

Saturday Night Party



Co-op Party!
June 16
For details see article on page 1.

PETA PALOOZA

Saturday, June 2, Noon to 4 p.m.
Weavers Way Mt. Airy, 559 Carpenter Lane

(see page 28 for details)





The Shuttle

June 2012 Vol. 41 No. 06

A Cooperative Grocer Serving the Northwest Community Since 1973

IYC Update

by Margaret Lenzi, Weavers Way Co-op Board Vice President

National Food Co-op Conference Coming to Town

SEVERAL HUNDRED folks from food co-ops around the country are descending upon Philadelphia in June. They heard that Philly was home to the first successful cooperative in America—The Philadelphia Contributionship in 1752—as well as the first modern food cooperative—Union Cooperative Association No. 1 in 1862. Befitting this history, Weavers Way is proud to host the Consumer Cooperative Management Association (CCMA) conference of food co-op managers, directors, educators, consultants, and their allies who are gathering at the Downtown Marriott from June 14-16.

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Still Time to Register for CCMA, Party

by Jon McGoran, Shuttle Editor

THIS JUNE, hundreds of folks from Co-ops around the country will converge on Philadelphia for the annual Consumer Cooperative Management Association (CCMA) national conference, hosted this year by Weavers Way. Even if you're not going to the National Food Co-op conference, this is a great opportunity to meet and socialize with hundreds of food co-op members from around the nation, enjoy the live music of Sharon Katz and the Peace Train, eat delicious food from a variety of Reading Terminal Market vendors and experience the Give & Take Jugglers, Science Table, and more. Visit www.weaversway.coop for info.

Mother's Day Tea a Grand Success

by Betsy Teutsch

A GREAT time was had by all at the Mother's Day Tea, held on May 6, the Sunday before Mothers' Day; it was a grand success. Everyone involved was at the top of her game, from the elegant florals WWCP /Dining for Women Mothers' Day Tea at Awbury Arboretum designed by Sue Heckrotte, Leslie Talon and Shira Kamm, to the scrumptious spread of sweets and tea sandwiches prepared by members of Dining For Women and the Weavers Way Community Programs.



photo by Anne Mintz

The pastoral green of the Awbury Arboretum grounds was an ideal stage for the rousing dance and song presentation by the combined Kingsessing Morris Men and Renegades. The colorful, festive

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Election Results and More!

by Jon McGoran, Shuttle Editor

WEAVERS WAY'S Spring Membership Meeting was full of food, beer, and music, with a lot of fascinating information, an engaging speaker, and election results. First the election results, with a congratulations to election-winners Margaret Lenzi, Jeremy Evans Thomas, Megan Seitz Clinton, Jonna Naylor, and Dave Tukey, as well as very big thank you to candidates Tom Laskawy, Janet Gillease, Dickie Lynn Gronseth, and Amanda Saunders, for stepping up to run. The proposed bylaw changes were approved by a very wide margin.

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Mt. Airy Renovation, Summer Plans, Take Shape

by Jon McGoran, Shuttle Editor, and Rick Spalek, Mt. Airy Store Manager



images courtesy of UJMN Architects

AFTER 30 years of wear and tear, and almost 4 million shoppers (we didn't actually count—but it's close) we are renovating our Mt. Airy store to provide our members with some much overdue improvements. In addition to some cosmetic updates, improvements include:

Huge new bulk section on our second floor, with everything from grains and

pastas to oils, nuts, coffee, and snacks. We will be encouraging more use of reusable containers and providing more cooperator work opportunities in that area.

Relocated wellness department. In keeping with our "village concept," we are moving health and beauty products and vitamins to their own storefront at 610

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What to Expect from the Mt. Airy Renovation:

- Expanded Bulk Section
- Wellness Store at 610
- Pop-up Grocery while 559 is closed
- CH Shopper Shuttle
- Mt. Airy Village Loyalty Card
- Lots of Events!

Weavers Way Cooperative Association
559 Carpenter Lane, Philadelphia, PA 19119
www.weaversway.coop

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Editor’s Note



by Jonathan McGoran,
Shuttle Editor

WEAVERS WAY’S Mt. Airy renovation is set to begin this summer, and while many people are excited about it, not everyone is crazy about the idea. Some people just don’t like change, and when we move the registers to redo the floors, that is exactly what we are likely find.

It is said that change is inevitable, and this may be true. If you think about it, the only way to avoid unwanted change is to carry exact change with you, and if you are afraid of change, that’s kind of a deal-breaker. Besides, if you have exact change and you use it, that leaves you with no change, which means the next time you buy something, what do you get? That’s right, *change*. See? Inevitable. Really, the only way to avoid change is to use cards instead of cash, but credit and debit cards cost a lot of change. Weavers Way Gift Cards, on the other hand, are a great way to avoid change without incurring any fees. But I digress.

It has been twenty years since Weavers Way Mt. Airy has been renovated, whereas industry standards recommend that a store like ours should be renovated on average every ten years. Frankly, the other co-ops were starting to look at us funny. To rectify this, the first thing on our “to do” list, after the dust settles on this current renovation will be to tear it all up and do it again, just to get in line with the “on average every ten years” industry standard.

One of the highlights of our renovation will be our great new bulk section on the second floor (dubbed “The Incredible Bulk Section” by Mt. Airy staffers). After the opening of our beautiful new Chestnut Hill store, some might have considered our Mt. Airy store a bit of a has-been, but no more. Soon, people will think of it as a “Has Bins.” Lots and lots of bins. We will have bulk bins for just about anything you can imagine, including things like bulk oils and nut butters.

Luckily, the bulk cleaning liquids will be conveniently located right nearby.

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For information about advertising, contact advertising@weaversway.coop, or call 215-843-2350, ext. 135

Statement of Policy

Articles should be under 500 words and can be submitted 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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Henry Got Crops CSA Orientation



photo by Glenn Bergman

Nina Berryman, Weavers Way Co-op farm director and the farm director for Henry Got Crops, conducting the annual CSA member orientation out in the field in May. The CSA started on Saturday, May 5 with over 100 members supporting the City’s largest urban farm. Without the support of members of the CSA this project could not take place. The program involves students at Saul and costs the school district nothing.

The Marketing Months

by Nina Berryman, Weavers Way Farm Director

WITH THE onset of June the farm is glowing and ready for summer. Due to the efforts of apprentice Katelyn Melvin and the new addition of intern Judson Wood, things are coming together quite nicely.

Mid-May kicked off the market season with quite a nice showing from the farms. Scallions, turnips, radish, head lettuce, and salad mix were just a few hot items that we had on offer. We are also very excited about the wild edibles mix we have been putting together featuring purslane and chickweed. If you happen to be in the mood for a farmers market, check us out at Mt. Airy Village farmers market, Thursdays from 3 to 7 p.m. Greene and Carpenter, and at Headhouse Square Farmers’ Market, Sundays, 10 a.m. to 2 p.m.

Summer crops are all in the ground and growing while the fall crops have begun to be seeded. It won’t be long before some new items make their way onto the market table. Summer squash and cucumbers are just about ready. I can’t wait to make a favorite summer salad of roasted beets and diced cucumber sprinkled with a balsamic dressing hinted with dill.

I’d really like to thank everyone that has made a donation to our tractor kickstarter. Having the Kubota tractor gives us an efficient boost when it comes to so many things. Fertilizing, shaping beds and incorporating cover crops have all gotten to be easier jobs. So thanks for taking the time to help us out... Have a great summer!

~nberryman@weaversway.coop

Herb Spiral Offers a Lesson in Permaculture

by Stephanie Kane, Local Produce Buyer, and Kestrel Plump, Farm Educator

LAST MONTH, Weavers Way Community Programs (WWCP) Farm Educator Kestrel Plump and I worked with the Student Environmental Action Society (SEAS) at Central High School to build an herb spiral at the Mort Brooks Farm. WWCP has a long history of working with Central High School. SEAS and the club’s community sponsor, Galeet Cohen, have been coming to the farm since WWCP began hosting education programs. The club comes out for 90 minutes of service work at the farm every other Wednesday afternoon during the school year. Each year, WWCP’s Farm Educator speaks at Central High School’s annual Earth Day event. SEAS has continuously demonstrated their interest in sustainable agriculture and their dedication to hard work. When the idea for building an herb spiral at the farm came up, Kestrel immediately knew they were the group she wanted to enlist to make the project happen.



photo by Rachel Milenbach

Herb Spiral at Mort Brooks Farm, built with help from students at Central High School

(continued on page 4)

What to Look for this Month:

June

- Arugula: Blue Moon Acres, Weavers Way Farm
- Baby Bok Choy: Weavers Way Farm, Paradise Organics
- Bunched Beets: Weavers Way Farm, Paradise Organics
- Blueberries: Paradise Hill
- Broccoli: Common Market
- Collard Greens: Weavers Way Farm, Paradise Organics
- Chard: Weavers Way Farm, Paradise Organics
- Cherries: Three Springs Fruit Farm, Beechwood Orchards
- Dandelion Greens: Paradise Organics
- Green Kale: Paradise Organics
- Fennel: Common Market
- Lacinato Kale: Paradise Organics
- Leeks: Common Market
- Lettuce: Paradise Organics
- Mustard Greens: Weavers Way Farm, Paradise Organics
- Pea Shoots: Weavers Way Farms, Blue Moon Acres
- New Potatoes: LFFC
- Snap and Shelling Peas: Zone 7
- Radishes: Weavers Way Farm, Paradise Organics
- Rhubarb: LFFC, Common Market
- Scallions: Weavers Way Farm, Lancaster Farm Fresh Co-op
- Spring Onions: Lancaster Farm Fresh Co-op
- Spinach: Blue Moon Acres
- Spring Mix: Weavers Way Farm, Blue Moon Acres
- Strawberries: Viereck Farms
- Tomatoes: Common Market

Mt. Airy Produce Report

by Jean MacKenzie, Mt. Airy Produce Manager

Full Disclosure

HERE’S SOMETHING true about me: I am not a foodie. I care about what I eat and what I serve my family, but I don’t look for new or complicated ways to spend more time in the kitchen.

So why am I here at Weavers Way, overseeing the Mt. Airy produce department? Because what I care about is community, empowerment, and cooperation. Everyone has to eat, most of us have to spend money in order to eat, and together we can take a bit of control over the sourcing of our food. And we have the most power when we buy produce—it’s fresh, raw, unprocessed, most of it not packaged at all, much less overly-packaged.

I actually get paid to be part of the Weavers Way community, to sample wonderful fresh produce daily, and to learn more about sustainability, local sourcing, and nutrition. How great is that?

Newsflash: We’re NOT Closing

The long-awaited—and badly needed—renovation of the Mt. Airy store will make for an interesting summer. During the six weeks or so that the store will be unavailable, we will be selling as much produce as you want to buy—on the street, under tents, with ice packs and fans to keep the produce and ourselves protected from the heat.

There is just no way I am closing during what promises to be a huge local harvest season. We can look forward to a steady harvest of vegetables and fruit from our own Weavers Way farm, Paradise Organics, Sunny Harvest CSA, Viereck Farms, Lancaster Farm Fresh, and the many local farms sourced by Common Market. And let’s not forget peaches, plums, nectarines, blueberries, cherries, and apricots from Beechwood Orchards



photo by Ben Bergman

Jersey strawberries on sale at the Mt. Airy Village Farmers Market

and Three Springs Fruit Farm.

Believe me, if you’re willing to shop at a little outdoor market for a few weeks, I will be there with as much produce as I can cram into those tents.

Farm Market Caveat

Speaking of outdoor markets, you’ll probably be shopping at some farmers markets over the summer and fall—it’s a great way to get fresh produce and support local farmers.

Two questions you should always ask:

“Did you grow this?” Some farmers round out their farmstand displays with their neighbors’ harvest, or even with produce purchased at auction.

“What growing methods did you use to grow this?” The farmer should be able to discuss growing methods and use of pesticides and fertilizers. Do not assume that all small farmers use organic or low-impact growing methods.

I encourage you to support local agriculture by buying directly from farmers,

but I want you to be informed and careful about just what you’re supporting.

Teen Update

We have all survived our kid’s freshman year, with the challenges and thrills of that heady experience. The learning curve can be pretty steep in the transition from home and high school to dorm and college. Here’s an early September conversation with my daughter:

Me: You can use the printers at the library, can’t you?

Her: Well, first I have to find the library . . .

By the time you read this, they will have been home again for a few weeks, and with luck and effort perhaps the grown-ups will have adjusted to the hurricane of youthful energy and semi-independence, and perhaps my teens will have adjusted to the house rules and snail-like pace of their elders’ lives.

Yes, it’s shaping up to be a very interesting summer. Stay tuned.

~ mackenzie@weaversway.coop

Reusable Water Bottles Save Money & More

Martha Fuller, MA Manager for Wellness, Personal Care, and General Merchandise

HAVE YOU heard the joke about drivers who complain about the price of gasoline? When they go in to pay or get a receipt, they buy snacks and beverages and the bottled water they buy costs two to three times more per gallon than the gasoline that just went into their vehicles. Demand for bottled water has increased by almost 60 percent in the last ten years, according to the Earth Policy Institute in Washington, D.C. Not a surprise that the U.S. is No. 1 in consumption, at about eight ounces per day per person. If you find yourself drinking a lot of bottled water, you might want to save some money—and waste a lot less plastic—by buying a reusable water bottle instead. Weavers Way Mt. Airy carries a wonderful array of water and beverage bottles from Liberty Bottleworks, Klean Kanteen, Lifefactory, Vapur, and New Wave Enviro. Here’s an overview of these fine companies.

The Liberty Bottleworks bottles are made in the U.S. from 100 percent, U.S.-sourced recycled aluminum from post-consumer and industrial scrap that is re-

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Coffee Tastes

by Andrea Haines, Weavers Way Mt. Airy Staffer

Equal Exchange Organic Guatemalan French Roast

I SIT on my patio partly covered by the surrounding trees. The sun quickly warms my core. The temperature rises as I begin to fade. I reach for my glass. Beads of water trickle down, telling me that my drink is still cold. I bring the glass to my lips and take in the crisp refreshing taste of Equal Exchange’s Organic Guatemalan French Roast iced coffee.

When grinding the Guatemalan blend, I highly recommend using a medium coarse grind. The initial scent of the freshly ground beans produces a very spicy, earthy aroma.

Brewing it (I highly recommend using a French press), make sure to add a little extra water, because the beans are very porous.

When drinking the Guatemalan blend (warm), I was immediately overwhelmed by the brown spice flavor. As far as any chocolate flavors were concerned, however, they were very subtle if at all palpable. However, when brewing the Guatemalan blend for the purposes of iced coffee, I found it to be more flavorful. The brown spice flavor was easy to taste, along with some chocolate after tones. There’s a crisp, sharp bite when you take your first sip. If you like a spicy blend with some earthy tones, then this blend might be for you.

Drinking Specs:

When best to drink: On a warm sunny day iced.

Roast: French Roast. Very dark.

Acidity Level: Low

~ ahaines@weaversway.coop

Mt. Airy Grocery Update

by Chris Switky, Mt. Airy Grocery Buyer

HOWDY, SHOPPERS. It’s now early June, and the Mt. Airy renovation project is set to begin in about six weeks. On July 16, the main store at Mt. Airy (MA) will close (we do plan to have a small concession at 555 Carpenter), reopening again at the end of August. What does this mean for Mt. Airy shoppers who depend on the fully stocked MA grocery dept. for many of their staple foods?

First, some clarification. In this article, I’m referring to only certain categories of the foods that we sell at WW MA: shelf-stable foods, frozen foods, and dairy case items such as milk, eggs and yogurt. These are the items that I oversee as Grocery Manager.

Now, this advice: if you haven’t done so already, please check out our Chestnut Hill (CH) store at 8424 Germantown Ave. Bring a shopping list of your favorite foods that you regularly buy at Mt. Airy, and see if they’re carried there. The two stores carry many of the same items, although the overlap is not 100%.

If there are items on your list that are not stocked at CH, consider stocking up on them before renovation begins on July 16. If you’re planning on purchasing large quantities (six or more) of some of these grocery items, you can use the preorder system; just fill out a preorder slip listing the items and quantities needed, and we’ll put it aside for you in the basement preorder section for a one time pickup. This helps you, and it helps us.

If you are a regular preorder customer at WW Mt. Airy, please consider stocking up on your favorite preorder items during the month of June. Our CH store will be open during the MA renovation, and we will be ordering from most (but not all) of our regular vendors during that time. CH will likely be somewhat busier than normal during the MA renovation, so the more preorders we can take care of at MA before renovation, the more smoothly things will go for both staff and shoppers.

Thanks for reading, and as always, for your cooperation.

~ christopher@weaversway.coop



Artwork by Mel Marmer, photo by Jon McGoran

Mt. Airy’s Incredible Bulk section, coming Sept. 2012

Permaculture

(continued from page 2)

Kestrel and I both have an interest in permaculture, which means permanent agriculture or permanent culture, and is based on the idea that a culture can only survive with a sustainable land-use ethic. It is a method of farming and lifestyle, developed by Bill Mollison on his farm in Tasmania. Its principles can be used on any scale, from an urban household to a working farm. It is not only concerned with the plants, animals, buildings and infrastructures, but with their relationship to one another in their setting and our society. Permaculture includes organic gardening, sustainable building design, land and water use, and recycling. There are some structures that have been designed for their efficiency, like an herb spiral. Permaculture is kind of like the difference between sustainable farming and certified organic. There is no “certification” for permaculture. It looks at the ends you are trying to accomplish—to create a more sustainable system, and then based on your land, resources and needs, you create a system that makes sense for your situation.

Permaculture uses principles like biomimicry, which uses design and processes in nature to innovate new design. It uses these natural processes to design systems that are efficient in both resource use and results. An example of this is the herb spiral, and we were able to discuss the reasons behind every step with the Central students as we built it.

The herb spiral uses an upward spiral design to maximize space, which is based on a spiraling seashell, building up rather than out. You use bricks and rocks to make the spiral, filling in with straw and dirt on the way up. This method of stacking increases the edge by condensing space. It also creates a variety of microclimates. Herbs that prefer dryer soil, like rosemary, are at the top where there will be better drainage. As the water drains down the spiral it waters the wetter plants, and settles

at the bottom where you can create a pool for growing watercress. The height of the herb spiral also creates different levels of sunlight. The plants facing south will get the most sun, and as they grow they will shade the north side and lower portions of the spiral for plants that prefer indirect light, like parsley and cilantro. One of the other oddities of the spiral is its direction. You want to build it spiraling clockwise in the Northern Hemisphere, and counter-clockwise in the Southern Hemisphere, because water drains in opposite directions. (There was much discussion among the high school students about the effect this phenomenon has on toilet water.)

There are many things in permaculture like this, making it an excellent tool for teaching about science, math, and our environment. Both teachers and parents looking to bring some of these concepts into reality can use design principles as a hands-on and fun way to relate kids to geometry and physics. Especially if you are already interested in starting a garden at home, permaculture is designed for maximizing efficiency as well as working with very few resources.

For more information on permaculture, go to www.permaculture.org or pick up Bill Mollison’s seminal work, *Introduction to Permaculture*.

Mother’s Day Tea

(continued from page 1)

May Pole dance was a highlight; were we at Cope Mansion or were we in Medieval England? Thanks also to Allen Krantz, classical guitarist, who treated the tea drinkers to a lovely concert. Tours of the Mort Brooks Farm added another dimension to a very elegant afternoon.

Thanks to all who worked so hard to make this event happen, and to all the attendees. Over \$2200 was raised, split between WWCP and Dining For Women, which sponsors women’s empowerment programs worldwide.

Farmers Raising Money for Tractor

by Nina Berryman, Weavers Way Farm Manager

WEAVERS WAY Farms is fundraising to pay for a tractor! You may have heard we were trying to raise money for a tractor on kickstarter.com. However, Kickstarter did not think our project fit into their guidelines. Their webpage states that their site may contain past projects that conflict with their rules and that they are “making tweaks” to their project guidelines. After more than a month of trying, our submission was still declined. So instead we are happy to launch our fundraising video on our own website, www.weaversway.coop (you can donate there as well). Please consider contributing! The farms were started by Co-op members and continue to be supported by Co-op members. Weavers Way Farms has grown significantly over the last decade, now it is time to upscale our equipment as well!

We appreciate your help in upscaling our equipment to match the scale of our current projects.

About the Tractor Project

In 2000, Weavers Way members started a farm. Initially, the size of the land was small, but the vision was big. Over the last 12 seasons, the size of that land has grown in an effort to make that vision a reality. What started as a few beds at one location is now approximately 4.5 acres at three different locations. Together with Weavers Way Community Programs, we now have four year-round employees on our farming team, managing the production and farm education at three sites. In the height of the growing season, ten apprentices and interns will be working and learning with us on all the farms. And all three sites are planning on expanding in 2012!

If you Donate... You will Receive:

- \$5 or more - Weavers Way Button
- \$25 or more - Weavers Way T-shirt
- \$50 or more - 2012 Henry Got Crops! CSA small share for one week
- \$100 or more - Tour of farm and taste testing of fresh vegetables
- \$250 or more - BBQ at the farm
- \$500 or more - BBQ at the farm with wine
- \$1000 or more - Weavers Way General Manager Glenn Bergman cooks you dinner at your home with farm vegetables
- \$5000 - or more - 2013 Henry Got Crops! CSA large share for one season

Drop off a check at the registers at either store, visit www.weaversway.coop or mail to:

Weavers Way Farms
559 Carpenter Lane
Philadelphia, PA 19119

With the continued involvement from Co-op members and the dedication of our farm production and farm education staff, our farms are a vibrant part of our community, and a proud, identifying part of Weavers Way.

The one part of our farming operation that hasn’t mirrored this growth is our equipment! As of last fall, all three sites shared one very small tiller. We have long outgrown the capacity of this machine and now are excitedly entering the tractor world!

~nberryman@weaversway.coop

Shopping at Farmers Markets?

With the increase in the number and availability of farmers’ markets and farm stands, here are a couple of questions to ask before making your produce purchase.

Did you grow this produce?

To the extent possible, buy your produce directly from growers. After all, isn’t that the point of a farmers’ market?

What growing methods were utilized in producing this item?

Farmers should be able to explain to you in some detail their own growing methods. Is the produce you are buying chemical-free? Low spray? Conventional? Organic? IPM? It shouldn’t be a secret, and the seller should be able to fill you in.



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Community
Programs

WWCP’s programs have been made possible during this fiscal year as a result of generous support from:

- AMJ Foundation

Bank of America

Bennet Family Foundation

Chestnut Hill Community Fund

Chestnut Hill Rotary Club

Claniel Foundation

Coleman Family Foundation

Congregation Dorshei Derekh

Dining for Women

Mother’s Day Tea Fundraiser

Douty Foundation

Energy Cooperative

First United Methodist Church of Germantown

Germantown Jewish Centre

Hauswald Charitable Fund of the Philadelphia Foundation

Jeffrey Fuller Fine Art, Ltd.

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Patricia Kind Family Foundation

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Valley Green Bank

Verizon Communications

Weavers Way Co-op

Weavers Way Environment Committee

Weavers Way Urban Bike Tour Fundraiser

Wyncote Foundation

Weavers Way Community
Programs’ Board of Governors



Weavers Way Community Programs’ Board of Governors, (clockwise, from bottom right) Barbara Bloom, Executive Director Rachel Milenbach, Liz Werthan, Mira Rabin, Norman Matlock, and Bonnie Hay. Not present were board members Glenn Bergman, Adriene Hobby, Maisha Jackson, and Linda Ralph-Kern.

Question: How Many Funders
Does It Take to Fund a Non-Profit?
Answer: A Lot!

by Rachel Milenbach, WWCP Executive Director

AND WEAVERS Way Community Programs is grateful to have the support of so many foundations, businesses, and community partners. The risk in printing this list is that I have inadvertently misspelled someone’s name, or worse yet, left them off the list entirely. If that is the case, please accept my apology in advance, e-mail me, and I will make the correction in next month’s *Shuttle*. In addition to the 30 amazing partners listed above, WWCP has also received many generous contributions from Co-op members and individuals in the community who support our programs. We plan to acknowledge those

individuals in a future issue of the *Shuttle*.

Last but not least, I would like to acknowledge the Dining for Women planning team who made the First Annual Mothers Day Tea a huge success—co-chairs Betsy Teutsch and Cara Herold, as well as Marilyn Allahand, Joan Farnsworth, Sue Heckrotte, Stephanie Johnson, Andrea Moselle, Susan Sussman, and Leslie Talon; all of the bakers, floral providers, and sandwich makers; and Allen Kurtz, the Renegades, and the Kingessing Morris Men, all of whom provided wonderful entertainment for the event.

~ rachel@weaversway.coop

SPEND SECOND SATURDAYS
in Freedom’s Backyard.



Visit the sites of Historic Germantown on Second Saturdays
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Buy a Passport and see all 15 sites!
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For more information call 215.844.1683 or visit our website at www.freedomsbackyard.com.

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Managers Corner

by Glenn Bergman, Weavers Way General Manager

Renovations Underway this Month

YOU WILL read in more depth about the renovation for the Mt. Airy store in this issue.

In June, we begin our renovation of 610 Carpenter Lane, and by the end of the month, we plan to have relocated most of the products from the second floor of our main Mt. Airy store. We continue to hear “do not make the store too upscale.” Well, that is not the plan. Once we looked at the need to repair the floor (and the underlayment) and the need for new equipment, we realized that we might as well put in all new shelving systems. The major costs of this renovation will be in the refrigeration equipment (over \$200,000 installed), the floor repair and resurfacing, and the lost sales during this period of construction.

Four years ago, at meetings to discuss our Chestnut Hill expansion, I promised the members that we would not forget Mt. Airy, and that once our expansion was complete, we would return to Mt. Airy to make the upgrades our Mt. Airy members needed and deserved. That is what we are doing with this renovation.

Unfortunately, this expansion required us to displace the Mt. Airy yoga studio from 610 Carpenter Lane. For this displacement, I want to apologize to Mary, Meredith, Jen, and the entire yoga community. The yoga studio is an important part of this community, and we hope that they will find a suitable space in the Mt. Airy Village.

Weavers Way Shuttle

I recently received a wonderful letter from a member who walks to our Mt. Airy store every day and wanted to know if we could schedule a free round-trip shuttle between the two stores. We are going to do this, a few times a day or perhaps hourly. Keep an eye out for the schedule. The letter was not signed, but I want to thank the member who wrote it. We should put her in charge of logistics.

Co-op Meetings in Philadelphia: PACA and CCMA

There are two very important co-op meetings taking place in Philadelphia this month. One is the a regional co-op meeting, the Philadelphia Area Cooperative Alliance (PACA), which will take place Wednesday, June 13 at Drexel University.

This is the first time that I have ever seen a cross-sectoral meeting of cooperatives together with government and education institutions. Representatives from housing, credit unions, worker-owned cooperatives (home health workers), food co-ops, and others will meet for one day. If you are involved in co-op development or want to be, or are interested in economic development in Philadelphia, I highly recommend this conference. More information can be found in this issue of the *Shuttle* and online.

The other co-op event is a national meeting of food cooperatives from Canada and the United States. This meeting will take place from June 11 to 13 at the Marriot Hotel in Center City. For more information see www.ccma.coop. We expect over 400 people at this event. The meeting is not inexpensive, but if you want to be involved and see some of this event for free, you can volunteer as a room monitor so you can sit in on the events. For information on this call Anne Workman, Outreach Manager at WW, ext. 118. The Saturday night party will be at the Reading Market with entertainment by Sharon Katz and the Peace Train, juggling by our beloved Give and Take Jugglers, and food science experiments. I also would recommend the Saturday morning keynote address by Marion Nestle, nutritionist from NYU, who has authored many books on food politics, and more recently the politics of pet food.

Mort Brooks Farm and Henry Got Crops at Saul

Here I go again, the WW farms are your farms. Please visit them! You will be amazed what a wonderful job the farmers (Nina, Rick, et al.) are doing on these 4.5 acres of land. Not only do they look great, but the vegetables are outstanding! Many people sign up to do their co-op hours at the farms or the farm stands and a number of people just come out to volunteer and learn. That is what it is there for...to learn, to show that urban farming is viable, and that empty land can be used to educate, produce, and build community. These little farms are also showing that they can be small engines of economic development. Why import product from California, Texas, Mexico, Canada, etc. when it can be grown right here in Philadelphia? Please take the time to visit the farms this summer, with friends, visitors, and family.

~ gbergman@weaversway.coop



photo by Jon McGoran

Great food from Geechee Girl Rice Café, great beer from Earth Bread + Brewery, a great speaker from TRF, and great Co-op members all contributed to a great turnout at Weavers Way’s Spring General Membership Meeting.

Elections and More

(continued from page 1)

THE EVENING kicked off with a pre-meeting presentation about Weavers Way’s upcoming Mt. Airy renovation. General Manager Glenn Bergman was joined by Chief Financial Officer Michael McGeary and Mt. Airy store Manager Rick Spalek, to answer members’ questions (see “Mt. Airy Renovation, Summer Plans, Take Shape” beginning on page 1 for more info).

The more than 100 members in attendance dined on delicious food from Geechee Girl Rice Café and beer from Earth Bread + Brewery, from 5:30 until 6 p.m.,

When the business meeting got underway with the approval of the minutes from the fall 2011 General Membership Meeting, the President’s Report, introduction of the Board candidates and review of the proposed bylaw amendment.

At 6:30, Don Hinkle-Brown, our featured speaker, took the stage. President and CEO of The Reinvestment Fund (TRF), Hinkle-Brown explained what TRF does, and how it benefits our region.

After updates from the Chicken Committee and the Health and Wellness Committee, Glenn Bergman delivered the General Manager’s report, and the meeting concluded with the reporting of the election results. Once the official meeting was over, members enjoyed cake from The Night Kitchen and Homemade Goodies from Roz, and listened to the music of

~editor@weaversway.coop

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What the Board Is Thinking Retreating Into The Future

by Sue Wasserkrug, Weavers Way Board Member

ON APRIL 14, a rather amazing group of people gathered at Cope House in Awbury Arboretum for a “strategic conversation” about Weavers Way: its successes and challenges, and our goals and vision for its future. The day was facilitated by our consultant, Michael Healy, from the CDS Consulting Co-op, which specializes in providing consulting services to cooperatives in a variety of areas, including expansion and growth, and leadership development and governance.

The people gathered were the Co-op’s current Board of Directors (before the May 20 elections), along with several members of the management staff, from both stores as well as the farms. The event represented a unique twist on the Board’s annual retreat, when we generally spend a day working through any number of issues relevant to our work guiding Weavers Way.

As a Board, we decided to do something different this year because of the enormous changes the Co-op has undergone in the recent past, changes resulting from our expansion beyond Mt. Airy—in particular, our great big shiny new store in Chestnut Hill. (And in case you’ve missed the news, our funky little Mt. Airy store is about to become new and shiny after its renovation later this summer.) With expansion came increased membership,

a larger workforce, more products on the shelves, and a whole new set of concerns for both the board and the staff.

You could say the theme of the day was, “Given that change is inevitable, how do we, as a cooperative business operating within a larger market, make sure that the changes we experience are understood, accepted, and driven by our member-owners?”

We explored this theme through a variety of exercises that took us from the past through the present and into the future. We talked about what we like and dislike about Weavers Way; what we worry about with regard to the Co-op’s future; what we hope to change and what we hope remains the same; internal and external forces affecting the Co-op’s existence, and, finally, what our community would look like if Weavers Way successfully achieved all of its current Ends. Our Ends are our visionary goals for the Co-op; the global, or overarching, End states: “Weavers Way Cooperative Association exists to provide commercial and community services for the greater good of its members and community, to champion the cooperative model, and to strengthen the local economy. (The Ends can be found on our website at www.weaversway.coop. Just click on “Key Co-op Documents” under “About Us,” then click on “Board Policy Manual.”)

Even though we broke up into several small groups to discuss these various topics, we shared our thoughts and discovered that, although of course everyone had a unique valuable contribution to make to the discussion, our thinking was remarkably similar. At the end of the day, we learned that we were all striving for a fairer economy with an expanded cooperative sector.

But the highlight of the day came at the end, when the facilitator asked us to write short vignettes to explain why Weavers Way is chosen as one of Philadelphia’s “Visionary Businesses” of 2020 (yes, 2020—this was an exercise in imagination). Several attendees shared their stories with the group, to everyone’s delight. Our visions included:

50 people a month attending Co-op orientation sessions

Weavers Way operating 60 (!) small farms in Philadelphia

Solar panels and roof-top gardens on every flat roof in Northwest Philly—saving the city from a terrorist attack on the nation’s energy grid

A Co-op Incubator program at Community College of Philadelphia, that spawned a worker-owned bakery (“Weavers Way Bakes”) and a worker-owned company that preserves fresh local produce (“Can Anything”)

The Southeast PA Federation of Cooperatives consisting of 25 co-ops, including a home care cooperative, an energy cooperative, a bicycle manufacturing cooperative, 15 consumer food co-ops, as well as the following enterprises operated by Weavers Way member-owners: four food stores, a health insurance cooperative, a cooperative car dealership, and a network of local farms.

As you can see, Weavers Way’s board and staff envision great things for our future and are willing to work hard to see that they are accomplished.

What’s On Your Mind?

Surveys & Interviews of
Members, Staff, & Board

Margaret Lenzi, WW Board VP

Starting in 2010, Teleos Leadership Institute conducted a series of surveys and interviews to find out what folks were thinking during a period of change and expansion at Weavers Way.

Teleos first surveyed about 45 people and obtained answers on three questions:

1. Why do you choose a co-op? The answers pointed to four main reasons: ownership, sustainability, convenience, and community.
2. What do you value about multiple locations? Many people responded that expansion provided opportunities for other communities but some had reservations about diluting the WW feeling.
3. What is your vision for the future of WW in the next 5 to 10 years? There were divergent responses ranging from growing into non-food co-op efforts to reaching out to more farmers, bulk bins and renovation in Mt. Airy, while some preferred that everything stay the same.

Next, Teleos conducted 31 in-depth interviews with 17 staff, 11 board members and three WW top shoppers. An analysis of the data uncovered some recurring themes:

1. What holds us together is our values around food, sustainability, economics, community, and membership.
2. We need to focus attention on how, what, and when we communicate with each other.
3. We would like to be more transparent and strategic in our decision making.
4. We say we value diversity, but it has not always been reflected in our practices.
5. We feel resistant to change.

Staff, management, and the board are using the results of these surveys and interviews to help move Weavers Way into the future.

RECYCLING!

Weavers Way Community Programs, Weavers Way Environment Committee
and the PEACE AND SOCIAL CONCERNS/CHESTNUT HILL FRIENDS MEETING
are teaming up for an exciting day of RECYCLING!

Saturday, June 23

1:00 – 4:00 pm

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WHAT TO BRING:

Old electronic items: Anything with a plug - computers, televisions, laptops, DVD/VCR players, printers, faxes, telephones, cell phones, gaming consoles, etc. plus remote controls video tapes, audio tapes, CD’s, flash drives...

Certified and secure electronic recycling by eForce Compliance. All items collected will be responsibly reused or dismantled instead of being thrown in a landfill. **Suggested donations from \$5 to \$20** will support the Weavers Way Environment Committee’s Community Grants program and Peace and Social Concerns Committee Community Projects.

AND

- **Clothing and Soft Household Textiles** such as sheets, towels, curtains, blankets, and pillows
- **Bags, Belts, Handbags, Tote Bags, Back Packs, Wallets** (but nothing larger than carry on luggage)
- **Wearable Shoes (Men’s, Women’s, and Children’s** – paired only; but no Roller Skates or Blades, or Ski Boots)

Please bag these items separately and label the bag!

WWCP is partnering with Community Recycling for re-use of these items in the U.S. and around the world. They will pay WWCP on a per-pound basis for items collected.

Funds will be used to support WWCP’s School Marketplace and Farm Education programs at Stenton Family Manor, Saul Agricultural High School, and the Mort Brooks Memorial Farm.

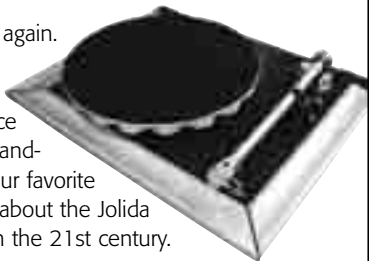


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Lights, Camera, Farmers Market!

by Ben Bergman, WW Staffer/Mt. Airy Village Farmers Market Manager



photo by Ben Bergman

Andy Bates (right) of the Food Network UK came to the Mt. Airy Village Farmers Market to interview Sue Wasserkrug (center) about her Zea May’s food truck for his show Andy Bates American Street Feasts.

THURSDAY, MAY 17 marked the opening day of the Mt. Airy Village Farmers Market and those who attended weren’t disappointed. Not only was there great local produce and a local food truck, but we also had a camera crew from Jolly Old England documenting the experience as part of the Food Network U.K. series on fantastic American food, Andy Bates American Street Feasts. While Zea May’s, the market’s resident food truck, was the star, the entire market benefited from the extra exposure.

Although a little nervous about her television appearance, Zea May’s owner Sue Wasserkrug still made sure to keep patrons of her truck deliciously happy with Bison Hot Dogs (locally sourced), Strawberry and Cream Empanadas (locally sourced), and other various delicacies inspired by Native American cuisine. The orders kept coming in and people kept walking away happy—two of the main goals of the mobile food vendor.

While Sue and Zea May’s stole the show, the other vendors at the market got into the act as well. How could they not? With what they had to offer, you couldn’t

help but take notice. Take Sorbello Girls for instance. Out of Mullica Hill, New Jersey, the Sorbello stand exuded the smell of sweet strawberries even before you got within eye-shot. Along with some delectable New Jersey Asparagus, the Sorbellos had no problem practically selling out almost an hour before market’s close. Debbie Sorbello promised next week she would bring more. Let’s hope she keeps her promise!

We can’t forget to mention the Weavers Way Farm which also will be vending at this market for the season. Farm manager Rick Rigutto had no problem letting patrons know that his crops were picked within walking distance from the market. Talk about local! Rick had some beautiful produce that mere words can’t describe. Pictures help, but you really need to come and check it out for yourself (or visit the farmers market blog at www.mavfm.blogspot.com).

So there you have it. Week one down, the rest of the season to go. This is a market that already has some great buzz. See you there!

Ask the Holistic Veterinarian

Natasha Kassell, VMD

MY DOG and cat both spend time in our backyard, as do many of the other neighborhood cats. My guess is my pets are picking up fleas in the yard and bringing them indoors. Is there a nontoxic way to kill fleas before they even jump on my pets?

Happily, the answer is yes. There are naturally occurring, microscopic nematodes that kill insect larvae, including fleas. When applied to soil, they parasitize the larvae and eat them up, yum. Infected larvae die within two to five days. The nematodes (a species of roundworm) are harmless to all members of the animal kingdom aside from insects. They can be purchased in concentrated form through many garden, pet, and online stores, including Flea Buster’s (<http://www.flea-busters.com/Products/Biobusters/tab2.html>) and hopefully Weavers Way’s Pet Store in the near future. Keep in mind that thanks to our unusually mild winter, this summer may be tougher than most in terms of fleas. To fight a serious flea issue, you’ll have to treat your pets and your home, as well the yard. For further information regarding flea control, please refer to my article, “Fighting the Dreaded Flea,” which can be found online in the March 2012 archived edition of the *Shuttle*.

My cats are threatening my marriage. They’re peeing all over the house. Even on the couches and beds. My husband wants me to get rid of them, and if I didn’t love them so much, I’d be tempted myself. Do you have any suggestions?

This is one of the most common and frustrating problems people encounter when cohabitating with cats. For starters, I’d recommend that you refer to my April *Shuttle* article, “Better Understand-

ing Our Feline Friends, or No, Cats Are Not Simply Small Dogs.” I have a few additional suggestions. 1) Make sure your litter boxes are clean. I cannot overemphasize the importance of this. Many cats are so fastidious that they would prefer using almost any surface to relieve themselves rather than set foot in an unacceptably full (to their eyes) litter box. This can include a couch, bed, rug, even the kitchen stove! 2) Try using different litters in different boxes. Some cats like recycled paper pellets, others prefer wheat, still others are drawn to clay, and then there are those who will use nothing but soil. But please keep in mind that some cats will get upset if the kind of litter is abruptly changed. Then they commence doing you know what...urinating in places other than their litter boxes. For this reason, I recommend either having multiple litter boxes with different litters or transitioning to new litters gradually by mixing the old with the new. 3) As far as litters go, you can also try a product called Precious Cat Ultra Litter Attractant, available through the Co-op Pet Store. Some vets (myself included) carry a related product called Cat Attract, which is an herbal additive that can be mixed with unscented clay litter. Both products contain a proprietary blend of herbs that, as the names imply, help attract cats to the litter box, thereby encouraging them to use it. The manufacturer of Cat Attract guarantees its product and will kindly refund your money in the case that your cat is not, in fact, attracted to the litter. 4) If all else fails, try an animal communicator for your cat. Or some valium for your husband. And take solace in the knowledge that you’re not alone.

“Ask the Holistic Vet” questions may be addressed to tashko@verizon.net.

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Water Bottles

(continued from page 3)

claimed and processed into aluminum coil for the creation of the bottles. If you came to the Liberty Bottle Necks demo last November and met our wonderful rep, Pete Cahill, you were able to see some of the forms this coil takes as it is turned into a bottle. The company's commitment to the environment is superb. Here is an example: a wastewater treatment system was installed that would conserve water by cleaning and reusing it, getting four gallons of use from just one gallon of water! They also have a Vacuum Recovery System that ensures maximum utilization of raw materials while protecting the outside environment for airborne particulate, leading the EPA to tell them that their facility was one of the greenest factories they had ever visited! These bottles hold cool or cold beverages only. Their web site is www.libertybottleworks.com

The Klean Kanteen name is easy to recognize and their stainless steel bottles can be used for hot or cold beverages. Andrea has brought in new styles: caps, pint cups and S-Binders that have been big hits. Their label tells us that the products are "responsibly made in China." This is a somewhat new way to label the country of origin.

Lifefactory bottles come in a variety of sizes and colors and within those sizes,

there are different types of lids. These are excellent for hot, cold, or cool liquids. (Do remember: they are made of glass and cannot go from one temperature of liquid to another without coming to room temperature!) This is a multicultural bottle: the bottle is from France, the sleeve from the U.S., the cap from Poland, and it's all assembled in the U.S. How cool is this?!

Vapur bottles were a huge hit last

summer. They are made from BPA-free plastic; are lightweight, attachable, and foldable, thus easily fitting into a pocket, backpack, or luggage—and are great for hiking, biking, and walks. This bot-

tle can be partially filled with water and placed in the freezer and when you are ready for it, you can add more water and have a cold drink waiting for you. They are U.S. made.

Our longtime vendor, New Wave Enviro, makes a wide selection of bottles, and your co-op carries many of them. Their lunch box bottles are great for the children who take a lunch and snack to day camp, to day care, or on an outing with family. The larger BPA-free plastic ones come in two sizes: a one-liter size that we stock in different colors and a 2.2-liter bottle that has a convenient handle. Their products are manufactured in China. We know you are staying hydrated this season—you can accomplish this goal easily with healthy reusable bottles that won't cost a fortune. Come see us to help you achieve your goal of more water and less impact on your community and the planet.

~ martha@weaversway.coop



Weavers Way Blood Drive, Friday, June 22

Jon Roesser, HR Manager

WEAVERS WAY's next blood drive will be Friday, June 22, from 11:30 am. to 6:30 p.m. For this drive, instead of the Red Cross, we've partnered with Miller-Keystone blood centers, the non-profit that supplies the blood to Chestnut Hill Hospital. We're doing our part to help them buy local!

We will be holding two simultaneous drives, with Miller-Keystone providing mobile units so we can hold the drives right at our stores. The coach in Mt. Airy will be parked on Carpenter Lane directly in front of the store. The coach in Chestnut Hill will be parked on Germantown Avenue in our loading zone.

Summer is a critical time for the blood supply, in part because blood centers like Red Cross and Miller Keystone get more than 25 percent of their supply from college campuses, a source that isn't available in the summer. Walk-ins will be accepted but reservations are encouraged. E-mail Jon Roesser at HR@weaversway.coop to reserve your spot.

ECO TIPS

from The Environment Committee

Do you have any used linens, towels, or baby blankets you no longer need? The Wildlife Rehabilitation Clinic at the Schuylkill Center for Environmental Education needs them to help care for injured, sick, and orphaned wildlife native to our area. For more information, go to schuylkillcenter.org/departments/wildlife.

Need a tool? Instead of buying it, consider becoming a member of the West Philly Tool Library. The tool library currently has 2,500 tools and 800 members. As well as borrow tools, you can donate those you no longer want. For more information, go to westphillytools.org.

International Cooperative Principles

The International Cooperative Principles were last revised in 1995 by the International Cooperative Alliance as part of the Statement on Cooperative Identity. The Statement also includes a definition:

A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly-owned and democratically-controlled enterprise.

and a statement of values:

Cooperatives are based on the values of self-help, self-responsibility, democracy, equality, equity, and solidarity. In the tradition of their founders, cooperative member owners believe in the ethical values of honesty, openness, social responsibility, and caring for others.

The cooperative principles are guidelines by which cooperatives put their values into practice.

1. Voluntary and Open Membership

Cooperatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political, or religious discrimination.

2. Democratic Member Owner Control

Cooperatives are democratic organizations controlled by their member owners, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership. In primary cooperatives member owners have equal voting rights (one member, one vote), and cooperatives at other levels are also organised in a democratic manner.

3. Member Owner Economic Participation

Member owners contribute equitably to, and democratically control, the capital of their cooperative. At least part of that capital is usually the common property of the cooperative. Member owners usually receive limited compensation, if any, on capital subscribed as a condition of membership. Member owners allocate surpluses for any or all of the following purposes: developing their cooperative, possibly by setting up reserves, part of which at least would be indivisible; benefiting member owners in proportion to their transactions with the cooperative; and supporting other activities approved by the membership.

4. Autonomy and Independence

Cooperatives are autonomous, self-help organizations controlled by their member owners. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their member owners and maintain their cooperative autonomy.

5. Education, Training and Information

Cooperatives provide education and training for their member owners, elected representatives, managers, and employees so they can contribute effectively to the development of their cooperatives. They inform the general public—particularly young people and opinion leaders—about the nature and benefits of cooperation.

6. Cooperation Among Cooperatives

Cooperatives serve their member owners most effectively and strengthen the cooperative movement by working together through local, national, regional, and international structures.

7. Concern for Community

Cooperatives work for the sustainable development of their communities through policies approved by their member owners.



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Wissahickon Village Cohousing

Building a sustainable community in Mt. Airy

Lynne Iser, Founder and Community Coordinator of Wissahickon Village Cohousing

MEMBERS OF Wissahickon Village Cohousing are striving to create an urban home in Philadelphia, woven into the surrounding neighborhood and committed to sustainable living and intentional community. Sounds great, but isn't this just like living anywhere in Mt. Airy?

How is cohousing different from other types of communities?

Why would anyone move into a more densely populated community? Attend meetings on a regular basis? Pick up their mail in the common house? Walk to their house rather than park in their driveway and scoot in their convenient kitchen door?

Cohousing is based on a set of values that guide the formation of both the physical and the social environments. These values are essential characteristics that make cohousing unique and successful.

First, the important Intentional Neighborhood Design encourages people to actually see each other as they move about their lives. Cars are parked on the periphery of the homes so that as you walk to your house you will likely say hello to some of your neighbors. Homes are designed so that the kitchens are in the front of the house facing the pedestrian walkway that leads through the center of the site. Coming home at the end of you day, you'll likely pass through the common

house, gather your mail, check the bulletin board and get a feel for what is happening around your home that evening.

The Common House will also be the site for community dinners and perhaps the place where you work on your bike in the shared workshop. Hopefully the garden tools will be there as well, so that your garden work will benefit from the collective expertise and energy of your neighbors.

What kid does not wish for a playground right outside their own door that comes equipped with built in playmates? Most cohousing communities boast a play area for the kids along with an easy place for the adults to hang out. And, most of us adults also wish for a group of friends that are conveniently close by to chat with, garden with, or watch a favorite TV show.

Of course, if you wish, your own house also might have a small garden because there are both Private Homes and Common Facilities for everyone to use. Each house is fully equipped and self contained—though perhaps scaled down since the Common House is so easily accessible.

Cohousing is different from condominiums in that the community is Resident Managed—not managed by an outside management corporation. Members



photo courtesy of Lynne Iser

Cohousing members meet with a local developer to review a potential site for their future neighborhood.

learn about good governance, practice their communication skills, and emphasize a Non-Hierarchical Structure in Governance and Decision Making. This Participatory Process guarantees that the folks who live close to each other know that their opinions and needs are being acknowledged and listened to by others in the process.

Sounds like a lot of work to do all this cooperatively. Well, it very well might be—but this “work” is what can build a stronger and more effective culture for us all. I truly believe that cohousing is the antidote to our materialistic, consumer-based society. Living with others forces us to be honest and open with each other. That might not always be so easy—but in the end it is what most of us want for our lives. The ability to easily engage in con-

versations or share a morning paper opens the possibilities of talking about the news, mulling over our shared thoughts, and just possibly deciding to get together and do something rather than just being frustrated by the dysfunction of everyday life.

Cohousing is not a panacea for all that ails us. Unfortunately there will still be hunger, war, dishonesty, and so much more. But at least we'll have the comfort of creating a life that encourages us to live out our best values.

Check out our website at www.WissahickonVillageCoho.org and our calendar of events. Ask us about cohousing!

Lynne Iser is the Founder and Community Coordinator of Wissahickon Village Cohousing.

Food Swap Fundraiser for Henry Got Crops

Join us for an edible evening of swapping homemade treats at Henry Got Crops Farm 6:30 to 8:30 p.m. June 12. This food swap is a fundraiser to help the farm purchase some much needed equipment. We hope that you can join us!

A Food Swap is part silent auction/part village marketplace/part fun-loving open house where your homemade creations (breads, preserves, special concoctions, canned goods, etc.) become your own personal currency for use in swapping with other participants. What better way to diversify your pantry and rub shoulders with friends and neighbors?

Register and more info at <http://hgcfodswap.eventbrite.com>

WEAVERS WAY MEMBER WORKSHOPS

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This is a free workshop for Weaver's Way members who want to enter meaningful relationships with greater self-knowledge and understanding than they've had access to in the past. Participants will compile and evaluate their personal answers to a series of probing questions to gain insight into the roles they've played in unhealthy relationships. We will also explore how our brain patterns lead us to repeating the past and how we can lasso in those old patters. The goal: To avoid past unsatisfying relationship mistakes in the future.

Author, psychotherapist, and Clinical Fellow of the American Association for Marriage and Family Therapists, **Susan Karol Martel, Ed.M.** has put into workshop format the successful approaches she's used to help individuals, couples, and groups in over her 35 years in private practice. She will be available after the workshop for conversation.

To register and for more information, e-mail skmartel@aol.com - or call 267 693 -3625. Pre-registration required as space is limited.

Saturday, June 9
1:30 pm - 3:30 pm

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My Way in Mt. Airy Celebrates its Second Anniversary

by Barbara Overholser

WHEN My Way opened its doors in Mt. Airy in May 2010, it also opened up the possibilities for Northwest Philadelphia’s older adults who wish to live independently. Since opening day, nearly 1,500 neighbors have signed up for a free My Way membership. By taking advantage of the array of services My Way offers, older Philadelphians are recognizing that staying in their homes is a real, viable, and affordable option. A not-for-profit joint venture of Ralston Center and Neighborhood Interfaith Movement, My Way is a Licensed Home Care Agency that provides affordable personal and household services for people age 55+ who are living in Northwest Philadelphia and nearby neighborhoods.

“We have gotten the most wonderful comments from members,” says Susan Gueye, My Way’s Executive Director. “They say such fantastic things about our staff. People have really gotten their actual needs met through My Way. That’s a reason to come to work in the morning.” An added bonus for Susan has been the opportunity “to meet hundreds of fascinating people who live right here in my neighborhood.”

My Way offers “the security of knowing there’s someone I can call if something new comes up,” says one member who utilizes the service for her parents who live in Northwest Philadelphia. “It’s

such a broad base of services. I would recommend My Way with no reservations whatsoever. I wish it would be available in all communities.”

And while My Way’s members benefit from becoming part of a supportive network of service and care providers, our community also benefits by keeping our older residents in our neighborhoods. Age diversity in our neighborhoods enhances the community experience for young and old. Older residents contribute not only stability to a neighborhood, but also a wellspring of life experience that can be shared.

Northwest Philadelphia has many of the community characteristics that AARP has identified as being conducive to enabling older Americans to age in place. With pharmacies, grocery stores (the Co-op!), doctors’ offices, post offices, sidewalks with curb cuts, libraries, restaurants, and more—all within walking distance or easily accessible via public transportation—Northwest Philadelphia is ideal for older residents.

Celebrate My Way’s two-year anniversary June 15 from 4–7 p.m., with food, music, great conversation, giveaways, and more, at the My Way office at 7104 Germantown Ave. For more information about My Way, visit www.mywayonline.org or call 215-525-5470.

Top of Her Class!



photo by Patrick DeCaumette

Congratulations to former Weavers Way Co-op Membership Coordinator Kirsten Bernal (pictured here with her children, Reina and Luc.), who just graduated Summa Cum Laude and first in her class from Chestnut Hill College with a BS in Early Childhood Education. Kirsten won the Academic Achievement Award for achieving the highest GPA in her graduating class. Not too shabby for a hardworking single mom! Kirsten is now seeking a teaching position, and some lucky school will be very glad to hire her!

“It takes courage to grow up and turn out to be who you really are.”

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- Log into the Online Member Center and click on the link that says, “Donate my discount to Weavers Way Community Programs.”
(You can opt out of the program at any time by un-registering at the register or going to the on-line member center.)

Like any gift to WWCP, your donation is tax-deductible! We will send you a letter in January with the total amount of your annual donation. Be a part of Weavers Way Community Programs!


**Weavers Way
Community
Programs**



photo by Margaret Lenzi

For six months, a diverse group attended a Weavers Way-sponsored Discussion Group on Co-ops, learning about co-op history, philosophy, and models and discussing ways to grow the cooperative economy in Philadelphia.

IYC Update

(continued from page 1)

CCMA is jam-packed with workshops and speakers that will inform the fast-growing food cooperative movement. Weavers Way will be giving tours for the out-of-towners of our local hotspots, including our many co-ops, urban farms, food hubs and a few historical sites to boot. Weavers Way is hosting a big party Saturday night at the Reading Terminal Market for the conference and local co-op folks. For more info: <http://www.ccma.coop>

You may see some of the conference goers about town and visiting our co-op. You'll recognize them by their rallying cry "WE OWN IT!" as they declare their independence from speculative investors in favor of the cooperative model.

Co-op Discussion Group Celebrates Learning

What better way to celebrate the International Year of Cooperatives than to learn more about cooperatives? And that's

exactly what a group of cooperators set out to do in six monthly meetings from November through April. Organized by Weavers Way, the Discussion Course on Cooperatives covered a range of areas from co-op history, philosophy, and models to studying co-ops around the world and creating the cooperative future.

The course brought together a diverse group, from people with little to no knowledge to people who knew quite a bit about cooperatives. Joan Patton came to learn more about cooperatives because her community wants to start a food co-op in Ambler. Carolyn Sweet, who works in the urban food agricultural sector, would like

(continued on page 13)



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FACTOIDS

Did you know?

Co-ops are based on the cooperative values of "self-help, self-responsibility, democracy equality, equity and solidarity" and are dedicated to the values of openness, social responsibility and caring for others.



Spotlight on Cooperatives:

Another story about how cooperatives help build a better world.




photo courtesy of Coomsocial

Employee owners of Coomsocial, a worker-owned health care provider in Columbia.

Health Is More Than a Prescription

Coomsocial, a health care provider in Columbia, was born almost 20 years ago when a group of doctors banded together around the common goal of providing high-quality health care while earning a living wage. Their solution, a cooperatively owned and run clinic, proved so successful that just a few years later they were able to open a second clinic in a larger urban center. The cooperative supports a patient base large enough to attract contracts from the state-run medical system. Last year Coomsocial had responsibility for the health of 52,000 men and women and provided 1,200,000 discrete health services and diagnostic supports such as X-rays, clinical tests, pharmacy and dentistry.

From teeth to toes, from infancy to old age, the clinics respond to health concerns that range from gastric to gynecological. Beyond doctor visits, the clinics focus on preventative education. Patients can receive new prescriptions for their hypertension, get a new filling, and take nutrition classes all at one location. This health care cooperative looks forward to expanding its patient base, keeping more people healthy, and providing more business and patrons for their local community.



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IYC Update

(continued from page 12)

to spend her life starting co-ops and creating a culture of sharing. Larry Schaeffer, who started Philly Car Share, wanted to raise his awareness about cooperatives and learn how they can play a role in our future economy. Everyone seemed to get from the course what they needed to further their cooperative journey.

Organized in the style of study circles, this self-directed group used a series of readings to jump-start their thinking. Rotating facilitators and presenters led the discussion each month and everyone joined in the conversation. Sometimes, it was fascinating where the discussion went. A discussion on credit unions led one member to attend an annual general membership meeting at a local credit union. Another discussion moved people to explore how the vacant land movement might help cooperatives develop in our city. Others were inspired to attend a conference on public banking.

“I was fascinated about the Mondragon Cooperative in Spain and wanted to find out how it worked,” said Helen Seitz, a WW member. The group learned that Mondragon Cooperative Corporation (MCC) is the world’s most successful large-scale cooperative effort, now employing 100,000 workers in an integrated network of more than 120 high-tech, industrial, service, construction, financial, and other largely cooperatively owned businesses. And it all started with one priest who had an idea to try to rebuild the Basque region of Spain after the Spanish Civil War.

Many in the group became fascinated with the Cleveland Evergreen Cooperative Project and wanted to explore the possibility of bringing such a model

to Philadelphia. Cleveland, wracked with a 30% unemployment rate, now has an integrated group of worker-owned companies, supported in part by the purchasing power of large hospitals and universities. So far they’ve started a “green” institutional laundry service, a solar panel installation company, a commercial hydroponic greenhouse, and a community newspaper. The organizers project that the initial ten companies will generate roughly 500 jobs over the next five years. Philadelphia also has a high unemployment rate and is dotted with many hospitals and universities. Many in the discussion group wondered: Why not here!

Now that the discussion group is over, who knows what is next? A group of people and a little bit of talk can start to move an idea into reality and before we know it, we will have a more cooperative economy in Philadelphia.

Co-op Producers & Brands At Weavers Way

Cabot Creamery is a 1,200-farm dairy cooperative with members in New England and upstate New York. Cabot values its roots as a cooperative—and as a way of doing business. Being a co-op, they are owned and operated by their members, which for Cabot are farmers and their families. As a cooperative, Cabot emulates the Rochdale Cooperative Principles by valuing community, quality, democracy, and local ownership. Cabot owners serve on school boards and select boards, are volunteer firefighters, planning commission members, and Green-Up Day participants. Cabot provides cheese and other dairy products to Weavers Way.

~ mlenzi@comcast.net

Mariposa Co-op Celebrates Dedication of New Store



photo courtesy of Congressman Fattah's office

Joining the Congressman to cut the ribbon on April 21 are (L to R)—State Representative James Roebuck; Patricia Smith, Senior Policy Advisor for The Reinvestment Fund; Fattah; Mica Navarro Lopez, co-convenor and at-large delegate; and Kevin Dow, Chief Operating Officer and Deputy Director of Commerce for the City of Philadelphia—plus Kevin's son; and Esteban Kelly, Educational and Organizational Coordinator, Mariposa Food Co-op. Congressman Fattah, author of major legislation to advance the cooperative movement nationwide, was the keynote speaker at dedication ceremonies for the new Mariposa Food Co-op, at 4824 Baltimore Avenue in West Philadelphia. one block from Mariposa's former site, a community landmark for 40 years.

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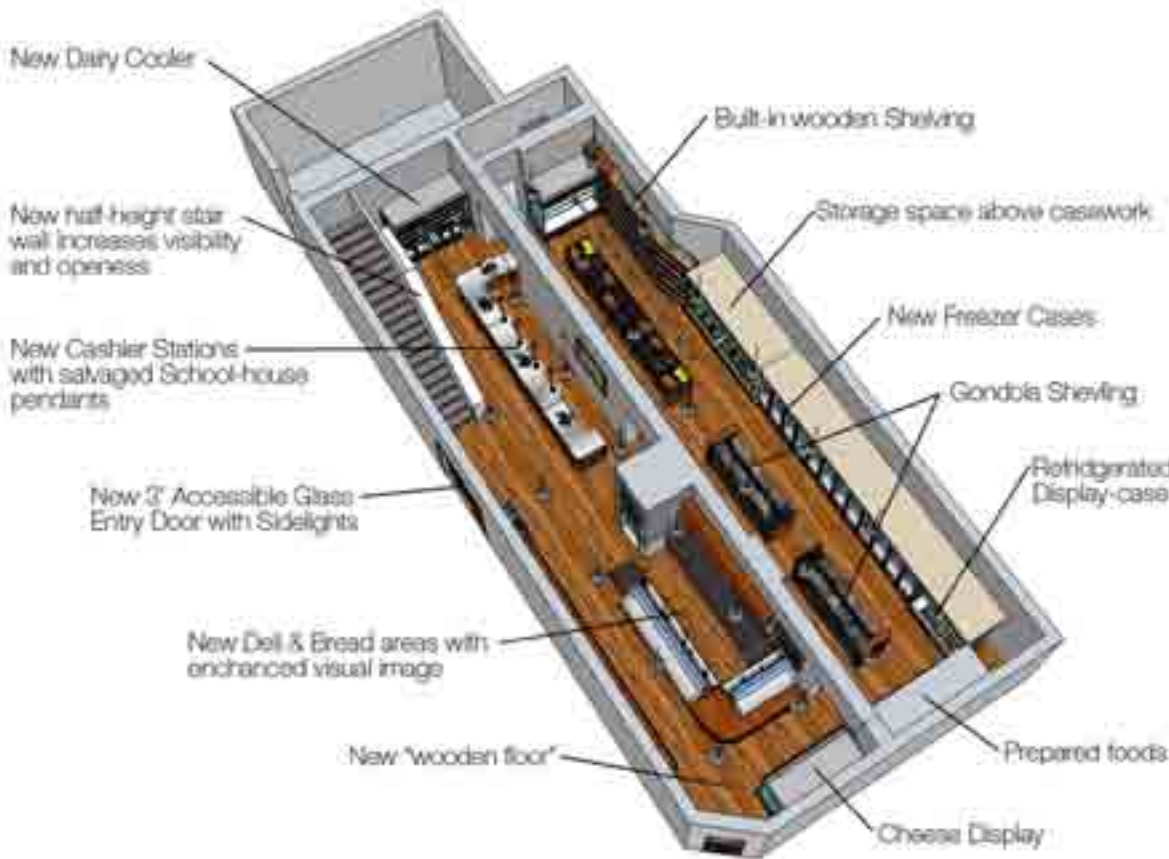
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The Concept



Mt. Airy Renovation

(continued from page 1)

Carpenter lane, next to the pet food store, and those two buildings will be combined into one.

New floor. It will have the feel of a country store, but it will be easier to clean and maintain.

New energy-efficient lighting and refrigeration. These will provide better quality for our perishable foods, and much more display space for produce, meat, dairy, deli, and prep foods while substantially reducing our electrical bills.

Changes behind the scene. In addition we will be making more infrastructure changes that will enable us to work better, and more efficiently for our members.

But, We Are Not Closing!

This summer's planned Mt. Airy renovation will involve temporarily closing the doors at 559 Carpenter Lane, but Weavers Way will be open for business at Greene St. and Carpenter Lane throughout the summer. In addition to a major outdoor produce market every day, the co-op will also operate a pop-up grocery store, selling staples and popular items from every department from the first floor of 555 Carpenter Lane. While the pet supply store may close briefly in late June, we are committed to keeping any such closure to a minimum, no more than a couple of days. And our new Wellness store will be open all summer.

In addition to the Thursday night farmer's market that has come back to the corner, we are planning on events to take place through the summer at Carpenter and Greene.

Of course, for a bigger shop our CH store will be open and available for everything else you would need. We will also be relocating some Mt. Airy staff up there, so you should see some familiar faces as you shop. To make it easier during the transition, we will be offering a shuttle service between the stores on selected days so you don't have to bother with parking.

We will be posting online updates throughout the summer and in the *Shuttle* as plans develop. Please contact us at contact@weaversway.coop if you have any questions or comments about these changes.

Mt. Airy Store Renovation



Mt. Airy Village Loyalty Card

by Jon McGoran, Shuttle Editor

AS PART of our effort to support the businesses of Mt. Airy Village during our renovation, Weavers Way is working with our neighboring businesses to keep things lively all summer long. In addition to a constant retail presence and events throughout July and August, we will be sponsoring the Mt. Airy Village Loyalty Card: For every ten purchases of \$5 or more at participating businesses at Greene St. and Carpenter Lane (including Highpoint Café, Big Blue Marble, and even Weavers Way itself!), shoppers will receive a Weavers Way discount certificate worth \$5 at Weavers Way Co-op.

You can pick up your Loyalty Card at any participating business beginning July 1, and start collecting punches when the Weavers Way Mt. Airy renovation begins on July 15. For every ten punches, you will receive a discount card redeemable for \$5 off any purchase of \$50 or more at any Weavers Way Co-op store—Mt. Airy, Chestnut Hill, or even our pet supply store or our new Wellness store. Cards will be redeemable as soon as they have ten punches, from the date they are issued until seven days after the reopening of our store at 559 Carpenter Lane, when the renovation is complete! For an up to date list of participating businesses, visit www.weaversway.coop.



The Bees Have Arrived!

by Janet Hansen, a participant at The Home Grown Institute 2012

FOR SEVERAL years I have been reading about, attending classes on, and generally moving toward keeping honeybees. My target date was spring of 2013, but after attending the Home Grown Institute and participating in the morning bee tour and afternoon hive building—and then winning a top bar hive at the silent auction—my timetable got compressed!

I picked up my bees on April 21 at Worcester Honey Farm. What an experience that was! Hundreds of people, and millions of bees, and not all contained in packages! Bees were flying all about and crawling on the outside of the packages. It was amazing to see people nonchalantly walking around with bees flying all about. It seemed surreal. After watching Jim Bob demonstrate how to open the package and install the bees in their hive, I brought them home, opened the package, extracted the queen cage, installed a sugar water feeder and pollen cake, attached a piece of honeycomb to get them started, and dumped in most of the bees. All by myself and without getting stung. Whew! About a hundred bees were left in the package, so I placed it near the entrance to the hive. By next morning they were gone.

The following two days were cold, windy and rainy. Nothing was happening around the hive. I thought I might be able to hear them humming inside, but no. For two sleepless nights I worried and wondered if I had managed to kill them all or if they had absconded. I also knew that my



photo courtesy of Janet Hansen

Local beekeeper Janet Hansen shows off her hive, while modeling what beekeepers should NOT wear on their feet: Sandals are definitely not appropriate! It's probably a good ad for what NOT to wear while tending bees.

holes in the feeding jar were much too big and the sugar water was leaking out. Were they starving to death in there?

Finally a sunny day dawned and I approached the hive. Bees were flying all around, going in and out of the hive entrance and other crevices that they had found. I replaced the feeding jar and tried to look at the queen cage, but it was covered with bees. How to tell if they were feeding her or trying to kill her? At this point, I think some of the bees were getting angry with me, and I had to walk away several times, so I closed up the hive and hoped for the best.

At this point, I asked myself if I really wanted to be a beekeeper after all. It seemed like an awesome responsibility and I was awfully worried about the queen. Also, I have no clue if the bees' behavior within the hive was normal. There were two clumps of bees hanging like a swarm from two of the bars. I soothed myself with the knowledge that bees do just fine left to their own devices in nature, so just hoped they would overcome my stupidity.

Yesterday I decided it was time to release the queen, whether the bees had accepted her or not. This time I donned a home-made veil over my cowboy hat and tied it with a cord. Reaching into the hive to retrieve a small cage covered with bees was an exercise in courage overcoming fear. I shook as many of the bees off as I could in order to hold the cage and proceeded to remove the cork. One

bee crawled out immediately, so at least they weren't all dead. Still don't know about the queen because there were too many bees covering the cage. I am hoping for the best!

After three interactions with the bees, and no stings, I feel that I am ahead of the game. Maybe I should purchase a real bee hat and veil....

Shifting the Frack Fight, Presentation and Discussion

by Jon McGoran, Shuttle Editor

ON THURSDAY June 7, 2012, at 6:30 p.m., Clean Water Action presents "Shift the Frack Fight," at Weavers Way Co-op's Community Meeting Room in Mt. Airy, at 555 Carpenter Lane. Brady Russell, Eastern Pennsylvania Director for Clean Water Action, will deliver a brief presentation about why, after three years of the fight against fracking, it is now time for a change in targets and strategy, and why and where it makes the most sense to move the fight for public health next. Following the presentation, there will be a discussion of the topics covered. This event is free and open to the public. For more information, contact Clean Water Action at 215-545-2050 or cmeehan@cleanwater.org.

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Salvatore Pinto (1905-1966). Beach Scene. 40 x 50 in. Courtesy of the Estate of Salvatore Pinto

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June 9 Hive Crawl for the Bee-Curious

by Anais Salles

HONEYBEES ARE getting a big helping hand in Northwest Philadelphia. Where once it would have been the height of eco-chic to have a compost system and/or a rain barrel in your front or back yard, the height of eco-chic these days is having a hive of honeybees buzzing around in close proximity to your organic garden. Domesticated European honeybees are on target for extinction around 2035 unless human beings find a way to undo the damage pesticides have done to our crops, gardens, and ornamental landscapes.

On Saturday June 9, the Philadelphia Beekeepers Guild is hosting a hive crawl. Close to the meandering crawl of a honeybee as it ambles over the hills and dales of its hive city, bee-curious folks meander through neighborhoods, gardens, yards, and parks checking out the many ways to have bees and wear the mantle of beekeeper.

Hundreds of beekeepers are spread out in a web work of pollinator corridors from the roof tops of Center City, to com-

munity gardens in East Falls, Germantown, and Mt. Airy, to pollinating hives on Weavers Way Co-op’s farm, to the newly launched community apiary at Awbury Arboretum, where a resident beekeeper and a small group of hive stewards have a vested interest in the well-being of close to 100,000 honeybees.

Green Sanctuary Community Apiary at Awbury Arboretum is on the list of hive crawl locations for two closely connected neighborhoods, Germantown and Mt. Airy. The community apiary is host to three educational hives. Two traditional Langstroth hives, a Warre Hive, and a Kenyan top bar hive. Each hive is home to a different species of domesticated European honeybee. Italians and Carniolans are settled in Langstroth hive boxes, and small cell hybrid bees are hived in a Warre and Kenyan top bar hive.

Questions about beekeeping? Interested in having a good look at an active colony? The community apiary’s Kenyan top bar and Warre hives have observation

windows that allow for viewing without disturbing the honeybees. Apiary hive stewards will be on hand to answer basic questions about honeybees and beekeeping.

These differences may not mean much to the average hive crawler, but as resident beekeeper I can assure you, having these species side by side in very different hive styles presents an amazing educational and research opportunity. As caretaker of three personal colonies, split from one parent colony of Russian bees, I find it fascinating to compare how bees overwinter in each type of hive, which hives develop more pest management issues, and which hives offer more passive but stronger support for healthy bee colonies.

All signs point to mass food shortages and an increase in human starvation within the span of a few years—if honeybees disappear. Feral native honeybees have been wiped out in North America by a mite carried by Japanese honeybees. Japanese bees have adapted to this mite, but honeybees in every other corner of the world are imperiled and defenseless.

“Bees like it dark, quiet, and warm. The internal temperature of a bee colony is maintained between 93 and 94 degrees. Every time you open a hive, you alter the temperature and the bees have to work to either cool their hive, or warm it. Variations in temperature on a consistent basis may have an impact that we are not yet

aware of on developing brood. Hive boxes that promote least variation in colony temperature are good for bees.”

The four main considerations of what makes for a happy bee colony?

“Bees sweat wax and build wax comb, manage reproduction of the hive, tending and feeding of brood and colony with the sole of expansion and division of a colony in spring and summer,” says Salles. “Understand these imperatives, remember the work bees have to do to keep the colony at its optimal temperature, then stand back and wait while honeybees take the beauty of our flowering plant world and make it possible for us to taste this beauty, bringing it into our bodies in the form of honey. Pretty darn cool.”

Green Sanctuary Community Apiary is an environmental educational program offered by Green Sanctuary Earth Institute of Pennsylvania (GSEIPA). In addition to beekeeping courses and workshops, GSEIPA offers an excellent series of group discussion course guides on a range of environmental topics suitable for secondary and higher education. Salles is the author of *The Day the Honey Bees Disappeared*, a children’s book about Colony Collapse Disorder. To schedule an on-site Bee-ology class at your school, a class visit to the apiary, or to start an eco-friendly discussion group, contact Anais Salles at 267-325-6869; greenapiary@gmail.com

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Weavers Way Financial Report

by Jon McGoran, Shuttle Editor, and Michael McGeary, Chief Financial Officer

THE ACCOMPANYING financial statement gives a basic snapshot of the Co-op’s financial position so far this fiscal year.

Business has been good. Sales to date are up more than ten percent over last year, and well ahead of budget. The cash balance is \$330k lower than in March 2011; however, the current figure reflects the pay-down of about \$850k in debt, so the current balance actually represents a cash increase of about \$500k over the past year.

We show net income of more than \$172k. We showed positive net income last year as well, but that was due to grant revenues for the Chestnut Hill expansion, without which we would have shown a loss. A loss in the first year following an expansion is not unexpected, but it puts this year’s performance in proper perspective.

Due to this performance, we are able to undertake renovation of our Mt. Airy store a year ahead of schedule and without incurring any additional debt. It also means that the board of directors can at least consider the possibility of a patronage rebate for fiscal year 2012. More on that later.

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Weavers Way Financial Summary, Fiscal Years 2011, 2012

	3/31/12 Budget (nine months)		3/31/11 Actual (nine months)		3/31/12 Actual (nine months)		Current to Prior Year Change
	\$	%	\$	%	\$	%	
Income Statement							
Sales	11,204,232	100.0%	10,868,880	100.0%	12,016,764	100.0%	10.6%
Cost of Goods Sold	7,165,870	64.0%	6,974,367	64.2%	7,547,101	62.8%	8.2%
Gross Profit Margin	<u>4,038,362</u>	36.0%	<u>3,894,513</u>	35.8%	<u>4,469,663</u>	37.2%	14.8%
Expenses							
Personnel	2,855,483	25.5%	2,731,043	25.1%	2,981,429	24.8%	9.2%
Other Operating Expense	<u>1,266,379</u>	11.3%	<u>1,273,612</u>	11.7%	<u>1,347,515</u>	11.2%	5.8%
Operating Profit	(83,500)	-0.7%	(110,142)	-1.0%	140,720	1.2%	
Other Income/(Expense)	<u>62,130</u>	0.6%	<u>275,296</u>	2.5%	<u>31,947</u>	0.3%	-88.4%
Net Income	<u>(21,371)</u>	-0.2%	<u>165,154</u> *	1.5%	<u>172,666</u>	1.4%	4.5%
Balance Sheet							
			3/31/11 Actual		3/31/12 Actual		Current to Prior Year Change
			\$	%	\$	%	
Assets							
Cash			1,411,459	12.2%	1,081,539	10.5%	-23.4%
Inventory			506,214	4.4%	536,972	5.2%	6.1%
Other Current Assets			1,763,242	15.2%	948,953	9.3%	-46.2%
Fixed Assets			6,480,007	55.9%	6,207,923	60.6%	-4.2%
Equity in LLC			1,210,147	10.4%	1,210,147	11.8%	0.0%
Long-term Assets			<u>224,384</u>	1.9%	<u>266,884</u>	2.6%	18.9%
Total Assets			<u>11,595,453</u>	100.0%	<u>10,252,418</u>	100.0%	-11.6%
Liabilities & Equity							
Accounts Payable			602,719	5.2%	586,704	5.7%	-2.7%
Other Current Liabilities			2,019,281	17.4%	1,427,740	13.9%	-29.3%
Long Term Liabilities			<u>5,375,493</u>	46.4%	<u>4,414,403</u>	43.1%	-17.9%
Total Liabilities			<u>7,997,493</u>	69.0%	<u>6,428,847</u>	62.7%	-19.6%
Member Equity			1,185,616	10.2%	1,251,767	12.2%	5.6%
Retained Earnings			1,037,043	8.9%	1,188,991	11.6%	14.7%
Year-to-Date Income			165,154	1.4%	172,666	1.7%	4.5%
LLC Paid-In Capital			<u>1,210,147</u>	10.4%	<u>1,210,147</u>	11.8%	0.0%
Total Equity			<u>3,597,960</u>	31.0%	<u>3,823,571</u>	37.3%	6.3%
Total Liabilities & Equity			<u>11,595,453</u>	100.0%	<u>10,252,418</u>	100.0%	-11.6%

* Includes \$342K of Grant Income

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Moving Responsibly (and Exhaustingly)

by Sandra Folzer, Environment Committee Chair

WE RECENTLY moved. Yes, I’ll accept condolences from those who know...

We wanted to move, so we could live in a neighborhood where we could walk everywhere and still have a garden. We love our new abode. It’s the process of moving that I find disheveling. When acquiring a smaller home to use less energy, we had to downsize from a large home with a huge garage and basement. The new house has no garage and a one-room basement. The temptation is to rent a container and just start throwing. We didn’t. It has been a journey of discovery, trying to recycle everything, that doesn’t fit into our new home, which was about half of our “stuff.”

Early on, I found half containers of paint and stain, so I decided to use them, rather than throw them away. I painted a small roof with silver paint and stained our deck, to avoid wasting any material. Trying to be responsible takes energy.

I had my grandfather’s helmet, canteen, lighter, and pictures from World War I. After many e-mails, I found the Pritzker Military Library in Chicago (where my grandfather lived) who were happy to accept them. I still have a box of postcards he collected in the days when cameras were scarce. I’ll find a home for those another day.

I warned my three daughters not to buy anything without checking with me first, as I was willing to surrender any

of my possessions. That wasn’t easy, as one daughter lives in Brazil and another has a Brooklyn duplex. That didn’t stop me from driving to Brooklyn with a huge glass-front bookcase and anything else I could fit into the car. My daughter who lives nearby has received the brunt of my giveaways, sometimes returning the items the same day.

Because of my own shortcomings, I didn’t have luck with Philly Freecycle, but my partner John was successful with Craigslist. He gave away microphone stands he had advertised for a dollar and sold some other items. Through the Environment Committee I found someone who wanted my worms (vermiculture), which I had inherited from Brooklyn.

When the woman arrived, I talked her into taking my weight bench as my running friends belong to gyms so have no need for my antique structure which I bought with race winnings decades before. I was getting good at asking people to take things. When the gentleman who repaired our sidewalks presented us with the bill, I talked him into taking tents and a backpack for his associate who works as a park ranger. We were happy to know some things we valued would be used again.

When a neighbor was walking her dog, I accosted her with offers of gardening supplies since she does landscaping. She was happy, even with the Hav-a-Heart trap.

A few weeks later in the backyard of our new home, I discovered a ground hog hole where I planned my garden. When I asked to borrow it back, she gave it to me as she had storage problems of her own.

One trash day a man was taking some metal poles we had discarded. Since he was collecting metal, we invited him inside to see what else he might like. We failed to give him a cafeteria table because we knew he would only remove the legs and trash the rest. After he left, we were in a quandary what to do with it. We drove to Stenton Manor and were jubilant when they decided they could use it. I guess it doesn’t take much to make us happy. Earlier, I had brought old tools and a child’s car seat and rocking chair for Stenton Manor, since they are always open to gardening supplies and children’s needs.

Yes, we discovered Philadelphia Salvage and made two trips there with John’s father’s old tools, a ten foot organ pipe, and a stained glass window in disrepair. Ever joyful each time an item disappeared. Although I began to suspect that our belongings were reproducing, just like the boxes we brought to the new house. In every empty space another item suddenly appeared. Philadelphia Salvage, across from Weavers Way’s Mt. Airy store accepts old tools, furniture, anything that is old, my kind of place.

At a meeting at my house, a friend made the mistake of admiring a mug. It was hers. Then, I made sure no one left

empty-handed. Sometimes I make new friends this way. I ran into a liquor store to get boxes and mentioned to the clerk that it was obvious we were moving. She was looking for old cookbooks. She didn’t get those, but she did visit us the next week and bought a few items and received others free. Since she had a small car, I made two trips to the Northeast to deliver them. She gave me two peach seedlings in return. I was very impressed with her yard. On a small lot in the Northeast she had peach and apple and plum trees plus all kinds of other plants. A woman after my own heart.

We had two friends visit from upstate recently. Do you think they left empty-handed? A box of books for a library sale, jewelry, and a purse were stuffed in the car before they left.

Once I even made a drive-by drop-off at a friend’s with a bag of note pads because she is a teacher, and I was sure she could use them.

I read that Stagecrafters Theater in Chestnut Hill was having a silent auction. There I found a home for several watercolors and a coat dating from the 1800s, which I can’t remember where I purchased.

Naturally, we’ve made trips to Salvation Army and Harvest Books, which buys old books. Most helpful was a call to Impact thrift stores. They pick up large and

(continued on page 21)

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Moving Responsibly

(continued from page 20)

small items for resale. They relieved us of a bed, chairs, books, and clothing, refusing only a mattress. They support many charities, including Manna, Jewish Family & Children Services, and Inter-Faith Housing Alliance.

Since we never throw out whatever might be remotely useful, we brought odd pieces of wood and fencing along with us. I'll find a use for them in creating my garden. We even went so far as to bring a huge stack of cut tree limbs to the new house. I had plans to build a "natural" fence around the garden. I still might.

As I was bringing old hoses to Weavers Way farm, I pondered the energy cost of trying to recycle items. I rationalize that it is not just the cost of the gasoline but also the damage to the environment when something is placed in a dump. I had the same question when I drove to the far Northeast with a friend to recycle Styrofoam and hazardous waste. Philadelphia accepts white Styrofoam anytime at State and Ashburner Rd., just past the prison.

By now my granddaughters know not to admire anything I'm wearing for fear I shall leave it on their doorstep.

Moving is not for the faint of heart.

Talk Explores Why Sustainable Agriculture Is Not an Option

by Margaret Guthrie

DR. JOHN Ikerd, whose talk, "The Future of Food: Sustainable Agriculture Is Not Optional," was the third and final event in the Penn Libraries series "American Pie: The Politics of Food in the 21st Century," is uniquely qualified to talk on the topic. Ikerd grew up on a small farm in Missouri, which his brother still owns and operates. He has a Ph.D. in agricultural economics from the University of Missouri and began his career as a promoter of the industrialization of agriculture. About halfway through his career he began to sense that something wasn't working. Food was becoming less safe and less nutritious, and farmers were going bankrupt at an alarming rate.

Forced to rethink what he had been taught, he concluded that there had to be a better way. The sustainable agriculture movement was just getting going about the time of this "professional crisis." Born out of concern over the widespread use of nonorganic fertilizers and pesticides and led by the organic farmers and their customers, the movement was joined by many farmers suffering financial meltdowns. All were interested in reducing their dependence on agricultural chemicals and fossil fuels, which continued to rise in price despite plummeting commodity prices.

Ikerd spent the second half of his academic career as "an unabashed advocate of sustainable agriculture." Serving on the faculty of four major land grant universities, it became apparent to him that none of these institutions was going to give sustainable agriculture more than token acknowledgement. He retired so he could continue to speak out. "The cheap food strategy of the last 50 years has failed dismally, not only in terms of high ecological and social costs, but in its most fundamental mission of providing national food security." He points out that a larger percent-

age of Americans are hungry today than were hungry during the 1960s; 20 percent of children in the U.S. now live in food insecure homes. For those who can afford enough food, too many buy food that destroys their physical health, such that our health care costs claim twice as much of our GDP as food does.

However, Ikerd sees real reasons for hope. He sees the local food movement as the most publicly visible aspect of sustainable agriculture, with the number of farmers' markets and community supported agriculture organizations more than doubling every ten years. In 2008 a study of sales of local foods were estimated to have grown from \$4 billion in 2002 to \$5 billion in 2007 and projected to reach \$11 billion by 2011. Organic food sales are far larger, having reached almost \$30 billion. As high as these numbers seem, Ikerd estimates that combined they probably make up only seven to ten percent of all foods sold in the U.S. today.

Ikerd concluded his talk by saying that the transition from an industrial to a sustainable food system will not be quick or easy, that public policy must be changed to promote the transition to a sustainable agriculture in the future. Working together, we as a society can ensure our food security. "Everyone has a fundamental right to enough good food to meet their nutritional needs."

Podcasts of all three talks in the series will be available on Penn's Food Studies website:

www.library.upenn.edu/collections/rbm/foodstudies

Orange Robe Author at Musehouse, Library

by Jon McGoran, Shuttle Editor

LONG-TIME CO-OP and Environment Committee member Marsha Low, author of *The Orange Robe: My Eighteen Years as a Yogic Nun*, will appear at Musehouse, 7924 Germantown Avenue, on Saturday, June 9 at 7 p.m. for a book reading and signing. Musehouse, a home for writers of all genres that offers workshops, conferences, readings, and special events, opened last September. Come and experience the intimate space and snack on cheese and crackers and sip some wine while you listen to Marsha read from her book about her 18 year overseas journey with Ananda Marga, a controversial Eastern spiritual group. For more information, go to www.musehousecenter.com.

Marsha will also appear at The Free Library of Springfield Township on Tuesday, June 12 at 7 p.m. to conduct a memoir-writing workshop. The library is located at 1600 Rices Mill Road in Wyndmoor. For more information, go to fls.mclinc.org.

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The Simplicity Dividend

Rebooting Local Transportation: So Many New Options!

by Betsy Teutsch

SINGLE-OCCUPANT DRIVING, whereby individuals rev up 1.5-ton cars to move their 150-pound bodies, is the American norm. It is also enormously wasteful. Driving sucks up our time, our money, and our planet’s resources, and emits pollution. Fortunately for those who want to expand their transportation options, we now have many new tools in the kit.

Walking is the lowest tech option. It does not require coordinating schedules, buying tickets, or making any other arrangements. I recently took a prospective Mt. Airy resident on a walking tour of our neighborhood and was tickled to show him four independent coffee shops, bookstore, food coop, bank, train station, yoga studio(s), haircutters, physicians’ offices, playground, library, drug store, restaurants, and even a brewers’ supply store, all within a mile or two of my house. I almost never drive if my destination is less than a half mile away, an acquired habit. Check out www.walkscore.com for your address and you may be inspired. My house scores 71 out of 100 for walkability.

Philadelphia’s biking infrastructure has improved dramatically in the last few years. There are more bike lanes, added signage, and expanded recreational biking trails, with more to come. PHEW, Mt. Airy’s electric bike store, offers new technology to the biking mix. Electric bikes pair an assisted ride up hills with conventional biking when the engine is turned off. Electric bikes are very efficient for lo-

cal errands, since the rider is moving just a bike, not a whole car, to transport himself or herself.

Public transit use has increased each year for the last many years, for a host of reasons. Many teenagers are unmotivated to learn to drive these days. Texting and other electronic social networking have, perhaps, made it less crucial to go to specific places to connect. Busy high schoolers do not want to devote the time to rack up the requisite 50 hours of supervised driving, nor are their parents pushing them to do so. At the other end of the age spectrum, baby boomers 65 and up ride Septa buses for free and pay only \$1 for regional rail. Seems like there is just as much traffic as ever, though; perhaps people look at commuting by mass transit as a better time and financial investment. One can read, listen to an MP3 podcast, or snooze, rather than being a stressed-out driver navigating a traffic jam.

Public transportation options continue to grow. The Bolt/Chinatown/Mega bus routes keep expanding their reach, and competition has lowered conventional intercity bus ticket prices as well. Amtrak’s adoption of congestion prices means that by booking early, one can often snag a much cheaper fare. Regional rail has unfortunately not expanded its offerings, but have you seen the beautiful new trains SEPTA added?

Even King Car options have proliferated. Perhaps a family wants to go carless,

or second carless. The Philly Car Share solution has been around for awhile, and now our neighborhood boasts ZipCar as well. My son Zach in Washington has a car-sharing contract with a friend. Ari owns the car, but he and Zach share the insurance, expenses, and parking detail. It has worked really well, saving Zach the expense of owning his own vehicle, while lowering Ari’s carrying costs. And they have remained friends!

For those willing to take on some risk, social networking sites are pairing owners of under utilized cars with those seeking transportation. RelayRides is a peer-to-peer car rental. Joe doesn’t need his car on days he takes the train; he rents it out for those days, undercutting the cost of conventional car rentals. Maryann needs a car for a few hours and finds Joe’s online. They arrange a deal, and RelayRides gets a cut. (Caveat emptor: Joe’s car insurance likely will not cover expenses incurred by a paying driver of his car. Bear in mind car accident suits can run into the millions, something which, sadly, just happened to a RelayRider.)

Need a long distance ride? Check out Zimride.com, an electronic ride board. Plug in the origination city and destination and perhaps there is an available space in a car heading that direction. Philly is not yet well-covered, but in time perhaps it will be. Note that this is a business, akin to Air B&B. The site takes a modest fee for making the connection. It is encourag-

ing that social entrepreneurs are working to create and expand these options.

Philadelphia’s most under-appreciated mass transit asset is our bus system. It is expansive and inexpensive. To my amazement a bus I took not long ago had Wi-Fi! The main problem with taking the bus is lack of information: when is the next bus coming? Hopefully Philadelphia will soon have the app for that: NextBus.com. My daughter-in-law Becca takes the bus to work in DC; she considers NextBus her most important electronic information. She times when to leave her house based on this information, a much nicer and more efficient start to a workday.

May your parking tickets be few, and may you whittle those 150 lbs down a bit by walking!

Betsy Teutsch is the coordinator of three Weavers Way Dining For Women Chapters: betsy@betsyteutsch.com



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Of Hawks and Sparrows

by Mark Goodman

I HAVE nothing against hawks. In fact, I like them. I admire their grace and agility in flight. I recognize and respect their place in nature’s food chain. But this time, I sided with the sparrows.

Last summer, while working in Chestnut Hill at a property on Anderson Street, I was walking alongside the house toward the back. What happened next all occurred in an instant. I heard a whirring behind my left shoulder. Two sparrows chirped as they flitted deeper into a shrub, a tall Japanese holly. Then a hawk appeared to my left, flying 6’ off the ground, heading at first toward the sparrows and holly, and then taking off at an angle high into a nearby tree. The sparrows chirped some more.

The hunted are not always so fortunate. The year before, while working on Crittenden Street, I heard a crashing sound coming from one of the tall spruce trees. I thought that a limb had broken off and was falling through the branches. But no, it was a hawk pursuing a squirrel down through the tree. That time the hawk was successful and carried off its squirrel lunch in its talons. I could not believe that not only was the hawk quick enough to catch a squirrel running for its life, but that it did not seriously damage its wings diving through the evergreen. So these sparrows were lucky.

Sparrows were the birds of my youth, feeding on bread crumbs that neighbors tossed out back in our row house block of

West Oak Lane. Yes, there were pigeons, and robins, and an occasional crow or cardinal. But the little brown sparrows were the main feathered residents of Independence Street, the yards, and alleys.

I didn’t think too much about them until I started to read about them in college—not in biology or zoology classes, but in my literature courses. In Hamlet, the troubled young prince says to his close friend Horatio, “There is special providence in the fall of a sparrow...” And in my “Bible as Literature” class, Jesus—in “The Gospel According to Matthew”—asks his disciples, “Are not two sparrows sold for a penny? And not one of them will fall to the ground without your Father’s will.” Sparrows, then, represent commonplace creatures in our midst that, however meek and humble, have a unique place in the grand scheme of things.

Did the hawk fly away from the sparrows because I was too close to the bush? I don’t know. But when the sparrows chirped after hawk left, I took it as a “thank you.”

This article was written by longtime Shuttle contributor Mark Goodman several months ago. Mark is taking time off from writing for The Shuttle while he recovers from health issues. We look forward to his return.

- the editor

When Wounds Won’t Heal

by Catherine M. Brzozowski, Marketing and Public Relations

FROM MENDING those scraped knees of childhood to adulthood illnesses and injuries, our bodies have complex and remarkable healing capabilities. Sometimes, however, we may suffer an injury that is difficult for the body to handle, and those natural healing processes need a helping hand. Difficulty in healing may happen because of the severity of a wound, or a health condition that compromises the body’s ability to heal.

Wounds that won’t heal—also known as chronic or slow-healing wounds—are a significant health concern. When you’ve been injured or ill or have undergone surgery, an important part of your successful recovery is not only taking care of the original illness or injury, but also the proper healing of any wounds associated with your condition.

Nearly 7 million people across the United States suffer from chronic or slow-healing wounds. Wounds fall into two categories: acute and chronic. Acute wounds are related to an accident, injury, or surgery. Chronic wounds can also be related to an injury or surgery—but are also related to a health condition that impedes normal healing. If a wound does not heal within a month and requires medical intervention, it is considered a chronic or slow-healing wound.

“Certain chronic conditions can complicate the healing process and lead to serious health problems, such as infection or nerve damage,” says Mark Kahn, M.D., vascular surgeon and director of the Center for Wound Healing at Chestnut Hill Hospital. “These conditions include diabetes, peripheral neuropathy (nerve disorders affecting the hands or feet), and circulatory system disorders.”

Other health issues that may make wound healing difficult include: autoim-

mune disorders (rheumatoid arthritis or lupus); inadequate or poor nutrition; cancer treatment/effects of radiation or chemotherapy; vascular (vein) disease; congestive heart failure; peripheral arterial disease; and traumatic injury.

These diseases affect blood flow and nerve sensation, which slow-healing. Certain medications can also suppress the normal healing response.

“The good news is that a variety of medical treatments are available to help wounds that won’t heal,” says Kahn. “Chestnut Hill Hospital offers specialized care for chronic wounds and their underlying causes, such as inflammation, infection, or chronic disease.

“A leading treatment for wound care is hyperbaric oxygen therapy, which can speed the healing process and rebuild skin integrity. With this treatment, the patient lies inside a sealed, high-pressure chamber, breathing pure oxygen. The pressurized chamber surrounds the body’s tissues with concentrated pure oxygen. Hyperbaric oxygen therapy increases the concentration of oxygen in the bloodstream, which improves circulation of blood to damaged tissue, and ultimately, promotes faster healing.”

Hyperbaric oxygen therapy was originally used to treat disorders related to diving, so a treatment is sometimes referred to as a “dive.” The process is painless; some patients will experience pressure in the ears at the beginning of treatment, similar to flying in an airplane. Each treatment is typically two hours long, and patients often read, sleep, or listen to music during a therapy session.

Chronic wounds that are often treated in this way include diabetic skin sores, pressure sores, persistent skin irritations, vessel disease wounds, surgery wound breakdown, traumatic wounds, burns, venous insufficiency, radiation injuries, spinal injury wounds, and other non-healing wounds.

Your doctor will generally refer you to a wound care treatment team for hyperbaric oxygen therapy. Treatment usually begins with tests to learn about your medical history, including any circulation issues, infection, and other conditions that may affect wound healing.

To learn more about the Comprehensive Center for Wound Healing at Chestnut Hill Hospital and HBO therapy by calling 215-248-8601.

~ cathy_brzozowski@chs.net

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Emancipating History at Cliveden Opening July 4

by Erica Chase, Cliveden Communications Coordinator

NEW STORIES can be revealed, even at centuries’-old places such as Cliveden, a National Historic Landmark in Philadelphia’s Historic Germantown neighborhood. Cliveden is well known for its architectural preservation, fine furnishings, and decorative art as well as for being the location of the 1777 Battle of Germantown during the Revolutionary War. Opening July 4, after several years of research and active community participation, the interpretation project Emancipating Cliveden including a new exhibition “Life, Liberty & the Pursuit of Happiness?” has redefined Cliveden’s place in American history.

Located in the Carriage House welcome center, the Emancipating Cliveden project features a multimedia display by producer Bob Lott of Teamwork Productions and the exhibit “Life, Liberty & the Pursuit of Happiness?” by designer Keith Ragone, which incorporates previously unseen images and documents relating the African American slave experience in early America. This sensory immersion will offer visitors a mix of historical facts and modern perspectives weaving American stories of privilege, oppression, independence, slavery, race, the struggle for freedom and the tensions between democratic ideals and capitalist principles. Emancipating Cliveden is about telling the whole story in ways that allow visitors to question their assumptions about American history by examining its many contradictions.

The exhibit also tells visitors stories of the people who have lived and worked at Cliveden: the family, the free and the enslaved alike.

Many of the discussions that informed Emancipating Cliveden were held from 2009 through Autumn 2011, part of an open-to-the-public series called the Cliveden Conversations, where guest speakers lead forums about race, history, and memory at Cliveden, in Philadelphia, and in America. The resulting new interpretation of Cliveden has since inspired a team of researchers from the University of Michigan, who are currently rewriting the nomination of the site as a National Historic Landmark with a grant from the university’s Arts and Citizenship Program. This process will, in turn, be a topic of discussion during 2012 Cliveden Conversations.

A preview of the exhibition is currently on display and accessible at Cliveden in the carriage house visitor’s center, 6401 Germantown Avenue in Philadelphia, now until Memorial Day Weekend during regular tour hours: Thursday through Sunday from 12 noon to 4 p.m. Visitors are encouraged to review the draft panels and script portfolios, and submit feedback. The complete Emancipating Cliveden exhibition is scheduled to open on July 4, 2012 during the Independence Day celebrations at Cliveden.

Moliere’s *Tartuffe* at The Stagecrafters

by Steve Brady, The Stagecrafters

THE STAGECRAFTERS theater wraps up its 2011-2012 season on Friday, June 15 with the opening of its production of Molière’s classic comedy/farce, *Tartuffe*, written in dashing rhymed couplets and perfectly rendered into English verse by Richard Wilbur. Penned by the French playwright in 1664, *Tartuffe* has become one of the most frequently performed stage plays of all time. It is the immortal tale of a crafty hypocrite who feigns honesty, human compassion, and piety, but in reality takes advantage of his naïve and gullible benefactor in a calculating and ruthless manner. This delicious, sharp-witted, and insightful tale has been delighting audiences for more than three centuries!

Molière, born Jean-Baptiste Poquelin in 1622, was definitely influenced by the farcical style of the Italian commedia dell’arte, in the usage of social satire and lots of broad physicality. However, his plays represent a far more accomplished structure, and characters of infinitely greater depth and variety, than their Italian predecessors. He gained great popularity already during his lifetime, enthralled Parisian audiences with such “hits” as *The School for Wives*, *The Miser*, *The Doctor in Spite of Himself*, and *The Bourgeois Gentleman*. The first performances of *Tartuffe*, though well received by attendees, met with controversy due to its mockery

of religiosity; and King Louis XIV was compelled to ban further performances following the strong objections of the Roman Catholic Church. Molière wrote a second version of the play in 1667, *The Hypocrite (L’Imposteur)*, which still failed to appease his detractors. But, as scandal makes for good box office, by then all of Paris could hardly wait to see his play; and in 1669, upon approval of a reading by the papal legate, the King finally allowed it to be published and performed.

Performance dates are June 15, 16, 21, 22, 23, 28, 29, 30 at 8 p.m.; June 17, 24, July 1 at 2 p.m. Tickets are \$16 online. (Thursday eve performances “2 for \$25”). Students with valid ID \$13 At-door. Groups of 15 or more are offered a reduced rate of \$13.00 a ticket, paid in advance. The box office opens 45 minutes before each performance. For information call 215-247-8881; for reservations-direct call 215-247-9913. The theater is located in the heart of Chestnut Hill at 8130 Germantown Ave. Visit www.thestagecrafters.org for details.

Special NOTE: A “Meet the Cast and Director” Q & A session will be held immediately following the performance on Friday, June 22. All attendees at those performances are welcome to stay.

sbrady@thestagecrafters.org

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Suggestions

(continued from page 28)

r: (Chris MA) We’ll try adding these after renovations this summer.

s: “What happened to the black onion bread we used to have?”

r: (Molly) The black onion bread from Le Bus is a slow seller. We get a few occasionally. It is easy to preorder bread to be sure the item you want is there when you want it. Ask a staffer for a preorder form (available in both stores).

s: “Ground pork? We used to have it but not for a very long time.”

r: (Dale MA) We usually have ground pork in the freezer, from Sweet Stem farm. It is pastured pork and one of best tasting you can get. Look at second door of freezer, ¾ way down. Hope you enjoy it.

s: “We should carry organic beet juice.”

r: (Chris MA) We haven’t had many requests for this item. You can preorder it, even just one bottle. See Chris or call him at extension 113 or e-mail christopher@weaversway.coop.

s: “Wish you’d carry the ‘Berry Blast’ Chunks of Energy that the CH store has available—they are always sold out and it would sell better than the carob ones that MA offers—IT’S DELICIOUS!!”

r: (Chris MA) It looks like our CH store had this but stopped carrying it in July.

We’ll consider stocking this in MA in our expanded bulk section, after renovation this summer.

s: “Sweetwater Bread—no more Tuesday deliveries?”

r: (Molly MA) Yes, I cut the Sweetwater Tuesday delivery because it wasn’t selling well enough to justify a delivery. We continue to get Sweetwater Friday afternoons.

s: “I recently shopped at the Mt. Airy store, and found nuts and such bagged in cellophane, to my delight! I have been wishing for this, due to its biodegradability. I request that cellophane be used in place of plastic wrap at the Chestnut Hill store, too.”

r: (Dean CH) We use the stackable containers here, because we sell so much and you can fit a lot of product in the set. Members do like them for the most part but you bring up a good point. Just so you know, we have had problems with the cellophane bags not holding up well. We are presently looking at getting containers in that are made of corn. FYI We recently switched from plastic knives, spoons, and forks to ones made from corn.

s: “1. What ever happened to Gardini’s salad dressing, was the best! 2. Ditto for Erivan yogurt with granola, my favorite! Thanks.”

r: (Chris MA) The Erivan yogurt with granola was dropped by our distributor, so we can no longer get it. We dropped the Cardini Caesar dressing a while back to due slow sales on that item, but it is still available as a preorder, \$18.85 for a case of six 12-oz bottles (sorry, distribu-

tor does not break up cases).

s: “I am a sports fan and I noticed Weavers Way has very little to offer me. Can we stock some sports oriented products like Official Phillies Hotdogs? Also seat warmers? Thanks.”

r: (Norman) Yes, we can stock both of these items in our Mt. Airy store after the renovation. Part of the renovation plan includes an imaginary fourth floor where shoppers can find any item they want. Kind of like manna for retail. Building this floor has been a difficult architectural challenge as it turns out there are few CAD programs that can accommodate imaginary objects and dimensions. This makes it hard to submit plans to the city for building permits and such but it turns out some of our city’s L&I department is imaginary too, like health department inspectors that are supposed to answer your questions so you can build things to code instead of finding out afterwards something is not code compliant. So we’re taking a leap of faith that our fourth floor will be code compliant, but we calculate it’s worth the risk since if it turns out not to be we can imagine it is with no consequence since many L&I inspections appear to be imaginary, too.

Arts in the Park Returns to High School Park

by Caroline Stritzinger



photo courtesy of Friends of High School Park

Arts in the Park

ON JUNE 3, from 10 a.m. to 5 p.m., The Friends of High School Park will hold the 17th Annual Juried Craft Show and Festival to benefit native plant restoration at High School Park at High School & Montgomery Roads in Elkins Park (site of the CreekSide Co-op Farmers Market, and across the street from the site of the under-construction CreekSide Co-op store). The event will feature 50 artisans, live music all day, plant sale, children’s activities, and food. For more info call 215-782-8082 or visit www.highschoolpark.org. Suggested donation is \$5 for adults. Nominal fee children’s crafts. Rain date is June 10.

~ cstritz@hotmail.com

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Adirondack Chairs Exhibit at Morris Arboretum, Woodmere Art Museum

by Marie Mercaldo Ingegneri, Morris Arboretum

THE MORRIS Arboretum and Woodmere Art Museum, located in Chestnut Hill, Philadelphia, are collaborating for the outdoor exhibition Take a Seat! Adirondack Chairs Re-Interpreted during the summer of 2012.

Artists have been invited to re-interpret the Adirondack chair, whether to paint it, redecorate it, redesign it, re-carve it, reassemble it, or just do something fabulous with one of America’s great outdoor classics. Seventy works of art, in chair form, will be showcased throughout the garden at Morris Arboretum and at Woodmere Art Museum.

The 37 artists chosen for the Morris Arboretum/Woodmere Take a Seat! Exhibition offer an impressive variety of disciplines and talent:

Arona Reiner, an artist based in Israel, shows her work locally at the Carol Schwartz Gallery in Chestnut Hill; she was in Philadelphia in March for a book signing and created her chairs while in town.

After successful careers designing interiors, fabrics and wall coverings, Murrie Gayman began creating huge murals for public spaces utilizing scraps of antique barn wood. His wood working talents played a role in the creation of his Adirondack chairs.

Sr. Margie Thompson is an Associate Professor of Art, and the Coordinator of the Arts Programs at Chestnut Hill College. Her painting style uses heightened color and brushstrokes to convey a sense of energy and sacred presence in the landscape.



Philadelphia-based artist Estelle Carraz-Bernabei is an abstract painter whose mixed-media works focus on earth and sky elements. Recognized by the Mural Arts Program, street artist Juan Dimida’s signature work has a graphic, cartoon-inspired look that will make you smile. Sean Martorana is an artist to watch who founded THE STUDIO and has his own line of paintings, designs, prints and clothing/accessories. David Robinson is an environmental artist with installations across the U.S. who illustrates a unique and skilled craftsmanship.

The Adirondack chairs will be on exhibition at Morris Arboretum and Woodmere Art Museum from May 31 through Labor Day, September 3. A grand opening will take place at both institutions on May 31 from 4 p.m. until 8 p.m. This exhibit is made possible in part by Morris Arboretum’s Madeleine K. Butcher Fine Arts Endowment and Chestnut Hill Hospital.

New Kids’ Programs at Morris Arboretum

by Maureen Flanagan, Morris Arboretum

MORRIS ARBORETUM introduces Growing Minds, a series of new programs specifically geared to younger visitors and their families. Growing Minds will kick off in June with “Seeds to Sprouts,” a Parent and Child series of classes targeted for two to four year olds, and the “Mini-Morris Players,” an interactive theater program for ages five through ten that will bring to life the history of the Morris’ Chestnut Hill estate.

“Seeds to Sprouts” will offer weekly classes with a different theme each month, each including fun indoor activities along with guided explorations through the gardens. Each four-week session will be led by an instructor with a master’s degree in fine arts. She will facilitate an educational experience designed to introduce children and their caregivers to the wonders of the natural world. Bugs, seeds, insects, and water are some of the topics that budding nature-lovers will be able to explore while having fun outdoors. The first four-week session, Wednesdays from 10:30 to 11:15 a.m., will begin on June 6 with the theme Explore Nature with Your Senses! Each week will feature one of the senses: sight, hearing, touch, and smell. Additional sessions are scheduled for July and August.

The “Mini-Morris Players” will create a new play each week based on the



photo courtesy of Morris Arboretum

Jugglers in the Arboretum’s Azalea Meadow

fascinating life and travels of the Morris’ and their development of one of the most significant Victorian gardens of the time. Two modern actors will play the roles of John and Lydia Morris and will lead the children in an improvisational performance in a different part of the garden each week. Children will take on speaking and supporting roles such as visiting friends, gardeners, servants, trees, and animals. The class will consist of two five-week sessions from June 14 to July 12 and July 26 to Aug. 23. Classes will meet at 6:30 p.m. at the Widener Visitors Center with a performance following at 7:30 p.m. for parents and all Arboretum visitors.

All Growing Minds classes will meet rain or shine with indoor facilities available for inclement weather. For more information about each class or to register online, visit online.morrisarboretum.org/GrowingMinds.



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Music, Artists Usher in Summer at Woodmere Art Museum

by Rosaria Mineo

FROM MOTOWN to modern classical, Woodmere Art Museum’s June concert lineup reflects a diversity of sound to welcome warmer weather in Chestnut Hill. Music at Woodmere’s two dynamic weekly series, “Friday Night Jazz” and “Classic Sundays,” bring back popular artists and introduce new faces: Arpeggio Jazz Ensemble, an audience favorite, kicks off the month Friday, June 1 at 6 p.m. with Jazz and the Motown Sound, featuring vocalists Patricia Scott and Roy Richardson and songs from the Supremes, the Temptations, Marvin Gaye, Tammi Terrell, Stevie Wonder, Martha and the Vandellas, the Marvelettes, and other favorites. The Sunday series kicks off June 3 at 3 p.m., with the return of acclaimed pianist Oxana Harlamova, who will perform the works of Brahms, Rachmaninov, and Schubert in the tradition of the Moscow ensemble.

Friday Night Jazz continues on June 8 with To Be or Not to Bop: Gillespie and Parker, featuring saxophonist Julian Pressley and trumpeter Tony Smith; June 15 with Jazzical: The Union of Jazz and Classical with violinist Marina Vishnyakova and cellist Yoomi Kwon performing Wayne Shorter’s “Footprints,” John Coltrane’s “Mr. PC,” and Miles Davis’ “All Blue” on orchestral instruments; and on June 22 as Arpeggio Jazz Ensemble returns with vocalists Sherry Butler and Roy Richardson performing the music of Gershwin’s Porgy and Bess.

Classic Sundays continue on June 10 as Opera, Chamber and Classical presents flutists Lisamarie McGrath and Cynthia Folio with pianist Jean-François Proulx in a special concert of contemporary classical pieces with an Eastern influence. On June 17, rising stars Kristin Lee and Andrea Lam perform, and on June 24, violinist Bella Hristova performs the works of Corigliano, Puts, Piazzolla, and Bach.

Woodmere also presents two exciting exhibitions, Salvatore Pinto: A Retrospective Celebrating the Barnes Legacy and Haunting Narratives: Detours from Philadelphia Realism, 1935 to the Present, both on view through July 15. For a complete schedule of upcoming events, including more information about exhibitions, concerts, classes, and lectures, visit woodmereartmuseum.org or call 215-247-0476.

Visit: Woodmere Art Museum is located at 9201 Germantown Ave. in Chestnut Hill. Music series tickets are \$20 or \$10 for members and can be purchased online or at the door. 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.

Summer Classes at MALT

by Jonna Naylor, MALT Executive Director

FOR THE first time in many years, MALT is trying out a variety of summer classes, which can be found in our spring catalog or online. The courses offered include yoga, Pilates, water fitness, rowing, walk in the Wissahickon, mixing bar drinks, pizza-making, and introduction to computers.

The yoga classes offered are designed to be suitable for all levels, including beginners. There is also a gentle version designed for those who are stiff or inflexible. The prices range from \$59 for five weeks for the gentle yoga to \$119 for ten weeks for the other types. The Pilates course for all levels is also priced at \$119 for ten weeks. Please bring your own mat for yoga and Pilates.

The rowing the Schuylkill course is available at four different times, three for those of all levels and one intermediate course. This course is open to adults 18 years of age or older who know how to swim. The class will teach boating techniques, safety, and boat handling. It runs for six weeks and is priced at \$180.

The bartending course will teach students how to mix drinks resulting in specific colors or flavors. To this effect, students will be sampling liqueurs and fruit juices and other liquids. The class costs \$24 and has a \$10 materials fee. The pizza-making course is designed for children and gives them a chance to learn about the herbs and vegetables used in pizzas as well as the opportunity to make their own. The class costs \$10 and has an \$8 materials fee.

You can visit www.mtairylearning-tree.org for more details or call our office at 215-843-6333. Office hours are Monday through Friday from 9 a.m. till 2 p.m.

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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. Seems like there is a lot going on around Weavers Way these days: sales are growing in both stores, our Mt. Airy store is being renovated, we're co-hosting a major national co-op conference (CCMA), we're aiding Creekside Co-op as we can, other neighborhoods are asking us about

starting co-ops (Manayunk and Ambler), and this is on top of the typical daily issues that come up in operating two food stores. I'm finding it even harder than usual to keep up, although it is also energizing and fun to be part of such a busy (and therefore vibrant!) co-op. Unfortunately, it's not a good time for me to be too busy; at the end of the winter my old nemesis, sciatica, decided this would be a good time for an attack, so I've been on pain medication that makes me even more loopy than normal. Adding to the loopiness, I bought an inversion table, allowing me to hang upside down a couple times a day. Hanging upside down is very interesting; in addition to de-compressing your vertebrae it offers a new and different outlook on the world, now I understand the Tea Party platform.

Suggestions & Responses:

s: "Why not carry Baumann's (my mother-in-law preferred) or Kauffman's (I prefer) apple butter. They are local.

(continued on page 25)

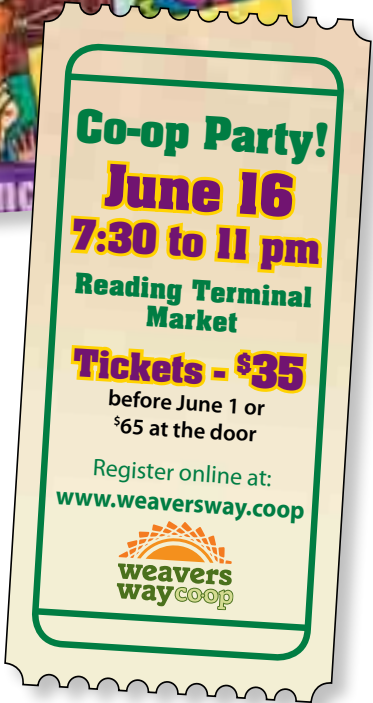
Saturday Night Party

A special invitation to local co-ops & the people who love them



Even if you're not going to the National Food Co-op conference, this is a great opportunity to:

- ✱ Meet and socialize with hundreds of food co-op members from around the nation
- ✱ Enjoy the live music of Sharon Katz and the Peace Train
- ✱ Eat delicious food from a variety of Reading Terminal Market Vendors
- ✱ Experience the Give & Take Jugglers, Science Table, and much more.



The Consumer Cooperative Management Association (CCMA) conference is a 3-day gathering of hundreds of food co-op managers, directors, educators, and consultants, plus their national allies. CCMA is a program of the National Cooperative Business Association.

2ND ANNUAL

PET A PALOOZA

SATURDAY, JUNE 2

NOON TO 4 PM

VETS
Silly PET TRICKS
PET SITTERS

WEAVERS WAY PET STORE
608 CARPENTER LANE

GROOMERS
LOCAL ANIMAL RESCUES
PET FOOD VENDORS

A Fun-Filled Pet Information and Adoption Event

2:00 p.m. "Ask the Trainer" pet training & demo

2:30 p.m. Silly Pet Tricks (all welcome to enter!)

3:00 p.m. Pet Parade (all welcome to enter!)

Pet Supply Store will donate 5% of sales for the day to participating animal rescues.

We have plenty of fun lined up but we are looking for volunteers and we welcome additional pet-related exhibitors to apply.

Contact: Anne Workman, Outreach Coordinator
215-843-2350, ext. 118 or
e-mail outreach@weaversway.coop

weavers waycoop

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

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

Weavers Way Co-op Welcome Meetings

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

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

Chestnut Hill Center for Enrichment/
Chestnut Hill
8431 Germantown Ave.
(parking entrance on E. Highland Ave.)
• Tuesday, June 5 at 6:45 p.m.
• Wednesday, July 11 at 6:45 p.m.

Weavers Way Co-op Offices/Mt. Airy
555 W. Carpenter Lane
• Saturday, June 9 at 10 a.m.
• Saturday, July 14 at 10 a.m.

Equal Exchange Fair Trade

June Coffees of the Month

Midnight Sun

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

Cafe Peru French

reg. \$11.99 sale \$10.99/lb.

May 30 - July 3

PLEASE PRINT CLEARLY

Name _____ Orientation Date _____

Address: _____

City _____ State _____ Zip _____

Phone number _____ E-mail _____

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