

Fall 2011 General Membership Meeting

October 30, Sunday, 5:30-8 pm  
Unitarian Society of Germantown, Assembly Room  
6511 Lincoln Drive (parking lot in rear off of Johnson Street)

Agenda: 5:30-6:00- Eat & Greet • 6:00-6:30- Business Meeting (Minutes approval; Reports from President, General Manager, Financial, and Farm; and Year of the Co-op Resolution) • 6:30-7:00- Get to Know Your Co-op w/ Trivial Pursuit Game • 7:00-7:20- Get to Know Working Members & Staff • 7:20-7:40- Get to know WW Products w/Apple & Honey Tasting Contest • 7:40-8:00- Question & Answer Session for Members



THE MT. AIRY VILLAGE FAIR

SUNDAY, SEPTEMBER 18  
NOON - 4 P.M.  
CARPENTER LANE & GREENE ST.

For more info:  
[mtairyvillage.com](http://mtairyvillage.com)

# The Shuttle

September 2011 Vol. 40 No. 9

A Cooperative Grocer Serving the Northwest Community Since 1973

## Co-op Month Coming Soon

by Jonathan McGoran, Shuttle Editor

THE UNITED Nations has declared 2012 the International Year of the Co-op. While—it doesn’t begin until January 2012, the official launch is October 2011—Co-op Month. We have scheduled plenty of events and, in keeping with this proactive spirit, we are starting in September with the fifth annual Mt. Airy Village Fair. Once October officially begins, so will our official Co-op Month Events, including our second annual Taste Fair on October 22, and our General Membership Meeting on October 30. Plus there will be more events than we can possibly list here, so be sure to check Weavers Way’s events calendar, which you can access from our website, [www.weaversway.coop](http://www.weaversway.coop). Just click on the “EVENTS” button, near the top right-hand corner of the page.

## Thousands Attend Mt. Airy Night Market

by Jonathan McGoran, Shuttle Editor

ON AUGUST 4, more than 7,000 people flocked to Germantown Ave. between Sedgwick St. and Mt. Airy Ave. in Mt. Airy for the Night Market, an evening street food festival featuring restaurants and food trucks from Mt. Airy and the rest of the city, along with an incredible line-up of live entertainment. Weavers Way Co-op was one of more than 20 vendors selling a variety of food at the event, which was produced and hosted by the Food Trust in partnership with Mt. Airy USA.

“This was a true community event with support from a number of community stakeholders, including Valley Green Bank and Lutheran Seminary,” said Anuj Gupta, Mt. Airy USA executive director. “Now that the community has told us emphatically that they want more of us, we will make every effort to try and raise the money to do it again.”

The event was the third in a series, preceded by events in University City and East Passyunk. Next up is Chinatown on October 2. For more info, visit [www.nightmarketphilly.org](http://www.nightmarketphilly.org).



photo by Glenn Bergman

Weavers Way’s own NWX was among the acts that performed at Mt. Airy Night Market. If you had the grave misfortune to miss them, you can catch them Sept. 3 at a benefit for St. James School in Philadelphia, and Teshaq Primary School in Mali, Africa, and at Mt. Airy Village Fair.

## Refugee Farmers Visit WW Farm



photo by Glenn Bergman

On Saturday, August 13, 50 refugees from Bhutan and Burma who recently resettled in South Philly visited Weavers Way’s Farm at Awbury Arboretum. Farmers before they were forced from their homes, for many the trip was the first time in decades they had been outside their refugee camps or the urban environs of South Philly. Elders talked about how much the farm reminded them of home. They showed how to harvest wild plants they remembered from their childhood. For more info about Growing Home Community Garden, visit [nscfarming.wordpress.com](http://nscfarming.wordpress.com)

## Come Play with Your Neighbors at the 2011 Mt. Airy Village Fair!

by Mo Speller

THE MT. Airy Village Fair is an annual celebration of our neighborhood, and we need you to make it a party! Join community members and local businesses for a gathering of food, fun for the whole family, unique shopping, and wildly creative entertainment. This year’s fair is set for Sunday, September 18, from 11 a.m. to 4 p.m. at the corners of Carpenter Lane and Greene St., in front of Weavers Way Mt. Airy.

This giant block party will feature a real fire truck, games, a pie-eating contest, a pet fashion show, and we’ll even end the day with a parade. The best part of the fair comes from people like you who volunteer to have booths or provide entertainment. Booths at the fair are free but must be interactive. We carefully select our vendor applications for maximum

(continued on page 5)



photo by Jeremy Evans Thomas

Juggler Nick Gregory entertains at last year’s Mt. Airy Village Fair.

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# Editor’s Note



by Jonathan McGoran,  
*Shuttle* Editor

AFTER MANY years of self-serve operation, Weavers Way’s Pet Supply Store has added a cash register and staff. While the primary reason for this change is to improve customer service for pet product patrons, another reason is that this will likely decrease “shrink.” (“Shrink” is a technical term in the retail industry that means “theft”; coincidentally, it is also a technical term in the accounting industry, referring to the person the auditors urge you to go see when you explain how your unstaffed pet store works.)

Over the years, we tried a number of staffless procedures to allow shoppers access to the store while protecting the product from pilferage. Originally, there was a key, which shoppers would have to obtain from the main store. This key was attached to a series of large and unwieldy objects intended to prevent them from being lost. Unfortunately, they were all lost.

More recently, we replaced the key lock with a combination lock, and a four-digit security code that was changed daily once or twice a month. This procedure had the added benefit that you could easily identify pet food shoppers as they fast-walked diagonally across the intersection of Greene and Carpenter, their lips moving as they chanted the four-digit numbers to themselves over and over. At one point, we considered using a doorbell, but customers frequently bring their dogs, and we were concerned about dogs salivating all over the place every time the bell rang.

So now we have a staff, and we would like you to welcome them: Anton, Jen, and Cat. There are fairness issues having a Cat working at the pet store and no dog, and there are customer service concerns as well, since cats are notoriously unresponsive, but we hope Cat will bring invaluable first-hand knowledge of pet issues.

So, we hope our paying customers will appreciate the added convenience and customer service, and if there are any non-paying customers out there, well, the gravy train might be over, but you can always just add water to your kibble.

**The Shuttle is published by Weavers Way Co-op**  
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**For information about advertising, contact [advertising@weaversway.coop](mailto:advertising@weaversway.coop), or call 215-843-2350, ext. 135**

### Statement of Policy

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



**The Shuttle is printed on 100% recycled paper**

# Weavers Way Welcomes New CFO

by Jonathan McGoran, Shuttle Editor

WITH A degree in culinary arts from the Philadelphia Restaurant School and another one in business administration from Canterbury University, Michael McGear, Weavers Way’s new Chief Financial Officer (CFO), was in many ways the ideal candidate for the job. Having worked his way from bag boy to finance manager at Acme Markets, Michael has a deep understanding of the retail food industry. He was much less familiar with the world of co-ops.

“The thing I have found most surprising is the level of community involvement here,” Michael said. “I knew it was high in co-ops, but not this high.”

He has also been impressed with the longstanding relationships, both with the vendors and with the other businesses in the community.

Michael’s hiring to the new position of CFO was part of a restructuring of Weavers Way’s finance department to bring it more in line with our larger operation. It also comes in the wake of the departure of Ned Case, who as Business Manager and Treasurer had been instrumental in restructuring Weavers Way’s finances during and after the expansion process.

“We’re very excited to welcome Michael,” said Weavers Way General Manager Glenn Bergman. “But we are also very grateful to have had Ned Case on hand to help us ‘avoid the future icebergs,’ as we entered into the expansion planning



photo by jonathan McGoran

New Weavers Way CFO Michael McGear spreads out in his palatial digs in the the second floor offices of our Mt. Airy store.

a few years ago. As a Weavers Way member and former Fortune 500 controller and CFO, Ned’s expertise was invaluable. Along with Steve Garfinkel, Ned was vitally important to the loan-structuring and long-term financial planning for the Co-op, and working with Susan Beetle, they were instrumental in new reporting systems, evaluating our needs, and helping me with the Co-op’s the pre- and post-expansion financial needs.”

While Michael has already helped Weavers Way become a leaner and healthier organization, the converse is also true. “My lunches have definitely gotten healthier since I started at Weavers Way,” he says. “And with the pet store across the street, my dog’s have, too.” As for his two sons, ages 11 and 18? “That might take a little longer.”

# Local Produce Update: Hot Summer Helps, Hurts Fruit Farms

by Stephanie Kane, Chestnut Hill Produce Manager

IT’S BEEN an interesting summer in the produce departments, especially in Chestnut Hill where we’ve been adjusting to how our second season compares to last year. Across the stores, we’ve noticed some bizarre things in terms of availability, and I thought it was worth explaining to you, our loyal customers.

First, there was strawberry season. Wow, was it short. And, in my opinion, the local berries paled in comparison to last year. By the time they got really good and sweet, it was over. It’s my impression that, with the extreme heat, berries didn’t have time to grow before they got ripened, so they weren’t as sweet.

I also inquired with one of our orchards, Three Springs Fruit Farm, about some of these problems. Owner and grower Ben Wenk told me about a few problems they saw this year. One was poor weather at peach bloom—all the dampness, rain, and overcast skies. He said it’s an important time for early fruit development, and farmers lost a measurable portion of their crop during that period because the conditions “weren’t such that a young peach on a tree could continue to grow.”

This was the case with white peaches and donut peaches especially. Farmers also saw a lot of hail in the spring, which damaged unripe fruit on many of their trees, shortening the sour cherry harvest.

(continued on page 21)

# Farm Profile: Solebury Orchards

by Mike Herbst, Chestnut Hill Produce Manager

SOLEBURY ORCHARDS is located in picturesque Bucks County on the outskirts of New Hope, Pa. The farm began in 1985 with 24 acres, blossoming into a 70-acre operation. Given the quality of Solebury’s fruit, it would not be surprising if they continued to grow.

Solebury Orchards grows a wide variety of fruit, including cherries, peaches, pears, apricots, blueberries, raspberries, and blackberries. However, the fruit that Weavers Way Co-op most often buys from Solebury Orchards is their apples. Solebury Orchards grows around 20 varieties, and they are top-notch. Our favorite variety is the Keepsake apple. The Keepsake is a smaller variety that is irregularly shaped, yet perfectly sweet and crunchy. With such great flavor and texture it is not surprising that the Keepsake is one of the parent varieties of the Honeycrisp.

In addition to supplying excellent fruit, Solebury Orchards is also Weavers Way’s primary provider of apple cider.



photo courtesy of Solebury Orchard

Brian Smith of Solebury Orchards

The cider is pressed using apples grown on the farm, which is surprisingly uncommon among orchards. It is an autumn treat that truly accentuates the season. To get that *fall feeling* any time of year, applesauce and unfiltered apple juice from Solebury Orchards can be found in the Co-op’s grocery department year-round.

While Solebury Orchards is in the business of growing healthy apples and pressing fresh cider, they also bring us everybody’s favorite produce item, apple cider donuts! When apple cider donut season arrives, look for warm donuts to be delivered once a week to the Co-op’s produce department. Be sure to ask your favorite produce staff person when they will be delivered so you can get them fresh and before they’re all gone.

In addition to selling through Weavers Way Co-op, Solebury Orchards has a market on-site and opens up its fields to visitors who want to pick their own fruit. Pick Your Own is obviously subject to seasonality, which begins with cherries and berries in the early summer and ends with apples and pumpkins in the fall. Visiting the orchards and picking berries or apples gives any fruit lover an excellent opportunity to view firsthand where produce comes from and how it’s grown.



# New Staffing at WW Pet Store

by Rick Spalek, Mt. Airy Store Manager



photo by Jonathan McGoran

Gathered at the Weavers Way Pet Store in Mt. Airy are (l to r) Weavers Way Mt. Airy store manager Rick Spalek, pet buyer Anton Goldschneider, and staffers Cat Niallon and Jen Christopher.

ON THE heels of our howlingly successful Pet-A-Palooza festival in early June, we are very happy to announce expanded service at our pet food store, located across from the Mt. Airy location. The store will now be staffed 11 a.m. to 7 p.m., Monday through Friday, with additional unscheduled coverage on the weekends and early mornings.

Having staffers on-hand to help and answer questions will greatly enhance the shopping experience and will allow shoppers to purchase their pet supply purchases right at the pet store.

This change is something we have been wanting to do for a while. Though this may cause members to check out twice if they are buying groceries and pet food, the change allows us much more control over our inventory. During times when the store is not staffed, customers can simply pay in the main store as they always have done.

Don't be shy about letting us know how this is working; just please give it a chance. Also, in thinking about our "vil-

lage" here at Carpenter & Greene, we talk a lot about having several stores spread out around this intersection. This is a step in that direction.

The pet buyer is still Anton Goldschneider, who has been heading up the store for the last two years. His e-mail is [petstore@weaversway.coop](mailto:petstore@weaversway.coop), and extension is 301.

Helping him will be Jen Christopher, a relatively new hire in our IT dept., and Cat Niallon, also from our IT dept., and former floral buyer.

We hope you will take advantage of all that we offer at the pet food store. Our newly added raw food line Primal is doing very well. We look forward to them coming out in the fall for a product demo bring your pets! Our chicken feed is also proving to be a great success. Please tell any chicken farmers you know that we are here for their feed needs. Before long we will start working on next year's Pet-A-Palooza. If you want to volunteer, or have any ideas, please get in touch with Anton or with me.

# CH Meat Department Adds New Fresh-Cut Meats from Roseda Farm

by Mary Kate Brown, Chestnut Hill Meat Dept. Manager

## A Few Changes

RECENTLY, THE Chestnut Hill meat department added fresh-cut meat from Roseda Farm, located in Monkton, Md. The meat is processed in New Jersey. Roseda carefully selects and breeds America's best Black Angus cattle. They graze them on lush green pastures and finish feeding with grain. There are no added preservatives, hormones, or growth stimulants. Roseda dry-ages the whole animal for 14 -to-21 days. Look for the filet mignon and the New York strip in the meat case. Also, we are cutting fresh filet mignon from Natural Acres farm located in Middleburg, Pennsylvania. Natural Acres is 100 percent all-natural. I have also added some organic grass-fed beef from Natural Acres, which you can find in the retail freezer. We have organic grass-fed Delmonico, N.Y., strips and short ribs from Natural Acres ordered in small amounts weekly to ensure that,when you buy the meat, it is as fresh as possible. And because shoppers requested, I have been bringing in 1-lb. packages of the 100 percent all natural chipped beef from Natural Acres. The package makes three decent-sized Philadelphia-style cheese steaks. Of course, you have to add the cheese and fried onions.

## A Few Tidbits

Our butcher, Ron Moore, is tall, handsome, and easy to approach. Just tell him what you need and he will do his best to accommodate. According to Ron, "I started cutting meat at 14, I have over 14 years in the trade. I am not 14 anymore. Some of my friends still call me Ron, but the rest call me the best." Every butcher that I have worked with takes pride in his abilities. Ron clearly loves his work.

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



## Red Flannel Hash

There are several stories purporting to explain the origin of Red Flannel Hash. One states that it was created in the Green Mountains of Vermont, where it was popular with Ethan Allen and his Green Mountain Boys.

- 3 medium beets, cooked
- 1 large potato, cooked
- 1 lb. chuck steak, ground
- 1/2 cup (1 stick) butter
- 1 medium onion chopped
- 1 tablespoon of cream
- salt and pepper

Chop the beets and potato; mix with ground chuck. Add salt and pepper. Melt four tablespoons of the butter in a large skillet, add chopped onion, and cook until limp. Stir in the meat and vegetable mixture and cook over a low heat for 10 minutes, stirring occasionally. Lift mixture into a medium size baking dish. Melt remaining butter and combine with cream. Spoon over the hash. Place under a pre-heated broiler, three inches from unit or tip of flame, for five minutes or until hash has a rich, brown crust. May be served with poached eggs on top. Serves four.

*(Not a low-calorie dish!)*

The recipe is from *The American Heritage Cookbook*.

# Healthful Gourmet Oils on the Shelves and in the Goodies at Chestnut Hill

by Rachel Brown, Chestnut Hill Bakery Manager

HELLO, FOLKS! The grocery department in Chestnut Hill has recently brought in a huge variety of oils after resetting the oil and vinegar section, so be sure to stop by and check out these new items. These include macadamia nut oil (\$11.25 for 8.5 fl oz), avocado oil, and avocado oil infused with basil (both \$9.81 for 8.5 fl oz). By the time you read this, these products should be joined by a selection of other infused oils, as well as a light olive oil. In addition to being a less expensive type of oil, the higher smoke point of a light olive oil makes it fantastic for higher heat cooking.

The last straight-up oils to be hitting the shelves are two varieties of Fair Trade, organic olive oil made by cooperatives of Palestinian farmers in the West Bank. The first variety, currently in stock, is from the Nabali tree, "the native olive tree," which has a fruity flavor and peppery after-bite. The second is from the Rumi tree. This robust, pungent, and buttery oil is from



trees cultivated in the Israel and Palestine since the Roman Empire. Both oils are available in 500 ml bottles for \$14.82. They are currently stocked in the gourmet section next to the meat counter.

There has been a definite trend towards coconut oil in the food industry lately, and we've brought in several new products so you can enjoy the benefits of this healthful oil.

The first item is from a new local vendor, Pure Sweets, run by Andrea Kyan. Pure Sweets makes vegan, wheat-free, non-GMO, Fair Trade, and guilt-free macaroons, bars, and cookies. To keep these items as fresh as possible in their biodegradable packaging, these can be found on clip strips in the freezer. Andrea recently came into the store for a sampling and we promptly sold out of every macaroon



in stock. These cookies are just that good (\$2.21 per package).

We are also carrying Hail Merry, which makes raw, vegan, and gluten-free goodies. We are currently stocking the chocolate and lemon tarts in the refrigerated case, \$3.88 each, between the olives and the cold drinks at the front of the store. These tarts are an amazing treat, the base is made of almond flour, which complements the chocolate and lemon nicely. These are incredibly decadent. Every time I buy one, someone behind me in line ends up grabbing one too.

There are two final items of interest in the coconut category. We're stocking a coconut cooking spray by Spectrum, which is in the oil set for \$5.21. Additionally, we have brought in a coconut spread by Earth Balance for \$4.79, a fantastic butter replacement for either cooking or spreading on a slice of baguette. Mmm, tasty.

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

## HENRY GOT CROPS

A partnership between Weavers Way Co-op, Weavers Way Community Programs, Fairmount Park & Saul Agricultural High School

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*The proceeds from our fundraiser will be used to support Henry Got Crops, and to reduce the price of a vegetable share for people who want to sign up for a membership in the farm but for whom the cost is prohibitive.*



# Eating My Words: A Chef’s Summer Reading List

by Bonnie Shuman, chef, Weavers Way Chestnut Hill Prepared Foods Dept.

I LOVE to read. Mostly, I prefer fiction to escape the stresses associated with my job. Recently, however, I have come across some food-related books that I want to recommend. All of these books are great reads and, if you love food, you will really enjoy them.

*Blood, Bones and Butter: The Inadvertent Education of a Reluctant Chef* by Gabrielle Hamilton. Though I’ve become a bitter cynic of the modern-day memoir, I found Hamilton’s truly enchanting. *Blood, Bones and Butter* follows Hamilton’s early hard-scrabble days cooking for catering companies in New York City through her unexpected rise to become chef/owner of Prune, her acclaimed Manhattan restaurant. There are some unexplained gaps, but they didn’t stop me from highly recommending the book.

Next, I came across another memoir, a cross between a cheese guide and an I-can-relate-I-work-at-a-co-op-too book. *CheeseMonger: A Life on the Wedge* by Gordon Edgar is an absolutely fabulous account of Edgar’s transition from anarchist punk rocker to nationally regarded cheese gourmand at San Francisco’s worker-owned Rainbow Co-op. As with Hamilton’s book, *CheeseMonger* is written with such wit and honesty that you really can’t help but be engaged from the first page. Like Hamilton, Edgar falls into his role a bit inadvertently. The first page of the book states: “There are many great cheese guides out there. This is not one of them.” Well, he’s right. It’s not a

guide, but you come away from reading this book knowing way more about cheese than you did before. His description of quirky co-op customers really rang a bell for me. Trust me, this is a fun read.

Lastly, a book I read a while ago but just revisited is *The Food Life* by Steve Jenkins. Now, previous to this, Jenkins wrote *The Cheese Primer*, considered by many to be a sort of bible of cheese knowledge. But *Food Life* is a not a guide at all. Jenkins is head of Fairway Food Market’s Fresh Foods/Deli program. If you’ve never been to Fairway, visiting is something you must do before you die. This gritty Manhattan grocery store is so much more than a grocery store: it’s an experience. Jenkins recounts all the wonderful products he’s introduced to New Yorkers through the years: olives, vinegars, oils. I know you must be thinking, “Well, this sort of reading can only be interesting to someone in the business.” Not true, friends. Jenkins writes with so much passion about food you are tempted to lick the page. Plus, he includes recipes.

I liked these books so much, I’ve made them required reading for some of my staff. One reason is that these books are really fun to read. But, more importantly, every volume is about a deep and abiding passion for food. I’ve always said, you can’t teach passion, but I do think you can inspire it. If these books can do that for my staff, then you will taste it in our food and you will see it in our commitment to you, our beloved shoppers.

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# WW, Home Grown Institute Partner for Spring Event

Deadline for program proposals is October 5

by Sarah Gabriel, Managing Director at The Home Grown Institute

IT ALL started with a conversation between Betsy Teutsch and me. Betsy, while researching her series of articles for *The Shuttle* on food waste, had recently uncovered the awesome policies at Weavers Way that are leading toward Zero Waste, and she was on a mini-crusade to let the world know. “We ought to have a symposium, so Weavers Way can show members what we are doing!” she exclaimed to Anna Herman, a fellow Weavers Way member and urban homesteader extraordinaire. Anna suggested that Betsy speak with me about my nascent plans for The Home Grown Institute. We spoke with Glenn and immediately saw this as an opportunity for a strong collaboration.

The Home Grown Institute is planning its first community-centered, action-driven sustainable skills conference. The focus is on local food systems and watershed issues, and on what we can each do in our homes and daily routines. It is an immersion-type event where participants are encouraged to learn new skills and are motivated into action in areas of their own choosing. The first event will be held March 22-25, 2012\*.

One powerful piece of The Home Grown Institute model is that community groups are invited to use the conference as a vehicle to do their own organizational, leadership, and membership development.

Weavers Way was one of the first community organizations to jump on board and was quickly joined by a host of others, including Mt. Airy Learning Tree, Pennsylvania Horticultural Society, Philadelphia Water Department, LaSalle University, and a multitude of Wissahickon conservation groups, along with a growing number of local neighborhood associations.

While we are still working out all the details, the collaboration with Weavers Way will be robust and with focus on “We’re More Than Just Groceries.” It will include co-sponsoring weekend lunches, joining in a public conversation about sustainable prosperity, and participating in a “meaningful engagement” activity for volunteers, as well as having an expanded presence in the town square/marketplace providing membership information and selling Henry Got Crops CSA shares. The Education and Environment committees are considering the best ways they can be involved.

Members of groups such as Philadelphia Beekeepers Guild, COOP, Primex, Rodale Institute, Farm to City, Penn State Cooperative Extension, Wissahickon Charter School, Audubon, and Philadelphia Orchard Project have already begun to plan their program offerings.

(continued on page 12)

## Mt. Airy Psychotherapy Practices

Genie Ravital, LCSW, Overcoming Depression and Anxiety

Eda Kauffman, LSW, Healing from Abuse & Addictions

Lauren Kahn, LSW, Mindfulness Based Psychotherapy

Lenore Jefford, LPC, GLBT & Adolescents

Robin Witts, MSW, Couples Counseling

Althea Stinson, MSW, Anger Management

Ameet Ravital, PhD, DiHom, Homeopathic Consultations

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# Native American Foods

by Sue Wasserkrug, Weavers Way Board Member

WHEN WAS the last time you ate Native American food? Probably more recently than you think. In fact, given that we are in the thick of the harvest season, you may have enjoyed a Native American dish today—especially if you're an adherent to the current locavore trend.

Corn, beans, squash: these are often the first things that come to mind when we think of Native American food. And for good reason, since those three crops are known as the “three sisters” among some Native American groups. A three sisters garden was the forerunner of what's known as companion gardening today. The crops have a sort of yin-and-yang thing going in the garden: they thrive on different soil nutrients, so they aren't competing, and they naturally support each other in important ways. The corn provides a stalk for the beans to grow on, and the squash spreads out and provides a useful ground cover.

First Lady Michelle Obama, with the help of young folks from several American Indian tribes, planted a three sisters garden at the White House in June, apparently the first such garden at the White House. Mrs. Obama was kicking off “Let's Move in Indian Country” (LMIC), an effort not just to include Native American children in her health and anti-obesity initiative, but also to highlight the contributions of Native culinary traditions to good nutritional practices. The event served as

a reminder that Native American cultures are not a thing of the past. (You can read more about LMIC and the Three Sisters garden at the White House at: <http://tinyurl.com/indiancountry>.)

Besides the three sisters crops, many of the food items that are a part of our diet this time of year were enjoyed by the original inhabitants of North America. Berries, fish, tomatoes, peppers—all of these are indigenous crops. Native American food culture has profoundly influenced the cuisine not just of the Americas, but of the whole world. We think of potatoes as being an Irish staple, but the Irish adopted potatoes from the Indians of Peru. Chocolate, a mainstay of European pastry, also originated in the Americas. And, if you tried the quinoa salad recipe in last month's *Shuttle*, you may be interested to know that quinoa was first cultivated thousands of years ago in what is now Bolivia.

Some Indian food traditions are less ubiquitous today. Acorns, squirrels, turtles, sumac—are not exactly commonplace in the American diet today. But maybe these items will enjoy a revival, as bison and quinoa have in recent years. Contrary to popular belief, Native American culinary traditions are alive and well. You can sample them at the Mitsitam Native Foods Cafe at the National Museum of the American Indian in Washington, D.C.

Look for more about Native American foods in these pages in the future.

## Mt. Airy Village Fair

(continued from page 1)

fun. Booths this year are being sponsored by the Nesting House, High Point Cafe and Big Blue Marble Bookstore. Because the event is being organized by the neighborhood, it is a little different each year, but there will certainly be lots of activities for kids and adults alike. Artists Steve Donegan and Curtis Coyote will be cooking up some zany games once again, and you will see a return of the carnival games they built last year.

This year we are amping up the music and teaming up with the Big Folkin' Experience, an interactive music showcase that happens every other Thursday night at Earth Bread + Brewery. The music will definitely not be limited to folk. There will be many styles represented: folk, rock, jazz, reggae, bluegrass, swing, and more! Polish off your dancing shoes because we're also going to have a little dance-a-thon.

In addition to your dancing shoes, be sure to bring an empty stomach because, as always, there will be lots of food from the High Point Cafe and Weavers Way Co-op. Step inside the High Point Cafe to cool off and enjoy some crepe specials or try the sweet-and-sour nostalgic flavors of an old-time Philadelphia fair tradition: genuine lemon sticks. The Co-op will be chillin' and grillin' and have some of their vendors sampling food!


One of the activities that the fair committee would like to repeat this year is the Free-For-All, where folks can drop off gently used books, housewares, toys, and clothing to donate. Donations will start

being gathered a week before the fair, and on Fair Day folks can stop by and take what they like. At the end of the day, the remaining donations will be given to local thrift stores or charities. If you pick up any bland clothes at the Free-For-All, you can take them over to the Nesting House and spice them up with some tie-dye.

After the success of Weavers Way's Pet-A-Palooza this year, the main organizer of our famous Pet Parade decided it was time to kick things up a notch. Instead of the regular Pet Parade, we will be hosting a Pet Fashion Show where dogs can show off their voguing skills and cats can demonstrate how they do their thing on the catwalk. Bring any other pets you might have: fish, iguanas, gerbils, birds, and even stuffed toy pets, either in costume or not. Thanks to the Free-For-All there will also be lots of supplies available to create a costume for yourself or your pet at the fair. Everyone is a winner and notable celebrity announcers David Dye and Karen Heller will hand out ribbons.

This year we will be closing out the event with a big parade for everyone, not just pets and their guardians, called the Village Fair Jam Parade. Bring a costume or an instrument, decorate your wagon or bicycle as a “float,” or just bring yourself!

Keep an eye on our website, [www.mtairyvillage.com](http://www.mtairyvillage.com), for updates about the booth vendors and the performance schedule. For more information, e-mail [info@mtairyvillage.com](mailto:info@mtairyvillage.com).



# Menu FOR SUCCESS

Clockwise from left: Diana Anhalt, Jami Dolby, Laurene Topping, Kim Morris and Page Pendse.

Delivering meals to home-bound seniors is a labor of love for the Chestnut Hill Meals on Wheels team. As Community Outreach Director, Jami Dolby says, “Our staff and volunteers work with clients as though we're one big, happy family. We get that same satisfaction from Valley Green Bank, which caters to us with large portions of healthy financial products.”

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# Henry Got Crops! and Saul School at Rooted in Community Conference

Clare Hyre, Education Coordinator, Henry Got Crops! CSA

“WE HAD a fun, full, educational week learning about food justice at the University of Pennsylvania,” said W.B. Saul student Yona Hudson. Earlier this summer, more than 170 teens from around the country came together at Rooted In Community (RIC), a youth-led, youth-empowerment food justice conference sponsored by UNI, the Urban Nutrition Initiative. There were workshops on food justice, field trips to local farms, and students coming together to write a unique Youth Food Bill of Rights.

On Thursday, July 28, 20-plus visitors came to tour Henry Got Crops! CSA (HGC) at W.B. Saul High School to get a taste of an urban CSA high school and to visit our fields. We tasted vegetables, petted calves, and spoke with food science teacher Guy Ambererso about making homemade pesto from HGC basil. “I have gained insight and knowledge in self-expression and leadership within the food movement,” Hudson said after leading the field trip.

A series of workshops were presented by teens. While I attended an interactive workshop on our food systems presented by young members of The Food Project from Boston, Ma. Yona attended a workshop entitled “Food Justice vs. Food Injustice” and the UNI-led workshop “Food as a Major Agent of Social Change.” On Friday afternoon, Awbury farm intern Hannah Slipakoff joined me and Tyneshia in leading a workshop on co-ops. We also

facilitated poster-making based around cooperative principles. These posters were brought to the day of action.

On Saturday, after a full morning of sign-making, chanting, and excitement, the youths and their chaperones traveled to the Convention Center lawn to celebrate and read the Youth Food Bill of Rights. One representative from each group spoke. Yona read No. 2 of the Bill of Rights which states, “We the youth, demand an end to the mistreatment of workers, farmers, animals, and the environment, that is caused by our current food system.” A total of 19 statements were read. We hope this youth-created document will influence the movement for a healthier and more equitable national food system. Please check it out at [www.youthfoodbillofrights.com](http://www.youthfoodbillofrights.com) and sign your support for the youth and food justice!

Although the transition back to our everyday lives will be hard, RIC provided us with support and enthusiasm to continue doing food justice work at our various sites around the country. Young people exchanged e-mail addresses and phone numbers; regional educators discussed possible collaborative projects. We are all preparing for late October when we celebrate National Food Week! We’re so proud that Weavers Way could be represented at RIC and excited to introduce more Saul students to its power at the next conference.

# A Day of Creating Art & Building Community at the Hope Garden

by Rachel Milenbach, WWCP Executive Director



photo by Rachel Milenbach

Brand new mosaic sign at Hope Garden

ON THE morning of August 3, 2011, performance artist, sculptor and photographer J.J. McCracken once again visited the Hope Garden at Stenton Family Manor. This year’s project was to create a beautiful sign announcing the Hope Garden to all who visit.

The workshop almost didn’t happen. Two days earlier, after purchasing all needed materials and filling up her van with a tank of gas for the drive from D.C. to Philadelphia, J.J. made one last stop at the Home Depot for more children’s work gloves. When she came out of the store, J.J. found that her van had been stolen. The first e-mail she sent at 10 p.m. contained the subject line that easily could have been mistaken for spam, “Unbelievable, Please read ASAP.”

At first, cancellation seemed imminent, but many e-mails and phone calls later, we decided to proceed. As often happens in times of crisis, the community rallied. Actually, two communities helped. J.J.’s Washington D.C. and Maryland community of artists donated materials, labor, and general support. Here in Philadelphia,

colleagues of J.J.’s from her first summer here as a visiting artist at The Clay Studio gathered supplies, volunteers, and food to feed everyone who came out to help.

For two days, 15 children and adults from Stenton joined volunteers, cooperators, WWCP staff and artists working side by side to painstakingly glue ceramic shards onto a 4’ x 8’ piece of cement board. The design was created weeks earlier in J.J.’s Mt. Rainier, Md., studio by art intern Kevin Granger. Kevin transcribed images of vegetables originally drawn on clay plates by the 2010 Stenton Summer Campers who participated in J.J.’s art workshop last summer above the words “Hope Garden.” J.J., along with her assistant Wynn Bauer from South Philadelphia, directed us in the color scheme. The project reminded me of paint-by-number projects from my youth.

This is the third year that we have worked with J.J. In 2009, J.J. was a Guest Artist-In-Residence at The Clay Studio in Philadelphia, creating Hunger, Phila-

(continued on page 16)

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## What Are Board Members Thinking?

# WW Board Self-Monitoring Report: How is the WW Board Doing?

by Margaret Lenzi, Weavers Way Vice President

In this column, Margaret Lenzi shares her own thoughts and ideas and is not writing on behalf of the Board.

*"THE BOARD will govern in a way that honors the ideals of our beginning, reflects our current reality and articulates a vision of the future. The board will emphasize the need for initiative and strategic leadership by both management and board, while providing clear distinctions of board and management roles."*

*Weavers Way Board Policy Manual, G 1, adopted December 2, 2003*

LOFTY IDEALS. High Standards. Good Vision. At the same time, the Board is overseeing a \$14.8 million operation with 4,900 household members in a time of expansion and transition. A lot to keep on top of! So how do we do this with an all-volunteer board of 11 (and sometimes 12 due to a special slot reserved for the immediate past president)? And how do we know if we are fulfilling our fiduciary responsibilities to the members?

One way is that we monitor ourselves. The Board has adopted policies to govern our behavior. For the last year, the board has reviewed one of its policies each month. We ask ourselves two questions: Have we done what we said we would do, and is this the policy that we want?

We do this to make sure that the board is healthy and to identify concerns and areas for improvement.

Since this new self-monitoring process was launched last year, the process has worked remarkably well. We discovered that we do a lot of things well and we will keep doing the things that work. We fine-tuned some of the guidelines and expectations in the policies. But most important, we identified some key areas that need improvement. Let us now take a mo-

ment to review this past year.

As you may know, WW board operates under a Policy Governance Model in which the agreements, expectations, and authority are clearly stated in policies. There are four "M" policies, which define the Board-General Manager Linkage, and eight "G" policies, which define the Governance Process (See WW Board Policy Manual; visit [www.weaversway.coop](http://www.weaversway.coop) and click on "Key Co-op Documents"). Each policy provides broad goals with specific guidelines on how to carry out the goals.

Based on the board's rating of these policies, we are doing well in the relationship between the Board and GM. The lines of authority are maintained and the delegation to the GM is clear. Some minor tweaks in this area involved clarifying the procedures for the evaluation of the GM, allowing for some board input on the board administrator's performance, and tightening up the language for the Board's review of the General Manager's monitoring reports so that it is consistent with policy governance standards.

Similarly, the Governance Process is running according to plan. Policies guide us, monitoring reports are reviewed, and procedures are in place to do the business of the board. But we can always do better. As a result of our review, we did tighten up the Board Committees by requiring a specific purpose, report date, and duration. We also instituted a mentoring system and orientation session for new board members. The Board quantified the time devoted to certain areas so that priorities of the board would be discussed. These changes should lead to more effective operation of the Board.

The Board identified three areas where the Board needs to improve and invest more time and energy in the coming year:

**Member Engagement, Outreach, and Education:** Our policies require us to seek out members, listen to their ideas and take them into account; ensure that opportunities exist at all levels for members to participate in the life of the Co-op; and ensure that members are educated about the Co-op's values and programs. (G2 and G7). Some goals that the Board is trying to address in this policy include:

- Creating Member linkage committee to explore ways to improve member involvement;
- Revamping the Orientation program for new members in an attempt to reach more members in a variety of modalities;
- Writing *Shuttle* Board articles to inform members of board activities;
- Enhancing the Customer Satisfaction Survey to include more questions to find out what is on members' minds;
- Offering courses on Cooperatives and how the Board operates;
- Devoting 17.5 percent of Board agenda time to member engagement issues; and
- Looking into ways to use the website to increase member input.

**Information in Ends Monitoring Reports:** WW ends are the major goals of WW. They are visionary in nature and normally involve long-term outcomes. Right now, the policy to measure compliance with Ends requires very specific information in the monitoring reports, and the Board is not following some aspects of this policy (M4.4). So this policy needs to be either followed or changed. A Board Committee is researching this issue and will develop a recommendation to the Board in the coming year.

**Member Committee Relations:** Board Policy G8 is very specific about Member Committees. However, things have changed over the years and this policy no longer reflects what Member Committees are doing or what they should be doing. A G8 Board Committee has been studying this issue and consulting with member committees. A recommendation to the Board and Membership will be forthcoming in the next year. (See Chris Hill's August *Shuttle* article, which describes this in more detail).

The past year of self-monitoring create the opportunity to make a number of changes to Board policy, big and small. We have our work cut out for us in the year ahead addressing some of these issues, but we hope to keep improving. As Socrates said, "The unexamined life is the life not worth living."

## Cat Adoption Event

Cats and kittens for adoption will be on display on **Saturday, September 10**, on the ground floor of **555 Carpenter Lane, from 1-4 p.m.** Animal Rescue Network will be hosting the event, which will feature cats and kittens rescued here in the northwest part of the city, and some from other areas.

Pictured is Mommy, who was found in Germantown.

Animal Rescue Network is a member of the New Beginnings Program, the non-profit incubator of Resources for Human Development.



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# Manager’s Corner

by Glenn Bergman, Weavers Way General Manager

## Mt. Airy Renovation Plans

One of the commitments we made prior to opening our store in Chestnut Hill was that, afterward, we would plan for renovating and possibly expanding the store in Mt. Airy. I do not expect any expansion to happen until 2013, as we work our way through operational changes and financial strengthening, but a management team chaired by Annette Aloe has already begun the planning process.

## CCMA Meeting June 2012

Philadelphia has been selected as the site for the national consumer cooperative meeting next year. More information will be available next year, but the event will likely take place from June 14 – 16 at the Marriott Hotel, with a large party at the Reading Terminal Market. This will be a joint effort of the growing consumer cooperative movement in southeastern Pennsylvania., helping to make this a wonderful event for the representatives from the United States, Canada, England, and other countries.

## Update on West Oak Lane

I am pleased that we were able to operate the WOL store for three years. While the location never became a financial success, the store was important to many residents in the area. It is wonderful that OARC has decided to continue operating the store as a regular neighborhood market, carrying products that are healthful and nutritious.

Weavers Way staffers are continuing to support the store on an as-needed basis as OARC gets the store running. I wish them the best of luck and hope they are financially and socially successful. I also want to thank the many staff and board members who have supported this store over the years with their time, input, suggestions, and belief in the concept.

## Chestnut Hill

Members often ask me what I think about developments in Chestnut Hill: all

of the empty storefronts, especially the Borders building, the possibility of a new 20,000-sq-ft store and what can or should be done about it. As a small business, we don’t want to get in the middle of a dispute between neighbors and developers, but I do have some thoughts.

1. Magarity Proposal. If the proposed development at the Magarity site comes to fruition, it may or may not have an impact on Weavers Way. But it will definitely have an impact on the Chestnut Hill community. In my opinion, the proposed development is of a size completely out of scale for Chestnut Hill. Many of the near neighbors have expressed concerns about the lights, traffic, and the lack of green space, as well as reversing one-way streets.

At a breakfast meeting before we opened our Chestnut Hill store, a principal at the Bowman Group told me that residential units and the walk-ability of the community are most important to them. I agree. A residential development with adequate green space would add to the walking traffic on the Avenue, with a negligible impact on near neighbors or traffic flow. When we discussed the possibility of seeking a change of our C-1 zoning to C-2 in order to allow food to be consumed on premises, this person took the position that commercial properties should stay within their zoning, and that they would fight any zoning change we would seek. That opposition and the delays it would have caused were the primary reasons we altered our design to eliminate indoor seating. Imagine my surprise when I was informed that Bowman Properties was planning to leapfrog the zoning board and go directly to City Council for a wholesale rezoning of that area.

My suggestion to those local residents concerned about this development is that they make their concerns known, and that they join with others who share their concerns to advocate for development that is more consistent with what they want their community to be.

2. Borders development. While I have not heard any solid plans for this site, one

far-reaching idea that I love is for the community to form a non-profit or cooperative group to develop the site as a new- and-used book store with space to rent out on the second floor for readings, music, performance, and other community events. This could be the center for cultural events in Chestnut Hill. It would add traffic to the avenue, attract people from outside the area, and help the local small businesses. The people of Chestnut Hill are among the most educated and literate in the city. The neighborhood is home of a great book festival, but what we do not have is a used book shop in the area, except for Walk a Crooked Mile. Owner Greg Williams has expressed interest in such an endeavor. Maybe it is just a dream, but I am convinced it is worth a few discussions.

3. Empty storefronts. It is hard to understand how so many small storefronts can remain empty in a place as beautiful as Chestnut Hill. We shake our heads and wonder, how can there be more empty stores in Chestnut Hill than in West Oak Lane? Weavers Way owns properties in Mt. Airy and we never have storefronts empty for so long. In fact, we have helped two new businesses get started by lowering our rental rates below market, just to help them get started and to help fill the spaces. In the midst of a recession, small businesses can not afford the “going rates” of real estate to get started. By helping them to get started, put down roots, and grow, we can grow the business community, the overall feeling of community, and the future strength of our residential - business mix.

# Weavers Way Sponsors Blood Drive

By Jon Rösser, Weavers Way Human Resources Manager

ONCE AGAIN, Weavers Way will sponsor a Red Cross blood drive, this time on Friday, Sept. 23. The drive will be from 11 a.m. to 7 p.m. at St. Paul’s Episcopal Church in Chestnut Hill. St. Paul’s is located at 22 E. Chestnut Hill Avenue, between Germantown Avenue and Bethlehem Pike.

It’s great to live in a city with world-renowned research hospitals and medical colleges, but places like CHOP and HUP use a lot of blood, so much that the Philadelphia region often runs a blood supply shortage and needs to borrow from other regions. (Thank your family and friends in Baltimore.) The local Red Cross supplies blood to 100 hospitals in the city, the suburbs, and South Jersey and needs about 1,200 donations a day to meet the demand.

At our last blood drive in March, we collected 67 donations. I’m committed to topping that performance on Sept. 23.

As an extra thank you, donors are encouraged to stop by either our Chestnut Hill or Mt. Airy stores after giving blood (wear your donor sticker!) to pick up a bag of healthy, tasty goodies to help give you a boost.

If you’re interested in participating, please give me a call at 215-843-2350, ext. 132, or send me an e-mail at [hr@weaversway.coop](mailto:hr@weaversway.coop).

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# A Discussion Course On Cooperatives

by Margaret Lenzi, Weavers Way Vice President

WOULD YOU like to learn more about cooperative economy, history, and philosophy? Are you interested in finding out about different cooperative models and the industries in which they are applied? Are you curious as to how people in other parts of the world organize into cooperatives? Do you wonder if there is a cooperative solution to economic challenges in your community? If you answer yes to these questions, then you belong in the Discussion Course on Cooperatives.

The International Year of Cooperatives is 2012, and what better way to celebrate than to learn more about cooperatives? The discussion course will start on Thursday, November 10, at Weavers Way, 555 Carpenter Lane, from 7 to 9 p.m. We will meet on the second Thursday of each month for eight sessions from November 2011 through June 2012. Dates and times may vary depending on the participants.

The discussion course is a self-directed group-study that provides participants with access to writings on eight coopera-

tive topics. The course touches upon:

- Co-op History
- Co-op Philosophy, Principles and Values
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- Co-op Industries
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- Co-ops and Globalization
- Creating the Cooperative Future
- A Legal Perspective on Consumer Co-ops

Here’s how it works: Six to 12 people meet weekly for about two hours to discuss the short readings from a chapter in the course book. The chapters are no more than 20 pages long and consist of short articles, essays, and excerpts from books. The chapters include questions and practical suggestions that are meant to encourage dialogue among the partici-

pants. Participants take turns facilitating the discussions. The short readings and lively interpersonal discussions make the course an ideal learning environment for busy people who would like to maximize their educational experience.

If you are interested in taking the Discussion Course on Cooperatives, please complete the registration form above. The cost for the course is \$10 and includes your own copy of the Cooperative Discussion Manual, a great resource on cooperatives.

Questions or more information,

contact me at [mlenzi@comcast.net](mailto:mlenzi@comcast.net) or 215-247-9169.

Registration is limited! Sign up early so we can send you the readings before the first class.

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The Simplicity Dividend

Weavers Way’s Dining For Women, Coming Soon

by Betsy Teutsch

RELAXED POTLUCK dinner with friends, catching up, downing some wine, learning about innovative, inspiring, effective programs to help women around the world, and contributing to them... sounds like a perfect evening to me. DiningforWomen.org combines so many of the things I love, I wish I’d thought of it myself. The credit goes to Marsha Wallace, a nurse in Greenville, South Carolina, impressed by a group of social workers who joined together for potlucks and donated the money they would have spent in a restaurant to needy families. She gathered the first Dining For Women group in 2003; more than 215 functioning Dining For Women groups around the country, including three in the Delaware Valley. But not in Mt. Airy/Chestnut Hill/Germantown!

In their own words, “Dining for Women is a dinner giving circle. We ‘dine in’ together once a month, each bringing a dish to share, and our ‘dining out’ dollars (what we would have spent if we had eaten at a restaurant) are sent to programs empowering women worldwide. We then combine all donations from hundreds of chapters to support one carefully selected international program a month. We fund grass-roots programs in education, healthcare, vocational training, micro-credit loans and economic development. These programs are aimed to improve the living situations for women and their families, by providing the tools they need to make changes.”

June’s chosen program was Shining Hope for Community, girl’s school in Kenya where I serve as a board member. This was very exciting for us, since

Dining For Women’s nod is taken very seriously, and it connected us with many new supporters. I volunteered to attend any local Dining For Women events hosted by the Delaware Valley DFW groups.

The national organization provides groups with educational materials, financial controls and even menus relating to the region where the monthly selected NGO is located. DFW works with the chosen organization to create a three-minute video, shown as part of each dinner. This makes organizing the event so much easier, knowing that a top-notch vetting has already taken place. Producing the video is a wonderful opportunity for the featured program, helping to sharpen its message.

Each group develops its own style and personality. An Abington group is the oldest local DFW circle. It was formed by empty-nest moms who bonded when their children attended the same parish school. Many are Italian Americans and, you guessed it, they cooked up a fabulous meal. The Elkins Park DFW is newer, formed by mothers and their young adult daughters wanting to work together to have a global impact on women. Each family brought an African dish, trying out recipes provided by the national organization. The Society Hill group is composed of graduate students and young professional women, mostly educators, who put together a salad bar and ice cream buffet.

The common denominator among all three groups is how well-informed they each are about the multiple, interlocking challenges of the world’s wom-

en who live on \$1 a day, struggling to provide for themselves and their children. Inspired by Nicholas Kristof and Sheryl WuDunn’s book *Half the Sky*, the groups really know a great deal not just about the problems, but also about effective strategies to help women help themselves. One of the women told me that before she joined the group, she didn’t have a clue as to the conditions under which a billion women on the planet soldier on, without access to sanitation, health care, secure food or even education. Now she supports programs that address these overwhelming problems on a regular basis and has become an advocate. Hats off, Dining For Women!

Dining For Women’s motto is “Changing the World One Dinner at a Time.” Sounds modest, and for any individual attending, it is. But collectively, DFW has raised more than \$1.15 million dollars in donations and educated its members to become effective ambassadors, all while providing a venue for women to share good food and excellent wine, and nurture their friendships at the same time. By the way, there’s no requirement that the group be just for

women. We’re progressive here in the Northwest. So while the funds will go to women—that’s just smart development—men can join, too.

What will our Weavers Way Dining for Women group look like? We will be diverse in age, gender and background. We’ll prepare and share fabulous local food, and the conversation will flow. Friendships will flourish, and the funds we raise will go directly to helping women help themselves. All we need is a small group to do a little planning and take the first steps. I will be delighted to join but have promised myself not to take on any new leadership position. Does this project have your name on it? I hope so!

Please, Founder of the WW Dining for Women Group, let me know who you are. Anyone who wants to join, e-mail me at [betsy@betsyteutsch.com](mailto:betsy@betsyteutsch.com). I will collect the names and connect everyone, and we will do it!

Betsy blogs at [www.moneychangingthings.blogspot.com](http://www.moneychangingthings.blogspot.com) and teaches blogging at MALT. She is a board member of [www.shininghopeforcommunity.org](http://www.shininghopeforcommunity.org).



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# Organic Valley, NCGA Co-ops Support Farm to School Network

by Jonathan McGoran, Shuttle editor

ORGANIC VALLEY and National Cooperative Grocers Association (NCGA) are joining forces to improve school lunch with the National Farm to School Network.

The “Good Farming. Good Food. Good Thinking!” promotion, taking place September 1 through 30, will trigger a \$1 donation to the National Farm to School Network (up to \$12,500 total) with every purchase of any Organic Valley cheese at an NCGA member co-op.

“Today, more than ever, our children need better school lunches,” said Anupama Joshi, director of the National Farm to School Network. “We believe the most nutritious and delicious food comes straight from local and regional farmers.

We appreciate the cooperative thinking of two leaders, Organic Valley and NCGA, in supporting our mission.”

In addition to helping the Farm to School program, Co-op shoppers can win great prizes for their local school or for themselves. To win \$500 worth of Organic Valley products for the school of their choice, shoppers can enter a drawing at <http://www.ov.coop/goodthinking>. Five winners total will be selected. Five \$200 gift cards, good at NCGA member coop stores, will be given away on Facebook at [www.facebook.com/OrganicValley](http://www.facebook.com/OrganicValley).

Stay tuned for upcoming details about the promotion coming to Weavers Way Co-op.

## Tomato Season at Mt. Airy Farmers Market



photo by Kathy Detwiler

The moment you’ve been waiting for is here! It’s tomato season at the Mt. Airy Farmers’ Market. Showing off the abundance of tomatoes in all different shapes and sizes and colors is Hannah Slipakoff at the Weavers Way Farm stand. Come early and come often for the best of everything local and healthful and fresh: tomatoes, cukes, squash, peaches, nectarines, melons, and so much more. And now you can bring those dull kitchen knives (and anything else that needs sharpening!) to the market. We have an on-the-spot knife sharpener who will make your knives brand-new in seconds!

### WEAVERS WAY MEMBER WORKSHOPS

#### Communication Workshop

September 7, 6:30 pm at 555 Carpenter Lane

Workplace communications can be improved by a practical application of techniques learned that are related to better understanding of the human communication process. The positive results of improved communication in a workplace can result in better efficiency, improved workplace relationships, and overall positive attitudes about an organization. Come and gain some insight in this just over an hour workshop. We’ll do an exercise and I promise it won’t be boring.

#### How the Board Works

September 28, 6:30 pm at 555 Carpenter Lane

The Weavers Way Board operates as a Policy Governance® entity as described by John Carver an author and organizational expert. Find out what this means to you as one of our many member/owners and what you can do to contribute to our co-op’s overall success. I’ll discuss how we gather information, debate and come to our decisions at the board level.

David Woo, is the Board President of Weavers Way Co-op. For more information on the above workshops, please contact David Woo at [woo3d@earthlink.net](mailto:woo3d@earthlink.net)

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photo courtesy of The Home Grown Institute

Co-op members Anna Herman, left, and Julie Angel, right, help to build a cob chicken coop with Cara Graver, middle. Building a backyard cob oven will be one of the many hands-on activities at The Home Grown Institute.

## Home Grown Institute

(continued from page 4)

In addition to a rich roster of workshops, The Home Grown Institute will offer films and friendly competitions, public conversations, field trips, and plenty of hands-on experiences. We'll be giving away rain barrels, backyard composters and earth boxes.

Program proposals that address physical, social, emotional, intellectual and spiritual skills related to sustainable and regenerative practices will be accepted through October 5. Visit [thomegrowninstitute.org](http://thomegrowninstitute.org) for more information.

\*Program Schedule: Thursday evening, March 22: Kick-off event: Friday; day of field trips; Saturday and Sunday: concurrent sessions at Springside School in Chestnut Hill.

*Sarah Gabriel is an author and educator and the managing Director at The Home Grown Institute, organizing community-centered, skills-focused, action-driven events that teach home-scaled sustainable and regenerative practices.*

## A Book Review: *The Orange Robe*

by Sandra Folzer, Weavers Way Environment Committee

MARSHA LOW, a core member of the Environment Committee, has just published a book, *The Orange Robe: My Eighteen Years as a Yogic Nun*. The book describes Marsha's journey from a University of Pennsylvania graduate to a member of a yoga group known as Ananda Marga.

I was fascinated by Marsha's experiences and found her book difficult to put down. Marsha engages the reader through her bare honesty, unafraid of disclosing her hardships and foibles, without a trace of self pity. As a reader I felt wonder and admiration, and fear at times, for Marsha's struggles to survive sometimes in hostile environments. Marsha began her training in India, where her guru resided; then she traveled across continents to fulfill the bidding of the group. Although Marsha was Jewish, her first assignment was in Cairo during a period of heightened fear about Jewish spies in Egypt. She worked in Israel, Iran, Turkey, Australia, Fiji, Germany and Russia, among other places. Her task was to teach yoga and start schools to attract more members. She was

given no salary, and had to find creative ways to make money to survive, such as selling popcorn and growing cilantro.

Her primitive living conditions were in the barest of shelters. I was in awe of Marsha's strong survival instincts and great flexibility in the face of deprivation. She slept on concrete or dirt floors and ate meager rations. The Ananda Marga group has very constrictive rules: not laughing loudly, not eating in the presence of someone eating a non-vegetarian diet, and no relationship with family.

Marsha presents a balanced portrait of the group, even though she suffered many hardships as a result of her commitment to help others, her main reason for joining. I highly recommend Marsha's book. It is available through Big Blue Marble Bookstore, 551 Carpenter Lane, two doors down from Weavers Way Mt. Airy (call 215-844-1870 or visit [www.bigbluemarblebooks.com](http://www.bigbluemarblebooks.com)). It can also be ordered through [amazon.com](http://amazon.com) or [barnesandnoble.com](http://barnesandnoble.com).



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# The September Garden

by Mark Goodman, The Neighborhood Gardener

HERE WE are in September, which is still summer, with some hellaciously hot days, so keep watering your plants. The weeds haven't stopped growing just because the kids are going back to school, so keep weeding. If you weed thoroughly in September, you won't have much weeding to do until next April.

There are still some good tomatoes, peppers, zucchinis, summer squash, and eggplants to be harvested, and they will be much more useful filling your dinner plates than rotting in the garden. At the beginning of the month, you can still plant some of the cooler weather crops such as kale, Chinese cabbage, mustard greens, collards, lettuce, spinach, and even beets and turnips, the 50-60 day varieties.

Most shrubs and trees can be planted now, with some exceptions. Trees with deep taproots, such as oaks, are better

planted in spring. Also, crape myrtles, while hardy for this zone, do not always survive the winter when planted in the fall.

Early September is a prime time to plant grass seed. Remember to cultivate the soil four to eight inches. Add some lime to make the soil more alkaline, and some peat to condition the soil. Plant Tone is a good all-purpose organic fertilizer that you can use for lawns.

For established lawns, add a late summer application of Plant Tone and lime.

To accelerate the alkaline content of your lawn soil, spread Ringer Lawn Restore (organic). To treat deeper rooted lawn weeds, such as dandelion and thistle, apply corn gluten.

So, gardeners, September may be good for holidays, sports, and starting to save energy, but it's also a good month for gardening.

Thanks to my loyal reader who pointed out that the white blooming "Henryii" clematis (spring blooming, larger flowers, non-invasive) should not be confused with the "Sweet Autumn Clematis" (late summer blooming, smaller flowers, invasive).

Plant-of-the-month: Dwarf asters, bright colors, low-growing (24"), hardy fall bloomers.

Garden guffaw: What are the quietest flowers that you can plant in the fall?

Mums.



## Hot Time at Urban Farm Bike Tour



photo by Jennifer Johnson, www.jenjohnsondesign.com

Close to 100 people braved the 100-degree heat for the sixth annual Urban Farm Bike Tour. After cycling across the city to visit a nine urban farms, the riders returned to Weavers Way's Farm at Awbury Arboretum for a grilled feast and cold beers.



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# New Meetinghouse for CH Friends

by Nikka Landau, Chestnut Hill Friends Meeting

YOU DON’T need to tell a local what makes Northwest Philadelphia great – its diversity, quaintness and strong sense of community, not to mention Fairmount Park and the local Weavers Way Co-op stores. Nevertheless, it’s sometimes hard to lure a visitor from the attractions of Center City to the unique charms of leafy, quiet Chestnut Hill and Mt. Airy.

The Chestnut Hill Friends Meeting (CHFM), a lively intergenerational Quaker community on the border of Mt. Airy and Chestnut Hill, may have just the thing to put the area on the map. Having outgrown its current 79-year-old meetinghouse on Mermaid Lane, the Quaker community is planning to build a new facility that will feature a Skyspace by world-famous light artist James Turrell. Major museums around the world, including MoMA, Pittsburgh’s Mattress Factory, the Los Angeles County Museum of Art and the Houston Museum of Art, collect and covet the artist’s work. But the Turrell in Chestnut Hill will be Philadelphia’s first and only Turrell Skyspace in the Northeastern United States that will be open year-round to the public.

Turrell donated the Skyspace design as a gift to the Meeting. In his Skyspaces, Turrell constructs a simple chamber containing seating, lighting and an aperture in the ceiling where visitors sit in silent contemplation of the sky at dawn and dusk. The Turrell Skyspace at CHFM will provide an exceptional environment for meditation in the light-filled space.

Chestnut Hill Friends are working with Turrell and local architect James Bradbury to build a facility that has more space for worship, classrooms, and community outreach. The meetinghouse will be built to 21st-century LEED (Leadership in Energy and Environmental Design) specifications while retaining a graceful style reminiscent of traditional Friends architecture. Outside, the Meeting will create an inviting green space bordering Fairmount Park by reclaiming the unused parking lot that’s on the building site on Mermaid Lane.

Chestnut Hill Friends Meeting is looking to partner with local organizations interested in using this extraordinary space. In addition, we would welcome volunteers to help with community fundraising and awareness-raising events beginning this fall. No prior experience necessary, but marketing skills, knowledge of the Northwest Philadelphia community, and a can-do attitude would be very helpful! Please contact Campaign Coordinator Nikla Lancksweert at nlancksweert@yahoo.com if you are interested in partnering or lending a hand.

In months to come, CHFM hopes to share more information on this exciting project in *the Shuttle*. In the meantime, please visit our website, [www.chfmnew-meetinghouse.org](http://www.chfmnew-meetinghouse.org), for further details and to sign up to receive an e-newsletter with the latest developments.

# South Philly Food Co-op Holding Garden Tour Fund Raiser

by Jonathan McGoran, *Shuttle* Editor

IN WHAT is anticipated to become an annual event, the South Philly Food Co-op is holding a South Philly Garden Tour, a self-guided ticketed visit of more than 15 public and private gardens throughout South Philadelphia, with refreshments provided by participating local businesses throughout the day. Tickets are \$20 in advance or \$25 on the day of the tour. All funds raised will support efforts to open a member-owned grocery store in South Philadelphia, where high-quality food and products, including locally sourced and organic, can be found for a fair price.

The event takes place Saturday, September 10, 2011, 11 a.m. to 3 p.m. (Rain Date: September 11.)

The South Philly Food Co-op initiative was started by a group of South Philadelphia community residents who believe it is vital to choose food sources that are sustainable and support the local economy, and who are committed to building community and educating the community about making good food choices. For more information, visit <http://southphilly-foodcoop.org>.

**Tickets are on sale at:**

Urban Jungle, 1526 E. Passyunk Avenue  
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Online at <http://southphillygardentour.eventbrite.com/>

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# Mt. Airy Art Garage Opens Its Doors with a Hard Hat Ball

by Linda Slodki

Mt. Airy Art Garage (MAAG) is getting ready to open its doors at 11 West Mt. Airy Ave. and we are ready to celebrate!

In less than two years, MAAG has become a nonprofit and launched our \$100,000 Building Fund to complete renovations to our home, a 5,000 sq. ft. garage in the heart of the Mt. Airy business district. This incredible space is now becoming a reality: a creative center for emerging and professional artists in Germantown, Mt. Airy and Chestnut Hill.

We will house seven working artist studios, the Solomon Levy Gallery, artist-driven workshops and programming, fine art and handcraft markets, and more. Our goal is to provide communal space for creativity, collaboration, and celebration—a destination point for adults and children alike.

We’ve come a long way in a short period of time. We have gotten support from artists, art lovers, businesses and community members alike. Our membership is currently at 76 and growing, and we

haven’t even opened our doors yet! The success of our May silent auction helped draw us closer to our goal. And it was the great generosity of spirit of family and friends of Solomon Levy that gave us the final funds needed to begin our work. We have completed Phase 1 of our build out, with more to go. We invite you to see our progress.

So, the Mt. Airy Art Garage wants to celebrate with you! Join us and let your spirits soar with Sharon Katz & The Peace Train. Mark your calendars for Sat., Sept. 17, at 11 West Mt. Airy Ave. Doors open for a special gala reception with Sharon Katz at 6:30 p.m. The \$40 include refreshments and admission to the concert: the concert doors open at 7:30 p.m. with \$25 general admission.

It’s our Hard Hat Ball. You just never know what to expect when artists throw a party. Buy your tickets now at [www.mtairyartgarage.org](http://www.mtairyartgarage.org) or call 215.242.5074. Come celebrate with us!

## WWCP Mosaic

(continued from page 6)

delphia, an active art installation that was on display at the Painted Bride Art Center from March through May 2010, after which we moved the raised bed planters from the Painted Bride to the Hope Garden. Later that summer, J.J. returned to teach Hope Garden Summer Campers how to etch drawings of fruits and vegetables into clay plates that were fired and sold as part of a fundraiser for the Hope Garden. This phase of the project is called Earth to Table, and handmade plates are still available for purchase at [www.jjmc-cracken.com/fundraiser-earth-to-table](http://www.jjmc-cracken.com/fundraiser-earth-to-table). To fund this year’s shard-mosaic project, J.J. converted the Stenton children’s drawings from last year’s clay plate activity into t-shirts, also available for sale through the same website. The thread of activity and connection from year to year didn’t stop there. According to J.J., “It is always important to me to think about where the material comes from and where it will go after I’ve used it. [Last year, I] re-routed clay from my Hunger, Philadelphia project into use in the cob oven that was built at the

Hope Garden and into the Earth To Table plates Stenton children made drawings on.”

Despite everyone’s hard work on August 3 and 4, we ran out of time and were unable to grout the sign. A week later, Louise Radochonski from the Philadelphia Mural Arts Program sent us Mural Corps Instructor Patty Barrera and five fabulous teens to grout the Hope Garden sign. Along with sculptor and painter Wynn Bauer, who graciously returned to supervise the last phase, the project was completed. And now we have a very beautiful and hopefully very permanent sign on the side of our new shed.

**A Happy Ending to the Stress of the Stolen Van:** The D.C. police called on day two of the workshop to let J.J. know that her van had been recovered. As often happens, the thieves drove around until they were out of gas. Most of J.J.’s tools were still in the van, but there was significant damage to the vehicle, many missing items that need to be replaced, and a variety of unanticipated expenses for the Stenton shard mosaic project as a result. So, as I tend to end most of WWCP’s articles for the *Shuttle*...I urge you to keep in mind that WWCP is a non-profit and all donations are tax-exempt. We are very appreciative of any and all support from Co-op members and readers of the Shuttle like yourself.



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# Putting the High Back into the High Holidays at P’nai Or

by Tobie Hoffman

THIS FALL, in Summit Church’s Fellowship Hall, a High Holiday gathering unlike anything you may have ever experienced will unfold, as P’nai Or—the Mt. Airy Jewish renewal congregation whose name means “Faces of Light”—offers services of a different stripe to seekers of all backgrounds.

“The High Holidays at P’nai Or are Jewish renewal at its best,” said Rabbi Marcia Prager, who has been co-leading these festive gatherings, along with many talented P’nai Or members, for 18 years. “We blend traditional liturgy with uplifting heart-opening poetic translations so that Hebrew and English prayers flow intertwined with each other. The music is profound—deep, high, and sweet in a way that caresses your soul. And, of course, everyone is included. There is passionate prayer, quiet meditation, opportunities to reflect and do some pretty deep inner work, and also time to share, to be creative and even make some new friends.”

P’nai Or High Holidays are a great introduction to the themes of this season in the Jewish year, and to different styles and approaches to these themes that can make them even more powerful and personally relevant. “If you have grown past thinking of God as a judgmental king on a

throne, and are ready for some of the more potent imagery that grows out of the Jewish mystical tradition, P’nai Or will be a refreshing change for you too,” said Abby Michaleski, who came to P’nai Or after trying many different congregations. “I needed a more dynamic, more integrated way of understanding the creative life-force that I experience in the world and in my life. P’nai Or High Holidays takes the traditional liturgy and imagery and makes it soar in a way that is resonant with my experience. Boy, was this a wow.”

“I wanted an informal, really friendly environment where I could have a spiritual experience, and also bring my kids” said Sam Steinig who attends with his wife Rodi, and their daughters. “The P’nai Or Children’s Program runs through the holiday, offering a blend of childcare and High Holiday activities and projects for children. We can bring our kids into the service to be with us, and also let them be with other kids and have educational fun.”

The themes of celebrating life and re-aligning with the Power that promotes goodness are strong currents at these gatherings. The High Holidays invite us to work together for forgiveness, compassion, and shalom—which means wholeness, fulfillment and perfection, as well as

### High Holidays at P’nai Or

**Erev Rosh Hashana:** Weds., Sept. 28, 6 to 7:30 p.m. A short festive gathering: singing, davenen’, candle-lighting, and apples and honey.

**Rosh Hashana: morning services:**

Thurs., Sept. 29, 10 a.m. to 2 p.m. and Fri., Sept. 30, 10 a.m. - 2 p.m. A vegetarian dairy potluck lunch follows the service each day. You can bring food to share.

**Yom Kippur:**

**Evening Service/Kol Nidre:** Fri., Oct. 7, 6 to 9 p.m.

**Day Service:** Sat., Oct. 8, 10 a.m. - 9 p.m.. All day and evening including Havdala and N’eila. A vegetarian/dairy breakfast follows. You can bring food to share.

peace. All the songs, all the prayers, and all the inner work we do helps us heal our inner hurts and rededicate ourselves to be the best we can be, internally, in our relationships and in the world.

Would you like to come? We would love to meet you! Because the sustainability of the P’nai Or community is dependent on dues and contributions, there is a suggested donation for attending. However, if this is your first experience with P’nai Or, we invite you to make the donation that feels right to you. No one is ever

turned away from a P’nai Or gathering for financial reasons.

Check our website for more info on P’nai Or, our congregation, our services and High Holiday registration: [www.pnaior-phil.org](http://www.pnaior-phil.org) or e-mail: [pnaiorrabbi@aol.com](mailto:pnaiorrabbi@aol.com).

Summit Church is at Greene and Westview Sts. in West Mt. Airy, one block from Lincoln Drive, and one block from Weavers Way Co-op. Services are in Fellowship Hall. Enter through the Greene St. entrance and up the stairs. We look forward to meeting you!

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# Stenton offers Glass Workshop

by Jonathan McGoran, Shuttle Editor

ON SEPTEMBER 29, from 10 a.m. to 1 p.m., Stenton historic house will present “Reflections of Refinement,” a workshop on glass featuring Mary Cheek Mills, Manager of Education Programs for The Corning Museum of Glass.

This workshop will examine how affluent households used imported and domestic glass for dining, lighting and decoration. Objects in the Stenton collection, as well as Philadelphia’s role in the early American glass industry, will be discussed. Buffet lunch included; optional tour will follow the workshop. Cost is \$45. Stenton is located at 4601 N. 18th Street Philadelphia, PA. For more information, call 215-329-7312 or visit [www.stenton.org](http://www.stenton.org).

# Local Leeway Exhibit at Geechee Girl Rice Cafe

Sara Zia Ebrahimi, Outreach and Events Consultant, Leeway Foundation

THE LEEWAY Foundation, in partnership with Geechee Girl Rice Café (6825 Germantown Ave), will present an exhibit of work by Germantown/Mt. Airy residents, Barbara Bullock and Ife Nii Owoo on view from September to October 2011. Geechee Girl Rice Café, which features cuisine from the American South, is committed to community-building through its use of locally grown produce and featuring the art of local artists.

The Philadelphia-based Leeway Foundation supports women and transgender artists who create social change through their artwork. Past grantees include both emerging artists and well-

known Philadelphia artists such as Sonia Sanchez. In addition to its Art and Change Grant and the Leeway Transformation Award, Leeway offers free skill-building workshops for artists as well as exhibition and performance opportunities for its grantees. For more information about the September 15 Art and Change Grant deadline and other upcoming events, please visit [www.leeway.org](http://www.leeway.org) or call 215-545-4078.

This is part of a series of exhibits throughout the region opening in fall 2011 coordinated by Leeway to feature artists’ work outside of galleries and in community spaces. Other exhibits include hos-

pital waiting rooms, community centers and coffee shops. This exhibit features the work of two Leeway grantees, Barbara Bullock (Bessie Berman Award, 2002) and Ife Nii Owoo (Art and Change Grant, 2007), who live in Northwest Philadelphia.

Geechee Girl Rice Café is located at 6825 Germantown Avenue, in Philadelphia. The artwork is available for viewing during dinner and brunch hours when the restaurant is open for business, Tu-Thurs: 5:30 p.m. to 9 p.m., Fri-Sat: 5:30 p.m. to 10 p.m., Sunday Brunch 11 a.m. to 2:30 p.m., and Sunday Dinner 5:30 p.m. to 9 p.m.



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Yom Kippur – Saturday, Oct. 8<sup>th</sup> – 3:45 p.m.  
Suggested \$36 donation

Erev Rosh Hashonah Wednesday, Sept. 28, 7:30 p.m.  
Erev Yom Kippur Program Friday, Oct. 7, 7:30 p.m.  
Germantown Friends Meeting  
For further information, call 215-901-7363



# Senior Environment Corps, offers Environment Day for Seniors

by Jonathan McGoran, Shuttle Editor

ON WEDNESDAY, September 28, 2011, from 9 a.m. to 2 p.m., the Senior Environment Corps (SEC) at Center in the Park (CIP) is sponsoring an Environment Day, with a theme of “What Can Seniors do to Help Save the Environment for Future Generations?” This community event is free and open to the public.

Located at 5818 Germantown Ave., CIP is a community center that promotes positive aging and fosters community

connections for older adults in Northwest Philadelphia. Free parking is available on Rittenhouse Street, which is one-way and can be accessed from Germantown Ave. CIP can also be entered from Vernon Park. In either case, a button needs pushing to enter. For more information, contact SEC volunteer coordinator Fred Lewis, Mondays through Thursday, at [flewis@centerinthepark.org](mailto:flewis@centerinthepark.org) or 215-848-7722 ext. 218.

# St. Paul’s Episcopal Church to host a Household Sustainability Event

by Samuel Frederick

ON SAT., September 17, 2011 from 4 to 6 p.m., the Sustainability Committee of St. Paul’s Episcopal Church in Chestnut Hill, will be holding its 2011 Annual Sustainability Event. This special event will launch St. Paul’s “Philadelphia Program of Household Sustainability Practices,” with attractions for all ages. The Philadelphia Program is a unique offering to the public of a compact set of simple household practices, for homes large and small, that will make everyday living cheaper,

healthier, less of a burden on our environment and more fun.


Weavers Way will be on hand sampling fresh seasonal fruit and giving away discount food coupons for lucky visitors selected at random, together with useful and entertaining information for everyone about how to eat and cook healthier and tastier. This event will also feature mini-architectural tours of the Church for adults (See the ancient Viking ship in the Church!) and children (“Find the hiding animals!”). St. Paul’s of Chestnut Hill, architecturally acclaimed as Philadelphia’s most beautiful neo-Norman Gothic structure, was completed in 1928 and is located at 22 East Chestnut Hill Avenue between Germantown Avenue and Bethlehem Pike. Free parking is available in the Chestnut Hill Community Association Parking Lot, 55 Bethlehem Pike opposite Summit Street, between Germantown Avenue and Chestnut Hill Avenue.

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**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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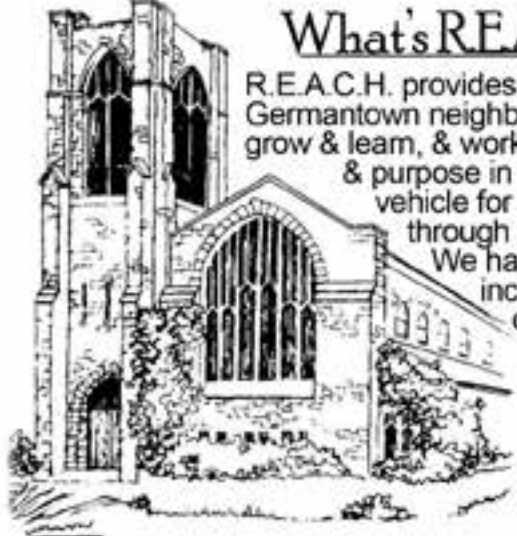
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# Hot Weather

(continued from page 2)

Luckily, stink bugs have not been much of a problem this year. In past years, farmers could expect 20 to 50 percent of their crop to be ruined, but numbers are down this year. In keeping with IPM principles, the orchard has been scouting and only found a few bugs. Wenk says, “The belief held currently is that the extreme heat that led to an early growing season last year prompted more aggressive reproduction by the insects, whose life cycles are tied to degree days or accumulative temperature.” So, despite some of the extreme heat we’ve felt this summer, it’s been a more “normal” growing season with the hot weather coming later. Stink bug damage gets worse in apple season, so farmers are remaining diligent in preparing for them.

It can be frustrating when our local farms have problems with availability or when something isn’t as good as we remember. I think it’s important to understand the many problems farmers face, and how hard they work to raise the best possible product. We’ve had awesome blueberries and beautiful heirloom tomatoes all summer long. Now that it’s September, I’m excited for the variety of apples that we’ll be getting, and the pies that await.

Thanks to all of you for being patient with our local farms and enjoying the variety of fantastic produce we receive from them!

# Suggestions

(continued from page 24)

tons of squash and tomatoes at the same time, there would be a network of kitchens set up to make them into canned or dried products, preserving them for the winter. Of course, much of the food we eat cannot be grown this way; I don’t know if we’ll see urban farms growing wheat and beans anytime soon, and we’ll never see local farms growing bananas, but we can certainly grow veggies for a large portion of the year, especially with things like hoop houses in the mix. So there you have it, my two current fantasies. I can’t wait to read what sarcastic comment Jon puts in Editor’s Notes about this.

## Suggestions & Responses:

- s:** “I love your store and frequently stop in to pick up lunch at your hot bar/salad bar. In addition to the sign outside, I would love to have another listing of daily hot bar/soup choices available to reference. This could be something you post daily on your web site, or a recorded option one could select when calling by phone. This would be extremely helpful, and might even make me stop in more often than I already do! Thank you for considering my suggestion.”
- r:** (Ned M., CH) Thanks for your comment. Here’s what’s in the works regarding your ideas: 1) We will soon have a “hotline” connected to our phone message, where you’ll be able to press an extension number and get a recorded message outlining our offerings/specials for the day. Thanks for the suggestion! 2) Currently, we offer an abbrevi-

ated list of the daily specials, is posted on our Facebook page by 11 a.m. or 12 p.m. daily. 3) Our website is being redesigned so that in the near future you’ll be able to click a link to our Facebook page, where you’ll be able to see our daily prepared foods specials.

- s:** “Yogurt—more non-dairy choices. Rice milk yogurt is supposed to be good. Need more vegan options.”
- r:** (Chris, MA) Unfortunately, we don’t have room to add this item at our Mt. Airy store. Our Chestnut Hill store carries Ricera rice yogurt in blueberry at \$1.63 per six-ounce cup. You can also order a case of 12 for \$19.39. See Chris for details and other flavors available.
- s:** “When bagging the leftover bread for discounting, could the bakery name please be added to the label so we don’t have to peer closely to figure out if it’s Rolings bagels, or other. Thanks.”
- r:** (Lindsey, MA) Yeah, I’ll try to implement that as a new standard. Perhaps, we could just mark them with an “R” or “G.”
- s:** “How come we have four or five different types of round flat bread (Pita/Nan) and none of them are whole wheat? Can we get rid of one of the white versions and replace it with whole grain?”
- r:** (Lindsey, MA) Currently we have three types of Kontos Naan/Pita bread: onion, white, and whole wheat. We have one type of pita pocket, Soumaya white. We used to carry Soumaya whole wheat

pita pocket, but I cancelled it because it was consistently molding too quickly.

- s:** “I am disappointed that when we did our expansion planning we only thought about expansion in food: larger store, second store, etc. I think there is a need for other co-op services in our neighborhoods. For example, near Mt. Airy store there is no place to just walk in and get a cheap haircut. Yes, there are some skilled people cutting hair in Mt. Airy but they charge commensurate with their skills. My friends and I are older, our heads have hair growing out from all kinds of places, and we just want it cut. Hair “styling” is irrelevant to us. For all we care, our hair could be cut by a co-operator with a written instructions sheet, like we use for packing nuts. Is it too late to plan for this? Thanks”
- r:** (Norman) Amazingly the market survey we had done as part of expansion planning process missed this demographic and target market entirely. So much for know-it-all consultants. This is such an obvious need, we are prioritizing it and have already ordered three pairs of scissors. This also gives us the opportunity to offer employment to people who have trouble finding jobs due to physical problems like arthritis, weak vision, missing fingers, etc. Thanks for your suggestion.

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# Quintessence Theatre New Season At the Sedgwick

by Pamela Reichen

QUINTESSENCE THEATRE Group is proud to announce its 2011-2012 season, which includes Goldoni's *The Venetian Twins* and Shakespeare's *The Merchant of Venice* presented in repertory, Anouilh's adaptation of Sophocles' *Antigone* and Chekhov's *The Seagull*. Each play is dominated by an ambitious young protagonist who strives to discover identity, truth and honor; each celebrates the power of the young mind in the face of adversity. Through visceral actor-driven theatrical events, Quintessence is building an audience for progressive classic theatre in Philadelphia, demonstrating the power of repertory theatre and igniting Philadelphia's theatrical imagination with adaptations of classic texts for the contemporary stage. Quintessence Theatre Group will continue its residency at the historic Sedgwick Theater, playing a central role in the renaissance of main street Mt. Airy.

Quintessence Theatre Group is a professional classical theatre, dedicated to the performance and adaptation of epic

works of classic literature and drama for the contemporary stage, which ignites the mind, body and soul through the power of the actor, theatrical design and the spoken word. In its inaugural season Quintessence Theatre Group presented Shakespeare's *Measure For Measure* and Henry V, *Plato's Apology*, Molière's *Don Juan* and Oscar Wilde's *The Importance of Being Earnest*. Over the next five years Quintessence Theatre will work to establish an acting ensemble and a rotating repertory at the Sedgwick Theater in Mt. Airy, Philadelphia. As Quintessence Theatre's home, the Sedgwick Theater,

## Quintessence 2011-2012 Season

### THE VENETIAN TWINS

by Carlo Goldoni, translated by Ranjit Bolt  
October 5 – November 19, 2011, opening night: October 8, 2011

### THE MERCHANT OF VENICE

by William Shakespeare  
October 12 – November 20, 2011, opening night: October 21, 2011

### ANTIGONE

by Sophocles, adapted by Jean Anouilh  
February 29 – March 25, 2012, opening night: March 3, 2012

### THE SEAGULL

by Anton Chekhov  
May 9 – June 3, 2012, opening night: May 12, 2012

a 1928 Art Deco movie palace designed by William Lee, will regain its place as a jewel in Philadelphia's cultural landscape.

All performances take place at the Sedgwick Theater, 7137 Germantown Ave. Performances will be on Wednesdays and Thursdays at 7 p.m., Fridays and Saturdays at 8 p.m., and Sundays at 3 p.m. For a performance schedule of *The Merchant of Venice* and *The Venetian Twins* in repertory, please visit our website. Subscriptions to Quintessence Theatre Group's 2011-2012 season are now on sale. To purchase a subscription, visit our website at [www.QuintessenceTheatre.org](http://www.QuintessenceTheatre.org) and click 'SUBSCRIBE' or call 877-884-4545. For more information please call Quintessence Theatre Group directly at 215-240-6055.

# CHCE Resumes Full Schedule

by Mary Zell, CHCE Executive Director

THE LAZY, hazy, crazy days of summer will soon give way to crisper air and less daylight. At the same time, the Chestnut Hill Center for Enrichment (CHCE) will return to a full schedule of classes, special programs, travel and volunteer opportunities. Here is the roster of continuing activities or classes returning after a bit of summer vacation:

**Monday:** Creative Crafts, Intro to Computers, Continuing Italian class, French conversation group;

**Tuesday:** Art Workshop, Bridge Refresher, Global History Between the World Wars

**Wednesday:** Beginning Italian, Tai Chi (3 levels), Bridge game, "The Next Chapter" peer group, French lessons;


**Thursday:** Play Reading group, Basic Bridge lessons, Bridge game, Writing Your Life Story;

**Friday:** Scrabble, Yoga (traditional and with a chair), Short Story discussion, Knitting, E-mail and Internet, International Folk Dance.

Monthly community lunchtime feasts (the "luscious lunches") are returning on the fourth Tuesdays, beginning September 27. For start dates, fee information, and to register, contact the Center for Enrichment today.

CHCE has added three new activities to an already busy schedule: Monday af-

(continued on page 23)



## 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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# CHCE Design House



photo courtesy of Chestnut Hill Center for Enrichment

From Saturday Sept. 17 through Sunday Oct. 16, visitors can tour the Bates House, a magnificent 1890 historic home designed by the noted architects G.W. and W.D. Hewitt, developed by Henry Howard Houston, and decorated by a selection of the area’s finest designers. A preview party and gala reception will take place on Friday, Sept. 16 at 7 p.m., tickets are \$100. Tours take place Wednesdays through Sundays and cost \$25. All monies generated from the Design Show House will benefit Chestnut Hill Center for Enrichment, a non-profit organization committed to providing a wide variety of resources for older adults in Chestnut Hill and surrounding communities. For tickets and more information, call 215-248-0180, e-mail [chenrichment@cavtel.net](mailto:chenrichment@cavtel.net) or visit [www.chdesignhouse.org](http://www.chdesignhouse.org).

## CHCE Schedule

(continued from page 22)

ternoon ukulele lessons; “Money Talks” meeting coffee and Danish the third Tuesday of every month; “Wii is Us” on Thursdays at noon. Want more information? Contact the Center.

Mark your calendars now for a musical and visual tour of Nepal with Lynn Mather (Sep. 13); a trolley tour of the Center City murals (Oct. 5); “Support your body so it can support you” (Jan Collins, Oct. 18); a day at the National Museum of Jewish American History (Nov. 8); Redesign and Recycle Old Jewelry with

Yvonne Page-Magnus (Nov. 22); luncheon plus a lecture and stunning visuals of Thomas Eakins’ “The Gross Clinic” (Nov. 29); expert presentations on a variety of health topics; free movies (9/20 - *Get Low*; 12/13 - *Christmas Story*); and our musical holiday open house (Dec. 20). You can get more information and register for all events by contacting the CHCE office.

To learn more about the Chestnut Hill Center for Enrichment and to register for classes and programs, call 215-248-1080 or e-mail [chenrichment@cavtel.net](mailto:chenrichment@cavtel.net) or drop into the office at 8431 Germantown Ave side entrance) from 9 a.m. to 4 p.m., Monday through Friday. You can also find us online at [www.chenrichment.org](http://www.chenrichment.org).

# Harry Potter Theme for Scarecrow Design Contest

Marie Mercaldo Ingegneri, Marketing Project Coordinator  
Morris Arboretum of the University of Pennsylvania

MORRIS ARBORETUM is calling all scarecrows for its annual Scarecrow Design Contest. This year, in addition to designer scarecrows, participants are invited to create a Harry Potter-themed scarecrow to join in the fun of the “Philadelphia Brotherly Love Cup”/Chestnut Hill Harry Potter Weekend on October 15 and 16 (learn more at [www.chestnuthillpa.com](http://www.chestnuthillpa.com).)

These scarecrows, more than 30 and will be on display at the Arboretum along Scarecrow Walk at the Oak Alleé from Saturday, October 1, through Sunday, October 16. Now in its fourth year and more popular than ever, Scarecrow Walk is a must-see for the fall season. Visitors of all ages will vote for their favorite scarecrow in both categories (designer and Harry Potter theme) and determine which will be the prize winners. An Arboretum grand prize pack that includes \$100 cash (that’s real money, not Harry Potter “galleons”) will be awarded to the first place winner in both categories. Second prize winners in each category will receive a \$25 gift certificate for the Shop at Morris Arboretum, and third prize winners in each category will receive a certificate for one Continuing Education class (not to exceed \$30). Entry fee for the contest is \$30 and scarecrow frames and hay are provided. Details and downloadable contest entry forms are

available online at [www.morrisarboretum.org](http://www.morrisarboretum.org).

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

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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.

Heirloom tomatoes: I’ve been seeing a lot of these lately. Our farmers, Nina and Nicole, have been growing them, as have Chloe and Sarah at Heritage farm. Heirloom tomatoes are very interesting; they are the opposite of the Florida tomatoes discussed recently on NPR (the show was about a book called *Tomatoland*). Commercial Florida tomatoes were bred and grown to look perfect and ship well. Taste is a non-factor, as one farmer was quoted: “I don’t get paid...for flavor.” Heirlooms are the opposite. Bred for flavor, they can be funny looking and delicate to handle. However, not only do they taste better and are part of our local food system, they also offer more nutrients—30 to 40 percent more vitamin C and way more niacin and calcium, and they are lower in sodium than industrial tomatoes.

For those readers who remember reading this column back when I was documenting my destiny to become a movie star, which went on for five years before fizzling, I do want to announce that my current dream of playing keyboard in a band recently passed two milestones. The band (NWX) played at Night Market Mt. Airy, our first public performance on a raised stage with a professional sound crew. I’m told we sounded good. In addition, we’ve spent time in a local recording studio, Retro City Studios, right here on Greene St. near Pastorius. I’ll be handing out CD’s probably late September. Unlike my fantasy movie star career, my fantasy rock star career seems to be steadily progressing toward a dream coming true. This will probably last right up until audiences realize my being on stage playing in a band is still really just an act.

Back to heirloom tomatoes: I am convinced urban farming is one of the most significant developments in our current culture and the way we eat. So sharing another one of my fantasies, I have this idea that urban farms and gardens could be as plentiful as bus stops, there would always be one within a reasonable walking distance. They could come in all shapes and sizes, suited to the ‘hood they are in. Local residents would be involved, either directly growing and harvesting, or paying a farmer, or some combination, maybe even a neighborhood work requirement! In this scenario, part of “shopping” for produce would be walking over to the local farm/garden and picking the produce you need. Think of this—fresh, local, no packaging, no transportation, no harmful chemicals, grown by people you trust on land you can see everyday. This is about as healthy as a food system can be. Some of the produce could go to a local corner store to be sold, or to a local restaurant. For those times when all the farms have

(continued on page 21)



**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.

## What is Weavers Way Co-op?



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

Because our owners are our shoppers, we don’t try to make a profit selling unhealthy food at high prices. Instead, we sell the food our shoppers want

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

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

You can learn more about Weavers Way at [www.weaversway.coop](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.



## 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., Sept. 21 & Oct. 12 at 6:45 p.m.**

**Weavers Way Co-op Offices/Mt. Airy**  
555 W. Carpenter Lane  
**Sat. Sept. 17 & Oct. 8 at 10 a.m.**

Equal Exchange Fair Trade

## September Coffees of the Month



**All Bulk “Regular” Coffees**  
**sale \$9.99/lb.**



*\*This sale does not include bulk decaf coffees.*

August 31 to September 27, 2011

PLEASE PRINT CLEARLY

Name \_\_\_\_\_ Orientation Date \_\_\_\_\_

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

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone number \_\_\_\_\_ E-mail \_\_\_\_\_

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