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The Shuttle

February 2012 Vol. 41 No. 02

A Cooperative Grocer Serving the Northwest Community Since 1973

International Year of Co-ops A Look at All Things Cooperative

by Margaret Lenzi, Weavers Way Board Vice President

THE UNITED NATIONS declared 2012 the “International Year of Cooperatives” (IYC) to highlight the contribution of cooperatives to the socioeconomic development here and around the world. All around the world, 2012 will be a year to educate co-op members and the public about cooperatives, to promote co-op formation and growth, and to encourage governments to establish policies, laws, and rules supporting co-ops and co-op development.

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Member Appreciation Days

by Jonathan McGoran, *Shuttle* editor

WEAVERS WAY’s Member Appreciation Days, Jan. 15 – 21, were a big success on a number of fronts. We welcomed 65 new members to the Co-op, and renewed or reactivated 65 others. Sales were up 18 percent over the previous week, and our members saved an extra \$15,000 with the Member Appreciation Days five-percent discount, in addition to \$9,000 in working member discounts—a total of \$24,000 in discounts to our members.

We had extra staff and board members on hand to give out membership information and answer questions. But the most important part was that it gave us all a chance to appreciate each other as members, and to appreciate this great co-op that we have built together, and that we own together. That and there was cake!



photo by Glenn Bergman

Weavers Way staffer Dean Stefano (second from right) and Membership Committee Chair Gwen Bailey (second from left) celebrate the kick-off of Member Appreciation Days with co-op members and cake.

Signs of the Times at CreekSide, Mariposa Co-ops



photo by Jonathan McGoran



photo courtesy of Mariposa Food Co-op

CreekSide Co-op in Elkins Park and Mariposa Co-op in West Philadelphia are both celebrating major milestones this month, and they’ve got the signage to prove it.

With the opening of their new home at 4824 Baltimore Avenue slated for mid-February, our friends at Mariposa Food Co-op are busy applying the final touches, like this great new sign that now graces their front entrance (right). Meanwhile, CreekSide Co-op has finalized the purchase of their new home at 7909 High School Road in Elkins Park (left), the former home of the old Ashbourne Market. CreekSide Co-op will hold a Groundbreaking Ceremony and reception on Feb. 2 at 4:30 p.m. to celebrate the purchase and mark the beginning of construction. CreekSide Co-op hopes to open for business late summer or early in the autumn of 2012. Learn more about what’s happening at CreekSide Co-op at www.creekside.coop. Learn more about Mariposa Co-op at www.mariposa.coop.

Bylaw Changes Regarding Co-op Committees

by Chris Hill, Weavers Way Board Member

AFTER A two-year process involving committee chairs, Board of Directors, members, and staff, the board is recommending changes in how we address committees in our bylaws.

In March of 2010, representatives of six committees, along with board members and Co-op staffers, met at Allens Lane Art Center to brainstorm about Weavers Way committees in a meeting facilitated by a professional meeting consultant. We started with the basics—defining what committees at the Co-op are—then went on to discuss roles, purposes, lines

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Editor’s Note



by Jonathan McGoran,
Shuttle Editor

THE JUST Label It campaign, which seeks labeling of all foods containing Genetically Modified Organisms (GMOs), has over 500,000 signatures and is on its way to one million. This is great news, because it’s important for people to know what they eat, and there are concerns over possible side effects and unintended consequences of GMO crops. Studies have shown that bacteria in human intestines absorb genes from foods genetically modified to be “Round-Up Ready,” or resistant to the herbicide Round-Up. There is concern that humans themselves could absorb those genes, as well (giving new meaning to “You are what you eat”). Now, I know plenty of people who could benefit from a little modification, but I’m not sure resistance to Round-Up herbicide is the tweak they need. (Besides, with the new National Defense Authorization Act, we’re all “Round-Up Ready” anyway.)


When you start mixing genes between people and plants and animals, things get complicated. While I am in favor of labeling GMOs, I’m against labeling people. GMO people who have been modified to glow like those GMO cats with firefly genes are pretty much labeled already. But what if they’re just “Round Up Ready” modified? Do they get labeled? To be fair, the “Just Label It” folks only want labeling of GMO food, and people with Round-Up Ready genes are not food. But in China, cows are being modified with human genes to produce human breast milk. They’re kind of human, and they’re kind of food, and while they’re being raised primarily for milk, we all know what is going to happen to them eventually? How do you label that?

Fortunately, by the time any label law comes into effect there won’t be much stigma in being GMO. Most of what’s on supermarket shelves is already GMO. By then it’ll be pretty much everything. But where some people see an irrevocable tragedy of unprecedented proportions, I see opportunity. I’m going to be the guy selling the labels.

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



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Changes at the Farm

by Nina Berryman, Weavers Way Farm Manager

FEBRUARY IS usually a quieter time around the farms, but this year will be full of changes. Normally we focus on getting Community Supported Agriculture (CSA) members signed up for the year, reenroll in farmers markets, start seeding in the greenhouse and finish our winter planning. Not much is coming out of the hoop houses as far as harvests, as plants are still growing slowly under short, cloudy, gray skies. However, this February will have a different feeling, as it marks the end of Nicole’s farming career with Weavers Way, and the beginning of Rick Rigutto’s, who will be replacing her as the Mort Brooks Memorial Farm Manager.

Nicole and I have been a bit of a pair at Weavers Way, and to be honest, I can’t really imagine farming without her. She and I started as apprentices at the farm in 2008, the first year an apprentice program was offered. Both our names start with “N” and both our last names end in “-man.” Really the similarities don’t go much further than that, except for our mirror-image jobs at the farms. However, four years later, there are still a few folks at the Co-op who get



photo by Nina Berryman

Nicole Sugerman

us confused, and to be honest, I take it as a compliment. During our apprenticeship, she lived in West Philly and had another job as a farm educator at Bartram’s Gardens. To this day no one really understands how she pulled it all off. I remember finishing 11-hour days at the farm and thinking, “I can’t believe Nicole is now biking all the way home.” It was testament to how hard she would continue to

work for Weavers Way for the next three years.

In 2009 Nicole and I started Henry Got Crops, the second farm for Weavers Way, at Saul High School. In reflecting upon the success of that project, one of the teachers at Saul would often say, “This project could only work with the right people, and you two are it!” I feel the same way about starting a farm and co-managing with Nicole. When you run a farm, that farm becomes just an extension of you, and when you manage a farm with someone else you have to work together like two wheels on the same car. There is no room or time for the inefficiencies of disagreeing. Starting a farm is more than a one-person job, and at Saul we were not only starting a farm, but also starting

the farm education programs. In my eyes, that site will always be the farm we started together. Nicole’s sweat, blood, and tears are in that soil and neither one of us could have done it without the other. We would often bike home together after a long day and give ourselves the congratulatory pep talks we needed to keep going strong.

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Farming for the Future

by Kestrel Plump, Weavers Way Community Programs Farm Educator



photo courtesy of Pennsylvania Association for Sustainable Agriculture

Farmers of the Future at the 2011 Pennsylvania Association for Sustainable Agriculture (PASA) Farming the Future Conference

EARLY ONE morning each February, the farmers, farm educators, and folks from the produce department pile into a van and head to State College for the Pennsylvania Association for Sustainable Agriculture (PASA) Farming the Future Conference. Last year was my first time attending the conference, and it was a great way to start my job as farm educator. The conference was fascinating, informative, and a great way to get to know several of the folks with whom I would be working in the coming season. PASA is jam-packed with workshops ranging in topics from the more practical aspects of farming—such as beekeeping, baking with heritage grains, and mushroom cultivation—to the equally relevant and more political “The Regulation of Natural Gas Development in PA” and “Organic Seed v. Monsanto, The Lawsuit Challenging Patents on Seed.” This year will mark PASA’s 21st annual conference. PASA is a place where farmers and others who are equally pas-

sionate about vegetables and agriculture go to geek out together. I’ve been looking forward to it for months.

One of the things I am particularly excited about this year is being able to attend one of the pre-conference tracks—day-long intensive workshops that focus on one topic. Four of us are lucky enough to be able to go to these this year. Nina and Rick are going to “Tractor Operation and Maintenance for New and Beginning Farmers,” and Clare and I to “Applying Permaculture Design to Urban and Rural Landscapes.”

The permaculture track will cover the history of permaculture and the movement’s worldwide impact, case studies of ecological farms and homesteads using the practices, and how to design permaculture landscapes in urban areas. For those of you who have never heard of permaculture, it is a way of designing

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FAQs about WW Gift Cards

by Don McGuire, WW Staffer

I HAVE received quite a few questions about the WW gift card since my opinion pieces were published in *The Shuttle*. Here are some common questions and their answers.

How do I get a WW gift card? If you have been good, someone might give you one as a gift. You can also purchase one for yourself at the cash register. There, the cashier will have a number of designs of cards for your selection. Pick one, and tell the cashier how much money you want on the card to start, anything from \$2 to \$500. The cashier will add that figure to your purchases.

If the purpose of buying a card is to reduce the cost of debit and credit card fees to WW, is it okay to buy the card using my plastic, or should I only use cash or check? Go ahead and use the plastic, if that is your preferred method of payment. WW will still benefit because each time you use the card WW will have avoided an additional fee from the card issuer and processors. Of course, I would like you to use cash or a check, but I have begun to learn the nature of the costs to the merchant for handling those forms of payment as well. I may have more to say on this subject in the future.

Why can’t I recharge my WW gift card? The system WW uses to create the gift cards does not support such a feature. WW would have to hire an outside service to be able to do this, and this would involve added costs, which is what I wanted to avoid in the first place. The cards are created in-house, so the cost to WW is quite small.

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Produce News

Adams County Orchard Visit

by Stephanie Kane, Local Produce Forager

LAST DECEMBER, produce staffer Ricky Reedy and I went out to Adams County to visit Beechwood Orchards and Three Springs Fruit Farm. I won't bore our readers again with a discussion of the benefits of locally grown Integrated Pest Management (IPM) apples, but we did learn some interesting things on this trip! Adams County, a two-and-a-half hour drive west, has been home to tree fruit farming for over 100 years. This is where Musselman's and Knouse products, like applesauce and juice, originate. People growing up in this region had alliances to either company, passing down that relationship though their family. A few decades ago, Knouse bought out Musselman's, keeping the name; it's a product I grew up knowing in Ohio, as do people all over the country. One of the most intensive fruit-growing areas in the country, Adams County has over 20,000 acres in fruit production.

Most of the orchards in the area still supply Knouse with fruit. Beechwood and Three Springs saw the growing demand for high-quality fruit in the nearby cities. Beechwood was one of the first to break away and focus on markets, and Three Springs was soon to follow. They also saw this as a way to grow a product they were proud to sell direct—to consumers. Growing heritage varieties prized for their flavor was a much more rewarding business. Both also grow a variety of fruits and vegetables for their markets. They have been working on kiwi berries, and Beechwood might have them for wholesale this summer!

One of the highlights of visiting Beechwood Orchards, besides Dave Garretson's loveable English setters, was their new storage facility. The Garretsons expanded it this past year and are already



photo courtesy of Three Springs Fruit Farm,

Greg Wenk of Three Springs Fruit Farm, hanging our Codling Moth Pheromone traps high in the tree

reaching capacity. There's an open air space where the staff packs apples from Beechwood's specially designed large bins, into the half-bushel crates in which they are delivered to the store. In the back is a walk-in cooler with an automated door, which allows forklifts to drive pallets in to be stacked seven high. The cooler's temperature and humidity are controlled to allow for the best storage of the apples, peaches, pears, and plums. They have a separate cooler for the vegetables Dave's daughter Melissa grows for their markets.

We also visited Three Springs Fruit Farm, where we learned that owner Ben Wenk's family came here from Switzerland and has been farming for over 100 years. I assumed they had one large orchard, sprawling the 300 or so acres they own. But their farm is actually composed of small pieces of property spread out over a few miles, with different things growing in different areas. In general, they try to keep different varieties and crops together for efficiency's sake, and while we were there we saw the cherry orchard, a section

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Sweet and Natural Options at Weavers Way

by Martha Fuller, Manager—Wellness, Personal Care & General Merchandise

NATURAL SWEETENERS are taking a more prominent place on our kitchen and pantry shelves, in our coffee and tea cups, and in our wellness supplements. We Americans love our sugar and other sweeteners, and since the negative effects of refined and artificial sweeteners have been hot topics, the sweeteners that are healthier and more natural have gained popularity.

You might be wondering why your WW Mt. Airy Wellness and Non-foods Manager is penning this article. If you take a look at the ingredients in chewable, liquid, and powdered vitamins, you will see that most powders and almost all chewables have a sweetener of some type. Having said all that, here is a small description of some natural sweeteners.

Honey: Bees and flower nectar create a tremendous sweetener that you can find in spreadable, crystalline, and liquid forms. (In your Wellness and Health and Beauty Product areas of Weavers Way, you will see products that incorporate honey and bee products.) Many cooks find



honey to be a versatile product that has many nutritional benefits. A big reminder for all parents and caregivers: please note that honey should not be fed to children under one year old! Our Mt. Airy Grocery Department carries a few honey products and there is one I want to mention. Dancing Bear Honey, which Mt. Airy has in Clover and Wildflower, is an Athens, PA company and is one I know from the 1980s when I worked at Ecology Co-op in the Powelton Village neighborhood of Philly. (As the author of this article, I want

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Share the Love!



New for Valentine's Day, we have a great new source for roses that are 100% Florverde® Certified (see below). They come to us from our friends at Zieger & Son Wholesale Florist in Germantown, and they are beautiful, inside and out. Pre-order available through Friday, February 10 for Co-op members only (see link on our website).

Red Roses (50 cm size)
\$35/Dozen pre-ordered (members only!) \$40/Dozen non pre-ordered

Other Colors will be available in both stores starting Friday, Feb. 10:
Pink, Orange, Yellow bi-color varieties, & gorgeous White
\$28/Dozen (while supplies last!)

The Mt. Airy Mix (available only at our Mt. Airy Store)
\$20/ Dozen Assorted Colors



Co-ops at the Co-op



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COOPERATIVE ENTERPRISES BUILD A BETTER WORLD

Holistic Pet Care at Home
Pets, People & the Butterfly Effect

by Natasha Kassell, VMD

THE DAY after my last pet nutrition workshop, I bumped into Glenn Bergman at the Co-op.

"I stopped in for a minute just to see how things were going," he said. "I wasn't planning on staying, since I assumed a two-hour talk about dog food would be..."

"Boring?" I asked.

"Well, yes," he admitted. "But it turned out to be interesting—and fun!"

I had fun, too, discussing the bizarre ingredients in pet foods and providing suggestions for healthier feeding options for pets, and I was telling Glenn just as much when the woman standing next to him in the aisle piped up. "With so many hungry people in the world, including right here in Philadelphia," she said, "I can't understand how people spend so much time and energy thinking about animals."

Whether or not she was intending to, she had pushed one of my most sensitive buttons. I've always been mad for animals: frogs and toads, dogs and cats, horses and elephants, you name it, and

from the time I can remember, I wanted to be a veterinarian. I plowed through grade school, college, and vet school in single-minded pursuit of my goal. It wasn't until I graduated from vet school and entered the "real" world that I expanded my consciousness to include the plight of people. Once I did, I was horrified—and sickened. From illness to war to hunger to abuse, the problems facing humanity haunted me. For many years, I thought I had made a mistake, that rather than practice veterinary medicine, I should have dedicated my life to alleviating the suffering of people.

The woman in the Co-op left before I could gather my thoughts and respond to her. But her words stayed with me, kindling my desire to address this topic.

I spend so much time and energy thinking about animals because I'm fascinated with them and feel incredible gratitude for them. The roles animals play in our lives are profound. The more we learn about nutrition for our pets, the more we

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Weavers Way Dining for Women: Making a Difference in Mali

by Ann Mintz

MALI IS the fifth poorest country in the world. Average life expectancy is only 49, and opportunities for women—including education, health care, and jobs—are very limited. Funds raised by Dining For Women in December will support Project Muso in Mali, which takes a holistic approach to these issues, integrating health care, community organization, micro enterprise, and education. The goal is to replace cycles of poverty and disease with cycles of health and well-being. The grant from Dining For Women will be specifically designated for economic opportunity for women. Donations will support Project Muso’s Springboard Microfinance Program by providing business loans, food, business and savings training, and a fixed asset, such as a goat, sewing machine, or peanut-butter-making machine, to women in Yirimadjo, an impoverished “suburb” of Mali’s capital city. The first-person testimony by women involved with Project Muso spoke to the impact it is having on their lives, strengthening the fabric of the community while providing economic opportunity.

The Dining For Women website provides a great deal of information about Project Muso and about the other projects supported by this innovative giving circle. (www.diningforwomen.org), Click on Programs on the top navigation bar and choose “2011” on the pulldown to find out more about Project Muso, and about the other organizations supported last year. Choose “2012” to find out how Dining For Women will use donations this year.

Two of the Weaver’s Way Dining For Women groups met in December. The Tuesday group benefited from the personal experience of Susan Holck, a physician who worked internationally with the World Health Organization before moving to Mount Airy.

Dining For Women is an international organization, with three chapters now operating under the aegis of Weavers Way Co-op. (The third group starts meeting in January.) Betsy Teutsch, who inspired the formation of these chapters, has launched a blog with news and updates about all three chapters. <http://wwdfwthursday.wordpress.com/>.

We’re thrilled that interest has been so strong that we have established three chapters—we call them the “triplets” and as far as we know, this is a first in the history of this very young organization. If you’re interested in becoming involved, contact Betsy Teutsch (bpdeutsch@comcast.net). Each group will meet once a month, share a meal, contribute what we would have spent to eat a meal in a restaurant, and learn about an organization that is helping to improve the lives of women and girls living in extreme poverty in the developing world. And we’re making a difference, one dinner at a time.

In January 2012, we supported Nepal Youth Foundation, working to eradicate the custom of selling young girls into indentured servitude, and in February 2012, we will be supporting Starfish One by One in Guatemala, Empowering Young Women through Education.

~ annmintz@mindspring.com

This month, we’re sharing Chef Shaina Caldwell’s (Kindest Regards, Inc.) spectacular creamy polenta with roasted vegetables.

Creamy Polenta with Eggplant and Tomatoes

- 1 large eggplant
- 1 pint cherry tomatoes
- Olive oil
- 1 cup cornmeal
- 2 cups whole milk
- 2 cups water
- 1 Tbsp butter
- 1/2 cup parmesan, grated or shaved
- Kosher salt and white pepper to taste



For the roasted vegetables:
Wash the eggplant and tomatoes. Cut the eggplant in half, sprinkle the flesh with olive oil, and place flesh-side down on a baking sheet. Sprinkle a little olive oil on the tomatoes as well and add a few dashes of kosher salt. Roast at 350° F until the eggplant is completely soft throughout. Dice the eggplant in 1/2-inch pieces.

For the polenta:
Combine 1 cup of cornmeal, 2 cups of whole milk, and 2 cups of water in a pot. Place over medium heat and whisk like your life depends on it. Add a tablespoon of kosher salt. Now back to that whisking; you must whisk constantly to prevent the cornmeal from sticking to the bottom of the pot—you certainly do not want to walk away from the pot. Trust me, it will be worth every minute!

Once the polenta stops tasting “gritty,” whisk in 1 tablespoon of butter then stir in the 1/2 cup of parmesan. Add salt and white pepper to taste. Serve with the roasted vegetables decoratively placed atop the polenta.

Enjoy!



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Health & Wellness Committee

by Sue Wasserkrug & Susan Holck, Health & Wellness Committee Co-Chairs

THE LAUNCH and first general meeting of the newly-formed Weavers Way Health and Wellness committee was reported on in the November issue of *The Shuttle*. Co-op member Rivkah Walton wrote about the enthusiastic turnout of some 40 people interested in being involved in a common vision of creating together a healthier Northwest Philadelphia, and the establishment of six working groups to carry forward the work of the committee.

Since then, two co-chairs have been appointed to lead a steering committee and facilitate the work of the larger committee—Sue Wasserkrug, a Weavers Way Board Member, and Susan Holck, a public health physician recently retired from the World Health Organization. Each of the working groups has met several times to decide upon a scope, plan of action, specific projects, and ways in which success will be measured. Each working group has a convener who has the responsibility not only of convening the monthly meetings of the group, but also reporting back to the steering committee comprised of the six conveners (or their representatives) and the two co-chairs of the committee.

The steering committee meets as needed, generally every four to six weeks. It is currently working on a mission and vision statement for the full Health and

Health & Wellness Committee Working Groups

- Child and Family Wellness
- Lifestyle, Wellness, and Prevention Education
- Safe Streets, Safe Homes
- Mind, Body, Spirit, Earth Integration for Health
- Health Care Advocacy & Access for All
- Prevention of Obesity through Nutrition & Physical Fitness

Wellness committee. At each of its meetings the steering committee reviews the plans and progress of each of the working groups to help ensure coherence and complementarity across groups. In addition, the steering committee involves both relevant Weavers Way staff and other Weavers Way committees in its meetings to help better meet the needs of Weavers Way and to encourage collaboration between this committee and other, more well-established ones, in particular the Outreach and Education committees.

Newcomers are welcome in any of the working groups. Above is a list of the working groups and the contact information for the two co-chairs. Anyone interested in joining this exciting new effort is encouraged to contact Sue Wasserkrug or Susan Holck. We will report regularly on what the committee is doing as its scope and activities take shape.

Finally, a big thanks to Rivkah for getting this exciting initiative started!

~ wasserkrug@gmail.com
~ susan.holck@gmail.com

Working Members

by Glenn Bergman, General Manager

THE OTHER morning I walked into the Mt. Airy store and found a member working. Nothing unusual about that except that this member is a well-known Philadelphia personality. I said good morning and asked how he was doing. “Great!” he said. “Love working at the Co-op!” This person clearly does not need the discount. So why work then? Maybe it was partly to support our efforts to provide for a living wage to staff and other good things we accomplish every year. But partly, I think it is the strengthening of his relationship with his co-op.

As a member of the staff, I have to say how much we all appreciate the owners of the Co-op, but especially how much we love having members work shifts, so we can really get to know our shoppers and owners. Some people reading this might say, “No way am I going to work.” And that is totally okay, but every day I see the relationships strengthened by this important bond of working. So, if you are not doing it already, I ask you to consider becoming a working member, not just for the discount but for building relationships and community in your store.

~ gbergman@weaversway.coop

WWCP Seeks Candidates for Board Election

by Glenn Bergman, General Manager

WEAVERS WAY Community Programs (WWCP) is accepting candidates for the Board of WWCP. This dynamic nonprofit organization is currently operating healthy food programs in local Northwest Philadelphia Schools; a farm education program that teaches nutrition, understanding of gardening, and how to grow in an urban environment; and a farm program at the largest family homeless shelter in Philadelphia.

Along with these programs WWCP also oversees the Mt Airy Bike Collective. WWCP wants to have a board that is as dynamic as these programs.

If you are interested in joining a board that is making a difference in the health of our community, please contact Bonnie Hay at belh@verizon.net.

To learn more about WWCP, visit www.weaversway.coop and click on “Weavers Way Community Programs.”

~ gbergman@weaversway.coop

NOTICE of Election for Board of Directors

Elections will be held at the Weavers Way Co-op Spring General Membership Meeting

Sunday, May 20, 2012

Board Positions to be filled:

4 At-Large Directors for 3-Year terms and
1 At-Large Director to fill a remaining 2-Year term

Nomination Form

For Candidates for Election to
The Weavers Way Co-op Board of Directors

All Nomination Forms must be submitted no later than 5 p.m., Wednesday, February 22, 2012. Please e-mail completed form with answers to the five questions (see below) and a photograph (jpg please) to David Woo, Leadership Committee, at woo3d@earthlink.net. If e-mail is unavailable, place in the Leadership Committee In-store mailbox or mail to: Leadership Committee, Weavers Way Co-op, 559 Carpenter Lane, Philadelphia, PA 19119

Please call David at 215-508-0815 to confirm that your nomination was received. If not confirmed, Weavers Way is not responsible for mis-directed mail. A copy of this form is also available on our website, www.weaversway.coop.

Name: _____ Member #: _____

E-mail Address: _____

Phone: _____

Address: _____

Please answer the following questions on a separate sheet of paper. Your entire response to all five questions MUST NOT EXCEED 250 WORDS (not counting the questions). 251 words and your final nomination will be rejected.

1. Why is Weavers Way Co-op important to you?
2. How will your experience, skills, or unique perspectives strengthen the Co-op Board?
3. What is your vision for the future of Weavers Way and how does it address the important short-term and long-term challenges facing the co-op?
4. What volunteer experiences have you had with other cooperatives or organizations?
5. Is there any other personal information you would like to share, i.e. family, hobbies, work experience, special talents, etc.?

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Manager’s Corner

by Glenn Bergman, Weavers Way General Manager

P6

AS MANY of you might know, the co-ops around the world follow seven guiding cooperative principles. These principles are our guide as a values-based institution. They are listed on our website, so go ahead and take a look at them. These seven principles are kind of like our Ten Commandments of doing business. One principle in particular is going to get some increased marketing behind it this year. Principle Six states: P6 “Cooperation Among Cooperatives: Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional, and international structures.”

There are many ways that we work to fulfill Principle Six (that I could write a few pages about), but one way is by purchasing more products from small producers and cooperatives. To do this we are contemplating some of the cooperatives we purchase products from and adding on small producers.

P6 is a new program being tested in five large co-ops around the country to help highlight some of the products that help make co-ops special, and recently I heard a presentation by the person devel-

oping the campaign. We are planning to do a test section and see what the reaction might be from our members and shoppers. P6 products must meet two of three criteria:

- Be a co-op business
- Be a small independent business—we get to define the meaning of that
- Be a local business or co-operative

Some of the produce and items that would meet the P6 criteria are: Organic Valley dairy products, Merrymeade dairy, Frontier Herb and Spice, Equal Exchange, Moshe, Koch’s, Claudio’s Cheese, Metropolitan Bread, and Le Bus.

You will read and hear more about this program as we move on into testing.

WW Gift Cards

I purchased a \$100 WW gift card so I could save the Co-op bank fees on credit card charges. A few months ago Don McGuire, WW staff member who works in meats and cashiering in both stores, wrote a wonderful piece about the hidden costs of doing business in the credit card world of American banking. As Don wrote, we pay over \$250,000 a year in credit card fees or, as all of the cashiers are telling

me, “Too much!” Combine that with our health care costs, over \$400,000 a year, and you have a \$650,000 cost for two items on our expense line.

Now, I understand why some restaurants, like Flying Fish, do not accept credit cards. We could give everyone on WW staff a \$10 a day pay increase if we did not have these fees. We could lower the price of the food we sell by two percent. That may not seem like a lot but it adds up. Combine the health care costs and you have a five-percent drop in the cost of food.

In Europe the bank “interchange” charges are not like those in the United States. The interchange is run by the government, no profit need be taken, so the use of credit and debit is considered okay by merchants. Just as there is really no reason for private insurance to be in the health care business, there is really no reason for the private sector to control the flow of funds between banks and retail institutions. Just think of the savings to retailers and the consumer.

I find the WW gift card—I like to call a pre-pay card (PPC)—easy to use, and it is faster than the bank card system since it all takes place in the memory of the WW computer systems. So, if you have not tried it all ready, I urge you to go ahead and purchase a \$100 gift card. See what you think.

Iron Hill Brewery

The Chestnut Hill store just got a big new neighbor, Iron Hill Brewery and Restaurant, and I would like to extend them a warm welcome. Iron Hill invested over \$3 million dollars in new equipment for beer production, kitchen, and dining. This is a major investment by a local company with eight other operations in the region (this is the first one in the City of Philadelphia). Parking in the back I am sure will be more difficult now, so please be patient as we work out the space with our new neighbor.

Farmers Return from Vacation

Sometime in late December our farmers placed the seed order for the spring and left for an extended—and well-deserved—vacation. In mid-January they return and begin their attack on the greenhouses and hoop houses, before attending the Pennsylvania Association for Sustainable Agriculture (PASA) annual meeting in the first week of February. Once that is over, real work begins once again in the greenhouses. It might be 10 degrees outside with a cold wind blowing through our bones, but that is the first call that spring is coming. I cannot wait to see the greens popping again...

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What’s Good for the Farm Is Good for the Community

HGI establishes a Diversity Scholarship Fund

by Sarah Gabriel

SOME OF you may know that one of the big problems in the food system is that over the last 60 years farmers switched from growing lots of different plants and livestock on smaller family farms to a monoculture—growing all corn, or all soybean, or all wheat on huge parcels of land. In this model, when one plant gets sick, they are all at risk of getting sick. When one pest gets munching, the whole tribe shows up for the feast. The system is sustained only by applying ever-increasing amounts of chemical fertilizers and pesticides.

What I’ve learned in the last five years of steeping in sustainable and regenerative models of agriculture is that diversity is the key to building the healthiest, most resilient areas of food production. What some plants and animals repel, others attract. When one member of community is threatened, another sends signals around the farm for help. What is disastrous for one species is dessert for another. The soil gets richer over time.

As a systems thinker, I believe that what is true for communities of plants and animals is also true for communities of people. The healthiest and most viable, resilient communities are full of diversity—all ages and all colors, some with wealth of knowledge, others with wells of energy, right alongside those who have resources in the bank.

If we use diversity as a barometer to measure community viability, the “green movement”—which is populated mostly by young to middle aged, middle class white people—is a community at risk.

At The Home Grown Institute, we are all about promoting a healthy, resilient community. This means we are committed to ensuring a socioeconomic, racial, and ethnic diversity at The Home Grown Institute. It is really a challenge, and I suspect our success will depend on a combination of how actively we invite, how patiently we listen, and how genuinely we share stories. One thing we’ve learned is that in aiming for diversity, it is not just about who is attending but also about who is presenting.

In the area of presenters, we are making strides in our 2012 inaugural program—with presenters ranging in age from 13 to elders, from working class to privileged class, and with the beginnings of a mix of racial and ethnic backgrounds. We have added Community Storytelling to our Saturday Evening program. We are responding to feedback that our use of “sustainable practices” might be more deeply heard if we talk about “stewardship” as we contemplate programming an Interfaith Conversation.

Our next focus is to bring this same level of diversity that we are developing

in our presenter mix into our community of participants. In many cases this means financially supporting small groups of people to come from specific communities. To this end, we have established The Home Grown Institute Scholarship Fund. We’ve identified a handful of community gardens, community centers, and faith-based organizations with a constituency that is not traditionally represented at “green” events and have set up the Scholarship Fund to subsidize registration fees and actively invite those community members. If you are part of a community that has been under represented at “green” events and would like to know how this program could support members of your community to attend The Home Grown Institute, please get in touch with us.

We are developing a number of strategies to bring streams of resources into the Scholarship Fund. The proceeds from the Silent Auction at our March 24 Saturday Evening Reception (open to non-conference goers for \$18 and also including Storytelling, Seed and Tool Exchange, and Community Awards) will benefit the

Scholarship Fund. We are soliciting contributions from local businesses and family foundations. And, whether or not you can join us next month for our Springing Good Intentions Into Action conference, you can contribute to the Scholarship Fund on the registration page of our website. After the conference, we’ll let you know how your contribution was used.

We want this conversation about diversity to be a part of The Home Grown Institute—when we stand back March 24-25 and gaze at the crowd assembled, we want it to be a vibrant representation of community—because we are not just about bees and chickens.

Registration is open. Late fee applies after February 24. Registration closes March 19.

The Home Grown Institute is a community-centered, skills-focused, action-driven event that will be held March 24-25 in Chestnut Hill. Visit thomegrowninstitute.org for more details.

-sarah@thomegrowninstitute.org

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Questions?
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Bylaw Changes

(continued from page 1)

of accountability, who can start and end them, how to support and fund them, and how to change the bylaws of the Co-op to bring them in line with how committees function today.

Out of that meeting came the realization that we had three distinct tasks ahead of us:

- Change the bylaws.
- Have board, staff, and committee chairs work together to develop a policy document governing committees and how they'll work at the Co-op.
- Develop board policies that hold the General Manager accountable for strengthening, using, and supporting committees at the Co-op.

Bylaw changes

The board has now finalized new language for the bylaws. This language will be voted on later this spring. Results of the vote will be announced at the May General Membership Meeting.

The old language that we hope to replace goes on for pages in the current bylaws, and is the legacy of a time when committees essentially ran the Co-op because there were fewer paid staff. It alludes to a number of committees that no longer exist. You can check out the existing language, if you want, at http://weaversway.coop/index.php?page=policies_plans.

The new language is designed to do several things:

- Acknowledge the importance of committees in the life of the Co-op.
- Make it clear that committees can and should be formed and dissolved as needed to meet the evolving and changing needs of the Co-op and its

members.

- Charge board and management with insuring that there are clear policies in place governing committees and how they function.

Below is the language you'll be voting on:

Article VII: Committees

Committees at Weavers Way Cooperative are formed to provide members with a way to participate actively and meaningfully in the life and mission of the Co-op and are vital to the life of the Co-op and its community.

Committees at the Co-op may include existing committees—such as Education, Environment, Leadership, Finance, and Membership—and any other committees formed in the future. Committees can be formed by the board, management, or interested members, with board or management approval. Committees may be created and/or dissolved at any time, without a change of these bylaws.

All committees shall have a clearly articulated mandate or charter, which shall indicate whether the committee reports to the board or management. The goals and activities of each committee shall be evaluated on a regular basis.

The board and management will develop clear policies defining lines of authority, accountability, and communication for committees.

Policy document governing committees is already started

The new bylaw language alludes to policies that must be developed governing committees. That process is already started. We used the insights from the March 2010 meeting to develop a draft policy document...or, really, just the be-

Committees:

Central to participating actively and meaningfully in the life and mission of Weavers Way

As many of you already know, committees at the Co-op have an illustrious history. Over time, various Weavers Way committees launched a credit union (which later became a part of the Police & Fireman's Federal Credit Union); a successful recycling initiative that predated any municipal recycling programs and generated thousands of dollars in income to support local environmental groups and initiatives; an energy cooperative that still exists today (of which I'm a proud member); a premiere urban farm; and much, much more.

Committee membership is still a primary way for Weavers Way members to get involved in taking action in the community on behalf of the Co-op.

If you'd like to learn more about existing committees at the Co-op, go to www.weaversway.coop and click on "Committees" or contact Outreach Coordinator Anne Workman at outreach@weaversway.coop. If you'd like to start or recommend a new member committee, please contact Glenn Bergman at gbergman@weaversway.coop.

ginnings of a document. In it we define committees and the various types of committees that exist: those that serve a governance function, such as the Leadership Committee, which holds board elections; those that support the core operations of the Co-op, such as the Membership Committee, which supports staff in reaching out to and engaging with members; and those that perform a social good or enrich the community, such as the Environment Committee.


In the preliminary document we also clarify the structure and function of committees, taking a stab at defining lines of authority and accountability; lines of communication; the scope and nature of com-

mittee authority; how committees can be formed and ended; how money flows to committees; and how the Co-op should go about encouraging member involvement in new and existing committees.

The process of developing a policy document for committees is just beginning, but if you'd like to see this first take, I've posted it on the Weavers Way website, at <http://www.weaversway.coop/uploads/Committee Policy Document Recommendations.pdf>.

If you would like to participate in the ongoing work of drafting this policy document, please contact Chris Hill at chrishill@gmail.com.

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The Simplicity Dividend

Simply in Season: My New Best Friend!

by Betsy Teutsch

FOR A lot of my nearly 40 years of cooking, it’s been Jane and Betsy. Along with *Sesame Street* and *Square One*, back in the days when people programmed VCRs, Jane Brody’s NPR cooking show was in the mix, and then I bought her cookbook. Brody, now a widowed grandmother, is still a health columnist for *The New York Times*. Her recipes are easy, healthy, and nutritious, and her background vignettes for recipes are engaging and very down-to-earth. No Julia Child for me, I just wanted to get good food on the table.

After a quarter century, my copy of Jane Brody’s *Good Food Book* is falling apart, and with more free time and a seven-minute walk to Weavers Way, I cook more. Time to branch out a bit. While I’ve had dozens of other cookbooks, I’ve never found any that became an old stand-by in the same way. This past year I decided to start looking—asked for recommendations, checked out a few from the library, bought a few—but none felt like we were going to become close friends. Then, in a VRBO (Vacation Rental by Owner) last summer, I pulled *Simply in Season* off the shelf. I was smitten.

Simply in Season, edited by Mary Beth Lind and Cathleen Hockman-Wert—no, you’ve not heard of them in Foodie World—is produced by the world Mennonite community, commissioned “to promote the understanding of how the food choices we make affect our lives and the lives of those who produce food.” Mennonites have three credentials to create an interesting, contemporary cookbook: they



are still very involved in farming, many have served all over the world helping local peoples, and they are a spiritual community.

The book has a delightful, folksy local vibe paired with a very sophisticated analysis of why raising and eating local food is so important. Yet it also has a very global viewpoint. Each recipe is contributed by an individual from a Mennonite community, often brought back home from other continents. Alongside each recipe is a reflection, poem, factoid, or observation, many by veteran farmers and gardeners. Each practical recipe based on local ingredients is enriched by an understanding of how it fits into the global picture and seasoned with a dose of gratitude for the wonders of sustenance.

As its title promises, the book has four sections, one for each season, focusing on the foods that are plentiful. There is a fifth section of four-season foods.

Multiple indexes make recipe searching more complex. Categories include: Writings, Recipe Titles, Fruits, Vegetables, Proteins and Grains, and Herbs. Clearly their target reader is a Community Supported Agriculture (CSA) member wanting to know what to do with all that chard, a gardener with abundant basil, a family looking for great meatless meals, or someone needing wise words about food for presentations.

While the cookbook has a strong viewpoint, it doesn’t preach. (Or maybe I didn’t think so because its values are pretty much the same as Weavers Way?) It presents 300+ great recipes, tried and true. The background comments give context for the food in a nice, unpretentious, inspiring way. It is possible to conjure up the writer’s grandmother gathering freshly picked peas in her apron, or the challenges of places with very limited food. My only warning is that the recipe ingredients are

Upside Down Pear Gingerbread

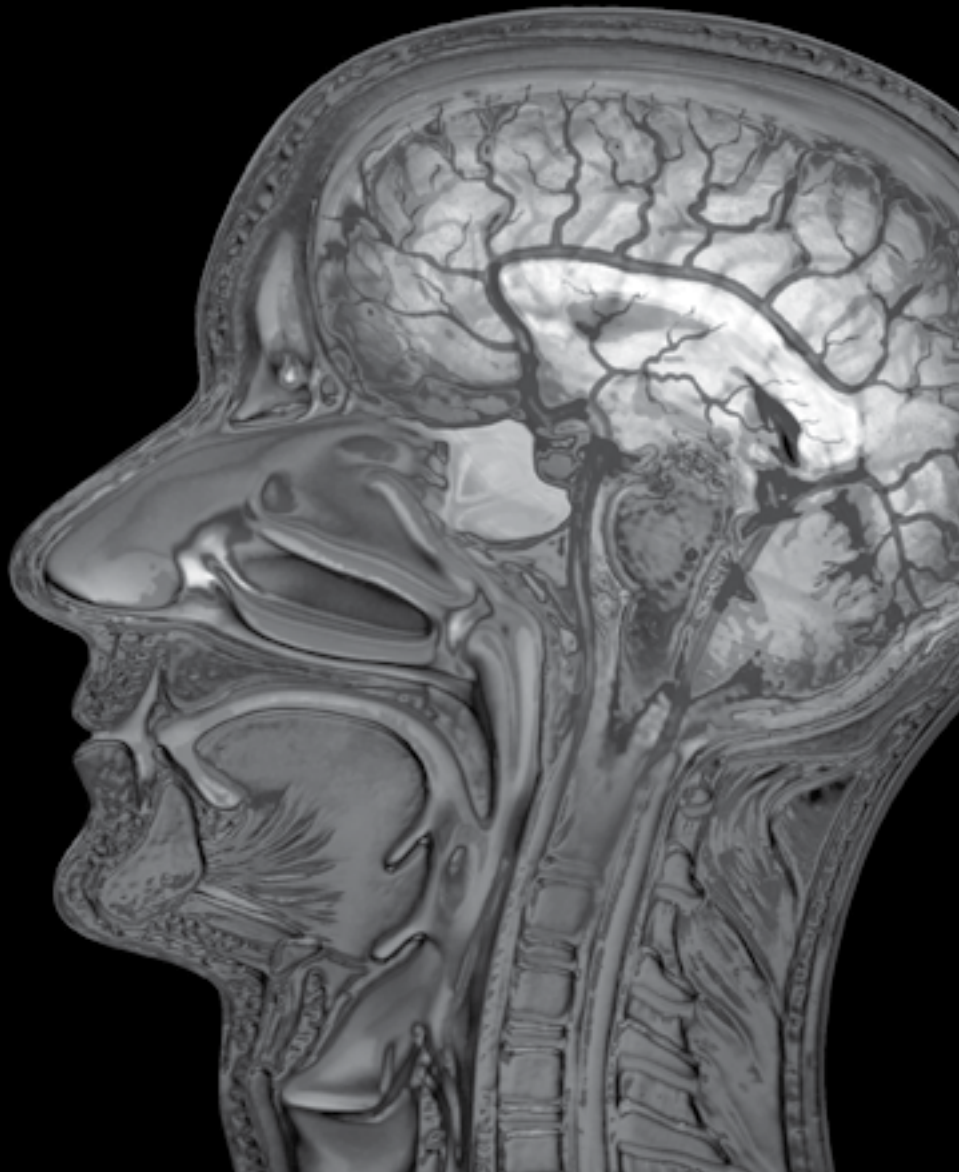
In an ovenproof, microwavable casserole dish combine:

- 1/4 C brown sugar, 2 T sugar, 1 T butter, 1 T water and microwave on low until butter melts. Stir.
- Peel, core, and thinly slice 2 ripe pears and arrange over the syrup. (my tweak: divide the syrup into two small pie pans, and arrange one pear in each.)
- Stir together 1 C flour, 1 tsp baking soda, 1 tsp ginger, 1/2 tsp cinnamon, 1/4 tsp each ground nutmeg, allspice, and salt and set aside. (You can add a little grated fresh ginger to punch up the taste.)
- In a mixing bowl beat together 1/3 C butter and 1/2 C brown sugar until light and fluffy. Add 1 egg and beat another minute.
- Alternately add 1/2 C molasses or honey and 1/2 C buttermilk with dry ingredients to creamed mixture. Spoon over pears in baking dish[es]. Bake at 350F until toothpick inserted in center comes out clean, 30-35 minutes. Let cool 3 minutes and turn onto a platter. Serve warm or cold with whipped cream.

not listed together at the top, but rather when they are added to the dish. This takes some getting used to. Above is a new fav. I’ve replicated the style so you see what I mean.

Betsy blogs at MoneyChangesThings.blogspot.com and teaches Blogging 101 at MALT.

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BADGER CREAMY COCOA LIP BALM STICK .25 OZ	\$3.98	\$3.49	MA/CH
BADGER GARNET LIP SHIMMER .17 OZ	\$5.17	\$4.49	MA/CH
BADGER GINGER & LEMON LIP BALM .15 OZ	\$2.39	\$1.99	MA
BADGER HIGHLAND MINT LIP BALM .15 OZ	\$2.39	\$1.99	MA
BADGER LAVENDER & ORANGE LIP BALM .15 OZ	\$2.39	\$1.99	MA
BADGER LIME ROCKET LIP BALM .25 OZ	\$3.98	\$3.49	CH
BADGER MOCHA COCOA LIP BALM 6 CT	\$3.98	\$3.49	MA
BADGER PINK GRAPEFRUIT LIP BALM .15 OZ	\$2.39	\$1.99	MA
BADGER POETIC POMEGRANATE LIP BALM .25 OZ	\$3.98	\$3.49	MA/CH
BADGER RED JASPER LIP SHIMMER .17 OZ	\$5.17	\$4.49	MA/CH
BADGER ROSE TOURMALINE LIP SHIMMER .17 OZ	\$5.17	\$4.49	MA/CH
BADGER SWEET ORANGE LIP BALM STICK .25 OZ	\$3.98	\$3.49	CH
BADGER TANGERINE BREEZE LIP BALM .15 OZ	\$2.39	\$1.99	MA
BADGER UNSCENTED LIP BALM .15 OZ	\$2.39	\$1.99	MA
BADGER VANILLA BEAN LIP BALM .25 OZ	\$3.98	\$3.49	MA
BADGER VANILLA MADAGASCAR LIP BALM .15 OZ	\$2.39	\$1.99	MA
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BIO KLEEN BAC OUT DRAIN CARE GEL 32 OZ	\$7.47	\$5.49	MA
BIO KLEEN BAC OUT STAIN & ODOR ELIMINATOR 16 FL OZ	\$6.37	\$4.49	MA
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BOIRON CHESTAL CHILDREN'S COUGH SYRUP 8.45 OZ	\$15.00	\$9.99	MA/CH
BOIRON CHILDREN'S COLD CALM PELLETS (2 tubes)	\$12.97	\$10.49	MA/CH
BOIRON CHILDREN'S OSCILLOCOCCINUM FLU MED 6 CT	\$14.34	\$11.49	MA/CH
BOIRON CHILDREN'S SABADIL PELLETS 160 CT	\$12.97	\$10.49	CH
BRAGG APPLE CIDER VINEGAR 32 OZ	\$5.67	\$4.79	MA/CH
BRAGG GINGER & SESAME SALAD DRESSING 12 OZ	\$5.19	\$4.39	CH

Description	Reg	Sale	Loc.
BRAGG LIQUID AMINOS 16 OZ	\$4.37	\$3.79	MA/CH
BRAGG LIQUID AMINOS 32 OZ	\$7.24	\$6.29	CH
BRAGG OG HEALTHY VINAIGRETTE 12 OZ	\$5.19	\$4.39	CH
BRAGG OG RAW UNFILTERED APPLE CIDER VINEGAR 16 OZ	\$3.26	\$2.79	CH
BULLDOG NATURAL SKINCARE ORIGINAL FACE SCRUB 3.3 OZ	\$7.16	\$6.99	CH
BULLDOG NATURAL SKINCARE ORIGINAL FACE WASH 5.9 OZ	\$7.16	\$6.99	CH
BULLDOG NATURAL SKINCARE ORIGINAL SHAVE GEL 5.9 OZ	\$7.16	\$6.99	CH
CASTOR & POLLUX ORGANIX CHEDDAR CHEESE DOG BISCUITS 12 OZ	\$5.54	\$4.79	MA
CASTOR & POLLUX ORGANIX CHICKEN DOG BISCUITS 12 OZ	\$5.54	\$4.79	MA
CASTOR & POLLUX ORGANIX PEANUT BUTTER DOG BISCUITS 12 OZ	\$5.54	\$4.79	MA
CITRA-SOLV CITRA-DISH AUTO POWDER 50 OZ	\$6.90	\$5.49	MA/CH
CITRA-SOLV CITRA-DISH GRAPEFRUIT AUTO DISHWASHER GEL 75 OZ	\$8.75	\$7.49	MA
CITRA-SOLV CITRA-DISH LAVENDER BERGAMOT DISH SOAP 25 FL OZ	\$4.43	\$3.49	MA/CH
CITRA-SOLV CITRA-DISH MANGO TANGERINE DISH SOAP 25 OZ	\$4.43	\$3.49	MA
CITRA-SOLV CITRA-DISH VALENCIA ORANGE DISH SOAP 25 OZ	\$4.43	\$3.49	MA/CH
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COUNTRY LIFE CORE WOMEN'S DAILY MULTIVITAMIN 60 CT	\$17.48	\$13.99	MA
COUNTRY LIFE LIQUID MULTIVITAMIN 32 FL OZ	\$34.98	\$27.99	MA/CH
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CROWN PRINCE LOW SODIUM PINK SALMON 7.5 OZ	\$3.40	\$2.89	CH
CROWN PRINCE SMOKED OYSTERS 3 OZ	\$3.09	\$2.49	MA/CH
DANCING DEER CARAMEL PECAN BROWNIE 4 CT	\$4.15	\$3.29	CH
DANCING DEER CHOCOLATE CHUNK BROWNIE 4 CT	\$4.15	\$3.29	CH
DANCING DEER PEANUT BUTTER BROWNIE 4 CT	\$4.15	\$3.29	CH
DEEP FOODS TANDOOR CHEF SAMOSAS 9 CT-8 OZ	\$3.31	\$2.79	MA/CH
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DR. BRONNER'S PATCHOULI LIME LOTION 8 FL OZ	\$7.89	\$6.99	CH
DR. BRONNER'S ROSE CASTILE SOAP 16 OZ	\$8.27	\$7.49	MA/CH
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DR. MCDOUGALL CHINESE CHICKEN SOUP 1.4 OZ	\$1.37	\$1.19	MA
DR. MCDOUGALL LENTIL COUS SOUP 1.4 OZ	\$1.37	\$1.19	MA/CH
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Description	Reg	Sale	Loc.
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EARTH'S BEST OG PEAR MANGO YOGURT SMOOTHIE 4.2 OZ	\$1.83	\$1.49	CH
ECOVER ALL PURPOSE LEMON CLEANER 32 OZ	\$5.07	\$3.99	MA
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EDWARD & SONS OG PANKO 10.5 OZ	\$4.75	\$3.79	MA/CH
EDWARD & SONS SEAWEED MISO CUP .7 OZ	\$1.20	\$0.99	MA/CH
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EMPEROR'S KITCHEN OG GINGER PUREE 4.5 OZ	\$3.05	\$2.19	CH
ENDANGERED SPECIES DARK CHOCOLATE w/MINT CHIMP .35 OZ	\$0.56	\$0.49	MA
ENDANGERED SPECIES OG DARK CHOCOLATE BUG BITES	\$0.56	\$0.49	MA
EQUAL EXCHANGE OG BAKING COCOA 8 OZ	\$7.74	\$6.99	CH
EQUAL EXCHANGE OG COCOA 12 OZ	\$7.74	\$6.99	MA/CH
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EVERYDAY SHEA LEMON LAVENDER BUBBLE BATH 16 OZ	\$6.99	\$6.99	MA
EVERYDAY SHEA LEMON LAVENDER BUBBLE BATH 32 OZ	\$8.99	\$9.99	MA
GALAXY VEGAN AMERICAN SINGLESS 6 OZ	\$3.28	\$2.99	MA
GALAXY VEGGY LOW FAT YELLOW AMERICAN SINGLES 6 OZ	\$3.28	\$2.99	CH
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GLUTINO YOGURT COVERED PRETZELS 5.5 OZ	\$5.30	\$4.79	CH
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LUNDBERG OG SPAGHETTI BROWN RICE PASTA 10 OZ	\$3.47	\$2.99	MA
MANITOBA HARVEST OG HEMP SEED OIL 8.4 FL OZ	\$9.56	\$7.99	MA

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Sweeteners

(continued from page 3)

you to know up front that I have a sweet spot in my heart for Dancing Bear Honey.) WW also carries raw honey, which is not heated, filtered, or strained and still contains pollen, propolis, and honeycomb. A terrific fact about honey: it is thought that the bees decide the texture, flavor, color, and level of crystallization depending on the blossoms they visit.

Molasses: There are a few different types of this sweetener, which comes from the juice of cane that is sun-ripened. Blackstrap molasses is a result of the third boiling of cane juice and is thought to be the most nutritious molasses, as the levels of calcium, potassium, and iron are high. (Because we sell many wonderful, high-quality protein powders in our second floor Wellness Department and we speak with shoppers about smoothies, we know that some folks add Blackstrap Molasses to their smoothies as an added jolt of these minerals.) Do remember, if you use this, that it has a stronger distinctive flavor that many consider to be buttery! Unsulphured molasses (sulphur dioxide has not been used during extraction) also has a significant amount of vitamins and minerals.

Barley Malt: The maltlike flavor of this dark syrup makes it great for baking, making smoothies, and for use in some vegetable dishes, especially squash recipes. Because barley malt contains several

vitamins and minerals, many folks find it to be quite a healthy choice. This delicious sweetener comes from sprouted barley that is roasted and cooked. Your taste buds will register it on the scale between honey and dark molasses.

Brown Rice Syrup/Rice Syrup: Rice starch is converted into maltose and can be used as a honey substitute in baking and cooking. The mild flavor makes it tasty as a spread on bread as part of a sandwich, as a treat, or to sweeten beverages. This liquid sweetener is derived by culturing cooked rice with enzymes (usually from dried barley sprouts) to break down the starches, then straining off the liquid and reducing it by cooking until the desired consistency is reached. Brown rice syrup is the sweetener found in some drinks, such as rice milk.

Maple Syrup: The sap of the maple tree is boiled down and available in grades that range from light to dark. Most of us think of maple syrup as the syrup that graces our pancakes and waffles. Did you know that it is high in calcium? It is also available in crystalline form as maple sugar. The darker syrups will have a more robust and stronger flavor.

Agave Nectar: The agave cactus is native to Mexico and the nectar from it comes in fluid grades: dark, amber, medium, and light. Even though this is low on the glycemic index, it is considered to be sweeter than refined sugar. Many diabetics use this sweetener—please consult your health care professional if you are a diabetic and choose to use this. Agave nectar is popular with vegans as a substitute for honey.

Stevia: This sweetener, which is growing in popularity, comes from the leaves of a plant that is native to Paraguay. How’s this for a statistic: one of my research sources said that it is 30 times

sweeter than cane sugar. There are no calories or carbohydrates in stevia. Cooks use it for baking and cooking. We are seeing vitamin and wellness products that are sweetened with stevia and there are new products in the pipeline that, according to some of our company reps, are going to be 100 percent stevia sweetened. See, we’re back to why sweeteners are important for Wellness Products! (Our Mt. Airy Grocery Department sells Sweet Leaf Stevia and 1/8 teaspoon equals 1 teaspoon of sugar.)

Xylitol: Our Mt. Airy Wellness Department sells Jarrow Xyli Pure Xylitol, which is a non-GMO powder. People who are on a sugar-restricted diet or a low-carb diet find this product to fit the bill as it has 2.4 calories per gram and 30 percent fewer calories than sugar. Xylitol is a naturally occurring polyol, a 5-carbon sugar alcohol that is found in many plants and vegetables.

So many aspects of natural sweeteners are wonderful. Our bloodstreams absorb a natural sweetener at a slower rate, thus diminishing the chance of a spike and crash in a blood sugar level. Within the nutrients in a whole food sweetener are minerals which can help the body metabolize sugars. Natural sweeteners are less refined than processed sugar, corn syrup, or artificial sweeteners.

Check out the Weavers Way baking product shelves for the product that is just right for you and your sweet loved ones. And enjoy!

~ martha@weaversway.coop

Adams County

(continued from page 3)

of Galas and Yorks, and the Honeycrisp orchard. The latter is on a large hill, and Ben showed us one row at the top that had to be torn out. Earlier in the season one of his staff noticed the tops of the trees in this row looked scorched, and the posts supporting the trees were split down the middle. After scratching their heads for a while, the only answer they could come up with was that this single row had been struck by lightning!

While at Three Springs we also saw the little white tags on the trees, pheromone disruptors, that help with pest control in the orchards. Ben also showed us his “baby,” a huge stand of cherry trees he’s been putting in all year. He plans on covering these trees with large high tunnels, which help with pest and disease control, as well as hail damage, which gave him a lot of trouble last year. This may also allow him to do pick-your-own cherries, since the covering of the high tunnel will allow people to pick rain or shine.

Because of the long history of fruit production in this region, there is also an Apple Museum, which hosts festivals at the start and end of each season. I look forward to planning a trip to visit these orchards for our members and staff this coming spring! This will be a great time to visit with apple and peach blossoms blooming, signaling the start of another season.

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Weavers Way Sponsors Gluten Free Cooking and Baking Classes at Mt. Airy Learning Tree

Gluten-free Living and Cooking Series at the Mt. Airy Learning Tree with Gluten-free Warrior, Genevieve Sherrow. Register for these fun and informative classes at www.mtairylearningtree.org or by calling **215-843-6333**. For information about the instructor visit www.glutenfreewarrior.com.

Gluten-free 101

Wednesday, February 1, 7-9 p.m.

Gluten-free diets are on the rise. With increasing rates of celiac disease, gluten intolerances and wheat allergies, gluten-free diets have become more the norm than the exception. In this intro class, we will discuss the nutritional and health benefits of gluten-free diets, foods to eat and avoid, dining out, traveling, budgeting, and reading food labels. The class approaches gluten-free living from a natural foods perspective and takes into consideration the healing properties of foods. This is a LECTURE class not a cooking class. \$34.

Intro to Gluten-free Cooking


Wednesday, February 15, 7-9 p.m.


Whether you’re a newly diagnosed celiac, cooking for GF family members or going gluten-free for other reasons, this class will give you all of the right tools to make GF cooking delicious, dynamic and fun. Recipes will include: Thai Chili Lime Chicken Thighs; Rainbow Roasted Root Vegetables; and Nutty Quinoa Salad. No dairy or eggs. Food donated by Weavers Way Co-op. \$39.

Intro to Gluten-free Baking

Wednesday, February 29, 7-9 p.m.

In this class, learn the basics of gluten-free baking. Gluten-free Warrior will introduce you to essential products and ingredients that you need to be a successful GF baker. Dairy and egg substitutions will also be discussed. Recipes will include: Blueberry Lemon Cornbread, Warrior’s Jewish Apple Cake and Peanut Butter Chocolate Chip Walnut Cookies. Many of these recipes are also dairy and egg free. Food donated by Weavers Way Co-op. \$39.

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photo by Anne Workman

Co-op member Sealer Boroff helps the Co-op reduce bank charges by using a Weavers Way Gift Card for day to day purchases.

Gift Card FAQs

(continued from page 2)

Can used gift cards be recycled? I don't know, but since they are made from a plastic-coated paper, that may be a problem.

Can I have the option of linking a gift card to a specific member number, to make them more secure? Again, the system WW has cannot do this.

What do I need to do for the security of my card? It would be a good idea for you to make a note of the number of the card in case it is misplaced, or you think it has been lost or stolen. If you are a member, it is possible for WW to identify the

card through purchase records. If you think your card has been lost or stolen, or if you cannot find a misplaced card, a phone call to WW's information technology department can arrange for the card to be cancelled and a new card for the remaining balance issued to you. This is a simple and quick process.

How do I use the WW gift card in the store? When the cashier has totaled your bill, you can present the card to the cashier to be scanned. If the card has spent a long time in your wallet, or has been through the wash, the card may not scan. If the card is still legible, the cashier will enter the card number by hand. Do not ask the cashier to look up your card—WW policy does not permit a cashier to do so.

Changes in the Weavers Way Membership Department




photo by Jonathan McGoran

Outgoing membership coordinator Kirsten Bernal (right) works with incoming (but equally outgoing) Weavers Way Membership Coordinator Beau Bibeau (left).

Starting in January, Beau Bibeau has started to train as the Co-op's new membership coordinator, working side-by-side with outgoing membership coordinator Kirsten Bernal. For the last few years Kirsten has been working toward her teaching degree at Chestnut Hill College, and this semester she's started student teaching at the Houston school. Kirsten will continue to work part-time in membership over the next few months while Beau gets up to speed. You may recognize Beau from the Mt. Airy store, where he worked as a cashier. If you see them, be sure to congratulate Beau on his promotion and wish Kirsten good luck in her teaching career!

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International Year of Co-ops

(continued from page 1)

Each month during 2012, this column will provide stories, information, and events to celebrate cooperatives. So join us as we learn more about cooperatives and the many ways they contribute to our daily life, innovate to respond to people’s needs, and continue to be a vibrant and growing part of our economy.

And Now for a Little History

In 1844, a group of 28 weavers and other artisans in Rochdale, England, launched the first modern food cooperative because times were tough and good-quality food was hard to come by. They wanted to be able to buy “honest food at honest prices.” These workers became known as “The Rochdale Society of Equitable Pioneers.”

Factoids: Learn something new about cooperatives each month

Did you know?

You are one in a billion! There are more than 1 billion cooperative members worldwide in childcare, financial services, food, healthcare, manufacturing, utilities, and more.

Co-op Producers & Brands At Weavers Way

Many of WW’s products come from cooperatives. Each month, we will highlight one of these cooperatives so you can find out how WW is cooperating with

other co-ops to put the product on our shelves.

Organic Valley started in 1988 when small farmers in Wisconsin were struggling to survive. They loved the land and believed that a new, sustainable approach to agriculture could help family farms and rural communities survive. Farmers got together to pool their resources and started a cooperative. Today, Organic Valley has 1658 cooperative farm families and is the number one source of organic milk in the nation.

Organic Valley supplies Weavers Way with a variety of milk-based products such as milk, cheese, and sour cream.

News & Happenings in the Cooperative World

Weavers Way passed a resolution on the International Year of Cooperatives at its Fall 2011 General Membership Meeting.

Recognizing the vital role that cooperatives play at the global, national and local level, WW resolved to engage in educational and outreach efforts to support the growth and formation of cooperatives.

Credit Unions & Move Your Money

The Move Your Money project is a campaign that aims to empower individuals and institutions to divest from the nation’s big banks and move their money to credit unions and community banks. In the five weeks between the beginning of October and “Bank Transfer Day,” November 5, 2011, nearly 650,000 of Americans joined credit unions and created \$4.5 billion in deposits in credit unions.

Credit unions are cooperatives that are owned and controlled by their members, and they keep their money in the local communities. Inspired by the Occupy

Spotlight on Cooperatives

How cooperatives are helping to build a better world

Women’s Action to Gain Economic Security

FOR OVER 16 years, a nonprofit called Women’s Action to Gain Economic Security has incubated and supported worker cooperatives to advance a vision of economic empowerment and opportunity for immigrant women. Today, the four worker-owned, eco-friendly house-cleaning co-ops WAGES developed between

1998 and 2010 are thriving along with their formerly low-income immigrant Latina membership. Collectively they generate over \$3 million in sales each year, serving over 2,000 households in the San Francisco Bay Area and ensuring stable, empowering livelihoods for nearly 100 worker-owners. A key to this success has been the process through which WAGES creates new co-ops, transforming marginalized immigrants into business owners.

Until last year, each cooperative was developed independently of the others, building on lessons WAGES has learned over the years. However, WAGES’ latest co-op development effort has taken a new approach, combining the nonprofit’s cooperative development expertise with the business infrastructure of the largest co-op incubated by WAGES, Natural Home Cleaning Professionals in Oakland. This arrangement has provided value for all three organizations: WAGES, NHCP, and the new cooperative now doing business as Natural Home Cleaning Contra Costa.

For more information visit www.wagescooperatives.org and www.natural-homecleaning.com.



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28th GFS Craft Show, March 2–4

by Lainey Moseley

THE GERMANTOWN Friends School Juried Craft Show returns for its 28th year on March 2, 3, and 4, boasting a strong showing of artists that includes 27 exciting new additions as well as 47 returning favorites. Once a show for local artisans only, the GFS Craft Show has grown in size and reputation to attract some of the finest craftsmen in the country, with over 300 artists applying to the show this year. Exhibiting artists represent 19 states, from as far away as California and Oregon. “As in past years, there are numerous artists from the Philadelphia area providing ample evidence that craft art is alive and well in the city of Brotherly Love,” says Deirdre Godin, a GFS parent and manager of the event. “Our artists apply because it’s a prestigious show, but they return because they truly enjoy being part of the GFS community.”

There are 24 new artists in the show this year, including two in the Emerging Local Artist category. This category was introduced at the 2009 GFS Craft Show and provides a platform for artists who work in Philadelphia and have never exhibited at the show before. Janell Wysock’s hand-loomed knitted garments and Vincent Brennan’s traditional nautical rope belts and decorative bell ropes will be two great new additions to the event this year.

The local restaurants Under the Oak Café and the Trolley Car Diner will offer signature dishes, and the GFS Parents’ Association will continue its tradition of providing delicious baked goods in the Café des Artistes, open Saturday and Sunday during show hours. The café space will be hung with posters designed by GFS faculty representing student K-12 artwork; each grade will have its own poster highlighting its art curriculum. Student and

faculty musical performances will also contribute to the festive atmosphere. A baby grand piano, courtesy of Cunningham Piano Company, will allow the many GFS pianists to showcase their talents.

The GFS Juried Craft Show has been ranked one of the nation’s 50 Best by Sunshine Artist, among the top 10 percent of the nation’s craft shows by the ArtFair SourceBook, and heralded as a “must see” by *Philadelphia Magazine*. A preview on Friday evening will offer a first look at the artists’ works as well as a silent auction of hand-crafted pieces donated by the exhibitors. Savory hors d’oeuvres and mini-desserts will be provided by Catering by Amy of Ambler, and the GFS pianists and the ever-popular A Cappella group will perform.

Proceeds from the event benefit community and general scholarship programs at Germantown Friends School. Since 1985, more than \$1 million has been raised for these two scholarship initiatives. A portion of the proceeds is also earmarked for special projects for the school.

The show takes place in the Fieldhouse and Scattergood gyms on the school’s campus in historic Germantown. The GFS Craft Show is located at Germantown Friends School, 31 West Coulter Street, in the Germantown section of Philadelphia. Hours are: Friday, March 2, 7–9 p.m.; Saturday, March 3, 10 a.m.–6 p.m.; and Sunday, March 4, 12–5 p.m. Admission is \$10 per adult. Students 18 and under are free. Admission for the Friday Night Preview is \$35 in advance, \$40 at the door, and good for the entire weekend. Parking is free. Call 215-951-2300 or visit www.germantownfriends.org/crafts-how for more information.

WW Member’s Newest Book on Founder of PHILADANCO

by Sacha Adorno

A NEW book by renowned dance historian and Chestnut Hill resident Brenda Dixon Gottschild explores the history of African American dance in the United States through the story of Joan Myers Brown, the legendary and determined founder of the Philadelphia School of Dance Arts and PHILADANCO, Philadelphia’s historic dance school and performance company.

Joan Myers Brown & the Audacious Hope of the Black Ballerina—

A Biohistory of American Performance explores how Brown’s personal and professional history reflects the hardships and the accomplishments of African Americans in the artistic and social developments through the 20th century and into the new millennium. Published by Palgrave MacMillan, the book is currently available in bookstores and on Amazon. Gottschild will also sign books at the Big Blue Marble Bookstore on February 12. See below for more information.

By founding the Philadelphia School of Dance Arts in 1960 and PHILADANCO in 1970, Brown (known affectionately to students and alumni as “Aunt Joan”) opened dance worlds for black dancers at a time when they were marginalized and access to dance schools and careers was extremely limited. Gottschild uses Brown’s career to leverage an exploration of the connection between performance, society, and race, exploring a concert dance tradition that has had no voice to tell its story.

A preeminent authority on African American dance, Gottschild’s other publications include *The Black Dancing Body: A Geography from Coon to Cool* (Palgrave Macmillan), *Waltzing in the Dark: African American Vaudeville and Race Politics in the Swing Era* (Palgrave Mac-



photo courtesy of Brenda Dixon Gottschild
Brenda Dixon Gottschild


millan), and *Digging the Africanist Presence in American Performance: Dance and Other Contexts* (Praeger). She lectures nationally and internationally on African American dance and politics onstage and in life.

Early praise for her newest book comes from scholars, poets, and dancers. Says Jennifer Dunning, former dance critic of *The New York Times*: “Brenda Dixon Gottschild brings a bracing mix of scholarship and unsentimental

compassion to bear on the story of Joan Myers Brown, a classy, feisty, eminently pragmatic visionary whose life and dance company occupy a vivid and important place in the largely unexamined history of dance in Philadelphia, an early and important center for the art as well as Myers Brown’s home. *Audacious Hope* is an indispensable good read about an individual and her epic fight to make a place for herself in a world that did not accept black-skinned dancers like her, and then to build and maintain a major American dance company. But the book is much more. In the detail of the day-to-day work of being a dancer and developing dancers against the odds, so vividly evoked, too, in Myers Brown’s pithy and unexpectedly poignant observations, Dixon Gottschild has captured the struggle of black Americans to help shape the culture of their country.”

Brenda Dixon Gottschild will discuss and sign copies of *Joan Myers Brown & the Audacious Hope of the Black Ballerina—A Biohistory of American Performance*, at 2 p.m. on Sunday, February 12 at Big Blue Marble Bookstore (551 Carpenter Lane) and with special guest Joan Myers Brown at 6 p.m. on February 15, at University of Pennsylvania Bookstore, 3601 Walnut Street.

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* It's time to move the spotlight so that it becomes not just Mother's Day -- honoring single mothers -- but Mothers' Day, a occasion to help mothers around the globe as well.
Michelle Kitzberg

Changes at the Farm

(continued from page 2)

At the end of 2010, the manager of the Mort Brooks farm, David Zelov, decided to leave Weavers Way to start a farm in NJ with his girlfriend, Danielle. Nicole and I sat down and talked about what made the most sense as far as how to proceed. We decided she would take over Dave's job as farm manager of that site, and I would stay at Saul. 2011 gave us the chance to spread our wings a bit, yet remain co-workers and farming partners. She was always there for me when I needed someone to talk to about the difficulties of managing on my own for the first time. She picked up right where Dave left off and brought beautiful harvests in all season long, carrying the farm through the toughest season weatherwise since we started at Weavers Way.

Nicole's strengths have always been her ability to identify inefficiencies and cut them out. She knows her vegetable varieties better than anyone else I've ever met. Her level of quality control is of the highest standard, and nothing makes it to

her farmers market table that isn't the best quality. I think her passion and inspiration for farming comes from her love of cooking and her concern for food sovereignty. I mean, she's such a bad-ass farmer that she even has a tattoo of a bean sprouting on her arm! It has been a privilege to work alongside Nicole for the past four years and I wish her all the best in her next agricultural adventure. Keep an eye out for her; she is hoping to stay in the farming scene in Philly, and if I had to guess, she will continue to be integral to the development of the local food systems this city needs!

Stay tuned for next month's article: I'll brag about Rick, whom we are very excited to have joining our team. Starting this month you might see him around the farms or the stores, so please don't hesitate to introduce yourself! His name doesn't start with "N" and his last name doesn't end in "-man," so you should be able to tell us apart!

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Woodmere Art Museum Explores the Force of Nature in New 2012 Exhibitions

by Megan Wendell

CHESTNUT HILL’S Woodmere Art Museum offers visitors a full calendar of new exhibitions, children’s programming, and special events, from Friday Night jazz and classical music on Sundays to family happenings.

As Philadelphia’s premier institution for interpreting the art and artists of the Philadelphia region, Woodmere will open *Force of Nature*, which includes two new exhibitions on view February 17 through April 22, 2012.

Elemental: Nature as Language in the Works of Philadelphia Artists showcases the influence of nature and the elements on the work of Philadelphia artists such as Edna Andrade, Steven Baris, Helen Bershad, Astrid Bowlby, Diane Burko, Thomas Chimes, Michael Ciervo, Stephen Estock, John Formicola, Neysa Grassi, Elaine Kurtz, Elizabeth Osborne, Keith Ragone, Warren Rohrer, and Dina Wind, among others.

Elaine Kurtz: A Retrospective presents the work of artist Elaine Kurtz from the 1970s through the 1990s, including her Alluvial paintings layered with paint, sand, mud, pulverized mica, and quartz. Together with *Elemental*, Woodmere’s guests will experience a variety of ways in which Philadelphia area artists evoke the power and beauty of nature in their art.

In conjunction with these special exhibitions, middle school students from the Waldorf School of Philadelphia are featured in *True Nature and Possibilities*,



Elaine Kurtz, American, 1928-2003. *Circles of Diamonds*, 1970, acrylic on canvas, 61 x 37 in. Collection of Jerome Kurtz.

on view in the Helen Millard Children’s Gallery through February 26. Also exploring the theme of nature, the exhibition includes traditional still life, landscape, and portraiture drawings.

Children and adults interested in enjoying art activities together can visit Woodmere each Friday from February 10 through March 16 for Friday Night Fam-

ily Happenings. The events and workshops include exploring the use of color and unusual materials, designing puppets, and storytelling.

For music lovers, Woodmere’s Friday Night Jazz and Classic Sundays series returns, beginning with the February 10 Tribute to Miles Davis: A Kinda Blue Valentine with the Arpeggio Jazz Ensemble and a February 12 concert of love songs from the Pennsylvania Girls Choir. Jazz performances are Fridays from 6 to 8 p.m. and opera, choral, and classical music is featured Sundays from 3 to 4:30 p.m. Light refreshments are served. Music programs are \$20 each or \$15 for Woodmere members.

Many more events and activities are taking place at Woodmere Art Museum this season, including lectures, events and classes. A full schedule is available at woodmereartmuseum.org.

Woodmere Art Museum is located at 9201 Germantown Avenue in Chestnut Hill. Admission to special exhibitions is \$10 for adults, \$7 for seniors (55+), and Free for Woodmere members, students (with valid ID), and children; Exhibitions in the Founder’s Gallery and Helen Millard Children’s Gallery are always free. Museum hours are: Tuesday through Thursday 10 a.m. – 5 p.m., Friday 10 a.m. – 8:45 p.m., Saturday 10 a.m. – 6 p.m., and Sunday 10 a.m. – 5 p.m. For more visitor information, visit woodmereartmuseum.org or call 215-247-0476.

Farming for the Future

(continued from page 2)

agriculture systems to work more with the systems of the natural world. It’s difficult to explain concisely, so I will steal a quote from the Wikipedia article:

“The primary agenda of the movement has been to assist people to become more self-reliant through the design and development of productive and sustainable gardens and farms. The design principles which are the conceptual foundation of permaculture were derived from the science of systems ecology and study of pre-industrial examples of sustainable land use.”

I know a bit about permaculture but have wanted to learn more about it for a while. I believe it is part of my job as a farm educator to teach students not only where their food comes from and how it grows, but also that the current widespread system of agriculture is incredibly unhealthy for humans and the planet. Learning more about permaculture design will allow me to incorporate elements of it into all of my field planning, thus giving students a visual example of a method of growing food that has a less imperialist mentality behind it, but is instead more cooperative and collaborative between the farmers and the ecosystem they are working in.

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Image: Elaine Kurtz, 1928-2003. *Alluvial Painting #9 (Celadon)*, 2002. Sand, pebbles, mica, bronze, and acrylic cotton, on canvas, 42 x 54 in. Collection of Jerome Kurtz.

Elaine Kurtz: A Retrospective explores the legacy of one of Philadelphia’s great women artists.

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Children and Pesticides

by Sandra Folzer, Environment Committee

We’re Poisoning Our Children

AND EVERYONE is too busy to notice. Perhaps it causes too much anxiety to consider. Perhaps we want desperately to believe our government is looking out for us or that no company would put our children in danger. We indulge in wishful thinking. Unfortunately, that doesn’t stop the poisons.

My reason for writing this is that this year I have seen the spraying of pesticides on playing fields, parks, and libraries and heard of spraying at a school. It is common. I was told that the spraying of pesticides on the playing field was to avoid lawsuits should a child slip on a broad leaf weed. I guess it’s more difficult to prove your child developed leukemia as a result of the pesticide.

It took us 40 years to enact legislation to try to stop lead poisoning after we discovered that lead in paint and gasoline was “one of the most common preventable poisonings of childhood....Even when exposed to small amounts of lead, children may appear inattentive, hyperactive and irritable. Children with greater lead levels

may also have problems with learning and reading, delayed growth and hearing loss. At high levels, lead can cause permanent brain damage and even death” (American Academy of Child and Adolescent Psychiatry).

Substitute the word “pesticides” for lead, and the effects are similar. No wonder *The New York Times* reported that there has been an 83 percent increase since 2006 of total sales of drugs for hyperactivity, one of the main symptoms of pesticide exposure in children. Doctors wrote 5.5 million prescriptions in 2010— \$7.42 billion worth.

When companies or the government claim that pesticides and other chemicals are “safe,” they fail to mention that all safety tests are done on middle-aged men, not children.

Children Are Different

Of course, you say. But did you know how much more vulnerable to chemicals children are?

*Children take in more air, water, and food pound for pound than adults, and so have to process more pollutants.

* Children’s different metabolic pathways are slower to detoxify and excrete pollutants. Children and infants lack the enzyme PONI, which breaks down some pesticides. It’s absent in infants, so they are 65 to 130 times more vulnerable to pesticide exposure.

* Since brain cells are developing in utero, pregnant women must be especially careful to avoid pesticides or other chemicals. As children’s brains develop, neurons migrate toward the front of the brain, where cognitive functions occur. This process is aided by thyroid hormones, which are disrupted by chemicals. During the first few years, the brain continues to form connections or synapses. Later, these neurons undergo myelination, which is insulation provided by glial cells, that prevents leakage and speeds signals. Children don’t have this protection, since myelination is not complete. Not only do glial cells help with this process, they are essential in providing nutrition and repair. Unfortunately, glial cells are disrupted by pesticides, so many different skills may be affected. Long-term exposure to pesticides may result in lower IQ and learning disabilities, associated with permanent brain damage. These drops in IQ are similar to those found in earlier lead research.

* Children’s lung development may be affected by pesticides, causing inflammation, which leads to difficulty breathing as occurs in asthma.

Toxic chemicals from natural gas drilling are also implicated in asthma. Farmington, N.M., which is one of the larger producers of natural gas, emitting an estimated 40,000 tons of unregulated toxins into the air each year, also has one of the fastest growing rates of asthma in the nation. As a nurse and mother who lives next to gas wells in Colorado describes, “you can not live next to a gas well and not get sick. We look around on the mesa and everyone’s got something...cancer...

headaches...high blood pressure...”

Since the presence of pesticides and other chemicals is difficult to know, protecting our children is a challenge. Of the more than 80,000 chemicals used in the United States, only 200 have been tested, and none has been tested on children. The National Children’s Study, which began in 2009, won’t be ready for decades. Americans use more than a billion pounds of pesticides each year, so there are likely to be repercussions. For example, rates of childhood cancer have increased: acute lymphocytic leukemia rose 27.4 percent from 1973 to 1990 and brain cancer increased by 39.6 percent from 1973 to 1994. Parental use of pesticides in the home or garden during pregnancy was associated with a three to nine percent increase in leukemia.

Some ways to protect your children from pesticide exposure:

1) Avoid pesticide use in your home or garden. The common pesticide Dursban, used to kill termite and fleas and in pest control strips, has been known to cause severe birth defects. See Beyond Pesticides for alternatives.www.beyondpesticides.org/alternatives/factsheets/index.htm

2) Choose organic food whenever possible, especially those foods exposed to high amounts. Check The Environmental Working Group’s Shopper’s Guide.

<http://www.ewg.org/foodnews/>

3) Inquire if and when pesticides are being applied in playgrounds, schools, playing fields, and libraries where children congregate. Work to change local ordinances when necessary to protect your child. Suggest instead Integrated Pest Management.

4) Check *The Daily Green* for suggestions to ward off ticks and mosquitoes. <http://www.thedailygreen.com/environmental-news/latest/natural-insect-repellents-460608>

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Holistic Pet Care

(continued from page 3)

learn about nutrition for ourselves. The more we learn about how vaccinations, pesticides, and drugs affect animals, the more we learn about how they affect humans. The more we learn about the benefits of holistic health care for animals, the more we learn about the benefits for humans. The more we learn to treat animals with love, respect, and kindness, the better equipped we become to treat all beings—including our fellow humans—with the utmost of compassion.

The paths of humans, of animals, and of our planet are intricately woven. We do need to figure out how to relieve the suffering of our fellow humans. But rather than detract from our ability to do so, animals can guide us in serving one another all the better. Even if you're not naturally drawn to them, I ask you to open your heart to the gifts animals bring us. Think of it like the butterfly effect: love begets love begets more love. What could be more powerful than that?

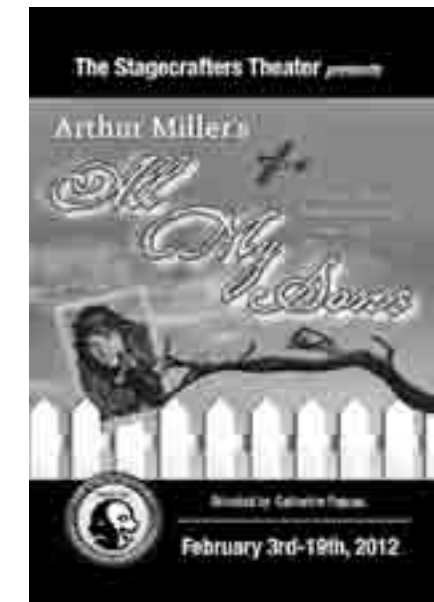
~ tashko@verizon.net

"All My Sons" Comes to the Stagecrafters

by Steve Brady, Stagecrafters

"ALL MY SONS," a classic of the American stage by Arthur Miller, opens on Friday, February 3rd, at The Stagecrafters theater. The story plays out at a gathering of family and neighbors in the backyard of Joe and Kate Keller's home on a pleasant summer Sunday in 1946. Though fellowship and good cheer abound, a spirit of foreboding hangs heavily over the group, as conversation turns to the Keller's son Larry, an airman who went missing on one of his missions during the war. As events proceed, secrets are revealed and illusions are dashed in this signature masterwork by one of America's most celebrated playwrights, a powerful commentary on honor, truth, and moral responsibility.

Arthur Miller (1915-2005) enjoyed a long and accomplished life in theatre, in film, and in the world of writing. Among his plays that stand out as American classics are "The Crucible," "Death of a Salesman," "A View from the Bridge," and "The Price," all of which have been performed at The Stagecrafters. "All My Sons" opened on Broadway on January 29, 1947, and immediately established Miller as a playwright of the first tier. Directed by Elia Kazan, it ran for



328 performances and won the New York Drama Critics Circle Award, as well as the Tony Award for both Best Play and Best Direction of a Play. In many revivals during the ensuing decades, "All My Sons"

has continued to resonate with audiences across generations.

Performance dates are February 3, 4, 9, 10, 11, 16, 17 and 18 at 8 p.m., February 5, 12 and 19 at 2 p.m. Tickets are available for \$16 online (no service charge), \$20 at the door. (Thursday eve performances "2 for \$25). Students with valid ID pay \$13 at the door. Groups of 15 or more are offered a reduced rate of \$15 a ticket, paid in advance. The box office opens 45 minutes before each performance. For information, call 215-247-8881 or visit www.thestagecrafters.org. For reservations call 215-247-9913. The theater is located in the heart of Chestnut Hill at 8130 Germantown Ave.

Special Note: A "Meet the Cast and Director" Q & A session will be held following the performances on Friday, Feb. 10 and Sunday, Feb. 12. All attendees at those performances are welcome to stay.

~ sbrady@thestagecrafters.org

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Good News and Bad in Fight to Regulate GMOs

by Jonathan McGoran, Shuttle Editor

IN JANUARY, French courts upheld a nationwide ban on genetically modified organism (GMO) corn crops. At the same time, however, a U.S. federal judge upheld USDA’s deregulation of glyphosate-resistant GMO alfalfa, saying regulating it was really EPA’s job, adding that “it is disturbing that EPA has yet to assess the effects of glyphosate on most of the species found near the acreage on which [GMO alfalfa] will be planted and glyphosate will be used.” Of course, the EPA is currently conducting a national Endangered Species Assessment on Round Up, but it won’t be done until 2015, four years after the deregulation has taken place. (Some consider GMO alfalfa to be particularly problematic, since deregulation would mean there is nothing to keep it out of organic livestock feed.)

Meanwhile, public concern is mounting about GMOs in our food, and support for labeling initiatives is growing. The Just Label It campaign announced in January it has collected an impressive 500,000 names on its petition to require labeling of GMO products—halfway to its goal of one million names, which would be more than any other FDA petition has ever re-

ceived. In November, a California ballot initiative will seek to require labeling of foods containing genetically engineered ingredients to be labeled at all retail outlets in the state. In a recent poll conducted by EMC Research, over 80 percent of California voters said they are in favor of labeling genetically engineered foods. And in polls by *Consumer Reports*, more than half of respondents nationwide said they would not eat genetically modified food and 95 percent said GMO foods should be labeled, so consumers can know what they are eating—or are choosing not to.

The bad news for those people who do not wish to eat GMO foods is that, whether they know it or not, they almost certainly are. Of the 1.15 million acres of sugar beets planted in the United States, 95 percent are GMO. And while GMO corn has so far been limited to corn used in animal feed and highly processed foods, GMO corn still accounts for 88 percent of all corn planted in the United States. And now, of course, Monsanto is about to introduce GMO sweet corn, which will be frozen, and canned, and eaten right off the cob (try labeling that!). This GMO sweet corn will be planted on 250,000 acres this year, taking over 40 percent of the sweet corn market in its first year.

Several companies, including General Mills, have already pledged not to use this GMO sweet corn, and Food and Water Watch has launched a campaign to pressure Walmart to make a similar pledge,

To learn more about the Just Label It campaign, and to add your name to the petition, visit www.justlabelit.org.

editor@weaversway.org



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A Patented Life



photo courtesy of Jessica Kostenplatt and Mary Stacik

Trying to live an unpatented life are Mary Stacik (l) and Jessica Kostenplatt (r)

For six weeks, from January 15 through February 26, Monmouth University grad students Jessica Kostenplatt and Mary Stacik are embarking on a project in which they will attempt to live a non-GMO, Monsanto-free lifestyle. During that time, they will ingest no Monsanto food or byproducts, use no Monsanto personal hygiene products, and purchase no Monsanto clothing or other products. For one week of the six, they will wear no Monsanto clothing. In addition to maintaining a blog, apatentedlife.wordpress.com, the pair plan to produce an amateur documentary film about their experiences.

“We hope to produce an informative, provocative, and humorous piece that sparks discussion about the human rights implications of Monsanto’s influence over the global food supply and food policy.”

Follow Jessica and Mary’s exploits at apatentedlife.wordpress.com



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Reading African American History

by Mark Goodman

AFRICAN AMERICAN history is being made every day. If the energy around African American History Month has piqued your interest in the history of black Americans, here are some books to consider.

For adults, a good place to start is *From Slavery to Freedom: A History of African Americans*, by the late eminent historian John Hope Franklin. This book, originally written in 1947 and now in its eighth edition, begins over 2,000 years ago in the black kingdoms of Ghana, Mali, and Songhay, and continues in the Western hemisphere to the cusp of the 21st century.

While most of the book deals with life in the United States, there are also informative chapters on the roles of Europeans and Asians in the slave trade, on the Caribbean experience, on Latin American slavery, and on blacks in Canada. The later editions are liberally illustrated with photographs and drawings. This book was my college text at Temple University in the latter 1960s, and I still use it as a reference source.

Another comprehensive historical

survey is *Before the Mayflower: A History of Black America*, by Lerone Bennet, Jr. Now in its sixth edition, this book is less academic and more militant in tone than is Franklin’s book, and is suitable for adults and high school seniors. It too is studded with illustrations, including a photograph of Reverend Joseph E. Lowery, who gave the benediction at President Obama’s inauguration. Both books have comprehensive bibliographies, and Bennet’s book

includes a 200-page chronology of “Landmarks and Milestones.” A third choice that can be enjoyed by middle school students up to adults is *A Pictorial History of African Americans from 1619 to the Present*. Written by Langston Hughes, Milton Meltzer, C. Eric Lincoln, and John Michael Spence, it was first published in 1956 and is now in its sixth edition.

With more images than text (over 1,300 illustrations), this book offers a visual approach to African American history. This is a valuable volume that can be thumbed through as well as read cover to cover. In

addition, it is a book that families can enjoy looking at and reading together.

For younger readers, Chelsea House Publishers has a Black Americans of Achievement series of biographies, suitable for middle and high schoolers. The books are informative and well illustrated. Titles include *Booker T. Washington*, *Coretta Scott King*, *Frederick Douglass*, *George Washington Carver*, *Harriet Tubman*, *Madam C. J. Walker*, *Marcus Garvey*, *Jesse Owens*, *Nat Turner*, *Rosa Parks*, *W. E. B. DuBois*, *Sojourner Truth*, *Thurgood Marshall*, *Martin Luther King, Jr.*, and *Malcolm X*.

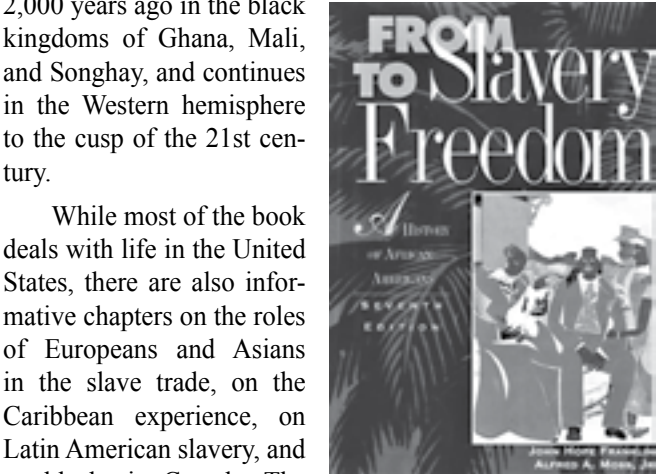
Also for children grades 7-10 are books from the 1960s’ Zenith Books series on African Americans. Two books, each featuring four brief (25 pages or so) biographies, are particularly recommended. The first, *Lift Every Voice*, by Dorothy Sterling and scholar/historian Benjamin Quarles, includes the life of W. E. B. DuBois, the accomplished scholar, activist, author, editor, and pan-Africanist. Also included are educator Booker T. Washington, whose autobiography, *Up From Slavery*, is still widely read; civil


rights activist, women’s rights advocate, and educator Mary Church Terrell; and poet and musician James Weldon Johnson, composer of the lyrics to the inspirational song “Lift Ev’ry Voice and Sing.”

The second book in the Zenith series, *Four Took Freedom*, by Philip Sterling and Rayford Logan, presents the lives of four people born into slavery. Harriet Tubman and Frederick Douglass earned their fame as abolitionists, working tirelessly to free other slaves from their bonds. Robert Smalls escaped from slavery by commandeering a Confederate ship, fought in the Union Navy, and was elected to the U.S. House of Representatives during Reconstruction. Blanche K. Bruce (a man) was elected to the U.S. Senate in 1874, and was the first African American to serve a full term as senator.

Readers from grade 8 to adult will appreciate *To Be a Slave* by Julius Lester. This remarkable book tells the story of slavery in the slaves’ own words, which were recorded in the 1930s when ex-slaves were interviewed as part of the Federal Writers’ Project. The book also in-

(continued on page 24)





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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/.



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National Womens Film Fest Comes to Mt. Airy

by Catherine M. Brzozowski, Director of Marketing, Chestnut Hill Hospital

CHESTNUT HILL Hospital and Weavers Way Co-op have partnered to bring to Mt. Airy LUNAFEST®, a film festival dedicated to promoting awareness about women’s issues, highlighting women filmmakers and bringing women together. Beginning Friday, March 2, this unique film festival will highlight women as leaders in society, illustrated through nine short films by women filmmakers. The films range from animation to fictional drama, and cover topics such as women’s health, motherhood, body image, aging, cultural diversity, and breaking barriers.

“In addition to supporting women in the film community, LUNAFEST® is also about supporting women in our community,” says Joanne Rosenbaum, director of Chestnut Hill Hospital Women’s Center. “One hundred percent of the proceeds from the event will benefit women. Locally, we’ll support the St. Catherine Laboure Medical Clinic in Germantown, which provides primary medical care to those without health insurance, regardless of ability to pay.”

Proceeds will also benefit The Breast Cancer Fund, a national nonprofit whose mission it is to identify and advocate for the elimination of the environmental and

other preventable causes of the disease. “LUNAFEST® is a powerful and different way that Weavers Way Co-op is making an impact on our community,” says Anne Workman, Weavers Way outreach coordinator. “Through our partnership with the Hospital, we’re raising funds and awareness for issues that ultimately impact our entire community.”

This season’s selected films will compel discussion, make audiences laugh, tug at their heartstrings, and motivate them to make a difference in their community. Diverse in style and content, LUNAFEST® is united by a common thread of exceptional storytelling—by, for, and about women. LUNAFEST® is scheduled to travel to more than 150 cities and screen in front of 20,000 people across the country.

LUNAFEST® will take place at the Brossman Center in Mt. Airy, 7301 Germantown Ave., on Friday, March 2, beginning with an opening reception with hors d’oeuvres and a cash bar from 6:30 – 7:30 p.m., followed by the films themselves from 7:35 to 9:15 p.m. Cost is \$20, with 100 percent of proceeds benefitting nonprofit organizations. Call 215-248-8395 to register.

—cathy_brzozowski@chs.net

Sustainability Movie Series at the Ambler Theater

by Trina Lawry

PENNYPACK FARM & Education Center is proud to be sponsoring another Sustainability Movie Series in 2012. Last year’s movies were sold-out events and anticipation is building for the upcoming season. This season’s movies will focus on the core mission of Pennypack Farm—good food available to all. Each movie will delve into a different aspect of our food system. Learn how making small changes to what you eat and where you buy it can make a big difference to the world.

The movies will be shown at the Ambler Theater at 108 E. Butler Avenue in Ambler.

Single Tickets/\$10 Series Tickets/\$24. Tickets are now on sale at www.amblertheater.org/pennypack. All movies start at 7:30 p.m. Sustainability Sponsor Expo begins at 6 p.m. and is included in the ticket price. Stay afterwards for an insightful panel discussion and answers to your questions.

February 14—*Queen of the Sun* is a thoughtful film that examines the dire global honeybee crisis through the eyes of biodynamic beekeepers, scientists, farmers, and philosophers. If the bees disappear, what will happen to our food supply? This alarming yet ultimately uplifting film uncovers the problems and solutions in renewing a culture in balance with nature. Visit www.queenofthesun.com/about/trailer

March 13—What’s Organic about Organic With charm and humanity, this film examines how organic farming evolved from a grassroots movement into a multi-billion-dollar international industry. The film reveals what’s at stake in creating and maintaining meaningful




standards for organic production to protect citizen interests, the environment, and the livelihoods of family farmers. <http://whatsorganicmovie.com/watch-the-trailer>

April 10—PLANEAT. In searching for a diet that is good for our health, the environment, and the future of the planet, a convincing case is made to reexamine our love affair with meat and dairy. With the help of innovative farmers, chefs, and some of the best cooking you have ever seen, PLANEAT advocates eating less meat as a step towards solving some of the environmental and health problems we face today. Visit <http://planeat.tv/watch-the-trailer>

Pennypack Farm & Education Center is a sustainable working farm in Horsham providing seasonal berries and vegetables to over 400 local families, food banks, and farmers markets. The farm’s goal is to make local sustainable agriculture an important part of our community through farming, education, and community events. To learn more about Pennypack Farm’s calendar of classes and events, go to www.pennypackfarm.org or follow them on <http://www.facebook.com/pennypackfarm>.

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Dear Sir:

Don McGuire’s article on WW and plastic in the January Shuttle was the best of its type. He presented a problem factually, he provided context, and he made a suggestion that can be put into action. I took Don’s advice and bought a Weavers Way gift card to use instead of a credit card. A Weavers Way gift card is faster at checkout and saves credit card fees. Of course we welcome customers who use credit cards even for small purchases because a credit card assures an easy purchase and encourages the customer to come back. But using a Weavers Way gift card reduces costs for the Co-op.

~ Ned Case

A Switch to Gift Cards

I read Don McGuire’s article, “Weavers Way Pays Through the Nose for Credit Card Use,” in the December issue of *The Shuttle*. I was shocked to see the very high cost to WW (about \$1000 a day!) for customers to use debit and credit cards. As a replacement for these cards, Don suggested purchasing a gift card and using it to pay for items at the register.

Most of the time I use cash when shopping at WW, but I immediately realized how using a gift card would streamline checking out; no more hunting for the bills needed and then having to deal with coins. I’ve used the gift card for a couple of weeks, and am very happy with my new routine. I hope you’ll consider it too; saves money and time!

~ Jane Anstine Bengé



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African Americans

(continued from page 22)

cludes excerpts from histories of the slave era and songs sung by the slaves.

For readers interested in the slave trade, there are two excellent resources. *The African Slave Trade: Precolonial History 1450-1850*, by Basil Davidson, is a thorough account of the slave trade on the African side of the Atlantic Ocean. *Black Cargoes: A History of the Atlantic Slave Trade*, by Daniel P. Mannix and Malcolm Cowley, follows the slave trade from Africa across the Atlantic to the West Indies and the southern United States. It also contains informative chapters on the East African slave trade and the Abolition Movement.

The story of African American soldiers in World War II is usually focused on the Tuskegee Airmen. However, another aspect of this chapter in U. S. history is told by John Oliver Killens in his novel *And Then We Heard the Thunder*. This is one of the few accounts of African American WW II combat experience told by a participating soldier. Killens served in an all-black regiment that eventually fought the Japanese in the Pacific campaign. The novel shows how poorly African American soldiers were treated in southern military bases and how, when the black troops were deployed, they had to fight two enemies—the Japanese soldiers and the rac-

ism within the U.S. Armed Forces.

The Civil Rights Era, which for many of us was reality but is now history, is captured in Ann Moody’s autobiography, *Coming of Age in Mississippi*. She relates how she became politicized from her experience living in the Deep South. At Tougaloo College she became active in some of the seminal groups of the Civil Rights Movement: CORE (Congress of Racial Equality), NAACP (National Association for the Advancement of Colored People), and SNCC (Student Non-Violent Coordinating Committee). Like many African Americans at the time, Moody struggled with the best way to achieve civil rights, through nonviolence or through more militant actions.

These are just a few of the hundreds of books on African American history available to interested readers. The adventure of learning about African American history begins with one book.

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Suggestions

(continued from page 28)

s: “(...continued from Debie letter) 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 cultural 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 barrage of tiny sound bites from my hair dresser all day long, I cannot imagine, but people do seem to think they’re cute.”

r: (Norman) At Weavers Way, we realize there is a balancing act of incorporating new useful things with old useful things, especially when the old useful thing was a fine choice, either because it was more sustainable or easier or worked well for centuries, etc. We actually tried an electronic version of the Suggestion Book a few years ago, when we first launched the current version of our website; it quickly filled up with spam and was taken down. I’m sure there are better tools now for taking the Suggestion Book online and insulating it from spam, and Jon and our IT staff are looking at it again. By the way, despite my fondness for written words

both on paper and electronic versions, I haven’t encouraged suggestions via e-mail because I’m already at capacity with hundreds of work e-mails per week and am loathe to add to it. Also, it does not seem like people have been asking for these alternatives. As to your point about nobody writing on pieces of paper anymore, at our MA store people still write on pieces of paper dozens of times every day writing out deli slips. As for people thinking Tweets from your hair dresser being cute, please pass them on so we can start a blog and readers can weigh in on the cuteness factor.

s: “Can we carry some of the Amy’s vegan and gluten-free items: pizza, mac & cheese? Also, could we carry some gluten-free pizza crust?”

r: (Chris MA) In the pizza line, we do have both the Amy’s rice-crust pizza (gluten-free but has cheese) and the soy cheese pizza (vegan except for the caseinate, a milk-derived protein). The flavors on display in our little freezer case rotate, so if you don’t see these on display when you’re shopping, feel free to ask one of our staff to get some from the basement freezer for you. Our Chestnut Hill store carries Amy’s rice macaroni with non-dairy cheddar-style cheese, which is both gluten-free and vegan.

s: “What happened to Moshe’s Tamales corn/poblano and mushroom? Have they been discontinued?”

r: (Rick MA) They were discontinued due to slow sales. They are available by pre-order; fill out a form by the dumbwaiter.

s: “Can we get farro in bulk? Or box, second choice.”

r: (Chris MA) We won’t be able to consider bringing in bulk farro until mid-January at our Mt. Airy store, but our

CH store carries boxed farro. For those unfamiliar with farro, it’s a grain related to wheat and spelt, and there is some confusion as to its actual definition.

s: “Bring back Enrico’s Pizza Sauce please. Thanks.”

r: (Norman) It’s amazing how much controversy our changing brands of pizza sauce at our MA store has stirred up. It’s as if having shopper’s favorite brand of pizza sauce is one of the most important things in life. What continues to amaze me (as I’ve written about before), pizza sauce, like pasta sauce, is made of common ingredients probably already in most pantries. Tomato paste (or puree), oil, sweetener, salt and spices. By varying the proportions, you can make it to your taste and have the pizza sauce you want and for less money. But does anyone listen to me? No, probably because I don’t Facebook or Tweet. Maybe I should Facebook and Tweet reasons not to buy products like pizza sauce. If no one responds at least I’ll know it’s the content that’s being rejected, not the vehicle by which the words are delivered. I’m sure Debie will help me figure out which it is.

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ECO TIPS

from The Environment Committee

- Bring your own bags and containers to the store for bulk and prepared foods.
- Speaking of bags: what to do when your box of cereal is empty and you are left with the waxy cereal bag? Those bags are not recyclable, but here are some ideas for giving them a second life: Bring some to the store and put bulk items or produce in them. Use them as sandwich bags or as sheets of wax paper for rolling out cookie dough (after opening them up with a pair of scissors). If you have a pooch, use them as doggy bags.
- Need a recycling bin? Recycling bins are now available at the Mt. Airy store. You'll find them outside the store on Carpenter Lane.

Weavers Way Co-op

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FOW Trail Ambassador Lectures at Cedars House

Denise Larrabee, Editor/Publicist

TRAIL AMBASSADORS from the Friends of the Wissahickon (FOW) will begin offering free lectures this month at Cedars House in Wissahickon Valley Park. These 45-minute presentations will cover a variety of topics related to the Wissahickon, from stormwater issues to the history of this urban wilderness.

Cedars House is a cafe, running hub, and personal training center located at Northwestern Ave. and Forbidden Drive. These programs are suitable for children ten and over accompanied by a responsible adult. Lectures are cancelled

in the event of hazardous transportation conditions due to snow or ice. No reservations are necessary. Visit www.fow.org for updated information.

The Friends of the Wissahickon, founded in 1924, is a nonprofit organization dedicated to preserving the Wissahickon Valley. FOW works in partnership with Philadelphia Parks and Recreation to restore historical structures throughout the park, eliminate invasive plant species, monitor watershed management issues, and restore trails throughout Wissahickon Valley Park with its Sustainable Trails Initiative. For more information or to become a member, go to www.fow.org and visit FOW on Facebook and Twitter.

~ deniselarrabee@comcast.net



photo courtesy of Friends of the Wissahickon

Trail Ambassador and lecturer Sarah West

Schedule of Talks

17th and 18th Century Mills & Homesteads in the Wissahickon Gorge
Sunday, January 29, 2 pm Trail Ambassador Sarah West discusses the homesteads once found in the Wissahickon Valley, many of which were associated with the mill communities along the creek.

Current Stewardship Challenges in the Wissahickon Watershed
Sunday, February 19, 2 pm In this talk, Sarah West explores the Wissahickon Creek from its origin near Montgomeryville Mall to its outlet at the Schuylkill River and discusses the important environmental issues steward of the creek are addressing, such as stormwater management.

The Valley Through the Year
Sunday, February 26, 2 pm Trail Ambassador Bruce Wagner offers a photo tour through Wissahickon Valley showing seasonal features and some spots that dramatically change from one season to another.

Historical Geology of the Wissahickon Gorge
Sunday, March 25, 2 pm Sarah West offers an introduction to the geology of the Wissahickon Gorge. If weather is suitable, she will take the audience on a short, easy geology walk along Forbidden Drive between Northwestern Ave. and Bell's Mill Rd.

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FOW Park Survey, iPad Contest

Denise Larrabee, Friends of the Wissahickon

THE FRIENDS of the Wissahickon encourages park visitors to complete the survey My Parks Counts, before its conclusion on February 28, 2012. All persons who complete the survey in the park or online will be entered into a drawing in mid-2012 for a free iPad and one of ten free annual FOW memberships.

My Park Counts is the most comprehensive park survey of the Wissahickon Valley ever undertaken. It includes, for the first time, state-of-the-art mechanical counters of park users as well as observational information and personal interviews.

To determine the number of park visitors, TrafX trail counters have been installed by Atlantic Social Research Corporation (ASRC) at over a dozen sites park-wide. FOW volunteers are performing observational counts at these entrances to ensure the accuracy of the mechanical

counters and to collect basic demographic information on park users who pass their observation point. Volunteers are also administering short surveys to collect information on park user experience at key exit points from the park.

About the Survey

This is the first time a survey of this depth has been conducted in Wissahickon Valley Park. FOW volunteers developed and conducted a park user count and opinion survey in 1993, and undertook a professionally designed park user opinion survey in 2007.

Developed and implemented in conjunction with ASRC, this one-year-long park user survey will determine seasonal and annual park user counts, park-related activities among different groups, and attitudes and perceptions among local and nonlocal visitors to the park. The data collected will help FOW and Philadelphia Parks & Recreation take more effective action in designing capital investment, programming, and outreach strategies, as well as in minimizing user conflict.

My Park Counts is also available online at FOW's website and takes three to four minutes to complete. Visit www.fow.org to take the survey.

~ deniselarrabee@comcast.net



WVWA Maple Sugaring Program

by Anne Standish



Photo by Jamie Stewart

WVWA Educator Suzanne Smith-Oscilowski explains the maple sugar process along the Wissahickon Creek.

ON SATURDAY, March 3, from 10 a.m. to 2 p.m., Wissahickon Valley Watershed Association (WVWA) will offer a fun and informative event ideal for families, Scout groups, and anyone curious about the maple sugar process. Learn how maple syrup and sugar are made as guides take small groups through the woods to see the tapped trees, and then watch the sap boiled into sugar. The walk will end

at WVWA's historic headquarters where hot chocolate and warm treats with maple syrup will be served.

The fee for this event is \$5 per person or \$15 per family for WVWA members, and \$10 per person or \$20 per family for non-WVWA members. To register, e-mail info@wvwa.org or call 215-646-8866. Visit www.wvwa.org for more info.

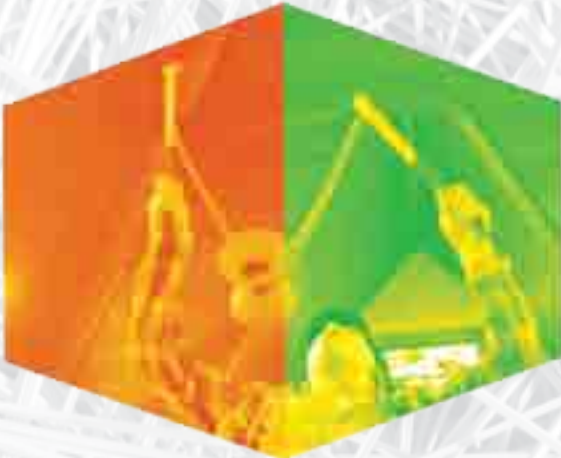
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Suggestions

by Norman Weiss,
Purchasing Manager

GREETINGS AND thanks for writing. As usual, suggestions and responses may have been edited for brevity, clarity, and or comedy. In December, I wrote about how in the past months it has seemed like there were fewer suggestions than in the past and wondered about the cause, if it was reflective of a change in culture at Weavers Way.

A member, Debie, apparently had thoughts of her own about this and took the trouble to write some of her thoughts down and sent them in as a Letter to the Editor of *The Shuttle*, which was published in the January *Shuttle*. I wasn't sure how to respond, formatwise, that is; should I respond as part of the February Letter to the Editor, which is typical of Letter to Editor responses; or should I incorporate it into the February Suggestion Book column? As you can see, often with me every decision requires careful analysis and discussion and weighing of pros and cons and then more discussion before

action can be taken.

After discussion with editor Jon, we decided the best approach was to use the Suggestion Book format, taking each of Debie's points as suggestions. This way I get to show that my simply mentioning the decrease of suggestions resulted in increased suggestions, at least for this month.

Suggestions & Responses:

- s:** “(from Debie’s letter) 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?”
- r:** (Norman) Thanks for being concerned enough to write such a long and detailed letter. I actually was not “pining away for lack of attention” though, at least not Suggestion Book attention (I am however “pining away” for attention to the upcoming CD release of the band I’m in, more about this next month). It was just an observation. Responding to your question about whether I want your suggestions all at once or rationed once a month, I prefer rationing one or two or three per month. I’m thinking you could be the “federal reserve” of suggestions, holding back during gluts and releasing them during lean times. Of course important positions such as this are usually appointed by the President and approved by Congress, but so far suggestions are not of national import. This is still a position of much power, however, so please do not abuse it.

(continued on page 25)

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

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- **Wednesday, February 8 at 6:45 p.m.**
- **Wednesday, March 7 at 6:45 p.m.**

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