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Check out our Thanksgiving Menus on page 13 Catering, pies and more!

Comfort food

Commentary

Is Magarity Proposal in Best Interests of Chestnut Hill?

by Glenn Bergman, Weavers Way General Manager

MANY CO-OP members have asked me what I think about the project that Bowman Properties and Seth Shapiro (who works for Bowman and is also President of the Business Improvement District, or BID) have proposed to build at 8200 Germantown Ave (a.k.a. the Magarity site). I have discussed this project with members of our staff, our board, and our community, and also with Mr. Shapiro. As Weavers Way’s General Manager, I have an obligation to the members of the Co-op, and a responsibility for our long-term financial health and our community involvement, so I would like to address a few items and offer some suggestions. Before I do, though, I want to make it clear that, although I do love the design of the current building and believe it could have been retrofitted in a more interesting way, I am in no way against a development of the site.

A Little History

Weavers Way attempted to purchase the Magarity property three years ago, bidding a little over \$5 million. Our plan was to upgrade and improve the current structure, rent the front section to a restaurant or other retail store, and use the back part for our store. We hoped to partner with a developer to build cooperative housing on the back part of the property.

We lost the bid to Bowman Properties, who bid less than \$5 million but

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photo courtesy of Rich Walker Photography, www.mylens360.com

In attendance at Avenida Restaurant for the special dinner and presentation on Las Colinas coffee are (l to r) Weavers Way Mt. Airy’s Martha Fuller, Equal Exchange’s Andrew Kessel, Las Colinas’ Pedro Ascencio, Avenida owner and chef Edgar Alvarez, Weavers Way Chestnut Hill’s Brittany Baird, interpreter Dean Stevens, Equal Exchange’s LJ Taylor and Peter Buck.

New Health & Wellness Committee

by Rivkah Walton, Health and Wellness Committee Chair

THE ENERGETIC chatter of 45 people filled the Parlor Room at Summit Presbyterian Church, as the inaugural gathering of the new Weavers Way Health and Wellness Committee got underway. While enjoying the delicious and (of course!) healthful buffet dinner catered by Nancy Lieb of the Prepared Foods Department, nutritionists met physical therapists, activists talked with Integrative Medicine physicians, social workers introduced themselves to herbal specialists. They had all responded to the call to “consider ways in which

(continued on page 7)

Right2Know March Reaches in D.C., Urges Obama to Require GMO Food Labeling

by Jonathan McGoran, *Shuttle* Editor, with information from Sustainable Food News

THE 313-MILE Right2Know march, which started in Brooklyn, N.Y. and visited Weavers Way Mt. Airy for a mini-rally on October 6, completed its journey at the White House on Sunday, October 16. Joined by hundreds of supporters, the marchers unfurled a 45-foot banner urging the Obama administration to keep a campaign promise to require the labeling of foods made with genetically modified organisms (GMOs).

“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,” said Katherine DiMatteo of the International

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Highlights from the rally outside the Mt. Airy Co-op.

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Editor’s Note



by Jonathan McGoran,
Shuttle Editor

NOW THAT Weavers Way Chestnut Hill has been open for a while and we’ve had a chance to catch our breath, it is time to give our Mt. Airy store a little attention. Just as the new store benefited from our long experience at the old one, there are many things in Chestnut Hill that we’d like to duplicate in Mt. Airy. The problem, however, is that there isn’t enough room to do everything we want.

In the past, we’ve made room by acquiring other properties, but the lessons from Chestnut Hill are not all operational, and they’re not all from our own store, either. Hillers might not be crazy about Bowman Property’s plans to have the Magarity site at 8200 Germantown Avenue rezoned to the same C-3 classification as the Comcast Center or Liberty Place, but staffers in Mt. Airy are ...intrigued. Having the coffee on the second floor might seem like an inconvenience now, but if there’s a café on the third floor, a bulk emporium on the fourth, and a bakery on the fifth, it makes more sense.

Heck, if we build it high enough, we could add some of those million-dollar condos on top, or maybe some co-op apartments. Why not “Co-ondos”? We could build our own co-opolis! It will put Weavers Way on the map, or at least on the flight plans, as planes have to change their course to avoid us.

One downside is that moving the pet store to the sixth floor would leave a vacant storefront, but luckily, our retail village is not plagued with empty storefronts. If it was, building that high rise would be downright un-neighborly.

It’s hard to say why the “Mt. Airy Village” has been spared the blight of empty storefronts that plagues some areas. Part of the reason is that co-ops bring stability to a neighborhood. What they lack in capital reserves, they more than make up for in commitment to community. When you are owned by the neighbors, you go the extra mile not to piss them off. So in deference to those neighbors who don’t want a high rise in their neighborhood, we will top ours off with a garden, so they will have a nice place to jump from when they see what we’ve done to their neighborhood.

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Statement of Policy

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



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Harvest on Henry: Big Thanks for a Big Success

by Nina Berryman, Henry Got Crops Farm Manager



photo by Jonathan McGoran

Henry Got Crops Farm Manager Nina Berryman enlists some young helpers turning fresh local apples into fresh, delicious apple cider at the Harvest on Henry festival fundraiser.

THANK YOU to everyone who attended our Harvest on Henry festival fundraiser. And thank you to everyone who prayed for good weather! Although the rain clouds were looming, not a drop fell from the sky. I am proud to report that we had a great turnout, including many people from the immediate community who came to check out the festivities. This was our second fundraiser (the first was our silent auction in the spring), and going forward we plan on making a fall festival a yearly event for us at Henry Got Crops.

Thanks to all the hard work from the students at Saul High School, the farm looked great! For two weeks prior, many classes from Saul helped us get ready by mowing, weed-whacking, and weeding. Students from Saul were also responsible for running the petting zoo, and students from the affiliated 4-H club were responsible for running the hay rides. We had about ten tents set up, and volunteers from the CSA came early Saturday morning to wrestle with various poles, tarps, and stakes!

The debut of our new apple press was a huge success and I expect it to be a regular guest at most upcoming Weavers Way and Saul events. The vegetable races, face painting, pumpkin bowling, apple bobbing, vegetable print making, and bike-powered blender were fun for all ages. Pesto, canned dilly beans, and pizza sauce made with ingredients from the farm sold well. Home-baked pies, sandwiches from

Weavers Way, snacks from Food For All, Yellow Springs goat cheese, We Bee Brothers honey, and Solebury Orchard apples, cider, and donuts kept everyone satisfied. It was a little on the chilly side, so we had hot chocolate to keep everyone warm.

The pie baking contest was a true highlight. We had three judges to determine the tastiest pie in two categories: fruit and non-fruit. Judges were Glenn Bergman, Weavers Way general manager; Katherine Gajewski, the director of sustainability for the city of Philadelphia; and Amy Beth Edelman, chef and owner of the Night Kitchen. They each sampled about 20 pies!

I’m not great at judging crowds (and to be honest, my eyes were glued to the apple press most of the time), but I’d guess we had about 75 to 100 people attend the event. We are still waiting on the count from ticket sales to know for sure how much we raised for 2012 discounted CSA shares. Regardless of the dollar amount, it felt like a very successful event that brought the whole community together!

I would like to recognize the CSA members who volunteered countless hours planning, gathering supplies, and doing all the preparatory work necessary to organize the event. We never could have done it without you! There are many people we as a team would like to acknowledge, and the list to the right includes some of them.

HARVEST ON HENRY FUNDRAISER

Pie Bake Contest Winners

In the Fruit Category:
Tied for First Place were Bella Hondros with an Apple Pie and CJ Tierney with an Apple Pear Fig Cranberry Pie. Second Place was Beige Berryman with Apple Pear Praline.

In the Non-Fruit Category:
First Place was Georgia Kirkpatrick with an Italian Cheese Pie. Second Place was Tara Howley with a Molasses Squash pie.

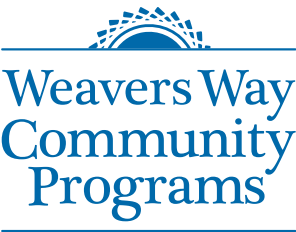
Thanks!

Harvest on Henry Would Not Have Been Possible Without:

Saul Agricultural High School
Jessica McAtamney & her classes
Mr. Moser and the 4-H Club
Tamara Conaway, principal
Gail Koskela
Jesse Hallowell
Jane Arbasak
Eleanor Forstater—H & S
Weavers Way Co-op
Anne Workman
Jon McGoran
Annette Aloe
Jean MacKenzie
Glenn Bergman
Norman Weiss
Pat Piro
Sally McCabe—PA Horticultural Society
Amy Beth Edelman—Night Kitchen
Katherine Gajewski—Philadelphia Director of Sustainability
Trolley Car Diner
Yellow Springs Farm
Wee Bee Brothers
Food For All
Trader Joe’s—Wynnewood
Acme—Roxborough
Shop Rite—Roxborough
Acme—Andorra
David Siller
Chloe Cerwinka & Sarah Garton—Heritage Farm
Kilian’s Hardware

FAQs About Weavers Way Community Programs

by Rachel Milenbach, Weavers Way Community Programs Executive Director



status as a member of the Mt. Airy Community Services Corporation (MACSC). *

Q: Why was WWCP formed?

A: WWCP was formed to expand programs the Co-op was already providing in the community. For many years, the Co-op

Q: What is Weavers Way Community Programs (WWCP)?

A: WWCP is a 501(c)(3) non-profit organization started by the Co-op in 2007. It is a totally separate fiscal entity. The Co-op and WWCP each has its own Board of Directors. WWCP has nonprofit

operated the school Marketplace program at five neighborhood K-8 schools and provided farm education to visiting groups of schoolchildren at the Mort Brooks Memorial Farm at Awbury Arboretum. As these programs grew, it became clear that we needed dedicated staff to focus on programming and fundraising.

Q: How is WWCP funded?

A: Funding for WWCP comes from a mix of foundation grants, individual contributions, and a small amount of earned income from our programs.

Q: Can I make a tax-deductible donation to WWCP?

A: Yes, that would be great! Checks can be mailed to WWCP, (continued on page 6)

Produce News

This Is the Month

by Jean MacKenzie, Mt. Airy Produce Manager

IN THE retail world, as Christmas is to toys, Thanksgiving is to food. Maybe more so, since plenty of people do not celebrate Christmas, or, if they do, they don't buy toys. Thanksgiving appeals to those of us who have ever been deeply grateful—that is, most of us.

Is gratitude a universal spiritual principle? Or maybe it's just the only one I understand.

Usually, Thanksgiving means a special meal. For an overwhelming number of us, that meal comprises a few very specific foods, and your produce department had better have them. A few years ago, we couldn't get Brussels sprouts the week before Thanksgiving, and I thought I'd have to change my name, don a disguise, and take a job as a night clerk at the Holiday Inn. Thank heavens I don't have to order the turkeys! I already scan market reports weeks in advance to see if we're going to encounter any shortages.

Your Vegetarian or Vegan Thanksgiving

Really, it's not ALL about the turkey. In fact, vegetarians and vegans can overeat to absurd extremes on Thanksgiving Day just as easily as carnivores can. Bonus: Since they are not consuming all



that tryptophan and animal fat, they're a lot less likely to fall asleep in front of the football game, and thus they are more likely to be awake and available for post-meal clean-up. For this reason, I strongly recommend inviting a few vegetarians and vegans even if—especially if—you're not one yourself.

So, What to Serve Your Vegetarians and Vegans?

Personally, I could make a complete meal out of mashed Yukon Gold potatoes, or sweet potatoes with red onions. But you probably really want to concentrate on recipes that include winter squash, chopped walnuts, and/or mushrooms,

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This Thanksgiving, Give Your Pets Something Extra to Be Thankful for...



photo by Jonathan McGoran

L to R: Lucia, Shelly and Murphy Brown



Weavers Way is the only local retailer of Primal Pet Foods, a premium line of 100% USDA, human-grade, all-natural ingredients. Primal formulas, mixes, and grinds incorporate fresh, antibiotic- and steroid-free whole muscle meat, organ meat, and meaty bones with no additional hormones. This combination of high-quality protein provides the essential amino acids, fatty acids, active enzymes, and natural-source calcium necessary to support your pet's overall health. So if you're planning a feast sometime late November, why not try something special for your best pal, too? We will be offering discounts of \$1, \$2, and even \$3 off these excellent products, plus free turkey liver munchie treats with every Primal purchase of \$10 or more. Only at Weavers Way Pet Store.

We Bee Brothers at Weavers Way Farm

by Keith Kelleher

I VISITED with Joel Eckel at the Co-op farm on Washington Lane this week to witness his care and nurturing of several hives he tends there. He and his brother Jeff, who works as a teacher at the Penn Charter school and who was giving his class a tour of the Farm that day, are beekeepers. They supply Weavers Way Chestnut Hill and Mt. Airy stores with their "We Bee Brothers" local honey.

The day started out quite overcast with nary a whiff of breeze to cool oneself. When I met Joel, I was eager to don the protective hat to get a "close up" on the action, but the day with the clouds and potential rain put a damper on the safety of doing so. Instead he gave me a crash course in beekeeping and bee-dom, which I found fascinating.

The brothers 'We' started about five years ago and ventured with finding swarms in acquiring their bees. Swarms are a phenomenon that happen in the wild when a new colony headed by its queen is looking for a new home. Swarms are also free and save in the cost of starting new hives. Bees in the swarm state are very docile and can be handled without a protective hat and suit, but don't ask me to help you there... more about that later.

Joel and Jeff started out with some wild swarms, which they put in hives consisting of a series of boxes containing frames with a surface for the bees to start their honey combs on. The honey comb is a hexagonal wax cell built to store either honey, larvae, or pollen. Each box is called a super, and there are three or more supers in a hive. When a hive grows too big you can make a 'nuc' or nucleus colony. Boxes in these colonies have smaller frames, meaning fewer bees. This is done

to minimize an urge to swarm, which happens when the hive gets too crowded.

I asked Joel about the advantages of small scale beekeeping. "Being at the Weavers Way Farm is great for gathering pollen," he said. "The surrounding weeds are so important; thistles, goldenrod, dandelions and others help for a varied diet, which lends to better bee health and a higher quality honey." He stressed that in big commercial hives the monoculture and pesticide use inhibit their health. Being in a pesticide-free environment is also an important factor in locating at the Farm, although, he said, "Bees travel up to three miles from their home, so there is not a 100% guarantee. That's why one can't put '100% organic' on honey—there are unknown elements in pollen gathering."

The day turned sunny as we spoke and I asked if we could try to open up a hive, as the bees would be in a better mood, an *important* factor I thought. I admit to a great fear of stinging insects as a child and this has followed me into my adult years, so when Joel said, "Yes, but we'll go to a 'nuc' hive, the bees will be more docile," I was wary but encouraged. I donned the signature 'hat' while Joel opened the hive, and there they were, about 5,000 bees busily at their tasks. I was amazed at the structuralized efficiency and energy. He used a device called a "smoker"; smoke simulates a forest fire, which makes the bees eat more honey to prepare for flight for a new home. It also aids in making them more docile and easier to handle. The buzz of the hive grew louder when Joel smoked them out, which was quite a thrill from within the (slight) protection of my bee hat. As Joel noted, Philadelphia-born Lorenzo Langstroth, inventor of the modern beehive, is quoted as saying, "A



photo by Keith Kelleher

The We Bee Brothers: Joel (l) and Jeff Eckel

bee filled with liquid sweets will not volunteer a sting." I was only slightly comforted, but I pressed on...

As Joel inspected the frames, carefully lifting them out, I anxiously told him of an errant bee on his thumb or shirt. His Zen-like demeanor was not deterred, and he went about the inspection. The bees were busy working on cells full of honey, capping larvae units and harvesting pollen. What great free labor, I thought. I learned how they winterize the hive by clustering and detaching their wing muscles to aid in the shivering reflex that heats the queen and all her subjects to 92 degrees. "Humidity is the problem of winter, not the cold," Joel said. The more questions I asked, the more Mr. Spock's declarative

word "Fascinating" came to mind. Fascinating indeed! Joel slowly closed up the hive just as my nerves and the notion of luck had been tested to its reach. The day (and fear factor) had come to an enlightening conclusion. "Maybe I'll take this up!" I told Joel.

We Bee Brothers does two extractions during the year: one in July, which produces a lighter honey in taste and color, and a late season honey, which is a darker, more pungent variety, taking advantage of those late summer flowering plants. One-pound jars are available at both Chestnut Hill and Mt. Airy stores.

The Home Grown Institute Announces March Conference Theme

“Springing Good Intentions into Action: What’s Stopping YOU?”

by Sarah Gabriel, The Home Grown Institute

LAST MONTH I attended one of those frenzied Green festivals—thousands of people, hundreds of vendors, dozens of 60-minute, jam-packed presentations. As I was leaving the “Gardening with Chickens” workshop, I bumped into fellow sustainably minded Co-op member Mary Himmer. After chatting a few minutes about how good the speaker was, Mary said, “I really want to have chickens, but the thing that stops me is...”

In a minute I’ll tell you what stops her...because for me, the details are a secondary issue. The primary issue is that there is something that stops this action-oriented thoughtful woman, and this information-centered festival doesn’t help her get past it. While the model may be good business for vendors and infotainment for the masses, it isn’t designed to support motivated people with good intentions to take real action. The Home Grown Institute, however, does just that.

I had a conversation recently with Pat James, the Director of Education at the Pennsylvania Horticultural Society, who said something about people growing food that stuck. She said that the hardest step for people to take is to start growing food. Once they grow something—even a few plants in a container—it isn’t such a big leap to grow more quantity or variety or to add raised beds or develop more organic practices. The biggest leap is from not growing anything to growing something. Very observant, Pat. And it’s not just about food. It’s about first steps in general.

So, what helps people take those first steps? Thirty-five years of research strongly suggests that there are three and a half significant factors that help people go

from good intentions to action.

Intrinsic Motivation: You gotta wanna do it. Not because your mother said so, or the article in *the New York Times* said so, but because you really, deeply want it for yourself.

Access to Resources: It isn’t gonna happen unless the ways and means needed are available and the obstacles to access are removed. Time, money, valid and relevant information, the right “stuff,” geographic convenience, and a reasonable, doable, plan of action.

Social Support—A companion or buddy or even just a witness or someone you ask to hold you accountable.

The Half: If there is a Provider of a Service, a good relationship with that provider—e.g., if you like your teacher, you are more likely to do well in the class...

What we know is that if you get these three and half things in place, your likelihood of success—with any goal you set for yourself—skyrockets.

At The Home Grown Institute, the whole experience is designed around activating these three and a half factors, and not just for first steps. Starting now, we’ll help you get clear about what it is you want to do. (Are you thinking about it yet?) Our trained presenters will have done the Internet filtering for you and will provide a simple rendering of “best of” resources you can choose from. Our hand-picked vendors will have some of those resources on hand in the Town Square Market. Opportunities for connecting with like-minded people—at whatever level you desire—will be the real treasure at The Home Grown Institute.



photo courtesy of The Home Grown Institute

Sarah Gabriel, Managing Director of The Home Grown Institute (far right), standing with East Falls Goes Green members (from left to right) Tom, Dora, Sharon, Allen and Cynthia, after discussing how The Home Grown Institute can energize East Falls’ efforts to develop a community garden and community composting program. Books related to home-scaled sustainable and regenerative practices are among the resources available from The Home Grown Institute.

And it isn’t just for individuals to take action. Communities too can use The Home Grown Institute to move further on their goals. Take, for example, East Falls Goes Green (see photo). They will use The Home Grown Institute to help their efforts to establish a community garden and community composting program.

So, what was stopping Mary? It turns out that she occasionally travels and, although she is deeply connected with sustainable community at Gwynedd Meeting, she feels isolated from her immediate neighbors in Blue Bell—she doesn’t think there is anyone there who would help. A

quick check with the COOP (Chickens Outside Of Philadelphia) group and we found that indeed there are people with backyard chickens in Blue Bell. And I’ll bet when she starts to ask, she’ll find more neighbors stopping by...

The Home Grown Institute will take place at Chestnut Hill Academy March 24-25, with a bonus day of field trips Friday, March 23. Registration will open next month. A few Planning Committee positions are still available. Contact sarah@thhomegrowninstitute.org for more information.

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What Are Board Members Thinking?

Do Something for the Greater Good

by David Woo, Weavers Way President

In this column, David Woo shares his own thoughts and ideas and is not writing on behalf of the board.

WHAT HAS been one result of our growth and change as a cooperative business over the last several years? A vision has emerged where more food cooperatives have opened up in this region as part of a national movement to grow local control in wealth and business resources. Weavers Way is about to be joined in this picture by CreekSide Co-op, a new cooperative grocery in Elkins Park, which, having raised over \$150,000 in member loans toward their target of \$250,000, is currently completing the final component of their \$3.5 million financing. Congratulations, CreekSide!

With more food cooperatives on the scene, the growth in demand for better food and local food will grow, and the corporate food industry will need to respond and meet this need. Thinking about the potential this offers us as a society, shouldn't we as members of Weavers Way educate ourselves on the issues at hand?

I've been working with many of your board directors over the last few years to build our own capacity to weather economic uncertainties and to help other co-operators build themselves. There are now many startup organizations in the greater Philadelphia area that need your attention in order to grow. They range from groups who just met, to those with tens of members and a few thousand dollars in their bank account, to organizations with hundreds of paying members and tens of thousands of dollars in equity. CreekSide is the closest to realizing their dream of a new grocery store in the old and vacant Asbourne Market, which will bring jobs and economic activity that will benefit that community.

Here's an inventory for you to help keep track:

Start ups

- Kensington Community Food Co-operative www.kcfoodcoop.com

- South Philly Food Cooperative southphillyfoodcoop.org
- Doylestown Food Cooperative doylestown.coop
- CreekSide Food Cooperative creekside.coop

Just opened within a year

- Chester's Co-op www.chestercoop.com

Existing

- Mariposa Food Cooperative www.mariposa.coop (expanding to a bigger location)
- Swarthmore Food Cooperative www.swarthmore.coop (recent renovation)
- Selene Whole Foods Cooperative www.selenecoop.org

This list can and should grow, and you can be a part of this next wave of co-operative development by letting us on your board know what you think. Or what you can do to help.

Weavers Way has also taken on a lead position and is an active part of the emerging Mid-Atlantic Food Cooperative Alliance (mafca.coop), which is made up of cooperative grocery entities from Maryland to Brooklyn. Our next meeting will be on November 12, 2011, so e-mail me if you want to find out where and if you want to join in. Thanks to past President Nancy Weinman for initiating a gathering of Cooperatives at a barbecue a few years ago, which led to the beginning of MAFCA.

As 2012 is designated the International Year of Cooperatives by the United Nations, shouldn't the strengthening of the cooperative business sector in America be on your mind this year?

~ woo3d@earthlink.net

Education Committee Sponsors Talk on Arab Spring

by Larry Schofer

HERB SIMON, emeritus professor at Temple University and a Weavers Way member, went to Egypt last spring to conduct interviews with the Egyptians demonstrating against their government. He recently presented some of his material to a group meeting at the Chestnut Hill Library in the series of occasional talks presented by the Weavers Way Education Committee.

Armed with a set of telephone numbers and potential contacts, Herb went right out into Tahiri Square to talk to people. The only security measures that he encountered were those to prevent weapons, and from then on he was able to have some very good interchanges (via

an interpreter) with many Egyptians. The goodwill was contagious, with the various elements of Egyptian society seemingly in a great anti-Mubarak alliance.

Herb met a lot of people concerned with human rights in Egypt, but also with people-to-people relationships. His presentation was followed by a question-and-answer period, mainly devoted to questions for which we have no answers yet: Will the army cede real power? How will elections be fair? Will the Muslims and the Coptic Christians work together in the new Egypt? Why did the police allow the sacking of the Israeli embassy? What are the economic prospects of a new Egypt?

Mt. Airy Village

Holiday Fair


Friday, December 9 from 5 pm to 8 pm

Celebrate the Holiday Season
with the businesses and neighbors of Mt. Airy Village

Holiday Shopping • Music • Treats

Weavers Way Co-op
The High Point Cafe
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The Nesting House

Philadelphia Salvage
The Waldorf School of Philadelphia
(at the Pop Up Shop)
Mt. Airy Yoga



ECO TIP

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Health & Wellness Committee

(continued from page 1)

Weavers Way can be a catalyst for better individual and community health—broadening the Co-op’s self-concept from that of a food provider to that of a community organization working in collaboration with others to support healthy living in Northwest Philadelphia.”

A more diverse group of people could hardly be imagined—from individual practitioners to representatives of major community institutions like Chestnut Hill Hospital, Enon Tabernacle Church, and Center in the Park; from long-term Weavers Way members to not-yet-members volunteering their skills and energy; those working in, living in, or serving clients from Germantown to Chestnut Hill, Ogontz to Manayunk. They came from Eastern, Western, and indigenous paradigms; secular and religious perspectives; professional and avocational commitments; and different gender, class, ethnic, and racial experiences. They shared at least one thing: a vision of creating together a healthier Northwest Philadelphia.

I opened the formal meeting with a moment of silent appreciation for the food, followed by greetings from WW Board Member Sue Wasserkrug, and special appreciation for both General Manager Glenn Bergman’s support of the project and Outreach Coordinator Anne Workman’s ongoing hands-on assistance. Many volunteers who also helped make the evening possible were recognized, including initial planning group members Heidi and Matt Schwartz, and many participants

who came early to help set up the room, including Barbara Bloomfield, who also served as photographer for the evening.

The group began its process by reviewing the committee’s charge and affirming a set of Grounding Principles with a resounding “Yes!” :

- Assuming a broad definition of Health and Wellness as encompassing the whole person and whole community—physical, emotional, social, mental, spiritual health;
- Using a broad definition of the NW Philadelphia community—and reaching out to those who are not represented in the room;
- Holding respect for and listening to others with diverse backgrounds, perspectives, and concerns;
- Seeking an expansive vision;
- Setting aside competitive habits of mind and speech;
- Cultivating collaborative habits of mind and speech;
- Finding ways to say “Yes” together.

After rearranging ourselves into a large U-shape, the group members began to identify issues of common concern. Spending a few minutes in silence, each person wrote on an index card the two public health issues in Northwest Philadelphia

that they found most compelling—either the problem most important to address, or the issue they felt themselves most able to address. Each person was then invited to read what they had written as the group listened for patterns and commonalities.

Then the rowdy fun began, as subgroups emerged and stood in the center of the chairs—a “living Venn diagram.” One large group redefined itself and split into two. Individuals recognized surprising commonalities, and small groups enlarged their self-definition to incorporate additional people. Finally, there were six “working groups,” which set about the task of defining themselves with (provisional) names, finding monthly meeting times, and picking conveners, who will also meet bimonthly as a Steering Committee. There was even time to do some sharing and brainstorming before the meeting ended with spontaneous song and applause—on time!

In addition to the 40 people who participated in this meeting, about 20 expressed interest but couldn’t make it that night, and we have received additional inquiries since. The working groups expect additional participants to join them.

Anyone who is interested in exploring the transformation of Northwest Philadelphia into a model health community through Weavers Way is welcome to inquire about joining one of the working groups (see list to the right).

At this initial stage, there is no common theme beyond the exploratory committee charge. With a group this large and diverse, the themes will evolve in the working groups; the Steering Committee will identify the commonalities and guide

Health & Wellness Committee Working Groups

Access Advocacy: Healthcare for All

2nd Thursdays, 6:30 - 8:30 p.m.

Children & Family Wellness

2nd Thursdays, 6:30 - 8:30 p.m.

Lifestyle, Wellness & Prevention Education

4th Thursdays, 7:00—9:00 p.m.

Mind Body Spirit Earth Integration for Health

2nd Wednesdays, 6:30 - 8:30 p.m.

Prevention of Obesity Through Good Nutrition & Physical Fitness

3rd Wednesdays, 6:45 - 8:45 p.m.

Safe Streets/Safe Homes

2nd Sundays, 3:30 - 5:30 p.m.

the overarching direction. Listening, openness, and patience will be the watchwords of this exciting process.

Contact Anne Workman at outreach@weaversway.coop, with information about your background and interests, to be put in contact with the group conveners.

WEAVERS WAY SPONSORS A CRAFTY RECYCLE EVENT!



at Weavers Way Community Room 555, Carpenter Lane
Sunday, November 13 from noon - 3pm
(set-up and donations from noon to 1 pm, swap starts at 1pm)

Looking for a good excuse to clean out your yarn stash? Join your fellow crafters for a great recycle/re-use event! Please bring yarn in good condition, ready to use in a ball or skein (no tangled masses please). Please tag the yarn to identify the fiber type. Notions, tools, patterns and books are also welcome!

Questions? Or would you like to volunteer for the event? Contact Anne Workman at **outreach@weaversway.coop** or **215.843.2350 ext 118**.

All unclaimed yarn and notions will be donated to Fresh Artists for distribution to local schools

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The Simplicity Dividend

Weavers Way Now Has Two Dining for Women Chapters!

by Betsey Teutsch

Wow! The response to starting a Weavers Way Dining For Women chapter was so fabulous that we now have two chapters. Each will run independently and develop its own style, but the two will be in close communication.

A typical evening has not only a festive potluck but a significant educational component. Shining Hope for Communities runs a school for impoverished girls in Kibera, Kenya, a slum outside Nairobi; I am on the board and have written about this project. It was the DFW choice for June and Shining Hope just received a check for \$35,000+, allowing us to add many more girls to the school. All these modest donations, when aggregated, have significant impact, more so than they would individually. Here is the DFW philosophy:

“Our collective donations make the greatest impact when the nonprofit organization we choose reaches women at the grass-roots level while promoting self-sufficiency. We support programs that train women in a vocation, increase their level of education, improve their health, and encourage economic independence.”

Another big advantage of aggregating our donations: we don’t get added to a million lists. Dining For Women just sends one check! Not only does your contribution go to a carefully vetted organization, but you can give without fear of your mailbox and inbox overflowing with future solicitations.

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. 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 there is no minimum donation amount; any gift is fine.

Questions? Contact Betsy Teutsch, betsy@betsyteutsch.com or Ann Mintz, annmintz@mindspring.com.

We will be running a monthly update in *The Shuttle*, highlighting our WWDFW potluck foods as well as the organizations we are sponsoring. To give a feel of DFW’s work, here is the October 2011 chosen organization:

The Program: Mercado Global, which works with 31 indigenous women’s cooperatives throughout Guatemala’s Western Highlands. Many of their partner artisans are widows or returned refugees from Guatemala’s civil war and approximately 72 percent of partner artisans are illiterate.

Why We Love This Program: Having access to markets for Fair Trade is important. Mercado Global offers this access to the indigenous women with whom they work. Mercado Global has a holistic approach to women’s empowerment, including business and financial training, in addition to leadership and self-esteem building.

Weavers Way Finance Report

by Michael McGeary, Weavers Way Chief Finance Officer

Summary Financial Results		
(amounts below are in thousands of dollars)		
	2011	2010
Net Sales	\$ 14,848.8	\$ 9,347.7
Cost of Goods Sold	\$ 9,468.6	\$ 5,967.3
Gross Profit	\$ 5,380.2	\$ 3,380.4
Other Revenue	\$ 17.9	\$ 58.0
Operating Expenses	\$ 5,254.7	\$ 3,276.9
Operating Income	\$ 143.4	\$ 161.5
Interest Expense	\$ (292.2)	\$ (116.6)
Grant Income	\$ 342.8	\$ 629.3
Expansion Expense	\$ -	\$ (229.2)
All other Income/(Expense)	\$ 54.0	\$ 0.1
Provision for Income Taxes	\$ (96.1)	\$ (95.5)
Net Income	\$ 151.9	\$ 349.6
Selected Balance Sheet Data at June 30th		
Cash	\$ 497.7	\$ 949.2
property and Equipment	\$ 6,416.6	\$ 6,673.5
Debt	\$ 4,445.3	\$ 5,668.0
Equity	\$ 2,387.8	\$ 2,097.3

The auditor for Weavers Way, Bob Bolland, a certified public accountant and partner in the firm of Mallie, Falconiero and Company, presented his report for the Fiscal Year ending June 30, 2011, to the Finance Committee and the Board of Weavers Way, on September 22 and October 4 respectively.

The auditor reviewed the financial statements prepared by the Weavers Way’s finance staff and recommended some adjustments which is normal in the audit process. The auditor informed the board that the Co-op’s financial statements “present fairly, in all material respects, the financial position of Weavers Way Cooperative Association, and the results of its operations and it cash flows.”

For its fiscal year ending June 30, 2011, Weavers Way had net retail grocery sales of \$14,848,870. The retail sales breakdown by store a Mt. Airy \$6,966,279, Chestnut Hill \$7,717,225, and West Oak

Lane \$199,466. Net income after interest expense and taxes was \$151,922. Net income included nonrecurring grants of \$342,853 that the Commonwealth of Pennsylvania awarded to support the construction of the Chestnut Hill store. Because the net income result was due to nonrecurring income, the Board voted not to announce a member rebate for 2011.

For fiscal year ending June 30, 2012, the Co-op is forecasting net retail grocery sales of \$15,190,852; this is a 2.30% increase over fiscal 2011, with net income of \$75,530.

An audit firm provides an independent review of financial statements together with a formal opinion of its findings. Audits follow standards set by the accounting profession and involve tests of financial records, cash transactions, and internal controls. The audit for Weavers Way was completed in August of this year.

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weavers way co-op, swarthmore co-op, vernon house, organic trade association, WMAN, big picture philadelphia, project learn, essene market, common market, organic trade association, american dance therapy assoc., breastfeeding resource center, NOFA-NJ ... and dozens more.

A Visit to a Variety of Co-ops in Minneapolis

by Sue Wasserkrug

I RECENTLY had the good fortune to attend the annual conference of the National Co-operative Business Association (NCBA) in Minneapolis. In addition to attending a number of inspiring and educational workshops and presentations, I joined a group of attendees on a tour of local co-ops.

Our first stop was Seward Co-op (www.seward.coop), where we enjoyed a delicious lunch from the store’s deli. Seward is one of about a dozen food co-operatives in the Twin Cities area. Like Weavers Way, Seward was founded in 1972, but has a membership that’s nearly twice ours: about 8,700 households. This number, and the number of employees, is significantly larger than what it was three years ago when the co-op moved to its current location, with 13,000 square feet of retail space in a LEED certified building.

Next we went to Becketwood (www.becketwood.com), a housing co-op for those ages 55 and older—although we learned that the average age of the current residents is 82! Becketwood is a lovely wood-and-brick building on twelve acres near the Mississippi River. The cooperative has 210 units ranging from one to three bedrooms, as well as many services and amenities such as a dining room, library, fitness center, crafts room, and garden plots. The facility is classified as independent living (as opposed to assisted living or nursing home), but some residents do have in-home services. We were told that most residents have cars, but there is a van to take nondrivers to stores, doctors, etc. We had an opportunity to meet with several residents, including one of the founding mothers!

Becketwood has been around for 25 years and is one of several senior housing cooperatives in Minneapolis. Unlike a condominium, where residents own only their own unit, in a housing co-op, residents own a share of the entire facility. At Becketwood, residents buy and sell their units at market rate and pay a monthly maintenance fee that covers just about everything you can think of, including major building renovations (such as a new roof) and regular appliance replacements. We were told there is a waiting list of almost 200.

Finally we visited Highpoint Center for Printmaking (www.highpointprintmaking.org), which is technically a non-profit organization, but which includes an artists’ co-op and, as the executive director explained, is a co-op in spirit. Highpoint’s

mission is to advance the art of printmaking, which it does through exhibits in its gallery space, educational and community programs (including “free ink days,”), a visiting artists program, and a printshop cooperative where artists have access to an expansive space full of a wide range of high quality printing equipment and supplies—not to mention the camaraderie of fellow artists. Printmaking is an art that is particularly well-suited to the cooperative structure because the equipment needed to make prints is huge and expensive.

There are so many co-ops in the Twin Cities that someone joked that cooperation is in the water there. With all the co-op start-up activity going on in Philadelphia, maybe visitors will be saying the same thing about our city sometime soon.



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MA also has mango tangerine.

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ADDITIONAL MEMBER SPECIALS November 2 to November 29, 2011

Description	Reg	Sale	Description	Reg	Sale	Description	Reg	Sale
Alexia Mozzarella Stix 8 Oz**	\$4.59	\$3.49	Barbara's *Chocolate Chip Snackimals 2.125 Oz**	\$0.99	\$0.79	Brown Cow Whole Milk Cherry Vanilla Yogurt 6 Oz*	\$1.04	\$0.79
Alexia Mushroom Bites 8 Oz**	\$4.59	\$3.49	Barbara's Oatmeal Wheat Free Snackimals 2.125 Oz**	\$0.99	\$0.79	Brown Cow Whole Milk Coffee Yogurt 6 Oz***	\$1.04	\$0.79
Ancient Harvest Og Quinoa Flakes 12 Oz**	\$5.53	\$4.39	Barbara's Oatmeal Wheat Free Snackimals 6 Pk -10z**	\$4.49	\$3.49	Brown Cow Whole Milk Apricot Mango Yogurt 6 Oz**	\$1.04	\$0.79
Ancient Secrets Nasal Cleansing Pot ***	\$13.47	\$11.99	Better Than Bouillon Beef Base 8 Oz**	\$4.76	\$3.49	Brown Cow Whole Milk Maple Yogurt 6 Oz***	\$1.04	\$0.79
Ancient Secrets Nasal Cleansing Pot Salt 8 Oz***	\$1.97	\$1.79	Better Than Bouillon Chicken Base 8 Oz**	\$4.76	\$3.49	Brown Cow Whole Milk Plain Yogurt 6 Oz**	\$1.04	\$0.79
Ancient Secrets Nasal Cleansing Travel Pot*	\$11.08	\$9.99	Better Than Bouillon Low Salt Chicken Base 8 Oz*	\$5.43	\$3.79	Brown Cow Whole Milk Vanilla Yogurt 6 Oz**	\$1.04	\$0.79
Applegate Chicken & Apple Sausage 8 Oz**	\$5.75	\$4.99	Better Than Bouillon No Chicken Base 8 Oz*	\$5.04	\$3.49	Cherrybrook Kitchen Gluten Free Vanilla Frosting 16 Oz**	\$4.06	\$3.79
Applegate Chicken & Maple Sausage 8 Oz**	\$5.75	\$4.99	Better Than Bouillon Og Beef Base 8 Oz*	\$5.59	\$4.49	Citra-Dish Automatic Dish Powder 50 Oz***	\$6.90	\$5.49
Aubrey Ogs Collagen & Almond Hand & Body Lotion 8 Oz*	\$11.91	\$9.99	Better Than Bouillon Og Chicken Base 8 Oz*	\$5.59	\$4.49	Citra-Dish Lavender Bergamot Dish Soap 25 Fl Oz***	\$4.43	\$3.29
Aubrey Ogs Ult. Moisture Unscented Hand & Body Lotion 8**	\$9.49	\$7.99	Better Than Bouillon Og Mushroom Base 8 Oz*	\$5.59	\$4.49	Citra-Dish Mango Tangerine Liquid 25 Oz*	\$4.43	\$3.29
Aura Cacia Car Diffuser*	\$8.78	\$7.99	Better Than Bouillon Og Vegetable Base 8 Oz	\$6.42	\$4.49*	Citra-Dish Valencia Orange Liquid 25 Oz***	\$4.43	\$3.29
Aura Cacia Clove Bud Essential Oil .5 Oz***	\$5.36	\$4.79	Better Than Bouillon Vegetable Base 8 Oz**	\$4.76	\$3.49	Coombs Grade B Maple Syrup 32 Oz**	\$30.32	\$22.99
Aura Cacia Frankincense Essential Oil .5 Oz**	\$22.43	\$19.99	Biobag Dog Waste Bag 50 Ct***	\$5.33	\$4.29	Coombs Grade B Og Maple Syrup 12 Oz***	\$12.34	\$9.49
Aura Cacia Lavender Harvest Aromatherapy Mist 4 Oz**	\$7.25	\$5.79	Boiron Arnica Gel Pain Relief 2.6 Oz*	\$10.91	\$8.49	Coombs Og Grade B Maple Syrup 8 Oz*	\$8.59	\$6.49
Aura Cacia Renewing Rose Aromatherapy Spritz 4 Oz**	\$7.20	\$6.49	Boiron Arnica Pellets 30 Ct*	\$14.56	\$12.99	Country Choice Og Vanilla Wafers 8 Oz***	\$3.68	\$3.29
Aura Cacia Room Diffuser*	\$11.97	\$10.99	Boiron Arnicare Arthritis 60 Tabs***	\$10.46	\$8.49	Country Life Coenzyme B-Complex 60 Vegicaps**	\$17.48	\$12.99
Aura Cacia Sandalwood Aromatherapy Spritz 4 Oz**	\$7.20	\$6.49	Boiron Arnicare Gel Pain Relief 1.5 Oz***	\$6.90	\$5.79	Country Life Super Potency Biotin 5 Mg 120 Veg Cap**	\$22.73	\$16.99
Aura Cacia Sensual Jasmine Aromatherapy Spritz 4 Oz**	\$7.20	\$6.49	Boiron Arnicare Pain Relief Cream 1.33 Oz*	\$6.90	\$5.79	Crown Prince Low Sodium Pink Salmon 7.5 Oz**	\$3.40	\$2.79
Aura Cacia Vanilla Aromatherapy Spritz 4 Oz**	\$7.20	\$6.49	Boiron Arnicare Pain Relief Cream 2.5 Oz***	\$10.91	\$8.49	Culturelle Probiotic W/Lactobacillus 30 Caps*	\$23.85	\$21.49

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Manager’s Corner

by Glenn Bergman, Weavers Way General Manager

EVERY MONTH there is so much to write about that I am not sure where to start....

It’s the Year of the Co-op: Why Not a Cooperative Book Store?

Walk a Crooked Mile Bookstore owner Greg Williams and I started a discussion a few months ago about what it would take to have a used books store, performing arts center, and possible incubator work space on Germantown Ave in Chestnut Hill or Mt. Airy. In October, members of the community who were interested in how to bring such a vision (more or less) to Chestnut Hill gathered at St. Martin’s Church to discuss the idea.

I do not know how many times a week people ask me, “What is going on at the old Border’s site?” I tell them I have no idea, but that this idea of a community-owned used book store would be a wonderful addition to the avenue.

Since the information has been out, there have been some great comments about why a bookstore is important to the public discourse and community overall. This is not to say that the library is not important, too, as a center for books and public meeting space; it is just different. Libraries, public schools systems, and health care providers should be well-funded so-

cial entities. The Big Blue Marble was a great addition to the Mt Airy community and is a wonderful place for new books, readings, and events. Increasing traffic to Big Blue Marble should also be an important goal of the West Mt. Airy community.

Libraries should be funded. The sad story for America is that these organizations are not funded to the level that they should be funded, deficit or no deficit. It goes back to the “common good.” Look at the cuts to our state schools and other Land Grant colleges that have been an important driver of innovation and education and have opened our educational system to millions of people from all walks of life.

Even if we never get a cooperatively owned bookstore off the ground in Chestnut Hill, the discussion at St. Martin’s in October was civilized, humbling, and important. What I heard from the 20 people who showed up was the importance of bookshops as a place for community-building and learning. I do not need a market study to know that books are not the growth portion of the retail industry, and I do not need a market study to tell me that the Northwest community is strongly in support of a community-owned store concept: (As Steve Jobs said, “Most important, have the courage to follow your heart and intuition.”) Here were some of the statements:

- It would be a “third place” for people to meet each other—the others being faith-based and coffee shops.
- A way to strengthen the local community
- A place for human contact while browsing
- A safe place for children of all ages to spend time with or without adults
- A conversation corner would be a nice addition
- A place for writers to meet, to discuss, to present, and to spend time
- Music and other performing space would be great
- Meeting spaces for the community
- Coffee from the Chestnut Hill Coffee Shop would be a great addition
- Poetry center
- A place for my dog to come and hang out with other dog people and dogs who are literate (I thought this was interesting and should be on the list)
- Open studio spaces
- Incubator office space

The group is going to develop a mission page and begin work on envisioning the space. There was discussion about purchasing a site that would be held by a community building fund, with the opera-

tions run by a cooperative with members working and paid staff. There is much to be done and many more meetings to be held but as Paul Hazen, President and CEO of the National Cooperative Business Association says, “for every problem there is a cooperative solution.” The idea of a bookstore in Chestnut Hill is a natural. A highly educated population of different ages with many young people (remember kids below five are not always on a computer or playing electronic games) and a variety of income levels that could support this type of cooperative would be an inspiration to many other main street programs in the United States. So, let’s dream on and see if in this Year of the Co-op we can help start another cooperative retail consumer venture.

Food Policy Advisory Council (FPAC)

Mayor Nutter, through the leadership of the Parks and Recreation Department, formed the Food Policy Advisory Council (FPAC) in early 2011 to facilitate responsible policies to improve access to food for Philadelphia residents that is grown in the city and region. Fairmount Park Director of Urban Forestry and Ecosystem Management Joan Blaustein and I are co-chairing this committee. Some of the areas that we are going to examine are: the poli-

(continued on page 23)

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Lot 128
Ensign Cupid Camera
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Lot 30
Late 19th Century British Camera
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Lot 260
Moxelles Camera by Mox

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Gluten-free Holiday Baking

by Genevieve Sherrow, MS, CN

THE HOLIDAYS are upon us and this means it's baking time. If you're gluten-free, there's no need to opt out of holiday baking. The holidays can be an ideal time to dive into the world of gluten-free (GF) baking. Baking itself can be intimidating and GF adds another layer of difficulty. However, GF baking has come a long way over the past ten years. There are a multitude of GF flour products and ingredients out on the market, and an abundance of baking guidance exists online and in bookstores. If GF baking is foreign to you, you're not alone, but resources are available at your fingertips.

As you venture into the world of GF baking, you might be baffled by all of the different flour products: Grain flours, nut and seed flours, and legume flours are at your disposal. The key to GF baking is deciding what flours to use and for what products. And it's best to combine them to achieve the best possible result. When you study GF baking recipes, you'll often see multiple flour products. In my opinion, it's best to use about two to three different flours when you're baking GF.

The first is what I refer to as a base flour. I recommend whole grain flours like sorghum or brown rice because they are subtle and neutral in flavor. The second flour is a starch. Starches are less dense and they can lighten up your baked products; I would suggest using tapioca flour,

(continued on page 18)

All-Purpose Gluten-free Flour Blend for Muffins, Cookies, and Quickbreads

(makes 4 cups)

- 1 1/2 cups sorghum flour
- 1 1/2 cups brown rice flour
- 1 cup tapioca flour
- 1 tsp. guar gum
- 2 tsp. baking powder
- 1 tsp. baking soda

Apple Cranberry Cornbread Stuffing

This stuffing is the perfect accompaniment to squash or turkey, or served as a side dish at your Thanksgiving or autumn harvest feast.

For the cornbread:

- 1 cup yellow corn meal (Arrowhead Mills is a good brand)
- 1/2 cup Bob's Red Mill all-purpose gluten-free flour blend
- 1/4 cup succanat or brown sugar
- 1/2 tsp. baking soda
- 1/2 tsp. baking powder
- 1/2 tsp. salt
- 2 eggs, beaten
- 1 cup whole milk, plain yogurt, kefir, or buttermilk

Preheat oven to 350° F. Combine dry ingredients in mixing bowl. Add egg and yogurt. Stir until mixture is smooth. Pour batter into an 8" x 8" square baking dish or 9" round dish and bake at 350° for approximately 20-25 minutes or until golden brown.

Chef's note: Prepare cornbread one day in advance. Let cornbread sit out on counter so that it dries out a bit.

For the stuffing:

Preheat the oven to 325° F.

Chop cornbread up into cubes and toast the cubes on a baking sheet for about 20 minutes or so. Don't overcook or overbrown them. When they're nicely toasted remove the baking sheet from the oven, set aside and allow the cubes to cool.

- 4-5 TBS. high quality extra virgin olive oil, for frying and to taste
- 1 cup celery, diced
- 1 cup sweet onion, diced
- 2 large Granny Smith or other tart apples, peeled, cored and diced
- 1 tsp. thyme, dried
- 1 tsp. curry powder
- 1/2 tsp. ground cinnamon
- 1 cup dried or fresh cranberries
- 3/4 cup vegetable broth, more as needed
- 2 TBS. pure maple syrup
- Sea salt and fresh ground pepper, to taste

Heat about 2 TBS. of the olive oil in a large deep skillet. Sauté onion until translucent, about 2 minutes. Stir in the thyme, curry, and cinnamon; add the celery, apples, and cranberries; cook until softened. Remove the skillet from the burner and set aside to cool a bit.

Stir in the toasted cornbread. Mix well. Add a little more olive oil, and the broth, pouring in a little at a time and gently stirring to combine. Add the maple syrup. Stir. Season with sea salt and pepper to taste.

If you like a very soft dressing, feel free to add more broth.

*Stuffing recipe adapted from www.glutenfreegoddess.com, Karina Allrich. Other Recipes reprinted with permission from *Gluten-free Warrior: Gluten-free and wheat-free whole foods recipes* by Genevieve Sherrow. Warrior Press, 2010.*

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My House order deadline is Tuesday, November 15

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Available at Mt. Airy (Preorder Only)
(10-inch pies serve 8-12)

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Under the Oak order deadline is Friday, November 18

TO PLACE AN ORDER

Please fill out a preorder form, located in the Bakery Department in Chestnut Hill and above the dumbwaiter in Mt. Airy. Be sure to include Flavor and Listed Price, as well as your member number and phone number. Phone orders are NOT recommended.

Pickups will be Tuesday and Wednesday, November 22 and 23.

thanksgiving menu





Turkey Roasting Tips

- Remove the giblets from turkey cavities after thawing. Cook separately.
- Set oven temperature no lower than 325° F.
- Place turkey or turkey breast on lower rack in a shallow roasting pan.
- For even cooking, bake stuffing in a separate casserole dish, versus in the bird. Use a food thermometer to check the internal temperature of the stuffing. The center should reach 165° F.
- If you choose to stuff your turkey, the ingredients can be prepared ahead of time. Separate wet and dry ingredients, and chill wet ingredients (butter/margarine, cooked celery and onions, broth, etc.) until ready to prepare. Mix wet and dry ingredients together just before filling the turkey cavities. Fill the cavities loosely. Cook the turkey immediately. Use a food thermometer to make sure the center of the stuffing reaches 165° F.
- Whole turkeys should be cooked to 180° F. To check for doneness, insert a food thermometer in the thickest part of the inner thigh without touching the bone.
- Turkey breasts should be cooked to 170° F. Insert a food thermometer in the thickest part of the breast to check for doneness.
- Let the turkey stand for 20 minutes before carving to allow juices to set. The turkey will carve more easily.

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Turkey Roasting Timetable

(325°F oven temperature)

Unstuffed		Stuffed	
4–8 lbs	1.5–3.25 hours	6–8 lbs	2.5–3.5 hours
8–12 lbs	2.75–3 hours	8–12 lbs	3–3.5 hours
12–14 lbs	3–3.75 hours	12–14 lbs	3.5–4 hours
14–18 lbs	3.75–4.25 hours	14–18 lbs	4–4.25 hours
18–20 lbs	4.25–4.5 hours	18–20 lbs	4.25–4.75 hours
20–24 lbs	4.25–5 hours	20–24 lbs	4.75–5.25 hours

It is safe to cook a turkey from the frozen state. The cooking time will take at least 50 percent longer than recommended for a fully thawed turkey. Remember to remove the giblet packages. Remove carefully with tongs or a fork.

USDA Meat and Poultry Hotline
1-888-MPHotline (1-888-674-6854)
TTY: 1-800-256-7072
10:00 a.m. to 4:00 p.m. Eastern time, Monday through Friday
E-mail: mphotline.fsis@usda.gov

Turkey Thawing Instructions

TO THAW TURKEY IN THE REFRIGERATOR:

Keep the turkey wrapped and place it in a pan. Let it stand in the refrigerator roughly 24 hours for each 5 pounds. Large turkeys should stand in refrigerator a maximum of 5 days. The giblets and neck, which are customarily packed in the neck and body cavities of frozen turkeys, may be removed from the bird near the end of the thawing period. If desired, the giblets and neck may be refrigerated and reserved for use in giblet gravy.

TO THAW TURKEY IN COLD WATER:

Make certain that the turkey is in a leak-proof package or a zipper-seal plastic bag. This prevents bacteria in the surrounding environment from being introduced into the food, and prevents the poultry tissues from absorbing water. Change the cold water every 30 minutes. Approximately 30 minutes per pound of turkey are required for thawing. After thawing in cold water, the turkey should be cooked immediately.

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Experience Live Jazz and Classical Music at Woodmere Art Museum

by Emaleigh Doley, Woodmere Art Museum

WOODMERE ART Museum in Chestnut Hill is expanding its music series after a successful run of jazz performances this past spring. Music offerings at Woodmere now include Classic Sundays in addition to the popular Friday Night Jazz series, offered weekly through December 2011. Visitors are invited to enjoy music and art together while touring Woodmere’s galleries.

Classic Sundays programming includes opera, choral, and classical selections from critically-acclaimed artists. The afternoon series is held from 3 to 4:30 p.m. on Sundays and includes light refreshments. Emiliano Pardo-Tristan will bring a Brazilian twist to traditional chamber music with the Cachasa Ensemble on November 6. Additional artists include classically trained musician Lisamarie McGrath, who will perform her mystical sounds, inspired by Native American music (November 13); and Russian piano virtuoso Oxana Harlamova with Paul Arnold (November 20).

The Friday Night Jazz series celebrates a succession of themes in this influential American music genre, featuring weekly performances by vocalists and instrumentalists offering a range of jazz styles. Evening performances are held Fridays from 6 to 8 p.m. and include light fare and wine. Friday Night Jazz programming will feature keyboard virtuoso David Posmontier offering his own brand of jazz (November 4); Tony Wyatt Swing Band (November 11); and toe-tapping traditional Ragtime with Drew Nugent and the Midnight Society (November 18).

Select Friday Night Jazz events will also include companion family programming from 6 to 7 p.m., offering visitors with children a little grown-up time to experience the Museum and musical performances.

Woodmere Art Museum is Philadelphia’s premier institution for interpreting the art and culture of the Philadelphia region. The Museum currently has two special exhibitions showcasing modernist and contemporary art of Philadelphia on display—Mary G.L. Hood and Philadelphia Modernism (through January 8, 2012) and Flirting with Abstraction: Modernist and Contemporary Art of Philadelphia and the Promised Gift of Karen Segal and Woodmere’s Collection (through January 8, 2012).

Into the Atmosphere: Kids Care 18, a new exhibition on display in Woodmere’s Helen Millard Children’s Gallery through December 18, marks the Museum’s 18th annual Kids Care collaboration with WXPN’s 88.5 FM’s Kids Corner with Kathy O’Connell. Inspired by space and stars, Into the Atmosphere features artwork created by hundreds of children around the region, made as holiday gifts. Woodmere’s children’s gallery is a permanent exhibition space dedicated to exhibiting artwork by and for young people. All exhibitions in the gallery, which first opened in 1986, are installed in a professional manner, providing both student participants and visitors a one-of-a-kind museum experience.

Visit: Woodmere Art Museum is



photo courtesy of Woodmere Art Museum

Woodmere Art Museum offers live musical performances twice weekly through December

located at 9201 Germantown Avenue. 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. Tickets for the music series are \$20 each (\$15 for members) and can be purchased online or at the door. A special music package for any eight classical or jazz

concerts is also available for \$130 (\$100 for members). 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. For visitor information, call (215) 247-0476 or visit www.woodmereartmuseum.org.

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NOVEMBER IS FAMILY APPRECIATION MONTH AT AVENIDA

Tuesday is Kids Tostada Night: \$6 Tostada Meals

Bring in the kids for Una Granda Tostada (tofu, vegetarian, chicken, or pork) and a Kids Sundae. Don’t want a Tostada?

Enjoy the items in our Kids “Happy Hour” every Tues-Thurs, 5-7 pm
Grown-ups: Enjoy Happy Hour, too — \$5 Appetizers, Margaritas and Sangria

DINNER TONIGHT: MAKE TOSTADAS AT HOME WITH THE KIDS

You’ll need:

6 corn tortillas, lightly fried

1 cup shredded chicken, pork, or sauteed veggies (onions, peppers, zucchini, etc.)

1/2 cup of shredded lettuce, diced tomato, chopped green onions, Chihuahua cheese, and plenty of guacamole and salsa

Here’s how: **1** In small frying pan, heat oil and fry tortilla lightly on one side, then fry lightly on the other side; drain on towel. **2** Heat filling, place on warm tortilla. **3** Top with shredded lettuce, tomatoes, onions, cheese, guac, and salsa. Enjoy!

CraftShow

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Sunday, November 13, 2011
10 AM to 4 PM

Germantown Jewish Centre
400 West Ellet Street
(near Lincoln Drive)
Philadelphia, PA

November Garden Notes

by Mark Goodman, The Neighborhood Gardener

NOVEMBER IS still a working month for gardeners. If you forgot (or just avoided) to prune some of your deciduous shrubs and hedges, early November is actually a good time to do so. Why? Because most of the leaves have fallen, and you can see the branch form more clearly. This is true of cut-leaf Japanese maples, crape myrtles, rose-of-Sharons, “Burning Bush” euonymus, privets, butterfly bushes, and roses. With the latter two, I recommend pruning only half of what you would ideally like to cut. Since both plants experience some winter kill, if you prune to the desired height now, you will invariably lose some branches or parts of branches over the winter. By pruning only half now, you reduce the cumbersome size of the plant, and if there is some winter damage, you have extra length left to withstand the loss. Then in spring, after the snows and bitter cold have passed, you can prune to the size you want.

If you haven’t already done so, now is a good time to cut back perennials to two to three inches above ground. This will give your garden a neater appearance. The two-to three-inch stub will mark the spots of established plants in case you want to plant bulbs later this fall or plant new flowers in early spring. Surprises are great at birthdays or in Crackerjack boxes, but it’s no fun digging into an existing perennial crown or root when you try to add more plants to your garden.

Some perennials, however, are worth leaving uncut, even in their brown, unflowered state. Ornamental grasses, astilbes, and taller autumn sedums all provide winter interest, somewhat like a dried flower

arrangement, if left unsnipped. They can last for weeks—and even months—into the winter, unless heavy snows weigh them down.

If you didn’t plant any spring bulbs in October, do not despair. Bulbs planted in November will have plenty of time to get the cold weather they need to flower in late winter or spring. In fact, gardeners at large arboreta and public gardens plant bulbs as late as January, using jack-hammers to penetrate the frozen soil. I don’t recommend that you try this in your backyard.

If you have planted new evergreen shrubs or small trees in the fall, you can protect them from drying out in winter winds by applying Wilt Pruf, an organic substance that coats the leaves for the winter and then biodegrades in spring. Wilt Pruf is also good for established evergreens, especially those planted out in the open, away from the protection of buildings or fences.

Leaves. More people are shredding their leaves and raking or blowing them onto their planting beds. If you have no shredder or mower, the city will collect leaves in paper bags for recycling.

Just as plants start to go dormant in November, gardeners—and others—begin their own version of dormancy by spending more time indoors and going inward mentally, emotionally, and spiritually. As you embark on your inward journey, think of it as a time to contemplate as well as restore, so that, like the plants in your garden, you will emerge in the spring renewed and filled with creative energy. Enjoy November.

Right2Know March

(continued from page 1)

Federation of Organic Agriculture Movements (IFOAM), the global umbrella for the organic food movement, and a lead coordinator of the march. “It’s time to reset U.S. policy on GMOs.”

Organic food companies supporting the march include: United Natural Foods Inc., the nation’s largest distributor of organic and natural foods; Organic Valley; Nature’s Path Foods; Stonyfield Farm; Dr. Bronner’s Magic Soaps; Kamut International; and Nutiva Rapunzel.

U.S. Rep. Dennis Kucinich (D-Ohio) told a room full of rally supporters Sunday at Restaurant Nora, the country’s first certified-organic restaurant, owned and operated by acclaimed chef Nora Pouillon, that he plans to reintroduce in the current session of Congress legislation requiring food companies to label all foods that contain or are produced with genetically modified material. Kucinich first introduced his genetically engineered-food legislation just over three years ago.

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Paris Prints: La Salle University Art Museum 2012 Calendar

by Carmen Vendelin, Curator of Art

EVERY YEAR, the La Salle University Art Museum produces a calendar that showcases artworks from the permanent collection. The 2012 calendar is on sale now at Weavers Way Co-op. Located on the campus of La Salle University at 19th and Olney, The La Salle University Art Museum has been open to the public since 1975 and presents an outstanding collection of mostly Western Art dating from the Renaissance to the present in a series of period-inspired galleries. The art museum also presents special exhibitions that rotate every two to three months. These exhibitions range from thematic shows drawn from the permanent collections and loans to solo exhibitions by living artists.

In spring 2011, La Salle University Art Museum participated in the Philadelphia International Festival of the Arts (PIFA), inspired by the Kimmel Center for the Performing Arts. With the city-wide theme of Paris 1910-1920, the festival sought to recreate that magical era of Parisian artistic production here in Philadelphia. La Salle mounted an exhibition of prints by artists active in Paris, titled Paris Prints: c. 1890-1939, and including work from La Salle's permanent collection by French artists such as Henri de Toulouse-Lautrec (1864-1901) and Georges Rouault (1871-1958) alongside work by non-French artists who were active in Paris, such as Americans James McNeill Whistler (1834-1903) and Mary Cassatt (1844-1926), Swiss artists Théophile-Alexandre Steinlen (1859-1923) and Félix Vallotton (1865-1925), Spaniard Pablo Pi-

casso (1881-1973), and Norwegian Fritz Thaulow (1847-1906).

The art museum's 2012 calendar draws upon this exhibition but shifts its focus to include prints created earlier in the 19th century and also to feature more depictions of the city of Paris itself. For example, Charles Meryon's (1821-1868) fantastical, Polynesian creatures flying above the Paris naval ministry building in an 1865 etching was chosen for the month of October. For November, another exquisite etching that did not fit the time span for the exhibition, by Félix Bracquemond (1833-1914), displays the great technical virtuosity of the artist at the young age of 19.

Prints that appear in both the exhibition and calendar include James McNeill Whistler's (1834-1903) *Nursemajds: "Les Bonnes du Luxembourg,"* 1894, Armand Point's (1861-1932) "Légende Dorée," 1897; and Maurice Dumont's (1869-1899) "Sappho," 1895. While many may be more familiar with Whistler's earlier etchings, *Nursemajds*, undertaken in crayon lithography, further demonstrates his range working in a variety of print media and exploiting the individual characteristics of each. Point's color lithograph, created at the height of the medium's popularity, was published in *L'Étampe Moderne* (The Modern Print), a monthly portfolio that included original, commissioned art nouveau prints. Dumont's composition from the first issue of the Berlin-published arts and literary journal *Pan*, is an exam-

ple of a gypsography. A gypsographic matrix is created from a bas-relief plaster mould, making the technique substantially different from more common techniques involving cutting or biting into plates.

Because prints are light-sensitive works on paper, they are rarely exhibited and only for periods of up to three months. This is in contrast to other media, such as oil painting on canvas and metal sculpture, that remain on display in the galleries for years at a time. The calendar provides an excellent opportunity to get to know these works better.

La Salle University Art Museum is located at 1900 W. Olney Ave., Philadelphia, PA 19141. For more information, call 215-951-1221 or visit www.lasalle.edu/museum. Hours are Monday-Friday 10-4 p.m., weekend hours by appointment. Please call ahead during summer



image courtesy of Woodmere Art Museum

Maurice Dumont (1869-1899), French Sappho, 1895, From Pan, No.1, 1895

Glyptograph (gypsograph) printed in dark bluish green ink on cream simile Japan paper

and University holidays to confirm hours. Group tours by appointment. Free admission. Donations gratefully accepted.

An opportunity to support the Museum exists through Art Angels membership. Please contact us or visit our webpage for more information, www.lasalle.edu/museum.

~ vendelin@lasalle.edu

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Town Meeting on Health of the Wissahickon Creek

by Anne Standish, Wissahickon Valley Watershed Association

THE WISSAHICKON Valley Watershed Association (WVWA) and Chestnut Hill College, with support from the Friends of the Wissahickon (FOW), are sponsoring a Town Meeting on Wednesday, Nov. 16, 2011, to inform the community about significant environmental challenges to the Wissahickon Creek. “A Creek in Crisis: A Town Meeting on the Health of the Wissahickon Creek” will examine the numerous threats to the Wissahickon—including diminishing water quantity, stormwater runoff, impaired water quality, and flooding—that severely impact the health of the Wissahickon Creek and its tributaries.

The impact of the Wissahickon Creek on the lives of those living in the Wissahickon Watershed is huge. Though the Wissahickon Creek has a humble beginning in the parking lot at Montgomery Mall, it continues through nine municipalities to the confluence of the Schuylkill River in Philadelphia. It is a significant waterway providing approximately ten

percent of the drinking water to Philadelphians, as well as habitat for local wildlife and recreation and natural beauty for area residents.

Moderated by Patrick Starr, Vice President Pennsylvania Environmental Council Southeast Regional Office, the Town Meeting will feature a panel of environmental experts who will examine the numerous threats to the Wissahickon. Panelists will be: Carol R. Collier, Executive Director of the Delaware River Basin Commission; John K. Jackson, Ph.D, Senior Research Scientist at the Stroud Water Research Center; and Chris Crockett, Deputy Commissioner at the Philadelphia Water Department.

A Creek in Crisis will be held on the campus of Chestnut Hill College at Sugarloaf, 9230 Germantown Ave, Philadelphia, 19118. The Town Meeting will begin at 7 p.m.; doors will open at 6:30 p.m. and light refreshments will be provided. To register or for more information, visit www.wvwa.org or www.fow.org.

Gluten-Free Baking

(continued from page 11)

About the Sponsoring Organizations

The Wissahickon Valley Watershed Association is a nonprofit land trust founded in 1957 to protect the quality and the beauty of the Wissahickon Creek. WVWA works with landowners, local municipalities, Montgomery County, and the Commonwealth of Pennsylvania to preserve and improve woods, meadows and wetlands in the Watershed. For more information, visit www.wvwa.org.

Chestnut Hill College is a coeducational Roman Catholic college founded in 1924 on the philosophy of the Sisters of Saint Joseph. Its mission is to provide students with holistic education in an inclusive Catholic community marked by academic excellence, shared responsibility, personal and professional growth, service to one another and to the global community, and concern for the earth. For more information, visit www.chc.edu

The Friends of the Wissahickon, founded in 1924, is a nonprofit 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.

~ anne@wvwa.org

white rice flour, potato starch or arrowroot. The third flour may be another whole grain flour like amaranth, buckwheat, millet, or teff. It’s best to use these flours in smaller amounts because they have stronger flavors and are heavier in weight. You may also see products such as guar gum and xanthan gum in GF baking. These are binders and can replace some of the binding and elastic qualities of gluten. They become more important in egg-free GF baking.

One of the advantages of GF baking is that you’ll often use products that are more nutritious. Whole grain flours like sorghum and brown rice have more nutrition than refined wheat flours. Similarly, almond and hazelnut flours and chickpea/fava bean flour blends can add more protein, essential fatty acids, and fiber to your baking. GF baking can also give you an opportunity to learn about these products and figure out what flavors and textures you’re drawn to.

Gluten-free baking absolutely takes time and patience and a lot of experimentation. There are myriad opportunities to showcase your baking talents around the holidays. So dive into your flour products and online resources and perhaps you’ll even prove to your friends and family that GF baking can be just as delicious—if not more so—than traditional baking!

Genevieve Sherrow is author of Gluten-free Warrior, a gluten-free whole foods cookbook; and founder of a consulting company of the same name, specializing in education, counseling, and culinary support. Contact Genevieve at gfwarrior.blogspot.com or glutenfree-warrior@gmail.com.

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Waldorf Holiday Craft Fair

by Alexandria Dilks Pandola, Director of Development

THE WALDORF School of Philadelphia’s 9th annual holiday fair and craft bazaar will take place November 18 and 19, from 6 to 10 p.m. on Friday, and from 10 a.m. to 5 p.m. Saturday, 7500 Germantown Avenue (opposite the Trolley Car Diner). Admission is free on Friday and \$5 for adults on Saturday (children 14 and under are free with a paying adult).

The bazaar is a great place for your holiday shopping, featuring handmade crafts by 30 artisans as well as natural toys and supplies from Waldorf’s own Fairy’s Wing School Store. There will also be delicious homemade, organic meals and baked goods, plus live music on Friday (leave the kids home and enjoy a great night out!) and great children’s activities on Saturday, including puppet plays, craft- and jump-rope-making, candle-dipping, and a kids-only shopping room.

There will also be a raffle, featuring a stunning, handmade quilt that will be offered as a grand raffle prize. Raffle tickets will be on sale at the Fair, \$5 for one and \$50 for 3 books of 10. Proceeds from the Raffle benefit the scholarship program at The Waldorf School of Philadelphia.

The Waldorf School of Philadelphia is an independent elementary and middle school that provides a rigorous academic curriculum that seeks to inspire creative thinking and ignite a lifelong love of learning. Our small class sizes, dedicated teachers, and innovative academics provide a rich experience that fully prepares children to meet the challenges of our rapidly changing world. With a caring heart, clarity of thought, and the confidence to initiate change, our students acquire a living wisdom that not only enriches the intellect but also deepens the natural joy and wonder of learning.

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For more information about Waldorf School of Philadelphia or the bazaar, visit www.phillywaldorf.com.

~ development@phillywaldorf.com

Interested in a Co-Working Space in Mt. Airy?

by Chris Hill and Nick Mulcahy

ARE YOU a tech developer, writer, editor, designer, web developer or other work-at-home practitioner? Do you sometimes long for some space outside your home where you can work—either occasionally or full-time—but also have social contact, and more of a connection to the community in which you live?

Chris Hill (web developer, Co-op board member) and Nick Mulcahy (writer, editor) have started to explore the possibility of a co-working space in Mt. Airy. We’ve already done a bit of research, and visited a co-working space in Olde City. Now we want to bring other potentially interested parties to the table to talk together about what a co-working space in Mt. Airy might look like, and how it might be organized.

If you’re at all interested in the idea, please bring your ideas and questions to

*Share Your Thoughts
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Wednesday, November 16

**555 West Carpenter Lane
(next to the Co-op)**

7 pm to 8:30 pm

this exploratory session, November 16, 555 Carpenter Lane, 7 p.m.

It’s not required, but we’d appreciate it if you sent us an e-mail letting us know of your interest. Please include a very brief description of what you do, and send it to Chris Hill at chris@chrishillmedia.com.

Look forward to seeing you on November 16.

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Neighbors Worried About Magarity Re-Zoning

We have lived on Southampton Ave. since 1983 and have seen many changes to the commercial blocks of Germantown Avenue. We are not opposed to development—to the contrary, we appreciate and enjoy the commercial vitality of the Avenue, and encourage further growth in keeping with the distinct character of the neighborhood. We also understand the 8200 Germantown Avenue property is a large lot fit for a different kind of store than the boutiques that the Avenue is known for. Indeed, Magarity Ford operated at the site when we bought our home.

The zoning changes that Donna Reed Miller will introduce in city council represent a significant departure from what Magarity was and from anything we’ve seen in our neighborhood. It would allow Bowman to build well beyond the five stories projected in his building plans for the Germantown Avenue part of his site. On the Shawnee side of the lot, the new zoning would raise the height limit to 50 feet from 35 feet and allow for building to cover 100% of the land. This change would mean no yards, no setbacks, and more densely packed residences. There would also be a wall that supports the structure 12’ high at the corner of Shawnee and Hartwell. There would be additional noise, light, traffic complications for Highland, Shawnee, Willow Grove—an area already prone to congestion, once West Hartwell Lane access is eliminated. The intense use and paving of the site would clearly mean loss of old trees and green space.

We do not oppose Bowman’s right to develop its land in accordance with the rules in place when it purchased the property. We do oppose Bowman Properties, attempts to radically alter the zoning rules in a way that will forever change the character of the historic neighborhood. We object to Bowman reaping an economic windfall—increasing their land value and diminishing that of residents in the area—not through shrewd development, but by simply changing the rules. We, and Bowman, understood the accepted uses of our respective properties when we purchased them—it is unconscionable to allow them to radically upset that balance simply because they have greater resources and influence in the political system.

If the new zoning goes through, it will not only represent a strike against fairness, it will set a precedent for future changes. In a few years, densely developed commercial complexes may replace what we now have along Germantown Ave. Look at www.newsworks.org/index.php/neighborhoods/mt-airychestnut-hill-/item/27976-bowman-properties-story-&Itemid=1 for some before and after photos.

- Gayle Brown

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Greening of Avenida Restaurant

by Kim and Edgar Alvarez, Chefs and owners, Avenida Restaurant

SINCE WE opened Avenida Restaurant in 2009, we have focused on only buying the freshest ingredients. That is how Chef Edgar grew up in Guatemala—eating food fresh from area farms. Nothing imported, or from a can. Ever.

While the economics of keeping a restaurant safely in the black is always part of our buying decisions, we also feel strongly about supporting local farmers and buying locally. Increasingly, thanks to co-ops like Weavers Way in Mt. Airy, we are now able to do that.

Starting this fall, we have been buying more and more local produce and meats, using the products grown by Weavers Way farmers whenever possible.

Case in point: The mint in your Co-Jitos was grown at the Weavers Way Farm. And, we were honored to host a special dinner on Oct. 20, featuring fair trade expert Pedro Ascencio of Las Colinas Cooperative in El Salvador. Not only did the event fill up almost as soon as we announced it, but the evening was incredibly enlightening because Ascencio helped to see how important it is to buy locally and support the farming community. In addition to mint, Chef Edgar is looking forward to incorporating more of Weavers Way fresh produce into all of our dishes—especially the herbs and vegetables that we use a tremendous amount of daily, such as cilantro, parsley, and seasonal greens. We are also hoping to work with Equal Exchange and buy several of their organic and free-trade products, including their chocolate and Las Colinas coffee, which we all sampled at the Oct. 20 event.

Granted, the privilege we enjoy here as restaurant owners in Mt. Airy cannot be compared to the struggles that farmers face

in El Salvador, but there are most definitely lessons to learn from their hard work.

In fact, Ascencio told us that before 1980, the 30 founders of Las Colinas were underpaid, overworked, mistreated employees on someone else’s farm, making about \$28 a month. But that year, a government land reform program purchased the farm and gave it, along with its debt, to the farmers. When they first bought the farm, they received no assistance, no access to credit, no training in agronomy or in running a business.

“Control of the commonwealth is the responsibility of everybody,” he said. “Everybody has the right to decide and know how the resources are being managed. And everybody has the right to know the finances and the right to transparency of all the operations. So we all have a responsibility and a commitment to our organization. That’s what cooperative democracy is about to us.”

Each month, we are committed to add one new Weavers Way product to our menu. So stay tuned for the designation on the menu to indicate what we are buying from our local co-op. We are also eager to continuously decrease our carbon footprint, and in November we will be working with Philly Compost, a local, woman-owned business that provides composting services in the Greater Philadelphia area.

Another bonus

Because we are so excited to work closely with Weavers Way, each month we’ll be featuring a new special for co-op members. In November: Enjoy any desert for \$5. Just show your server your membership card. Cheers!

~ www.avenidarestaurant.com

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:

Margaret Lenzi
E-mail: mlenzi@comcast.net or 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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E-mail: _____

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

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Produce News

(continued from page 3)

especially portobellos, to provide vegan or vegetarian entrées. I make twice-baked delicata squash that people seem to love. Butternut squash soup is a sweet/savory way to start your meal, and what would a Thanksgiving meal be without green beans with almonds and garlic (or those @%#* Brussels sprouts, broiled and sprinkled with vinegar and salt), creamed pearl onions with peas, and pumpkin pie?

If you have a crowd-pleasing vegetarian or vegan recipe, please bring it to me—I'll post the best ones on our web page and in the store, and we'll start some more Thanksgiving food traditions.

Everybody, Join In!

Here's my favorite Thanksgiving song. My kids learned it at Oak Lane Day School, from the gifted Marlis Kraft. It's a round, and if you want to learn the tune,

there's a good chance I'll sing it for you, at least until my staff rush to stop me:

Turkeys United

- (1) We gather together as birds of a feather, Oh, Turkeys United we stand!
- If you would be thinner, skip Thanksgiving dinner,
- We turkeys think that would be grand!
- (2) Why don't you try it? Go on a diet! Munch on some succulent carrots and peas.
- Why don't you try it? Go on a diet!
- Order a pizza with spinach and cheese.
- (3) Turkeys United! No people invited.
- Turkeys United! No people, please.

Sustainable Business Network Social Venture Conference

by Michael Kleiner

THE SUSTAINABLE Business Network of Greater Philadelphia Social Venture Institute (SVI) conference will be Nov. 18 and 19 at The Hub Cira Centre, 2929 Arch Street (an all- "green" facility). SVI is a two-day training program that teaches entrepreneurs how to run successful businesses that have a positive social and environmental impact. This is the largest conference on the East Coast dedicated to the Triple Bottom Line: People, Planet, Profit. In addition to learning from seasoned entrepreneurs and unique business case studies, participants receive concrete, practical feedback in the areas of finance, marketing, and management.


There are three main speakers, known as "True Confessions," seasoned business people who have incorporated social responsibility into their business. This year the speakers are: Paul Seginaw, co-founder and founding partner of Zingerman's Community of Businesses in Ann Arbor, MI; Mary Anne Howland, owner and president of Ibis Communications in Nashville, TN; and Glynn Lloyd, founder and CEO of City Fresh Foods in Boston, MA. Learn more and register at svi.sbnphiladelphia.org or call Jen Devor at 215-922-7400, ext. 102.

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Staying Connected to your Teen
Wednesday, November 9th at 7:30 pm \$40.00

Held at Mt. Airy Counseling Center, 6833 Wayne Ave. (Wayne and Carpenter Ave)
Hosted by local therapist, Claudia Apfelbaum MSS, LCSW

This workshop will give parents information about the value and benefits of staying connected to their teenagers, despite the social pressure to distance, as well as strategies for "how to" stay connected.


Claudia Apfelbaum is a licensed clinical social worker, who works with teens and their families in Mt. Airy and beyond. For more information: www.Claudialistens@gmail.com
To register, please contact Claudia Apfelbaum at 215-317-8855 or claudialistens@gmail.com

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The Moving Arts Studio Grows New Legs

by Pamela Rogow, owner/producer of the “Green on Greene” building

PERHAPS YOU’VE noticed that the “Green on Greene” building across from the Co-op has been shape-shifting all year. Being 22 steps from the front door of Weavers Way Co-op has always guided the way we use (or rent) space here. The plan is to continue resonating with the spirit that founded the Co-op more than 30 years ago.

Green on Greene now hosts three programs:

Moving Arts Studio:

This Fall, MaMa (Moving Arts of Mt Airy) doubled the space used here, and tripled the number of classes offered for kids and adults to 25 weekly. And we launched a blog—www.MovingArtsBlog.com.

For the past several years, MaMa held classes in the back studio—“PaPa.” That is, until dancer Tamara Carrasco entered the picture in August. She quickly helped galvanize an expanded roster of imaginative classes and gifted teachers.

Trained at the North Carolina College of the Arts, Tamara herself is leading Modern Dance for adults, Jazz for pre-teens and teens, and Zumba—both 45-minute gentler classes and hour-long classes that are more energetic. For \$5, folks can just drop into these Latin-dance-based classes that feel more like a party than a workout

routine.

Check out “Laughter Werks” led by psychologist Carol Tileston. And five kinds of Hip Hop classes—Krump, New Style, Breaking, House, and Waaking. Who knew? Teachers Kandance Armstrong, Jared Moore, and Chris Butler were also seen taking over the street toward the end of the Mt. Airy Village Fair. Classes for adults and for kids starting at six years old.

Story Dance (creative movement, for children 18 months through six years old) is taught at several levels. Saturdays were just added to the weekday schedule.

The award-winning Martin Reuter is back at MaMa, teaching Capoeira to adults and kids.

Vinyasa Yoga, Tai Chi & Push Hands, Funky Dance Workout, Belly Dance, and “Babe in Arms” (modern for new moms) are running strong.

Entirely new, but still a great fit are Suzuki Group Guitar for kids, and “First Stitches”—beginning sewing machine skills for all ages.

MaMa’s classes continue to be exceptionally affordable, with no registration fees. Many are available on a drop-in basis. Please call ahead prior to any first-time class.

Special Programs

The Mt. Airy Community Church meets here Sunday mornings, services in the front, childcare in the back studio. Walk by and, you’ll enjoy their live music. Led by pastor and neighbor Allen Drew, the group has kindly accommodated sporadic “Pop Up” weekends by meeting at those times in the back PaPa studio. Visit www.mtairycommunitychurch.org for more info.

Theater and Film groups often rehearse here and hold auditions. If you overhear someone bellow that he can’t find the gun!... pay no mind.

Workshops are rare but special. The highlight this year was the 12-day event led by curator of costumes and textiles Edward Maeder.

‘POP UP’ SHOPS & SHOWS

Pop Ups are exciting hyper-transient, often edgy shops and studios—blink and they’re gone! We hosted our first “Pop Up shop” a year ago—one of the first in Philadelphia.

As we go to press, November’s Pop Ups will feature:


- **Saturday, Nov. 12, 7–9:30 pm.** “Open Mic Night”—Yes, you! Free—with food, coffee and drinks provided.

Hosted by Heather and Allan Drew (you may know him as the director of the a cappella group at GFS) and by Mt. Airy Community Church. Refresh your repertoire, bring your instrument. Nonperishables for Thanksgiving for local families in need will also be collected. For info, contact Cindy at cmlees@juno.com or 484-868-1737 or Alvin at alvintaveras@gmail.com or 646-641-3679.

- **Friday thru Sunday, Nov 18-20.** “Collected Collage.” Michele Longo returns to produce another great 70s-inspired Pop Up shop here. Enjoy vintage clothes, collectibles, jewelry, and Michelle’s favorite creative colleagues.

- **Saturday and Sunday, Nov. 26-27.** “McNutt & Friends, the Boutique.” Neighbor Devin McNutt will feature her own jewelry and local artists like John Jones, whose work in glass is influenced by training in both art and architecture. Also children’s clothing, handmade soaps, vintage, and more.

Green on Greene is located at 6819 Greene St., across Carpenter Lane from Weavers Way Mt. Airy. For information about any event or class above, call 215-842-1040 or email muze@erols.com.



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Manager’s Corner

(continued from page 10)

cies of FPAC and how it should govern so it can be an important voice and advocate; land access in the city for growing food, workforce strategies around food production/green jobs; and anti-hunger policies.

The representatives around the table are a formidable group that is doing wonderful things, but it is my hope that this group can be organized to speak, advocate, and demand that certain policies be put into place by the City that will improve all of our lives around food access and local economic development related to all areas of food.

Weavers Way to Start a Chicken Committee

I know that sounds strange, but a few years ago we began to sell organic chicken feed. A few members would special-order product. Our Pet Store buyer decided to try adding it to our product line. Recently we have seen about \$2,000 worth of sales in a five-week period. How can that be, you might ask, if current codes do not allow chickens in the city? Well, you can use them for education and you can have farm animals if your lot is large enough, a few acres or more. We hope the Chicken Committee will advocate for updating the zoning and permitting regulations to allow more households to own chickens.

A few years ago, Weavers Way sponsored a class, “How to raise chickens in an urban environment...” I expected a few people to show, but was surprised to see over 20 people attending, plus the teach-

ing instructor (who received work credit hours for the class) and a few chickens he had brought in walking around. It was a great session and one that got us thinking about the importance of connecting egg production as education for children—and adults—who live in the city.

We will see what happens, but clearly there is a demand for feed...I wonder who is eating all of this product? Perhaps people are sprinkling it on their soy milk, granola, and local honey, but I do not think so...

Village Planning

In October, Dick Winston, long-time Mt. Airy resident and architect for the Chestnut Hill store, met with a few residents and business owners from the corner of Carpenter and Greene, just to have a discussion about envisioning the West Mt. Airy area. This small group will become larger once we have something to deliver as a process for the entire community. It is my hope that after we have gone through a number of community meetings, we will have a written long-term plan that we can all work toward to better plan new businesses, streetscape improvements, events, and other programs for this very special area of Philadelphia. If you live in the area of the Mt. Airy store, please do not feel left out; nothing more than a small discussion has started, and we will open this to the entire community. I want to thank Dick Winston for his time and effort in this process.

Tar Sands Demonstration

by Sandra Folzer, Environment Committee

EXACTLY ONE year before the election, we want to encircle the White House to ask President Obama to reject Keystone XL and live up to his promise to free us from the tyranny of oil.

Canada is displacing more than a million tons of boreal forest from tar sands in Alberta *every* day to obtain bitumen for our gasoline. A tar sands project typically cuts 200,000 trees, digs up three square miles of land, drains wetlands, and uses the earth to build walls for the waste. Tar mines will eventually obliterate 1,350 square miles of trees, industrializing a forest the size of Florida, 2 to 3 million acres.

A pipeline is proposed across the United States to export this oil, traveling through aquifers, forests, and farmland, and polluting water and land along the way.

Visit <http://tinyurl.com/tar-sands-rally> and sign up to join us in DC to push President Obama to stop the Keystone XL.

Weird Waste Day

Saturday, Nov. 12, 1-4 p.m.

by Amy Edelman

CLEAN OUT before the holidays and empty out your basement and garage of all those old electronic items you didn’t know what to do with. Bring your CPUs, TVs, printers, faxes, cell phones, etc., to a Responsible Electronic Waste Recycling event on Nov. 12 and all will be responsibly reused or dismantled instead of being thrown in a landfill. The event takes place in the parking lot beside Valley Green Bank, 23 W. Highland Ave., in Chestnut Hill, on Saturday, November 12, 1-4 p.m. This event is being organized by Green in Chestnut Hill (GRINCH).

Suggested donation is \$5 to \$20 (all proceeds benefit GRINCH and are fully tax deductible).

For more information and a complete list of recyclables accepted, visit www.greeninchestnuthill.blogspot.com.

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FOW Projects Support City’s Stormwater Mitigation Effort

by Denise Larrabee, Friends of the Wissahickon

WORK CURRENTLY underway by the Friends of the Wissahickon (FOW) and Philadelphia Parks and Recreation (PPR) as part of their Wissahickon Stormwater Mitigation and Sediment Reduction Project reinforces the Philadelphia Water Department’s Green City, Clean Waters plan, according to Water Commissioner Howard M. Neukrug. “This program dovetails perfectly with the vision of our Green City, Clean Waters program—fishable, swimmable, safe, attractive, and accessible rivers and streams,” says Neukrug. “In particular, the repair and restoration of eroding gullies within the Wissahickon Watershed is another example of our joint commitment to control stormwater runoff while improving the ecological habitat within the Fairmount Park system.”

Wissahickon Stormwater Mitigation and Sediment Reduction Project

Both PPR and PWD have long maintained a list of projects in Wissahickon Valley Park that need to be completed in order to limit erosion and sedimentation into the Wissahickon Creek. In 2008, PPR decided to work with FOW to meet some of the objectives already set with PWD. The organizations identified stormwater

intrusion sites from a list of projects that were adding to the sedimentation load of the Wissahickon Creek and subsequently developed the Wissahickon Stormwater Mitigation and Sediment Reduction Project. In 2009, Merck and Co., Inc., awarded FOW \$780,656 for four of these project sites, which are being undertaken in connection with the settlement of an enforcement action, United States and PADEP v. Defendant Merck and Co., Inc. PPR received funding to repair another four sites, and together, these eight project sites constitute the stormwater gully repair project.

“The combined efforts of Parks and Recreation, Philadelphia Water Department, and the Friends of the Wissahickon to undertake environmental restoration at eight sites is unprecedented in the Fairmount Park System,” notes Mark A. Focht, First Deputy Commissioner, Philadelphia Parks and Recreation. “To commit over \$4 million to these projects demonstrates the strength of the partnership and each organization’s commitment to the Wissahickon Valley.”

Construction on these sites began in 2010 and the projects will be completed by the end of 2011. All the sites

include stormwater gullies and degraded trail corridors, and the projects involve eliminating these gullies by closing and re-routing trails. Many of the gully closures are considered part of FOW’s Sustainable Trails Initiative (STI) because they often intersect with the trail system.

“We are entering into a new era of partnership with the Parks and Recreation and the Water Department,” says FOW Executive Director Maura McCarthy. “All of these projects coincide with PWD’s Green City, Clean Water plan and will help us meet a single,



photo courtesy of Friends of the Wissahickon

FOW volunteers working at the Kitchen’s Lane gully site

important goal—to control erosion and sedimentation in the park, and protect the Wissahickon Creek as a drinking water source.”

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Magarity Proposal

(continued from page 1)

were able to close by the end of that year. We continued to look for a site in Chestnut Hill, and when the Caruso’s property became available, I contacted Bowman Properties and met with owner Richard Snowden on two occasions to review the scope of our project with him. We discussed the possibility that Weavers Way would seek a zoning variance to allow a seating area where shoppers could sit and eat. Mr. Snowden told me, “There is a reason the zoning is the way it is on your side of the block,” and that Bowman would fight us if we pursued it, so we did not. We changed the plans so that we did not need the variance.

The Bowman Proposal

Residential units are important to the Avenue, and I applaud the effort to build them, but I agree with many of the near neighbors and many architects who feel this project is out of scale with the Avenue. The development is being built right to the property line, with no green space or set back, no community space, or any of the aesthetics or landscaping so in tune with Chestnut Hill. If the parcel is rezoned as Bowman is seeking, there would be no constraints at all on what could be built there; it would have the same zoning classification as Liberty Place or any other Center City skyscraper. It seems totally out of touch with the rest of the Avenue and the nearby properties, many of which have been around 100 years or more.

The additional retail space planned at this site—both on the Avenue and the

20,000-sq-ft grocery store planned for the back—is an amazing redundancy on a street with so many empty spaces (some empty for over 15 years). It is redundant as well to bring in a business that would undermine the businesses already operating in Chestnut Hill, like Weavers Way, but also like the Farmers Market, the Chestnut Hill Cheese Shop, and others. Seth Shapiro says the new store will “increase traffic to the Avenue and Chestnut Hill will become known as a destination place for food.” I disagree. A store of this size will cannibalize sales from the Farmers Market and from Weavers Way. It will take additional sales from Pathmark, as well. (If Fresh Market wants to come to Chestnut Hill, I suggest they speak to Pathmark corporation and see if they can take over their lease. The market is there already, the traffic patterns do not have to be changed, and the parking is in place. Recent reports in the grocery journals report that Pathmark sales are down, and they have been closing stores, so they may well be looking to eliminate stores in the area.)

I have suggested to Mr. Shapiro, as President of the BID, that instead of this market and planned retail, we try to bring in something that is missing from our community: helping a bookstore get situated, or a movie theatre. How about a large antique mall that would make it a center for dealers? Why not focus energy on creative solutions to fill all the already empty retail properties, before adding tens of thousands of square feet of new space to fill? I question whether this development is in the best interests of the Chestnut Hill Business District, and whether Mr. Shapiro, as the President of the Chestnut Hill Business Improvement District, should be serving as broker for a deal that could so negatively impact the existing businesses on the Avenue.

How Would This Affect Us?

One of the questions I am asked most often about Bowman’s plan for the Magarity site is, “What about the Co-op, are we going to be okay?”

After speaking with co-ops in the South who have had Fresh Markets open one to two miles away, my prediction is that a store of this size will take at least 20 percent of the Co-op’s sales, and probably

eliminate the poultry, meat, and prepared food sales from the Farmers Market. It will not increase sales for these vendors or for the Co-op, no matter what Mr. Shapiro has been quoted as saying. This would mean we would have to lay off a similar portion of staff at the Chestnut Hill store, as well as some at the Mt. Airy store, which would also be affected. We would also have to reduce the administrative staff.

It is worth noting that that WW jobs start at \$10/hour for full-time positions, and that we provide health and dental insurance, 401K, and many other benefits to our staff on day one. As far as I have been able to determine, from websites like glassdoor.com, Fresh Market starts at minimum wage, or slightly above.

The impact will affect the broader community as well. The profits from Weavers Way stay in the community, either reinvested back into the Co-op or returned to members as rebates. Fresh Market is a publicly traded company from North Carolina. It is hard to say what happens to their profits, but I know they do not stay here, and I know that the principals in the company, down in Greensboro, N.C., are compensated very, very well.

Our local suppliers will suffer as well. Part of our mission is to purchase as much local product as possible. When we purchase honey, dairy, eggs, meats, produce, breads, yogurt, and other products from people in the Philadelphia area, your purchasing dollars stay local, supporting local producers, farms, and truck drivers, and in turn supporting the local economies that they support. It would be a shame to see that positive impact on our local economy undermined by an out-of-state company shipping product up from North Carolina, and sending profits back there.

So yes, there will be a negative impact to the Co-op, as well as to the local business community, but Co-op management has already taken steps to prepare for the possibility, and in general, the Co-op will be fine.

What Should We Do?

The other question I hear most often is, “As a member-owner of a business, what should I do?” There is not much you can do when someone wants to go through

the appropriate channels to open a business that competes directly with you. But Bowman Properties has decided to circumvent the Chestnut Hill Community Association and the zoning variance process by hiring the law firm Ballard-Spahr to go directly to City Council, seeking a political solution that would rezone the entire property and remove virtually all restrictions on that site. Personally, I think that is wrong, and if you think so too, you should let it be known. Attend the hearings. Write to your City Council representative and copy all of the other Council members about your thoughts. Write to City Hall and the City Planning Directors. Stay informed: read the *Chestnut Hill Local*, *The Inquirer*, and yes, the *Shuttle*. Feel free to contact Mr. Shapiro and Bowman Properties. Express your opinion to anyone who will listen, and offer solutions or suggestions. If you are a resident near the site, please take the time to understand the scope of this project and decide what you think about it. A group of near neighbors has gotten together and hired a lawyer and is meeting with Bowman and City Council representatives (you can contact them at VibrantCH@gmail.com).

Finally, I just want to note that I write this not just as the General Manager of Weavers Way, but more important, as a member of the community. There are many things that trouble me about the specifics of this proposal, but perhaps most troubling is the disregard for the involvement of the community, and the sidestepping of the structures and processes this community has put in place to make sure that development is done in a way that is smart, sustainable, and economically viable in a way that serves the best interests of the entire community, not just a select few. I am always available to talk about this with any member of the Co-op, or any member of the community, as are the members of Weavers Way’s Board of Directors.

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Jonathan McGoran

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Susan Beetle, Anne Workman

Graphic Design
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Proofreaders/Editors
Emily Law, Jennifer Sheffield

Contributors
Edgar Alvarez, Kim Alvarez, Glenn Bergman, Nina Berryman, Emaleigh Doley, Amy Edelman, Sandra Folzer, Sarah Gabriel, Mark Goodman, Chris Hill, Keith Kelleher, Michael Kleiner, Nikka Landau, Denise Larrabee, Jean MacKenzie, Jonathan McGoran, Michael McGeary, Rachel Milenbach, Nick Mulcahy, Alexandria Dilks Pandola, Pamela Rogow, Larry Schofer, Genevieve Sherrow, Anne Standish, Betsey Teutsch, Carmen Vendelin, Rivkah Walton, Sue Wasserkrug, Norman Weiss, David Woo

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CH, MA to Be an Art Destination

by Nikka Landau

IT’S OFFICIAL. Chestnut Hill and Mt. Airy will be the home of the next great art treasure to come to Philadelphia. Chestnut Hill Friends Meeting (Quakers) announced at an October kick-off event that after the Barnes arrives on the Parkway in the spring of 2012, we will open our long-awaited new meetinghouse in the summer of 2013, featuring a Skyspace by world-famous artist James Turrell.

Art lovers travel the world to see Turrell’s work, which will put Northwest Philadelphia on the must-see map of Philadelphia art attractions. Turrell’s work can be found in museums around the globe, including MoMA PS1 in New York and the Houston Museum of Fine Arts. Turrell’s work is currently on exhibition at the Museum of Contemporary Art San Diego and Kayne Griffin Corcoran in Santa Monica.

James Turrell’s art is not the only feature of the new meetinghouse, which will be a model for environmental practice. The building has been designed to meet the highest LEED standards for sustain-

ability in construction and operation. It will provide our growing congregation with more ample space for our own activities, and new meeting space for community groups and rentals. Its proximity to a little used spur of Fairmount Park will underscore our congregation’s commitment to working with other groups to improve access to this part of the park.

The Chestnut Hill Friends Meeting community began working in earnest on this project in 2008, and has raised \$2.5 million of the \$3 million needed to break ground at 20 E. Mermaid Lane in the spring of 2012.

In the coming months, Chestnut Hill Friends Meeting will be hosting events and accepting donations for the new building effort. Please visit our campaign website, www.chfmnewmeetinghouse.org, to find out more information and to make a gift.

If you’re interested in getting involved, or for more information, please e-mail info@chfmnewmeetinghouse.org.



photo by Annette Aloe

Weavers Way Membership Coordinator Kirsten Bernal’s son Luc proudly shows off a bunch of mustard greens from the The Farm at C.W. Henry School. The Farm at Henry School is coordinated with David Siller, who served as Weavers Way Farm Educator from 2009.

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San Miguel, 1992, by Jacqueline Cotter. Pencil over oil on mylar. Collection of Karen Segal

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Suggestions

(continued from page 28)

- r:** (Jeanyne MA) It should be in stock by the time you read this. Thanks for your feedback.
- s:** “Our favorite bread is Le Bus multi-grain, sliced or unsliced are both fine. Four times in the last 10 days I have been here and there’s none. From a business standpoint, I’m sure you could sell more of that particular brand. I never see this particular bread in the sale bins. (I will preorder in the future.)”
- r:** (Molly MA) Thank you for writing. I will keep this in mind when I am increasing orders. (Norman) Good job picking a local fresh bread with whole grains!
- s:** “Can you get Julie’s frozen yogurt in coconut-pineapple?”
- r:** (Chris) That flavor is no longer available from any of our distributors. Sorry!
- s:** “I really enjoy your pickles and eat

- them as often as possible. Thank you for supplying these pickles.”
- r:** (Norman) Thanks, glad you like them, although I don’t know if I would be eating them “as often as possible,” they are tasty and made locally but one average spear has 210 g of sodium. However, since most Americans ignore the health effects of their diet, we are declaring February “National Eat Salt Month.” We’ll be featuring all our highly salted items like salted nuts, potato chips, lunch-meat, tamari, olives, and other high-salt items at half price. Now that shoppers will be hooked on a high-sodium diet, March will be “National Hypertension Month” and we’ll offer free samples of blood pressure medication with a qualifying purchase of any high-sodium item. Of course, April will then be “National Disconnect Month,” celebrating the disconnect between what people choose to eat and our out-of-control health care system.
- s:** “I am heart broken. We used to have

- 2 beautiful varieties of pizza dough here. A vegan white and wheat (wheat was awesome from 4 Worlds). Now we have this tragic DePalma dough which has not-as-good ingredients and isn’t vegan. Please help!”
- r** (Molly) I understand your concern. A good dough is hard to come by. We still get the wheat dough from 4 Worlds. It comes in on Friday. Maybe I need to order more of it, though, if you haven’t seen it when you come in. We no longer carry Cacia’s because there were issues with the quality and consistency of the product. If you know of any other dough suppliers, please let me know. Thanks!
- s:** “Can we carry Annie’s Organic Ketchup, instead of Muir Glen Organic Ketchup? Annie’s is packaged in recyclable #2 plastic; Muir Glen is packaged in non-recyclable #7 plastic. Thanks”
- r:** (Chris MA) Sure, let’s try it out. I’m more inclined to switch in order to support Annie’s rather than Muir Glen, which is owned by General Mills, a

- large multinational that is more profit-focused than healthy-food-focused. I regard “plastic recycling” as a lie; plastic food containers are not recycled into other plastic food containers, they become lower-grade non-food-handling items like park benches or toothbrush handles, items that are not even touted as recyclable and end up in landfills post-use. Also, plastic “recycling” is a process that requires some amount of new plastic, derived from oil, and all its ills and evils.
- s:** “I really like going up and down the steps in the Mt. Airy store. I shop in both stores and miss having steps at the Chestnut Hill store. Can we install some steps?”

- r:** (Norman) Good suggestion, there is not much of a second floor at the Chestnut Hill store, but there are interesting things going on on the roof, and shoppers might want to see some of the goings on, so we are installing a flight of steps to provide access to the roof. If you like watching refrigeration compressors, climb up and have a look. If you are more of a nature lover, you can walk up and see the beehives. In typical Weavers Way innovative doesn’t-exist-anywhere-else manner, we have opened the first beehive petting zoo, few people realize bees love to be petted and when petted will become very calm and will display an appealing blush as their buzzing changes to a sweet-sounding purr.

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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. In the news as I’m writing this article is report of McDonald’s Happy Meals becoming more healthy—trimming the quantity of French fries by half and also including choice of apple slices instead of French fries. I got curious so did a little looking around online. I was glad to see McDonald’s is phasing out the apple dipping sauce (which is mainly artificially flavored corn sweetener). I do wonder about sliced apples that stay white for days and come in plastic packages, it just seems so much easier to simply offer a fresh apple (and compost the core), but apparently that is beyond the scope of what McDonald’s can or is willing to accomplish. I wonder if it’s part of McDonald’s mission statement to find ways to package food that does not need packaging? The other interesting thing I saw online about “Happy Meals” is replacing

the fries with apples may have no effect on children’s health because apparently many kids stop eating once they get to the toy and at that point the rest of the “Happy Meal” is either eaten by parents or left for trash. Weavers Way has decided to take a leadership role in the “Happy Meal” style of providing food and has its research and development department working on a “Crappy Deal” package consisting of kid-sized portions of potato chips, liverwurst, and beer. We got USDA and FDA grants to develop the program, since it will stimulate demand for farm products and also has the longer-term benefit of stimulating demand for pharmaceuticals and medical services after the kids spend decades of eating based on the “Crappy Deal” model.

Suggestions & Responses:

- s: “I deeply appreciate the bulk cleaning liquids upstairs. Thank you for offering that! Now I just need to remember to bring my empty bottles”
- R: (Martha MA) So glad you like the Sun & Earth bulk products (free & clear laundry, free & clear dish liquid, fabric softener, hand soap, glass cleaner and all-purpose cleaner)! This company, based in King of Prussia, makes excellent products. They are available in bulk in both of our stores. Re empty containers, Sun & Earth does provide us with empty bottles—a small supply of them with each delivery. Thanks for your feedback.
- s: “Can we carry the organic Mori-Nu tofu?”

(continued on page 27)

Volunteers Needed for WWCP Fundraiser Concert



Weavers Way Community Programs (WWCP) is looking for volunteers to help plan a Fundraising Concert with Sharon Katz and the Peace Train. The concert will be on April 22, 2012. For more information please contact Rachel Milenbach, rachel@weaversway.coop, 267-872-4134.

Equal Exchange Fair Trade

November Coffees of the Month



Bulk Beans:

Breakfast Blend Medium

reg. \$11.99 sale **\$8.99/lb.**

French Roast Decaf.

reg. \$14.53 sale **\$13.53/lb.**

Hazelnut Cream Ground 12 oz

reg. \$8.63 sale **\$7.63/lb.**



November 2 - 29



Fresh Turkeys

Preorder turkeys ONLINE :
www.weaversway.coop

For your convenience we have online ordering for Thanksgiving turkeys.

Go to www.weaversway.coop and click on the “Turkey Order” button.

Choose your pickup location and the size turkey that you want. If you do not have access to a computer, we will be glad to help you when you come in.



We will once again have Esbensshade’s all natural local turkeys and Empire Kosher Turkeys available for preorder. We also have a limited number of Red Bourbon Heritage Turkeys, available for preorder in our stores.

SIZE RANGES ARE APPROXIMATE:

- **Esbensshade \$2.59/lb, (only \$2.46/lb. for working members!)**
Sizes in lbs: 10-12, 12-14, 14-16, 16-18, 18-20, 20-22, 22-24, 24-26
- **Empire Kosher \$3.99/lb.**
(all turkeys are 10-14 lbs)
- **Bourbon Red Heritage Turkeys \$8.15/lb.**
(available in 7-10 lbs and 10 -14 lbs)

Turkeys must be picked up on November 22 or 23.

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.)

- **Wednesday, November 16 at 6:45 p.m.**
- **Wednesday, December 7 p.m. at 6:45 p.m.**

Weavers Way Co-op Offices/Mt. Airy
555 W. Carpenter Lane

- **Saturday, November 12 at 10 a.m.**
- **Wednesday, December 3 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.