban gardening stories.

Rick S. Hock, one of the guests, has become a Tree Tender. His experience has been enriching on many levels. It has provided him with excellent training, and he has found it fun and gratifying to be part of tree-planting teams. An unexpected dividend is his identification with the specific trees around the neighborhood that he helped plant—he tracks “his trees.” Observing their growth and successful maturation affords him great pleasure. This surely is one of the great benefits of having a sense of place.

A number of other tree groups have taken root in the neighborhood, including Tree Vitalize and West Mt. Airy Neighbor's Street Scapes. These not only add trees to our urban canopy, but also add to our neighborhood's collective knowledge of how to plant and steward our eco-system. Neighbors have banded together to landscape and tend Ned Wolf Park, and Ricardo Jefferson and PhillyGardenSwap.org bring enthusiasts together to share their surplus and/or pick up new local

specimens. Some gardeners don't wait for the next swap; they post their daylilies and hostas and whatever has gotten out of control right on NWPhillyFreeCycle.

The conversation turned to creative gardening efforts, growing both flowers and vegetables. Neighbors on Rick's block of Durham St. have joined forces to create a larger garden in their small back yards, which share an alley way. These gardeners are learning from each other and sharing the work, another great example of creating community.

Meenal intends to sod over her driveway to create more growing space. She reports that the pavement doesn't need to be broken up or removed. No more paving paradise and putting up a parking lot—this reverses the process one household at a time. One can put soil right over it and, over time, as a result of the roots and trapped water, the cement begins to break up. She was headed out to the suburbs for a work party, helping a household spread out a whole truckload of soil and manure, creating a rich growing environment—on what was formally called a front lawn.

Welcome back, victory gardens. The victory garden concept was popularized by the government during WWII, to alleviate the shortage of fresh vegetables and fruits brought about by mass mobilization of troops. The goal was for both urbanites and suburbanites to grow some of their own food, allowing more produce from farms to go to feed those in the armed

services. An estimated 20 million victory gardens were established. In later years, a show on National Public Radio show adopted the name, harkening back to this wonderful phenomenon.

Walking around the neighborhood, the switch from boring front lawns to planted gardens is easy to spot. I've seen mini-cornfields, sunflowers, peas, peppers, and tomatoes, tomatoes, tomatoes. At least two households have filled their yard with multiple raised vegetable beds. Clearly, their yield will more than feed the family; they are really micro-farming. And, of course, with all the farmers and interns we're bringing in to run Weavers Way farms and CSA, Mt. Airy has become a green happening place. From Eleanor Roosevelt touting Victory Gardens, to Michelle Obama getting the White House into organic gardening, there is definitely a revival. Get on board!

Betsy blogs at [www.MoneyChangesThings.blogspot.com](http://www.MoneyChangesThings.blogspot.com) and teaches blogging at MALT.

## Night Market

(continued from page 1)

their own neighborhood or discover a new one. The Mt. Airy event is the third of six planned Night Markets to be held in neighborhoods throughout the city. The Night Market Philadelphia events in East Passyunk and University City attracted thousands of food lovers.

“The Night Market events highlight the city's diverse food scene and supports small local food businesses,” says The Food Trust Executive Director Yael Lehmann. “But most of all, it is a fun community event. The success of the first two Night Markets showed us that Philadelphia is hungry for this.”

“Mt. Airy USA is excited to be partnering with The Food Trust to host the Night Market,” said Elizabeth Moselle, Director of Commercial Corridor Revitalization at Mt. Airy USA. “This is a great opportunity to showcase our neighborhood to the rest of the city. Mt. Airy is a vibrant, storied community, rich with diverse dining options: a perfect venue for the Night Market! We can't wait!”

More information about this and future Night Market Philadelphia events is available at [nightmarketphilly.org](http://nightmarketphilly.org).



## 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](mailto:outreach@weaversway.coop). Co-op work hours are a bonus!

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# Seven Myths about Gas Drilling

Sandra Folzer, Environment Committee

## Myth #1: We’ve been doing gas drilling for a while, so it must be OK.

We have been doing vertical drilling for awhile, but horizontal drilling or fracking is a relatively new technique. It began in 1969, using a 30 megaton atomic bomb. Then the industry realized it would have a hard time selling radioactive gas.

While fracking has been done out West, the topography there makes it different. The land is arid and flat, and the water sources are very deep, unlike the East Coast. Still, there have been numerous problems. There are 12,000 disposal wells in Texas, but none in New York and only a few in Pennsylvania. This presents a big problem in Pennsylvania, unlike out West: What to do with the wastewater?

About 15 percent of the chemicals and brine injected into the ground during fracking returns to the surface, and it needs to be taken care of somehow. Pennsylvania’s geology doesn’t support the injection wells that are possible in states like Ohio. Pennsylvania’s sewage treatment plants dump brine and bromides and other chemicals into streams, where they form toxins like trihalomethanes, threatening the drinking water. After 27 sewage treatment plants were told to stop dumping brine into streams in Pennsylvania, they started shipping it into Ohio: two 100-barrel tanker trucks carry the brine/waste six days a week.

## Myth #2: Natural gas is a clean fuel.

Burning natural gas is cleaner than coal, but the process of extracting the gas from the ground is especially dirty and

even worse for the environment. For example, methane leaks from the pipes and is vented routinely at the compression stations. While the gas companies deny letting methane gas escape to relieve the pressure in the pipes, infrared film has documented this practice in Moshanna State Forest in Susquehanna County, Ohio County in West Virginia, and elsewhere. Methane creates significantly more greenhouse gas than carbon dioxide (20 percent more by molecule and 80 percent more by weight).

The chemicals used in the extraction process are toxic and carcinogenic – definitely not clean, especially not when it pollutes our water systems.

## Myth #3: Gas Drilling Creates Jobs

The original estimate of job creation was overstated by a factor of four. Instead, 70 percent of jobs are held by out-of-state workers who come to an area temporarily and then leave. In contrast, wind and solar energy create more than twice the number of jobs, according to a University of New Hampshire study.

Lobbyists for the natural gas industry claim that 88,000 jobs were created by the natural gas industry in Pennsylvania in 2010, but according to the state Department of Labor and Industry, there were only 65,600 non-farm jobs created in Pennsylvania in 2010, and almost half of those jobs were in the education, health, leisure, and hospitality industries. When 23 counties out west were compared, only those without gas had higher growth rate.

Most gas is collected for only one

or two years, and then declines. The average Barnett well was finished in seven years, not 40 years as stated. In November 2010, EnCana Gas Company decided to leave Lucerne County, PA, because its wells were not producing enough gas. The cement well pads and the waste pools remain. Unemployment and poverty are highest in areas where once there was gas extraction. Gas industry has a boom and bust cycle, so any jobs are short term.

## Myth #4: Waste from gas drilling can be treated at treatment plants.

Yes, there are treatment plants, but they are unable to treat the brine water from wells as no one yet has found an inexpensive method of desalinating water. Also, the wastewater from gas drilling is radioactive, and there is no known method to remove radioactivity from water, so it’s impossible to treat. Wastewater treatment plants can take out some of the solid matter, but leave the salt and radioactivity to enter our water system.

## Myth #5 Gas companies are considerate of the local communities.

In Washington County, police Maj. Cole said of the 5,800 roadside inspections of industry trucks since Jan 2010, there were 13,000 driver and vehicle violations, including 2,800 that were serious

enough to put driver or vehicle out of service.

In Wyoming, there was a 10 to 20 percent increase in crime and drug abuse after gas drilling began.

According to a study conducted in 2006-2008 comparing 23 different Western Pennsylvania counties according to gas drilling intensity, those with the most gas drilling had more poverty, lower median incomes, and higher unemployment.

## Myth #6: Energy costs will decrease for residents of gas producing states.

Not true, according to Cornell professor Susan Christopherson, who conducted an economic impact study that found no drop in cost.

## Myth #7: Gas drilling has never contaminated water

In Colorado, 206 chemical spills were linked to 48 cases of water contamination in 2008 alone. That same year in New Mexico, toxic fluid seeped into water supplies at over 800 drilling sites, and in Sublette, Wyoming, the U.S. Bureau of Land Management found toxic chemicals from drilling in 88 drinking water wells. In Dimock, PA in 2009, 8,000 gallons of fracking fluid leaked into wetlands, poi-

(continued on page 18)

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# August Garden Notes

by Mark Goodman, The Neighborhood Gardener

IT’S AUGUST, and you’re probably not in your garden right now. However, you may be thinking about your garden. One of the things I think about in my garden is possible new plants. Of course, I value the old standards, the classics of the garden, if you will: roses, lilacs, hydrangeas, black-eyed Susans, summer phlox, hollyhocks, cone-flowers, etc. But I don’t exclude some of the innovative new plants either.

If you like something novel, consider some of the newer barberry hybrids. As children, my sister and I used to pick the green berries of the standard barberries before they turned red, calling them “pickleberries.” Barberries have fallen out of favor because they can be invasive if not tended, and they can look scrawny in the winter. The first problem can be solved by planting some of the non-reproductive hybrids. The second drawback can be eliminated if you shape them nicely in the fall, and if you get the smaller varieties. Here are some barberry hybrids with specifications:

- Royal Burgundy - dark red leaves, grows to 2’ high, 3’ wide;
- Crimson Pygmy - red, 2’ x 2’;
- Admiration - red with yellow margins, 2’ x 2’;
- Gold Pillar - gold, 3-4’ x 2’;
- Gold Beret - gold, 1/2-1’ x 1’ (great for small spaces!)
- Orange Rocket - burgundy, with orange highlights (!), 4’ x 1.5’ (for a columnar look).



photo by CatherineSmith, Redbud Native Plant Nursery  
Agastache

There’s a new weigela out, “Fine Wine,” which is a more compact version of the popular “Wine & Roses” variety. They both sport dark red leaves and flower pink. However, “Fine Wine” tops out at 2’, a full 2’ shorter than its predecessor.

For my front flower bed, I finally planted an anise hyssop (agastache). These are beautifully colored flowers that range from purple (mine is “Purple Haze”) to orange with aromatic leaves. They grow in artistic profusion at the Chanticleer Gardens in Wayne, PA.

I was equally captivated by the low growing Penstemon barbatus (“Pinacolada Blue”) because it doesn’t exceed 8” and its violet flowers (in spite of the name) are numerous and enticing.

So August isn’t a complete washout (or heat-out) for gardeners. We can dream and plan about adding some new plants to our gardens--as soon as it cools off a little.

## Mt. Airy Farmers Market, Every Tuesday



photo by Kathy Detwiler

The Schade Family took advantage of all the local, fresh, healthy and delicious produce on sale at the Weavers Way Farm stand at the Mt Airy Farmers’ Market. Circle every Tuesday on your calendar to shop the Mt Airy Farmers’ Market for the best of everything seasonal. The market is located on the plaza of the Lutheran Seminary and operates from 3 - 7 p.m.

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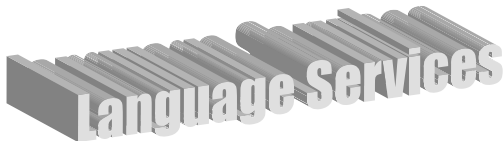
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## Upsal Garden Apartments

A walk around West Mount Airy reveals a neighborhood of lush landscaping, huge old trees, and fascinating architecture, including Victorian, Greek and Gothic Revival—a stellar example of which is Upsal Gardens Apartments. Set on a terraced site, the brick and stone (Wissahickon schist) walls of Upsal Gardens are covered with ivy and distinguished by bays, turned gables, battlements, half-timbers, corbels, leaded glass and pointed arches. Today, all but a handful of the 146 apartments at Upsal Gardens have different floor plans. Units range from studios to three-bedroom/three-bath apartments.

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# Hidden Pockets

by Jennifer Johnson, Weavers Way Chestnut Hill,

IMAGINE YOU are walking along the city streets after being released from the responsibilities of your daily life. You are tired and overwhelmed as you start the trek to your car/bus/train/bike. As the sun beats down heavily on your shoulders, the heat begins to make your pants stick to the inside of your thighs. Wiping beads of sweat from your forehead, you passively walk by building after building. For the first time, you notice an opening between two large brownstones framed by a wrought iron gate. The gate is propped open and interwoven with enchanting detail. Intrigued, you are drawn into this shaded space and greeted by the relief of a cool breeze, birds chirping, and a seat to rest your tired legs. Here, nestled in the shadow of these two buildings, is a green paradise. Be calm weary traveler; it is OK to sit here. You may eat your lunch, socialize and relax, for you have arrived in one of Philadelphia’s great pocket parks.

A pocket park is a small park accessible to the general public. They are frequently created in urban areas between two buildings, on vacant lots, around monuments, or historic sites. Although too small for physical activities, they provide greenery, outdoor seating, and occasionally, children’s playgrounds. Pocket parks are a wonderful thing to discover spontaneously, but why take the chance of never finding one on your own? Let me share with you a few of the hidden gems that have revealed themselves to me.

My favorite is Chestnut Park. This recently renovated pocket park is located at 1707 Chestnut Street in Center City.

T u c k e d away behind a whimsical gate, this is where I go to feel happily secluded from the hustle and bustle of the main drag. Once inside, you can enjoy a unique vertical fountain and listen to the leaves chatter with the surrounding vegetation. For me, Chestnut Park is a quaint oasis and the perfect spot for twiddling my thumbs or reading a book in the middle of the day.

If you’re into Philadelphia history, you would be pleased to discover Girard Fountain Park located at 325 Arch Street in Old City. This park is organized with open seating around a bronze bust of Benjamin Franklin. He sits watching the weather in a coat etched with hundreds of keys. Hoping lightning will strike again? Beyond Mr. Franklin is a low cascading fountain cooled by the dappled shade of mature trees. This is a classic example of “less is more.” If simplicity fits your personality, check out Girard Fountain Park.

For the days when you prefer to stay local to your friendly Weavers Way Co-



photo by Jennifer Johnson, www.jenjohnsondesign.com  
Buckley Park in Chestnut Hill

op, it is best to keep your eyes peeled. Take a walk along the German-town Avenue Corridor while enjoying a lazy weekend with your family and find beautiful little surprises along the way. In your travels through Mt. Airy and Chestnut Hill, you may stumble upon Buckley Vietnam Memorial Park, located at 8201 Germantown Avenue. The elements in this park are beautifully matched, from the charming pair of lamp-posts to the stacked stone seat wall which runs parallel to a wooden bench. Each detail is maintained perfectly. Shaded by a mighty oak tree that illuminates in the evening, Buckley Park also offers a romantic appeal and welcoming entryways for your family to enjoy.

Thank you for taking a moment to learn about one of my favorite pastimes. I hope that you will seek out more hidden pockets. Perhaps one will appear just when you need to be rescued from a stressful day. Don’t be afraid to venture out of Philadelphia. New York City has an amaz-

### Pocket Park Resources

#### Plan Philly

planphilly.com/tlc-unique-center-city-pocket-park

#### Philadelphia Visitors Guide:

www.philadelphiausa.travel/visitors/things-to-do/sports-and-recreation/pocket-parks-urban-oasis-a-s/

#### Temple University - John F. Collins:

www.temple.edu/ambler/news/368-collinsfeature.htm

#### Urban Oases: New York’s Great Pocket Parks & Secret Gardens

www.frommers.com/articles/6118.html

ingly diverse collection of pocket parks. If you discover any special ones that you wouldn’t mind sharing, please write me! Have fun!

Jennifer Johnson is a Weavers Way employee and freelance landscape designer. [www.jenjohnsondesign.com](http://www.jenjohnsondesign.com)

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# FOW Reduces Stormwater Erosion in Wissahickon Valley Park

by Denise Larrabee, Friends of the Wissahickon

EVERY YEAR, severe thunderstorms ravage the Wissahickon Creek watershed, causing severe damage to Wissahickon Valley Park. In the lower valley, runoff from surrounding neighborhoods rushes downhill into the creek, carrying tons of dirt, rocks, and other debris, and causing its tributaries to overflow. Trails are washed out and banks eroded. Runoff also enters the Wissahickon from the surrounding streets, carrying pollutants, such as chemicals, sediment, and biological waste into the creek. It is readily apparent that stormwater runoff is threatening the water quality of Wissahickon Creek and the integrity of the wildlife habitat.

To mitigate these impacts, the Friends of the Wissahickon (FOW) and the Natural Resources staff of Fairmount Park (part of Philadelphia Dept. of Parks and Recreation) have identified stormwater intrusion sites that are adding to the sedimentation load of the Wissahickon Creek and developed the Wissahickon Stormwater Mitigation and Sediment Reduction Project. This project will reduce sediment and improve water quality, protect drinking water sources, and restore trails and

critical wildlife habitat.

“This project will go a long way toward mitigating the most severe impacts in the Wissahickon Creek—erosion and sedimentation,” says Maura McCarthy, FOW Executive Director. “Stormwater runoff has long been identified as a serious problem in the watershed and the park.”

### Scope of Work

The Stormwater Mitigation and Sediment Reduction Project will reclaim four severe erosion sites on the west side of the Wissahickon gorge, known as: Bluebell Meadow Pavilion; Historic Rittenhouse-Town; Kitchens Lane White Trail; and Kitchen’s Lane Gully. All the sites carry substantial storm water volume and sedimentation into the Wissahickon Creek, which damage the riparian and upland habitats in the watershed, and create storm water gullies and degraded trail corridors.

These gully closures are considered part of FOW’s Sustainable Trails Initiative because they often intersect with the trail system. “In some cases the trail system has *become* a gully system,” says McCar-

thy, “because fall-line trails actually carry water from the streets above directly into the creek below. So, in all of our gully restoration work, we have to do some segment of trail work to help people navigate across these restored areas.”

Oversight of the restoration will be shared by the Friends of the Wissahickon, which will manage the grant and contracts related to the project, and Fairmount Park’s Natural Resources staff, who will provide on-site project oversight and expert land management knowledge. Work will be conducted by a design-build contractor, and completed by the end of 2011.

### Progress Update

FOW will be moving forward on several projects this summer, all part of the Wissahickon Stormwater Mitigation and Sediment Reduction Project. Work is set to begin for the Mt. Airy Avenue Gully Restoration, which the Friends are jointly funding with Philadelphia Parks & Recreation. The following projects are being implemented by FOW, and include all necessary trail repair:

**Historic RittenhouseTown Gully Restoration/Trail Reroute:** Materials are currently being assembled at the Historic



photo courtesy of Friends of the Wissahickon

Anna Shipp, FOW Board Member David Dannenberg, and Kenn Remdeko working at the Historic RittenhouseTown Gully Restoration/Trail Re-route last year. Materials are currently being assembled there for more work this summer.

RittenhouseTown Gully Restoration/Trail Reroute. This trail section has stormwater runoff problems where the trail carries flow during storm events. FOW will be shortening the drainage areas along the trail by installing four water bars made of rock at strategic locations and diverting the flow to forested areas.

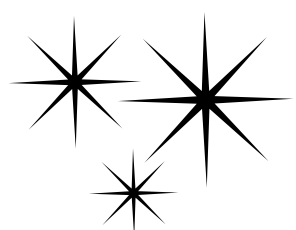
(continued on page 17)



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# Johnson House Historic Site 11th Annual Jazz In The Garden

by Jonathan McGoran, Shuttle editor

ON SATURDAY, August 6, from 4 to 7 p.m., Johnson House will host its eleventh annual Jazz in the Garden, a summer benefit featuring an afternoon of catered foods, “spirits,” and live jazz by violinist/composer John Blake, Jr. and The Alan Segal Quartet. The event will also include unique vendors, museum tours, and more on the historic grounds surrounding the Johnson House.

Located at 6306 Germantown Avenue in Germantown, Johnson House is Philadelphia’s only documented station on the Underground Railroad open as a museum for public tours. A 240-plus-year-old farmhouse whose history of anti-slavery activity puts it at the center of the struggle for freedom in America, Johnson House is a National Historic Landmark. Educational and public programs include guided tours that have now attracted more than 30,000 visitors. The Johnson House focuses on the early history of slavery in America, the Transatlantic Slave Trade, the Fugitive Slave Laws that kept freedom seekers constantly on the run, and the collaborative efforts between blacks and whites.

“This event will help to ensure that

this vital heritage continues to inspire the next generation as the museum seeks to continue to restore its historic buildings and grounds and provide educational services by working closely with our diverse community,” says Executive Director Cornelia Swinson.

Admission to the event is available at three levels: community - \$30; corporate - \$ 50; and vendor - \$45. Corporate and community sponsorships are welcome! For more information about the event or sponsorship, or to purchase tickets, call 215-438-1768 or e-mail cswinson@johnsonhouse.com.

The Johnson House Historic Site, Inc., located in the Germantown section of Philadelphia, is a National Historic Landmark and treasure. The Johnson House is a leading educational site providing experiential learning opportunities for understanding the Underground Railroad and the struggle against slavery. The authenticity of this historic building and surrounding grounds provide a rich encounter with history and tangible artifacts.

## Stormwater Erosion

(continued from page 16)

**Bluebell Meadow Pavilion Gully Restoration/Trail Re-route:** FOW is still finalizing permits for the Bluebell Meadow Pavilion Gully Restoration/Trail Re-route. This degraded channel is the result of unmanaged stormwater runoff from impervious parking, roads, and lawns at the top of its drainage area (around Blue Bell Meadow). Although inverts in the road curb allow some drainage into forested areas, the stormwater needs to be better managed in this section of the park to reduce sedimentation to the Wissahickon Creek below.

**Kitchen’s Lane Gully Restoration/Trail Reroute:** Permits are still being finalized for the Kitchen’s Lane Gully Restoration/Trail Reroute, which involves a closure and reroute of two trails in the vicinity of Kitchen’s Lane. The first is situated across the land’s steep contours near the gully area, and the second is located near the bottom of a forested slope. The poor alignment of these trails has resulted in significant trail erosion and sedimentation into a tributary of Wissahickon Creek. In addition, the second trail has caused extreme downward cutting through the soil profile due to heavy use over the past 20 years. Stormwater Best Management Practices, such as stepped pool sand re-

tention areas, may be used to slow runoff.

**Kitchen’s Lane White Trail:** Work has already started at the Kitchen’s Lane White Trail, which addresses stormwater runoff from Kitchen’s Lane that has created a small gully leading to an unnamed tributary of the Wissahickon Creek, causing soil erosion and widening of this downstream section of the gully. FOW will stabilize the bank and conclude with complete matting, seeding, and replanting of trees and shrubs.

For both Kitchen’s Lane projects, FOW hired consultant John Crandell from Enduring Nature Designs. “In the Kitchen’s Lane area, we will be replacing several paths that fall short of modern standards for environmental impact and sustainability,” says Crandell. “The new routes will address those issues with paths where all of the parks users will find a more enjoyable experience. It’s a win for everyone.”



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# Shale Gas Outrage Rally

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- Gas Industry spent \$3.5 million on lobbying politicians in 2010
- High levels of methane from gas drilling causing greenhouse gas.
- Gas Industry not taxed: taxpayers will pay damage to land and roads

More info at shalegasoutrage.org

## Myths About Gas

(continued from page 12)

soning streams and killing fish. Drinking water became corrosive and flammable. Wells were polluted. And just last year, in Bradford County, PA, thousands of gallons of fracking fluid spilled into fields

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and farms and some found its way into the Towanda Creek, a tributary of the Susquehanna. Seven families were evacuated from homes.

The gas industry refers to studies like thr ones conducted at Penn State, which overestimated the benefits of gas drilling, such as new jobs and economic benefits. These are flawed studies that were funded by the gas industry. And these studies ignored the significant air and water pollution as well as the destruction of farmland and state forests, all of which have significant impact on the health of all residents of Pennsylvania. Unfortunately, those same flawed studies are the only reports most our politicians have seen.

# Liars Club Bash to Benefit L.A. Banks

by Marie Lamba

LOCAL WRITERS and members of the public are invited to a party where they can network, rub elbows with authors and editors, and, above all, have a night of fun for a good cause. It’s all part of a special “Writers’ Bash” on Saturday, August 6, 7 p.m. and going on till closing at Smokey Joe’s bar located at 208 S. 40th Street in University City on the University of Pennsylvania campus. Revelers will enjoy music and munchies, discounted drinks, and chances to bid on amazing silent auction items. Admission to the event, which is sponsored by the Liars Club, is \$20 (\$10 for college students with I.D.) All proceeds go toward the expenses of ill author and Liars Club member Leslie Esdaile Banks, who writes under the name L.A. Banks and who is battling a rare cancer.

The Liars Club (liarsclubphilly.com) is a group of 13 authors who work together to promote great writing and literacy. And they know how to throw a great party, too. At the Writers’ Bash, folks can network and mingle, enjoy \$2 beers and \$3 wines, and for the adventurous, the bar will be selling a special drink called “The Vamp,” dedicated to Banks and her popular Vampire Huntress novels. Throughout the night, people can participate in a 50/50, inexpensive basket raffles, and in an impressive silent auction, with items including tickets and a backstage tour for Jersey Boys on Broadway; full scholarships

to writer’s conferences; signed books by New York Times bestselling authors such as Charlain Harris, Heather Graham and Sherrilyn Kenyon; ebook and print-on-demand manuscript design services; and a number of New York editors and literary agents are offering manuscript critiques, which can be invaluable for writers seeking agency representation.

Banks, a New York Times and USA Today best-selling author, has written over 40 novels and 21 novellas. She was honored by the University of Pennsylvania Black Alumni Society as “A Living Legend,” and Mayor Nutter appointed her to the Philadelphia Free Library Board as a commissioner on the Mayor’s Commission on Literacy. In 2010, as a single mom and freelancer faced with a massive increase in her insurance bills, she fired off an eloquent email to the White House. President Barack Obama took notice, and Banks had the distinct honor of introducing the President when he came to Philadelphia to talk about health care reform. Ironically, just a few months ago Banks learned she had late stage adrenal cancer, and that her insurance is inadequate, leaving her family facing massive expenses. Banks is a University City resident, and a Penn and Temple graduate.

For info about Smokey Joes, call 215-222-0770. For information about the event, email [marie@liarsclubphilly.com](mailto:marie@liarsclubphilly.com).

# Walk to Cure Rare Disorder

by Rebecca McWilliams

OUR 15-MONTH old son, Kieran McWilliams was born last April with a rare genetic disorder called Prader-Willi Syndrome (PWS.) PWS is a non-inherited genetic disorder that affects approximately one in 15,000 births. It is a very complex life-threatening syndrome thought to be caused by a dysfunction in the brain’s hypothalamus. The most defining symptom of PWS is an inability to feel full (no matter how much one eats). The feeling of fullness after eating simply does not exist for an individual living with PWS. Kieran is doing amazingly well and we are so proud of how far he’s come in such a short time, however we are still left with the very difficult reality that his life will be met with many challenges. We are rais-

ing money for the Foundation for Prader-Willi Research (FPWR) to help find a cure for PWS. On Saturday, September 10, we will be holding a One Small Step for Prader-Willi Syndrome Walk-a-thon at Fort Washington State Park in Flourtown, PA, with a raffle, lots of fun kids activities, and healthy snacks and refreshments. Our goal is to raise \$20,000 for FPWR. 100 percent of donations from the walk will go towards research for PWS.

Please visit our website, <http://onesmallstep.fpwr.org/pa/philadelphia> to register for the 2K walk, for more info, or just to make a donation. No amount is too little! Please contact me at [rwmcwilliams@hotmail.com](mailto:rwmcwilliams@hotmail.com) for more information.

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## Summer Activities at CHCE



photo courtesy of Chestnut Hill Center for Enrichment

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## Grant Provides Historic Concord School with Security Lighting

by Michael Schweisheimer, Treasurer, The Concord School House

ON MONDAY, July 18, at Concord School House, John Pollack, President of the Board of the Concord School House, thanked the Mt. Airy Business Improvement District and its Chair, Ken Weinstein, for its huge role in helping to secure new security lighting to help end the string of break-ins that threatened the historic fabric of the School House, which was built in 1775.

The funding for the project came from a grant from the Northwest Fund, which gave the Mt. Airy BID \$5,000 to improve security lighting along Germantown Avenue from Phil-Ellena Street to Washington Lane. Also notably in attendance at the press conference was Cindy Bass, Founder and Honorary Chair of the Northwest Fund, and Democratic Nominee for City Council's 8th District.

"Given the many issues with which the BID deals on a regular basis, we sincerely appreciate their commitment to and concern for our small schoolhouse and its place in the community," said Pollack.

Mt. Airy BID Chair Ken Weinstein added "The Concord School House is a valued member of the Mt. Airy business district. It was essential for the Mt. Airy BID to act quickly to stop the string of

break-ins at the School House to preserve it for future generations."

The funding from the Northwest Fund is right in line with its mission to "...help build and maintain strong safe communities in Northwest Philadelphia...through crime prevention and related efforts."

The Concord School House is an intact nineteenth-century schoolroom that occupies a corner of the Burying Ground. Established in 1693, the Upper Burying Ground is one of the two oldest cemeteries in Germantown and one of the oldest in the Philadelphia region.

The mission of the Mt. Airy Business Improvement District is to clean, beautify, and improve the Germantown Avenue commercial district in Mt. Airy so area businesses and institutions are more successful, commercial properties are more valuable, and residents and visitors can enjoy the benefits of a vibrant community.

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Letter to the Editor

I am writing in response to a letter from Lawrence Geller, printed in the June Shuttle. Mr. Geller believes that all memberships should be working memberships. I understand his reasoning. I would like to offer a different perspective that may help people who feel that something has been lost.

I am a 25-year resident of Mt. Airy. I've known about WW for a long time but I was very intimidated. What do they do in there? How would I know what to do? I heard that new members get stuck with all the least desirable work because the more interesting and no-heavy-lifting jobs were already taken. Lugging stock up and down from the cellar did not sound like something I could manage.

Since those days, a number of things have changed. I've been altering my diet to eat more local and organic. The Chestnut Hill store opened in a very convenient location. I heard about the non-working membership option. That last took the most intimidating obstacle out of my way. I decided to give it a try.

I joined and started shopping. I went to a new member orientation. It sounded like there would be work I could do without hiring a personal trainer, so I changed to a working membership.

I have thoroughly enjoyed it (I wash and label produce). Even those few hours of working opened a whole new world for me. I was really, actively part of this wonderful community that is committed to many of the same things I am.

I agree with Mr. Geller that working memberships should be encouraged, but I wouldn't be any kind of member today if I hadn't been able to be a non-working member first. And that, I think, would be very sad.

—Debie Wells

WEAVERS WAY EDUCATION COMMITTEE PRESENTS

الثورات العربية

“The Arab Springtime –  
What Are Egyptians Saying?”

**Prof. Herbert Simon** (Temple U.), a Weavers Way member, recently returned from Egypt. He will report on his recent round of interviews there.

**Monday, September 12, 7:30 p.m.**  
**Chestnut Hill Branch of the Free Library**  
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WEAVERS WAY MEMBER WORKSHOPS

Navigating the “Booby Traps” –  
Yes You Can Breastfeed

This class is for anyone who is pregnant, breastfeeding, or thinking about pregnancy, or is a partner, friend, or mother, grandparent to be, etc to someone who is pregnant or breastfeeding.

The American Academy of Pediatrics, The American College of Nurse Midwives, The American College of Obstetricians and Gynecologists, The World Health Organization, The American Heart Association, the American Dietetic Association, and most other healthcare organizations recommend breastfeeding..

Yet somehow our society undercuts that message with contrary practices that make it hard for women to breastfeed and then feel guilty if they are unsuccessful.

This class will discuss some the benefits of breastfeeding teach the basics of getting started with breastfeeding, as well as some difficulties and ideas for how not to get caught in the booby traps or dealing with them if you do.

The class will be geared to those who come so please call ahead with questions or ideas.

**Carol Tenneriello, RN, IBCLC** is a board certified Lactation Consultant and a Registered Nurse with over 25 years of experience in childbirth, maternity care and supporting breastfeeding families. She recently proposed and wrote a policy to support Breastfeeding in the Workplace for Weavers Way Employees.

Date: **Wednesday, August 10**

Time: **6:30 pm to 8 pm**

Location: **Community Room  
555 Carpenter Lane**



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If you answer yes to these questions then you belong in the discussion course on cooperatives. The discussion course is an eight week, self-directed group-study which provides the participants with access to writings on eight cooperative topics.

The course touches upon:

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- Co-op Models: Worker and Consumer
- Co-op Industries
- Inspiring Co-ops from Around the World
- Co-ops and Globalization
- Creating the Cooperative Future
- A Legal Perspective on Consumer Co-ops

Time and Dates:

Thursday, November 10, 7- 9 PM  
(8 sessions on the 2nd Thursday of the month)

Meeting Place:

Weavers Way, 555 Carpenter Lane

Contact:

Margaret Lenzi  
e-mail: [mlenzi@comcast.net](mailto:mlenzi@comcast.net)  
phone: 215-247-9169

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# WW Farm Inspires GFS First Graders

by Diana Gomez and Kristen Yoder

FIRST GRADERS in our class at German-town Friends School studied markets this year. We explored the question, “How do city people get their food?” One of the ways we tried to answer that question was by visiting many markets. On a trip to Weavers Way’s Farm at Awbury Arboretum, we harvested radishes and turnips and brought them to the Co-op to be sold. The idea that food can be grown close to where it is sold was an important idea that greatly influenced the children’s learning about food choices.

Our culminating project was to turn our classroom into a market. We called it “Take a Taste Market,” and the theme was healthy food, grown locally, with great care for the welfare of animals. The murals here represent the fish department, the produce department, and our very own Take a Taste farm, modeled after the Weavers Way farm, where we “grew” most of the fruits and vegetables we “sold.” The children incorporated the content they had learned into these murals.

Thank you to Weavers Way for the opportunity to visit the farm and the store, and for honoring the children’s work by displaying these murals.

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# Outdoor WXPN Kids Concerts at Morris Arboretum

by Susan J. Crane, Director of Marketing, Morris Arboretum

GET YOUR blankets and picnic baskets ready for Morris Arboretum’s annual outdoor summer concert series August Concerts. August 4 and 11 are the WXPN Kids Corner Concerts, presented by WXPN 88.5FM, 6:30-7:30 p.m., preceded by make your own musical instrument from 5:30-6:30 p.m.

**August 4, 2011, 6:30-7:30 p.m.**  
**Alex & the Kaleidoscope Band**

With 14 national awards for excellence in children’s entertainment, including a Parents’ Choice Recommendation and Best Song for Children from the Independent Music Awards, Alex & The Kaleidoscope Band uplift and engage audiences of all ages with their lively, interactive, and world-music-infused performances. Songs about relationships, emotions, the natural world and just plain fun music making fill the hour!

**August 11, 2011, 6:30-7:30 p.m.**  
**Yosi & The Superdads**


Yosi & The Superdads rock kids and their families! Join the “Rockin’ Band” in this lively & humorous concert featuring songs from Yosi’s multi-award-winning CD’s, and latest CD, Super Kids Rock! Wiggle like a worm in a “Hole in The Ground.” Act like a ferocious “Dinosaur in Love.” Enjoy a bowlful of “Chicken Noodle Soup.” Get on a chugging “Train Medley” and make “Friend’s Around the World!”



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## Suggestions

(continued from page 24)

play the use by date on future pudding. Thanks for brining this to my attention.

**s:** “Is the smokey delight one pound cheese from Leraysville Cheese Factory organic?”

**r:** (Jeanyne MA) Yes, it is!

**s:** “The tight packing of cheese and the price label mean that I have to destroy the wrapper to get at it. Can’t you use some better packing or a less tight label?”

**r:** (Jeanyne) Here is a tip: Place a small knife or scissors (as pictured) just under the tail end of the plastic wrap. Cutting here will allow the cheese to unwrap and rewrap easily.



**s:** “Unsweetened almond milk please?”

**r:** (Chris MA) See “Blue Diamond Almond Breeze” in the soymilk section, across from the deli cheese case.

**s:** “I reached for the Organic Kettle chips today and (gasp!) found the old non-organic sea-salt ones in their place. Is this just a temporary thing? I really like the organic ones and it seemed like they were selling well. Also, could we start carrying the organic Kettles in C.H.?”

**r:** (Chris MA) The non-organic chips were a vendor mispick, since rectified.

I passed on your suggestion to Brittany, our C.H. grocery manager.

**s:** “Organicville Pizza Sauce. I would much rather have organic pizza sauce than not. If you just boil it for a few minutes it thickens right up. Just reverting back to non-organic doesn’t see like the right answer to me.”

**r:** (Chris MA) I personally agree with you. We had a minor revolt on our hands when Enrico’s Pizza Sauce was taken away and numerous complaints about the Organicville Pizza Sauce. I myself have started using Walnut Acres pasta sauce on my home-made pizza. It’s thick, it’s organic. The only other organic pizza sauces come in cans, which means the can is lined with PA plastic, so the acidity of the product doesn’t corrode the can. It’s hard to find a “perfect solution” here, although I think my solution comes closest. (Norman) As I have pointed out before, but feel compelled to point out again in hopes that some day on some topics I will no longer be ignored, there is no reason for us or any store to stock pasta sauce or pizza sauce. Both of these products are a combination of canned tomato sauce/paste, oil, salt, sweetener and spices. Some have veggies added too. My point is that we already sell all of these items. Many people already have these ingredients in their house. Putting these ingredients to make a pasta sauce or pizza sauce would probably take five minutes.

**s:** “Where did the Lancaster Fresh Saurkraut go?”

**r:** (Chris MA) Temporarily unavailable. Back next month, hopefully.

**s:** “Bring back Buenatural tortillas. New tortillas are flavorless!”

**r:** (Chris MA) Buenatural Tortillas are no longer available from the one source that carried them, so we switched to Maria Ricardo Tortillas, which have done well at the Co-op. If we get numerous complaints we’ll look into other possibilities. Sorry that the new ones are disappointing.



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# Sow a Row for Hunger: Share Your Extra Veggies this Summer

by E. Graham Robb

SHARE THE Harvest is a program based on the “victory gardens” concept, from World War II. Philabundance asks individual and community gardeners to grow extra fruits and vegetables or collect any surplus produce from their gardens to donate towards the fight against hunger. Schools, churches and other organizations dedicate gardens to Share the Harvest, so they can donate all the produce.

Donations from local gardens increase the supply of fresh vegetables to those in need of these essential sources of good nutrition. Unfortunately, fruits and vegetables are the first things cut from the grocery list when money is tight.

Share the Harvest is a great way for neighbors to help the increasing number of families experiencing financial challenges.

Fruits and vegetables collected at

Share the Harvest drop-off locations are distributed through Philabundance’s network of member agencies in the Delaware Valley who put produce into the hands of people who need it most.

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 is provided to children and families in emergency shelters in Philadelphia.

Enjoy the feeling of helping others while you enjoy growing your garden.

Don’t forget the fruits and veggies and bring your excess every Saturday morning from July 9 through September

24, from 10 a.m. to noon, drop-off tables are set up the locations listed.

### Montgomery County

**St. Asaph’s Church**  
27 Conshohocken State Rd  
Bala Cynwyd, PA  
610-664-0966

**Albrecht’s Garden**  
Center Nursery  
650 Montgomery Ave  
Narberth, PA  
610-664-4300

**Primex Garden Center**  
435 W. Glenside Ave  
Glenside, PA  
215-887-7500

**Rhoads Garden**  
570 DeKalb Pike  
North Wales, PA  
215-699-2207

### Philadelphia County

**Laurel Hill Gardens**  
8125 Germantown Ave.  
Chestnut Hill, PA  
215-247-9490

## Weavers Way Supports the Arts!



photo by Diane Pieri

Working with artist and Weavers Way Working Member Diane Pieri, 29 fourth grade students from the Jay Cooke Elementary School in Logan made Ndebele Houses and Gates for the 7th Annual Exhibition of the Cooke Museum of Art. They are made from self-hardening clay, then painted with boldly colored geometric shapes inspired by the South African Ndebele aesthetic. What’s the Co-op connection? While drying, each house had to be supported by grape leaves and tuna cans provided by the Weavers Way Prepared Foods Department. Weavers Way supports the Arts! ...Literally



## Free Film Screening of What’s Organic About Organic?

Thursday, August 4<sup>th</sup> at 8:45pm

“What’s Organic About Organic?” reveals what’s at stake in creating and maintaining meaningful standards for organic production to protect citizen interests, the environment, and the livelihoods of family farmers.”

### Greensgrow Urban Farm

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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.

This year, for the first time, I decided to actually support our very local food system by joining the Henry Got Crops CSA, splitting a small share with another staffer. So far, this has worked out well; it has dual benefits of supplying really fresh local produce, mostly veggies, and because you get a fair amount of them all at once and you’ve already paid for them, there is some built-in pressure to cook them up and eat them. I usually cook all the greens the day or two after I get them, then put them in the fridge and eat them all week. I’ve never eaten so many greens than in the past month, and I feel the beneficial health effects so strongly that I seem to have gained super-powers like Green Lantern, and I don’t even need a ring. Like the comic character Green Lantern, super powers (or in my case, “greens” lantern powers) are partially dependent on my imagination and strength

of will. I’ve always been strong in these areas; longtime readers of this column may remember I spent about five years imagining I was going to be a movie star despite having no training, limited talent, no connections and not bothering with things like creating a portfolio or going to auditions. As for strength of will, well, I successfully share an office with Glenn Bergman.

### Suggestions & Responses:

- s:** “What is the most eco-friendly way to dispose of used printer ink cartridges?”
- r:** (Steve H.) May I suggest that you revisit the three basic recycling tenants: Reduce, Reuse, and then Recycle. Reducing would mean that you ditch your printers and computers and revive the ancient tradition of committing everything to memory. Before printing presses or computers, poets and storytellers reenacted their works as if their manuscripts were before their eyes. If that doesn’t seem possible, reuse and recycle happen to be available options on the first floor of Weavers’ 555 building, near the front door, there is a collection box for used cell phones and printer cartridges. Henry School benefits in the process. Staples in Chestnut Hill takes spent cartridges and reuses them.
- s:** “What is shelf life of our chocolate pudding? On June 19, we bought two containers of it; the one on top said pack date 6/10, but the one underneath said pack date 6/2, which seemed a surprising length of time.”
- r:** (Jeanyne MA) The shelf life of the chocolate pudding is 30 days if properly refrigerated. I will make it a point to dis-

(continued on page 22)

## 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 unhealthful food at high prices. Instead, we sell the food our shoppers want us to sell—healthful, natural, and local foods, some grown and prepared right in our own neighborhoods. We buy local, we support fair trade, and we are committed to our community, because we are owned by our community. The dollars you spend here stay here, either invested in the co-op and the community, or distributed right back to the members who support us.

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

You can learn more about Weavers Way at [www.weaversway.coop](http://www.weaversway.coop), contact Membership Coordinator, Kirsten Bernal at [member@weaversway.coop](mailto: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.



### Equal Exchange Fair Trade August Coffees of the Month



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August 3 - 30

## Canning Season Has Arrived!

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Pre-ordering is a member privilege

### Weavers Way Community Programs Needs Your Help!

On August 3 and 4, from 11 – 3 pm, volunteers will be needed to help decorate fenceposts with beautiful mosaics at the Hope Garden at Stenton Family manor, 1300 East Tulpehocken St. E-mail [carly.chelder@gmail.com](mailto:carly.chelder@gmail.com) if you are interested.

### 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.

## Weavers Way Co-op Welcome Meetings

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](http://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., Aug. 24 & Sept. 21 at 6:45 p.m.**

**Weavers Way - West Oak Lane**  
2129 72nd Ave. (intersection of Ogontz Ave., Walnut Lane & 72nd Ave.)  
• **Sat., Aug 27 at 10:45 a.m.**

**Weavers Way Co-op Offices/Mt. Airy**  
555 W. Carpenter Lane  
• **Weds., Aug, 17 at 6:45 p.m. • Sat. Sept. 17 at 10 a.m.**

PLEASE PRINT CLEARLY

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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](mailto:outreach@weaversway.coop).