

Weavers Way Holiday Hours
Closed: December 25 & January 1

Saturday, December 24

Sunday, December 31

Chestnut Hill:

7 am - 6 pm

Mt Airy:

9 am - 6 pm

Chestnut Hill:

7 am - 7 pm

Mt Airy:

9 am - 7 pm



Happy Holidays from Weavers Way Co-op

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Call for Candidates

Weavers Way Co-op needs members to run for a seat on the Board of Directors. Send inquiries to: woo3d@earthlink.net

The Shuttle

December 2011 Vol. 40 No. 12

A Cooperative Grocer Serving the Northwest Community Since 1973

Manager's Corner

by Glenn Bergman, Weavers Way General Manager

WEAVERS WAY's culinary team has come out with a new catering menu, and just reading it makes me hungry. Our new facilities in Chestnut Hill have enabled us to provide a much more extensive menu than we have had in the past, and our Mt. Airy store will continue to offer the same great platters and other catering items we have offered in the past. Just be sure that when you place your order, you note which store you are ordering from.

Patronage Rebate

The Board has voted not to declare a patronage rebate for FY 2011, even

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Co-op Board Leadership 101

by Karen Plourde

A GROUP of 22 people representing six different food co-ops in the Philadelphia area got a primer on how to develop leadership structures for their organizations and firm them up for the future at Co-op Board Leadership 101 October 15 at Summit Presbyterian Church. The day-long program, designed by the CDS Consulting Co-op and hosted by Weavers Way, was led by Michael Healy, a consultant with CDS. He began by bringing up a basic challenge to making the co-op model work. "As directors of food co-ops, we have a large group of people who aren't going to agree about stuff. How do we work with that?" Healy said.

The morning half of the workshop dealt with board roles and responsibilities and policy governance, or the specific

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photo by Karen Plourde

Among the board members from local co-ops who gathered at the Co-op Board Leadership Program are (l to r): Thomasin Parnes, Mariposa Food Co-op; Stephanie Rupertus, South Philly Food Co-op; Alison Fritz, South Philly Food Co-op (facing away); Kira Kraiman, Doylestown Food Co-op; and Charles Malley, Doylestown Food Co-op.

A Busy Year for WWCP

by Rachel Milenbach, WWCP Executive Director

EACH YEAR at this time, I look back on WWCP's year and also give a funding update. WWCP has had another amazing and very busy year. Our new farm educators Kestrel and Clare wowed us with their creativity and passion for educating kids about urban farming and environmental education. Kestrel managed the Children's Garden at the Mort Brooks Farm, as well as the Hope Garden at Stenton Family Manor, and provided educational programs for 2,000 visitors at Brooks and many families living at Stenton. Clare educated teens at Saul High School about urban farm production and distribution, and how to operate a Community Supported Agriculture (CSA)

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Welcome Lior!



photo by Jon McGoran

Weavers Way is happy to introduce Lior Liebling (left) as the newest member of the Weavers Way staff. Pictured here with Mt. Airy store manager Rick Spalek (r) and job coach Danielle Sivick of Community Integrated Services (center), Lior is already fitting right in. Although he may be new to the staff, Lior is certainly not new to Weavers Way; as a lifelong Co-op member and resident of Mt. Airy he's been doing his family's Co-op work hours for years. Look for Lior on Mondays and Wednesdays on the floor of the Mt. Airy store. If you see him, be sure to give him a big welcome!

CreekSide Co-op Set to Open in Summer 2012

by Jonathan McGoran, Shuttle Editor & CreekSide Board Member

WITH ALMOST \$300,000 raised through its Member Loan Campaign, CreekSide Co-op in Elkins Park now has the final piece of funding it needs to purchase and renovate its new home in the site of the former Ashbourne Market. The purchase is expected to be completed by the end of the year, and with construction starting soon after, CreekSide Co-op's 7,000 + square foot, full-service market should be open for business in the summer of 2012.

"The community really came through for this final funding piece," says CreekSide Board President Dan Reynolds. "We

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Editor’s Note



by Jonathan McGoran,
Shuttle Editor

NOVEMBER IS over and Thanksgiving has come and gone. Now that “turkey day” has passed, it is time to focus on ...Chickens. Weavers Way’s newly-hatched Chicken Committee will meet for the first time on Saturday, December 3.

When I first read about people raising chickens at the Co-op, I thought there must be a typo, and they meant to write about raising chickens in coops. I felt vindicated for spending so much of my life making sure people spell “Weavers Way Co-op” correctly (*yes on the hyphen; no on the apostrophe*). Then I realized they weren’t talking about chicken coops at all; people at the Co-op were raising chickens after all. (And once again, I was forced to confront the truth that I waste a lot of time chasing after people about that damn hyphen and apostrophe).

The idea for the Chicken Committee came about when we realized Weavers Way has been selling over \$1,000 worth of chicken feed each month. That’s a lot of scratch.


Glenn Bergman figured it might be a good idea to give all those chicken people out there a way to get together and compare notes (“*I thought my dog would love to have a chicken around. Turns out, yes and no...*”), to commiserate (“*So much clucking*”), to get answers to technical questions (“*Seriously, does a chicken have lips?*”), and to brainstorm possible ways Weavers Way can help them (One idea is to hold quarterly events where people could sell their hatchlings... wouldn’t be the first time someone went to a grocery store to pick up chicks).

The agenda for the meeting has yet to be established, but hopefully, it will include the naming of a chairperson. I don’t know who this leader should be, but it must be someone with a lot of pluck, someone who’s not afraid to ruffle a few feathers. And whoever it is, the chair needs to be named soon; a chicken committee without a head will just run around in circles and die.

The Shuttle is published by Weavers Way Co-op
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For information about advertising, contact advertising@weaversway.coop, or call 215-843-2350, ext. 135

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



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Produce News New Local Sources

by Stephanie Kane, Local Produce Forager

THE PRODUCE department has been purchasing from some new farms this past season, buying more from Zone 7 and Common Market, two locally-based distributors. Common Market is located right here in Philadelphia, on Hunting Park Avenue. They work with a variety of local farms to provide produce as well as meat, cheese, and dairy. They have also started extending their range to regionally produced products, including local bulk items like grains and dried beans. I find this especially exciting, because those of us who try our best to eat local primarily focus on fresh items like vegetables and meats, and don’t think about where the base of our meals, like the grains in the bread, are coming from.

Common Market receives produce from A.T. Buzby Farm, which is a family farm in Salem County, New Jersey. They operate 170 acres, have some crops grown organically, and the others are grown using Integrated Pest Management Practices to reduce reliance on synthetic pesticides. They are also GAP (Good Agricultural Practices) certified, meaning they work to prevent contamination of fresh produce from hazards associated with land use, water, harvest, and packaging.

Common Market also sources fresh vegetables from Muth Family Farms, operated by Bob and Leda Muth in Gloucester County, NJ, directly south of Philadelphia just across the Delaware River from the airport. They have 118 acres in production, which also supplies their 300 member organic CSA. They grow the organic slicing tomatoes and mixed heirloom grape tomatoes we had this past summer.

Zone 7 is based in New Jersey, and retails there and in Eastern PA. Mikey Azara started Zone 7 with a small group of farmers a few years ago, as a way to better distribute their products collectively. It has grown to a long list of tree fruits, vegetables, local honey, cheeses, and eggs. Both of these companies have been a great resource for us to better extend the type of produce we’re getting and protect against

shortages from buying from only a couple small farms.

Last year, we purchased blueberries and cranberries direct from Paradise Hill, getting a few cases at a time from the grower, Mary Ann Thompson. We’re able to continue our relationship with that farm by receiving her product through Zone 7 along with many others. Paradise Hill is located in the New Jersey Pine Barrens and is one of the oldest cranberry bogs in the U.S. It has been in operation in Mary Ann’s family since 1890 and spans over 800 acres, 200 of which grow cranberries. They still use much of the original antique machinery.

Blooming Glen Farm provides Zone 7 with a variety of vegetables. You can also find them and their full selection of vegetables at the Headhouse Farmers Market in the city and the Collegeville Farmers Market. Blooming Glen is located in Upper Bucks County, in Hilltown Township. Owners Tom Murtha and Tricia Borneman have been farming together for 11 years and have a strong belief in the necessity of organic farming. They feel it’s their duty as farmers to be good stewards of the land by maintaining and enhancing soil, water and air quality through sustainable farming practices.

Meet the Grower

Ben Wenk from Three Springs Farm: Wednesday, Dec. 7



photo by Jonathan McGoran

Seventh-generation fruit grower Ben Wenk from Three Springs Farm spent some time at Weavers Way meeting his fans (or fans of his apples, pears, peaches, plums, apricots...) and answering questions about the fifteen varieties of his apples currently on sale at Weavers Way. Ben will return for another installment of “Meet the Grower,” the afternoon of Weds., Dec. 7. Check our Facebook page Dec. 7 for exact times and more details.

Both Zone 7 and Common Market have grown exponentially over the past couple years, showing the great demand for locally-sourced products in the city of Philadelphia and the surrounding region. Farmers can be notoriously difficult to get a hold of, so distributors like these are a great help. We continue to keep local products and high quality a priority in the produce departments for our shoppers who have come to expect it. Let us know what you loved and what different things you would like to see next year!

skane@weaversway.coop

Holistic Pet Care at Home Pet Nutrition: A Plug for Raw Foods

by Natasha Kassell, VMD

DURING VETERINARY school, I was taught that the most nutritious way to feed dogs and cats is to open a bag of Science Diet, pour it into the bowl and let Fido and Boots have at it. This did not surprise me. It was how everyone I knew fed their dogs and cats, myself included. I did not question *why* it was the best way. I merely accepted that it was.

I have since learned that eating a diet based on fresh, whole, organic foods is just as important for your dogs and cats (and guinea pigs and rabbits) as it is for you. For guinea pigs and rabbits, that means lots of fresh fruits and veggies. For dogs and cats, it means a diet based on raw, meaty bones.

Why raw meaty bones?

Because that’s what dogs and cats would eat in the wild. The entire carcass of the prey: muscle, organs and lots of raw, meaty bones.

Why feed raw as opposed to cooked?

Many holistic veterinarians are of the opinion that feeding raw foods increases the general health of our patients and may help prevent disorders ranging from dermatitis to autoimmune diseases to cancer. Raw meat, bones and organs contain proteins and fats in their natural forms, as well as vitamins, minerals, enzymes and other nutrients that are not found in cooked foods—

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Pet Store Open House!

Saturday, December 17, 3 to 6 p.m.
610 Carpenter Lane

Come celebrate our “new look” and store redesign



Bring your pets!

Food and seasonal beverages will be provided for people and for pets

Holiday Gifts Galore on Mt. Airy’s New Second Floor

by Martha Fuller, Weavers Way Mt. Airy Wellness, Personal Care and General Merchandise Manager

YOUR Mt. Airy Second Floor Staff has pooled our resources and talents to bring you many great ideas for holiday gifts. We are proud to offer a number of local companies—what a grand thing it is to “Give Local” gifts to those folks on your gift list. We offer you two new personal care companies for your consideration, Fitbliss and Foreue. You may have met Joceyln of Fitbliss and Evelyn of Foreue (pronounced “For You”) at their demos as a part of our Grand Reopening of the 2nd Floor Store week in November. Jocelyn even started off our week of demos with her line of products made from all certified organic ingredients—we currently carry her scrubs, body butters and body oils. Foreue will give you soaps, rosewater toners and clay masks as a start. Stay tuned for more products from these vendors, as we will be expanding their lines. Also look for more guest appearances with Joceyln and Evelyn.

Since 2012 is around the corner, let us recommend some local calendars. The Fiddlekicks Group offers WW Mt. Airy shoppers the “Philadelphia Is Dancing!” calendar which comes this year with a DVD that includes our own Mt. Airy colleague and excellent musician, Bill Quern. The photography is beautiful, stunning, aaah- and oooh-worthy, and will remind us just how many excellent dance troupes are Philly-based. You may get an idea or two or three about companies you might want to see. You may have read in the November 2011 *Shuttle* an article about the LaSalle University Art museum calendar.

In her article, Carmen Vendelin presented great info about the Museum, which you can visit for free. What a great gift to someone in your life to give a calendar as a gift along with a trip to the Museum. The Wissahickon Charter School brings you a marvelous calendar that shows off very cool art by students. It’s bright, lively, and joyful. The celebrated Mt. Airy artist Sara Steele brings her artwork into your life via her 2012 calendar. And hot off the presses and new to WW Mt. Airy, the 2012 Germantown Historical Society Calendar. This beautiful calendar features photos of and from 300 years of history from Germantown. As with our other local vendor calendars, the proceeds from sales benefit each institution.

For many of us, a good cup of coffee is important, at the start of a good day, to sip as we meet with a good pal, to give us a boost as we work a long work day, or to help us as write an important paper for work or school. Two of our local coffee companies offer excellent Fair Trade-certified and USDA Organic-Certified whole coffee beans. We are big fans of Valley Green Coffee and of Philly Fair Trade Coffee. Come to our department and talk with a staff member about the varieties we sell.

Jewelry can be the way to the heart of a special person on your list. We have more local folks you will like. Our own Mt. Airy Front End Manager, Susan Mac, designs earrings, necklaces, ceramic mosaic one-of-a-kind mirrors and earring



photo by Jonathan McGoran

Alaffia skin products and Amazing Grass superfood, represented here by Lois Quigley, (l) were just two of the approximately forty brands that participated in the Grand Reopening of Weavers Way Mt. Airy’s Second Store, on the Second Floor. Member Janet Boys (r) enjoys some of the many free samples that were available during the week-long celebration, Nov. 6 - 12.

holders. Saffron Creations, the company of Devin McNutt, will wow you with her necklaces and earrings, as will the Spoil Yourself earrings, pins and hair barrettes of Laura Richlin. Stay tuned as we will be adding more new local and other lines to Weavers Way Mt. Airy’s jewelry selection.

Weavers Way’s Second Floor staff is always on hand to help you with suggestions for your gift list; in addition to our many fine calendars, body care products and jewelry, we also have housewares and culinary items, warm and gorgeous clothing items from Andes Gift, Maggies, Down To Earth, Footprint, Isa Goldfarb,

and Grace Gardner as well as accessories from Baggallini, and toys from Melissa and Doug and Toysmith. And don’t forget our many teas and herbs from Frontier Natural Products and coffees from Equal Exchange, LaColombe, and more. Come see us for your holiday and birthday gifts—you will find interesting and unique gifts, great value, special products, and practical items as well as kicky, fun companies. From all of us at Weavers Way Mt. Airy and from your Second Floor Staff, we wish you and your loved ones a special, healthy and loving holiday season. See you on the Second Floor!

~ martha@weaversway.coop



holiday menu

Let the Co-op make your holiday parties simple, easy and delicious.



Cold Hors D’oeuvres

MINIMUM ORDER OF 15 EACH

Asparagus wrapped in smoked salmon with creamy dill dip \$2.50 ea

Smoked salmon crostini with red onions, capers and chive cream \$2.50 ea

Belgian endive stuffed with triple cream bleu cheese, dried cherry and toasted almonds \$2.00 ea

Crostini topped with filet mignon, pickled onion and horseradish cream \$2.50 ea

Curried chicken salad in puff pastry cups \$1.50 ea

Hot Hors D’oeuvres

MINIMUM ORDER OF 15 EACH

Chicken satay with peanut dipping sauce. \$2.00 ea

Parmesan-panko chicken tenders \$1.50 ea

Mini crab cakes with Sriracha aoli \$3.00 ea

Moroccan spiced lamb lollipops with tahini garlic dipping sauce \$2.50 ea

Coconut shrimp with sweet chili dipping sauce. \$2.00 ea

Pigs in a blanket with spicy mustard dip \$1.00 ea

Mini potato pancakes with sour cream and chives. \$1.00 ea

Grilled polenta squares with marinara and fresh mozzarella \$2.00 ea

Entrees

MINIMUM ORDER 12 PEOPLE

Whole roasted filet mignon M/P

Whole poached salmon with cucumber dill sauce \$75.00 per side

Whole turkey breast with cranberry walnut stuffing M/P

Tandoori chicken breast with cucumber raita \$6.50 per person

Chicken picatta. \$6.50 per person

Chicken kabobs with spicy yogurt sauce. \$6.50 per person

Tilapia stuffed with spinach and fontina cheese \$8.50 per person

Tilapia à la meunière \$7.50 per person

Hoisin roasted salmon \$8.50 per person

Lemon oregano chicken \$5.50 per person

Chicken parmesan. \$6.50 per person

Eggplant parmesan \$6.50 per person

Cheese lasagna. \$65.00 1/2 pan*

Turkey or beef lasagna \$75.00 1/2 pan*

Vegan “sausage” lasagna \$75.00 1/2 pan*

Butternut squash white lasagna \$80.00 1/2 pan*

Vegan black bean farro burger . \$4.99 per person

Mushroom risotto cakes \$4.99 per person

Acorn squash stuffed with wild rice and dried cherries. \$7.50 per person

Grilled polenta topped with wild mushrooms and gorgonzola \$7.50 per person

*1/2 pan feeds 12-15 people

Accompaniments

MINIMUM ORDER 12 PEOPLE

Pommes Anna \$2.00 per person

Scalloped potatoes \$2.50 per person

Wild rice with butternut squash \$2.00 per person

Mashed potatoes/sweet mashed potatoes \$2.00 per person

Roasted cauliflower with olives and walnuts \$2.50 per person

Green beans almondine \$3.00 per person

Roasted butternut squash with cranberries \$3.00 per person

Whipped butternut squash with caramelized walnuts. \$3.00 per person

Scalloped baked tomatoes . . . \$2.00 per person

Steamed asparagus with citrus dressing \$3.00 per person

Garlic-sauteed broccoli rabe and white beans \$3.00 per person

Wheatberry Waldorf salad \$2.50 per person

Grilled vegetables \$2.50 per person

Roasted Brussels sprouts with honey mustard glaze \$2.50 per person

Ordering Information

We prefer to have one week’s notice for all orders but will accommodate last-minute orders whenever possible. Two day’s notice is required for cancellations or change of guest count.

Please call WEAVERS WAY CHESTNUT HILL at (215) 866-9150 ext. 209 and speak to an associate in the prepared foods department.

Entrée Platters (available in Mt. Airy & Chestnut Hill)

Antipasto Platter, Classic Shrimp Cocktail, Deli Meat and Cheese, Ducktrap Nova, Smoked Fish, Fresh Mozzarella & Tomato, Fruit & Cheese: Domestic, Fruit & Cheese: Imported, Fruit Platter, Grilled Vegetables, Mediterranean Feast, Dolmas & Hummus, Veggies and Dip

December Comes to the Farms

by Nina Berryman, Henry Got Crops Farm Manager

I CANNOT believe it is December already! Post-Thanksgiving, on-farm work has slowed way down. Our team is a lot smaller; at the end of November, all of our seasonal staff finished out their work with Weavers Way Farms. We would like to give enthusiastic shout-outs to all of them: apprentices Molly, Katie, and Sarah, and fall interns Emilie and Emily, were stellar additions to our team and will be greatly missed. The fields have few crops left, carpeted instead with cover crop or mulch, which will improve the soil over the winter while preventing erosion from freeze-thaw action. Our fieldwork is limited by not only cold temperatures but by short days—we leave as the sun sets at five, nostalgic for midsummer sunsets after eight o’clock.

That does not mean there isn’t anything delicious coming from the farms, however! Between the farm sites at Awbury Arboretum and Saul High School, we have six hoophouses in which we grow crops. A hoophouse is a structure made out of tall metal hoops covered with greenhouse plastic—it’s like a greenhouse, except we plant crops right in the ground instead of on tables. Unlike our greenhouse,

the hoophouses are heated only by the sun, but they get warm enough to sustain cold-hardy crops all winter. Expect cooking greens, baby greens, bok choy, tatsoi and more in the stores this month.

Winter growing aside, we manage to keep busy throughout the holidays and into the winter. We wrap up and reflect on the season, writing our year-end reports, recounting what went well and what could be improved from this year, and reviewing our financials. With this retrospection, we begin planning for next season; we plan our field maps, order our seeds, and tweak our planting plans.

Growing vegetables in the winter feels like a special treat for me. I am amazed that, with just a little plastic and a little infrastructure, we can harness the sun’s energy effectively enough to grow live, green edibles even when the weather is very cold. And the fresh greens are a welcome respite from the storage crops (also favorites of mine) that are otherwise locally available this time of year—if not from us then from Lancaster—like sunchokes, winter squash, cabbages, and beets.

Last Lunch of the Year



photo by Jonathan McGoran

Weavers Way’s Farm staff gathered for the their last weekly lunch of the year on Tuesday, November 16. Pictured here, clockwise from the front are: Kestrel Plump, WWCP’s farm educator at Mort Brooks Farm and Hope Garden at Stenton Family Manor; Clair Hyre, WWCP’s Henry Got Crops! education coordinator; Emilie MacDonald, farm apprentice; Molly Devinney, farm apprentice; Emily Hale-Sills, farm intern; Nina Berryman, Henry Got Crops! CSA farm production manager; Sarah Turkus, farm apprentice; Nicole Sugerman, Mort Brooks Memorial Farm production manager; Katie Brownell, WWCP farm education apprentice.

WWCP Farm Education End of Season Report

by Kestrel Plump (Farm Educator at the Brooks Farm and the Hope Garden) and Clare Hyre (Farm Educator at Saul High School).

IT HAS been quite a season for the WWCP Farm Education team. We would be lying if we didn’t say it was hard (Groundhogs!, Hurricanes!, Droughts!, Record breaking heat!, and October snowstorms!) But we have learned so much and are so grateful for all the marvelous experiences we have gotten to share with students this season. There is really no greater gift than being able to teach someone about something you love and see that same enthusiasm start to be reflected in his or her eyes. And

despite the devastating crop failures and the more-than-too-full summer days, it has been an honor to wake up everyday and get another chance to do just that, again and again. There are three WWCP farm education sites and below are the seasonal reports.

Henry Got Crops! CSA

The farm education programs at the Henry Got Crops! CSA at W.B. Saul Ag-

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Busy Year for WWCP

(continued from page 1)

program. Carly completed her third year as Marketplace Coordinator, teaching kids how to run a business and appreciate good food. We have now worked with a total of 11 middle and high-school teams, written and piloted the Marketplace 101 Curriculum, implemented an evaluation protocol, and sold thousands of dollars of healthy snacks at local schools. And Kate took care of our bookkeeping and accounting needs, of which we have many since we are essentially operating two small businesses.

We have a fabulous team! And we reach an amazing number of kids on a relatively small budget!

The droughts, floods, hurricanes, and groundhogs that Kestrel and Clare wrote about in their article made this perhaps the toughest year for farm education since WWCP started. We lost track of how many events we had to reschedule due to rain and eventually had to have our Pizza Party indoors instead of in the garden at Stenton. The kids still got to make their own pizzas with toppings that they helped grow, but we missed the magic of being outside. It is probably a good reminder for all of us—that farmers are at the mercy of the weather and we humans have less control than we think. And we should all remember that growing food is really hard work. We wish for more cooperative weather in 2012.

The Organizational Highlight of the Year: With a grant from the Delaware Valley Regional Planning Commission, we hired Fairmount Ventures to help us write a business plan for expansion of the Hope Garden. The plan is complete and it is awesome! I am working with the consultants through mid-December to write as many grant proposals as we can for the expansion. If we are successful in raising the funds, the Hope Garden will be one of a handful of national models for growing food and providing education and skills building opportunities for residents living at a shelter for families without homes of their own.

The Fundraising Highlight/Biggest Surprise of the Year: In the spring of 2011, Citizens Bank awarded the Champions in Action Award to WWCP in recognition of “our outstanding commitment to food and nutrition.” The award followed a cold and wet January site visit to the farms in two feet of snow, and came with \$25,000 in unrestricted funds, a lot of wonderful media, and fantastic contacts. It was truly a pleasure to work with the staff from Citizens Bank.

The Volunteer Work Day Highlight of the Year: On one of the first April days that actually felt like spring, a group of wonderful people from Philadelphia Pay It Forward descended on the Hope Garden for a day of demolition and infrastructure improvements as part of their Philadelphia Leadership project. We chose a combination of projects that would benefit both the Hope Garden and Stenton Family Manor. Demolition included taking down five pieces of old rusty playground equipment that were adjacent to the garden. Construction included building a base for a beautiful new shed that was delivered a few days later. Infrastructure improvements were many: fixing one of the garden gates; weeding and designing a small ornamental garden; picking up a lot of trash; and cutting up wood, which cleared a messy area and created two nice piles of logs for the next cooking adventures in the cob oven. We ended the day by putting up a new Stenton Family Manor sign in front of the shelter. Despite being a smart and successful group of individuals, not one person thought to bring sunscreen as protection from the April sun.

Looking Forward: Our greatest challenge this year was the fundraising climate, and specifically for WWCP, a shift in our success at getting grants. Federal and state funding is greatly reduced and many non-profits are turning to corporations and foundations to fill the void. I heard one report of a well-known insurance company that received 604 proposals for 64 grants. I suspect that we are no different from the numerous non-profits

With much gratitude, the WWCP staff and Board of Directors thank the following funders for their generous support of our programs in 2011!

- AMJ Foundation
Bank of America
Bennett Family Foundation
Chestnut Hill Rotary Club
Citizens Bank
Claneil Foundation
Coleman Foundation
Delaware Valley Regional Planning Commission (DVRPC)
Douty Foundation
First United Methodist Church of Germantown (FUMCOG)
- Hauswald Charitable Fund of the Philadelphia Foundation
Linda and David Glickstein Fund of the Philadelphia Foundation
Nararo Foundation
Pennsylvania Department of Agriculture—Direct Farm Sales Grant Program
Pennsylvania State University
Rubenstein Foundation
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across the city and nation that are finding it increasingly difficult to raise funds in the ways that have been successful previously.

By now, or very soon, you should have received WWCP’s very first annual appeal in your mailbox. We are counting on you to help us meet our ambitious fundraising goal of raising \$50,000 to meet our budgeted expenses. Please know that if you make a tax-deductible contribution to WWCP, (1) We will be very grateful, (2) Your money will be well spent—we provide innovative education for local kids on a lean budget, and (3) Your contribution will stay in the community. The majority of our budget is for staff salaries

and we all live here. Most everything else in our budget, from our printer in Narberth to rent for the WWCP office at Summit Presbyterian Church, is local. I guess our health insurance isn’t local, so if anyone has a solution for that, please let us know.

If the majority of Weavers Way households give what they can—as little as \$25 or less, or \$1,000 or more—WWCP will be well on our way toward meeting our goal. With your help, WWCP will continue to provide our unique brand of place- and project-based education to young people in Northwest Philadelphia. Show us that you support what we do by giving whatever you can.

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What Are Board Members Thinking?

Staff Perspective on the Board

by Ian Zolitor, Weavers Way Board member and staffer
In this column, Ian Zolitor shares his own thoughts and ideas and is not writing on behalf of the board.

As I tackle my way through my first year as a Weavers Way Board Director, I see even more clearly how important this organization is to our community. Thanks to all the members for making the Co-op what it is, and what it will continue to be.

I have a unique challenge with my position. As a board member who is also a full-time staff person, I need to wear two different hats and know when to switch them and possibly when to wear one on top of the other. The hardworking staff of the Co-op have a perspective and a set of goals that, although don't necessarily differ from the general membership, need to be weighed and reconciled when making key decisions for Weavers Way. In this time of expansion and competition and

uncertainty, we cannot afford to leave any voice unheard.

You, the members, have an important role to play in shaping the future of this organization. Aside from just voting at General Membership Meetings, your views and ideas need to be known regularly. The website has a link to contact the Board of Directors. Use this. Although we have ways to get a good idea of what the membership is thinking and wanting, nothing works better than you telling us. In the future, I'd like to see these lines of communication more easily accessed and utilized. Only together can we ensure a worthwhile future for Weavers Way that retains the qualities that we all know and love.

WW Chicken Committee

by Jonathan McGoran, Shuttle Editor

WEAVERS WAY'S brand new "Chicken Committee" will meet for the first time Saturday, Dec. 3, from 4 to 7 p.m. Among other things, the committee aims to help members to share chicken-raising knowledge and experience, to explore ways Weavers Way can better serve urban poultry farmers, and to discuss some of

the challenges they face. The idea for the committee came about when we realized that Weavers Way was selling a lot of chicken feed at our pet store, and so far, over 40 have signed up for the first meeting, suggesting there is considerable interest in the topic. Stay tuned for updates and notices about upcoming meetings.

Managers Corner

(continued from page 1)

though the Co-op reported positive net income. Management and the Finance Committee recommended against a rebate this year because the net income was actually due to a grant we had received. If we had not divided the grant into FY 2010 and 2011 we would have shown a loss for 2011. This was our first year of full operations with both stores and we had to see if the sustained growth of the business over the last two quarters of 2011 (January-June) would continue. We also have to build as much cash reserves as we can for four reasons: small expansion for refrigeration in Chestnut Hill; redesign and renovation of Mt. Airy; pay down highest shortest term debt; and prepare for the possible opening of a store at the Magarity site.

I hope to be able to advise the finance committee to declare a patronage rebate for FY 2012 (current year) in September, 2012. If you have any questions please feel free to call me at 215-843-2350 x 131.

Parking in Chestnut Hill

Recently, the Chestnut Hill Parking Authority (CHPA) announced that parking kiosks similar to those in Center City will be installed in all of their lots. I am in favor of this addition to the parking system in CH lots (would love to see this on the street in CH and MA too). The Parking Authority will be policing the area and will be giving out City of Philadelphia Violations, while the CHPA will be responsible for the upkeep of the lots, the machines, and working with the businesses on tokens and special programs. The parking lot behind our CH store is not in the CH Parking Authority system right

now. Acadia Real Estate holds the property and they maintain their own property right now. I hope that they will also give the lot back to the CH authority to operate it as it has done in the past. I know that Iron Hill is interested in this happening. As soon as we know of any changes we will let you know.

Gift Local

I figure a few of you are going to do some gift purchasing and special food purchasing as we approach the December holidays. I can't say this enough: *buy local*, and from locally-owned businesses if you can. You have many choices to make in your purchasing and I hope you will think twice before you go to the malls and purchase from large box stores. I know they can be cheaper, I know they can be easier to deal with when it comes to getting everything "done" under one roof, but think about the community you live in and how great it is having the wonderful the small local vendors we have in our neighborhood. If you are looking for culinary items, instead of the mall, try Penzeys, the CH Cheese Shop, Jonathan's Best, Kitchen Kapers, CAKE, the Night Kitchen, etc. Try gift certificates to any of the great local restaurants from Germantown to CH. Instead of purchasing tools from Loews or Home Depot, go to Killians and support a local treasure. You can even purchase a Chestnut Hill Gift Certificate from the Chestnut Hill Business Association Office.

Just take a few minutes this week to go in and out of all the businesses in Germantown, MA, and CH. Try taking a few minutes and think through what you really need to get and what you can get locally. As the manager of a locally owned store, I can tell you it makes a difference to us all.

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My living situation is changing in ways that will make it very difficult to keep these kitties with me. If you would like to consider adopting them into your family, please contact me at 267-273-3196.



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Home Grown Institute Program Preference Survey Results Are In!

Strong Interest in Homestead Sampler and the “Tour, Learn & Build” programs

by Sarah Gabriel

AS THE snow falls and we hunker down for winter, we at The Home Grown Institute are deep in the planning for our March 24-25 conference, “Springing Good Intentions Into Action.” Last week, we sent a Program Preference Survey out to members of twenty-five Community Partner organizations. We were interested in finding out what—and more importantly how—people want to learn sustainable and regenerative skills.

As of this moment (November 3), we have 413 responses from members of half of our Community Partners including Friends of Wissahickon, East Falls Goes Green, Philadelphia Orchard Project, Eastern Pennsylvania Permaculture Guild, Pennypack Farm and Education Center, Philadelphia Seed Exchange, Wild Foodies (foraging) Meetup, PUFN (Philadelphia Urban Farm Network), Twisters Wellness Center, Wild Foodies, Philadelphia Beekeepers Guild and COOP (Chickens Outside Of Philadelphia—shh! okay maybe there are a few inside, too).

Here’s what we’ve learned so far.

We asked people to pick up to 8 topics (out of 29) that interested them. The most popular were beekeeping, backyard chickens, mycology (mushroom/fungi), composting, habitat gardens (to attract bees, birds and butterflies), food preservation, rain barrels, and organic gardening—both beginner and advanced.

Next, we described the “Tour, Learn and Build” program (or TLBs as we affectionately call them). The Basic idea is that for each of the seven TLB topics, the group zips around the neighborhood in the morning, learning first-hand how people are either extending the growing season, collecting stormwater, keeping chickens or bees, building with natural materials, growing fish with plants, or designing using principles of permaculture. In the afternoon, they build something associated with the morning tour.



photo courtesy of The Home Grown Institute

Co-op member Anna Herman ponders how to use the recently acquired aquaponics fish tanks with a team from The Partnership CDC: Steven Williams, Executive Director, Elizabeth Brown, Neighborhood Advisory Council Coordinator and Michael Brown, bio-systems engineer. Aquaponics is one of the newest (and still least developed) addition to the urban agriculture scene in Philadelphia.

Specifically, students in the TLBs will have the opportunity to build:

- Cold Frames (sturdy frame with glass top to put on top of outdoor gardens, so you can start earlier and grow later in the season)
- Top Bar Bee Hive (a trapezoid Kenyan style hive where bees build their own comb)
- Chicken Coop (small tractor style that can be moved around the yard)
- Aquaponics set-up (large fish tank with grow beds in a closed loop system)
- Cob Oven (outdoor structure made from straw, clay and sand)
- Flow-through Planter (attractive wooden box for flowers and edibles plants placed under downspout)

While all projects were popular, the most popular was Homestead Sampler—handful of easy mini DIY projects like window farming, solar dehydrating, can-

dle-making. That put a big smile on my face since that idea—of offering a workshop where people could repurpose materials to do cool stuff at home—was the original kernel that launched the idea of The Home Grown Institute!

Hundreds of respondent offered comments. One revealed, “... I am a visual person and would need to see drawings or actual set ups, as opposed to people just talking... I may register for both days, perhaps with my girlfriend.”

You got it... The Home Grown Institute is hands-on. If you can learn it from a book, then buy the book. You want to see it in action and get your hands on it, come on in!

We also asked, “What stops you?” Intrinsic motivation does not seem to be

a problem with the crowd surveyed, with only three percent reporting this as a Big Issue. On the other hand, “I don’t have enough time” was reported as either A Big One or Occasionally for 90 percent of respondents. Hmmm... we (the planning committee) are giving a lot of thought to how to address that at the conference.

We all know that an important issue is social support. One respondent commented “it’s not so much that I don’t want to do it by myself, but it would be much easier to move from intention to action with some buddies—also easier to do multiple projects with buddies as a team.”

We say “Yay!” that’s exactly what we are creating.

Finally, we asked for some demographics and were pleasantly surprised to find ages pretty evenly distributed between 20 and 70, with a slight underrepresentation in the over 70 crowd. We need to do something about that.

Based on the results, we are fine-tuning the program. For example, because of the interest in specific advanced organic gardening techniques, we have engaged experts from Rodale Institute to teach sessions including companion planting, crop rotation, no-till/cover crop and pest management. We’ll let you know about other presenters next month.

Registration will open later this month. Check the website for updates (www.thehomegrowninstitute.org).

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

~ sarah@thehomegrowninstitute.org

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How Many Poisons Are in Your Home?

by Sandy Folzier, Environment Committee

ON THE average, air inside your home is two to five times more polluted than that outside. It’s not enough that we don’t allow anyone to smoke inside. There are many other sources which give off volatile organic compounds (VOC). These are compounds that evaporate during use, or when a container is open. They contribute to the formation of ground-level ozone, which has adverse effects as it reacts with mucus membranes in the respiratory system and cause inflammation, damaging the lungs and worsening asthma.

How many poisons can you find in your home? Below are some of the culprits.

Air Fresheners

These are a \$2 billion business, so someone is using them. All of them seem to be bad for you. In homes where air fresheners are used routinely, children get sick and adults get depressed more often. Many contain phthalates, which are associated with infertility. Better to open a window or leave a bowl of vinegar out to remove odors.

Spray cans of anything: deodorants, cooking sprays, insect repellants, hair spray, any aerosol cans.

Avoid any chemical that you spray into the air. You breathe in any pollutants directly. In San Francisco alone, 45 tons per day of pollution came from spray products, more than from the oil refineries. Hair spray alone contributed nine tons of pollution per day. Thus, solids, sticks and gels are better options than sprays.

Glues

Solvent-based adhesives, except those with low VOC, should be treated as hazardous waste. Elmer’s Glue is water based, so it has no VOC.

New carpets

Most carpets contain chemical contaminants and emit lots of VOC. They also absorb contaminants given off by couches and shoes, like heavy metals, pesticides, and fire retardants. Use carpets made of natural fibers, made with fair-trade standards.

Many cleaners

Many products, even “green ones” have asthma-triggering compounds. Floor cleaners often have endocrine disruptors like Degme. Oven cleaners often have nerve damaging butyl cellosolve. All-purpose cleaners often have neurotoxins like toluene. Remember, manufacturers don’t have to list ingredients on cleaners, so you have to do the research to find out what’s in them and how safe those ingredients are. (See my research below on one.) Use baking soda or vinegar instead for many cleaning jobs.

Paint

Use low-VOC paints because paints emit carcinogenic fumes like benzene, formaldehyde, and toluene. Some say painting can make your home 1000 times worse than outdoor air. Oil-based paint is worse than latex.

Granite counter tops

Granite countertops can emit radon at low levels.

Old containers in basement or elsewhere

Partially used chemicals may leak, even through closed containers. The EPA says disposing (responsibly, at Hazardous Waste Sites) may be most important thing homeowners can do to decrease indoor pollution.

Dry cleaning

Toxins are used in dry cleaning, and “organic” cleaners mean they use carbon derivatives, which can be unsafe. Many clothes that say “dry clean only” can be washed by hand. I wash wool and silk in cold water. Rayon is tricky because it can change shape when wet. If you do dry clean something, take it out of the bag outside and put plastic bag in trash outside.

Candles

I love candles, so I hate to know this: Burning one candle with multiple wicks or nine candles in one room caused pollution that exceeded the limits for outdoor air. One lead wick burning session a week can put a child at risk for lead poisoning. (Test for lead wicks by peeling apart the fiber and look for metallic parts. If it leaves a dark smudge on paper, it is probably lead.) Un-dyed beeswax candles are best. Soy candles are good and slow burning, which make them more economical. Keep wicks trimmed and away from drafts to reduce soot. Avoid fragrances as you don’t know which chemicals are used.

Pressed wood furniture

Fake wood from bits of wood may seem like you’re saving a tree, but very

little is recycled. What holds the wood pieces together is carcinogenic and allergy-causing urea formaldehyde. Choose solid wood instead. If it’s too expensive, think about used furniture.

Incense

Avoid incense, as most incense sticks have unhealthy chemicals, especially if you can smell a foot away before you burn it, it is probably full of chemicals. (The air in a Vietnamese temple with incense was found to be 40 percent more carcinogenic than the home of a cigarette smoker.) If you want incense, look for fair-trade products at places like Ten Thousand Villages since many of the trees and plants used are over harvested and becoming extinct.

Humidifiers

These are great to keep your home warmer in winter. But the EPA says you need to empty the tank and clean it every day. Bacteria can accumulate.


Laundry Powder Detergents

When tested, six popular detergents had 100 VOC’s, 10 of which were toxic, causing allergies, asthma, headaches, and sometimes cancer. Many of these chemicals are in the fragrances, so choose scent-free products. Regulations allow manufacturers to list over 7000 chemicals as “fragrances.”

Antidotes

Plants are the best way to clean the air in your home. Create a living wall of plants in your home to maximize air puri-

(continued on page 23)



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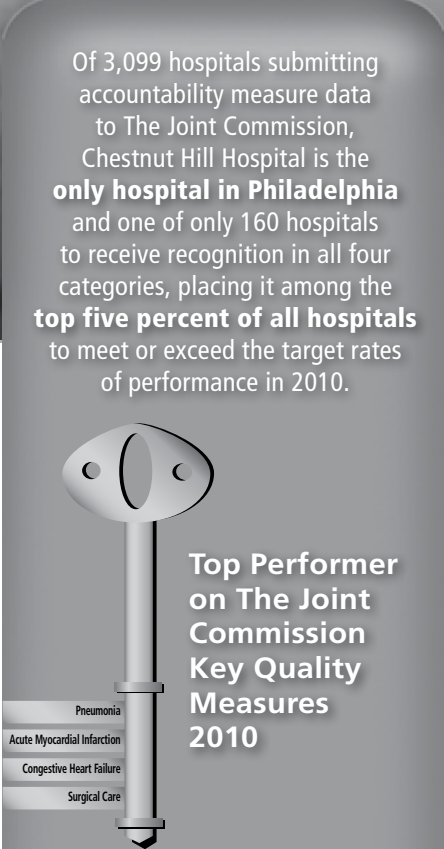
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The Constraints of Freedom Your Neighbors' Pesticides and Corporate "Rights"

by Sandy Folzier, Environment Committee

"...Freedom is a complicated matter: if you enhance the freedom of some, it often involves depriving others of their freedom."

~ Richard Wolff

YES, YES, I know. *you* don't use pesticides. But what about your neighbors? The pure air around your house may not stay pure. Wind can bring nearby poisons into your yard. I have even encountered pesticides being applied in Fairmount Park. The point is...we are interconnected with all our neighbors whether we choose to be or not.

So what's this got to do with freedom? Some people would argue that they have a right to do what they like in their own yard. They claim freedom of choice. But is freedom possible? If your freedom infringes on my rights, then do you have the freedom to do what you like? For example, I have been annoyed by radios blaring from open car windows. I am forced to listen to loud sounds I don't choose to hear. A worse case scenario was when my neighbor sprayed pesticides on his property and plants in my yard nearby died.

I remember when my daughter was pregnant with my second granddaughter. Her neighbor had heavy-duty pesticides sprayed on his property. I could smell the strong odors. I remember running around closing windows because I knew that fetuses are especially vulnerable to pesticides. A very small amount may cause asthma, deformities, or cancer. That neighbor's freedom had serious consequences for my family.

One issue in the forefront today is corporate rights. For example, gas drilling companies are demanding the freedom to drill wherever they want, including near our water supplies. Presently, the Delaware Basin Water Commission (DRBC)

is debating whether or not to allow gas drilling in the Delaware Water Shed, from which much of our water comes. If it is polluted, we shall have major drinking water shortages. This threat to our water supply is why many hundreds travelled to Trenton on November 21 to protest a possible catastrophe. Once these toxins and radioactive wastes enter our water, there is no way to clean it. With water shortages around the world being reported almost daily, protesting gas drilling is not a frivolous issue. Without clean water we cannot survive. The media's attention is on future energy sources. but without clean water, energy is useless. Our rights and those of our children are under siege from gas drilling companies who believe their freedom to make a profit supersedes our freedom to live.

A similar issue is the Tar Sands Pipeline. On November 6, thousands of people surrounded the White House to oppose the Pipeline. They (and I'm one of them!) fear the contamination of our land, air, and water by a pipeline from the Tar Sands in Alberta, Canada across the U.S. This pipeline, which opened in 2010, already has had eleven leaks (see sidebar), including one that spilled 21,000 gallons in North Dakota. One expects leaks from aging, corroded pipes, but some accidents* are in new pipes. The Tar Sands pipeline contains bitumen diluted with corrosive solvents to enable it to flow through long distance pipelines.

I believe the Occupy Wall Street movement is yet another example of people trying to reclaim their freedom. The message is that the average person has the right to employment and decent wages. Banks and other corporations should not have the freedom to do as they please at our expense. Freedom is not free.

The San Bruno explosion helped

(continued on page 19)

Accidents from pipelines across North America in 2010 and 2011, include:

- Marshall, MI.: A Canadian oil pipeline ruptured on July 26, 2010, releasing 840,000 gallons into Talmadge Creek and the Kalamazoo River.
- San Bruno, CA.: A 56-year-old natural gas transmission line exploded on Sept. 9, 2010, killing eight people and destroying 55 homes. This explosion raised the total cost of U.S. pipeline accidents in 2010 to \$980 million
- Romeoville, IL.: On the same day of the San Bruno blast, workers discovered a leaking oil pipeline outside Chicago, which ends up spilling 250,000 gallons.
- Cairo, GA.: A corroded gas pipeline exploded while a utility crew was repairing it on Sept. 28, 2010, killing one worker and injuring three others.
- Wayne, MI.: A gas explosion in a Detroit suburb destroyed a furniture store and killed two employees on Dec. 29, 2010.
- Philadelphia, PA.: One person was killed and six others hurt when a gas pipeline blew up in Philadelphia's Tacony neighborhood on Jan. 18, 2011.
- Allentown, PA.: Five people were killed when a cast-iron gas main exploded on Feb. 10, 2011, just 60 miles away and three weeks after the Philadelphia blast.
- Alberta, Canada: A Canadian oil pipeline running from northern Alberta to Edmonton ruptures on April 29, 2011, spilling roughly 1.2 million gallons.
- Brampton, N.D.: The relatively new Keystone oil pipeline from Canada springs a leak on May 7, 2011, releasing 21,000 gallons into rural North Dakota.
- Laurel, MT.: Exxon Mobil's Silvertip oil pipeline ruptures on July 1, 2011, spilling an estimated 42,000 gallons into the flooded Yellowstone River.

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A Big World in a Small Quaker School

WW Dining for Women Lifts-Off

by Ann Mintz



photo by Betsy Teutsch

The first meeting of Weavers Way Dining for Women’s Thursday group, gathered at the home of our host and coordinator, Ann Mintz. The third Dining For Women chapter is looking to y launching in January 2012.

WHEN BETSY Teutsch found out about Dining For Women, she recognized immediately that this idea was perfectly suited for Mt. Airy and for Weaver’s Way. This national organization operates on a beautifully simple concept: groups get together for a meal, typically a potluck dinner, and pool the money they would have spent to eat out. The money is sent to the national DFW office, which each month donates it to a carefully-chosen organization that empowers women and girls living in extreme poverty in the Third World. Betsy discovered DFW because she serves on the board of Shining Hope for Communities, a previous recipient of DFW support. Shining Hope works in the Kibera slum of Nairobi, Kenya. It combats inter-generational cycles of poverty and gender inequality by linking tuition-free schools for girls to essential social services for all through a holistic, community-driven approach.

An article in the September Shuttle announced the formation of a Weavers Way chapter of Dining For Women, and asked for help organizing the chapter. I volunteered to coordinate and host the first meeting, and in the blink of an eye, almost 30 people had signed up. At that point, Sue Wasserkrug offered to lead a second chapter. More than 40 people have signed up for the two chapters, with ten on the waiting list for a third, which will go live as soon as we find a coordinator.

The Thursday chapter met for the

first time on a miserably rainy evening in late October, an inspiring gathering of women with a broad range of interests and backgrounds, drawn together by our commitment to find ways to make a difference. We were pleased to be joined by Mary Liz Jones and Debbie Britt, leaders of the Mid-Atlantic Region of Dining For Women, who answered many questions about how the group is structured, how decisions are made about which organizations to fund, and how DFW has grown from a handful of chapters to over 200. There are now Dining For Women groups all over the world.

October’s donations will support Mercado Global in Guatemala, a nonprofit fair trade organization that fights poverty and empowers indigenous women in Guatemala’s highlands by connecting 31 artisan cooperatives to sales opportunities in the U.S. on an unprecedented scale. We were shocked to learn that on average, indigenous children in this Andean nation leave school after less than two years. Mercado Global is linking Guatemalan weavers with markets in the U.S., including stores such as Levi Strauss, helping the artisans create products that meet the needs of American consumers using their traditional skills.

DFW’s motto is “changing the world, one dinner at a time.” Weavers Way Dining For Women has taken our first step. Each month, we’ll report on our progress.



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A recipe from the first Dining For Women: Gloria Rohlf’s Gingered Black Eyed Peas.

Gloria adds that turmeric and ginger help fight arthritis symptoms and turmeric is thought to help prevent Alzheimer’s!

| Ingredients: | Instructions: |
|---|---|
| • 2 cups black-eyed peas | Soak black-eyed peas for 8 hours. |
| • 5 cups water- or 6 cups if you want more liquid or plan to add rice, if a slightly smoked flavor is desired, steep 2 of these cups water with | Drain & rinse the peas. |
| • 2 tsp. Lapsang souchong tea before adding to the peas | Add fresh water (5 to 6 cups) to a soup pot. |
| • If desired, ½ c. brown rice | Add peas & bring to a boil. |
| • ½ T olive oil | If using brown rice, stir it in. |
| • ½ cup finely chopped onion | Reduce heat, cover, & simmer for about 50 minutes or until tender. |
| • ¼ cup fresh ginger, minced | Add water if necessary |
| • 1 clove garlic, minced | In a heavy skillet, add olive oil |
| • ½ t. turmeric | Sauté onion & ginger until both are soft. |
| • 1 t. dry mustard | After beans are done, add onion & ginger to them. |
| • ¼ t. salt or to taste | Add garlic, turmeric, mustard, & salt & pepper. |
| • freshly ground black pepper | Stir in honey. |
| • ¾ cup honey | Simmer on low-medium heat, without lid, for 30-45 minutes, checking to ensure adequate water. |
| | <i>Serves 4—may be served warm or cold.</i> |



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Killing Up The Food Chain With Rodent Poison

by Brenda Malinics

MOST FOLKS, homeowners and some professionals too, don’t realize that by using mouse or rat poison, that they are likely killing hawks and owls and maybe domestic pets, too. Ironically raptors are our most effective allies against rodent pests, since they are highly skilled rodent hunters. Even if the poisoned bait is placed indoors, a poisoned rat or mouse can wander outside, where it can be consumed by a predator or pet.

Death by rodenticides is very nasty. The anticoagulant rodenticide brodifacoum kills by internal bleeding, which results in intense thirst. Like other “second-generation anticoagulants,” brodifacoum was introduced in the 1970s after rodents developed resistance to older products. The risk of secondary poisoning of non-target species like hawks is increased because the poison is not immediately fatal and a rat may keep coming back to the bait for

several days as the brodifacoum in its body builds up to several times the lethal amount.

According to the American Bird Conservancy (ABC), brodifacoum has killed hundreds of birds of prey: red-tailed and Cooper’s hawks, great horned owls, eastern screech-owls, golden eagles. Even mountain lions and endangered kit foxes have fallen victim to this poison.

The second chemical often found in raptors tissues is diphacinone, one of the first-generation anticoagulants. Previous tests on mallard ducks and bobwhite quail had been used to claim that it was only minimally harmful to birds. However, a more recent U.S. Geological Survey study found that small amounts of diphacinone were lethal to American kestrels. As little as three grams of liver from a poisoned rodent could kill one of these small falcons.

A source with the National Animal Poison Control Center says about 160,000

cases of suspected secondary rodenticide poisoning are reported every year. The casualties include pets, livestock, and wildlife.

Effective in July, the EPA requires that all rodenticides be sold to consumers only with bait stations, as opposed to loose pellets. (Keep in mind, though, that it’s easy enough for a poisoned rodent to exit the bait station and become available to predators or pets.) And the EPA requires that brodifacoum and other second-generation anticoagulants be sold only to professional pest control operators and through “agricultural, farm, and tractor stores” rather than to the general public. In other words, it is still easy to access.

The EPA acknowledges that three rodenticide manufacturers—Reckitt Benckiser Inc (D-Con, which contains brodifacoum), Spectrum Group, and Liphatech Inc.—have refused to adopt the new safety measures. The agency says it will take action to remove their products from the mar-

ket. However, this will likely take years in court. In the meantime, countless non-target animals will die horrible deaths.

Poison stations have become all too familiar and acceptable in our urban environment. Those little black bait stations are placed in parking lots, in shopping malls and alleys “just in case” a rodent happens to show up, not because there is a rodent problem.

Rats and mice are opportunists and if food sources are not easily accessed, rodents will not congregate. The mere presence of cats can keep rodents away. There are also snap traps that do not use poison and do not harm the environment. Poison should be a last resort, not the first choice of action. Most people don’t realize the impact that rat poisons has on raptors, birds, and pets. Education is key to protecting the innocent victims of rodent poisoning.



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| AIR SENSE LAVENDER AIR FRESHENER 7 OZ | \$7.75 | \$6.49 | MA | BACH KID'S RESCUE REMEDY 10 ML | \$11.45 | \$10.99 | MA | COOMBS MAPLE LEAF CANDY 1.5 OZ | \$4.24 | \$3.29 | MA |
| AIR SENSE LIME AIR FRESHENER 7 OZ | \$7.75 | \$6.49 | MA | BACH RESCUE GEL 30 ML | \$12.39 | \$10.99 | MA | CROWN PRINCE ANCHOVY PASTE 1.75 OZ | \$2.20 | \$1.89 | MA/CH |
| AIR SENSE ORANGE AIR FRESHENER 7 OZ | \$7.75 | \$6.49 | MA | BACH PET RESCUE REMEDY 10 ML | \$13.72 | \$11.99 | MA | CROWN PRINCE FLAT ANCHOVIES IN OIL 1.5 OZ | \$2.24 | \$1.89 | CH |
| AIR SENSE VANILLA AIR FRESHENER 7 OZ | \$7.75 | \$6.49 | MA | BACH RESCUE REMEDY 20 ML | \$17.33 | \$15.99 | MA/CH | CROWN PRINCE SMOKED OYSTERS 3 OZ | \$2.88 | \$2.29 | MA/CH |
| ALDEN'S OG CHOCOLATE CHOCOLATE CHIP ICE CREAM 48 OZ | \$6.21 | \$4.99 | MA/CH | BACH RESCUE REMEDY NATURAL SLEEP AID 20 mL | \$17.33 | \$15.99 | CH | CROWN PRINCE BRISLING SARDNE w/OLIVE OIL 3.75 OZ | \$3.98 | \$2.89 | CH |
| ALDEN'S OG COOKIES & CREAM ICE CREAM 48 OZ | \$6.21 | \$4.99 | MA/CH | BADGER SLEEP BALM .75 OZ TIN | \$4.37 | \$3.99 | CH | DESERT ESSENCE HYDRATING LIP RESCUE .15 OZ | \$1.97 | \$1.79 | MA/CH |
| ALDEN'S OG MINT CHIP ICE CREAM 48 OZ | \$6.21 | \$4.99 | MA/CH | BADGER OG CHEERFUL MIND BALM 1 OZ | \$6.36 | \$5.99 | CH | DESERT ESSENCE FRAG. FREE HAND & BODY LOTION 8 OZ | \$7.12 | \$5.99 | MA |
| ALDEN'S OG VANILLA BEAN ICE CREAM 48 OZ | \$6.21 | \$4.99 | CH | BADGER SLEEP BALM 2 OZ TIN | \$7.95 | \$6.99 | MA/CH | DESERT ESSENCE PISTACHIO FOOT REPAIR CREAM 3.5 OZ | \$7.12 | \$5.99 | MA |
| AMY'S BROCCOLI & CHEESE POT PIE 8 OZ | \$3.42 | \$2.99 | MA/CH | BAKERY ON MAIN GF APPLE RAISIN WALNUT GRANOLA 12 OZ | \$6.02 | \$4.99 | CH | DESERT ESSENCE PUMPKIN HAND REPAIR CREAM 4 OZ | \$7.12 | \$5.99 | MA |
| AMY'S SHEPARD POT PIE 8 OZ | \$3.42 | \$2.99 | CH | BAKERY ON MAIN GF RAINFOREST GRANOLA 12 OZ | \$6.02 | \$4.99 | CH | DESERT ESSENCE ALMOND BODY LOTION 8 OZ | \$7.14 | \$5.99 | MA |
| AMY'S VEGAN POT PIE 7.5 OZ | \$3.42 | \$2.99 | MA/CH | BETTER THAN BOUILLON BEEF BASE 8 OZ | \$4.76 | \$3.49 | CH | DESERT ESSENCE BULGARIAN LAVENDER BODY LOTION 8 OZ | \$8.21 | \$5.99 | MA |
| AMY'S VEGETABLE POT PIE 8 OZ | \$3.42 | \$2.99 | MA/CH | BETTER THAN BOUILLON CHICKEN BASE 8 OZ | \$4.76 | \$3.49 | CH | DESERT ESSENCE COCONUT BODY LOTION 8 OZ | \$8.21 | \$5.99 | MA |
| AMY'S OG SINGLE SERVING CHEESE PIZZA 6.2 OZ | \$4.09 | \$3.59 | CH | BETTER THAN BOUILLON VEGETABLE BASE 8 OZ | \$4.76 | \$3.49 | CH | DR. DUNNER SAMBU GUARD 5.9 FL OZ | \$18.38 | \$14.99 | CH |
| AMY'S OG GLUTE FREE CHOCOLATE CAKE 11 OZ | \$5.90 | \$5.29 | CH | BETTER THAN BOUILLON NO CHICKEN BASE 8 OZ | \$5.04 | \$3.49 | MA | EARTH SCIENCE FRAGRANCE FREE HAND & BODY LOTION 2 OZ | \$1.54 | \$1.29 | MA |
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| ANNIE'S CANNED RAVIOLI 15 OZ | \$2.53 | \$1.99 | MA/CH | BETTER THAN BOUILLON OG BEEF BASE 8 OZ | \$5.59 | \$4.49 | MA | EARTH SCIENCE TEA TREE LAVENDER DEODORANT 2.5 OZ | \$4.96 | \$4.79 | MA/CH |
| ANNIE'S CANNED STARS PASTA & SAUCE 15 OZ | \$2.53 | \$1.99 | CH | BETTER THAN BOUILLON OG MUSHROOM BASE 8 OZ | \$5.59 | \$4.49 | MA | EARTH SCIENCE LIKEN PLANT UNSCENTED DEOD. 2.5 OZ | \$5.45 | \$4.79 | MA/CH |
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| BACH KID'S CONFIDENCE REMEDY 10 ML | \$11.45 | \$10.99 | MA | CITRA-SPOT 22 FL OZ | \$6.26 | \$4.99 | MA | EARTH SCIENCE PURFECTION HAND CREAM 2 OZ | \$7.03 | \$5.99 | MA |

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CreekSide Co-op

(continued from page 1)

had set a deadline of October 31 to hit our fundraising deadline and we surpassed it on Oct. 30. New members were joining every day as we drove to the finish line in October, and we now have well over 1,300."

CreekSide is in the process of forming a General Manager search committee. "We have had some good talent come forward from the membership to join the search committee and are having our first meeting Nov. 22," Reynolds said.

Design work on the new store is also moving into high gear, with a design committee led by board member Lindsey Rosenberg meeting regularly to work on lighting, paint colors and a variety of design details. "With so much tal-

ent amongst our members, it was natural to pull together a group of professionals to work on design aspects of the Co-op," says Rosenberg. "We have been tackling issues of how to make the space green, sustainable, and aesthetically interesting while keeping a close eye on the budget."

Much of the major architectural work had been completed last year, before CreekSide suffered a temporary setback when the co-op's anticipated USDA loan guarantees were denied at the last minute due to a disagreement within the agency about CreekSide's eligibility for the loan program. CreekSide successfully appealed the denial, and received approval this past summer. Vantage Point Bank and The Reinvestment Fund stepped in to provide \$3.5 million in USDA guaranteed financing. Together with CreekSide's \$211,000 in member equity, the approximately \$300,000 raised by the member

loan and member equity campaign was the final piece of the puzzle.

With over 7,000 square feet, CreekSide Co-op's market will provide plenty of fresh local produce, as well as bulk items, frozen and refrigerated goods, dairy, meat, fish, dry goods, kosher food, health products, deli, hot and cold prepared foods, and more. One highlight of the design will be the community room, with a seating area where shoppers can sit and enjoy CreekSide's prepared foods, the Co-op can host cooking classes, demos, and meetings, and friends can meet there and catch up. "This is not simply about sustainable food production, although that is very important to many of us," Reynolds said. "This is about community and economic development and it's the residents and taxpayers of Elkins Park and surrounding neighborhoods that are making it happen."

Support Magarity Neighbors at Nov. 30 Mtg.

by Terry Halbert, Vibrant CH

WE ARE neighbors resisting over-development of 8200 Germantown Ave. in Chestnut Hill. The developer has given virtually no concessions, and is now moving to push through spot zoning of the property by the year's end. Here's how you can help: We have more than 700 signatures on our petition, but need more. Please sign at: <http://bit.ly/magarity>. And we will need people to be with us at the Rules Committee hearing on Weds., November 30, 10 a.m. on the fourth floor of City Hall. Please join us to show your support. Thanks!



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Winter Reading: Going Within

by Mark Goodman

IT’S GETTING to be winter again, and along with the shorter days, longer, darker nights, and colder weather comes something else. It’s the opportunity to go inside ourselves and look for the light that may be missing from our outer lives.

Winter is a time of contemplation, partly because our life out in the world is somewhat limited by the weather, and partly because it’s the natural rhythm of life to spend some time, particularly the dark, cold time, taking stock of our deep-held beliefs and to explore our philosophical, ethical, and spiritual lives.

For nature lovers, a cold December night may be a good time to read—or re-read—*Walden*, by Henry David Thoreau, the great New England naturalist, philosopher, essayist, political activist, and poet. His rich reflections on life, nature, and the human condition are nourishment to a contemplative mind. Three of the 18 chapters deal specifically with winter, so you may want to begin with them.

If you like this type of reflective nature writing, you will also enjoy *Talking to the Moon*, by John Joseph Mathews. Mathews, an Osage Indian, wrote the book in the 1940’s, and—like Thoreau—is able to combine insightful observations of nature with a keen awareness of society and human interactions.

A more recent (1974), and more introspective, book in this same vein is *Pilgrim at Tinker Creek*, by Annie Dillard. Whether she is tracking muskrats, contemplating a snakeskin, or observing a flood, her fertile mind creates poetic associations that

travel from the realm of nature to deep investigations into the essence of life and humanity.

If your taste is more towards the self-help mixed with spirituality, you will probably respond positively to Wayne Dyer. He is often seen on Public Broadcast stations addressing live audiences. The best shows that I’ve seen are “Excuses Begone” and “The Power of Intention,” both of which are also books, DVD’s and audio CD’s. The book *The Power of Intention*, takes positive thinking to a higher level. He includes suggestions for living out his ideas of being kinder, more creative, more loving, and more connected to the source of positive life energy.

Eckhart Tolle has reached millions of people with his book *The Power of Now*. His follow-up book, *A New Earth: Awakening Life’s Purposes*, offers us a way of life that is not controlled by the limitations of the ego, but is more expansive and more “present” to higher consciousness.

From Mexico comes Miguel Ruiz, author of *The Four Agreements*, which are pillars of Toltec wisdom. The agreements appear simple, but try practicing the second agreement, “Don’t take anything personally,” when the driver behind you is honking the horn relentlessly, or when you are having a heated disagreement with a family member or friend.

One of the first teachers of yoga in the United States was Paramahansa Yogananda, who came from India in the 1920’s to teach North Americans to meditate and practice yoga. His book, *Metaphysi-*

cal Meditations, contains the meditation “Expanding Love,” which takes us from a self-centered frame of reference to a more inclusive embracing of all beings.

If your journey is made easier through poetry, the contemporary poet Mary Oliver has a knack for starting with an experience in nature and progressing to something deeper and more spiritual. In her poem “Mindful,” she says, “...how can you help/ but grow wise/ with such feelings/ as these - / the untrimmable light/ of the world,/ the ocean’s shine,/ the prayers that are made out of grass.”

One of the poets being read most today is Rumi, a 13th century Persian Muslim. Less in vogue, but equally intriguing and inspiring is Hafiz, a 14th century Sufi mystic whose poems deal with finding God, but whose metaphors are of everyday experiences: building a swing, opening a drawer, cracking open a seed, holding an infant, etc.

Your winter contemplation may take you to the realm of fiction. If so, consider *Journey to the East*, by Hermann Hesse.

Hesse, a culture hero of the 1960’s, wrote many books about psychological and spiritual searching. *Journey to the East* is not as well known as other works of his which plumb the depths of the human spirit: *Siddhartha*, *Steppenwolf*, and *Magister Ludi*. However, this slim volume contains all of Hesse’s soulful struggles to make sense of a world that contains despair and hopelessness along with art, beauty, and meaning.

If you have a lot of time on your hands and want some help with your introspection, curl up with *The Brothers Karamazov*, by Fyodor Dostoevsky. But if you only have the time or inclination for a taste of the Russian novelist’s depth, read Book Six (approximately 50 pages) of the novel, about Father Zossima, the Russian Orthodox priest. These “Discourses and Sermons” have been called “the fifth Gospel” because of their power and compassion. The last work that I recommend for looking inward this winter is Zen in English Literature and Oriental Classics,”

(continued on page 18)



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Mary G.L. Hood (1886-1967), *Still Life with Blue Drape*, 1940s, oil on canvas, 12 x 10 in.
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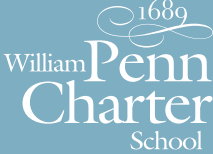
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Farm Ed. Report

(continued from page 4)

gricultural High School have developed rapidly with the hiring of part-time education coordinator Clare Hyre in April 2011. During the growing season, about 140 Saul High School students come out to the farm each week (seven classes) on a once-a-week basis and experienced everything from transplanting to harvesting. Students learn every step of the farming process from planting to weed identification and how to use small machines on the farm. We work with the entire freshman class during the summer and train several youth summer interns.

Having a dedicated farm educator at Saul has allowed the program to have a deepened focus and an organized curriculum. At the farm, students have classes that focus on gaining an understanding of local and global food issues, as well as nutrition education and cooking healthy food. Students spend about 10 hours a week on the farm throughout the season.

In addition, the Saul students attended monthly youth-led farmer's markets in West Philadelphia where they engaged with youth from other Philadelphia farm education programs: Teens 4 Good, UNI (Urban Nutrition Initiative), and PUFFA (Philadelphia Urban Food and Fitness Alliance). This summer a Saul youth also

had the opportunity to attend RIC (Rooted In Community), a youth empowerment food justice conference at the University of Pennsylvania. W.B. Saul students hosted a field trip to the CSA, and along with 170 students from around the country, wrote a youth food bill of rights. (Go to www.youthfoodbillofrights.com to check it out). It was a tremendously successful season. Upcoming projects including building an outdoor kitchen, a Mural Arts project, and a film about our unique and wonderful Weavers Way-W.B. Saul-Fairmount Park - Weavers Way Community Programs Partnership.

Mort Brooks Farm at Awbury Arboretum

Over one thousand students, ranging in age from pre-k to graduate school, visited the farm for lessons, tours, or service learning this past season. All students who visited the farm got a chance to eat something that was growing there, whether it was while making salsa, picking cherry tomatoes off the vine, or harvesting nasturtium flowers. Lesson included making Andy Goldsworthy like sculptures in the more wooded parts of the arboretum, trying on a beekeeper hat, learning about plant families, digging for worms, or doing the seed to seed dance. Programming largely focused on the environmental education aspects of farming. One of my favorite lessons of the season was called "Awesome Aquifer", where we had stu-

dents build their own water filtration systems out of recycled plastic bottles and we discussed how farm run-off could get into the groundwater system.

It can be a challenge having as little as two hours with a group of students, but we are able to give a lot of information and experience in that short time. I am confident that everyone who came to the farm left with a better understanding of where their food comes from, even when it is something as simple as seeing a squash plant for the first time. It is very important to me to communicate how fun and pleasurable eating can be, how much better food tastes when it is fresh and in-season, and the beauty of a healthy farm. I am already looking forward to next season, and creating a garden that is full of exciting things to crawl through, smell, taste, touch, and, of course, eat. The Hope Garden at Stenton Family Manor One of the amazing but also challenging things about farming at the city's second largest homeless shelter is that the population there is ever shifting. Last year, Adam worked with a lot of teenagers. This year, the kids who lived at the shelter were primarily much younger, and the programming was quite different. We continued with activities that are now a tradition: kid's garden time after school, programming for the Stenton summer camp, a hugely successful Make-Our-Own-Pizza night, and cooking classes in partnership with City Harvest. New this year was the Stenton Veggie Raffle. Each week, WWCP and Stenton staff got together and drew names out of a hat for one or more of the shelter staff to take home a box full of veggies from the garden. The

weekly raffle was very fun and really got the staff more aware of and invested in the work we are doing in the garden.

My highlights of the season at Stenton can be summed up in two words: Christian and Aaron. These are two brothers, ages 5 and 7, who came out nearly every time my staff or I was working there. They have learned to be amazing helpers and love the garden so much. They know all of the plants that we grow, what they can eat and when, and where the groundhog has been burrowing through the fence. Christian will proudly tell you that he planted his own bean plant and it grew to become the biggest and longest living bean plant on the farm. They helped other kids find strawberries and helped us carry boxes of produce to the kitchen for the community to eat the next day at dinner. I have been farming with young children for 5 years, and I can honestly say that I have never met children who were more reliable and naturally gifted farmers than these two.

In the future we hope to expand these programs even further, working together with WWCP Executive Director Rachel Milenbach, Marketplace Coordinator Carly Chelder, and WWCP Bookkeeper Kate Butler to create a more comprehensive and well-funded WWCP program! Thanks for your continued support and stay in touch!

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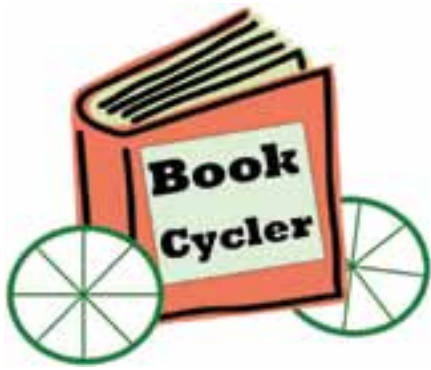
by Betsey Teutsch

THE LAST decade has seen a total disruption in book publishing and purchasing. Remember before the Internet, when one bought books at stores, either new or used, or perhaps for a specialized book, through a mail order catalogue? Now single-click is a verb. We purchase books, cheaply, and two days later they arrive at our doorstep. If that's not fast enough, we download the books on Kindles or Nooks in a few seconds.

The internet created a new opportunity for anyone with a connection to sell used books online. I was so gleeful when I first discovered this about seven or eight years ago—it was simple and intuitive. By under-pricing the bottom used offer, I nearly always unloaded my books, many of which I had bought used myself. I also reevaluated my library and sold books I didn't use and realized were just sitting there taking up space. It was ecological —reusing—and economical. And it kept the bookcases neat!

Amazon Prime, which features free shipping on all orders for a \$79 charge, has reshaped the used book market. Now new books are often cheaper than used, when one calculates the cost of shipping. (Amazon does not provide free shipping for used books coming from second-party vendors.) The ease of listing used books has increased supply, further driving down prices. Entrepreneurs have grown significant niche businesses reselling books on Amazon, many of which are listed for \$.01. Ever wonder why? It's because they have large enough volume to get discount postage, so they can make a tiny profit on the \$3.99 ship charge.

Amazon has also increased its commission on used book sales. These factors have all combined to cause used book prices to plummet. New hard cover books depreciate in value within weeks of publication;



when the paperback comes out, they crash further. While digital books are eco-resource-light, they cannot be resold. If they ultimately replace hardcopy books, that has interesting implications.

Recently, my son brought me a carton of high-quality, newish books, with an offer. If I would resell them, all profits could go to charity. A few books fetched decent prices, but most were not worth the time and hassle to sell. I discovered Better World Books, a social business with a free-shipping model, which makes it economical to buy and sell used books. Their supply is all donated (they pay the shipping), and while they are a for-profit, they donate a percentage of their profits to their five international and domestic literacy partners. They are a B Lab certified social venture (visit www.bcorporation.net for more info on B Corp certification).

This experience inspired me to launch a project, BookCycler, www.BookCycler.blogspot.com, where I accept people's used books and cycle them forward, with any profits going to the Kibera School for Girls in Kenya, of which I am a board member. Most books will be shipped to Better World Books for them to resell. The hope is that amidst all the books with little resale value, I will find a few which will fetch more, and those dollars will help fund the school.

I accept up to 15 books at a time. They must be in good condition and have ISBN numbers, so no advance reviewer copies. 21st Century copyright is preferred, and the newer the better. The ideal would be to buy a new book and donate it as soon as you've read it, before its price plunges. Please e-mail me for drop-off information: betsy@betsyteutsch.com

Betsy blogs at www.MoneyChangesThings.blogspot.com and teaches blogging at MALT

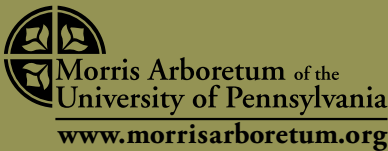
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Smithsonian American Indian Museum Café Delicious, Educational

by Sue Wasserkrug, Weavers Way Co-op Board Member

AT FIRST, the crowds came for the exhibits at the National Museum of the American Indian (<http://nmai.si.edu>), which opened in 2004 as part of the Smithsonian Institution on the National Mall in Washington, D.C. Then they discovered the Mitsitam Café, with its enormous selection of dishes that reinterpret the culinary traditions of the Native peoples of the Americas. Now the crowds come for lunch and stay to learn. On any given day, anywhere from 700 to 3,000 visitors eat in the café.

Rather than serve the typical museum cafeteria fare of burgers, sandwiches and salads, NMAI decided to do something totally new with its café. With the help of Chef Richard Hetzler, NMAI has created a dining experience that provides nearly as much opportunity for learning as the rest of the museum—plus a treat for the taste buds.

“Mitsitam” means “let’s eat,” and that is exactly what you’ll want to do when you enter the café. First you need to take stock: the cafeteria has five stations representing various regions of the Western Hemisphere, each with its own selection of entrees and side dishes. The entire menu changes four times a year, on the spring and autumn equinox and the summer and winter solstice, and current and past menus are available for viewing on the café’s website using <http://tinyurl.com/mitsitam>.

This fall, menu items include (among many, many others): Muscovy Duck Ceviche and Peruvian Lima Bean Salad from South America, Wild Mushroom Corn Pone and Paw Paw Pudding from the Northern Woodlands, Maple Juniper Glazed Salmon and Celery Root Salad from the Northwest Coast, Grilled Masa Cake and Lamb Birria from Meso America, and Pulled Buffalo Sandwich with Chayote Squash Slaw from the Great Plains.

On a recent visit I had the great pleasure of meeting with Chef Hetzler, who explained how the recipes were created. First, he and his team researched the lifeways of the various Indian tribes to learn



Exterior of the National Museum of the American Indian. The café is through the windows at the lower left.

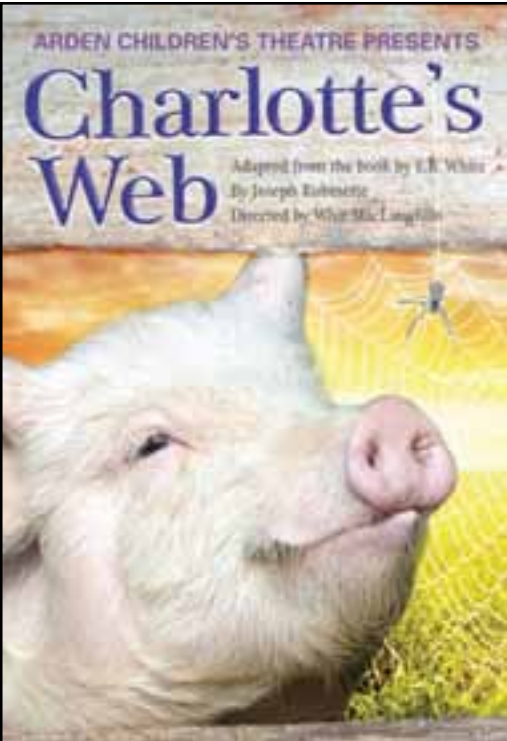
photo by Sue Wasserkrug

how traditional ingredients, like corn, salmon, and chocolate (to name just a few) were used. Then, they reinterpreted traditional recipes to appeal to a modern palate. Many recipes have been collected in the café’s cookbook (also available online).

Chef Hetzler also explained that, as much as possible, the café sources ingredients from companies owned by Native people, such as the Inter Tribal Buffalo Council. For fresh ingredients, the café tries to source locally. In fact, the café uses crops from the small vegetable garden right outside the museum and from the herb garden on the fifth floor (unfortunately not open to the public).

This museum is cutting-edge in many ways, not just in its food offerings. NMAI consists of three facilities: the museum in D.C., another museum in New York City, and a Cultural Resources Center in Suitland, Maryland, not far from the National Mall. NMAI is the first of the Smithsonian museums to achieve LEED certification for its green design and its support of environmentally friendly programs, such as native landscaping, environmental research, and public events like the annual Living Earth Festival and the Indigenous Farmer’s Program. The building itself is a visual delight with curving stone walls, a peaceful water feature (visible through the floor-to-ceiling windows that line the café’s seating area), and four large stones marking east, west, north and south. Inside, an array of exhibits fulfill NMAI’s mission of “advancing knowledge and understanding of the Native cultures of the Western Hemisphere, past, present and future, through partnership with Native people and others.”

~ wasserkrug@gmail.com



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Help Spread Mt. Airy’s Legacy of Multi-faith Cooperation

by Nomi Teutsch



photo courtesy of Nomi Teutsch

Nomi Teutsch (front) with Fellows (and friends) Maryam Duale (l) and Farhana Rahman

GROWING UP in Mt. Airy, it was obvious to me that local religious institutions ought to work together. I can’t remember a time before I heard the story of the Mt. Airy’s clergy folks going door-to-door to keep the neighborhood together when racial divides threatened. Nor did I ever question the centrality and importance of our Neighborhood Interfaith Movement and all of the collaborative projects they oversee. It was only when I left Mt. Airy after high school that I realized how unique our community truly is in this regard.

Knowing the capacity that faith communities have for taking collective social action, I became a Faiths Act Fellow of the Tony Blair Faith Foundation. In this role, I work on both the local and global levels to mobilize faith communities to make a difference together. Locally, I work for a non-profit called United Sikhs and strive to make New York City a safer place to be a Sikh by bringing Sikh and non-Sikh people together in service and increasing multi-religious understanding. Globally, fellows all over the world are getting communities of different faiths to

work together to combat malaria. Malaria is a preventable and curable disease, but tragically, because of lack of resources and inadequate health education, it still takes a life in sub-Saharan Africa every 45 seconds, according to the World Health Organization. Together, we can make change by supporting my colleagues, the Faiths Act Fellows in Sierra Leone, who are training religious leaders there to become Malaria Health Ambassadors. Since religious leaders are far more trusted than government or medical officials in Sierra Leone, the clergy are in a unique position to educate their congregants about how to prevent and treat malaria. These faith leaders are working together and saving lives every day.

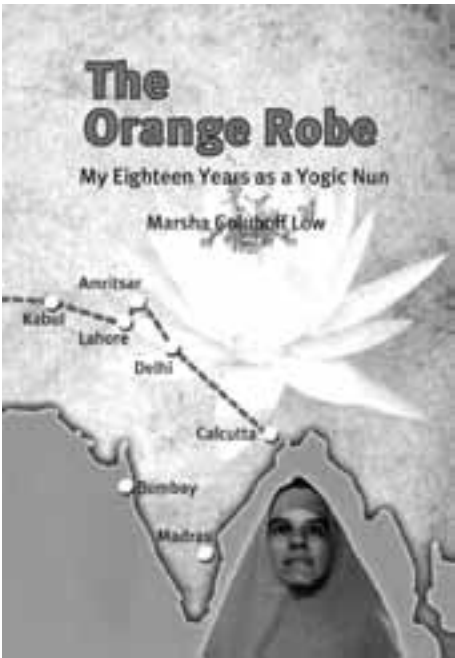
Please help our campaign have impact! You can give online at <http://tinyurl.com/hannahandnomi>, or learn more at www.faithsact.org. E-mail me at nomi.teutsch@unitedsikhs.org to find out about other ways to get involved in our global efforts. Support of any kind from the Mt. Airy community is deeply appreciated.

Co-op Member Marsha Low to Read from, Sign New Book

by Jonathan McGoran, Shuttle Editor

LONGTIME WEAVERS Way Environment Committee member Marsha Low will be at Big Blue Marble Bookstore (551 Carpenter Lane), Fri., Dec. 9, at 7 p.m., to read from and discuss her new book, *The Orange Robe: My Eighteen Years as a Yogic Nun*, which chronicles the years Low spent with Ananda Marga, a controversial Indian group she first encountered while a student at the University of Pennsylvania. Low travelled to India in 1974 to receive training to be an Ananda Marga nun, and for the next eighteen years she worked for the organization in various countries across the Middle East, as well as Australia, Asia, and Eastern Europe. The event begins at 7 p.m., and will feature an overview of the book, a description of Ananda Marga and the projects she was involved with, her relationship with the group’s founder and guru, her gradual disillusionment with the organization, and her eventual return to her family and friends and reintegration into American society. There will also be a brief reading, questions and answers, after which Marsha will sign copies of the book.

The Orange Robe came out in June of this year and has since received consider-



able interest, appearing on the front page of the *Springfield Sun*, and in the September *Shuttle*. *The Orange Robe* is available at Big Blue Marble Bookstore (www.bigbluemarblebooks.com) and at a number of websites. Excerpts are available on Amazon.com. For more information, contact Marsha Low at mg.low@comcast.net.

Winter Reading

(continued from page 14)

by R. H. Blyth. It’s a treasure of quotations, stories, poems, and proverbs. Blyth, a scholar of Japanese culture, creatively shows the connections between the great literatures of Europe, the United States, Japan, and China. I am grateful to Dr. Bernard Phillips, former head of the religion department at Temple University, for introducing this book to his students.

Here are some CD’s that can generate a contemplative atmosphere:

“Compassion,” by Coyote Oldman (Native American flute music with vocals); “Realms of Grace,” by Aeolia (harp and synthesizer); “Dakshina,” by Deva Premal (Hindu chants); “Sanctuary,” by Riley Lee (flute music “from a Zen garden”); “The Edge of Forever,” by Hilary Stagg (harp, flute, keyboards).

As we head into the winter solstice and holiday time, these words from a lesson in *A Course in Miracles* seem fitting: “Peace be to me, and peace to all the world.”

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Neighbors’ Pesticides

(continued from page 9)

raise the total cost of U.S. pipeline accidents in 2010 to \$980 million, more than triple the annual average from 1991 to 2009. And since the ruptured pipe was 56 years old, it also revived doubts about the safety of aging pipelines. More than 60 percent of all U.S. natural gas transmission lines were installed before 1970, according to the nonprofit Pipeline Safety Trust, and 37 percent are from the ‘50s or earlier. Around 4 percent — nearly 12,000 miles — are pre-1940, and some segments have been in place for 120 years. While pipelines have no official expiration date, age can amplify many other problems, PST executive director Carl Weimer tells MNN. “Certainly age is a factor,” he says. “But with steel pipes, age isn’t the main problem. It’s more how it’s constructed, maintained and operated.”

The U.S. pipeline network is too complex to cite a single cause for the recent accidents, Weimer adds, but he does point to a general lack of action on well-known safety issues. “There has been a rash of tragedies over the last year, and if you look at the causes, they’ve all been different,” he says. “A lot of those are problems that have been known and talked about for some time, but they haven’t been addressed.”

The Tar Sands Keystone XL Pipeline would travel from Saskatchewan, Montana, South Dakota, Nebraska, Kansas and Oklahoma before linking to refineries in Texas. The EPA has criticized the review process as inadequate.

“We have a number of concerns regarding the potential environmental impacts of the proposed project, as well as the level of analysis and information provided concerning those impacts,” the EPA wrote in a letter to the State Department on June 6.

A study released July 11 warns the threat of spills is far greater than TransCanada’s risk assessments suggest; the company estimates an average of one spill every five years, while the study estimates “a more likely average of almost two major spills per year.” On top of spills, the EPA is worried about greenhouse gas emissions, air pollution from Texas oil refineries, destruction of local wetlands and deaths of migratory birds.

Sales of Non-GMO-Verified Products Hit \$1 Billion Non-GMO Month is ‘Resounding Success’

by Sustainable Food News

THE NON-GMO Project said it recently hit \$1 billion in annual sales of Non-GMO Project Verified products. Non-GMO Project is a nonprofit created by leaders in the natural and organic food and beverage industry and offers the nation’s first and only third-party verification program for items produced according to rigorous best practices for GMO avoidance, including testing of risk ingredients like those derived from corn and soy.

Thousands of organic and natural food products are enrolled in the Non-GMO Project’s Product Verification Program (PVP), the nation’s first system designed to scientifically test whether a product has met a set of defined standards for the presence of GMOs. Manufacturers earn the Non-GMO Project Verified seal through compliance with GMO avoidance standards, including ingredient testing, as part of the nation’s first third-party non-GMO verification program.

Due to cross-contamination and pollen drift, very few products in the U.S. are completely free of GMOs. And while the absence of all GMOs is the target for all Non-GMO Project Standard compliant products, the ongoing risk of contamination makes it necessary for many companies to establish an allowance threshold for products. The group hosted its second annual Non-GMO Month last month hailing it as a “resounding success.”

- 1,039 participating retailers—a 46 percent increase
- 54,000 Non-GMO Project Pocket Guides distributed
- 50,000+ Followers on Facebook
- 40,000+ Visitors to our websites (including the new nongmomonth.org)
- 466,000+ Overall “engagements” on Facebook (likes, shares, clicks) during October
- 3,800+ Followers on Twitter

- 2,500+ Mentions on Twitter during October
- 8,000 Non-GMO Project tote bags handed out
- 598 Products verified in the 90 days prior to Non-GMO Month
- 31 Winners of our popular online Daily Giveaway Contest

The Just Label It! campaign was also launched in October. The campaign is focused on seeking consumer support for a petition to the FDA to require the mandatory labeling of GE foods. The campaign now has over 300,000 signatures, and the goal is one million. From October 1-16, the group also hosted its historic Right-2Know March from New York City to Washington, D.C.

Meanwhile, the Project said it is also developing a Non-GMO Communications Toolkit, continuing its refinement of the Non-GMO Project Standard, and reorganizing its Supporting Retailer Program.

Leadership 101

(continued from page 1)

operating system for how to be a board. Early on, Healy introduced the term “fiduciary,” which in its broadest sense describes someone who is entrusted to make decisions on behalf of someone else. As fiduciaries, co-op board members must always question in whose interest they are trying to make decisions. “Am I representing just the current owners, or future owners as well?” he asked.

In the area of policy governance, Healy brought up a fundamental reason for creating a set of principles for running a co-op: protection from lawsuits. Those principles, as spelled out in the Co-op Board Leadership Development materials, include ownership, board holism, delegation to management, and executive limitations. In addition, Healy went over a few legal protections that are necessary to keep lawsuits at bay, including keeping accurate and adequate records, ensuring the payment of all tax obligations, indemnification, and insurance. “If you don’t at-

tend meetings, you can be sued,” Healy said. “If you attend meetings, but you don’t read the materials before the meeting, you can be sued. Be a full part of the conversation at board meetings.”

The afternoon session focused on understanding financial statements; in particular, the numbing set of figures that makes up the quarterly balance sheet. Healy explained terms such as liabilities, equity, and debt-to-equity ratio, the last of which he considers a key aspect of the financial condition of a co-op or any business. Toward the end of the afternoon, the attendees broke up into small groups and used different colored Lego blocks to bring into three dimensions the balance sheets of their co-ops over the last several years. Those co-ops already in business used actual numbers, while the start ups employed projected figures.

A member of one of those start ups, Steph Walker of Doylestown, enjoyed meeting other co-op board directors at the workshop and talking about their experiences. Walker founded a buying club in Doylestown that is now morphing into a full-on co-op.

“It’s completely invaluable to have conversations with other people going through the process,” Walker said. “You learn so much and don’t appreciate it ‘till afterwards. It saves me a heck of a lot of time, so it’s been great.”

Andy Rosen, a member of the board of directors of the Swarthmore Co-op, the oldest in the area, found the day more useful than he expected at first. “I always find these meetings to be inspiring, because we’re all working toward a common goal,” he said. “I was concerned it wasn’t going to be useful because we’re not a start up, but I learned a lot.”

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A Modest Proposal

Residents of West Southampton Avenue will soon have a new street, “Market Lane,” just below our bedroom windows. Residents of Shawnee will see their narrow country lane transformed into a bustling access road for a supermarket. Residents of Hartwell will see their tiny one-way street redirected and transformed into a crowded private driveway. And Germantown Avenue? The Penoni traffic study says that everything will be fine.

My wife and I have the least to lose from this development. Our bedroom window is almost 100 feet from the new loading dock. What is lost on me, however, are the promises of a greater good for Chestnut Hill. Germantown Avenue has many spectacular stores, but it also has its share of businesses that are struggling. Bowman Properties has 17 commercial vacancies. The entire corridor, according to Bowman, can only be revitalized by dropping an “anchor” in the middle.

I spent 15 years trying to make the Firehouse Farmers Market in West Philadelphia serve as an “anchor” for Baltimore Avenue: old winding corridor, new shopping mecca in the middle. What I learned: every corridor has its own resistance to developers’ dreams. An “anchor store” can only add sales to stores within walking distance of where the customer parks her car. Most of Bowman’s vacancies, therefore, will receive zero “bump” from Fresh Market.

But here is how the new project could really make its mark: let Bowman acquire a rectangular lot from Highland Avenue to Willow Grove. Let the old stone tower on Ardleigh welcome customers to the mall. Let the pond on what was once Pastorius Park become a water feature. City Council might have to pass a few more ordinances, but we would finally have our “bump.”


Bill Coleman
26. W. Southampton Avenue

Editor:

Dear Ben Brown’s Honey Customers. You are certainly welcome to keep the beautiful jars my honey comes in, but please don’t throw them away. I would like them back. I recycle them. I mean I really recycle them: I fill them back up with honey! You can drop them off on my porch. Thanks. And thanks for buying my honey. I’m right around the corner.

Ben Brown, 46 W. Southampton Ave

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Commentary

Weavers Way Pays Through the Nose for Credit Card Use!

by Don McGuire, Weavers Way Staffer

THE BIG picture: more and more, Americans are using plastic and not carrying cash. Smaller picture: when WW management presented the financial results for the last fiscal year, it was very easy to miss the fact that WW paid \$52,000 more than was budgeted on interbank clearance fees, the money credit and debit card issuers (banks) charge merchants (like WW) who take their plastic. The shocker is not that the budget was off—after all, WW made more in sales than was budgeted as well. The shocker is that these fees totaled \$361,000 last year, or about \$1000 a day. Our customers have used their plastic much more in the last year! Since our gross sales averaged \$48,000+ a day, these fees amounted to something over two percent of our gross sales, which is comparable to what WW paid our lenders in interest on all our debts.

There’s more detail we could go into, but it isn’t that important. One take home message is this: we are getting slammed particularly hard on debit card purchases under \$10. Where do these come from? Many are the result of a customer buying lunch, and I have been led to believe that there are a lot of ‘frequent buyers’ that are WW employees. I have a suggestion for getting these costs down: WW gift cards.

Please—instead of sliding the plastic every time you make a purchase at WW, estimate what you spend on lunches, snacks and other WW purchases in a pay period or in a month, and use your debit card or a check to buy a WW gift card for that amount (the story is different if you use a credit card—don’t do it that way!). The gift cards are actually faster than plastic at the register, and WW won’t have to wait to get the money from the bank, or pay more than the one transaction fee. Our cards can also be a great budgeting tool, since every receipt tells you how much is left. You can find out how good your estimation skills are, or how much you are spending on lunches.

I’ve been asked to write an article on this topic for *The Shuttle*, and I hope I can influence our members’ behavior, but I’ll start with you, fellow employees. You will also be relieved to know that with this rant, I am out of subjects that I urgently want to get off my chest. So, is there anyone else out there with something to contribute?



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Hope for Embulbul

by Megan Rook, Weavers way Chestnut Hill Staffer

IN MAY of 2010, I resigned from my job as a social worker, my husband Pete finished graduate school, and we had the opportunity of a lifetime to travel to Africa, where we would engage with the beautiful community of Embulbul in Nairobi, Kenya. In Embulbul, we saw rampant poverty, identical to commercials on TV requesting your money to feed and educate a child. The children we saw were sitting in mud next to open sewage streams, barely clothed and covered in flies. These pictures of despair were very real to us and it was difficult for Pete and me to process the depth of poverty and our inability to do much about it as we visited.

After spending a few weeks in Embulbul, an undeniable feeling of hope permeated as we started to truly know the Embulbul community and many became dear friends. We met dreamers, who saw their lot in life not as final, but as an opportunity to hope and make changes for the better. We met Mary, a jewelry artist, who works strenuous hours to support her family, sometimes not making enough money to put food on the table for her children. We met Mary’s husband John, who runs the Youth Art Project, an after-school program for the children of Embulbul. We also met people like James, a talented artist and painter of greeting cards, who pours the small amount of money he receives from his artwork into the Youth Art Project, bringing hope to the children of Embulbul. James and John, through the Youth Art Project, are able to teach the

children many things such as the importance of trash pick-up to help prevent disease during the rainy season. The children also learn about abstinence and safe sex in order to help avoid the spread of AIDS and other preventable diseases. We met people like Hannah, an owner of a small beauty shop, who uses her humble store not only as a place to make money to feed her and her daughter, but as a place where old women and young girls can safely gather side by side and encourage one another.

While the hopefulness in Embulbul is tangible, the odds are stacked against those who live there. We realized that as Americans we could easily leave and return to our homes, embracing our comforts and ignoring the things that we experienced on our journey. Pete and I promised each other that we would not forget these people and would share their stories of strength and hopefulness in the midst of despair.

I think that many will agree that Chestnut Hill is a special place, not only because of the historical buildings and colorful flower beds, but because of the people who make up this community. There is a similar beauty embodied in Embulbul. Embulbul wants to flourish with young and old entrepreneurs opening small businesses. Neighbors help each other when in need and men and women step up to educate the community’s youth to improve the future. But this community lacks resources and can use all the help it can get.



photo courtesy of Megan Rook

Pictured here are (l to r) Embulbul residents Joseph and James, Pete Rook, Embulbul resident Hannah, Megan Rook, and Embulbul resident John, with local children Anne and Lois.

On our last day in Kenya, Mary presented me with a beautiful sarong that she had hand beaded. I often wear this sarong around my waist and have received many compliments about its beauty. Mary asked if I would help her support her family and community by partnering with her to start a business when I returned to the U.S., and one year later, I am excited to say that I will be receiving more samples of Mary’s work very soon. Our hope is that Mary will be able to earn a fair income selling her items in the U.S. rather than working for her current employer. Mary’s income

will support her family and her husband John’s work at the Youth Art Project.

The community of Embulbul is filled with passionate entrepreneurs who are eager to succeed and educate their children but whose resources are very limited. Pete and I hope to find people to partner with, to support and encourage Mary, John, James, and Hannah in their new businesses. By bridging the gap between our community here and the community of Embulbul, we can truly change lives. If you are interested please contact me at Hope4Embulbul@gmail.com.

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Valley Green Bank Book Drive

by Lesley Seitchik, Valley Green Bank

Valley Green Bank is holding its fourth annual local book drive from November 25 thru December 31, 2012. The Mastery Charter elementary schools—Mann Elementary, Harrity Elementary, Smedley Elementary, Hardy Williams Academy Mastery Charter School, and Mastery Charter Clymer Campus—will be the recipients of this year’s collection. The book drive encourages families to donate new or gently used children’s books, preschool through eighth grade. The collected books will be distributed to the five elementary schools.

Local Mt Airy business Big Blue Marble Bookstore is joining in this effort by offering a 10% discount on all books purchased and contributed in the store to this book drive.

Bins to collect the books will be in Valley Green Bank’s two locations—7226 Germantown Avenue in Mt. Airy and 23 W. Highland Avenue in Chestnut Hill. Another bin will be located at Big Blue Marble Bookstore at 551 Carpenter Lane in Mt Airy.

Jay Goldstein, Valley Green Bank’s President and CEO, is pleased to be sponsoring such a worthwhile initiative. “There is no better way to support our children than to encourage them to be avid, accomplished readers; and, as we all know, reading is a key to success in pursuing a lifetime of learning.”

Mastery Charter Schools’ CEO Scott Gordon is “thrilled” the Mastery elementary schools were chosen again for this year’s drive and commented, “Our five elementary schools serve 3,300 students who were formerly enrolled in some of the lowest-performing schools in the city. Many are three to four grade levels below where they should be in reading—so getting them to read every single day is huge. We are on track to hit our goal for every student at or above grade level within three years with Mastery by immersing our youngest students in reading now so they can go on to pursue their dreams and compete in the global economy when they grow up. Every new book donated will be in the hands of amazing children who are hungry to learn. It’s really awesome and we are just thrilled Valley Green Bank chose us for this honor.”

Third grade teacher from Smedley Elementary, Danielle Mezzino, responded when asked about last year’s book drive, “It was so amazing to receive the books we did last year from Valley Green Bank. Our kids get to hold books in school all the time, but there are very few who get to go home and have books to call their own. We owe much thanks to Valley Green Bank for being able to provide that for our students! The smile on their faces when they saw their first book with *their* name in it...priceless!”

Holidays at Mt. Airy Art Garage

by Melissa Hamilton

OVER THE last few weeks, we’ve been busy at the Mt. Airy Art Garage. Really busy. But, to us, the chaos of productivity means three things: Community, Connections, and Art. Between our grand opening, hosting POST (Philadelphia Open Studio Tours), and prepping for our first exhibit, “Recapturing Memories” by Meei Ling Ng, we haven’t had much time to anticipate the holiday rush.

Plus, we’ve been sketching with plenty of students (from Chestnut Hill Academy/Springside School, Green Tree School, First United Methodist Church of Germantown, to name just a few) as they tour Ng’s 3-D installation with wide-eyes and open minds. To say the least, we’ve had our hands happily full!

As the holidays approach, though, we’re happy to announce our Holiday Art Market Extravaganza. Surely, over the

next few weeks, you’ll be searching for that unique, personalized gift created by local artists to give to that special someone—and what better place to find it than at the Mt. Airy Art Garage. During the first three Saturdays and Sundays in December, from 10 a.m. to 5 p.m., MAAG will open its doors and offer the community a diverse selection of fine arts and handcrafts created by artists from Germantown, Mt. Airy and Chestnut Hill.

So, stop by 11 West Mt. Airy Avenue to browse the unique display of original artwork and enjoy the holiday festivities. After all, supporting local artists (in the community you already love) surely beats going to the mall.

For more information, call 215-242-5074 or visit www.mtairyartgarage.org.

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FOW Hosts Lecture on Water Quality of the Wissahickon Creek

by Denise Larrabee, Editor/Friends of the Wissahickon

FRIENDS OF the Wissahickon is hosting a lecture on *Trends in Water Quality of the Wissahickon Creek* on Tuesday, December 13, 2011, at 6:30 p.m. at Valley Green Inn. Presented by Dennis Pennington of the Wissahickon Valley Watershed Association, this free lecture will begin at 6:30 p.m. Seats are limited and registration is encouraged.

Dennis Pennington has more than 38 years of experience in hazardous waste

and ground water investigations and remediation. His presentation will address the Wissahickon Valley Watershed Association (WVWA) water quality monitoring program from 2003-2011. WVWA has 11 sampling stations along the Wissahickon Creek and Sandy Run, the largest tributary to the Wissahickon Creek. Mr. Pennington will discuss major trends of the potential pollutants as well as how WVWA intends to use the data to plan restoration and identify areas of environmental concern.

Poison

(continued from page 8)

fication. Or put single plants around your home. Some plants are especially good: Chinese evergreen, peace lily, snake plant, spider plants, English ivy, complant, devil’s ivy, bamboo palm, weeping fig, and philodendron. For cleaning in my home, I rely upon vinegar, baking soda, and Dr. Bronner’s, all of which have no toxic fumes. Weavers Way has many safe products; for example, I use Bio Pac for laundry and Bio Pac for my dishes. The Co-op is a great resource for healthful choices.

My Research on One Common Cleaner:

I found “..... Bubbles” under my sink that someone else had bought. It looked safe, and the manufacturer has a web site claiming they have healthy products. So I checked the ingredients. Note that this cleaner, used for cleaning the bathroom, is highly irritating to skin and should not be inhaled. One ingredient should not be put in the sewer; yet, directions are to flush down the toilet when finished. I assume this cleaner is no better or worse than most commercial cleaners. To give you an idea, here are the main ingredients and their effects:

Alkyl Polyglycoside:

In case of skin contact, immediately flush skin with plenty of water for at least

15 minutes while removing contaminated clothing and shoes. Wash clothing before reuse. Seek medical attention.

Dipropylene Glycol Butyl Ether:

Skin Material will cause severe irritation and may cause chemical burns. Repeated and/or prolonged contact may lead to: drowsiness, kidney damage, allergic sensitization, hemolysis, central nervous system depression, reduction in the oxygen-carrying capacity of the blood. Material is toxic by skin absorption.

Inhalation Exposure to vapor or mist may have the following effects: severe irritation of nose, throat and respiratory tract. Exposure to mist at high concentrations may have the following effects: severe irritation to nose, throat and respiratory tract; possible lung damage ;liver damage; kidney damage; central nervous system depression; reduction in the oxygen-carrying capacity of the blood

Dipropylene Glycol Propyl Ether:

Acute toxicity for rats and rabbits.

Ethoxylated Alcohol:

Warning! Causes eye and skin irritation. Avoid contact with skin, eyes and clothing. Wash thoroughly after handling. Do not flush into surface water or sanitary sewer system. Toxic to aquatic life.

When storing this product in air or oxygen, decomposition may occur, generating vapors which could be irritating. Mechanical ventilation or exhaust is recommended.

Pet Nutrition

(continued from page 2)

especially if they’re cooked at the extremely high temperatures that dry and canned pet foods are cooked.

Isn’t it dangerous to feed dogs and cats bones?

We all know never to feed our pets *cooked* chicken bones. Raw bones have a completely different property. They do not splinter into dangerous shards the way cooked bones do.

Won’t my dog or cat get sick from bacteria in the meat?

While this is a possibility, I have not seen it happen. Dogs and cats digest bacteria, including E. coli and Salmonella, more effectively than humans. Most holistic vets feel that the health benefits of feeding a raw diet outweigh the risks of our pets getting sick from the food. Toxoplasmosis is one food-born disease that I have seen, and though it was only once, it does concern me. The good news is that freezing meat for 72 hours kills Toxoplasmosis.

How do I feed my dog or cat a raw diet?

There are two options. The first is to prepare the food yourself using chicken or turkey necks and backs (you can find these at your local butcher shop; I get mine at the Chestnut Hill Farmer’s Market), some organ and muscle meat, and a bit of pulverized vegetables to simulate the material found in the prey’s gut. It’s important to get the ratios right. For dogs, there’s an excellent little book that outlines how to feed a balanced raw, meaty bone-based diet called *Raw Dog Food: Make It Easy for You and Your Dog*, by Carina Beth McDonald. Some of the other titles on my shelf are Dr. Ian Billinghurst’s *Give Your Dog a Bone* and *The BARF Diet: Raw Feeding for Dogs and Cats Using Evolutionary Principles*. (BARF is a less than charming acronym for “biologically available raw foods”.) These books are avail-

able on Amazon.com. For cats and small dogs, this diet works best if you grind the bones or find someone to grind them for you.

The other option, now, is to purchase the food. This is exciting news. Complete, frozen, raw, meaty bone-based diets are now available from health food stores, veterinary offices and pet stores, including your very own Weavers Way Pet Store. Some of the many high quality brands are Steve’s, Bravo! and Nature’s Variety. Weavers Way carries an excellent brand called Primal.

Primal is made with fresh, raw—and often organic—ingredients. It’s incredibly convenient and price-wise, feeding Primal is comparable to feeding other premium dog and cat foods. Look for the white freezer in the back of the Weavers Way Pet Store and take a gander. You’ll surely be impressed by the variety. If you’re apprehensive about taking the raw food plunge, pick up a sample pack for starters. And if you have a picky eater, try mixing some canned food or tuna fish in with the raw, meaty bone-based food. That usually does the trick.

If you’d like further information about raw, meaty bone-based diets and other options for feeding dogs and cats, please come to the workshop I’ll be giving on nutrition for dogs and cats on Thursday, December 15, 6:30 p.m., 555 West Carpenter Lane. A representative from Primal will also be present to provide information and answer questions.

In summary, I encourage you to feed your pets as Mother Nature intended using as many fresh, whole and raw ingredients as possible. The payoff will be a friskier Fido, a bouncier Boots and fewer visits to the vet for all of you.

I leave you with many wishes for health and happiness.

~ tashko@verizon.net

WEAVERS WAY MEMBER WORKSHOPS

Pet Nutrition Workshop

Back by Popular Demand!

Nutrition for Dogs and Cats

Thursday, December 15, 6:30 to 8:30 pm

555 Carpenter Lane

The Co-op’s community room.

Natasha Kassell, VMD will be teaching a workshop on nutrition for dogs and cats. A range of topics will be discussed including different options for feeding dogs and cats, and the pros and cons of each—from dry food to canned to raw foods to a mix; ingredients to look for or to avoid when purchasing pet foods and why; and supplements “guardians” (a term Dr. Kassell prefers to “owners”) can add to their pets’ diets to help treat certain health conditions. Participants are requested to bring their notebooks, their questions and plenty of enthusiasm. And now for a brief bio: Dr. Kassell received her veterinary degree from the University of Pennsylvania’s school of veterinary medicine in 1994. She then practiced conventional small animal medicine in Gig Harbor, Washington for two years before studying veterinary homeopathy with Dr. Richard Pitcairn, author of the well-known book, *The Complete Guide to Natural Health for Dogs and Cats*. Following the homeopathy course, Dr. Kassell opened a small animal holistic house-call practice in Gig Harbor, specializing in preventive health care and homeopathy for dogs and cats. In 2002, Dr. Kassell and her family returned to Philadelphia, and she opened a similar holistic veterinary house-call practice in Mt. Airy. She’s very happy to be in a place where she can once again serve the pets and people of this wonderful community. Dr. Kassell may be reached at 215-407-4535 or tashko@verizon.net.

Also attending, to discuss raw pet food diets is: Kimberly Pearson, Primal Pet Foods, East Coast Regional Sales Manager.

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Fundraising Progress to Bring Skyspace to NW Philly

by Nikka Landau

THIS SEASON of light brings good tidings about the new, light-filled Friends meeting in Chestnut Hill. Thanks to meeting members and community supporters, the Chestnut Hill Friends Meeting has made great progress this year in its efforts to build an environmentally friendly meetinghouse featuring a meditative James Turrell Skyspace that will be open to all.

On October 26, 2011 the Meeting held a lovely Quaker-styled celebration (pot-luck of course!) at the Chestnut Hill Friends Meeting for friends and neighbors of the project to mark the progress the campaign has made and officially launch the public phase of their \$3 million Capital Campaign. The Meeting had identified \$2.8 million of the \$5.8 million cost of the new meetinghouse, leaving \$3 million to be raised. As of early November, meeting members, other Quakers, funders, art

enthusiasts and others had contributed \$2.6 million toward the \$3 million target. Contributions included a major grant last year from the National Endowment for the Arts.


At the cheery October occasion Campaign Co-Chair Jon Landau thanked those who had already given generously to the campaign and invited local residents, art lovers, environmentalists, Friends, and neighbors to learn more about the project through a series of events over the coming months and to consider contributing to the project.

Though Quaker members got the Campaign started and are providing the bulk of the funding, the Project has been buoyed by the warm support of foundations and individuals from many backgrounds who share their vision of a peaceful place for people of all backgrounds to contemplate, pray, or simply enjoy the quiet beauty of the changing sky through one of Turrell’s signature works.

Come hear more about this environmentally friendly 21st century building and surrounding gardens and woods. The last in a series of four public meetings will be held Mon. Dec. 5, from 7-8 p.m. Springfield Township Library, 1600 Paper Mill Road, Wyndmoor. Please visit our website, www.chfmnewmeetinghouse.org, or call Jean Warrington at 215-242-6974 for more information.



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The Stagecrafters, Moonlight and Magnolias

by Steve Brady

THE SECOND production of the current season at The Stagecrafters, *Moonlight and Magnolias* by Ron Hutchinson, will open on Friday, November 25, 2011. The play takes us back to 1939, when three weeks into production of *Gone With The Wind*, producer David O. Selznick has suspended filming of the picture and fired the director, determined that the script be completely re-written! As goes Tinsel Town lore, he locked himself in his office for five days and nights with his new script writer, Ben Hecht, and his new director, Victor Fleming, to create a new screenplay for Margaret Mitchell’s famed novel.

In this frantic and frenetic go-round, playwright Hutchinson captures the real-life madness behind the scenes in motion pictures, creating at once a hilarious satire and a tribute to movie-making in the old Hollywood.

Ron Hutchinson, playwright, screenwriter, and “hired gun” script doctor, after some 25 years of TV and film scripting experience in Hollywood, in 2004 wrote *Moonlight and Magnolias*, about which he quipped in an interview: “Is there an abundance of crazy, driven, slightly off-kilter people out here? Yes, and they all

want to leave their indelible imprint on the precious celluloid.” The play made its New York debut in 2005 at the Manhattan Theatre Club. *The New York Daily News* proclaimed, “Frankly, my dear, this is one funny play ...”; and the *Herald Sun* commented, “A must-see for film- and stage-lovers alike.”

Production performance dates are November 25, 26, December 1, 2, 3, 8, 9, 10 at 8 p.m.; Nov. 27, Dec. 4, 11 at 2 p.m. Tickets are available at \$16 online (no service charge), \$20 at-door. (Thu. eve performances “two for \$25”). Students with valid ID \$13 at-door. Groups of 15 or more are offered a reduced rate of \$15 a ticket, paid in advance. The box office opens 45 minutes before each performance. For information, call 215-247-8881; for reservations, call 215-247-9913. The theater is located in the heart of Chestnut Hill at 8130 Germantown Ave. Visit website for details: www.thestagecrafters.org

Special NOTE: “Meet the Cast and Director” Q & A sessions will be held following the performances on Friday, Dec. 2 and Sunday, Dec. 4. All attendees at those performances are welcome to stay and join in the discussion.

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Suggestions

(continued from page 28)

well (which I assume they will). I will increase the amount.

s: “Recently, I bought Newman’s cookies, like choc chip but had mocha or coffee flavored cookie or chips. They were delicious. Are you going to carry them anymore? I hope so.”

r: (Chris MA) Sadly, Newman’s has stopped making the Espresso Chip cookie... Sorry!

s: “Why are Suzie’s Spelt cakes being discontinued? Is it due to availability, sales, or other? I’m allergic to whole wheat and tolerate (and love) spelt (cakes, flour and bread).”

r: (Chris MA) Suzie’s Spelt Cakes did not sell, therefore discontinued. They are available as a special order, see or call Chris at extension 113 for details.

s: “We’ve been out of onion naan for about a month. Are you going to ever order it again? Thanks”

r: (Molly MA) We have been carrying Kontos Onion Naan, but maybe we haven’t been ordering enough. I will

keep your comment in mind and increase the order. Thanks! (Editor’s note: It is worth noting here that Kontos Nan is the only brand that is “Hand Stretched for Fluffiness,” or at least, it is the only brand that can claim to be, since it says it right on the package, with a TM for Trade Mark next to it, so I guess other brands can indeed be hand stretched for fluffiness, they cannot claim to be. Only Kontos.)

s: “Can I special order a live octopus? I’m shooting a deep sea film in my bathtub and have some scenes in mind that feature an octopus battling a rubber duck.”

r: (Norman) You can special order virtually any animal. Our web site has price lists-find live octopus in the section titled “rare, dangerous and endangered animals.” Keep in mind there are ordering minimums: live octopuses come four per tank. Because of how live octopuses captured in the wild, sometimes the four are related and when confined in a small tank you might hear family squabbles, which, with octopuses, are more typically mother-daughter based, because with four pairs of arms to adorn with jewelry and such, sometimes there is competition for who wears the family jewels.

CIP Seeks Holiday Gifts for Homebound Seniors

by Lynn Fields Harris, Center in the Park

THE HOLIDAYS can be a lonely time for older adults who may be alone and without family and friends to share in the joys of the season. A modest gift can bring joy to people who are isolated and lonely.

Center in the Park is asking members of the community to contribute new, standard sized bath and body products, such as shower gel, perfumed lotion, hand cream, soap, and body powder.

Contributions of flashlights with batteries, throw blankets, slipper socks with tread, towels and wash cloths would also be appreciated. These gifts will be given to the Center’s homebound clients.

Contributions should be dropped off at Center in the Park from now through Friday, December 16.

For more information, please call Courtney White at 215-849-5100.

Mr. B is an 83 year old widow. He lives on his own and has no family therefore unfortunately; Mr. B spends most of his holidays alone. Last year’s holiday season, Mr. B received a gift bag from the

CIP Giving Tree. He could not believe that he was receiving a holiday gift bag. The last time he received a holiday gift was a few years ago, when he exchanged gifts with his wife before she passed away. In his holiday gift bag Mr. B found a flashlight, socks, blanket and playing cards. He said that he would have the flash light on his nightstand; this would make it easier to find the light switch and prevent him from falling while looking for the switch in the dark. He was especially happy to receive a new deck of playing cards. Mr. B enjoys playing Solitaire but he has played so many times that his old deck of cards was wearing out. Mr. B thanked the Social Service Department and Center in the Park for making his otherwise lonely holiday season a little brighter.

Unfortunately, Mr. B is not the only one who will spend the holiday season alone. Please consider making a donation to our Holiday Giving Tree and help us spread the joy of giving during the Holiday Season.

~ lharris@Centerinthepark.org

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Seventh Annual Community Service Carnival



Children of all ages attended the **Seventh Annual Community Service Carnival**, hosted by the Rho Theta Omega (RTO) Chapter of Alpha Kappa Alpha Sorority, Inc. The carnival was held on Saturday, October 15, 2011, at the Anna Blakiston Day Elementary School. The purpose of the event was to provide a venue where family and friends of the A.B. Day School and surrounding community could access information on the healthy mind, body, and spirit.

The event promoted physical fitness through double-dutch & hula-hoop competitions, a basketball tournament, and a group Zumba class. Health professions were on board to provide free blood pressure screenings, and information was provided from Clean Air, American Diabetes Association, and about breast cancer. Children received free books, donated by the members of RTO, participated in a literacy circle, and observed hands-on science demonstrations. A food drive was also held, with all donations to benefit Philabundance Food Bank. No carnival is complete without entertainment, which included music, face painting, magicians, carnival games, food, and fun for all those who attended.

CD Release Events at Hideaway Music, Point of Destination Cafe



photo is by Arnie Goodman

Local Mt Airy resident, working Co-op member, and singer/songwriter Chana Rothman, a regular at World Café Live, Hard Rock Café and Tin Angel, will be performing 2 p.m. on December 4 at Chestnut Hill’s Hideaway Music (8612 Germantown Ave.) to preview her new CD, “Beautiful Land,” which will be released on Dec. 6.

The official release party will take place December 10 at the Point of Destination Café (Upsal Train Station, 6460 Greene Street, in Mount Airy) with a 5 p.m., family-friendly set “so you don’t have to get a babysitter and you can enjoy with your kids,” and a 7 p.m. evening set for night owls. \$10/adult, \$2/child, \$20/family. Rothman will be accompanied by Co-op members Nina Peskin (vocals), Mikael Elsila (piano/keyboards), Jared Jackson (sax), K Surkan (cello), and four-year-old Leila Utterback (vocals), as well as guitarist Ross M. Levy. For more information, visit www.chanarothman.com.

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Topping Out at Chestnut Hill Hospital

by Catherine M. Brzozowski, Chestnut Hill Hospital Marketing and Public Relations

CHESTNUT HILL Hospital celebrated the Topping Out of the building that will house the community’s new Emergency Department, Intensive Care Department and Operating Rooms that are scheduled to open in the fall of 2012. The ceremony, which marks the completion of the building’s structure, culminated with a gathering of staff, physicians, and community members to witness the unfurling of a large American flag and placing of an evergreen tree at the building’s apex to symbolize growth and bring luck.

“We are pleased to have reached this significant point in the construction of our new wing,” says Brooks Turkel, CEO, Chestnut Hill Hospital. “We are on track to open the new patient care areas that will better meet the needs of our community in less than a year. The new wing includes a 22-room Emergency Department with large waiting room; 14 private ICU rooms; and larger operating rooms that can better accommodate the advanced technology necessary for our expanding minimally invasive surgery program.”

So far this year, more than 25,000 people have visited the ED at Chestnut Hill Hospital, an increase of approximately 2,000 visits from 2010. As the Hospital

grows to meet the demand for urgent care, there are also changes to enhance services and increase quality within the existing Hospital.

The Hospital was recently recognized by The Joint Commission for achieving excellence in performance on its accountability measures during 2010 for pneumonia, acute myocardial infarction, congestive heart failure and surgical care. Chestnut Hill was the only hospital in the city of Philadelphia to achieve this distinction. The Joint Commission, also recently recognized Chestnut Hill Hospital as a Primary Stroke Center, a designation that shows commitment to providing systematic and comprehensive care to patients who come to the ED with stroke symptoms.

Relationships with university-based health care systems are strengthening programs in the areas of stroke care, cardiology, cancer and in-patient care. “We want to bring the best of what our region has to offer, right here to our community,” says Turkel. “This new building is one of the more noticeable displays of the improvements that we’ve made during the past five years to better serve our neighbors. We look forward to celebrating more accomplishments with the entire community at our ribbon-cutting next fall.”



Chestnut Hill Hospital staff unfurls a giant American flag to recognize the Topping Out of the building that will be home to a new emergency department (ED), intensive care unit (ICU) and operating rooms (OR). From left: Claire Mooney, ED/ICU nurse manager; Alexis Puglia, ED nurse; Christina McLenaghan, ICU nurse; Cheryl Miller, ICU nurse; Annette Levering, OR nurse manager, Maria Maiorana, OR nurse; and Dr. John Scanlon, CMO.



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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. Something interesting to note, the number of suggestions being written has dropped dramatically in the last year or two. In our Mt. Airy store, we’ve been getting about nine or ten suggestions a month; we use to get more than that in a week. I mentioned this to Glenn and he wondered if it had anything to do with orientation not being mandatory any more, so fewer members know about ways to write suggestions (book and cards in Mt. Airy store and cards in Chestnut Hill store). I also wonder if it’s a reflection of the degree of member-engagement dropping since the work requirement was dropped. Maybe we’ve gotten so good at meeting member needs that there isn’t much left to comment on (now that we have 14,000 active items in our database). In any event, sometimes I wonder about the effect of dropping the work requirement. I wonder

if, when we look back at the co-op 10 years from now, that that will be one of the decisions that resulted in a significant cultural change in the Co-op. Dropping the work requirement had the benefit of making the Co-op available to more people, with the cost of less direct member involvement, reducing the benefits that came from community members actively working together on a regular basis. On balance, I don’t know if the decision was overall good or bad, or if that can even be measured, just that the two different scenarios result in markedly different cultures. Making this about me, the main thing I object to about this is that with fewer suggestions to respond to, there are fewer quirky ones that I can write sarcastic responses to, so I have to wrack my brain to invent entertaining things to write about, which makes writing harder and harder. When the muse is not available, my column drifts past deadline, then Jon starts to nag and guilt-trip, and at some point that becomes more painful than forcing a fake muse, so an article gets written but of sub-standard quality from an entertainment perspective. So now you have my excuse in advance for lame articles... it’s the member’s fault, after all, the members voted to drop the work requirement.

suggestions and responses:

- s:** “Love Kimberton Hills cookies... Can you bring back the “Spice Cookies”? They were awesome! (You still carry choc chip and oatmeal raisin).”
- r:** (Molly MA) Thanks for comment. We just started getting the spice cookies. They are a seasonal item. If they sell

(continued on page 25)

TOYS FOR TOTS

Glenn Bergman, Maria Vecchiolli and Kentu X

Maria Vecchiolli a.k.a. our Banana and employee is organizing a toy drive for the Salvation Army Toys for Tots in WW CH. We will start accepting donations right after Thanksgiving, there will be a box up by the registers. All toys are donated to families in need in the greater Philadelphia area.

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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!

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Weavers Way Co-op Offices/Mt. Airy
555 W. Carpenter Lane
• **Wednesday, December 3 at 10 a.m.**
• **Saturday, January 14 at 10 a.m.**

Equal Exchange Fair Trade

December Coffees of the Month

Bulk Beans:
All bulk coffees EXCEPT decaf:
reg. \$9.99 **sale \$7.00/lb.**

12 oz packaged Coffee:
reg. \$7.58 **sale \$5.06/lb.**

12 oz DECAF packaged coffee:
reg. \$8.99 **sale \$5.98/lb.**

Nov. 30, 2011 - Jan. 3, 2012

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.