

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





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OCTOBER 2011

OCTOBER
IS CO-OP
MONTH!
See our month of
activities on pg. 2

The Shuttle

October 2011 Vol. 40 No. 10

A Cooperative Grocer Serving the Northwest Community Since 1973

WW Fall General Membership Meeting

Have Some Fun While You Get to Know Your Co-op

by Margaret Lenzi, Weavers Way Board Vice President

COOPERATION CAN always be fun, but at this fall’s Weavers Way General Membership Meeting it will be more fun than ever. Members will get a chance to participate in an interactive Quizzo game about WW Co-op, see working members in action, meet department heads, and challenge their taste buds with an apple naming contest. So mark your calendars and don’t miss the fun at the WW Fall General Membership Meeting, Sunday, October 30, 5:30–8 p.m., at Unitarian Society of Germantown, Assembly Room, 6511 Lincoln Drive (plenty of parking in rear, off Johnson Street).

To get things going, there will be food and music while members arrive and schmooze from 5:30–6 p.m. We will then have a short business meeting where you can learn how your co-op is doing. You will meet our new Chief Financial Officer who is keeping on top of all money matters. There are lots of exciting happenings this past year, including a robust farm season where youth are getting more involved in food justice issues. We will also be kicking off the International Year of the Cooperatives, which 2012 has been designated by a United Nations resolution. We can look forward to activities throughout the year to show how cooperative enterprises are building a better world.

Test your memory in the first Quizzo game about Weavers Way Food Cooperative. Who was the first president of Weavers Way? What is the best selling product

(continued on page 19)

Taste Fair Returns Oct. 22



photo by Jonna Naylor

Weavers Way’s Taste Fair was a big hit last year, and it’s back, Oct. 22. See Page 28 for details.

Co-op Month at Weavers Way

by Jonathan McGoran, *Shuttle* Editor

THIS OCTOBER is a very special Co-op month, because it marks the official kick-off of the U.N.’s International Year of the Co-op, 2012. We will have even more events than usual this month, and Year of the Co-op events throughout the year. You will find a calendar with many of the events on page two of this issue of the *Shuttle*, and even more on our event calendar at www.weaversway.coop. Stay tuned for more great events as we celebrate the Year of the Co-op. Learn more at www.2012.coop

Another Wonderful, Eclectic Mt. Airy Village Fair

by Jonathan McGoran, *Shuttle* Editor

FOR FIVE hours on September 18, Carpenter Lane between McCallum and Sherman was transformed into a uniquely Mt. Airy-ish fair ground. Hundreds came out to enjoy the great food, eclectic entertainment, uniquely interactive activities, and more than 50 vendors of the Annual Mt Airy Village Fair. The event was sponsored by the High Point Café, Big Blue Marble Books, and Weavers Way Co-op, with plenty of help from other businesses the Greene and Carpenter retail village, as well as many of our residential neighbors.

Activities included lots of games, crafts like making mosaic art, and a miniature donkey with a cart to transport young fairgoers to and from the petting zoo (courtesy of Manatawna/Saul 4-H Club), complete with pigs, sheep and a cow. In addition to the now-traditional favorites, like the pie eating contest, the pet fashion show, and the Mt. Airy Bike Collective’s kid-powered, smoothie-making blender bike, there were also some new favorites.

Philadelphia Salvage held a demonstration of hay bale building, where people to see techniques for building structures out of earthen clay and bales of hay.



photo by Ellie Seif

The Kids’ Pie-Eating Contest was one of the many highlights of this year’s Mt. Airy Village Fair

Another new feature was “Fair dollars,” a local currency just for the Village Fair, which were given away as prizes at the carnival games and could be used as currency at the fair’s many booths.

Of course, there was plenty of food as well, including crepes, coffees and other great food from High Point Café, a steady supply of grilled treats from Weavers Way, and old fashioned lemon sticks, with candy straws and lemons to sip from.

Find more great Mt. Airy Village Fair photos by Ellie Seif on page 17, or visit www.facebook.com/weaversway.

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Editor's Note



by Jonathan McGoran,
Shuttle Editor

CO-OP MONTH is here, and this isn't just any Co-op Month: October kicks off the official, UN-designated 2012 International Year of Cooperatives. So in addition to our usual 31 days of tenuously-at-best co-op-related happenings disingenuously labeled as Official Co-op Month Events ("Happy Co-op-ween!"), we are also launching twelve months of tenuously-at-best co-op-related happenings disingenuously labeled as Official International Year of the Co-op Events. ("Merry Co-op-mas, and a Happy Co-op Year!")

The not-really-co-op-month activities got underway with the Mt. Airy Village Fair, with new features like Fair Dollars, a local currency created just for the event (Standard and Poors already rates them higher than real dollars), as well as returning favorites, like the ever-popular Pie-Eating Contest. (Why do none of the contestants suffer indigestion? Because pie is non-repeating.)

October's more legitimate Co-op month events include the Right2Know March, which will stop at WW Mt. Airy on October 6. When I first heard GMO marchers were converging on our co-op, I was nervous. I've said some pretty unpleasant things about Monsanto over the years, and with their technology, they could easily take one righteously indignant, Kool-aid-drinking P.R. flack and clone an army of pitchfork-wielding spokespeople unamused by my hilarious commentary. So I was relieved to find out these are anti-GMO marchers, arguing for labeling so consumers can know what products contain GMOs. (Polls show that 90 percent of Americans say it is important that they know what they are eating, but other polls show that 80 percent of Americans eat hot dogs. I'm just saying.) Frankly, now I'm a little concerned about the safety of the Right2Know marchers. I don't know of any plans for a counter protest, but if Monsanto does clone an army of counter protestors, the obvious next step is genetically modifying them with heat-ray vision and superhuman strength. And there would be no way to tell, because they won't be labeled.

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

OCTOBER 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div>2</div><div>Weavers Way Co-op Event Weavers Way Co-op Attending Community Event</div></div>	<div><div>5</div><div>Non GMO Truth in Labeling Event at Mt. Airy Store 3:30 pm - 8 pm</div></div>	<div><div>6</div><div>Mt. Airy Fiesta Fridays 4:30 pm - 6:30 pm</div></div>	<div><div>7</div><div>Mt. Airy Welcome Meeting 10 am - 11:15 pm</div></div>	<div><div>8</div><div>Healthy Woman 2011 - Empowered for Life 11:45 am - 2:30 pm</div></div>	<div><div>1</div><div>Organic Valley CH In-Store Farm to School Network 11 am - 2 pm</div></div>	<div><div>1</div><div>Henry Got Crops Fair 1 pm - 4 pm</div></div>
<div><div>9</div><div>Morris Arboretum Fall Festival 11 am - 3 pm</div></div>	<div><div>10</div><div>Chestnut Hill Fall for the Arts 11 am - 5 pm</div></div>	<div><div>11</div><div>CH Welcome Meeting 6:45 pm - 8 pm</div></div>	<div><div>12</div><div>Fiesta Fridays FIRST FRIDAY of every month 4:30 to 6:30 p.m.</div></div>	<div><div>15</div><div></div></div>	<div><div>15</div><div></div></div>	<div><div>15</div><div></div></div>
<div><div>18</div><div></div></div>	<div><div>19</div><div></div></div>	<div><div>20</div><div></div></div>	<div><div>21</div><div></div></div>	<div><div>22</div><div>Chestnut Hill Store Taste Fair 12 - 4 pm</div></div>	<div><div>22</div><div></div></div>	<div><div>22</div><div></div></div>
<div><div>23</div><div></div></div>	<div><div>24</div><div>Food Day (All day) Thousands of Events on October 24 Will Encourage Americans to 'Eat Real'</div></div>	<div><div>24</div><div></div></div>	<div><div>25</div><div></div></div>	<div><div>26</div><div></div></div>	<div><div>27</div><div></div></div>	<div><div>28</div><div></div></div>
<div><div>30</div><div>General Membership Meeting 5:30 pm - 8 pm</div></div>	<div><div>31</div><div>HALLOWEEN</div></div>	<div><div>31</div><div></div></div>	<div><div>31</div><div></div></div>	<div><div>31</div><div></div></div>	<div><div>31</div><div></div></div>	<div><div>31</div><div></div></div>

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Celebrate

Grocery News

Maftoul Couscous and Za’atar Spice Blend

by Chris Switky, Mt. Airy Grocery Buyer

HOWDY, SHOPPERS. I’m pleased to tell you about two new items that we’ve brought in from Canaan Fair Trade, an organization based in Washington state that works with small farmers and cooperatives in Palestine and helps market their food products in the US. In the Asian cooking section, you’ll find Maftoul couscous and Za’atar spice blend, two traditional foods from Palestine.

Maftoul couscous is made from organic wheat. It’s boiled, sun-dried, cracked, and then hand-rolled in organic whole wheat flour. Then, it’s steamed and sun-dried again, by women-owned cooperatives. The result is a delicious couscous and one of the signature staples of Palestinian cuisine.

Za’atar is made from thyme sustainably harvested from the mountains near Nablus and Jenin, where it grows wild. It is dried and blended with sesame seeds, sumac and salt, the work also done by women-owned cooperatives.

Canaan Fair Trade is a terrific organization and Weavers Way is very proud to support and do business with them. Many fair trade cooperatives simply export raw goods for finishing and marketing by other companies, but Canaan also manages the processing, packaging and branding of the foods they promote. This means increased economic opportunities for the people

of Palestine, and allows the organization to protect the authenticity, integrity, and quality of the food. You can read more about Canaan at canaanfairtrade.com.

What else? Here’s a reminder about the Raw Milk Preorder Program at WW-MA: Raw cow’s milk is available at WW-MA on a preorder basis. We order Thursday morning for delivery the following Tuesday. The organically produced milk is from Dutch Meadows Farms, a licensed facility. It’s full fat (four percent), and comes in a returnable glass bottle. When you buy the milk, you’ll pay \$4.90, plus a \$2.50 deposit on the bottle; you get your \$2.50 deposit back when you return the (clean) bottle to the cashier. Many shoppers have standing weekly orders, but one-time orders are also available. See me, Chris Switky, for details, or email christopher@weaversway.coop, or call 215-843-2350, extension 113.

If you’d like to save on packaging in general, you can leave reusable containers on the preorder shelves in the basement for WW staff to fill with any of the bulk foods that we carry at WW-MA. Please be sure the containers are clean, and leave complete info as to what you’d like in them, as well as your name and phone number. We’ll give you a call when it’s ready to pick up.

~ christopher@weaversway.coop

Palestinian Couscous “Maftoul” Salad

- 1 pound Palestinian Couscous “Maftoul”
- 1/4 cup olive oil
- 1 cup raisins
- 1 onion
- 1 bunch scallions
- 1 bunch parsley
- 1 lemon
- 2 fresh pieces of red cayenne or chili peppers
- 0-1 teaspoon of black pepper
- 1 teaspoon Za’atar spice mix.



Prepare the Maftoul and set aside on tray to cool: For one pound of Maftoul, add one tablespoon of salt to four cups of water and boil. Toast one pound Maftoul in two tablespoons of olive oil for four minutes. Add toasted Maftoul to hot water and let simmer for 12 minutes. Fluff with a fork and spread on tray to cool.

Meanwhile, add one cup of water to cup of raisins and let simmer in a pan for 10 minutes, then let cool and drain. Dice onion to one quarter inch, sauté in one teaspoon of olive oil, and let cool. Chop green onion to one quarter inch. Chop parsley fine. Slice hot pepper thin, at an angle

Mix Maftoul salad: add to a bowl of cooked maftoul the simmered raisins, sautéed onions, chopped green onions, chopped parsley, chopped hot red pepper, a quarter cup of olive oil, the juice of one lemon, and add the teaspoon of pepper and teaspoon of Za’atar spice mix. Mix together and serve in small salad bowls.

(serves 8 to 10 people)

Local Produce Update: Locally Grown and Seasonality

by Stephanie Kane, Local Produce Forager

I’M OFTEN surprised in the produce department when customers ask for fresh cranberries in May, or rhubarb in December. I understand that not everyone makes it their job to know about produce seasonality, which is why we have an availability chart up in the stores, and knowledgeable staff. But why aren’t there cranberries in May, when you can get other things year round?



Seasonality is a tricky thing in our global food system. For items that are big sellers year-round, like tomatoes and apples, a system has developed that follows their production around the globe as seasons change. But why do tomatoes taste so much better in the summer, when they are still available in December? What makes them different? Out-of-season tomatoes are picked green and ripened in storage using ethylene gas. Ethylene itself is not a bad thing; certain foods produce it naturally. This is why you can take home green bananas and put them in a paper bag with an apple, and they will ripen more quickly. Local tomatoes taste better because they are picked riper since they do not have to travel as far. Ripening with ethylene is not the same as ripening on the vine. The color may change, but the fruit cannot develop nutrients, flavor and sweetness the way it does on the plant.

Now, I think it’s amazing that we are able to taste a mango, when we’ve never been to the tropics. If you have, however, you know that they are much better there, just like the tomatoes, in reverse. I think the most important thing we can do is to shift the ratio, eating more and more lo-

cally, and cutting back on bananas (which never come in season), when apples are so good in the winter, or buying peaches in the summer and leaving the New Zealand apples behind. This shows you how our purchases can effect global food production.

Another benefit to purchasing locally grown food is the growing concern with traceability. When Weavers Way purchases direct from a farm, or through one of our local distributors, we are greatly reducing the chain our food travels. From 1990 to 2003, produce caused 428 outbreaks and 23,857 illnesses, the second highest number of outbreaks and the highest number of illnesses (Center for Science and the Public Interest). Industrialized food is more susceptible to creating these problems.

One of our local distributors, Common Market, strives to make traceability a simple fact of their business. They “serve many large institutions [and] represent the farmer for many of [their] customers—busy food service directors who can’t go out to visit every farm themselves.” Similar to WW, they visit farms, develop relationships, and find out what the farms are doing so they know just what they’re getting. Look for an article in an upcoming issue of the *Shuttle* on the recent Food Safety Modernization Act, which aims to regulate both raw food production and facilities. This will hopefully make life more difficult for the people that are doing things wrong, showing that growing on a smaller scale has less opportunity for contamination.

~ stephjkane@gmail.com

Pet Store Staff a Popular Addition

by Anton Goldschneider, Pet Store manager



photo by Jonathan McGoran

Shoppers (l to r) Natasha Kammell, Melanie Freely, and Sue Pinto at the newly revamped Weavers Way Pet store, basking in the customer service from Pet Store buyer Anton Goldschneider.

WE HAVE been talking about getting a register and cashier at the Pet Store for a while, it just never seemed like the right time. Things have come together now, and as the Pet Store manager, I plan to do my best to work the register and serve customer as well as placing product orders and receiving deliveries on a daily basis. Thank you to my fellow staffers who have made themselves available to help out with the cashiering load and to the IT department for all of their hard work.

This is an exciting time for Weavers Way Pet Store, and shoppers are already feeling a little less lonely, with staffers around to answer questions and help them with their purchases.

“I love the new setup,” says regular Pet Store customer Melanie Freely. “It’s great having staff around to hrlp you.” Please feel free to ask questions and my

co-workers and I will do our best to help you. The pet world is an amazing one and we all need to share our knowledge and experience to assure that our animals stay happy and continue to provide positive companionship in our lives.

Remember that we are always available to assist you to your car with your purchases, up to half a block away. Otherwise, just pull up in front of the store and we will bring it out to you.

We hope this change will make shoppers feel more welcome, while at the same time help us to be as accurate as possible in our tracking of inventory. It’s our cop and it benefits all of us to be business-like yet still family-like and to stay true to the community spirit. Thanks for your patience during these transitional times in the Pet Store.

~ petstore@weaversway.coop

The Animals and Insects of the Mort Brooks Memorial Farm

by Kestrel Plump, Weavers Way Community Programs Farm Educator

“WHERE ARE the animals?” is a common question from education groups who visit our farm in the Awbury Arboretum. I explain that even though we don’t have what one normally thinks of as farm animals, there is no shortage of critters that share this land with us. The Weavers Way Community Programs (WWCP) Farm Education team developed several lesson plans this summer having to do with the beneficial insects and animals that we farmers rely on and love so dearly. Students visiting the farm get to do things such as try on a beekeeper’s hat, dig for worms in the (finished) compost pile, and learn to identify ladybug larva. One of my favorite lessons is about bats. At the end of the lesson we play our farm version of Marco Polo—we call it Bat Mosquito. One blindfolded student tries to catch the others using only their hearing, similar to how a bat finds mosquitoes at night using echolocation. Though we rarely think about bats as being allies to farmers, they are hugely important! The USDA website states that bats save U.S. farmers \$3 billion a year in pest control costs. A little brown bat, one of the more common bats in this area, can eat 1,200 insects in an hour.

There are, however, farm fauna that cause us much strife. At the top of my list this season: groundhogs. They are a huge problem for us at the moment. They have eaten all of our green and wax beans, carrots, and much of our winter squash. The casualty of the winter squash was particularly surprising because their leaves are quite prickly! More recently, they have greedily consumed all of our fall broccoli,

cabbage and cauliflower. At first I tried spraying an organic, foul-smelling mixture made from eggs and garlic that our friends at Primex swore worked wonders. It helped, but the smell was truly awful and garden tours became markedly less pleasant for students. So, I resorted to trapping them. Co-op staffer Steve Hebdon generously lent me his Have-A-Heart trap.

I caught my first groundhog on September 3. When I walked up to the trap, the groundhog was laying contentedly on its belly, legs stretched out behind it in the way my parents’ dog often does, calmly chewing on the pepper I had used for bait. I loaded the trap in a wheelbarrow and took it up to my car so I could release it far away from the farm. Unfortunately, while I was releasing it, an off duty police officer showed up. He was quite certain that what I was doing was illegal. Forty minutes later and a phone call into one of his buddies at Animal Control, we discovered that, in fact, it was totally legal to catch and release groundhogs without calling the authorities, as long as you don’t cross county lines. Good to know! After several minutes of fiddling with the cage and implementing the use of two sticks, I managed to keep the trap open long enough for the groundhog to escape. Farewell my new groundhog friend. I hope the wilds of Fairmount Park treat you well. Just stay away from any winter squash you might come across. And please don’t return to our farm!

~ educator@weaversway.coop

Henry Got Crops! Ed Team Has Their Own Urban Farm Bike Tour

by Clare Hyre, Henry Got Crops Education Coordinator

AFTER MISSING the official Weavers Way urban farm bike tour, Henry Got Crops! (HGC) apprentices Molly Devinny and Ariel Drooner and I created our own tour, attempting to hit all the farm education hot spots in the city. We began our tour at Mill Creek Farm in West Philadelphia, where farm educator Jade Walker was hard at work preparing for a Tuesday farmers market. After exploring the community garden adjacent to Mill Creek, we learned about the history and progression of the farm while harvesting summer squash. Our takeaway piece from Mill Creek—HGC has just gotta have a cob oven!

Next we quickly rode up the street to the Urban Tree Connection, where we saw three different sites. We loved learning how UTC takes vacant lots and unused backyards and turns them into teaching environments for the neighborhood youth. UTC had beautiful mulched pathways and well-labeled beds!

Truly inspired and ready for more, I led the way to the UNI (Urban Nutrition Initiative) garden at University City High School. During lunch, we admired the beautiful pavilion, the well-labeled signs, the wash station, and the variety of crops grown at this quarter acre site. Everyone got very excited about the idea of bringing more art into our work at HGC. We were also excited by the possibility of building an outdoor classroom and kitchen where students could harvest food and create meals without ever leaving the farm.

Having never biked through the city, this next section of the journey really piled on the miles and proved that the HGC ladies are full of stamina! We moved onward for a quick stop at Heritage Farms at the Lutheran Family Services and then finished at MLK Seeds For Learning

It’s time for school again and Henry Got Crops! education programs are back in session. We want our students to help us beautify the farm with their artistic talents but we have no art supplies! Look for a donation jar at each store and contribute to the HGC art supply fund, helping to make the CSA a brighter and better labeled place!



Farm in Mt. Airy. Sarah Garton at Heritage Farms was kind enough to take us on a tour of their facilities and although we missed Chris Bowden-Newsom’s class we were able to see the Seeds for Learning garden and greenhouse. We also got to see our very own education site at Stenton!

Exhausted and happy, the crew congratulated ourselves on our 30-plus miles bike trip by stopping at the Weavers Way Mt. Airy store where we gorged ourselves on delicious Co-op products. We were all excited to take what we saw and learned back to the farm and begin the process of enhancing the HGC/Saul farm education program.

E-mail me at clarehyre@gmail.com if you have any skills in carpentry and would like to volunteer some time to HGC education program building efforts. We are hoping to construct picnic tables at the farm for an outdoor kitchen and possibly a pavilion. Also, if you have extra pots, pans, bowls, cups, silverware, or a gas cook stove that you want to donate to our kitchen, please let me know! Having an outdoor kitchen would dramatically increase the amount of food that goes into Saul students’ mouths and encourage their participation with the CSA and Weavers Way!

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Henry Got Crops! Wednesday Farm Stand Gets Busy

by Nina Berryman, Henry Got Crops! Farm Manager

THERE ARE few times that I’ve cried at the farm. And when it has happened, it’s usually out of frustration with our walk behind tractor! But a few weeks ago, I shed a tear out of pure happiness and pride. I feel a little silly writing this now, admitting this so publicly, but I was completely moved by the amount of business our farm stand was generating. At Henry Got Crops! (HGC), the CSA is our primary production outlet. We harvest everything that is ready and give it out to the CSA shareholders. After the shareholders have come to get their vegetables on Tuesday, there are often vegetables that are left over, that people either didn’t want or forgot to pick up. This produce is what makes it to the farm stand table. There are also a few vegetables that grow so quickly and are so perishable that they must be harvested three times a week and will not hold until the next CSA pick-up. These items also make it to the farm stand table. Because of this status as a secondary outlet, we have never had a large selection or abundance at the farm stand. Needless to say, our farm stand was not a hub of bustling business.

Many might wonder why we kept it up. Largely because the *idea* of having a farm stand for the immediate community has always been important to us. We recognize that the CSA model is not for everyone. It is often prohibitively expensive (you pay for six months of vegetables all at once, before the season even begins). Also, you have no choice in what you get; you simply take home one of everything that is on the CSA table. Depending on the weather, sometimes you get more vegetables than you know what to do with, and sometimes you get fewer than you want. Regardless of the reason, CSAs are not for everyone. But it is still important to us at HGC to make the vegetables we grow accessible to as many people as possible. In particular, we want to feed the people in our immediate community, the students and teachers at Saul, and the neighbors who live across the street. This is why we have had the farm stand every Wednesday from 2 to 5 p.m. on Henry Ave., right next to the farm, for the past three years.

A few weeks ago, my coworkers were setting up the stand while I was off doing something else. I walked down the driveway about ten minutes before 2 p.m., when the stand opens, and I saw five cars parked on the side of the road, and people were forming a line, waiting to buy our



photo by Rachel Milenbach

A rainy summer takes its toll on the Henry Got Crops! fields.

produce. I stayed in the wings, watching all the commotion in front of our purple-tablecloth-covered, folding table. This is when I cried. I sort of thought it would never happen.

The first year we had the farm stand, we averaged \$30 in sales per week. In our second year we averaged about \$70 per week. So far this year, we are averaging over \$100 per week. It’s hard to outline exactly what is responsible for our increased sales. I think most of the credit goes to this year’s and past year’s interns and apprentices who have taken a special interest in our somewhat underdog farm stand. Last year, the two interns, Kirsten and Zemora, went door to door in the neighborhood, on their day off, distributing flyers about the farm stand that included a ten-percent discount for first-time customers. Last year, Sarah, the apprentice, put together coupons for students who worked on the farm that they could redeem at the stand. This year, Molly, the apprentice for 2011, has been making beautiful signs every week that advertise to all the drivers on Henry Ave. what is for sale that day. One of our volunteers, Kevin, erected a permanent sign that Kirsten made last year, displaying our hours on the side of the road. Also, we can now accept Farmers Market Nutrition Program coupons, which accounts for about ten percent of our sales. And, much of our success this year probably has to do with the fact that we have been there consistently for three years and people are finally beginning to take notice.

While the CSA has always brought me a tremendous amount of satisfaction, the story of our little farm stand somehow holds a different type of fulfillment. If you have never stopped by on a Wednesday afternoon, I encourage you to check it out. We are located right at the farm, at Saul High School, at the intersection of Henry Ave. and Cinnaminson St. Recently a reporter from Patch stopped by to take a few pictures and write a short article about the students running the stand. Check it out at: <http://roxborough.patch.com/articles/henry-got-crops-stand-brings-produce-smiles-to-area>

GMO March Coming to Weavers Way

by Jonathan McGoran, Shuttle Editor

HUNDREDS OF people across the country who believe in the right to know what they are eating will be joining the Right 2 Know March, travelling by foot from New York City to Washington D. C. to urge the Obama Administration to support labeling of genetically engineered foods. On October 6, at 3:30 p.m., the March will stop at Weavers Way Mt. Airy, for a fun and informative rally event. One highlight of the event will be an appearance by the bio-fueled Dr Bronner’s Foam Fire-Truck, an iconic display of creative activism intended to help raise awareness and educate people about GMOs, organic, and hemp. The marchers will be walking more than 22 miles per day, and Weavers Way is happy to welcome them to rest, pick up lunch, and refill their water bottles.

“The Right2Know March is an unprecedented effort to win genuine transparency on Genetically Engineered foods,” says Katherine DiMatteo of International Federation of Organic Agricultural Movements (IFOAM) and a lead coordinator of the Right2Know March. “Most Americans agree they have a right to know what is in the food they put in their own and their children’s bodies, but current federal policy favors the pesticide industry and hides the facts,” says DiMatteo. “It’s time to reset U.S. policy on GMOs.”

For more information, visit www.right2knowmarch.org



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Around the World, Co-ops Outperforming Struggling Economies

In this column, Nancy Weinman and Sue Wasserkrug share their own thoughts and ideas and are not writing on behalf of the Board.

With all the recent news of an economic crisis brewing, especially in Europe, little attention has been paid to the success of the cooperative movement there. At the Consumer Cooperative Management Association (CCMA) conference in June, we attended a workshop that highlighted these successes.

Over the past three years, the cooperative economy in Europe has consistently outperformed the dominant capitalist economy. In England, for example, where the cooperative sector provides employment for more than 235,000 workers, the cooperative economy grew by nearly 25 percent, well above the rest of the economy. In Italy, consumer co-ops have outpaced other markets for decades. In Spain, the Mondragon Cooperative Corporation has survived and thrived during hard times by turning to its cooperative principles for solutions to its economic challenges.

Unlike in the U.S., cooperative enterprises in Europe command a substantial portion of many regional economies. The Emilia Romagna region of Italy, home

to approximately four million people (or seven percent of the national population) provides a good example. There are thousands of cooperatives of all types in Emilia Romagna. According to an article by David Thompson in *Cooperative Grocer* magazine in 2003, cooperatives make up over 40 percent of the GDP of that region, and two out of three citizens of the capital of the region (Bologna) belong to a co-op. It is also interesting to note that the per capita income in Emilia Romagna is 50 percent higher than the national average, and the regional unemployment rate is only four percent—virtually full employment.

Within the Emilia Romagna region, co-ops in various sectors have established lending mechanisms and other means of supplying capital needed for expansion. On a national level, Italian corporate law requires cooperatives to contribute three percent of their annual surplus into a national fund for cooperative development. Imagine what that would mean for the many startup food coops trying to get off the ground in and around Philadelphia, such as the South Philly Food Co-op, the Kensington Community Food Co-op, the Doylestown Food Co-op, and Creek-Side Co-op in Elkins Park. Perhaps U. S. Representative Chaka Fattah has been to Emilia Romagna since he has authored soon-to-be-introduced legislation to sup-

port the development of cooperatives in the U. S. (as reported in a recent issue of the *Shuttle*).

In Spain, the Mondragon Cooperative Corporation (MCC), a consortium of co-ops with nearly 100,000 worker members, has developed a unique solution to generating capital. Because it is a co-op, the members (in this case, the workers) share in enterprise profits and these profits are deposited—until the workers retire—into accounts used for co-op development. Spain's second largest food retailer, Eroski, is a cooperative that is part of MCC. The town of Mondragon, like the Emilia Romagna region in Italy, is a healthy and very livable community, evidence that a commitment to cooperative values that serve the common good can also lead to commercial success and societal well-being.

In England, home of the famed Rochdale Pioneers credited with developing the original version of the cooperative principles (www.ica.coop/coop/principles.html) that guide co-ops around the world, the Cooperative Group, a family of consumer cooperatives with a diverse range of business interests, are pioneering the movement for ethical finance and business practices. Because of this, the Cooperative Group is experiencing steady

growth in these times when people value trustworthiness and ethical practices as an alternative to the greed that permeates conventional markets.

These are hard times for so many families. It is easy to lose sight of the many advantages of cooperatives over other businesses that only value the profits reaped by their financial investors. Cooperatives create well-paying jobs, support local producers, adhere to ethical and sustainable business practices, and invest in protecting the environment. Only by working cooperatively can we hope to strengthen our community and create a viable alternative to the many forces that are increasingly disenfranchising and impoverishing so many members of our community.

October is Co-op Month and the official launch of the International Year of the Co-op as declared by the United Nations. There will be plenty of opportunities to learn more about co-ops and how you can become more involved in strengthening the cooperative movement, both regionally and nationally. For starters, you could join Weavers Way if you are not already a member. And if you are a member, October is a great time to celebrate your involvement in our environmentally and socially conscious enterprise.

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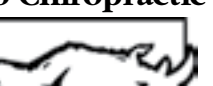
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Second Annual Stenton Pizza Party Recap

by Carly Chelder, Marketplace Coordinator

BEING AN employee of Weavers Way Community Programs, I am afforded many rare opportunities. One in particular is having a relationship with Stenton Family Manor, one of the largest homes for families in transition in the city of Philadelphia. Over the past few years you may have read stories of Hope Garden or the cob oven that we built on their site, but what you may not know is that there is a huge amount of heart inside those walls. While residents generally don't stay for more than several months, a community is still forged, particularly with the caring of the staff. I like to think our love and energy contribute as well.

In late August, we held the second annual Stenton Pizza Party. The party was initially scheduled as our Third Annual End-of-Summer Camp Celebration, but we were already rained out once, and morphed into an indoor Cook your Own Pizza Party. Last year we were fortunate to have great weather throughout most of the season and the celebration took place in the garden. This year, instead of making pizzas in the cob oven outside, we were allowed to use kitchen to make the pizza party a reality on a rainy day. Ms. Jones, kitchen manager extraordinaire, allowed

me to come into her space and prepare a slew of toppings for the pizza makers (children of Stenton) to assemble into delicious pizza pies. I attribute her flexibility not only to her kindness and support of our partnership, but also to the fact that last year I obtained my Food Establishment Personnel Food Safety Certificate with the City of Philadelphia. Food safety is so important!

We bought fresh pizza dough, the kids picked veggies earlier that day from Hope Garden (between rainstorms) and the pizzas came to life! Dough was shaped in the kitchen and then transported to a community room set up for the children to assemble the pies to their hearts desire. An amazing crew of pre-teen and teen girls took charge and helped the younger children to assemble their pizzas. Completed pies were carried back into the kitchen by Rachel and Kate for cooking and slicing and then finally returned to the eagerly waiting children.

While waiting patiently for the pizzas to cook, the kids watched *Lilo & Stitch* and ate Marketplace snacks. As soon as pizzas were delivered back to the pizza makers, it didn't matter who made what pizza, because slices were quickly devoured. Shar-



Photo by Rachel Milenbach?

At the 2010 Stenton Pizza Party Farm Educator, Adam Forbes, checks on a cooking pizza in the turtle cob oven.

ing and caring was at a maximum. In the end, we made close to 40 pizzas with a variety of toppings like freshly chopped garlic, tomatoes, peppers, onions, mushrooms, basil, and oregano.

The night was a success, and all because of the teamwork. I would like to extend a deep, heartfelt thank you to the individuals that made this event happen. First to the employees at Stenton (Ms. Jones, Ms. Hall, Mr. Oliver, and Mr. Harrison), Jeffrey, the Stenton camp counselors, the parents who stayed and hung out with us,

and everyone else that I will inadvertently leave out. You're the bomb! WWCP staff, Kestrel, Kate, and Rachel: Thanks team! And a special thanks to several exceptional volunteers, Timothy Brown for giving us an expert pizza-making training, and also Kate Quinn and Sarah Turkus for assisting throughout the evening as needed.

This year was a success. Let's hope next year we will be having our third annual pizza party outside in the garden, cooking pizzas in the turtle cob oven!

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Mindful Conferencing

Planning The Home Grown Institute Conference with an Eye Toward “Human Sustainability”

by Sarah Gabriel

LAST MONTH I met with Allen (not his real name), a director of a local non-profit. He arrived looking harried - unshaven, cheeks drawn, exhausted. As much as he wanted to pay attention to my “Big Picture” presentation of The Home Grown Institute - the sustainable skills conference that will be held in Chestnut Hill in March—it was clear he was having a hard time. That is... until I mentioned the silent dining option, voluntary simplicity workshop, and guided contemplative walk in the Wissahickon. His shoulders released and he smiled. He was engaged.

In contrast, last week, I had a conversation with Sharon (not her real name). Like a sponge that has just met the ocean, she wanted to take every class I mentioned - seed saving, beehive building, lawns to meadows, growing mushrooms in the shade, worms in the basement. And she’s excited to teach about backyard chickens.

These stories confirm what we already know... that when it comes to sustainable and regenerative practices, each of us has our own path. It also reminds us that sustainable practice is more than organic food and composting. It is also about how we take care of ourselves. I call it “Human Sustainability” and it guides our planning at The Home Grown Institute.

Three Guiding Principles for Planning The Home Grown Institute

1. No “Shoulds”

For thirty-five years, researchers have been asking the question “What helps people make and stick with healthy habits?” Results? Every single study has drawn the same conclusions. There are three and half factors that lead to success. The first one is Intrinsic Motivation. You gotta wanna do it. At The Home Grown Institute, we help you remember that.

2. Bring Back Reflection!

It’s hard to pinpoint exactly when it happened—that the speed of technology moved beyond the pace of humanity. Fax machines in the mid 80s? Before then we had time for reflection between action and reaction. All of the sudden it was instantaneous. Expectations changed. E-mail has only made it worse. It is another reason growing food is a good practice. If something doesn’t work, you get whole seasons to think about how to do it better.

3. Minimize Decision Fatigue

On August 17, John Tierney reported in the New York Times on Decision Fatigue that “the very act of making decisions depletes our ability to make them



Photo by Sarah Gabriel, courtesy of The Home Grown Institute.

The Home Grown Institute Planning Committee member Amy Steffen (right) learns about home-scaled aquaponics—growing fish and greens in a closed loop system—from Kurt Rowe (center) at Pendle Hill Retreat Center in Wallingford, PA. Also pictured, Philadelphia Seed Exchange Founder and Pendle Hill Farmer/Chef Joel Fath (left).

well.” It was the most emailed of all articles for days. Conferences have a reputation for contributing to overwhelm, and participants often suffer from TMC and FMS—Too Many Choices and Fear of Missing Something. The Home Grown Institute is determined to break the mold through Mindful Conferencing.

Mindful Conferencing starts with Mindful Conference Planning - designing options to minimize Decision Fatigue - for example, in addition to the more decision-intense “pick one from column A, B, C, and D,” option, The Home grown Institute will offer “track” options such as the “Can Someone Hold My Hand? Beginning Organic Gardener Track,” the “I Need Silence... Contemplative Track,” or even the “I Want It All! Homestead Sampler Track.”

It also means Mindful Conference Attendance on the part of you who register. What are you craving? To sleep in more? To make more with less? To do less? Here’s a suggestion: Just before you sign-up for classes, imagine you are a sponge... Are you, like Sharon, excited to meet the ocean, knowing you will find joy and energy from pouring over all the choices?... or are you like Allen, bloated by your fullness, yearning for less, craving nourishment from the sky above and soil below...

If you’d like to be part of the Mindful Planning Committee for The Home Grown Institute, a variety of positions are available. Contact sarah@thhomegrown-institute.org.

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The Simplicity Dividend

Weavers Way’s Dining For Women, Coming Soon

by Betsy Teutsch

GREAT NEWS, all. Last month in my column I pitched the idea of forming a Weavers Way Dining For Women chapter. Ann Mintz stepped forward and has agreed to convene our first meeting and also to host it. We are doing it! Thanks, Ann!

The launch of our just-forming Weavers Way Dining For Women will take place Thursday, October 27 at 6:30 p.m. at 508 Wellesley Road in West Mt. Airy, the home of Ann Mintz and Clifford Wagner. Bring a dish to share—whatever your specialty is. We’re not going to give assignments; if we all bring dessert, we’ll just have to all eat dessert!

Vegetarian food is preferred, but not required. If you’re vegetarian, vegan or have other dietary restrictions, please bring something you will be comfortable eating. Be aware, our hosts have animals (two dogs, two cats).

Dining For Women is a nationwide

giving circle, with regular potluck dinner meetings. Chapters meet to “dine in.” The money that members would have spent to dine out is collected and sent to the national Dining For Women organization. The contributions from all the Dining For Women groups are pooled together and every month, DFW supports a different, carefully chosen charity that serves women and girls living in poverty. DFW has raised over \$1,000,000 in just a few years, potluck by potluck. Together, we will empower the lives of women and their families all over the world, while enjoying each other’s company.

At our first meeting, we will introduce the concept of Dining For Women, learn about the organization that our donations are supporting this month, and make decisions about Weavers Way Dining For Women, including how often to meet. Please, bring your date books/smart phones/calendars so we can decide when

to meet next and how this group will be structured.

Every member of the group is asked to bring food to share, and to contribute financially; \$20-\$25 is the cost of a typical restaurant meal and a good donation goal, but we welcome members regardless of their donation amount; any gift is fine.

Join us on October 27 and help shape the future of Weavers Way Dining for Women. Feel free to invite friends to come to our Kick Off Meeting – age diversity would be great, so bring daughters, bring mothers, bring grandmothers, bring granddaughters. Men are invited, too.

Please RSVP—we need to know how many people we’re serving to make sure we have enough plates, glasses and silverware and chairs.

Contact Betsy Teutsch at betsy@betsyteutsch.com or contact Ann Mintz at anmintz@mindspring.com

Kick Off Meeting!

Weavers Way Dining for Women Chapter

Thursday, October 27 at 6:30 p.m.

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Find the entire list of Member Specials on our website at the start of each Co-op Deals month



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Alter Eco Organic Black Quinoa 16 Oz **	6.92	5.79
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Alter Eco Organic Dark Quinoa Chocolate 3.5Oz **	3.86	2.99
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Amazing Grass Energy Green Superfood Packets .28 Oz **	1.52	1.19
Amazing Grass Energy Green Superfood Powder 7.4 Oz **	29.32	22.99
Amazing Grass Green Superfood Chocolate 8G ***	1.52	1.19
Amazing Grass Green Superfood Drink Powder 17 Oz **	50.4	38.99
Amazing Grass Green Superfood Drink Powder 8.5 Oz **	29.31	22.99
Amazing Grass Green Superfood Drnk Powder 150 Caps *	29.31	24.99
Amazing Grass Green Superfood Packets 6G ***	1.52	1.19
Amazing Grass Kidz Superfood Chocolate Drink 5G *	1.46	1.29
Amazing Grass Organic Wheat Grass Packets 6G **	1.52	1.19
Amy's No Cheese Vegetable Pizza 12 Oz ***	7.91	6.99

Description	Reg	Sale
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Manager’s Corner

by Glenn Bergman, Weavers Way General Manager

Summit & Weavers Way BBQ, Saturday, October 22

I USUALLY do not write about church BBQs in my column, but this time I am making an exception. When approached by Summit Church to cosponsor the 2011 Annual BBQ at the church to raise funds for vital repairs to the 100+ year old building, I had to sign on. Not only is this BBQ always excellent (I never miss it, and I especially love the amazing vinegar-based sauce), but Summit Church was the first home of Weavers Way; 39 years ago, Jules Timmerman and a bunch of his neighbors in Mt. Airy started the co-op buying club at Summit.

Many of the original members of the buying club have either moved away or have left us, but some are still around and a number are members of Summit Church. So, I invite you to the annual Summit BBQ on Saturday, October 22. You can come into the Mt Airy store and pre-order your BBQ anytime this month. I guarantee you will not be unhappy with the product. I have asked the church volunteers why they don’t do this BBQ every week. It would attract people from throughout the Northwest for a community BBQ dinner. Just think, a place to go for a community dinner that tastes great and benefits a great neighborhood institution. *(See order form on page 17).*

Capitalism at its best....

Karen Heller, columnist for the Philadelphia Inquirer, wrote last month about how much she missed TLA and Borders in Chestnut Hill. I agree, as do hundreds of other residents of Northwest Philadelphia. As I wrote last month, there are many other places we all miss, as well: neighborhood grocery stores, restaurants, and other great small places. So how can it be,

I wrote in last month’s column, that there are so many empty storefronts in Chestnut Hill? Anyone with a real spirit of the community would figure out how to help turn this around (without placing check cashing stores or chain stores).

Many people wrote to me last month to thank me for the column, but a few (two) asked if I had a problem with “free enterprise and capitalism?” Well, I actually do not, except when it affects my neighbors or friends in a negative way. I think there is a difference between capitalism, and socially conscious capitalism.

Let’s face it, if you have enough funds on your side of the fence, you can do whatever you want (even when you have to change the law to do it), but you can also take your funds and use them to raise all boats. Giving donations to a handful of non-profits is great, but it is not enough. Helping to create a climate where hard-working small business owners can succeed is at least as important, making a true and long-lasting benefit to the health of the community.

I implore the retail landowners of Chestnut Hill who have had empty properties for many years to become more creative in this difficult economy and to work together in an open community spirit to help our neighborhood become vibrant again. A co-op is one form of a capitalist for-profit entity (that’s right, Weavers Way is not a non-profit) and a form that I believe can be a capital-based company at its best. Co-ops are created in such a way that all the profits go back to the members (owners) and the community, and what is best for the community is as important as the bottom line. But just because regular profit-making companies aren’t mandated to consider what is best for the community, that doesn’t mean they can’t, and it doesn’t mean they shouldn’t.

Summit Church & Weavers Way: A 40 Year Community Partnership

Annual Barbeque Fundraiser on October 22

by Mary Moorhouse

WEAVERS WAY would like to take a moment in this issue to recognize and celebrate a special community partner, neighbor, and landmark in Summit Presbyterian Church. Summit is getting ready to host its annual barbeque fundraiser on October 22, and we thought it a good time to tell its story, and invite you all to a great social and eating fest in the neighborhood.

Located at Greene and Westview Streets, you could say that Summit gave birth to Weavers Way in March of 1971 when Summit leaders approved the request by the Germantown Food Co-op to use the Church undercroft [the space underneath the sanctuary] on Thursdays.

History has shown that the Co-op and Summit have become significant Mt. Airy gathering and service institutions albeit Summit for over a century. The first Summit sanctuary was built in 1895; rebuilt and expanded in 1910 and 1926 to include the educational and community center which provide activities and services to over 5,000 people a year.

Few people living in the Mt. Airy/Germantown/Chestnut Hill area have been untouched by Summit. It became a neighborhood voting place in 1960. It has been an incubator and launching pad for new business and community institutions, including Northwest Interfaith Movement, headquartered at Summit from 1972 until 2006; P’Nai Or, a Jewish Renewal Congregation; and Weavers Way Food Cooperative. The Summit Children’s Program has been in the building continuously since 1947. Thousands of children, young adults and parents have been served by the daycare, after school, sports and young leadership programs offered through Summit’s many community partners.

All ages of people come to brush up on or learn new skills, dance, play basketball (Young Adult REACH program),



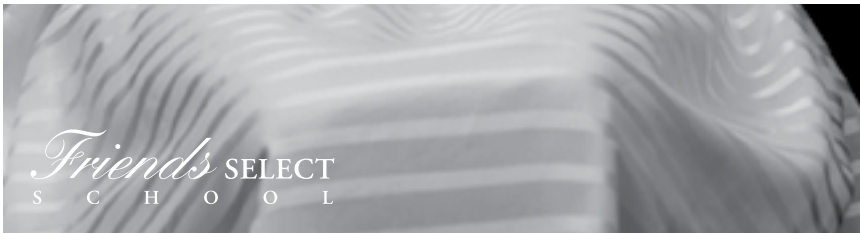
eat (Elder Diner), get married, and hold receptions, meetings and community forums. Mt. Airy Learning Tree offers many classes every week, while karate classes, Germantown Country Dancers and Afro-Beat Soccer also make Summit their activities center.

Summit just celebrated its 125 Anniversary and it still a vibrant spiritual and outreach center. However as Summit leaders and members plan its next 100 years as a community cornerstone, they have taken stock of their resources and the needs of their buildings to keep them safe, viable and valuable to community ministries and services. This year’s barbeque fundraiser is significant as it is held in the midst of a renewal “capital” campaign underway to restore the facilities. Having just raised over \$150,000 in funds to repair the prominent church tower, Summit faces costs exceeding another \$600,000 to replace the 100 year old roof and for pointing and restoring the ever beautiful but aging Wis-sahickon schist from which much of the church is built.

Please come to Summit Church for their annual barbeque fundraiser on Saturday October 22nd from 11-3 and 5-7 to enjoy a delicious lunch or dinner of ribs, pulled pork or brisket. To save time, pre orders for larger orders of the barbeque meats can be placed at Weaver’s Way Mt. Airy from October 2nd through October 19th.



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Co-op Event at Avenida Restaurant Features Pedro Ascencio of El Salvador’s Las Colinas Coffee Co-op

by Kim and Edgar Alvarez, chefs and owners Avenida Restaurant

EVERYONE AT Avenida Restaurant is excited to partner with Weavers Way Co-op and Equal Exchange to co-sponsor a special dinner event on October 20, from 6-8:30 p.m., featuring fair trade expert Pedro Ascencio of Las Colinas Co-operative in El Salvador.

A leader in the co-op community, Ascencio has witnessed the profound impact of a one-person, one-vote workplace without a corporate hierarchy.

“We work with small-scale farmers who make their own decisions on business and community matters,” explains Ascencio, a manager at Las Colinas. “We love working with Equal Exchange because its founders envisioned a food system that empowers farmers and consumers, supports small farmer co-ops, and uses sustainable farming methods.”

Today, Las Colinas annually produces tens of thousands of pounds of coffee that Equal Exchange roasts and sells throughout the U.S. as Organic Las Colinas (also used in their classic Breakfast Blend), and Organic El Cashal coffees.

A True Success Story

Weavers Way General Manager Glen Bergman says he is very pleased to be co-sponsoring this special dinner at Avenida Restaurant. for it is an honor to tell others in his community about the important work being accomplished at Las Colinas and through Equal Exchange.



photo courtesy of Equal Exchange

Pedro Ascencio (second from the right) shows the coffee seedling nursery to a group of visitors from the United States on a tour of Las Colinas coffee cooperative last January.

Indeed, Las Colinas is collectively farmed and managed on the site of an old coffee plantation in the town of Tacuba, district of Ahuachapán, El Salvador, near the Guatemalan border. The farmers received their land in a 1980 land reform.

But 30 years later, they still struggle with the high interest rates to pay off the mortgage they received with it.

The good news is that since 1997, Equal Exchange has supported Las Colinas by purchasing the majority of their coffee, all under Fair Trade terms, and collaborating with them on improving coffee

quality. And in recent years, Las Colinas has obtained organic certification, which has enabled Equal Exchange to pay super-premium prices for special lots of Las Colinas’ coffee, in addition to the premium prices paid for the rest.

“It’s a real success story, and a tribute to what can be done when smart, creative, determined people work together toward a common goal,” Bergman says.

The October 20 dinner event is part of Ascencio’s ten-day tour from October 14-24, where he’ll be speaking at churches, cafés, food co-ops, and other Equal Exchange customers from Boston

to Philadelphia. His trip concludes at the Northeast Ohio Fair Trade Expo in Cleveland, where Ascencio, together with Equal Exchange co-founder Rink Dickinson, will give the keynote speech. Learn more about Equal Exchange at www.equalexchange.coop.

Make Your Reservation Today for the October 20 Dinner Event

There is space for 50 people to attend this special evening event, which will include appetizers and cocktails, and a three-course Salvadorian-inspired dinner, followed by a coffee tasting featuring a selection of coffees by Equal Exchange. During dessert, Ascencio will discuss the lives of the farmers in his community and their compelling history of organizing and nurturing an effective cooperative.

The cost is \$30 per person, \$25 for Co-op members, including Weavers Way, Mariposa, Swarthmore, Chester, and Seline Co-ops, as well as local start up co-ops like CreekSide Co-op, South Philly Co-op, Kensington Community Food Co-op, and Doylestown Food Co-op.

Co-op members can buy Weavers Way Co-jitos at Avenida Restaurant throughout October for only \$5. To register for the October 20 event call 267-385-6857, or e-mail Kim@AvenidaRestaurant.com. For a complete menu, log onto www.avenidarestaurant.com.

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Business As Usual

by Sandra Folzer, Weavers Way Environment Committee

“We had to struggle with the old enemies of peace - business and financial monopoly, speculation, reckless banking, class antagonism, sectionalism, war profiteering. They had begun to consider the Government of the United States as a mere appendage to their own affairs. We know now that Government by organized money is just as dangerous as Government by organized mob.”

Franklin Delano Roosevelt, 1936

(FDR won reelection afterward by the largest majority ever.)

WHAT IF you could focus on one issue rather than the seemingly thousands of worthwhile issues? I call the President’s 202-456-1111 number 30 times, and it is busy. I call and write letters to my senators and representatives, never knowing if

it makes a difference. If I weren’t so stubborn, I could get depressed about the futility of my actions.

Chris Hedges, talking about the death of the liberal class (<http://www.youtube.com/watch?v=bYCVSntOI5s>) claims we are delusional if we believe voting and contacting Congress makes any difference. He believes politicians are now controlled by corporations who fund them. He gives an example of our government preparing to bring phone companies to court for wiretapping. It seemed certain that those corporations who interfered with our freedom would be indicted. But suddenly everything changed when large amounts of donations were given to Congress members. The charge was dropped, and there were no repercussions for breaking the law. Interests of the corporation superseded the interests of the people.

Paul Cienfuegos, a community organizer, would agree with Hedges. As the founder of Democracy Unlimited, he believes the only issue worth pursuing is to dismantle corporate power. He claims when we work on single issues, whether nuclear power, clean water, gas drilling, mountain top removal, or organic food, we are undermining our power since we could be united on one issue together. When we plead and beg the government and corporations to be ethical, we fail because we are not addressing the core problem: that corporations now control every aspect of our lives. Until this dominant corporate culture is altered, nothing will change. If we truly wish to live in a democracy, then we shall have to establish democracy once again and take back the power that we have given to corporations.

Presently, corporations decide most things for us: what products to manufacture, how and where and by whom. They pollute our water and land when they wish, paying only minimum penalties.

Corporate power is not new. Corporations have been slowly gaining political power since the 1800’s. According to Cienfuegos, corporations having constitutional rights is what makes democracy impossible. Corporations may now legally lobby Congress members and fund their campaigns so that our officials ignore what the populace wants, answering only to business concerns. Universal health care is an example of how poorly the democratic process works. We have fake

“citizens’ organizations” with names like “Coalition for Reasonable Health Care Reform,” which are funded by the health insurance industry.

A brief history from Cienfuegos would be helpful to understand how we arrived at this point of powerlessness. It is not just the money that gives corporations their power, it is the legal rights our courts have granted them.

In the Dartmouth decision of 1819, the Supreme Court ruled that a corporate charter was a contract and therefore could not be changed by the government. This was the first time corporations used the Constitution for legal protection.

In 1886, in the Santa Clara County v. Southern Pacific Railroad, the Supreme Court said that the Fourteenth Amendment, which gave equal protection to freed male slaves, also applied to corporations. This is the first time corporations were considered persons.

In 1893, corporations got Fifth Amendment protection, so no one could take their property without due process.

In 1908, corporations got Sixth Amendment protection, guaranteeing them the right to a jury trial in criminal cases.

In 1919, it was decided that corporate Boards of Directors had to prioritize maximizing profits as their main purpose.

(continued on page 22)



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October Garden Notes

by Mark Goodman, The Neighborhood Gardener

OCTOBER IS one of the most pleasant months of the year, weather-wise. No more super-hot days, probably no more hurricanes, hopefully no more earthquakes, and no need for snow shovels yet. Perfect weather for gardening!

If you have hedges, particularly fast growing ones, such as privet or yew, one last cut or trim in October will last until May. Some shrubs can be pruned now, particularly those that have finished blooming in late summer. They include crape myrtles, rose-of-Sharons, abelias, and caryopteris (blue mist). You can also prune your “Burning Bush” euonymus, now that it has shown off its red leafy splendor.

Do not prune your spring blooming shrubs now, because you will cut the latent flower buds. So leave the lilacs, azaleas,

rhododendrons, and viburnums alone.

If you want to embellish your spring garden with flowers from bulbs, now is the time to plant. Think outside the box of daffodils, tulips, hyacinths, and crocuses. These are all beautiful, but you can also enhance your garden with lesser-used bulbs such as the purple squill (*scilla siberica*), which stays low and looks good on curb strips.

In addition, you can make a spring splash with pink, white, or violet woodland bluebells (*hyacinthoides*), sometimes called wood hyacinths. Grape hyacinths (*muscaria*) are a welcome addition in purple and white. Wind flowers (*anemones*) in blue, pink, and white are like little stars emerging in April. And of course there are the alliums, from the same family as onions, garlic, and chives. These round

purple, pink, white, or blue flowers—especially the larger ones such as “Globemaster”—are attractively other-worldly.

Have some fun selecting and planting bulbs for different and unusual flowers next spring.

Did you know?

The first copy of the Declaration of Independence was written with ink made from pokeweed berries.

Burdock, which produces cockleburs that stick to clothing and animal fur and

hair, was the inspiration for Velcro.

Jewelweed, which is sometimes used to reduce the itch of poison ivy, is in the *impatiens* family.

The Latin name for ragweed is *ambrosia* (*artemisiifolia*).

Source: *Wild Urban Plants of the Northeast*, by Peter Del Tredici—a great book to read while waiting at banks and doctors’ offices.

Happy gardening, and enjoy the October harvest.

~ earthcraft@comcast.net

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Quakers Fall for the Arts, too

by Philip Jones

THE ANNUAL Fall for the Arts Festival (10/9/11; raindate 10/16/11) is always a highlight of Chestnut Hill’s community calendar. One community group with a booth this year is Chestnut Hill Friends Meeting. The Meeting’s booth fits neatly into the Arts aspect of the festival, as it highlights the Meeting’s plans to build a new meetinghouse incorporating an unusual work of art that will be unique to our area.

James Turrell is an internationally acclaimed artist who happens to be a Quaker. His medium is light itself, and in the work that will form an integral part of the new meetinghouse, most of the light comes from the sky, through an aperture (or, as Turrell calls it, an “oculus”) in the ceiling of the meeting room. This so-called Skyspace will be opened at scheduled times, primarily at dawn and dusk, when the contrast between the interior light and that streaming in through the oculus changes most dramatically. While there are a few other Skyspaces around the U.S. (and many more around the world), the one on Mermaid Lane between Chestnut Hill and Mt. Airy will be the only one in this region.

Area arts leaders are enthusiastic about the Meeting’s plan to bring a Skyspace to our community.

Gail Harrity, president of the Philadelphia Museum of Art, says, “To have an installation by an artist of Turrell’s

stature in Philadelphia will further bolster this city’s reputation as one of this nation’s great art venues....This (Skyspace) will be a place where people will want to go and just be – a place of quiet and calm.”

Michael Verruto, Chestnut Hill resident and vice chairman of Americans for the Arts, sees a local Turrell as “a major coup for Chestnut Hill and the greater Philadelphia community. It will be a treasure that will bring visitors to this area to experience his work.”

Derek Gillman, president of the Barnes Foundation, describes this work as “a splendid thing, not just because it will make Philadelphia and Chestnut Hill great but because these Turrell Skyspaces are magical spaces that are wonderful for everybody. It will be a contribution to the general spirit.”

Stop by the Chestnut Hill Friends Meeting booth at the Fall for the Arts Festival on October 9 for more information and to get a better sense of what this work of art will bring to the community. If you miss the Festival, contact campaign coordinator Nikla Lancksweert (nlancksweert@yahoo.com) for more information and to get involved. And finally, visit the project’s website: www.chfmnewmeetinghouse.org.

~ philiphjones@comcast.net



photo © Florian Holzher

Turrell Skyspace in Houston, Texas

Daniel Cullen ★ Proprietor

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Step into Fall at Woodmere Art Museum

by Megan Wendell, Woodmere Art Museum



Photo courtesy of Woodmere Art Museum

“San Miguel” by Jacqueline Cotter, on display in the exhibition “Flirting with Abstraction.”

CHESTNUT HILL’S Woodmere Art Museum invites visitors to the museum this fall to experience a full calendar of new exhibitions, children’s programming, and special events, from jazz and classical music nights to a hay maze for kids and a stimulating lecture series.

As Philadelphia’s premier institution for interpreting the art and culture of the

Philadelphia region, Woodmere recently opened two new exhibitions showcasing a collection of modernist and contemporary art of Philadelphia. Innumerable artists of our time have used the language of abstraction—color, line, texture, scale, and form—to express the ideas and emotions

(continued on page 19)

Will Farm for Food



photo courtesy of David Zelov


Erstwhile Weavers Way Farmer David Zelov sent us this picture, letting us know he is not above showing a little leg (or donning a tomato suit) to get the word out about the wonderful produce he is growing as a partner at Kittatinny Mountain Farm. So if you’re driving through Sussex, New Jersey, and you see a friendly guy dressed like a tomato on the side of the road, be sure to buy plenty of his great produce. And tell him we all miss him!

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- 2 Pour in light rum and club soda. Mix.
- 3 Top with a stalk of sugar cane, and more fresh mint.

Mt. Airy Village Fair 2011



photo by Ellie Seif

To see more photos of the Mt. Airy Village Fair visit www.facebook.com/weaversway.

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Summit Church BBQ Fundraiser Pre-Order Form

Name: _____

Phone: _____

After paying for your order at the Co-op, **SAVE YOUR RECEIPT** and pick up your order at Summit (6757 Greene St.—at Westview) on the day of the barbeque, Saturday October 22 from **11 a.m. to 3 p.m. or 5 p.m. to 7 p.m.** Aside from pre-orders for briskets and ribs, platters and sandwiches are available at the barbeque. Orders NOT picked up at Summit will be available at Weavers Way Mt. Airy for pick up on Sunday. **The deadline for pre-orders is Wednesday, October 19.**

	Quantity	Total
Half Brisket (3-4 lbs)	_____	\$ _____
Whole Brisket (7-8 lbs)	_____	\$ _____
Rack of Ribs (12 ribs)	_____	\$ _____
Two Racks of Ribs	_____	\$ _____
Quart of pulled pork (2 lbs)	_____	\$ _____
Bottle of BBQ Sauce		
* Traditional No. Carolina (Vinegar based for pulled pork & ribs)	_____	\$ _____
* East Texas/ So. Louisiana (Tomato-based for brisket & chicken)	_____	\$ _____
TOTAL	_____	\$ _____

Estimated pick-up time: 11 am - 1 pm _____ 1 to 3 _____ 5 to 7 _____

Summit's annual barbeque fundraiser brings the community together for great food and a worthy cause. Weavers Way's roots are in Summit and we are proud to partner in this event to help them restore their buildings, thereby ensuring many more years of service as a landmark community center. Thank you for joining in the celebration and for your support.

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A Big World in a Small Quaker School

A Little Help for Our Friends: An Appeal from Mariposa Food Co-op

by Leah Pillsbury, Capital Campaign Coordinator, Mariposa Food Co-op

THROUGHOUT MARIPOSA’S expansion, we’ve looked to Weavers Way for advice and guidance. We’re lucky to have such a successful co-op neighbor just a few miles north. Now we’re appealing to Weavers Way members for financial support.

If you aren’t familiar, Mariposa Food Co-op is a member-owned, food co-operative, like Weavers Way. Founded as a buying club in the early 1960’s, Mariposa now operates 7 days a week out of a small storefront on Baltimore Avenue in West Philadelphia. We have over 900 members (and quickly growing!).

We’ve outgrown our current store and are moving down the street to a new space five times the size of our current location. Our expansion is well on its way—we started major construction on our new building on September 7th.



Mariposa Food Co-op has raised approximately \$2.3 million toward our \$2.6 million expansion cost, and we need your help to fill the gap. We’ve already raised \$500,000 in a member loan and equity campaign - we’re now looking outside our membership for new investors and donors in this final stage.

There are a few ways you can help: Mariposa Food Co-op is offering individual investors an opportunity make a loan at the rate of zero percent or three percent simple interest at a term of six to eleven years. Gifts of any size are also welcome. More information (and a short video on the project) can be found at www.mariposa.coop/support or contact Mariposa’s Capital Campaign Coordinator, Leah Pillsbury, at leah@mariposa.coop or 215-531-2232.

If you want to see the expansion in person, join us at an Open House from 4 – 6 p.m. on Sunday, Oct. 16 at our new space 4824 Baltimore Avenue. For more info and to RSVP visit www.mariposa.coop/rsvp. All are welcome.

A few years ago a major expansion seemed a near impossible task - now we’re almost there! Any support is appreciated.

CreekSide Co-op Set to Purchase Future Home, Launches Member Loan Campaign

by Jonathan McGoran, Shuttle Editor and CreekSide Co-op Board Member

THINGS ARE moving quickly at CreekSide Co-op, the start-up food co-op scheduled to open in Elkins Park in the summer of 2012. With \$3.5 million in funding in place from Vantage Point Bank, The Reinvestment Fund, and the USDA, CreekSide is set to purchase a former High School Road grocery store and has launched a member loan campaign, raising over \$60,000—almost 25 percent of its \$250,000 goal—in just the first few days. One CreekSide Co-op family has stepped forward to provide temporary funding on behalf of the community for a non-refundable \$35,000 deposit on the CreekSide Co-op’s future home, at the site of the former Ashbourne Market. In the next few days, signs should be up that will announce CreekSide Co-op’s future home. Sustainably raised produce, kosher meats, organic bulk foods, a café and community meeting place, and an 8,000-square-foot grocery store is now much closer to becoming a reality in the business district of Elkins Park East.


But the clock is ticking, and CreekSide must be ready to settle by the end of the year, which means they need to meet the full \$250,000 member-loan target by the end of October. There are plenty of ways to help make this happen. Becoming a CreekSide Co-op member and providing a member loan is the most critical (CreekSide Co-op is accepting member loans at a minimum of \$1,000 for five-, seven- and

10-year terms at interest rates starting at 4 percent and going higher for larger loan amounts and longer terms. Find out more at <http://creekside.coop/member-loan/>. But even simply “liking” CreekSide on Facebook helps spread the word. “The important thing now is for everyone to show that they realize how important this new co-op is,” said CreekSide Co-op Board President Dan Reynolds.

The public is invited to find out more about these exciting developments at a CreekSide Co-op Special Meeting at the Kol Ami synagogue at 8201 High School Road in Elkins Park. The meeting is scheduled for Monday, Sept. 19 at 7 p.m.

Those who are already members, or are interested in joining, can also visit <http://creekside.coop/member-loan-rsvp/> to show their support and learn about ways they can help, or attend one of the member loan parlor meetings that are being held in the coming weeks, including October 6 and 11, with more meetings being scheduled.

Skeptics are encouraged to attend,” said Reynolds. “Bring someone who might have doubted that CreekSide Co-op would ever open and they will leave with an understanding of everything that’s happened in this almost four-year journey.” For more information, visit www.creekside.coop.



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Woodmere

(continued from page 16)

of life’s experiences.

The exhibition “Flirting with Abstraction: Modernist and Contemporary Art of Philadelphia and the Promised Gift of Karen Segal and Woodmere’s Collection” (on display through January 8, 2012) is anchored by fine examples of abstract painting and sculpture from Woodmere’s permanent collection, alongside selections from the promised gift of artist and Chestnut Hill resident Karen Segal.

The museum’s second major exhibition of the fall, Mary G.L. Hood and Philadelphia Modernism (on display through January 8, 2012), explores the work of Mary Hood, who worked and exhibited in Philadelphia and later in New Hope, Pennsylvania, from the 1930s through the 1960s. The exhibition also features the work of other artists who similarly found their voices amid the convergence of modernist forces in the region.

Woodmere’s Friday Night Jazz and Classic Sunday’s series brings musicians to Woodmere for concert performances. Museumgoers with children will enjoy the art-inspired Friday Night Family Happenings, coinciding with the concert schedule all October. A full schedule is available at woodmereartmuseum.org.

Anyone who has passed by Woodmere recently will have noticed the large-scale landscape hay maze gracing

the museum’s front lawn. Owl’s Eye is a labyrinth of concentric circles made with bales of hay, evoking the shape of an owl’s eye. Geared towards families and children ages 4-11 the maze will be open to visitors through October 30, Fridays (6 – 8 p.m.), Saturdays (10 a.m.–6 p.m.) and Sundays (10 a.m.–5 p.m.). Admission is \$8 per child (\$6 members) or \$20 for families of three or more.

Woodmere has plenty more happening this fall, including an ongoing lecture series. On Monday, November 7 at 11 a.m., the museum welcomes Jonathan Walls, PhD, Assistant Professor at Moore College of Art and Design, who will present the lecture Stirring the Pot: Contemporary Art as a Battleground of Ideas (\$15, \$10 members). Woodmere invites members from the community for a spirited conversation about the intermingling of art practice and social and political forces.

Woodmere Art Museum is located at 9201 Germantown Avenue. Admission to special exhibitions is \$10 for adults, \$7 for seniors, and FREE for students and children; Exhibitions in the Founder’s Gallery and Helen Millard Children’s Gallery are FREE. Museum hours are: Tuesday through Thursday 10 a.m. – 5 p.m.; Friday 10 a.m. – 8:45 p.m.; Saturday 10 a.m. – 6 p.m.; and Sunday 10 a.m.–5 p.m. For visitor information, call 215-247-0476 or visit www.woodmereartmuseum.org.

A Discussion Course on Cooperatives

Time and Dates:

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

Meeting Place:

Weavers Way Food Co-op, 555 Carpenter Lane

Contact Person:

E-mail: Margaret Lenzi at mlenzi@comcast.net
Phone: 215-247-9169

Cost:

\$10 (book and materials)

More info on course: www.weaversway.coop

REGISTRATION FOR DISCUSSION COURSE ON COOPERATIVES

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Registration Fee: \$10 included _____; Will pay at first class _____

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Membership Meeting

(continued from page 1)

at your co-op? Members seated at each table will collaborate and come up with the answer. The table with the most correct answers wins a grand prize. You’ll have to attend to find out what it is!

And you won’t want to miss the world premiere of the video “Weavers Way Working Members Have So Much Fun.” Stop wondering what all those working members are doing all hours of the day and night and why they always have a smile on their face. You’ll be surprised to learn that not only does WW benefit by lowering its labor costs, but members also get an insider look at Cco-op operations, get more connected to staff and other members, and get discounts on their grocery bills. Learn how to get in on this action.

Another first will be the WW Apple Tasting Contest. WW is renowned for the

variety of apples that roll into its stores each fall—up to 30 different types. Well, this will be a chance to learn about some of those apples, taste them, and then try to identify them. The members with the most correct identifications will get a prize—probably some apples, but who knows? Get to know WW products up close and personal.

If you still have some questions on your mind, members then have an opportunity to ask the General Manager about goings on at WW. And we will also have a few department heads around to give you the lowdown on some great WW products.

For all you Phillies fans, we have arranged with the Commissioner of Baseball to move up the World Series dates a week so it would not conflict with our grand meeting. So there are no excuses for not coming to the WW Fall General Membership Meeting. See you there.

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Neighbors Voice Concerns about Magarity Proposal

We are near neighbors of the former Magarity Ford. We want to give our not-so-near neighbors a sense of what we think is worth knowing about the plans Bowman Properties has to redevelop the site.

First, let us say this: We do not oppose development. When it is done well, and done with meaningful collaborative input, we love it. We choose to live in Philadelphia and we understand that Philadelphia is a city. Development can and should happen in our urban community.

A quick sketch of the Bowman plan: Their proposal is for a 60-foot-tall, five story building on Germantown Avenue; a 20,000-square-foot supermarket in the middle of the site; and a row of 45-foot-tall townhouses in the back along Shawnee Street.

Bowman will be going directly to City Hall (not to the Zoning Board) to request re-zoning of the site. They will need two zoning designations (C3 and R10B), which are normally only found in Center City, and a change from residential to commercial use. They will also need exemptions from published land use guidelines, Germantown Avenue District Controls, and zoning setback requirements.

An online discussion group was created in June, a forum for residents to air their concerns. It was announced to be a forum for all opinions. After a neighbor posted a link to a 2002 *Philadelphia Inquirer* article detailing the developer’s tax delinquency issues, the neighbor who had started the group was directly threatened with a libel suit by a representative of Bowman Properties. She decided to delete the discussion group.

Meanwhile, the Chestnut Hill Community Association (CHCA) agreed to form a subcommittee to work with Bowman Properties.

Residents have attended CHCA meetings for the past six weeks but have noticed little to no progress on their concerns.

There are many reasons why we near neighbors have concerns. We would bear the daily brunt of the noise, smells, and increased traffic. But since we’ve been following the process carefully, think of us as canaries in the coal mine, bringing news as to what this project will mean for the wider community.

A few reasons why all of us should be concerned: The design is out of scale and out of character with Chestnut Hill: Five-story frontage on the Avenue, a 30-foot wall facing the relatively small houses on Hartwell Lane with almost no setback, and 45-foot-high townhouses on Shawnee, a radical departure from what city records presently describe

as a “country lane” adjoining the bird sanctuary and Pastorius Park. A new street carved into the middle of the block, called Market Lane, for car and truck entry. No other unit block on the Avenue is developed all the way through, as this one would be. The plans look to us like a chunk of Plymouth Meeting Mall shoehorned into what is otherwise a strikingly beautiful, and beautifully-preserved urban space.

We are told that a new supermarket will be an anchor for the Avenue, and will have the effect of enhancing all the business activity up and down Germantown Avenue. We think not. We think that after people load up their vehicles with shopping bags from a supermarket, they go home. Before the ice cream melts.

We are told to expect 1,500 cars a day. We are told this is a good thing, that more traffic is what happens when development succeeds, end of story. But Chestnut Hill works because it is pedestrian-friendly. On foot, people can take in one another and the variety of shopping experiences here.

Wouldn’t it be marvelous if the many storefronts now owned by Bowman Properties but shuttered—some for years—were occupied?

We are told that Bowman Properties’ appeal to rezone here will be a “slam dunk.” The message: We should all just give up. Once City Council has granted the rezoning, it won’t matter whether the supermarket and the townhouses are ever built or occupied, because the site, now worth a lot more, could be sold and become just about anything. As a representative of Bowman Properties has warned us more than once, if we resist the present plans for the site, we could end up with a Walgreen’s.

It’s true, we are concerned because as near neighbors we will be closest to the noise, the smells, and the increased traffic. But we write to alert the community-at-large: There is something going on that is worth paying attention to here, something deeply worrying. We are going through a process that feels like the ducks were lined up a long time ago.

Ducks, canaries, whatever. It’s time to hire a lawyer and we have. If anyone is interested in finding out what might be done to make a few peeps, please feel free to get in touch with us.

~ Terry Halbert for the near neighbors
VibrantCH@gmail.com




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CHCE Design Show House Open Until October 16

by Paula M. Riley

THE CHESTNUT Hill Center for Enrichment (CHCE) Design Show House opened on September 17, and this large historical home, at 8305 Seminole Avenue, completely renovated by local interior and landscape designers, will remain open for tours from Wednesday to Sunday until October 16.

Developed by Henry Howard Houston, and designed by the noted architects G.W. and W.D. Hewitt, the home was built in 1890 with William C. Mackie as the general contractor. Deemed “significant” in the National Register, this two-and-a-half story, stone Queen Ann dwelling was an important contribution in Chestnut Hill’s being named a National Historic District.

Much of the interior is as it was originally. The strong crown and base moldings, paneled cabinetry, and oak flooring are all original to the home. Alterations and additions occurring in 1916, 1936, 1952, and 1960, by such noted architects as Robert McGoodwin and John A. Bower, enabled the creation of a spacious kitchen, and views to the much acclaimed gardens, designed by Frederick G. Peck, the most prominent mid-20th century landscape architect in the area.

For this Design House event, talented local designers are donating their skills as they leverage this elegant residence’s

unique blend of historically significant architectural details and tasteful modern additions.

Patricia Marian Cove Interior Designs, Scarlet Begonias, Hob Nob, Vertrulli Design, Mona Ross Berman Interiors, Hannah Dee Interiors, GoodEyes 3, and Palladio are local firms among the group of 25 designers collaborating on this exciting project.

All monies generated from the Design Show House will benefit Chestnut Hill Center for Enrichment. The non-profit organization was founded in 1978 by the Chestnut Hill Community Association to provide social, educational, and recreational activities for older adults living in the community.

The overall goal of the Center for Enrichment is to provide a wide variety of resources for adults “50 and better” in Chestnut Hill and surrounding communities, to support their ability to continue to live independently, and to employ their unique skills, talents and life experience as teachers, Board members and volunteers. According to Mary Zell, Executive Director, “We focus on promoting and improving health, wellness and fitness, safety in the home and around the community, and nurturing social and emotional well-being, and connectedness, a sense of being a needed and valued part of the community.”

Membership is encouraged but not mandatory, and any resident of the community is welcome to participate. Current members range in age from 52 to 94 and reside in Chestnut Hill, Mt. Airy, Wynmoor, Germantown, and other nearby communities.

For tickets and more information call 215-248-0180, e-mail chenrichment@cavtel.net or visit www.chdesignhouse.org.

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Valley Green Bank, Friends of the Wissahickon Present Valley Talks

by Denise Larrabee, Friends of the Wissahickon

EVERY DAY, the Department of Environmental Protection approves permit applications for new wells to be drilled somewhere in Pennsylvania along the Marcellus Shale. The Friends of the Wissahickon’s lecture series, Valley Talks, sponsored by Valley Green Bank, will explore this and the environmental importance of urban and suburban trees this fall. These events will take place at Valley Green Inn and are free and open to the public. Refreshments will follow.

“Encounters With Remarkable Trees,” presented by Ned Bernard, will take place on October 18, at 6 p.m. Ned Barnard, author of *New York City Trees*, will recall a few of his favorite urban and suburban trees with a PowerPoint presentation. He has recently co-produced a map of Central Park showing the exact locations of nearly 20,000 trees and is presently co-authoring a guide to Philadelphia trees. In his presentation Ned will concentrate on particularly old, large, rare, or beautiful specimen trees and encourage members of the audience to name their favorite trees in and around Philadelphia.

Paul M. King will present “Marcellus Shale: Science, Law, and Policy in Pennsylvania” on November 9, at 6 p.m. King is a Qualified Environmental Professional and has written and spoken extensively in the environmental area. He is the President and CEO of the Pennsylvania Environmental Council and serves as a part-time Executive Director of River-

Quest, a non-profit educational organization that operates a river learning center for Southwestern Pennsylvania. Mr. King was formerly the Director, Environmental Health and Safety, for Duquesne University, Executive Director for the Institute of Professional Environmental Practice, and Director of the Certificate Program in Environmental Law, Science, and Policy at the University of Pittsburgh, School of Law.

Valley Green Bank, a locally-owned and operated Pennsylvania commercial bank, is headquartered in Mt. Airy at 7226 Germantown Ave. with a Chestnut Hill branch at 23 W. Highland Avenue, a commercial loan office in Radnor, and a new commercial loan office in Center City.

Valley Green Inn is located on Forbidden Drive in Wissahickon Valley Park. Register for this event by contacting FOW at magnuson@fow.org or 215-247-0417 ext 109. Spaces are limited. The Friends of the Wissahickon, founded in 1924, is a non-profit organization dedicated to preserving the Wissahickon Valley. FOW works in partnership with Philadelphia Parks and Recreation to restore historical structures throughout the park, eliminate invasive plant species, monitor watershed management issues, and restore trails throughout the Wissahickon Valley Park with its Sustainable Trails Initiative. For more information, visit www.fow.org.

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REGIONAL: Grown or made within 300 miles of Philadelphia

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Weavers Way’s Philly Fresh Pickles, Now Available at Wedge + Fig in Olde City



photo courtesy of Wedge + Fig

Olde City’s Wedge + Fig restaurant is proud to offer Weavers Way’s Philly Fresh pickles, including a spear with every sandwich and also selling them by the jar in their cheese case. Here, Wedge + Fig server and resident pickle expert Mike Klugman enjoys one of our Philly Fresh milds.

Business as Usual

(continued from page 12)

Any other goals were secondary. By law, corporations must pursue profit, despite ethical or environmental concerns.

In 1936, corporations got First Amendment protection of free speech.

In 1976, the Supreme Court ruled that money and free speech are the same. This included advertising.

In 1986, corporations were given the right not to speak, so the government could not affect product labeling because the ads were their property and speech.

There are more rulings up to the recent Citizens United v. The Federal Election Commission, which removed the last legal limits on corporate spending to influence elections, meaning corporations can spend as much as they like to gain political power. An ABC poll found 80 percent of Americans oppose this court decision and want it overturned. This includes 75 percent of Republicans, 85 percent of Democrats and 81 percent of Independents. This is proof that it is corporations who are controlling our government. We are now a democracy in name only.

People are protesting. For 15 days from the end of August to early September 2011, nearly 1,000 people, including


my daughter, were arrested in front of the White House for protesting the Tar Sands pipeline. If you’re not sure what that is about, you haven’t read my previous article. Take two minutes and watch; <http://www.tarsandsaction.org/video-gasland-director-josh-fox-issues-call-to-action/>.

A September 7 rally protesting a Marcellus Shale Coalition convention was another such important event, attempting to demonstrate the wishes of citizens who defy profit-seeking corporations. If you think drilling is a good idea, watch the video at <http://tinyurl.com/5s7qthr>.

If you can’t join a protest, one action you can take is to sign a petition at movetoamend.org which is part of the Campaign to Legalize Democracy, which is requesting a Constitutional amendment to end corporate Constitutional rights.

Abraham Lincoln, in his first inaugural address, said, “This country with its institutions belongs to the people who inhabit it. Whenever they shall grow weary of the existing government, they can exercise that Constitutional right of amending it or their revolutionary right to dismember or overthrow it.”

~ sfolzer@verizon.net



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Partnership Designing Plan for the Lovett Library’s Garden

by Elizabeth Moselle

IMAGINE A beautiful neighborhood park, bustling with activity right on Mt. Airy’s Main Street, Germantown Avenue. Mt. Airy USA and the Community Design Collaborative (the Collaborative), in partnership with the Free Library recently began work to develop a plan for improvements to the green space adjacent to the Lovett Memorial Library.

The Collaborative is a volunteer-based community design center that provides pro-bono preliminary design services to nonprofit organizations. They have convened a volunteer team of design professionals for the project, including two landscape architects/designers, one urban planner and a cost estimator. The final product will include a variety of conceptual planning documents of the existing and proposed site design, in addition to rough cost estimates and phased implementation and maintenance plans. The completed plan will guide Mt. Airy USA in its efforts to improve the site and to secure the community support and funding necessary to move forward.

“The Free Library is excited to partner with Mt. Airy USA in its efforts to begin to develop and revitalize the Lovett Library’s outdoor public space. We are very grateful that this project has the backing of The Community Design Collaborative to help facilitate a design vision for its use. The efforts of Mt. Airy USA to improve the Germantown Avenue corridor appear to be reaching a critical mass that will, I believe, create the foundation for sustained community enrichment and growth,” said Joe Benford, Extensions Division Chief, Free Library of Philadelphia.

In its current state, this large green space contains only enough seating for two people and is relatively inactive, attracting very few visitors. “Through thoughtful planning and development we believe there is tremendous opportunity to activate the site and transform it into a

community-serving asset. This is another key step in the revitalization of America’s most historic commercial corridor,” said Anuj Gupta, Executive Director of Mt. Airy USA. The project will enrich the current site to generate increased foot traffic and further connect the commercial nodes of the Avenue currently separated by institutional and residential uses. It will also complement the streetscape improvement project the organization recently completed on Germantown Avenue, which includes new pedestrian-scale light-poles, new sidewalks and curbs, trees, and benches.

This design and planning project comes on the heels of a summer film series “Moonlight Movies in Mt. Airy,” which has been held at the Lovett Library Garden throughout the summer (depending on the weather). “We hope the Moonlight Movies series has started to get people thinking about this space and the possibilities it holds. If we can capture that momentum to get people engaged in the design and planning, we’ll have a really dynamic process and a final product reflective of the community’s vision,” said Elizabeth Moselle, Director of Commercial Corridor Revitalization at Mt. Airy USA.

The design team is working with a community task force consisting of 17 neighborhood stakeholders, including members of the East and West Mt. Airy Neighbors civic groups, business owners, institutional representatives and near neighbors. The group, whose first meeting was held on August 23, is helping to guide and shape the plan. Additional neighborhood constituents will have an opportunity to participate in the planning process during two community-wide meetings, the first of which will be held on Thursday, September 15 at 6:30 p.m. at the Lovett Library’s meeting room (enter on Sedgwick Street).

High Point Market is a High Point of Sundays on Allens Lane



Photo courtesy of High Point Café

Every Sunday through the end of October, the High Point Café transforms Allens Lane train station into the High Point Sunday Market, celebrating Local Crafts and Urban Farmers from 10 a.m. – 4 p.m. On the first Sunday of each month, the market also features live music. High Point Sunday Market is located outside High Point Café at the Historic Allens Lane Train Station on Septa’s Chestnut Hill West line, located on Cresheim road, between Allens Lane and Nippon Street, in the West Mt. Airy section of Philadelphia.



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Roxborough Chorus Prepares for 88th Season

by Alan Ankeny

THE MEN’S chorus of Roxborough has started rehearsals for its Winter Concert in early December. The chorus, performing continuously since 1923, draws members from Germantown, East Falls, Mt. Airy, and Roxborough.

We are a group of guys who enjoy getting together to learn and perform great music—all kinds, from classical to Broadway, folk to barber shop, Mozart to Billy Joel, even doo-wop sometimes. The chorus is a volunteer group that sings two concerts per year and welcomes new singers. Music Director Pat Montenegro selects music around a specific theme and conducts the group’s rehearsals and performances.

We have an outstanding director and accompanist, and we learn so much from them.” You say you don’t read music well? Neither do some of us; that’s why we rehearse.

Rehearsals are at 8 p.m. on Monday evenings at Leverington Presbyterian Church in Roxborough. For information about the group, call Earl Cunningham at 215-483-3509, or Alan Ankeny at 215-753-0203.

CIP Helps You Prepare for the Holiday Rush

by Lynn Harris, Executive Director of Center in the Park

CENTER in the Park (CIP) celebrates positive aging year-round, including a full schedule of October events. Join the celebration as CIP’s full calendar of classes and activities has begun. Membership in CIP is free and open to adults aged 55+. Just call the Center and make an appointment with the Center Counselor or membership registrar to complete an application, Mondays through Fridays, 8:30 a.m. until 4:30 p.m., 215-848-7722. Register for Fall series classes or sign-up for ongoing classes at the Center’s Program Office Window from 9 a.m. until 2 p.m. Please register/sign-up in advance for all classes, including free classes and events, as space may be limited.

Unless otherwise noted, all events are free and the public is welcomed to attend.

For information on classes, health promotion workshops, trips, or the weekly movie schedule, please call CIP’s Program Office at 215-848-7722 or visit www.centerinthepark.org and view our calendar. or stop by the Center at 5818 Germantown Avenue, off-street parking lot at Rittenhouse and McCallum Streets.

Center in the Park is a community center that promotes positive aging and fosters community connections for older adults (55+) whose voices are critical instruments in shaping its activities and direction. CIP is accredited by the National Institute of Senior Centers, a unit of the National Council on Aging as a provider of excellent programs, activities and services for its active membership of more than 6,000 and its 1,000 homebound clients. www.centerinthepark.org.

lharris@centerinthepark.org

Center in the Park’s October Highlights

Tuesday, October 11 – 1 p.m. – Clutter Workshop

How does clutter affect our lives? Learn how to actively and effectively de-clutter. Call CIP’s Program Office, 215-848-7722, to register.

Thursday, October 13 – 1 p.m. – Shredder Event

Now that we’ve learned about clutter, you can safely dispose of some of it. There will be a truck parked in CIP’s parking lot (Rittenhouse & McCallum Streets) so that you can literally dump and go. \$5 per person. Call 215-848-7722 to register.

Tuesday, October 18 – 1 p.m. – Unclaimed Property Workshop


You may be the beneficiary of an estate or have a question about claiming promised property and expediting the process – if so, please call ahead to register, 215-848-7722.

Thursday, October 20 – 6 p.m. – Ladies Night!

Learn how to look and feel your best from head to toe – learn how to style your wig; natural hair care; make-up tips and enjoy food and beverages with other ladies – pamper yourself! \$10.00 per person. Call 215-848-7722 to register.

Harvest Health – Chronic Disease Self Management Classes

Six-week, two-and-a-half hour sessions – available throughout the year in addition to **Diabetes Self Management Program** and other health promotion activities, including **Brain Health Workshops** and free blood pressure screenings. Contact Delores or Marie at 215-848-7722 for dates.



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C.W. Henry: A Good Option for Parents

by Janet Scannell and Kelly Tannen, “Considering Henry”

OVER THE past year, public education in Philadelphia has received a lot of negative press, about school violence, ethnic conflict, budget cuts, threats of cutting kindergarten and the ugly exit of the superintendent Arlene Ackerman. What has been missing is a conversation about the vast majority of students who are getting a good education, starting with those at our neighborhood school, C.W. Henry. Parents interested in learning more about the school can reach out to the Considering Henry group, which was hosted by Nancy and Kevin Peter from 1999 until 2010. Last year, a group of families with students currently enrolled at C.W. Henry took on coordinating the group.

“Considering Henry” was created to

serve the needs of parents who are interested in C.W. Henry as a possible school for their children. It offers parents a place to ask questions of current parents and to talk with each other in order to better understand the school and its strengths and weaknesses. It’s also a way to learn about school tours and in-class observations. The principal attends one month and teachers attend two other meetings.

Between September and April, the group hosts six meetings on varying days of the week, and ends the year with a picnic in May. The next meeting will be on Thursday, October 6, from 7-8:30 p.m. and will offer attendees the opportunity to meet and speak with two teachers. To find out more, e-mail consideringhenry@gmail.com

Suggestions

(continued from page 28)

- posted on the sliding door of the eggs’ display case.
- s:** Great idea to staff the Pet Annex, but why not staff it on the weekend, your busiest days?”
- r:** (Rick MA) Weekends are the busiest times for the store as a whole, but are less busy at the Pet Store. This is somewhat of an experiment to see if the added customer service, security and safety, and hopefully increased sales, make it worth the added labor cost. Also, our main Pet Store staffer, Anton, is in the Pet Store on Saturdays from 11 a.m. until 2 p.m. at the earliest.
- s:** “Please clarify new payment system for Pet Store items. Is paying at the Pet Store when there is a clerk present mandatory or optional? The two versions of the new setup I’ve read are not clear about this.”
- r:** (Rick MA) Non-member shoppers should pay at the pet store when a staffer is present. Members shopping both MA stores can pay at pet store or have your items rung at the Pet Store; the cashier will the put the pet transaction on “hold” and hand you a “hold” receipt, which you then present at main store when checking out. The pet transaction will then be “resumed” at main store so you can pay for your entire shop with one payment. Please show the main store cashier your “hold” receipt at beginning of checking out. Thanks.
- s:** “What happened to Choice Decaf Green Tea? Haven’t seen it lately.”
- r:** (Chris MA) This item was discontinued by Choice Teas, sorry!
- s:** PLEASE! Restock Cascadian Farms organic frozen green peas. The quality and taste of these peas is far superior to the Sno-Pac brand—at least 100 percent better, I would say! Thanks!
- r:** (Chris MA) Cascadian peas were unavailable for a few months, we will be getting them back by mid-September.
- s:** “Shaved Parmesan (deli) cheese contains “natamycin,” “protects flavor,” but I prefer not to eat foods that contain antibiotics. This is a fungicide or ant-fungal agent, preventing mold and used for fungal infections of the eyes, etc. Please do not re-order this product. I’d rather risk moldy cheese than eat natamycin.
- r:** (Jeanyne MA) I have not found a replacement for this product as of yet. Due to the product’s popularity I cannot discontinue carrying it either. I will continue to search for an alternative though. I really appreciate your feedback, thanks!
- s:** “I see we sell salad spinners upstairs. I do not understand the point of a salad spinner, why does having a few drops of water on salad warrant an entire process and gadget to remove it? It just doesn’t seem like a necessary step.”
- r:** (Norman) Salad spinners are vital both to our kitchens and to our economic recovery. Part of our American identity is that we are successful consumers; we have gadgets for all kinds of things, especially in our kitchens. Just because something is unnecessary is not a reason not to buy it. In fact, there is a small wing of both Republican and Democrat parties that are uniting to foster consumerism to the point of drafting legislation requiring all citizens to spend 10 percent of their income on unnecessary gadgets. It is great to see our political parties cooperating about important things.

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FOW Keeping Devil’s Pool Clean

by Denise Larrabee, Friends of the Wissahickon

THE FRIENDS of the Wissahickon (FOW) worked with the Student Conservation Association (SCA) and recruited volunteers to keep the area surrounding Devil’s Pool clean throughout the summer. Despite the long-standing ban on swimming in Fairmount Park for safety and health reasons, people continue to swim at the site, leaving behind large amounts of graffiti and litter.

“FOW is very concerned about the increased activity at Devil’s Pool not only for safety and health reasons,” says FOW Executive Director Maura McCarthy, “but because the Wissahickon Creek is a drinking water source. Litter and paint chips from graffiti are swept into the creek and affect the quality of drinking water for all of Northwest Philadelphia. We encourage people to use the public pools at Philadelphia Recreation Centers for swimming during the summer.”

FOW has been improving environ-

mental conditions and increasing public safety at Devil’s Pool since 2006, with a public education program, \$500,000 work of trail and habitat restoration work, and public outreach initiatives. Since 2009, FOW has worked with a crew from the Student Conservation Association, who cleans the site regularly throughout most of the summer and educates Devil’s Pool visitors on park stewardship.

This year, the SCA crew mounted a trash bag dispenser at Devil’s Pool, launching a pilot program to encourage park users to carry out their litter. “The idea grew out of a discussion among the SCA crew members,” says SCA crew leader Tony Croasdale. “We hope it will encourage people who use Devil’s Pool to take ownership and clean up the area when they leave.”

deniselarrabee@comcast.net



photo courtesy of Friends of the Wissahickon

The SCA Crew poses next to the new trash bag dispenser at Devil’s Pool. Pictured here are: Front: Katelyn Jacobs, Brannon Reed. Second Row: FOW Volunteer Coordinator Kevin Groves, Taelor Johnson, Timothy Lee, Jason Faison, Ayoola Hooks-Gibbs, Rachel Williams, Sayfia Washington. Back Row: Crew Leaders Tony Croasdale, Evan Nesterak. Not pictured: Khadeejah Edwards-Mikell and Terrence Irby.

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Wissahickon Walk & Trail Run

by Anne Standish, Wissahickon Valley Watershed Association

COME TAKE a walk or a run in the woods during the Wissahickon Valley Watershed Association (WVWA) 15th annual Wissahickon Walk & Trail Run, Sunday, October 2, at the height of autumn’s color. Participants can walk, run or hike on the beautiful Green Ribbon Trail, a 21-mile trail that follows the Wissahickon Creek from North Wales to its confluence with the Schuylkill River. Funds raised support WVWA’s efforts to preserve open space.

This unique Walk and Trail Run allows people to choose their style and experience: runners can try the eight-mile Prediction Trail Run, running from North Wales to WVWA’s historic headquarters in Ambler. The participants predict their time, relinquish their watches and cell phones, and then run. The three runners who most accurately predict their times will win prizes donated by the North Wales Running Company. Runners can also choose the untimed 3-Mile Fun Trail Run.

If you really want to experience the wonder of the watershed opt for the 13

or 21-mile Challenge Hike of the entire Green Ribbon Trail. Take the guided hike from North Wales to the Philadelphia Cricket Club in Flourtown (13 miles) or go 21 miles to the Philadelphia Canoe Club on the Schuylkill River. The Upper Wissahickon Hike takes walkers five miles to Penllyn Park in Lower Gwynedd or eight miles to WVWA’s headquarters in Ambler. The Middle Wissahickon Walk offers a three-mile guided walk from Penllyn Park to Ambler; participants will join up with the eight-milers for a picnic lunch at WVWA’s headquarters.

These are all one-way events; participants are bussed back to their starting point. Picnic meals are served at WVWA’s headquarters at the eight mile point. Support and snacks are available along the way.

Funds raised benefit WVWA’s efforts to protect the health and beauty of the Wissahickon Creek. For registration or for more information, visit www.wvwa.org/walkathon, call 215-646-8866, or e-mail info@wvwa.org.



photo courtesy of Wissahickon Valley Watershed Association

Since 1957, WVWA had made a critical difference protecting the local environment in the 64 square miles of the Wissahickon Creek’s watershed, working with individuals, local municipalities, Montgomery County and the Commonwealth of Pennsylvania. WVWA protects over 1,200 acres of natural open space in Montgomery County. Visit www.wvwa.org and find WVWA on Facebook.

Ghost of Henry Mumbower Event

by Anne Standish, Wissahickon Valley Watershed Association

BRING YOUR family and friends to join the Wissahickon Valley Watershed Association for the special Ghost of Henry Mumbower event at the Evans-Mumbower Mill on Saturday, October 29 from 6-9 p.m. The Mill is near the intersection of Swedesford and Township Line Roads in Upper Gwynedd.

Don’t miss this slightly spooky but fun evening as WVWA showcases Henry Mumbower and his family. It is an ideal event for families with children over three years old. Bring a flashlight and wear flat shoes. Tours will be offered every 20 minutes and refreshments will be served. Information and directions can be found at: http://www.wvwa.org/evans_mill.htm


Adults: \$5 Children 3 – 12: \$3 Reservations requested.

The Evans-Mumbower Mill is the only remaining mill in Montgomery County that is operational and open to the public. It is listed on the National Register of Historic Places.

Call 215-646-8866 or e-mail info@wvwa.org to make a reservation.

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Every Monday our hot bar in Chestnut Hill will be meatless.

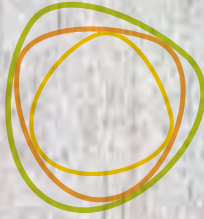
* Meatless Monday is a non-profit initiative in association with Johns Hopkins School of Public Health for a livable future.

phillywaldorf.com

edu: re mix

Science and art don’t mix well. Except when they do.

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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.

One thing I have always been curious about and somewhat troubled by is the existence and popularity of white rice and white flour. Around about 1972, during my first year of college at Temple Ambler, I decided to become a vegetarian and one consequence of that decision was I ended up shopping in what were then called “Health Food” stores, since that was one of the main places to find vegetarian foods (anyone remember Fritini?). A friend of mine and I also became interested in more natural and spiritual things (he ended up joining an ashram) and I developed an intense interest in natural foods. I read books, read product packages, talked to people in health food stores, and in general educated myself about natural foods. Like many people into natural foods at the time, in addition to becoming vegetarian, I also stopped eating more-refined foods. My friends would tease me because I had

a “no” list—no white sugar, white flour, white rice, excess salt, artificial ingredients, etc. Reading up on the “white” foods, i.e., I found that “whitening” of food is mainly due to some combination of germ and bran removal, bleaching, and refining. With all three processes you end up with a less healthy form of the original food. In earlier times, removing the germ and bran helped keep the grain from spoiling as quickly. But with modern distribution methods this is no longer an issue, so it makes me wonder why people select the less healthy choice. I know some is cultural and some is personal flavor preference, but these are the kinds of things that make me wonder about what we value in food. Here are some facts about white rice and brown rice: A cup of cooked white rice has 242 calories vs. 216 calories in a cup of long grain brown rice. White rice has 0.6 grams of fiber per cup compared to 4 grams of fiber in brown rice. White rice has 53.2 grams of carbs per cup vs. about 45 grams in a cup of brown rice. In addition, the four grams of fiber in the brown rice brings the total net carbs down to 41 grams. Harvard researchers found that eating five or more servings of white rice per week raised a person’s risk of developing type 2 diabetes, while eating two or more servings of brown rice per week actually lowered a person’s risk of developing the disease. A cup of brown rice contains 84 mg of magnesium compared to 19 mg in white rice.

Suggestions & Responses:

- s: “Non-organic eggs? Por Que?”
- r: (Chris MA) We do sell organically produced eggs, although the cartons aren’t marked to indicate such. They are the Swiss Villa brown eggs, please see info

(continued on page 25)

What is Weavers Way Co-op?



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

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

You can learn more about Weavers Way at www.weaversway.coop, by contacting Membership Coordinator Kirsten Bernal at member@weaversway.coop, or better yet, stop in for a shop, or just to look around, at our stores in West Mt. Airy and Chestnut Hill.



Equal Exchange Fair Trade

October Coffees of the Month



Bulk Beans:
Love Buzz
reg. \$11.99 **sale \$9.99/lb.**

Cafe Salvadoran Las Colinas
(MA only) reg. \$11.99 **sale \$11.99/lb.**

Bagged Coffees \$1.00 off
All 12 oz. packages are on sale



October 5 - 25

SECOND ANNUAL Taste Fair

Saturday, October 22
12 to 4 pm

food sampling
(natural brands as well as local vendors)

face painting

live music

A Great Time to Join!

Become a member on the day of the Taste Fair and receive a free Co-op water bottle!

Weavers Way Chestnut Hill • 8424 Germantown Avenue

Attend a Weavers Way Welcome Meeting and Get Two Hours Work Credit!

To Help You Get a Jump on Member Work, You Can Get Your Household's First Two Hours Just for Attending a Welcome Meeting!

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

Weavers Way Co-op Welcome Meetings

We encourage all new or prospective members to attend an orientation meeting, where they can learn all about our co-op, our stores and our member work program. If you have not already joined, you can do so at the meeting, and you will also learn more about Weavers Way and all that your co-op has to offer, including member benefits and our Working Member program.

Orientation dates are listed below and are also posted on our web site at www.weaversway.coop. 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.)
• **October 12 at 6:45 p.m.**

Weavers Way Co-op Offices/Mt. Airy
555 W. Carpenter Lane
• **October 8 at 10 a.m.**

PLEASE PRINT CLEARLY

Name _____ Orientation Date _____

Address: _____

City _____ State _____ Zip _____

Phone number _____ E-mail _____

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