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# The Shuttle

January 2012 Vol. 41 No. 01

A Cooperative Grocer Serving the Northwest Community Since 1973

## Welcome 2012: International Year of Co-ops

by Margaret Lenzi, Board Vice President

THE UNITED Nations General Assembly has declared 2012 as the International Year of Cooperatives as a way to highlight the contribution of cooperatives to socio-economic development here and around the world. (See UN Resolution 64/136). It’s time to spread the word that cooperative enterprises build a better world. This year will see a host of activities that will increase public awareness of cooperatives and hopefully promote the formation and growth of cooperatives.

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## Weavers Way Welcomes Mayor Nutter & #ShopPhilly

by Jonathan McGoran, Shuttle Editor

PHILADELPHIA MAYOR Michael Nutter visited Weavers Way Co-op’s Mt. Airy store on December 17 to purchase holiday gifts and to highlight the importance of buying local during the holiday season and throughout the year. The visit was part of the mayor’s #ShopPhilly campaign, which encouraged Philadelphians and others to shop locally and let others know about using the #ShopPhilly hashtag on Twitter, Facebook and other social media.

THE MAYOR himself Tweeted after the visit: “I had a great time @WeaversWay, lots of people out supporting #ShopPhilly. Support our local stores! Thanks.”

During his visit, the mayor also spent time at Big Blue Marble and the High Point Café, making a point of supporting two other great local businesses.



photo by John Barone

Mayor Michael Nutter shows he takes buying local seriously on a visit to Weavers Way Mt. Airy

## Commentary WW & Plastic: The True Cost of Debit & Credit Cards

by Don McGuire, WW Staffer

FIRST, A confession: in early November I wrote two pieces on credit and debit card use at WW, one for the Staff Newsletter and one for the *Shuttle*. There was a mix-up, and the article intended for the staff was published in the December *Shuttle*, while the slightly longer article intended for the *Shuttle* was not published at all. The article that was published has already generated quite a reaction, and what has come to me has all been positive. I think this is another example of the old saying

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## Dining For Women: The Story Continues

by Ann Mintz, WW Board Member

VICTOR HUGO observed that “There is nothing more powerful than an idea whose time has come.” And clearly, the time has come for Dining For Women—a giving circle dedicated to organizations that help empower women and girls living in poverty in the developing world. To recap the story, the September *Shuttle* announced the formation of a Weavers Way chapter. The first chapter, (The Thursday Group) was formed in October. Interest was so strong that a second chapter was formed, the Tuesday Group, which met for the first time November.



photo by Cynthia Hillyard

The first meeting of the Tuesday group of Weavers Way Dining For Women, which met at at Cara Herold’s house.

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## Support New Co-op Legislation

by Bob Noble

HISTORIC LEGISLATION supporting cooperative development in the U.S. is expected to be introduced to Congress later this month (December 2011). The National Cooperative Development Act of 2011 is sponsored by Congressman Chaka Fattah (D-PA) with the support of the National Cooperative Business Association and CooperationWorks! According to Fattah, the legislation “will create, in the Department of Housing and Urban Development, a National Development Center for Co-ops so we can grow co-ops and provide technical assistance to the co-op movement.”

The new act targets underserved communities for job creation by promoting cooperative business development. Provi-

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# Editor’s Note

by Jonathan McGoran,  
Shuttle Editor

WEAVERS WAY Farmer Nina Berryman says that January is the quietest month. And whether you’re a farmer with nothing to do, or a New Years Eve reveler who did a little too much, most years she’d be absolutely right. But not this year. Christmas, Hannuakh, Kwanzaa, New Years: This time around, they’re just warm-up acts. Because now it is 2012. This is ... The Year of The Co-op.

At first, I was afraid Co-op Year was going to be just like Co-op Month, only twelve times as long. Instead of an October’s worth of barely related events with Co-op Month signs all over them, I was afraid there would be a whole year’s worth of barely related events with “International Year of the Co-op” banners all over them. (Although, as much as people mocked Co-op-ween, I still think Interdependence Day would have caught on).


But the International Year of the Co-op is for real, and Philadelphia is playing a big role in it, hosting this year’s national Co-op management convention in June. And Philadelphia is the natural place for it: We have a whole crop of great new co-ops springing up, Philadelphia’s own Chaka Fattah is sponsoring important co-op legislation in Congress, and in a lot of ways, Philadelphia is the home of cooperation in America. Benjamin Franklin founded the cooperative insurance company The Philadelphia Contributionship here in 1752, 90 years before the Rochdale Society of Equitable Pioneers (back when those Rochdale Weavers were probably still shopping at Wal-Mart). But Philadelphia’s cooperative history runs even deeper than that.

People criticize Philadelphia for its “pay to play” politics, but long before there was pay to play, there was “I’ll scratch your back if you scratch mine,” and what could be more cooperative than that?

**The Shuttle is published by Weavers Way Co-op**  
**Deadlines for each issue are the first of the preceding month, e.g., December 1 for the January issue.**

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## Produce News Local, Organic and IPM

by Stephanie Kane,  
Local Produce Forager

THE PRODUCE department at the Co-op strives to provide its customers with a variety of produce, sourcing as much of it as we can locally and sustainably. This includes locally grown certified organic, conventional, Inyegrated Pest Management (IPM), and chemical-free items from as close as the Weavers Way Farm to slightly-less-local Lancaster County. We also get a lot of items from our main distributor, Four Seasons Produce—some locally grown as well as many items from outside the U.S. I have my own opinions about the benefits of certified organic and local produce, and luckily part of my job is sharing them with you!

Certified Organic produce is grown or raised by producers who use practices in balance with the natural environment, with methods and materials that minimize negative impact on the environment. I think one of the most important aspects of organic agriculture is what is not allowed. One of the main qualifications for organic produce is to prohibit all antibiotics, genetic engineering, irradiation, and sewage sludge. It is pretty much the only way to be sure that the food doesn’t contain any genetically modified organisms. The use of synthetic (petroleum-based) pesticides, insecticides, and fertilizers is also prohibited, reducing dependence on petroleum. The chemicals used in organic farming are made by extracting beneficial properties from other plants, which kill or deter the pests that are interested in harming your crops. What these types of pesticides, herbicides, and fungicides do not do is kill everything that comes in contact with them. This is important for maintaining beneficial insect populations. Ben Wenk from Three Springs Fruit Farm noted this happening on his farm: years of using the least harmful sprays helped build up a population of predatory insects that helps regulate the ones that were harming his crops. This then helps diminish the use of even these safer pesticides. It is also part of the certification that farmers foster soil integrity by putting nutrients back into the soil. This is done by rotating crops from field to field so a particular crop doesn’t drain the soil of its nutrients. There are also certain crops that are better at adding nutrients to the soil, like beans. Compost and natural soil amendments also increase nutrients in the soil.

Unfortunately, not all organic farms have a philosophical commitment to producing food sustainably. Organic farms can be any size, from a few acres outside Philly to a large industrial farm anywhere in the world. Growing organic has a lot to do with a checklist instead of an overall philosophy. Large industrial farms may still rely heavily on organic pesticides rather than using preventative or alternative methods, and if an organic grower wanted to, he could use organic pesticides irresponsibly. It would defeat the purpose, but it’s much easier to run a farm based on the principles of conventional farming: waiting for a problem then spraying it away. It is also true that a small amount of a synthetic pesticide might do what would take multiple applications of an organic one. Running an organic farm involves a lot more forethought. This is where the

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## Pet Store Open House



photo by JohnBarone

There were many more people than pets at the Weavers Way Pet Store Open House, December 17, but there was plenty of fun and food for both. The Open House helped us show off the newly remodeled pet store.

## Holistic Pet Care at Home Further Thoughts on Pet Foods

by Natasha Kassell, VMD

HUNDREDS OF brands of dog and cat foods are now available, with more popping up each month. Selecting which to purchase can feel overwhelming. In December’s article I discussed raw meaty bone-based diets for dogs and cats. This month my goal is to help you understand more about dry and canned pet foods: how they’re made, what to look for, and what to avoid. And if I convince you to feed at least some fresh foods, all the better!

Let’s begin with how commercial pet foods are created. Most dry foods are made by a process called extrusion. Meat products are rendered, ground and dried, then mixed with grains to form a dough, which is fed into a machine called an extruder. The extruder subjects the dough to high temperature and pressure, and squeezes it through an orifice that gives the food its unique shape (stars, triangles, etc.). The food is then sprayed with fat, animal digests, and other compounds to make it palatable. (Incidentally, many breakfast cereals, pastas and other “people foods” are also made via extrusion.)

Canned foods are generally less processed than dry. Ingredients are mixed together, poured into cans, and cooked at extremely high temperatures. The high temperatures and pressures used in the making of both canned and dry foods can denature the proteins, change the fats, and destroy many of the vitamins, enzymes and other nutrients found in raw or lightly cooked foods.

Most conventional veterinarians tell their clients: “Cats should be fed only cat food and dogs only dog food. No table scraps, no human foods.” These words ring in my ears—and on my tongue. Before I began my studies of holistic health care, I was one of those vets. The history of how and why veterinary schools and their students have embraced this notion is fascinating, if not disturbing, and can be attributed primarily to marketing campaigns instilling fear that home-prepared diets—raw or cooked—are comparatively incomplete and thus harmful to our pets.

If anything, the opposite is true. Chronic disease such as cancer, autoimmune disease, kidney failure, dental disease, digestive disorders, and allergic dermatitis are rampant in our pets. Many factors may play a role in these disorders, including environmental toxins, vaccinations, genetics, and lack of fresh air, sunshine and exercise. But we should not ignore diet as a potential risk factor for our pets any more than we should for ourselves.

As I discussed in last month’s article, most holistic veterinarians are of the opinion that diets based on fresh, whole, organic, raw foods, in which the nutrients exist in their natural states, are optimal for our pets. You may be concerned that raw meat is dangerous because of the potential for bacterial contamination. Bacteria, if present, is more dangerous for us than

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# A Look Back at an Eventful Year at WW Mt. Airy’s Second Floor

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

HAPPY 2012 to you and your loved ones. We hope it will be a joyous and healthy year for you.

We made lots of changes on the second floor at Weavers Way Mt. Airy and we’d like to share them with you. We did a major renovation of our entire sales area and we capped it off in November with a Grand Reopening Week that was filled with demos from our company vendors and raffles, with Members winning wonderful prizes donated by our vendors. Let’s take a look back at 2011 and see what happened in each second floor department.

We began our department changes in early 2011 with coffee and tea, and what changes they were! We were given two new coffee displays on loan from Equal Exchange. (Our older display, which was also on loan from Equal Exchange, was donated by E.E. to Mariposa Co-op.) The new gravity bins allow easy filling and dispensing of those wonderful coffee beans. We said hello to a couple of local coffee vendors selling excellent Organic and Fair Trade beans: Valley Green Coffee and Philly Trade Roasters. Judging by sales of these coffees, they had you at hello! The bulk coffees and the retail bags have been a welcome addition to your homes. We bid a fond farewell to Torreo, who closed up shop, as well as La Columbe, who shut the doors on the Phoenix coffees that folks have loved (Jungle Nut

was a longstanding must-have coffee for many people). Changes to Blue Water’s deliveries meant that sadly we no longer receive coffee from Will. All are missed.

On the tea front, Frontier made us an offer we could not refuse: a new tea bin set-up that would give us room for over 60 teas, medicinal herbs, and bulk personal products. For example, we have Himalayan Pink Salt, which is food grade and can be used as a bath salt too. Bulk teas are fresh and save you money by allowing you to try new items with only a small investment of your money.

In our Wellness area, 2011 brought new products in just about every category from multi-vitamins (the new Country Life gender-specific multis are excellent and, as with all other items from this innovative company, they are entirely gluten free!) to allergy products (check out the Aller-7 Support in our own Weavers Way label—Reliance Vitamins has outdone itself with this award-winning formula). We have had wonderful sales with companies and products, including a line drive sale last Spring on Solgar products and the current 25 percent off sale on Source Naturals Wellness Formula in capsules and tablets (this particular sale ends on March 31, 2012). The tinctures from Herb Pharm have been a hit—look for more products from this outstanding company, as well as an expanded herb area, including prod-

ucts from Oregon’s Wild Harvest. Let us not forget the important protein powders—our staff is happy to help you compare and contrast what might be good for you and your family.

Toys are back as of November 2011, and our new shelving gives a sparkly showcase for many new choices—the credit for the terrific new items can be given to our newest Second Floor Staffer, Andrea. Some of our old faves are back from Toymsmith and Melissa and Doug, and these, along with sun catchers made from recycled glass and new puzzles and games, will delight folks of every age. We appreciate the work of Angela Allen in laying the foundation of this area of our department and nurturing it—thanks! In 2012, we are aiming for a more frequent rotation of seasonal items. Let us know what you think.

Our General Merchandise area was brought to life in the fall of 2011 by our new shelving units—as you come to the



photo by Jonathan McGoran

Weavers Way Mt. Airy Staffer Amy Shay in the newly remodeled second floor sales area

top of the stairs, you can look around at clear displays that hold our candles, clothing, journals and notebooks, calendars, incense, candle holders and more. Cara, our Assistant Department Manager, has purchased products from Sunbeam, Triloka, Archipelago, Quo Vadis and the Tibet Collection (to name a few of her vendors) and she continues to wow us with offerings from them. Our jewelry area was invigorated by many local companies—here’s a reminder of them. Our own Susan Mac gave us selections of new earrings, mosaic mirrors and earring

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## My First Year



photo by Jonathan McGoran

My first anniversary at Weavers Way is right around the corner—January 21 to be exact. And what a wonderful year it has been. Customers and staff are great. Wish I found the Co-op sooner because I love serving the community. Working with and as a member of the Co-op gives me a real sense of pride and belonging. Having said that, one of the ways I want to show my appreciation is by making sure the staff and I provide top quality products and service. Coming from a major supermarket chain to the Co-op is quite a humbling change. Customers are as pleasant as the environment. The concepts and ideas that we want to bring back to the community are simple. Bringing back the old world neighborhood meat market feel. providing custom cuts to order, customer interactions, and service with a smile.

We are in the process of installing a meat saw, and let me tell you we are excited. Bringing back cuts such as T-bones, porterhouse, bone-in strips, bone-in pork loin chop, crown roast, well, you get the idea. And did I mention cut-to-order any sizes, any cut? We look forward to being a staple in the community. I want to take this time to thank the community, members, and staff members, and special thanks to Rita-Gail Green, Ron Demarco, Chatel Royster, Maria Vecchiolli, Rick Neth, and all the volunteering members.

Thank you Co-op!

~ Ron Moore  
rmoore@weaversway.coop

## WWCP’s First Annual Appeal

by Rachel Milenbach, WWCP Executive Director



photo by Glenn Bergman

Weavers Way Cooperators pitched in to stuff and mail Weavers Way Community Programs’ first annual appeal

IN EARLY December, Weavers Way Community Programs (WWCP) mailed its first annual appeal ever to the Weavers Way membership. As I am writing this, we don’t yet know the results, but I am happy to report that almost immediately, checks began arriving in our mailbox at the Mt. Airy store and donations from the website began to show up in my e-mail inbox. A huge thanks to all of you from the staff and the Board of Governors of WWCP. We believe in the programming we provide and we are glad that you do, too. WWCP is part of the larger community of non-profits that is faced with a changing economy and too few resources for all of the important work these non-profits provide. In addition to helping us financially, the letter has served to introduce us to some Weavers Way members who may not have been aware of what we do. Almost as soon as the letter was mailed, I began to receive additional phone calls and e-mail inquiries and suggestions.

At some point in early in 2012, we will also be rolling out a new program to help keep WWCP on secure financial footing. Working members will have the opportunity to donate their five-percent working member discount to the non-profit each time they shop. We are working with the Weavers Way IT department (yay, IT!) to set this up so that the five-percent is automatically recorded as a register donation. This was suggested by a member who asked, “Is there a way that we could automatically give it to Weavers Way Community Programs?” We are still mulling over a snazzy name for the campaign, so stay tuned. Meanwhile, I hope you had had a safe, fun and happy holiday season, and that winter brings us enough snow for sledding and cross-country skiing, but nothing heavy to shovel. Peace.

—rachel@weaversway.coop







# Farm Educators Meet With AORTA

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

EVERY YEAR, the farmers meet to process the season, go over what went well, what changes will be happening in the coming year, and what we can improve upon. At one of our farmers’ meetings in October, we decided it would be useful to formalize this process and retain an outside facilitator to help the meeting run smoothly and keep us on track, since we had such a large amount of material to cover. We invited Jenna Peters-Golden, a member of the AORTA Collective, to facilitate our end-of season meeting. She agreed to be paid in vegetables since that is all we had to offer her. (At least the vegetables are locally grown and pesticide free!)

Jenna and Kestrel met for a few brief intake sessions in order to give Jenna some background information on Weavers Way and Weavers Way Community Programs, and to develop the meeting agenda, with contributions from the farm and non-profit staff. For those of you who have never had an outside facilitator help run a long, complicated meeting, it is amazing what a difference it can make. The facilitator’s role is not to contribute her own voice to the meeting so much as to guide the meeting so that it remains productive and respectful. The facilitator keeps everyone on topic, takes stack (which means to create an order for speaking), helps folks synthesize and articulate what decisions are being made, and outlines a clear course of action and follow-up items with respect to the decisions that are made. The role of a

facilitator is not easy, and Jenna brought invaluable clarity and direction to our reflections. Many thanks to Jenna for her contributions to our end-of-year meeting! Because of Jenna’s skills, our meeting did indeed feel productive and respectful and generated many ideas about how to continuously improve the farms and farm education operations in the future.

Facilitating is just one small aspect of the work that the AORTA collective does. In their own words, “AORTA is a collective of trainers devoted to strengthening movements for social justice and a solidarity economy. We work as consultants and facilitators to expand the capacity of co-operative, collective, and community-based projects through education, training and planning. We base our trainings on an intersectional approach to liberation because we believe that true change requires uprooting all systems of oppression.”

If you are in need of a facilitator or simply want to learn more about this amazing organization, check them out at: [www.aortacollective.org](http://www.aortacollective.org).

AORTA [Anti Oppression Resource and Training Alliance] offers meeting facilitation, education, and workshops in matters of skill building and anti-oppression, guidance through strategic planning, consultations in human resources and group dynamics. To learn more about all AORTA has to offer your co-op, collective, or organization, please e-mail [aortaliance@gmail.com](mailto:aortaliance@gmail.com)

# Weavers Way Welcomes New Farm Manager Rick Rigutto



photo by Glenn Bergman

Weavers Way welcomes new farmer Rick Rigutto (left), who is coming on board as the new Farm Manager of the Mort Brooks Farm at Awbury Arboretum. Henry Got Crops Farm Manager Nina Berryman (center) will be taking on overall management of all Weavers Way’s farm production operations. Nicole Sugerman (right), who had been managing the Mort Brooks Farm, is leaving to pursue other opportunities.



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# HGI Develops Robust Kids Program, Partners with MALT for Year-Round Community Programs

by Sarah Gabriel, Managing Director, The Home Grown Institute

THE LAST few weeks have seen a whirlwind of program development at The Home Grown Institute (HGI). While we continue to add Community Partners with varied interests, the kid-centric partners have been particularly active this month. Take a look:

Green Woods Charter School and Wissahickon Charter School—the two Philadelphia public schools with the most robust K-8 environmental stewardship curricula—both enthusiastically came on board with ideas for their students and staff to teach beekeeping, vermicomposting, repurposing, and more. The Mt. Airy Home School Cooperative has shown interest in integrating HGI topics into their winter curriculum while at the same time contributing to programming for kids at HGI. We might see some bat boxes and beehives from them. We are also pursuing connections with Teens 4 Good and the Farm Education at Weavers Way Community Programs along with Dottie Baumgarten of Sustainable Choices to present some of our basics: composting, rain harvesting, and growing food.

For Teens, we have fun and creative programs planned. Raina Ainslie, from Pennypack Farm and Education Center, and Tara Anastazi, from Martin Luther King High School (formerly Seeds for Learning), will provide components necessary for a skillful and action-packed Iron Chef Battle in the kitchen. We are also planning to have filmmaking and building projects for teens.

## Partnership with Mt. Airy Learning Tree

Check out MALT’s winter catalog and you’ll see a new section—Sustainable and Regenerative Practices. Beginning in February, the HGI is offering two kinds of programs in the MALT catalog—awareness/personal growth workshops to encourage us to shift our good intentions into action, and a series called “Making Our Voices Heard”—dynamic sessions with experts who are on the cutting edge and front lines of social and political policy action on national, regional and local issues. Topics in the winter program include the Farm Bill, Fracking, Local Land Use,



photo courtesy of The Homegrown Institute

Philadelphia Beekeeper Guild member Matt Feldman (left) teaches about Kenyan Top Bars to beekeeping wannabee Michael Kolodner and Planning Committee members Nancy Dearden, Evangeline Bragitikos, Diane Diffenderfer and Amy Steffen.

and How to Green Your Child’s School and Education.

We hear a lot about “sustainable” these days because it turns out that the human race has gotten itself into quite a pickle... We’ve been using natural resources way faster than the Earth produces them and in a way that is bad for our health. We have to figure out how to put on the brakes and clean up the mess. When we talk about “sustainable practice,” it really boils down to two things—our relationship to consumption and waste and our resilience in the face of adversity, disappointment and change. The work here starts with self-awareness. We will explore the intersection of behavioral economics and brain chemistry that help us explain the factors that drive us to surf, shop, and crave “unhealthy” foods.

“Regenerative practice” has a slightly different flavor. With regenerative practices there is an assumption that there is no such thing as waste—that what we call waste is just a resource looking for a use. There is also a belief that by working *with* nature instead of *against* it, we can actually make things better—improve life on the planet for humans and other species. This is the fuel for the Making Our Voices Heard series, where students will get the

Cliff’s Notes on the history, clarity on the current challenges, and guidance for strategic and effective action. In the future, there will be other classes—including skills classes—offered in the MALT catalog and through HGI itself.

We are growing something big and beautiful at HGI, limited only by our imagination. Our Planning Committee is increasingly populated by smart, dedicated, creative, and passionate people. Positions are still open—from small projects like helping to select a program of upbeat video clips to larger program coordination. We match your skills and passion with the program! Contact [sarah@thehomegrowninstitute.org](mailto:sarah@thehomegrowninstitute.org) if you’d like to be involved.

~ [sarah@thehomegrowninstitute.org](mailto:sarah@thehomegrowninstitute.org)

# Fees Restructured for Inactive Members

by Jonathan McGoran, Shuttle Editor

AS OF January 1, Weavers Way Co-op will be changing the structure of the fees it charges to inactive members, or members who have not invested the full \$400 member equity, but who have also stopped making their annual \$30 payment toward that investment. Previously, inactive members have been assessed an annual fee of \$12, which is deducted from their member equity and covers administrative and other expenses. Beginning January 1, 2012, this will be replaced by a \$1 monthly fee. While this is the same amount over the course of the year, charging it on a monthly basis will save members money if they reactivate after just a few months.

Each year, members receive a letter from the Co-op to renew their membership. Members who have not yet invested their full \$400 can choose to make their annual \$30 payment, end their membership and receive a refund of their equity, or become inactive. Inactive members remain in our database, continue to receive the *Shuttle*, and can reactivate at any time by making their annual equity payment.

If a member has not invested the full \$400 in equity and fails to return their renewal form or make their annual payment, Weavers Way’s membership department notifies them via e-mail that they have two weeks to make their equity payment and that they will be made inactive if they do not.

For more information on this, contact member coordinator Kirsten Bernal at [membership@weaversway.coop](mailto:membership@weaversway.coop), or 215-843-2350, ext 119.

## Adorable adult kitty looking for a new home



**Dakota** is a little wisp of a girl, a very affectionate 4-year-old calico with dramatic splotches of color. Her favorite place is on a lap.

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

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# Manager’s Corner

by Glenn Bergman, Weavers Way General Manager

## Mariposa Co-op to Open in January

Last year Mariposa Co-op purchased a beautiful old bank building to expand into, one block from its current location at 4824 Baltimore Ave., in West Philadelphia. Mariposa has been around since the early ‘70s as a member only/work requirement co-op, similar to how WW was until a few years ago. After working out of a very small, 600 sq. ft. store (\$900,000 in sales this year), there just wasn’t enough room anymore to squeeze another person through the doors. There was a real need to expand.

The new location will have just over 2,000 sq. ft. of retail and lots of room for second floor offices and meeting rooms. They expect sales of \$2.5 million in the first year and will be open to the public. If all goes well—and there is no reason to think otherwise—Mariposa will become an important neighborhood market supporting the development of that neighborhood.

I had the opportunity to visit the construction site on a Saturday in early December and to schedule a meeting between WW staff and Mariposa staff to

see how WW can assist them with their move. If you have not been out to West Philadelphia lately, it is time for a visit. A lot is going on there with renovations of the old Victorian three-story houses, and new small businesses are moving in that are wonderful additions to the area. The area is functioning well with support from a diverse community.

We will be posting ways that members and staff of WW can help before and after the opening. One way is to make a loan to the Mariposa expansion by emailing them or calling them at: [membership@mariposa.coop](mailto:membership@mariposa.coop) or at 215-729-0303. Pictures of their ground breaking can be seen at [www.flickr.com/photos/mariposacoop/](http://www.flickr.com/photos/mariposacoop/)

I am very excited about this expansion since it will greatly enhance an important retail operation that has been around for 40 years and is open to the public. I wish them the best of luck with their opening!

## Creekside Co-op: Moving Ahead with Purchase and Construction

By the time you read this, CreekSide Co-op will have just purchased or be just about to finalize the purchase of the former Ashbourne Market in Elkins Park. Construction is slated to begin February, 2012. This is very exciting for residents of Cheltenham and the entire co-op community. The board and members of CreekSide Co-op have been working hard to get to this point. Through a terrible recession, the Board and membership have stayed the course. Now, with over 1,400 members and loans lined up with the USDA, a local bank, The Reinvestment Fund (TRF), and an amazing member loan and equity campaign, CreekSide Co-op can move forward.

Starting a co-op from nothing, not even a buying club, is very, very hard. I am convinced that they will be successful and also have a positive important influence on the economic revitalization of Elkins Park. More to come as they move forward in the 1st and 2nd quarter of 2011.

BROWN'S APIARY

HONEY JARS

RETURNS



There is a wooden box on the membership counter with a sign for returns. Jars will be picked up several times a week.



Chestnut Hill  
8424 Germantown Ave.



## Christmas Tree-Cycling

Don't send your Christmas tree to the landfill—Tree-Cycle it! Bring your tree to the location listed below, where it will be recycled into wood chips. The City of Philadelphia does not recycle trees left at the curb.

**\$5 donation requested**  
**All decorations must be removed**  
**NO EARLY DROP-OFFS**

**Save your beloved Christmas Tree from the stinky trash truck!**  
**Bring your naked tree to be chipped for Spring mulch!**

**GRinCH TreeCycling**  
**Where: Norwood Fontbonne on SUNSET AVE. (off G'town Ave)**  
**When: Sunday, January 8th • Time: 9:30 a -12:30 p**  
**or Gabbies Garden at Chew and Mt. Airy Ave. from 1 - 4 p.m.**



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## Philosophy of Farming




photo by Glenn Bergman

Thirty students from a LaSalle University Environmental Philosophy class came out to the Awbury Farm, Wednesday, November 30 to discuss the political and philosophical points about food and the human condition. Heady stuff, but interesting points were reviewed.

## National Consumer Co-operative Meeting, June 14-16

The national CCMA meeting will be hosted by WW and other area co-ops this year. We expect about 400-500 people to attend from throughout the United States. The meeting is primarily intended for management and board members of co-ops, but anyone interested in working for a co-op or serving on a board is invited. On the night of Saturday, June 16, there will be a party at the Reading Market, which will be a great way to meet co-op retail leaders and enjoy the music and food. If you are interested in volunteering at this event or during the sessions please call or e-mail Anne Workman, Weavers Way Outreach Manager, at 215-843-2350, ext. 118.

## Member Appreciation Week, January 15 to 21

Once again the staff and board of WW would like to “appreciate” the membership of WW by providing a full week of an additional five percent off *all* your shopping. This discount is for all members in good standing (who have \$400 in equity or are up-to-date with their equity for the year). Working members will receive ten percent off their purchases, an additional five percent. Working members will need to be current with their work schedule.

Your team at WW wants to thank you for your support in 2011. Only by having a strong link between the Board, staff, and members can we be strong. Thank you for your support, in the stores, at the farms, in the community service projects, on the WW committees, and the other hundreds of ways WW members support the concept of cooperative communities.

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# Karl Ingram’s Green Thumb Helping Lots of Farms



photo by Glenn Bergman

Out at Mort Brooks Farm at Awbury, Karl Ingram works on the composting program. Formerly involved with the Seeds for Learning Farm at Martin Luther King High School, Karl now sits on the Mayor’s Food Policy Committee, conducts on-the-road trainings at Growing Power, and oversees the composting program at Weavers Way farm at Awbury.

# Cooperative Solutions in the Greater Philadelphia Food System

by Margaret Lenzi, Vice President, Weavers Way Board of Directors

CAN FOOD cooperatives play a bigger role in the Philadelphia area food system? Can the co-op business model help provide food to underserved areas and populations in the Delaware Valley? The Greater Philadelphia Food System Stakeholder Committee of Delaware Valley Regional Planning Commission (DVRPC) entertained these questions at a panel discussion on December 9 that focused on “Cooperative Solutions in the Greater Philadelphia Food System.”

Bob Noble, from Keystone Development Center and a board member of Weavers Way, moderated a panel that included representatives from four different co-ops. As the audience of about 100 people discovered, cooperatives are formed for different reasons and fulfill different needs.

“Small farmers did not have access to resources like trucks, IT, and marketing,” according to Peggy Fogarty-Harnish, founding member of Lancaster Farm Fresh Cooperative (LFFC). “And so the farmers came together to meet these needs,” she added. LFFC now has 75 small farmers with a tri-state distribution network.

Tina Johnson, General Manager of Chester’s Food Co-op, told the story of how she could not find a place in the city of Chester to buy an apple: “There

was not a supermarket in Chester. So we started with a truck selling fresh fruit and vegetables and it grew into a cooperative.” Creekside Co-op was born because the people wanted a good quality food market to replace the long term Ashbourne market that closed down, according to Dan Reynolds, the President of Creekside’s Board of Directors. And in our own Weavers Way, General Manager Glenn Bergman told how families got together in the early 1970s to buy food wholesale at cheaper prices and now “WW is committed to buying local goods and services and supporting the community.”

Food cooperatives are in the midst of a mini boom, with about 300 food co-ops in the start-up stage all across the country, including many in the Greater Philadelphia area. We live in a time when people are moving their money from banks to credit unions, there is a lack of accountability and trust in many big corporations, and people are looking for alternatives. Bob Noble concluded the panel presentation by challenging the audience to make cooperatives part of the solution: “Cooperatives are member driven, accountable to members, and democratically controlled. Cooperatives are the alternative that people are looking for.”

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## WEAVERS WAY MEMBER WORKSHOPS

# The Tapping Solution

*A documentary film about*  
**Emotional Freedom Techniques,  
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**FREE  
FILM**

This documentary will show you how to do a simple routine, tapping on your own acupressure meridians, to feel better, decrease pain, improve mood and performance. This cutting-edge approach is being used world-wide and gaining significant results with PTSD, phobias and chronic illness. It is easy-to-learn and simple-to-use. You can learn it during this session!

The film follows 10 participants who use Meridian Tapping to clear conditions like: fibromyalgia, overeating, back pain, insomnia, and anxiety/grief. Learn from expert practitioners in the field as they coach participants to use these self-healing techniques to improve their emotional and physical conditions.

**FREE Film and Discussion**

**February 2nd from 6:30 to 8:30 p.m.**

**@ 555 Carpenter Lane (admin office next to Weaver’s Way Co-op)**

Film length 90 minutes followed by discussion, Q and A

**To register e-mail Sarah: [portaloflearning@gmail.com](mailto:portaloflearning@gmail.com)**

**Presented by Sarah O’Doherty, EFT Advanced Practitioner**

Sarah O’Doherty M.Ed. has an extensive background in both education and healing arts. She uses Meridian Tapping as a tool in her coaching and healing practice, Wellness Energy Tools. A graduate of Barbara Brennan School of Healing, Sarah offers classes and individual sessions in chakra balancing, purpose aligning and self-healing techniques such as Emotional Freedom Techniques. She has an office in Mt. Airy and can be found also at [www.meetup.com/WellnessEnergyTools/](http://www.meetup.com/WellnessEnergyTools/).

## WEAVERS WAY MEMBER WORKSHOPS

# Introduction to Positive Dog Training



**CJ Hazell**, dog trainer, will teach the basics of positive dog training techniques including an introduction to clicker training.

Different approaches to training your dog will be examined including punishment based and positive based training styles. The history and pros and cons of each school will be discussed as well as the latest research into how dogs learn best. The question of what ‘being alpha’ really means and does it really promote a good relationship with your dog will be addressed. The best time to start training and the benefits of mental as well as physical exercise will be discussed. A short demonstration of clicker training will be included.

CJ is currently finishing her PhD in wildlife biology having studied wild canids. She has been a dog owner for over 35 years and started seriously training her dogs when she needed a working dog to help with her field research in Central Asia. She had to train a dog in scent work to find jackal and wolf scat. Her scat dog, a rescue border collie, came to her with severe behavior problems. Learning how to work through all the behavior problems and teach a dog to do a job sparked a continuing interest in methods of dog training. Since returning to the US, she has continued her studies and started training professionally 2 years ago. She also volunteers at the Pennsylvania SPCA on the behavior team, working primarily with the dogs that are not yet up for adoption. This includes working with dogs that were legally removed from owners for cruelty and neglect and dog fighting.

“For this seminar, please leave your dogs at home. You will be learning techniques you can take home and practice with your dog.”

**Wednesday, January 25 from 6:30 to 8:00 p.m.**  
**555 Carpenter Lane (Weavers Way Community Room)**



# The Simplicity Dividend

## Happy Sixth Birthday, Women’s Clothing Giveaway!

by Betsy Teutsch

SEATED AT The High Point at Allens Lane, meeting over coffee to plan the new Weavers Way Dining For Women Chapter, my mini-backpack caught Sue Wasserkrug’s eye. “Funny, I once had a backpack that looked just like that,” she commented, quizzically. “Well... did you donate it to the GJC Women’s Clothing Giveaway?” Having just met, we looked at each other and burst out laughing. Sue meeting up with her old backpack, one of my favorite Giveaway finds, totally captured the whimsy and heinousness of our annual happening.

Not only was this hilarious, it solved a challenge for me: what on earth to say, writing about the Giveaway for the sixth time? In truth, though, our Giveaway has grown and evolved in many new ways, due to the creativity, planning, and hard work of many devoted volunteers. Sue, by the way, is one of them.

Last year the Swap took a quantum leap, becoming the Giveaway. One of our challenges was the enormous surplus of donated clothes left at the end. Marcy Baccine from the Germantown Jewish Centre Women’s Club reached out to organizations that support low-income women around the city, inviting them as guests to the event. Our beautiful marquee sign in front of GJC on Lincoln Drive featuring the stunning papercut by local artist and Giveaway enthusiast Mindy Shapiro



helped build excitement. As a result, we tripled our attendance, raising over \$4,500 to donate to Darfur refugees, and had way less clothing leftover. (The remainders are donated to Whosoever Gospel Mission in Germantown.)

Genie Ravital has coordinated this event since she dreamed it up back in the day. She has developed systems that work beautifully, and kept track of details like who can lend dress racks, where the signs are stored, and how many tables we need. Our volunteers are seasoned as well, often pitching in as personal shoppers. Last year, there was some worry that there might be a riot when so many women showed up prior to the opening at 11 a.m., but everyone managed to find clothing without pepper spraying other shoppers. Many happy women walked out with large designer shopping bags (donated, of course) full of gently used clothing. Throughout

the day, additional garments were continually added to the tables, as women laid out donations before commencing their own hunting-and-gathering expeditions.

Women For Women International is this year’s beneficiary. Nicholas Kristof recommends its important work with women survivors of war and conflict. Of the dozens of wonderful organizations working globally to help lift up women, this one best expanded the Darfur Alert path we have taken, but also we love its name. **Women For Women** pretty much sums up what the day is all about.

This year’s Giveaway will be on January 29, from 11 a.m. to 3 p.m.. For more details, visit [www.WomensClothingGiveaway.com](http://www.WomensClothingGiveaway.com). To volunteer or link us to more agencies serving low-income women, e-mail [Geniebud@gmail.com](mailto:Geniebud@gmail.com)

## Organic, Local & IPM

(continued from page 2)

difference between organic and sustainable gets tricky. Is it really sustainable to run huge industrial farms that are still dependent on cheap labor and organic pesticides? And is it really sustainable to ship organic apples from New Zealand because they are no longer available locally or even regionally?

It’s easy to get frustrated as a shopper. But I think it’s also the best place to start talking about *local*. Buying from a farmer you know makes a huge difference. Small farmers want to save money on chemicals and they also want to feed this same food to their family. It’s a lot easier to spray chemicals that can harm people when the field is full of people you don’t know, and you’re not the one out there doing the work. Buying organic is a great rule of thumb when you’re at the grocery store. Buying more from farmer’s markets gives you direct access to the farmer, and talking to staff at Weavers Way can help you determine which items are coming from the most sustainable sources.

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# Pet Food

(continued from page 2)

for our pets, as dogs and cats digest them far more effectively than we do. (Think about what they lick.) You should employ the same safe practices when handling raw meats for your pets as you would for yourself.

If you’re not comfortable feeding raw foods, there are many excellent books that outline how to prepare cooked foods, such as Dr. Pitcairn’s *Complete Guide to Natural Health for Dogs and Cats* and *Natural Nutrition for Dogs and Cats* by Kymthy Schultze. In any case, we should all be aware that commercial pet foods may contain bacteria. Thousands of pounds of dog and cat foods have been recalled for everything from contamination with salmonella, aflatoxin, and melamine to toxic doses of some vitamins and insufficient amounts of others. Processed pet foods are neither as safe nor as nutritious as we have been led to believe.

In my opinion, there’s only one reason to feed dogs and cats cooked commercial pet foods: Convenience. It certainly takes less energy—both physically and mentally—to pour a scoop of dry food or place a spoonful of canned into a bowl

than to prepare food or even to defrost it. Chucking a chicken neck to your dog or cracking an egg into your cat’s bowl is relatively easy, but I recognize that it’s only realistic to accept that processed pet foods are here to stay. So let’s look at how to choose them, beginning with cat foods.

Cats are strict carnivores. Since they are designed to eat only meat, it is preferable to select diets that are high in meats and low in grains and other sources of carbohydrates. Canned foods are typically higher in meats than dry. Canned foods are also much higher in water content than dry foods. This is particularly beneficial for cats as they have a low thirst drive. In the wild, most of cats’ water intake comes from their prey. Cats will drink more if they’re fed dry rather than canned food, but it still may not be enough to make up for the lack of moisture in the food. And please take note: dry foods do not clean teeth. If anything, they contribute more to dental disease than canned, as they are particularly high in carbohydrates. For all of these reasons, I recommend canned food over dry for cats.

Dogs are more omnivorous than cats.

This does not mean they are designed to eat grains, but it is possible that they tolerate them better. That said, I recommend avoiding wheat, corn, and soy, which are some of the most common allergy-causing ingredients for both dogs and cats. Other ingredients to avoid are any kind of animal or grain by-product (the leftovers from processing foods for human consumption); chemical preservatives, including BHA, BHT, and ethoxyquin; artificial flavors and preservatives; and fillers such as beet pulp, powdered cellulose, and soybean mill run (soybean hulls).

I’ll give you an example of the importance of reading labels. Let’s compare two bags of dry dog food purchased at Pet Smart. The ingredients in the first are listed in the following order, by weight: whole grain corn, soybean mill run, chicken by-product meal, powdered cellulose, corn gluten meal, soybean meal, chicken liver flavor, soybean oil, and lots of vitamins and minerals. The ingredients in the second are turkey, chicken, chicken meal, barley, brown rice, potato, rice, chicken fat preserved with natural tocopherols, some vegetables, egg, and lots of vitamins and minerals. Which food would you choose?

No doubt the second. Would you be surprised to know that the first food is Science Diet Light dog food and the second is Innova? I must admit that I was.

Fortunately for us, the ingredients in the foods at the Co-op Pet Store are of the same caliber or better than Innova. This makes choosing a commercial food easier. But don’t choose just one. Variety, even in processed pet foods, is key. Each food has a different nutritional composition. Vary the brands, vary the flavors. Better yet, grab a bag of Primal from the freezer or prepare your own raw or lightly cooked foods at home. Even a little fresh food is better than none.

Be brave. Go natural. Your pets will thank you!

*If you’d like more information on pet foods, I encourage you to visit Born Free USA’s wonderful website, [www.bornfree-usa.org](http://www.bornfree-usa.org). Dr. Kassell may be contacted at [tashko@verizon.net](mailto:tashko@verizon.net).*

*Correction from last month’s article: The books Dr. Kassell recommends can be found at [Amazon.com](http://Amazon.com) and at the Big Blue Marble. Please support your neighborhood bookstore!*

Check out our new menu!

WEAVERS WAY CO-OP  
CHESTNUT HILL

## Catering

### INVITE WEAVERS WAY TO YOUR NEXT EVENT!

Our catering department can make your next party or event simple, easy and something to savor. Just place an order from our extensive new catering menu in Chestnut Hill and let us do the work. Visit us online or in person for a full list of our delicious offerings. And don’t forget about our platters menu, available to order from both locations.

#### 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 aioli. . . . . \$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 days’ 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.

We are happy to customize your order if you do not see something on our menu that suits you.

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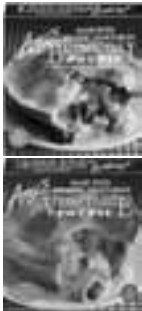




# January Member Specials

## Valid from January 4 - 31

Don't forget to  
check out our  
website, too!



AMY'S KITCHEN  
**Pot Pies 8 OZ**  
**\$2.99** REG. \$3.42  
Mt. Airy & Chestnut Hill  
Flavors vary by store.



EDWARD & SONS  
**Rice Snaps 3.5 OZ**  
**\$2.49** REG. \$3.46  
Mt. Airy & Chestnut Hill  
Flavors vary by store.

COUNTRY LIFE  
**Targe Mins Cal-Mag  
120 Vegicaps**  
**\$9.49** REG. \$13.11

Mt. Airy & Chestnut Hill  
Also on sale: Vit D,  
Vit D3 and liquid Cal-Mag.



HONEST TEA  
**16 OZ teas**  
**\$1.19** REG. \$1.45  
Mt. Airy & Chestnut Hill  
Flavors vary by store.



DEBOLES  
**OG Artichoke  
Spaghetti 8 OZ**  
**\$1.99** REG. \$2.58  
Mt. Airy & Chestnut Hill  
Artichoke Angel Hair also on sale.



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**Lavender Tea Tree  
Deodorant 2.5 OZ**  
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Mt. Airy & Chestnut Hill

MRS. MEYER'S  
**Lavender Dryer  
Sheets 80 CT**  
**\$5.79** REG. \$7.68  
Mt. Airy & Chestnut Hill  
Geranium scented also on sale.



CITRA SOLV  
**Citra-Drain 22 FL OZ**  
**\$4.79** REG. \$5.80  
Mt. Airy & Chestnut Hill



AURA CACIA  
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Mt. Airy & Chestnut Hill  
0.5 OZ size also on sale.

## ADDITIONAL MEMBER SPECIALS January 4 - 31

Description	Reg	Sale	Loc.
ALEXIA GARLIC FRENCH BAGUETTE 6 OZ	\$2.06	\$1.79	CH
ALEXIA ROSEMARY CIABATTA ROLLS 12 OZ	\$4.12	\$3.49	CH
ALEXIA MOZZARELLA STIX 8 OZ	\$4.59	\$3.49	CH
ALEXIA MUSHROOM BITES 8 OZ	\$4.59	\$3.49	CH
AMY'S KITCHEN PIZZA POCKETFUL 4.5 OZ	\$2.65	\$2.49	MA
AMY'S KITCHEN SPINACH FETA POCKETFUL 4.5 OZ	\$2.65	\$2.49	MA
AMY'S KITCHEN SPINACH PIZZA POCKETFUL 4.5 OZ	\$2.65	\$2.49	MA
AMY'S KITCHEN VEGETABLE POCKETFUL 5 OZ	\$2.65	\$2.49	MA
AMY'S KITCHEN BROCCOLI & CHEESE POT PIE 8 OZ	\$3.42	\$2.99	MA/CH
AMY'S KITCHEN SHEPHERD POT PIE 8 OZ	\$3.42	\$2.99	CH
AMY'S KITCHEN VEGAN POT PIE 7.5 OZ	\$3.42	\$2.99	MA/CH
AMY'S KITCHEN VEGETABLE POT PIES 8 OZ	\$3.42	\$2.99	MA/CH
AMY'S KITCHEN OG GLUTEN FREE CHOCOLATE CHIP SHORTBREAD 5.4 OZ	\$4.76	\$3.99	MA
AMY'S KITCHEN OG GLUTEN FREE CLASSIC SHORTBREAD 5.4 OZ	\$4.76	\$3.99	MA
ANDALOU NATURALS LAVENDER BIOTIN VOLUME SHAMPOO 11.5 FL OZ	\$7.14	\$6.99	MA
ANDALOU NATURALS ORANGE ARGAN CONDITIONER 11.5 FL OZ	\$7.14	\$6.99	MA
ANDALOU NATURALS SUNFLOWER CITRUS SHINE CONDITIONER 11.5 FL OZ	\$7.14	\$6.99	MA
ANDALOU NATURALS SUNFLOWER CITRUS SHINE SHAMPOO 11.5 FL OZ	\$7.14	\$6.99	MA
ANDALOU NATURALS ORANGE ARGAN MOISTURIZING SHAMPOO 11.5 OZ	\$7.39	\$6.99	MA
ANDALOU NATURALS SUNFLOWER PERFECT HOLD HAIRSPRAY 8.7 FL OZ	\$7.39	\$6.99	MA
ANNIE CHUN ORIGINAL PAD THAI NOODLES 8 OZ	\$2.86	\$2.29	CH
ANNIE'S DELUXE ELBOWS & CHEESE 10 OZ	\$4.03	\$3.19	CH
ANNIE'S DELUXE ROTINI & WHITE CHEDDAR 9.3 OZ	\$4.03	\$3.19	CH
ARROWHEAD MILLS OG CRUNCHY PEANUT BUTTER 16 OZ	\$5.41	\$4.19	CH
ARROWHEAD MILLS OG SMOOTH PEANUT BUTTER 16 OZ	\$5.41	\$4.19	CH
AURA CACIA EUCALYPTUS CLEARING FOAM BATH 2.5 OZ	\$3.13	\$2.49	MA/CH
AURA CACIA EUCALYPTUS ESSENTIAL OIL .5 OZ	\$4.74	\$4.49	MA/CH
AURA CACIA EUCALYPTUS ESSENTIAL OIL 2 FL OZ	\$16.82	\$12.99	MA/CH
BIO KLEEN BAC-OUT BATHROOM SPRAY CLEANER 32 OZ	\$7.47	\$5.79	MA
BIO KLEEN BAC-OUT STAIN & ODOR ELIMINATOR 32 OZ	\$8.00	\$5.99	MA/CH
BIOKLEEN CITRUS LAUNDRY LIQUID 64 OZ	\$11.80	\$8.99	MA
BIOKLEEN COLD WATER ENERGY SAVER LAUNDRY LIQUID 64 OZ	\$11.84	\$8.99	MA
BIOKLEEN FREE & CLEAR LAUNDRY LIQUID 64 OZ	\$11.84	\$8.99	MA
CITRASOLV CITRA-DRAIN 22 FL OZ	\$5.80	\$4.79	MA/CH
COOMBS GRADE B OG MAPLE SYRUP 8 OZ	\$8.59	\$6.49	MA
COOMBS GRADE B OG MAPLE SYRUP 12 OZ	\$12.34	\$9.49	CH

Description	Reg	Sale	Loc.
COOMBS GRADE B MAPLE SYRUP 32 OZ	\$30.32	\$22.99	CH
COUNTRY LIFE VITAMIN D 1000 UNITS DRY 100 TABLETS	\$6.98	\$4.99	MA/CH
COUNTRY LIFE VITAMIN D3 2500 IU 60 SOFTGELS	\$8.73	\$4.99	MA/CH
COUNTRY LIFE VITAMIN D3 5000 IU 60 SOFTGELS	\$8.74	\$6.49	CH
COUNTRY LIFE TARGET MINS CAL-MAG 120 VEGICAPS	\$13.11	\$9.49	MA/CH
COUNTRY LIFE CALCIUM SNACK WAFERS 60 CT	\$13.11	\$9.49	MA
COUNTRY LIFE CAL-MAG 1000 mg/500mg COMPLEX 180 CT	\$19.23	\$13.99	CH
COUNTRY LIFE LIQUID CAL-MAG 16 FL OZ	\$19.93	\$13.99	MA/CH
DEBOLES GLUTEN FREE ANGEL HAIR RICE PASTA 8 OZ	\$2.57	\$1.99	MA
DEBOLES GLUTEN FREE RICE SPIRALS 8 OZ	\$2.58	\$1.99	CH
DEBOLES OG ARTICHOKE ANGEL HAIR 8 OZ	\$2.58	\$1.99	MA/CH
DEBOLES OG ARTICHOKE LINGUINE 8 OZ	\$2.58	\$1.99	MA
DEBOLES OG ARTICHOKE SPINACH SPAGHETTI 8 OZ	\$2.58	\$1.99	MA/CH
DEBOLES OG ARTICHOKE SPAGHETTI 8 OZ	\$2.58	\$1.99	MA
DEBOLES GLUTEN FREE CURLY RICE LASAGNE 10 OZ	\$3.04	\$2.39	CH
DESERT ESSENCE HYDRATING LIP RESCUE .15 OZ	\$1.97	\$1.79	MA/CH
DESERT ESSENCE DRY BY NATURE DEODORANT 2.75 OZ	\$4.96	\$3.99	MA
DESERT ESSENCE LAVENDER TEA TREE DEODORANT 2.5 OZ	\$4.96	\$3.99	MA/CH
EARTH'S BEST OG MULTIGRAIN BABY CEREAL 6 OZ	\$3.91	\$2.99	CH
EARTH'S BEST OG RICE BABY CEREAL 8 OZ	\$3.91	\$2.99	MA/CH
EDWARD & SONS ONION GARLIC RICE SNAPS 3.5 OZ	\$3.46	\$2.49	MA/CH
EDWARD & SONS OG BLACK SESAME RICE SNAPS 3.5 OZ	\$3.46	\$2.79	MA/CH
EDWARD & SONS OG CHEDDAR RICE SNAPS 3.5 OZ	\$3.46	\$2.79	MA
EDWARD & SONS OG PLAIN NO SALT RICE SNAPS 3.5 OZ	\$3.46	\$2.79	MA
EDWARD & SONS OG TOASTED ONION RICE SNAPS 3.5 OZ	\$3.46	\$2.79	MA
EDWARD & SONS OG VEGETABLE RICE SNAPS 3.5 OZ	\$3.46	\$2.79	MA/CH
EDWARD & SONS TAMARI SEAWEEED RICE SNAPS 3.5 OZ	\$3.46	\$2.49	MA/CH
EDWARD & SONS TAMARI SESAME RICE SNAPS 3.5 OZ	\$3.46	\$2.49	MA/CH
ENJOY LIFE GLUTEN FREE CRUNCHY RICE CEREAL 12 OZ	\$3.62	\$2.82	MA
FRENCH MEADOW OG SPELT BREAD 24 OZ	\$5.88	\$4.99	CH
FRENCH MEADOW OG SPROUTED HEMP BREAD 24 OZ	\$7.60	\$5.99	CH
GOOD HEALTH VEGGIE STIX 7 OZ	\$3.87	\$2.99	CH
HONEST TEA ASSAM 16 OZ	\$1.45	\$1.19	MA/CH
HONEST TEA BLACK FORREST BERRY 16 OZ	\$1.45	\$1.19	MA/CH
HONEST TEA COMMUNITY GREEN 16 OZ	\$1.45	\$1.19	MA/CH
HONEST TEA DRAGON 16 OZ	\$1.45	\$1.19	MA
HONEST TEA JUST GREEN TEA 16 OZ	\$1.45	\$1.19	CH
HONEST TEA LORI'S LEMON 16 OZ	\$1.45	\$1.19	MA/CH
HONEST TEA MANGO 16 OZ	\$1.45	\$1.19	MA/CH
HONEST TEA MOROCCAN MINT 16 OZ	\$1.45	\$1.19	MA/CH
HONEST TEA OG GREEN ENERGY JASMINE 16 OZ	\$1.45	\$1.19	CH
HONEST TEA OG PEARFECT WHITE 16 OZ	\$1.45	\$1.19	CH
HONEST TEA RED POMEGRANATE 16 OZ	\$1.45	\$1.19	MA/CH

Description	Reg	Sale	Loc.
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KOZY SHACK CHOCOLATE PUDDING 22 OZ	\$3.80	\$3.49	CH
KOZY SHACK RICE PUDDING 22 OZ	\$3.80	\$3.49	CH
KOZY SHACK TAPIOCA PUDDING 22 OZ	\$3.80	\$3.49	CH
MRS MEYER'S GERANIUM DRYER SHEETS 80 CT	\$7.68	\$5.79	MA/CH
MRS MEYER'S LAVENDER DRYER SHEETS 80 CT	\$7.68	\$5.79	MA/CH
MRS MEYER'S LEMON VERBENA DRYER SHEETS 80 CT	\$7.68	\$5.79	MA
NAPA VALLEY 15 YEAR SHERRY VINEGAR 12.7 FL OZ	\$5.08	\$4.79	CH
NAPA VALLEY OG EXTRA VIRGIN OLIVE OIL 16.9 OZ	\$10.47	\$7.89	CH
NATIVE FOREST OG CUT BABY CORN 14 OZ	\$1.79	\$1.79	MA/CH
NEWMAN'S OWN OG CHICKEN & RICE CAT FOOD 3 LB	\$11.50	\$10.99	MA
NEWMAN'S OWN OG CHICKEN & RICE CAT FOOD 4.75 LB	\$18.21	\$16.99	CH
NUTIVA OG RAW HEMPSEED 8 OZ	\$8.82	\$6.69	MA/CH
ORGANIC VALLEY LOWFAT LACTOSE FREE MILK 64 FL OZ	\$5.00	\$4.49	MA/CH
RAPUNZEL NO SALT VEGETABLE BOUILLON 2.4 OZ	\$2.84	\$2.29	CH
RAPUNZEL HERB BOUILLON CUBES 2.9 OZ	\$2.93	\$2.29	MA/CH
RAPUNZEL SALT BOUILLON CUBES 2.9 OZ	\$2.93	\$2.29	CH
RAW REVOLUTION OG AGAVE & COCONUT BAR 2.2 OZ	\$1.80	\$1.49	MA
RAW REVOLUTION OG CHOCOLATE & COCONUT BAR 2.2 OZ	\$1.80	\$1.49	MA/CH
RAW REVOLUTION OG RASPBERRY CHOCOLATE NECTAR BAR 2.2 OZ	\$1.80	\$1.49	MA
RAW REVOLUTION OG SPIRULINA & CASHEW BAR 2.2 OZ	\$1.80	\$1.49	MA/CH
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SOOTHING TOUCH POMEGRANATE LIP BALM .25 OZ	\$3.08	\$2.49	MA
SOOTHING TOUCH UNSCENTED VEGAN LIP BALM .25 OZ	\$3.08	\$2.49	MA
SOOTHING TOUCH VANILLA CHAI LIP BALM .25 OZ	\$3.08	\$2.49	MA
SOOTHING TOUCH NARAYAN OIL 1 OZ	\$10.13	\$8.79	MA
TEA TREE THERAPY PURE TEA TREE OIL 15 ML	\$6.01	\$5.49	MA
TEA TREE THERAPY EUCALYPTUS CHEST RUB 2 OZ	\$8.67	\$7.99	MA
THAI KITCHEN FISH SAUCE 7 OZ	\$3.52	\$2.79	MA/CH
UNCLE SAM'S CEREAL 10 OZ	\$3.50	\$2.49	MA/CH
WOODSTOCK OG FLAXSEEDS 16 OZ	\$3.79	\$2.99	CH
WOODSTOCK HULLED OG SUNFLOWER SEEDS 16 OZ	\$5.48	\$4.49	CH
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# Green Sanctuary Community Apiary at Awbury Arboretum

by Anais Salles

PUT DOWN that cell phone and pick up a beekeeping veil and smoker! Every bee in a colony has a touch/pheromone interaction with its queen approximately every 45 minutes. A bee colony consists of 50,000 bees, on average, with one queen per colony whose only task is laying eggs. Do you have this much physical contact per day with your family and friends? The intimate life of honey bees may be the key to appreciating an organized, intelligent society where each female worker bee takes on every hive task in her lifetime for the good of her colony.

Honey bee communication is a wonder of nature, as is the fascinating combination of working your backyard beehive and leaving the girls alone to do what they have been doing without human help for a 100 million years—make honey!

Urban beekeeping is on the rise as we come full cycle to the knowledge of generations past; we need honey bee pollinators to ensure our food supply. It's not just about the honey anymore. Worldwide, honey bee losses continue to inch the domesticated honey bee toward the endangered species list. Saving honey bees is one way to help save the humans.

Awbury Arboretum and Green Sanctuary Earth Institute of Pennsylvania are partnering to create a community apiary on the arboretum grounds. Activities at the arboretum kickoff January 10, 2012 with the start up of an afterschool 4-H Beekeeping Club at the Francis Cope House.

Two youth groups are available and will meet on six consecutive Tuesdays. Children ages 8-12 meet 3:30 to 4:45 p.m., and the second group, ages 13-18, meets from 5 to 6 p.m.

Philadelphia County's Penn State Extension Service's instructor, master gardener and beekeeper Lorraine Bush, will facilitate the 4-H Beekeeping Club. The cost for the Club is \$11, which includes insurance. Materials fee and snacks cost an additional \$14 per child.

For adults and youth, the Green Sanctuary's Community Apiary Urban Beekeeper's Beginners Course begins on February 2, meeting weekly on Thursday nights at the Francis Cope House from 7-9 p.m. for eight consecutive weeks. There is a family discount when an adult and child from the same household sign up for the course. In March, for the first demonstration class, we'll install bee packages into the hives at the Arboretum. In mid-August, the tenth class and final session of the course will focus on getting a hive ready for the winter.

Cost for this ten-session series is \$100. A lottery will determine who from the class can assist with stewarding the apiary hives and harvesting honey. This is a great way to get some hands-on experience before setting up your own on beehive at home or in a community garden. Community Apiary hives will also be used for demonstration/education purposes for our 4-H club members and area student groups.



photo courtesy of Awbury Arboretum

Visitors from a local summer camp participating in one of Awbury Arboretum's summer field studies programs exploring bees and other insect life with an Awbury nature guide. Awbury Arboretum and Green Sanctuary Earth Institute of Pennsylvania are partnering to create a community apiary on the arboretum grounds. Starting in January, hands-on lessons will engage children with bees and beekeeping at Awbury.

Throughout spring and summer, Green Sanctuary Community Apiary will host additional beekeeping events and classes at the Arboretum. Honey harvesting, extraction, and bottling are among scheduled spring/summer demonstration events.

Need another great reason to sign up for the beekeeping course? Visit [www.foodsafetynews.com/2011/11/tests-show-most-store-honey-isnt-honey/](http://www.foodsafetynews.com/2011/11/tests-show-most-store-honey-isnt-honey/)

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Saturday, November 19	10:00 am - 11:00 am
Friday, January 20	9:00 am - 10:00 am

Call the office with any questions or to RSVP:  
(267) 338-1020.



## Dining for Women

(continued from page 1)

A third chapter (!) will begin to meet in January. This group has chosen to meet on Mondays. Over 60 people are now part of Weavers Way Dining For Women!

People have become involved with Dining For Women for many reasons. Some are attracted because the organization combines a social aspect with the opportunity to support worthwhile causes. DFW is intergenerational, which resonates for some people. People who are passionate about food, food issues, and food quality are drawn to the idea of preparing great food for one another and learning more about local and international food issues. Some women have retired recently or just moved to the community and are eager to meet new people and explore new options. And some have focused their personal philanthropy on the U.S. and welcome the opportunity to have international impact.

At the first meeting of the Tuesday group, Stephanie Johnson, a longtime beloved employee at Weavers Way, was particularly delighted to see people she knows but has never seen out of the Co-op, and informed us, via a little jig, that she indeed has a lower half that none of us had ever seen because the cashier counter was always in front of her.



photo by Cynthia Hillyard

Dining for Women participants support worthwhile causes while enjoying great food and great company

November's contributions supported the India Literacy Project, serving 61 villages in a remote tribal area in the state of Orissa with girls' education scholarships, job skills training, and implementation of women's self-help groups. Girls and women in this area have suffered from very low literacy rates, meager opportunities to earn income, and a high rate of female sex trafficking. The India Literacy Project takes a holistic and long-term approach to address issues that women and girls face on a daily basis:

- Scholarships will provide two years of education for girls of all ages.
- Funding for critical job skills training and adolescent clubs for girls will provide increased opportunities for

local jobs, reduce the incidence of sex trafficking, and decrease migration from villages.

- Mobilizing women through self-help groups, mothers' committees, and other initiatives will enable women to understand their rights, make informed decisions for themselves and their families, and support education for their children.

All of us involved with Dining For Women are on a journey together, learning more about issues that affect women and girls living in the developing world. And changing the world, one dinner at a time.

### A recipe from the Tuesday Weavers Way Dining For Women Morgen Cheshire's Lava Cake

#### Sift together:

- 1 cup flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 3/4 cup sugar
- 1 1/2 tablespoon cocoa

#### Stir in:

- 1/2 cup milk
- 2 tablespoons melted butter
- 1 teaspoon vanilla

#### Spread in 8" oven safe bowl

#### Mix and spread over the top:

- 1/2 cup sugar
- 1/2 cup brown sugar
- 3 tablespoons cocoa

#### Pour 1 cup of water over all.

#### Do not stir

#### Bake at 350° for 45 minutes



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# African American Authors: A Philly Connection

by Mark Goodman

PHILADELPHIA IS fortunate to have had so many African American writers who were born, lived, and/or wrote here. Here are some of the authors with a significant connection to Philadelphia.

W.E.B. DuBois is best known for his work as a scholar, activist, essayist, and editor. However, he was also an accomplished sociologist. In 1900, while teaching at the University of Pennsylvania, DuBois published *The Philadelphia Negro: A Sociological Study*. The book deals with the lives of black Philadelphians from the 1600’s to the 1890’s. Included are such topics as occupations, family life, education, crime, churches, and housing. The book was reissued in 1995 by the University of Pennsylvania Press, with an introduction by Elijah Anderson.

Anderson lived in Philadelphia (Chestnut Hill) and taught at Penn for 30 years. His best known book is *Code of the Street: Decency, Violence, and the Moral Life of the Inner City* (1999). Using Philadelphia’s lower income black neighborhoods as models, Anderson differentiates between “decent” and “street” urban cultures.

One of the key essays written during the Harlem Renaissance of the 1920’s and 1930’s was “The New Negro,” by Alain Locke (1925). Locke, a Central High graduate, had a vision of optimism and accomplishment for black people at the same time that many prominent white authors, notably T. S. Eliot, Ezra Pound, and F. Scott Fitzgerald, were writing about the ebbing of Eurocentric culture.

Another Harlem Renaissance writer with Philadelphia ties was Jessie Fauset Redmond, a graduate of Girls’ High and Penn. She gained recognition for her novels about middle and upper class blacks, most notably *There Is Confusion* (1924),

*Plum Bun* (1929), and *The Chinaberry Tree* (1931), all of which focus on light-skinned, upper middle class, educated African Americans, and their responsibility to improve the quality of life for black people.

The Black Arts Movement of the 1960’s and 1970’s had a strong Philadelphia connection. Poet Sonia Sanchez has been a long-time resident of Germantown (and is a member of Weavers Way!) and has written eloquently on politics, race, women’s issues, and urban life. Her most local book is *Under a Soprano Sky*, where she writes about the 1985 MOVE fire in West Philadelphia, the retirement of a respected Temple University English professor, and the graduation of her sons from The Crefeld School in Chestnut Hill.

Larry Neal, another Black Arts pioneer, graduated from Roman Catholic High School and Penn. Known primarily as a poet, he co-edited *Black Fire: An Anthology of African American Writing* ((1968), a collection of political—sometimes confrontational—essays, poetry, fiction, and drama.

Fellow Roman Catholic High graduate, Charles Fuller, captured national attention with his psychologically penetrating and historically relevant drama, *A Soldier’s Play* (1981), about a segregated army base in Louisiana at the end of World War II. Set in a segregated army base in Louisiana during the latter stages of World War II, the play reveals how society’s negative view of African American males was internalized by many black men, causing psychic anguish within and among black soldiers. The movie *A Soldier’s Story* is based on the play and captures very well Fuller’s characters and his insight into the repercussions of racism.

Toni Cade Bambara spent the last

nine years of her life in Philadelphia, where she taught film script writing. She was one of the narrators in Philadelphian Louis Messiah’s documentary film *W.E.B. DuBois: A Biography in Four Voices*. Her most famous literary work is a collection of short stories, *Gorilla, My Love*, which contains three exceptional stories: “Raymond’s Run,” “The Lesson,” and “My Man Bovanne.”

Kirsten Hunter (Lattany) grew up near Camden, New Jersey, attended the University of Pennsylvania, and taught at Penn for over twenty years. She has written novels for adults and teens, and is best known for her young adult novel, *The Soul Brothers and Sister Lou* (1968). The book focuses on an adolescent African American girl, her brother, and his friends who look for alternatives to inner city violence and poverty.

In the early 1960’s, John Edgar Wideman attended the University of Pennsylvania and gained recognition as a basketball player and Rhodes Scholar. Three of his books have Philadelphia as a promi-

nent setting. The novel *Philadelphia Fire* (1990) revolves around the MOVE tragedy, and *Two Cities* (1998), also a novel, shifts between Philadelphia and his hometown of Pittsburgh. His 1984 memoir, *Brothers and Keepers*, about his brother’s incarceration, contains many scenes of West Philadelphia from Wideman’s days as a student, teacher, and basketball player.

Poet Lamont Steptoe is also a Pittsburgh native, but has chosen to live in Philadelphia. A Vietnam veteran, he writes about his combat experience and observations in his book *Mad Minute* (1993). In a more recent volume, *Crowns and Halos*, Steptoe reaches into his memory and his culture to create a running dialogue with the poetic muse.

Now for the Homegirls. Bebe Moore Campbell grew up in North Philadelphia and West Oak Lane and graduated from Girls’ High. In her memoir, *Sweet Summer: Growing Up With and Without My Dad* (1989), she tells of her summers in

(continued on page 16)




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# Philadelphia Salvage “Reclaiming Philadelphia’s History”

by Jonathan McGoran, Shuttle Editor

CO-OP SHOPPERS may have noticed something unusual going on at 542 Carpenter Lane, the building owned by Weavers Way that once housed Mt. Airy Art Garage. The building now houses Philadelphia Salvage ([www.philadelphiasalvage.com](http://www.philadelphiasalvage.com)), and when the doors are open, you can glimpse a huge selection of architectural treasures: bathroom fixtures, sinks, tubs and toilets; lighting fixtures, doors, windows and cabinets; reclaimed lumber and flooring, vintage tiles, furniture, and other reclaimed. Sometimes, there are even selections adorning the sidewalk.

On Thursday, though, things get even more interesting. Every Thursday from 4 - 7 p.m., Philadelphia Salvage invites friends and neighbors to stop by for

Thirsty Thursdays, a friendly beer, some good conversation, and maybe a look around at the 4,000 square feet of architectural salvage, furniture and fabulous, frugal, funky, finds from period to mid century modern.

“We love being part of this community,” said Stock, who opened Philadelphia Salvage in . “Thirsty Thursdays are a part of that, and chance to hang out with our neighbors and friends.”

In addition to architectural salvage and libations, Philadelphia Salvage also offers lamp and lighting repair and rewiring services, as well as classes like their upcoming Natural Building class, which can be seen at [www.thereversefoundation.org](http://www.thereversefoundation.org). For more information about Philadelphia Salvage, call 267-439-6725, or visit them online at [www.philadelphiasalvage.com](http://www.philadelphiasalvage.com). Or, of course, stop by for a beer, Thursday’s from 4 to 7 p.m.



photo by Jonathan McGoran

Philadelphia Salvage manager James Harrison (left) and owner Chris Stock (right) with some of their architectural treasures in their store at 542 Carpenter Lane on a recent Thursday.



**WANTED:**

Professional photographer and a Co-op working member who would like to take photographs in exchange for member hours.

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# African American Authors

(continued from page 14)

North Carolina with her father and the rest of the time with her mother and grandmother in Philly. She has also written novels, including *Your Blues Ain't Like Mine*, a fictional version of the murder of Emmett Till in the 1955.

Lorene Cary is best known for her novel about slavery, *The Price of a Child*. However, in 1991, she published *Black Ice*, a memoir which recounts her adventures of leaving the familiar confines of her childhood in West Philadelphia and Yeadon to attend an elite private school in New Hampshire. Cary tells how she felt caught between fitting in at the mostly white school and maintaining her African American identity.

A graduate of West Philadelphia High School and the University of Pennsylvania, Diane McKinney-Whetstone has written five novels, all of them set in Philadelphia. Her best known book, *Tumbling* (1996), takes place in South Philadelphia in the 1940's and 1950's.

From the Homegirls we turn to *Flyy Girl* (1993), the popular urban novel that made Omar Tyree, a Central High graduate, famous. Set in Philadelphia, it was one of the first "street lit" books to capture the Hip-Hop culture of the 1980's. Tyree, raised in Mantua, has branched out into writing children's books, especially for African American boys.

Finally, the book *We Were There: Voices of African American Veterans from World War II to the War in Iraq* is a collaboration by two people with Philadelphia connections. Yvonne Catty, who worked at the *Philadelphia Daily News* for thirteen years, conducted the interviews and wrote a sketch of each veteran. Ron Tarver, a resident of Northwest Philadelphia, and a photographer for *The Philadelphia Inquirer*, took portrait photos of each interviewee.

Philadelphia has played a major role in the world of African American authors and books. We Philadelphians can look with pride on this valuable legacy.

# Jonathan's Best Carrot, Ginger, Beet Juice: Good for What Ails You



photo by Jonathan McGoran

Weavers Way General Manager Glenn Bergman (l), pictured here with visits Jonathan's Best's juice bar for a Carrot, Ginger, Beet Juice, made by Jonathan's Best Assistant Manager Patrick Walsh and Manager Keith Jones.

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— Glenn Bergman

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# Morris Arboretum’s Horticulture Center Wins Montgomery County Planning Commission’s Land Development Award

by Susan J. Crane, Director of Marketing , Morris Arboretum of the University of Pennsylvania

ON NOVEMBER 16, the Montgomery County Planning Commission presented its Montgomery Awards, acknowledging outstanding land development and revitalization achievements in Montgomery County. These awards are dedicated to raising awareness about planning and design in our communities; they honor developers, consultants, organizations, and municipalities for their commitment and contributions to the enhancement of Montgomery County.

This prestigious program has two major award categories, one of which is the Land Development Award, focused on excellence in land development and planning concepts. The Horticulture Center of the Morris Arboretum of the University of Pennsylvania, Phase 1 was one of two winning recipients, in recognition of its innovative site planning, energy-efficient building design and sustainable design features. The Horticulture center, located on the Arboretum’s Bloomfield Farm, contains the maintenance and administrative functions for the Arboretum’s horticulture, education, maintenance, and facilities staff, providing important infrastructure for staff and equipment. The new buildings are located to preserve the surrounding open space and enhance the agricultural heritage of the site. The office building is made of natural materials, and the garages are designed to resemble farm structures. The project achieved Platinum Level Leadership in Energy and

Environmental Design (LEED) Certification in 2011, the highest rating of the U.S. Green Building Council. Sustainable and green design features include green roofs on two of the garages. Multiple cisterns store excess rainwater for irrigation and lavatory use. Rain gardens, planted with native plant species, manage storm water. The landscaping features native trees, shrubs and meadow plantings. The center is powered without the use of any fossil fuels. A high-efficiency geothermal heating and cooling system, coupled with a high-performance building envelope, reduces energy use by over 40 percent. Solar panels and a solar water heater further reduce energy needs. Careful selection of carpets, paint and furniture creates a healthier work environment. More than 20 percent of the building materials used came from within a 500-mile radius, and recycled content makes up 20 percent by cost of the materials used. More than 75 percent of construction waste was diverted from landfills. This exceptional project exemplifies the Arboretum’s continued commitment to sustainability. The Horticulture Center provides a wonderful opportunity to learn about sustainable practices and is an outstanding addition to the Morris Arboretum and the community.

The Horticulture Center was designed by architects from Overland Partners of San Antonio, TX, Muscoe Martin of Philadelphia’s M2 Architecture, and Andropogon Associates, Morris Arboretum’s



photo courtesy of Morris Arboretum

Aerial view of Morris Arboretum’s Horticulture Center complex.

Philadelphia-based landscape planners since 1977. The contractor for the project was W.S. Cumby. The mechanical, electrical, and plumbing engineer was Bruce Brooks & Associates, and the site/civil engineers were Hunt Engineering.

The Morris Arboretum of the University of Pennsylvania is located at 100 East Northwestern Avenue in the Chestnut Hill section of Philadelphia. The 92-acre horticulture display garden includes a spectacular collection of mature trees in a beautiful and colorful landscape. The Arboretum features numerous picturesque spots such as a formal rose garden, historic water features, a swan pond, and

the only remaining freestanding fernery in North America. A new permanent nationally award winning exhibit, Out on a Limb—a Tree Adventure, adds to Morris Arboretum’s allure as it transports visitors 50 feet up into the treetops on a canopy walk that requires no climbing. The Morris Arboretum is listed on the National Register of Historic Places and is the official arboretum of the Commonwealth of Pennsylvania.

For more information, please visit [www.morrisarboretum.org](http://www.morrisarboretum.org). High resolution photos of the Horticulture Center can be downloaded from the link at the bottom of the home page, marked Hi-Res Photos.

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# Human Population at the Root of Sustainability Issues

by Sandra Folzer, Environment Committee

*“It’s both the most intimate of problems—what people do in their beds—and the most public problem.”*

— Joel Cohen of Columbia University’s Earth Institute

“WHAT IF there were a solution to many of the global problems that confront us, from climate change to poverty to civil wars?” asks Nicholas Kristof of the N.Y. Times. He answers his own question, saying we have the solution now but it has been a victim of “American religious wars.” All of our environmental efforts to reduce greenhouse gas, from recycling to making our homes more energy efficient, have only a fraction of the impact population control would have. Birth control is essential to preserve our planet.

As I write this, President Obama is being pressured by the U.S. Conference of Catholic Bishops to restrict access to birth control at Catholic universities and hospitals where many of the employees may not be Catholic. The Department of Health and Human Services, as well as the medical professionals, agree that no-cost birth control is an essential part of preventive health care.

Recently, the human population reached seven billion, a mere 12 years after we reached 6 billion. While the birth rate worldwide is down to 1.1 percent per year, still 150 babies are born every minute. Birth rates are highest in sub-

Saharan Africa, with an average of four children per woman. In poverty-stricken Niger, women have an average of seven children. Even in the U.S. fertility rates have increased to more than two children per woman. This is critical because every American child, during his or her lifetime, adds 10,000 metric tons of carbon dioxide to the atmosphere, which is 160 times more than a child from Bangladesh. We Americans, who represent only four percent of the world’s population, consume 25 percent of all resources.

The maximum number of people the Earth can sustain, “peak people,” is unknown, but U. N. demographers predict 10.1 billion might be the limit, and we are fast approaching that number.

Why does population increase matter? More people demand more resources. According to the Center for International Forestry Research, the total area of forest destroyed in the Amazon for beef has increased from 102.5 million acres in 1990 to 145 million more acres in 2000. In ten years the area cleared for pastures for cattle is equal to the size of Portugal. Clearing threatens many endangered species as well as soil erosion. Twenty percent of the trees in the Amazon are projected to be lost in the next two decades. Since the Amazon forest produces half of its rainfall through the moisture it releases, the forest may dry out and disappear. Since the living trees harbor carbon dioxide, they also reduce the amount of global warming.

When ecosystems like the Amazon are threatened, we lose biodiversity, which serves many purposes. Biodiversity aids in the protection of soil and water resources. By sequestering carbon, it contributes to climate stability. Trees and plants also absorb pollutants. Biodiversity provides sources of food as well as drugs and medicines. Without a diversity of genes, different species of plants and animals are at risk. As we destroy habitats for development, gene pools decrease and chance of extinction increases.

Different species within the various ecosystems regulate our watershed, generate soil fertility, and contribute to the recycling of nutrients and energy, which often is not recognized. For example, New York City found it was ten times cheaper to buy parts of its watershed and manage it well than to build new water treatment plants.

We have yet to understand the ways different species in our ecosystems contribute to our wellbeing. Not recognizing the function of some organism does not mean it is without value. “In most cases, we simply do not know enough about the biology of a rare species to predict the effects of its extinction. But once the species is lost, we can never provide a perfect substitute,” says Kerry Bruce Clark of the Florida Institute of Technology.

As human population growth continues geometrically, there is more pressure for arable land, clean water, and energy. Already there is a worldwide shortage of potable water. In China, more than 300 cities are already experiencing water shortages. In the U.S., severe droughts are occurring in Texas, Oklahoma, and elsewhere. Using our limited water resources to extract natural gas will only worsen the problem since each fracking well uses four to five million gallons of fresh water. With hundreds of thousands of wells planned, trillions of gallons of water will be polluted, to be removed permanently from our potential water supplies.

According to the World Bank and the U.N., one to two billion humans are now malnourished. As world population rises, food becomes more scarce; yet 1/3 of the world’s cropland has been lost to erosion. Factory farms and one-crop agricultural complexes may also contribute to soil sterility.

According to the UN, 215 million women wish to avoid pregnancy but have no access to birth control. They also point out that education is critical to a lower birth rate, for educated women have fewer children.

Unfortunately, the issue of birth control has gotten entangled with abortion. When birth control is restricted, paradoxically, the number of abortions rises. Making birth control available is one of the most effective ways to reduce abortions. Conservatives are seeking to end Title X Family Planning programs within the U.S. It is estimated that this program averts 973,000 unwanted pregnancies, of which 406,000 would likely be aborted. Many organizations like Sierra Club and World Wildlife Fund in the U.S. keep a low profile on birth control as it affects the environment. (To understand one has only to look at how Planned Parenthood has been demonized.) The Center for Biological Diversity is boldly facing the issue publicly. On college campuses they are handing out free condoms in packages which display endangered species, suggesting that human population growth endangers all species. At present unintended pregnancies account for nearly half of all births in the U.S.

As Nicholas Kristof says, “Contraception no more causes sex than umbrellas cause rain.” He adds, “If you think family planning is expensive, you haven’t priced babies.”

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# American Sign Language Classes Fun, Meaningful

by John Goldsborough

I HAVE always wanted to learn American Sign Language (ASL). I have a deaf cousin, Roger, and another (his brother) who is hard of hearing. Both are fluent in ASL. We are otherwise a hearing family. When Roger was found to be deaf as a toddler, his parents immediately began learning ASL. My other aunt soon became fluent in ASL. Growing up, we would travel from Philly to attend family gatherings in Maryland. At these reunions, I always wished I could sign. But none of the schools I attended offered it.

Before 2008, I had only learned a little introductory Signed English from my mom, who taught it once, years ago. The family gatherings were not frequent enough for me to keep up. Roger is one year younger than I am, and my wife and I really enjoy being with him and his wife, who is also deaf. Our lack of ASL fluency is an obstacle, and we don't see them much except for annual family gatherings. They have four hearing children whose first language is ASL. My wife and I have two children, and we used Joseph Garcia's "Sign with Your Baby" with them—they could sign before they could speak, which was very helpful, but we don't keep it up at home since neither of us is fluent. Our children also have a kind of special connection with Roger's and love to play together whenever we have a gathering.

In 2008, I finally found local evening ASL courses through The Deaf-Hearing Communication Centre (DHCC), taught by great deaf teachers. I am very busy as a prosecutor and part-time professional

singer, as well as husband, father, and homeowner, and our budget is tight. But the classes' timing, price, location, and quality were perfect. My growing skills in ASL have helped bring my family closer to Roger's. I'm looking forward to even better communication at this year's reunion.

I started locally in Germantown, at the Pennsylvania School for the Deaf (PSD), at Greene Street and School House Lane, not far from Weavers Way and my home. But I've been traveling to DHCC's Springfield location for my latest class, because there weren't enough registrations at PSD. Would you like to join us? New class enrollment will begin soon.

These classes are the fulfillment of my lifetime desire to learn ASL, and I'm getting so much out of them. They are excellent and reasonably priced. I can't say enough good things about them. And most importantly, they're bringing my family closer together.

DHCC is a non-profit organization founded in 1972. Their mission is to promote equal communication accessibility and cultural awareness to the Deaf, hard of hearing and hearing populations by providing quality communication services, advocacy and educational programs. DHCC offers American Sign Language classes in Germantown, Springfield (Delaware County), and at Drexel University. For more information, contact Sarah Reed at 610-604-0450 or sarahr@dhcc.org. Additional information can also be found on DHCC's website: [www.dhcc.org](http://www.dhcc.org).

# Shady Apple Goat Cheese CSA

by Anna Herman

ONCE A month since June I have driven to Laurie Jenkins and Lisa McCurdy's lovely homestead in Springfield township, just beyond the Morris Arboretum, to pick up cheese. Laurie makes cheese and other dairy items from the milk of their several goats, along with the milks of several local cows and the occasional sheep. This "dairy CSA" provided me and my family (and 24 others) with a regular supply of artisanal fresh and aged cheeses, some yogurt, milk based soap, homemade jam, and most importantly (for my daughter Emma especially) a chance to visit regularly and hang out with some adorable goats. We saw the goats pregnant, we saw their kids, and now we enjoy the milk that comes from this cycle.

As described by Laurie on her Shady Apple Goats website "a CSA allows local farmers to develop a relationship of mutual support between themselves, their products, and the community in which they live. The CSA members pay the farmer an annual membership, which helps to cover farm production costs. In turn, members receive a regular share of the products produced at the farm."

The Shady Apple Goats cheese CSA operates much like the sort of fruit or vegetable CSA most of you are familiar with. Because a group of us eaters agreed to pay upfront for a season's worth of products, Laurie and Lisa could invest in milking equipment, refrigeration, presses, molds, pots, and other supplies needed to get underway. They, as producers, were assured of customers and we eaters knew we would get fresh, flavorful cheese and support Laurie's efforts to develop her cheese-making craft.

Laurie and Lisa moved from Mt. Airy to their current home almost six years ago in search of some land, peace and quiet, and a municipality that allowed for livestock (no go in Philadelphia). They raised chickens from chicks, put in a big garden and by the spring of 2009 had welcomed their first two Nigerian Dwarf goats—Buttercup and Olive. Their small farm now houses dozens of laying hens, productive vegetable and fruit gardens, several beehives, and, depending on the season, quite a few goats.

Laurie's passion and desire to explore the possibilities of cheese-making led her to start a dairy CSA this year.

This first year, Laurie offered members a "chevre of the month," a second cheese like cheddar, Romano, soft aged

cheeses, cream cheese, mozzarella, ricotta and a choice of cow or sheep yogurt, cultured butter, fresh cream or another garden treat such as jam, honey, pesto or tomato sauce.

In November, for example, I got a trio of herbed goat cheeses, a buttery yellow hunk of aged Manchego, a quart jar of thick creamy cow yogurt, and some dill cream cheese. December brought aged goat cheeses in olive oil and a choice of either a green peppercorn aged Pyrenees (cow), or a rubbed cocoa espresso aged Pyrenees.

CSA members can also attend Laurie's classes on making fresh cheese, beekeeping, making and curing soap, and canning. These classes gave members a chance to meet each other and learn skills. I spent a productive morning with several other members (and goat-loving daughter Emma) making milk and honey soap with fresh lemon verbena, making me all the more appreciative of how hard Laurie works to make these products for us.

Laurie and Lisa's next adventure (and big expense) will be to build and equip a climate controlled aging "cave" to allow proper conditions for creating even more diverse and special cheeses, and for year round offerings of their products. They may also invest in a milking machine as hand milking is labor intensive and time-consuming.

In the coming years, the CSA arrangement will change slightly with feedback gleaned from this year's member group and Laurie's growing cheese-making skill. There will be more aged cheese, as well as a cheese sampler for those not wishing to commit to large quantities. There will likely be a year-round membership option. With cost of memberships ranging from \$15 to \$35 a month there should be a place for all cheese lovers. All members will also get farm basket items and discounts on classes. With 35 members (individual or families), Laurie will be able to procure quality milk and make interesting cheese, and she will be partnering with a group willing to support her experiments in artisanal production and urban farming. There is still space for you to join and to support this agricultural and culinary endeavor.

For more information on joining this year's CSA at Shady Apple Goats, contact [northfortyfarm@verizon.net](mailto:northfortyfarm@verizon.net) or visit the website [shadyapplegoats.com](http://shadyapplegoats.com).

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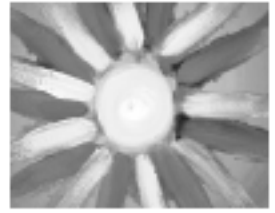
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WW & Plastic

(continued from page 1)

“knowledge is power.” I came to know some things that were upsetting to me, and when I shared the facts as I did, others reacted as well. The most surprising reaction has been the suggestion that this issue be forwarded to the National Co-op organization, as it affects all Co-ops. Here at WW, planning has begun for a campaign to encourage the use of WW gift cards in preference to the banks’ plastic.

My original article, altered and amended, is presented below:

Financial turmoil seems to be everywhere today, at every level. Bank Transfer Day has come and gone, along with the plans by the banks to charge a monthly fee to customers who use their debit cards. An article in the *NY Times* last summer noted that the increasing use of debit and credit cards has led to the U.S. Mint printing less currency because the bills in circulation aren’t circulating as fast and are lasting longer. At WW, the year-end financial report at the October 30 membership meeting contained a few details about the use of “plastic” that weren’t discussed, but which I think are important to the Co-op’s operations.

In presentations to WW employees about the year-end financial results, it was noted that WW was over budget for the fees paid to banks for the processing of debit and credit card purchases by \$40,000. This might have been predicted, based on the fact that our total sales were

larger than budgeted as well, but the total cost for these services amounted to \$192,000 for the year. That is about \$535 per day. This means that WW shoppers are pulling out the plastic at a rate never seen before, and that doing so is increasing our costs. I became concerned about the use of plastic as I observed changes in shopper behavior over the last three years. I have been a cashier at the Mount Airy store for more than three years and at Chestnut Hill since October 2010. I wrote a letter to our administration on the subject last summer, before I saw the results I have described above. A closer examination of the transactions reveals that the fees are particularly expensive when shoppers use their debit cards for purchases under \$10, which describes many transactions where a shopper is buying lunch.

It is not clear what effect the new consumer financial protection regulations issued at the beginning of October will have going forward, but for merchants such as WW, I don’t think the changes will slow the increase in costs much. In my letter, I suggested several steps that could be taken to reduce the costs of debit and credit card use. First, WW could require a minimum purchase amount for the use of plastic. This is allowed under the new financial protection regulations. Second, WW could bring back the fee we used to charge for plastic use. After all, when WW accepts plastic, that imposes an additional cost on the Co-op. I feel that the customer

who wants this extra service should pay for it, rather than expecting all customers to pay for it in the form of higher prices. Third, the Co-op might offer a discount for the use of cash or checks, reflecting the lower processing cost of these forms of payment (although checks have other indirect processing costs).

There is another action that could be taken; one that is not in the hands of the WW Administration or Board, and one that I would recommend even to the shopper who is comfortable carrying and using cash and checks. This is the WW gift card. WW issues gift cards in any amount the buyer wants, from \$2 up to \$500. These cards are easy to use at the register—no digging for change—and are processed more quickly than plastic, which could help keep the line moving faster. Cashiers love them! The advantages to the Co-op include avoiding all the bank fees, and not having to wait for the banks to send the money. If a significant number of the “lunch bunch” switched to buying a gift card every two to four weeks, the savings to WW would be significant. There are some more advantages to the user: if a card is lost, WW can replace it. Because each receipt tells you how much is left on your card, a gift card can help you with tracking expenses and budgeting.

I am old enough to remember when you couldn’t use a credit card to buy groceries. Times have changed. I know some members are not comfortable carrying


much cash with them at any time. It is important that we all understand that using plastic, convenient as it is, is not free. These services come with real and large costs to the Co-op and to every merchant. We need to decide how these costs are to be borne, or how they can be brought under control. The nice thing is that there are steps that each of us can take on our own that are easy and that will reduce the amount of money WW has to pay the banks.

There is one more story I would like to tell, one that relates to our “We Love You More” campaign. I once sold a gift card to a shopper, and as I began to tell her why I liked the cards so much, she told me that she was purchasing the card to give to her daughter; “That way I know that she will spend the money I give her for food.” The Co-op exists to serve our members and the public, but it can be very hard to anticipate all the ways we are of service to our community.



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# TTF Watershed Partnership Leads Coalition in Vernon Park Project

by Katie Donnelly, Associate Director, Tookany/Tacony-Frankford Watershed Partnership, Inc.

BIG CHANGES have been happening in Vernon Park! Thanks to the efforts of city agencies, community organizations and the support of Weavers Way Co-op, there has been an encouraging renewal of activity in this Germantown neighborhood park, including the recent installation of a rain garden. The Tookany/Tacony-Frankford Watershed Partnership (TTF) has led this collaborative effort to implement stormwater improvements, bringing excitement to the area with efforts to clean, green, and beautify the park.

Vernon Park faces many of the challenges of urban parks, including vandalism, trash, and crime. Dedicated community members and organizations have made improvements in the park over the past decade, and increasingly over the past year, these efforts to restore Vernon Park's potential as the "Emerald of Germantown" have intensified. Working with over 20 community stakeholders and key partners including the Philadelphia Department of Parks & Recreation, Philadelphia Water Department, and Pennsylvania Horticultural Society, the TTF Watershed Partnership spearheaded this major renewal.

TTF is a nonprofit organization that serves as the crucial link connecting residents, businesses and government as neighbors and stewards of this impaired, but critically important watershed in the Philadelphia metro region. Through community outreach, networking, educational

programs, and project coordination, TTF initiates and supports efforts to restore the health and vitality of the Tookany/Tacony-Frankford Creek and its watershed and mobilize its communities as watershed stewards.

The goals of this initiative were two-fold: to design and install green projects that help to slow stormwater runoff and mitigate the impact on our drains and sewer system, while simultaneously educating the community on stormwater issues and supporting their investment in their park as a critical community resource and outdoor classroom.

Since April 2011, TTF convened stakeholder meetings with community and citywide organizations, and numerous cleanup and gardening days with over 200 volunteers. This collaborative work has inspired a renewal of interest and involvement in Vernon Park, leading Philadelphia Parks and Recreation and the Pennsylvania Horticultural Society to choose Vernon Park as signature site for the LOVE Your Park: Fall Edition event on Saturday, November 5, 2011. At this event, TTF, community partners, and over 100 community members completed and celebrated this rain garden installation.

During the event, volunteers raked and planted, while stakeholders put the finishing touches on our rain garden installation. The day's program included speeches from Mayor Michael Nutter, Parks & Recreation Commissioner Mike DiBerardinis,



photo courtesy of Tookany/Tacony-Frankford Watershed Partnership (TTF)

Mayor Nutter cuts the ribbon for the new Vernon Park Rain Garden

Water Department Commissioner Howard Neukrug, Barbara McCabe from Philadelphia Parks & Recreation, Maitreyi Roy from the Pennsylvania Horticultural Society, TTF's own Julie Slavet, and Ruth Seeley from Friends of Vernon Park. After the speeches, the crowd cheered as Mayor Nutter and stakeholders cut the ribbon for the brand new rain garden!

"We are so honored that the Mayor as well as both the Water and Parks and Recreation Commissioners celebrated this long-anticipated rain garden ribbon cut-

ting with us," said TTF's Executive Director, Julie Slavet. "TTF looks forward to hosting many more stormwater management project events with them next year, as we install additional rain gardens in the Tacony Creek Park area!"

The Vernon Park installation is the first in a series of rain gardens that TTF plans to implement in the Tookany/Tacony-Frankford watershed. To learn more about TTF's efforts, visit [www.ttfwatershed.org](http://www.ttfwatershed.org).

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# New Chestnut Hill Meetinghouse to Be a Green Showpiece

by Nikka Landau

A WALK in the Wissahickon will soon lead you to the new Chestnut Hill Friends Meetinghouse, an environmentally-friendly 21st century building that will house a James Turrell Skyspace. While visitors are expected to come from all corners of the world to experience the Turrell Skyspace, the meetinghouse will also become known for its green building methods, energy saving technology, and peaceful surrounding gardens.

James Bradberry, the meetinghouse architect, is working with local environmental design consultant Scott Kelly to design the building to the highest green standards, and with landscape designer Carol Franklin of Andropogon Associates to make sure the surrounding property meets the city’s stringent new rainwater runoff requirements. Franklin is also helping the meeting envision a property that is, in her words, “a field in the woods.”

Located just off Germantown Avenue on Mermaid Lane, the site is not only at the juncture between Chestnut Hill and Mt. Airy but sits adjacent to a section of Fairmount Park that has been forgotten by most. The meeting plans to work with neighbors and the Friends of the Wissahickon to create greater access to the park.

The landscape will manage rainfall

and runoff with planted bioswales and underground systems to percolate storm water back into the aquifer. The site lighting fixtures will be designed to have full cut-off shielding to prevent light pollution. The roof will be a light colored metal to reduce the meetinghouse’s contribution to the local heat island effect.

In addition to being located near public transportation, the new meetinghouse will encourage alternative, energy-saving transportation by providing bike parking for at least ten bicycles and allocating four parking spots specifically for low-emission, fuel-efficient vehicles and carpools.

The building as currently designed will likely meet the Gold certification under the Leadership in Energy Environmental Design (LEED) benchmarks with the potential to achieve Platinum, the highest rating available. The benchmarks are in the areas of Site Issues, Water Conservation, Energy Conservation, Materials, and Indoor Environmental Quality.

If you would like more information about the meetinghouse or would like to get involved, please contact Nikka Landau at [Nikkalandau@gmail.com](mailto:Nikkalandau@gmail.com) for more information. And finally, visit the project’s website at [www.chfmnewmeetinghouse.org](http://www.chfmnewmeetinghouse.org), join us on Facebook, and follow us on Twitter (CHQuakerMeeting).

# Year of Co-ops

(continued from page 1)

The IYC was launched at the UN on October 31, 2011. Every country in the UN gave a presentation on the contribution of cooperatives in their country. It was quite impressive. Cooperatives are a major economic force in developed countries and a powerful business model in developing countries. In New Zealand, Fontero cooperative is the largest dairy company in the world. In the UK, the largest independent travel agency is a cooperative. In developing countries like Kenya, cooperatives are responsible for 45 percent of the GDP. Cooperatives provide 100 million jobs worldwide, 20 percent more than multinational corporations, and there are one billion cooperative members worldwide.

So Cooperatives are thriving around the world. What about here in the USA? Although you wouldn’t know it from the mainstream press coverage, cooperatives also play a vital role in the U.S. economy. More than 29,000 cooperatives operate in the United States. U.S. cooperatives generate two million jobs and make a substantial contribution to the U.S. economy with annual sales of \$652 billion and assets of \$3 trillion. At a time of financial crisis for many banks, cooperative financial institutions, like credit unions, have done remarkably well.

And in the Philadelphia area, cooperatives have thousands of members in a variety of sectors, such as grocery and consumer goods, credit unions, housing, day care, and utilities. We all know about Weavers Way, with our almost 5,000 members. But Mariposa is expanding in West Philly and there are three new start-up food co-ops—Keswick, Kensington and South Philly, as well as CreekSide Co-op in Elkins Park. The Energy Cooperative grew in the last year, with some help from the deregulation of the electric industry. And did you know that a new worker cooperative began in Northern Liberties this past year—Greensaw Design & Build.

So what is Weavers Way doing to spread the word about cooperatives? Ac-

tually, we’re doing a lot. Throughout the year, you will learn about the many cooperatives that supply products to our stores: Cabot Creamery, Choice Tea, Divine Chocolate, Maggie’s Clean Clothes, Organic Valley, One Village, To Go Ware—just to mention a few. Articles on different cooperatives will appear in the *Shuttle*. We have an eight-month Discussion Course on Cooperatives that is going strong. We plan to have a Film Festival in the summer, featuring videos on cooperatives from around the country. And we are dreaming about a trip to Rochdale England in the Fall of 2012, where we will visit the historical site of the first co-op, national cooperative museum and other worker landmarks.

Weavers Way also hopes to co-sponsor IYC events with a cross-sector of cooperatives in the Philadelphia area. A kick off is being organized for early 2012 where we will convene a broad array of cooperatives to talk about what we can do together to build a more cooperative economy. We plan to have a Resolution introduced into Philadelphia City Council that will recognize the many contributions of cooperatives. There is a cross sector cooperative conference on June 13 at Drexel that will highlight best practices and innovations from cities with vibrant cooperative communities. On June 14-17, Weavers Way is hosting a national conference that will draw several hundred people from cooperative groceries. To top off the year, we are aiming to have a grand celebratory event in October 2012 that brings together the many co-ops in the area for fun, music and a little education.

So stay tuned this year as cooperative stories and events unfold. At a time when many people have lost faith in economic institutions that have left millions of people behind, 2012 is the year to show that cooperatives provide an alternative that can build economic sustainability and social responsibility.

~ mlenzi@comcast.net

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Co-op Legislation

(continued from page 1)

sions include:

- The establishment of a National Co-operative Development Center to administer the program;
- Grants to local cooperative development centers to provide technical assistance to co-ops;
- Loans and seed capital to groups forming co-ops;
- Funding for professional development training for technical assistance providers; and
- Authorization of \$25 million yearly for four years.

Developing a new business of any kind can be difficult. Significant time, capital, and skills are needed to ensure sustained success. These barriers prevent many entrepreneurs from pursuing or succeeding, especially in underserved communities that need their services the most. The cooperative business model reduces many of these barriers. Cooperatives pool equity and share risk among multiple owners, allowing communities to invest in enterprises that provide meaningful jobs and shared wealth.

The U.S. is experiencing a new wave of cooperative development. Nationwide,

there are over 200 new food co-op start-ups. In our region there are dozens of new start-ups, and we have seen the recent birth of the Mid-Atlantic Food Co-op Alliance with 30 members in six states and aggregate sales of over \$100 million. Co-op conferences are setting new attendance records. Cross-sector cooperative collaboration is growing with new groups forming in Austin, Seattle, the Bay area, New England, and locally. The Philadelphia Area Co-op Alliance is working on a co-op conference June 13 at Drexel University and other activities to celebrate 2012 as the UN-declared International Year of Cooperatives.

All over the world, people are seeking alternatives to the system that enables corporate scandals and encourages greed. Because cooperatives are democratic and focus on member-owner needs rather than maximizing return for shareholders, they are perfectly situated to provide such an alternative. The National Cooperative Development Act is both an outgrowth of, and will help to support, this historic surge of interest in cooperatives as a means to build a better world.

To find out more about the legislation and how you can support its passage, visit [www.campaign.coop](http://www.campaign.coop).

Second Floor Recap

(continued from page 3)

holders. A new company, Roadside Linen Arts, knocked our socks off with earrings, pins, and necklaces in settings that are so unique, pretty and stunning that folks wanted to frame them! Long time alumni designers like Spoil Yourself and Saffron Creations continue to please, and you purchased jewelry from Isa Goldfarb and Triloka for yourselves and those you love. Cara Raboteau and MA Grocery Manager Chris Switky pick the best greeting cards for us, and aren't we lucky! We brought in new kitchen and household items from Norpro, Casabella, Chef's Planet, RSVP, Down To Earth, and Kitchen Supply and said good-bye to a few items (no more coffee Gold Filters from Norpro, as they discontinued them). Baggallini is always inventing new bags and the ones that hold iPads and Kindles have been popular, as have the Rolling Totes. We are planning a trunk show with Claudia, our Baggallini rep, in the late Winter/early Spring. Stay tuned for more news about that.

Bulk soaps from Sun and Earth have been a welcome 2011 addition—we thank you for your continued support for this local company! The expanded cleaning product area has allowed us to offer more choices for laundry, dish liquids, dishwasher products, all purpose cleaners, disinfecting products and wipes, as well as more furniture polishes and stainless steel cleaners. Come in and see what we have!

The Health and Beauty products area, also known as Personal Care, was enhanced in the Summer with over 50 feet of new Lozier shelves and the fabulous assistance from the wonderful Tom Snyder of the National Cooperative Grocery Association (he is our Eastern Corridor Merchandiser) and some reps and brokers who came to help us reset our shelves. There are many, many new products and new lines—let us mention two new local lines—Fitbliss and Foreue. Ask us about these new companies and all our new items!

Thanks to those of you who shopped as we tore apart the old shelves, assembled the new ones, and then filled them with goodies—our MA shoppers gracefully sidestepped stacks of totes, told us that they could wait a day for mouthwash if it was too much trouble to find, and encouraged us as we worked 12-hour days to put the department back into working order. We are grateful for your support and kindness when we undertake large scale projects like this—please know that your sweetness is appreciated.

Here's to a lovely 2012. Come see Cara, Amy, Andrea, and me and allow us to introduce you to a great MA Department. Cheers to you and yours for a healthy, prosperous, and creative new year.

—martha@weaversway.coop

ECO TIP

from The Environment Committee

Now that the days are shorter and the weather cooler, you might think you need to go back to drying your clothes in the dryer. Think again! Invest in a few clothes drying racks. Since centrally heated air is very dry, your clothes will add some much needed humidity to the air and will dry quickly.

Are you a fan of eating out, but not of those Styrofoam or plastic containers restaurants give you for leftovers? Ask to have your food wrapped in a piece of aluminum foil instead. Better yet, keep some containers in your car for the purpose.

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Dear Norman,

I had no idea you were pining away for lack of attention. After reading the December *Shuttle*, I am enlightened and happy to help. I have a whole stream of suggestions to offer. Do you want them all at once or shall I ration them one per month?

Suggestion #1: How to get more suggestions

May I suggest (a rhetorical question) that the drop in the number of suggestions may not be due so much to a culture change at Weavers Way, as to a cultural change all over the place. I am referring, of course, to the fact that nobody writes on pieces of paper anymore! If you are waiting by the mail box for comment cards, you are sure to be disappointed.

Get with the times. Put a link to an electronic suggestion box on the Weavers Way home page. Print your email address at the end of your column. Get a facebook page. Send those tweetie things some people think are a good idea. Why would I want a barage of tiny sound bites from my hairdresser all day long, I cannot imagine, but people do seem to think they're cute.

I understand how, given the exponential increase in the average human attention span over the last two years, you think the only reason people don't seem to know about something from the orientation sessions is that they didn't attend one. I can say that although I did go to an orientation session, it was about a year or more ago and damned if I can remember one thing I was told. I sure didn't remember the totally non-intuitive instruction that I should pick up a comment card at the store. I am a working member so maybe I should have taken it all in by osmosis, but somewhere I must have fallen short.

Perhaps you should stop attributing everything from an in-grown toenail to world hunger to the change in Co-op rules and start looking for things that will work given the brave new world that includes non-working members.

Provided you do read e-mail and that I have finally identified an electronic channel to the box in question, you can rest soundly tonight knowing that you will never be lonely again. Did you say "all at once" or "rationed over the year"?

— Debie Wells



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To Weavers Way Co-op (cc: Chestnut Hill Local)

After fielding many calls and e-mails from concerned and angered Chestnut Hill resident and CHCA members regarding a Weavers Way E-Newsletter that was sent to its membership this week, I feel the urge to remind everyone once again that the CHCA's process is working very well and its numerous committees are working diligently on the 8200 Germantown Avenue project. In June of 2011, after presentation of this project before the CHCA's LUPZC, a subcommittee was formed. It consists of three near neighbors and members of the LUPZ, DRC, Traffic, Transportation and Parking and Historic Advisory Committee. They are working countless hours negotiating and working with Bowman Properties to be assured of a project that will benefit our entire community.

Neither the CHCA nor Bowman Properties are ignoring the concerns of this community. Or the required processes.

Change is inevitable and it is in everyone's best interest to move forward thoughtfully.

— Jane M. Piotrowski  
CHCA- President  
Chestnut Hill Resident/near neighbor


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## open house

Join us: Saturday, January 28 @ 2 pm | 7500 Germantown Ave | Mount Airy

# IT'S EASY TO SPEAK YOUR MIND. SPEAK EASY.

The new co-operative discussion forum  
at NewsWorks.org

Share your neighborhood news anytime with:

**Alan Tu — Chestnut Hill and Mt. Airy**  
atu@whyy.org

**Megan Pinto — East Falls, Manayunk and Roxborough**  
mpinto@whyy.org

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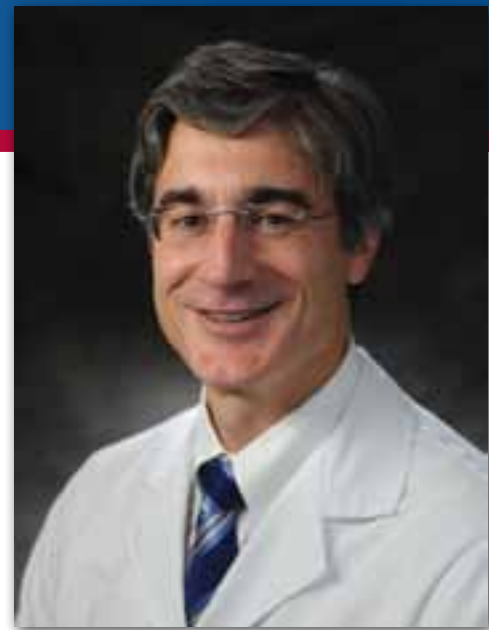


# Penn Medicine

## *Welcomes*

### RAYMOND RODRIGUEZ, MD

Dr. Rodriguez has served the Chestnut Hill community for more than 23 years and has now joined Penn Medicine, the region's most trusted name in cardiac care. Patients will now have expanded access to Penn subspecialists who offer advanced treatments and clinical trials for heart failure, heart rhythm disorders, valve disease and other complex cardiovascular disease.



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► Dr. Rodriguez will begin seeing patients on January 3, 2012.

For more information or to make an appointment, please call 215.248.1350 or 800.789.PENN (7366).



Penn Medicine Chestnut Hill  
33 East Chestnut Hill Avenue  
Philadelphia, PA 19118



**Penn Medicine**

800.789.PENN PennMedicine.org





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. As I am writing this I am polishing off the last of the greens from my Henry Got Crops CSA share. The last share was so plentiful that the last of the greens have been in fridge for ten days. Incredibly, they look and taste fine. Some CSA items seem to wilt quickly; surprisingly for me, it was carrots and some salad mixes. However, the greens and parsnips and turnips last a long time. I even had some butter-head type lettuce that lasted over a week. The CSA is over for this season, so now it's back to buying veggies off the store displays. In case you don't know what a CSA is, it stands for Community Supported Agriculture. The basic idea is that a bunch of people pay a farmer up front to grow food, and then receive a "share" of each week's harvest. Farmers like CSAs because both the inherent risks and benefits of farming are shared by the community. CSAs also foster a closer

connection between farmers and consumers than you get when shopping retail. CSAs come in all shapes and sizes. Most are produce-based but there are also CSAs for cheese, flowers, meat, bulk, etc. Some CSAs have thousands of members, some have just a handful.

Weavers Way is a food co-op (as was the original weavers co-op of Rochdale England). We have lots of statements in our various policies related to what kinds of products we should offer; here is just one from our Ends Policies: "E2. Our community will have access to high quality, reasonably priced food, with an *emphasis* on local, minimally processed and ethically produced goods." I think food from our own farms (and similar local urban farms) meet this criteria to the max. Only neighborhood gardens could be more local, and as for "minimally processed" there is almost no processing of urban farm food other than basic washing and bundling. The "ethically produced" statement is interesting, because we do exploit our farmers some because farming is such hard work to begin with and the hours are long. However the work is rewarding and farmers do get some compensatory time off in winter. We have other statements in various documents about sustainability, protecting the environment and educating members. Most CSAs practice chemical-free farming, some are certified organic, and typically the farmers that operate CSAs have an aversion to non-sustainable production. As for educating our members, one of the things I love about our farms is that basically any member can visit any of the farms and see what is going on. Nothing is hidden, all supplies and tools are right out in plain view. Also, any member can do volunteer work at our farms or sign up

(continued on page 25)

# MEMBER Appreciation Days

## JANUARY 15 - 21

**all members get an extra 5% off**

### 5% off

for all members

### 10% off

for all working members

**There are lots of great reasons to be a member of Weavers Way. Now, there is one more!**

Being a member means you are an owner, and you have a say in how your co-op is run. Members can get home delivery, cash back on purchases and other benefits, plus they save money with discounts on services like Notary Public, member-only specials, discounts from many area businesses, and sometimes even year-end rebates.

Equal Exchange Fair Trade

## January Coffees of the Month

**Bulk Beans:**  
**All bulk coffees except decaf:**

reg. \$11.99 **sale \$9.99/lb.**

January 4 - 31, 2012

# GLUTEN FREE DAY

**Saturday, January 28, Noon to 4 p.m.**  
Weavers Way Chestnut Hill

**Please join us:**

- Local Vendor - Amaranth Bakery in Lancaster, PA
- Manufacturers - Glutino, Nature's Path, Mary Gone Crackers Crackers, Blue Diamond Crackers
- Weavers Way dips & spreads
- The National Foundation for Celiac Awareness will be here to answer questions and give out information.

8424 Germantown Avenue • 215.843.2350 • [www.weaversway.coop](http://www.weaversway.coop)

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

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

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

## Weavers Way Co-op Welcome Meetings

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

Orientation dates are listed below and are also posted on our web site at [www.weaversway.coop](http://www.weaversway.coop). Please complete the form below and return it to any of our stores, so we will know which meeting you will attend. Meetings last approximately 45 minutes to an hour and will include a brief store tour. We look forward to seeing you there!

**Chestnut Hill Center for Enrichment/Chestnut Hill**  
8431 Germantown Ave. (parking entrance on E. Highland Ave.)

- **Wednesday, January 18 at 6:45 p.m.**
- **Wednesday, February 8 at 6:45 p.m.**

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

- **Saturday, January 14 at 10 a.m.**
- **Saturday, February 11 at 10 a.m.**

PLEASE PRINT CLEARLY

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

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

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

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

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